

get through the day without it, when Dr. Richardson said to him :

"Will you be good enough to feel my pulse as I stand here ?"

He did so. I said, "Count it carefully ; what does it say ?"

"Your pulse says seventy-four."

I then sat down in a chair and asked him to count it again. He did so, and said, "your pulse has gone down to seventy."

I then lay down on the lounge and said : "will you take it again ?"

He replied, "why, it is only sixty-four ; what an extraordinary thing !"

I then said : "When you lie down at night that is the way nature gives your heart rest."

You know nothing about it, but that beating organ is resting to that extent ; and if you reckon it up, it is a great deal of rest, because in lying down the heart is doing ten strokes less a minute. Multiply that by sixty and it is six hundred multiply it by eight hours and within a fraction it is five thousand strokee different, and as the heart is throwing six ounces of blood at every stroke, it makes a difference of thirty thousand ounces of lifting during the night.

Now when wine is taken in excess, the influence of the alcohol is to increase the number of strokes, and instead of getting this rest, you put on something like fifteen thousand extra strokes, and the result is you rise up very seedy, and unfit for the next day's work till you have taken a little more of the "ruddy bumper" which you say is the soul of man below.

Envy like the dust of earth,
Clings to holy things of worth.

Mortify in trifles small,
Lest in combats great you fall.

The way the Bible best is read.
Is by the heart, not by the head.

ENCOURAGEMENT.

From a clergyman in the Province of Quebec :—"Church Work" ought to be in the hands of every Church family."

From a subscriber in Fredericton, N. B.,—"We still find "Church Work" improving, and a very profitable little paper."

From a lady in Yarmouth, N. S.: "I take much pleasure in reading "Church Work," and could not do without it, as I learn so much by it."

All these enclosed the cash,—a tangible proof of good will,—as did all previous writers of appreciation. "*O si sic omnes !*"

All who find red marks enclosing a paragraph on the first page of their paper will greatly oblige us by remitting AT ONCE, as the money is needed. These small sums are a mere trifle to subscribers, but in the aggregate are a serious matter to us. Help us, friends !

A fond mother called the other day upon President Patton, of Princeton, and asked anxiously if her son would be well taken care of at college. Said Dr. Patton : "Madam, we guarantee satisfaction, or return the boy."

NOTICE,—to Localizers and others—All correspondence for CHURCH WORK must from this date be addressed to REV. JOHN AMBROSE, Digby, Nova Scotia, as this magazine is now printed in that town.

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