

The Secret of Health

Don't worry. Don't hurry. "Too swift arrived as tardy was too slow." "Simplify! simplify" your diet! Don't overeat. Don't starve. "Let your moderation be known unto all men." Court the fresh air day and night. "Oh, if you knew what was in the air!" Sleep and rest abundantly. Spend less nervous energy each day than you make. Be cheerful. "A light heart lives long." Think only healthful thoughts. "As he thinketh in his heart—so is he." "Work like a man, but don't be worked to death. Avoid passion and excitement. A moment's anger may be fatal." "Associate with healthy people. Health is contagious as well as disease. Don't carry the whole world on your shoulders, far less the universe. Trust the Eternal." Never despair. "Lost hope is a fatal disease." "If ye know these things happy are ye if ye do them."—*Journal and Messenger.*

Who will measure the depth of Christ's love for His children? It was His love which led Him to assume the form of our final humanity, to pass through the sorrows of an earthly pilgrimage and to undergo the shame and hostility of Jew and Greek and Roman. No language can express the force of this great love. Even inspiration does not attempt its measurement. Yet this is the boundless and indescribable love placed before us as the measure and example of the love which all believers are enjoined to exercise toward each other.—*Bishop John F. Hurst.*

Ministerial Record.

- Rev. F. M. Young of North Sydney, Cape Breton, accepts call to Parrsboro, N. S.
- Rev. C. S. McLearn, recently pastor at Bar Harbor, Me., has accepted a unanimous call to Guysboro, N. S.
- Rev. B. W. Merrill, B. A., has accepted the call of the McPhail Memorial Church, Ottawa, Canada.
- Rev. M. W. Brown of Brazil Lake, N. S., has been appointed general agent of the Home Missionary Board of the Maritime Provinces.
- Rev. Dr. Sowerby, formerly of South Boston, Mass., began his pastorate at College Street Church, Toronto, Ont., Oct. 4.
- Rev. H. Francis Perry, D. D., of the Englewood Church, Chicago, Ill., and formerly of Hyde Park, Mass., is called to the pastorate of the Jarvis Street Church, Toronto, Ont., as successor of Dr. B. D. Thomas. It is expected that he will accept the call.
- Rev. W. B. Minson of San Diego, Cal., has three times declined the call of the First Church, San Francisco.
- Rev. H. H. Roach, pastor of the Tabernacle church, St. John has been called to the pastorate of the North End church, Main street, and entered upon his work there on Sunday the 8th of this month.
- Rev. F. C. Wright has been called to the pastorate of the church in Hebron, N. S.
- Rev. W. J. Gibson, pastor at Jemseg, has been called to Oak Bay church, Charlotte county. He has accepted and will enter upon his duties there in Dec. next.
- Rev. J. B. Colwell is now living in St. John, and is open to a call to any church where there is plenty of work and support to be given. He is a good preacher and a good pastor, and any of our pastorless churches will do well to engage his services.
- Rev. F. D. Crawley, formerly pastor at Frederickton, N. B., and later missionary in Burma, suffered a stroke of paralysis in London, Eng., Sept. 16, and is reported to be in a critical condition.

Rev. P. S. Hanson, formerly of Chicago, but recently of the Hanson place church, N. Y., has accepted a unanimous call to the Tremont Temple church, Boston, Mass. The church and congregation rose and sang the doxology three times when the telegram announcing his acceptance of the pastorate was read.

Rev. E. H. Emert has resigned the pastorate of the church at Elkhart, Ind., and accepted a call to that of Brockville, Canada.

Rev. C. H. Havestock, after a pastorate of 13 years, resigns at Pugewash, N. S.

Rev. James Grant has resigned at the Tabernacle, Ingersoll, Ont., after seven years' service and will become pastor at Coburg Ont.

Rev. E. E. Duley of Bridgetown N. S., with improved health, has been heartily welcomed back to his pulpit after a three months' absence.

Rev. Frank S. Weston, formerly of Natick, Mass. is highly esteemed in his pastorate at Westmount Church, Montreal, Can.

Bible Study for Bible Truth

We are all devoutly thankful that in the increased attention given to matters educational the study of the Bible is not neglected, but on the contrary, is receiving more, and more careful, attention. Not only is the Bible being studied as literature of the highest sort, but what is much more important, many people are studying the Bible, carefully, thoughtfully, prayerfully, not so much for its literary beauty, as for its spiritual stimulus. We would not prevent the former; we must continually advocate the latter. It may disgust the professor of English that his students are not familiar with the references to the great incidents of the Bible which appear in general literature, but there is ground for infinitely greater sorrow when young people do not understand the vital and eternal truths of the Bible. Don't fail to study the Bible.

A Minister's Labors.

Apart from the labors that fruit into pulpit ministrations and pastoral and public service, is no accounting to be made of the mental strain and the spiritual travail which are an inalienable part of the ministerial calling? Not only does the minister carry on his heart the sorrows of a great many persons who look to him for succor, but there are hours when the tide of his own faith ebbs. Is a minister's fight with his doubts worth anything to the world? Because he always seems so sure of his hold on the eternal verities, is it to be thought that he is content to pass on to others a merely traditional faith, instead of one that has been wrought out in long hours of painful questioning and wrought at last triumphantly into the very texture of his own life? The effort which a minister makes to keep and broaden, to intensify and make real, like his own faith, to adjust it to the growing light of science, is as necessary and as noble a part of his work as anything that he does.—*The Century.*

"Habit is a queer thing, isn't it?" said Ned, thoughtfully.

"It's a very strong thing," said grandpa; "remember that, my boy. A habit is a chain that grows stronger every day, and it seems as if a bad habit grows faster than a good one. If you want to have good habits when you are old, form them while you are young, and let them be growing stronger all the while you live."—*Mayflower.*

Religious News.

Rev. A. J. Vining has visited our field in the interests of the 20th Century Fund and

Northwest Missions. He gave us splendid addresses and was greatly enjoyed. He received in cash and pledges from South Branch church, \$44; from Collina, \$30; from Penobscus, \$15 and from Sussex \$151. This makes a total of \$219 from the churches over which I have pastoral care. The Sunday Mr. Vining was with us was stormy. Had the day been pleasant, I feel sure the offering would have reached the three hundred dollars. Mr. Vining is a forceful speaker and impresses his congregation with his intense earnestness. He is a most genial guest to have in the home—a true Christian brother—I feel sure he will be well received in this province and will be able to receive much sympathy and practical help in his great and good work.

W. CAMP.

I have spent three Sabbaths with Brother Worden on his fields, Oak Bay and Rolling Dan; our brother's field is

like himself very large and covers very much ground. Our brother has been quite successful in gathering in a goodly number of precious souls; may his soul abide in strength. We went from Charlotte Co. to Grand Falls and St. Leonards to spend a few weeks with Brother Auger, we found the young brother well liked by the people and felt sorry that he could not stay and carry on the work on this neglected field. The Baptists at the Falls have a nice lot of land finely located and they have a fund on hand of between four and seven hundred dollars to build a new church, we hope some steps will be taken to that end. At St. Leonards a little church was organized by Brother Henderson and a place of worship erected some thirteen years ago, the cause there as elsewhere on this field has suffered through neglect We held services there for some days and on Sept. 6 we baptized 4 candidates the second one ever administered in that place. Some people that day witnessed for the first time the burial of a believer in the likeness of Christ's death. We then went on to St. Francis and Connors, we found the ground there largely occupied by others. Some 10 or 12 of Bro. Henderson's little flock remain and some have joined the Presbyterian church which has been organized in the place. God blessed our meetings there. I shall never forget some of the incidents of that visit, a number moved in our meetings but we could not tarry longer. We spent one night at Cabano and preached for the first time in the province of Quebec. On our return to St. Leonards we held a few more services and on the 20th of September we baptized a strong man, thus adding 5 candidates to the little St. Leonard's church. We are now at Thorn Town, Queens Co. for a short visit. Bro. Beatty of the People's Mission, St. John, has been laboring here for several weeks. God has blessed his earnest preaching; several have come forward in his meetings, one young sister last night offered herself as a candidate to follow Jesus and we expect to baptize her and we hope others next Sunday 11th inst. A strong man for this field is what is now required, may the dear Lord send him is our prayer.

A. H. HAYWARD.

Two more candidates were baptized last evening at the close of our service.

J. W. KIRKSTEAD.