

excitements of the day's business without a good hour with his Bible and with God in his closet every morning.

3. You also need exercise. Never will you recover your appetite for God's work and ordinances—never will the flush of spiritual joy mantle your countenance until you have laid hold of hard, self-denying work. An hour by the bedside of some poor sufferer in a garret—another hour or two in a mission-school every week—a pull at temperance work or some other uphill enterprise of benevolence, will give tone to your piety and muscle to your prayers. You are dying of close confinement and laziness. The only cure for indolence is—work; the only cure for selfishness is—sacrifice; the only cure for unbelief is to shake off the ague of doubt by doing Christ's bidding; the only cure for timidity is to plunge into some dreaded duty before chill comes on. When you have had a few months of healthful Bible-diet and Bible-duty, you will feel a glow of delight in your whole soul. Already your Master is calling you—"Arise, take up thy bed and walk!"—*Illustrated Christian Weekly*.

THE PARISH TREASURER.

THE most useful lay officer in a parish is a prompt Treasurer. He is a delight to the eyes and a comfort to the heart of his rector. Happy is that rector who, when pay-day come, finds the Treasurer always ready.

In him the pastor sees a whole congregation promptly and cheerfully meeting its obligations, and from him the pastor receives a spur

and a stimulus that pushes him powerfully to his duty. The ties of interest and affection that bind the priest to the people are very greatly strengthened. He cannot but be respected by them.

No parish priest can have a more powerful helper than such an officer. No parish a more useful member. There are limitations. A treasurer cannot always help himself. He cannot pay what he does not have. But a prompt and energetic man, having the necessary tact, will collect more closely than a slow and dilatory man, and if he be in office for a number of years, he will "educate the parish" much more than one would suppose. Praise the prompt Treasurer, and if you have such an one—keep him.—*The Record*.

METHODIST CONFERENCE.

At the Methodist Conference in Philadelphia, 1773, the following rules were agreed to by all the preachers present:

1. "Every preacher who acts in connection with Mr. Wesley, and the brethren who labor in America, is strictly to avoid administering the ordinances of Baptism and the Lord's Supper.

2. All the people among whom we labor to be earnestly exhorted to attend the Church, and to receive the ordinances there."

Again the Conference, 1779, enters upon its minutes this pertinent query, (and we must remember that this is the centennial year, that this Conference met only one hundred years ago), "Shall we guard against a separation from the Church, directly or indirectly?"

Ans. "By all means"