

could only do something like that, it would be worth while."

Such deeds are in the power of only a few of God's children. But there is not a person in the world possessed of his senses who cannot do good to somebody. Children can help their parents in a thousand ways if they only desire to do so. They can help their teachers by diligence and order, and pleasant ways. School-mates can help each other by kind words, and by willingness to share their advantages. They can carry a bunch of flowers or a little fruit to some one who is sick or helpless. The boy who is strong and quick with his hands can perhaps help some poor old man or woman by clearing snow or carrying wood. The girl who is skillful with her knitting or crochet needles can make some little shoes for a child's hospital. And we can all give kind words and pleasant greetings and thanks, which help to lighten burdens and make life pleasant. Even the sick child in the hospital can make the work of her nurse easier by patience and cheerfulness, and docility.

Then God has given us an instrument for doing good which can be used by all—even by the sick child, the old man or woman in the almshouse, even the prisoner in his cell. That instrument is prayer. We can pray for each other when we can do nothing else. We can help even our worst enemy in this way if in no other. Such prayers bring down blessings from the Fountain of all Good not only for those for whom we ask, but for ourselves.

Try during this vacation season, boys and girls, to see how much good you can do. But beware of priding yourself upon your doings. Remember that all your powers and faculties are the gift of God, and when you have done all, say to yourselves, "We are unprofitable servants; we have done that which was our duty to do," (St. Luke xvii. 10.)—*Parish Visitor, N. Y.*

#### CHURCH (OF ENGLAND) SANITARY ASSOCIATION.

Extracted from the "Yorkshire Herald" of Saturday, May 19th, 1894.

HOW TO PREVENT CONSUMPTION.—A meeting in connection with the Church Sanitary Association was held yesterday afternoon in St. Mary's Parish Room, Castlegate, when a paper on "How to Prevent Consumption," by Dr. Louis C. Parkes, was read by the Rev. F. Lawrence, vicar of Westow, hon. sec. of the Association. The chair was taken by the Rev. H. Vyvyan, who gave a brief sketch of the history of the formation of the society. The Rev. F. Lawrence then read the paper, from which the following is extracted: The people who were predisposed to take consumption were those living under the unhealthy conditions enumerated below, namely: [1] Those who live in damp, dirty, or overcrowded houses or cottages. [2] Men and women who, living in fairly healthy homes, are engaged for many hours of the day in overcrowded, heated, and ill-ventilated work-rooms, more especially those whose occupations are sedentary, or which necessitate cramped and contracted attitudes, such as tailors, seamstresses, and dressmakers. [3] Men and women who work in shops and factories where the air is always dusty, very much heated, or very damp from the presence of steam. Breathing in dust particles into the lungs causes bronchitis, and issuing from hot, steamy air into cold raw winds causes lung inflammation. These constantly-repeated lung troubles develop into consumption. [4] Those who, from poverty or ignorance, live on insufficient or improper food—more especially infants and young children. [5] People who lay too great a strain or tax on their vital powers,

from over-work, anxiety, and exhaustion. To endeavour to prevent consumption was the duty of all. Dirt and over-crowding in dwelling houses were more easily remedied than dampness of walls and floors arising from wetness of the soil under or around a house. Damp rooms must be regarded as unfit for human habitation. Want of ventilation was especially injurious in bedrooms. Those engaged in sedentary occupations for many hours a day should make a practice of spending one hour at least of the twenty-four in active exercise in the open air. Gymnastics, and open air games which expand the chest, should be encouraged amongst the youths of both sexes. Those who work in very dusty atmospheres in factories should wear respirators when employed. Those working in heated and steam laden air should wrap up warmly before issuing out of doors, and on reaching home should sponge the body with tepid water to remove perspiration, and change their underclothing. For adults the food should contain a fair amount of butter, dripping, or fat from meat, and the drinking of tea at every meal should be avoided. Infants after being weaned, and young children, should be largely fed on boiled fresh cow's milk. The arms and legs of all little children should be protected by clothing, and not be exposed in the prevailing senseless fashion. After measles and whooping cough particular care should be taken to protect delicate children from chills. Over work, anxiety and exhaustion should, as far as possible, be avoided. No healthy person should sleep in the same room as a person in consumption.

At the close of the paper a vote of thanks to Dr. Louis C. Parkes was accorded on the motion of Mr. E. Taylor, seconded by Mr. Churchwarden Shannon.

#### WHAT IS SAID OF US AND OF OTHERS:

A subscriber writes, wholly without solicitation: "With some of our Church people here there seems to be a positive aversion to any distinctive Church teaching, I say this because I know it to be true in some cases, and I cannot see why so many of our well-to-do Church families can be satisfied to sail down the stream of life without ever subscribing for a scrap of Church literature of any kind. In the CHURCH GUARDIAN there is food for the minds of all, who are the least bit interested in the extension of our dear old Church. On the first page there are gleanings of news and ecclesiastical notes of the Church's doings the world over; then there are a number of ably written and wisely selected articles, helpful and instructive to all.

"News from the Home Field" is deserving of careful perusal, especially when we remember that the items under this head tell us of the progress of Christ's kingdom amongst men in our more immediate neighborhood and ought to lead us to think of the true and only home of the soul.

"After this department come, 'Contemporary Church Opinion,' good Editorials, Correspondence, a good Serial Story for the Family circle, besides other topical and paragraphical items of interest, concluding with several columns devoted to the Mission Field and Temperance, one of the most live questions of the day. Added to this the GUARDIAN is a good advertising medium."

Subscribers would very much oblige us by prompt remittance of amount due.

## News From the Home Field.

### Diocese of Fredericton.

#### MAUGERVILLE.

A deanery meeting was held in Christ church on Wednesday, Aug. 6th, under the direction of the rector, Rev. H. E. Dibblee. The visiting clergymen were: Revs. G. G. Roberts, J. Parkinson, A. S. Murray, Montgomery, Walleh and Gardner. Rev. Mr. Montgomery preached in the evening. Addresses were also given by Rev. Messrs. Parkinson and Walleh, who, in view of recent theological discussion in the newspapers, admonished their brethren to stand firm in the faith.

*Vice-Regal Visit.*—The Governor-General of Canada and the Countess of Aberdeen have been received throughout all parts of the Province visited by them last week with unbounded and sincere loyalty and affection; *loyalty*, as the representatives of a beloved Queen; *affection*, because of their own well-known admirable personal qualities and the deep interest they each take in the real welfare of the Canadian people, and in all Christian work and progress. Although occupying his present position but a short time (as His Excellency stated in replying to the address of welcome from the city of St. John), it is already evident that his administration bids fair to be one of the most popular.

#### SUSSEX.

The ladies of Trinity Parish here held a very successful High Tea on the evening of Saturday, the 11th inst. The preparations for the comfort of all were on a very large scale and most creditable and complete, the tables being loaded with every delicacy the most fastidious could have desired.

### Diocese of Quebec.

#### LENNOXVILLE.

The Lord Bishop of the Diocese has returned from his visitation in Labrador and Gaspé. He purposes holding a visitation of the Clergy of the Diocese and a Conference with them at Bishop's College, Lennoxville, on the 5th and 6th of September next, to be conducted on the same lines as those held by his predecessor, the Rt. Rev. Dr. Williams. The Clergy will be entertained in the College, where rooms have been secured. The proceedings will begin with Evensong at 8 p.m. on the 4th Sept., when a sermon will be delivered by the Very Rev. the Dean of Quebec. On each of the two following days the proceedings will be as follows, viz.:—7.30 a.m., celebration of the Holy Communion; 8.15 a.m., breakfast; 9.30 a.m., matins; 10 a.m. to 1 p.m., Conference; 1 p.m., dinner; 2.30 to 5, Conference; 6 p.m., tea; 8.30 p.m., Evensong. The order of proceedings at the conference will be:—Wednesday, Sept. 5th, Subject—Hindrances to Church Progress and how to overcome them. Papers by Revs. A. Stevens, M.A., and A. J. Balfour, M.A., followed by a discussion from 10.30 to 11.30 a.m. Evangelistic Work as a help towards healthy parochial work. Papers by Revs. J. M. Thompson, W. T. Forsythe, M.A., and E. Weary, followed by a discussion from 12 to 1. Sunday School Work and Catechizing. Papers by Rev. Dr. Thos. Adams, and Revs. E. A. W. King, M.A., and Chas. H. Brooks; discussion from 3.30 to 4.30 p.m. What are Church Principles and how they may best be instilled into the hearts and minds of the