

HEALTHY LITERATURE.

WE have in the last few years made great strides in our popular literature, and the masses are catered for in a style which our forefathers would never have dreamt of. Books pleasant to read, and pleasant to look upon, are produced at a price that places them within the reach of everyone, and the coming generation cannot but be the better for it.

Mr. Longley is now issuing, under the inviting title of "The Fireside Series," a number of sixpenny books that will undoubtedly meet with no little favour. The covers are, without exception, the most tasteful and really artistic at the price that we have seen. They are well printed on good paper in about a dozen different tints, from designs by a well known artist, and are pictures perfect of their kind. The contents of the books are no less praiseworthy, the illustrations are very fairly done, and the stories, as a rule, exceedingly well written; and, while the whole are of a decidedly religious tendency, we are glad to see that Mr. Longley has wisely given us in this series of tales a literature of a honest, manly Christian type, but devoid either of ungenerous dogmatism or mawkish sentimentality.

The books are divided into three classes, viz., Temperance Tales, Stories for the Young, and General Fiction for old and young.

We would earnestly commend these books to the notice of our readers. Sunday-school teachers and temperance secretaries would do well to see them before making up their reward list, and many a cottage home might be brightened at a very small expense.

Below is a brief list of the twenty books and their authors, full particulars of which Mr. Longley (39, Warwick-lane, London) will gladly forward on application:—

Arthur Mursell. *Random Sketches.*
James Yeames. *The Foster Brother's Story.* Robert Vincent's *Mistake.* Waif *Winifred.* Hugh Bulston. *Calb Drane's Clock.*
Emilie Searchfield. *Grandmamma's Story.* *Those Village Bells.* *The Broken Tongs.* *The Broken Vow.* *Saved.* *The Peace of Death.* *Styble's Secret.* John Raymond's *Wish.* *A Guilty Conscience.*
F. E. Longley. *Will Hayman's Christmas.* *Cissy and I.* *Sally Shavings' Three Christmas Days.*
Mary Baskin. *The Deverill Revival.*
E R. Pitman. *Peace on Earth.*

These stories are also issued in four very handsome volumes, half-a-crown each, making a very acceptable present, and we trust that our readers will see them and judge for themselves.

II. R.

BRAIN-FEEDING.—We are glad to see some small tokens that the need of "brain-feeding" is beginning to be recognised by the lay public. For example, it is at length perceived that to perform intellectual work thoroughly men must be supplied with fresh air. This scrap of wisdom has been ex-cogitated in connection with the controversy about the ventilation of courts of justice. It is not unreasonable to anticipate that in process of time it may dawn on the consciousness of ordinary thinkers that just as muscle is fed and trained for physical exercise, so brain needs to be prepared and sustained in mind work. The press of work and the strain of worry are so great in these days of hot haste and breathless enterprise, that, except under conditions rarely established and maintained, the power of self-nourishment and repair in the mind-organ is not sufficiently strong to keep it in health. It follows that it must be fed and nourished by special design. An adequate supply of oxygen is the preliminary requirement. Then comes the question of food; and whatever else may feed the brain workers with this organ should be assured that alcohol will not sustain it. Alcoholisation and oxygenation are directly antagonistic processes; and even if alcohol be food for the brain, the organ cannot feed when the nutrient fluid circulating in its vessels is disabled from the task of conveying oxygen, which happens whenever spirit is present in more than very moderate proportions in the blood. The relief afforded by alcohol from the sense of depression produced by a lack of oxygen is, therefore, illusory. It is procured by over-stimulating an organ which is both exhausted and impaired.—*The Lancet.*

OUR NOTE BOOK.

IT is stated that the present population of the Island of Cyprus is barely 150,000, though the population while it was under Venetian authority was two millions. The prevailing religion is that of the Greek Church.

The Wesleyan Conference concluded its sittings at Bradford on Friday, August 9. The election as president of Dr. Rigg, who years ago, in an anonymous letter or pamphlet, foreshadowed the admission of the lay element into the legislative councils of the body, at a time when such a suggestion was sufficient to involve the loyalty of the author, was well-timed, while it was considered to be a well-deserved recognition of his services to the Connexion, to the cause of education, and to literature. The next Conference will be held in Birmingham.

The congregation of the late Rev. W. Braden, the successor of the late Rev. Thomas Binney, at Weigh House Chapel, and whose decease was so sudden, have resolved to raise a fund for the benefit of Mrs. Braden and family. This, it is considered, will be the most practical recognition of the esteem and affection with which their deceased pastor was regarded by his church and congregation.

The appointment of the Marquis of Lorne as Governor-General of Canada, seems to have been hailed with satisfaction on both sides of the Atlantic. He will proceed to the Dominion, accompanied by the Princess Louise, about the 1st of November.

The suggestion of a Methodist Ecumenical Conference, by Dr. Haven, of the Methodist Episcopal Church of America—who, with Bishop Bowman and other distinguished American ministers, attended as a deputation, or as visitors, the recent Wesleyan Conference at Bradford—has been warmly taken up, and it is probable that such a Conference will be convened either next year or the year following, in London, or some other great English city, and will be composed of all the various branches of Methodism.

The Rev. C. H. Spurgeon has returned from Scotland much improved in health. The change of air and the Scottish breezes are complimented as the causes, more than rest from work, which seems to be an impossibility with the pastor of the Metropolitan Tabernacle. Even in his convalescence he caught cold through preaching in the open air to fifteen thousand people. This, however, was slight, and did not prevent his immediate return to work on his arrival in London. It has been proposed to hold a bazaar to raise a fund of £5,000 to commemorate the twenty-fifth year of his ministry.

A large gathering assembled at the village of Wedmore in Somersetshire, on Wednesday, August 7, to celebrate an event which was on its occurrence of great national importance, and which took place exactly a thousand years ago—so it is alleged—at the village named. The event was the signing of the treaty of peace, by Alfred the Great, which brought to an end the war between himself and the Danes. It is recorded that the Danish king was baptized into the Christian faith after the conclusion of the peace.

The United Methodist Free Church Annual Assembly has held its sitting in Manchester. The choice of president fell upon the Rev. W. Boyden, and the Rev. T. W. Townend was elected secretary.

The statistics of the Methodist Free Church show a net decrease of 253 members. The number of members on trial is 6,727. There has been an increase during the past year of 20 chapels, 24 Sunday-schools, 2,697 scholars, and 280 teachers.

The foundation of the cloister and chapter-house of the old Cathedral of St. Paul's has been discovered, during recent excavations within the rails of the churchyard. The marble carvings of the fourteenth century are said to be in excellent preservation.

The acquisition of Cyprus by the British Crown has created quite a library of literature in the shape of books and pamphlets. Much information has been given, but the British thirst is insatiable, and anything new is sure to sell. It is shown that Cyprus was the first country in the world that had a Christian ruler. Saul of Tarsus lost his old name here and received the new one of Paul. Barnabas claimed Cyprus as his native country, in which he was a landowner, and here he sold his possessions, the proceeds of which he devoted to the spread of the Christian religion.

—The Rev. A. Mursell will leave for America, Sept. 28, for a six