

tonish himself by learning of the enormous amount of work performed by this little organ during lifetime, and I will content myself by calling attention to another and perhaps more important matter, namely :

ITS REST.

Does the heart never become tired, you may ask, or does it differ from other parts, in that it requires no rest? The answer is that in respect to fatigue, the heart is not different to any other organ of the body, but it does differ in its mode of rest. When our legs or arms are weary we refrain from using them, but to refrain from using our heart would be to give up life. The heart, like the spinal cord, never sleeps. It is a ceaseless organ and takes its rest in this way: the average number of beats per minute we have seen, is 72. Now, when we are in recumbent position, the number of beats is diminished by from ten to fifteen, the reason being that the body is more nearly level, and therefore the blood more readily reaches its destination than if it had to be propelled straight up. This is the heart's natural mode of taking rest, and a good practical lesson may be learned from a knowledge of those things which modify the heart's action, i.e., which either unnecessarily give it more work by depriving it of its rest, or which aid it in the performance of its duty.

Now, it is a common observation that a man who has been imbibing too freely of alcoholic drinks, does on the following day, experience very unpleasant sensations, such as languor, headache, restlessness, etc., and why? Just because his heart instead of beating 10 or 15 beats per minute slower, and thus receiving its usual rest, was required to beat 10 or 15 beats faster, thus being deprived of its rest, and fatigued and weakened, for it is a physiological fact, that alcohol first diminishes and afterwards accelerates the heart's action. For the same reason violent exercise injurious. The heart's action is always increased after a meal, and some articles of diet affect it more markedly than others, strong coffee and tea accelerate it and are injurious, while tobacco and excessive cold are likewise injurious by depressing it. Temperance, moderation and regularity are essential for perfect health of this organ.

"Say, Jack, you were at Mrs. Grant's 'At Home' last Saturday, weren't you?" "Well I should complacently inosculate," said Jack, with the air of one who has improved on the old version. "Didn't you have a pleasant afternoon?" I said, without even smiling at Jack's last effort, for I do not encourage his circumlocutory style. "Oh yes," he rejoined, "only I did not know the ladies well enough to spend a very hilarious time. Besides I was only introduced to one lady, and of all the rest I was only acquainted with one other, to whom I didn't get a single opportunity of speaking the whole time I was there." "But whose fault was that, Jack? You didn't expect the Doctor to stay at your elbow the whole afternoon and watch for the first sign of flagging in your conversation, to say, 'excuse me, Mr. Man, but if you will allow me I think I can introduce you to a young lady who will entertain you better than the one with whom you have been talking,' did you?" "Why no," said Jack, somewhat indignantly. "Then why didn't you try to get acquainted with some other ladies? Were you not tired of talking to that one girl I saw you with, the whole afternoon?" "Yes, I cannot tell a lie, I was," Jack made this last remark in italics. "That's good" said I, "you can very likely then feel for the poor girl. I saw her face wearing a bored look about fifteen minutes after you commenced talking. You didn't know why her glance kept wandering away from your inanimate face to the couples whose members were rapidly interchanging remarks, and

exchanging places and causing a social circulation, that was mentally invigorating; but I knew that she was suffering from an overdose of Mr. Jack Man." "Oh that will do," said Jack, and his tone was one of deep feeling. But I went on, "you knew the lady could not get up and excuse herself and hunt up a new partner, and yet you sat there with a brown stone front, and kept away any who would have entertained her. Half a dozen such hobblers as you would have killed the efforts of even such a host and hostess as Doctor and Mrs. Grant, but happily there weren't that many of you, and you only spoiled the afternoon for one girl this time, but what will you do the next time?" "Stay away," said Jack promptly. "Allow me to correct you," I replied, with awful calmness, "such invitations are never refused by gentlemen, but are accepted with thanks, for the opportunity of meeting new people and enlarging the circle of their acquaintance in the right direction. A gentleman after paying his respects to the host and hostess, immediately seeks an introduction to some of the ladies, with whom he converses for a few minutes, and then makes way for some one else. This same gentleman, I might remark, is never afraid of being bored himself, but is always careful not to bore others. Jack has a great faculty of crystallizing conversation with one or two remarks, and after musing for a minute or to, he said, 'entertainment, chummy, is a double and continuous effort to forget one's self and to be pleasant to one's neighbor—' We came to a corner just here, and a small boy took the occasion to run his pointer sled amongst Jack's feet. After a short period of confusion, during which his eyes saw more constellations than his wit ever produced, we went home in silence.

DIVINITY HALL.

LECTURES IN ELOCUTION.

WE are unable to say how the students in Arts appreciate the lectures in elocution by Prof. Parker, but we can without any hesitation bear testimony to the interest the "Divinities" take in this excellent course. Perhaps this deep "interest" may not be quite apparent to the Prof. himself, but it exists nevertheless, and by and by no doubt, will show itself in well rounded gestures, proper articulation and convincing, because natural, tone of voice. All are glad the course in elocution begins early in the session so that there is some time to practice before the spring examinations come on.

MR. MOODY.

Three of our number visited Toronto last month to hear the world-famous evangelist, D. L. Moody, and came back to us well repaid for their time and trouble. Perhaps these brethren will impart some of the inspiration they gathered to the rest of us, at the students meetings. "Faith in God and in His Word," and common sense methods of dealing with men, along with a keen insight into human nature, appear to be Mr. Moody's grounds of success. There is food for reflection and stimulus to action in the great work of this man of spiritual power. Can all not have the same? No, it is the same though in a lesser degree with the early planters of Christianity. And all may have the faith and knowledge of the "word," for there nothing in the reason of things to prevent them. But to have the power that we may be "Moody's," is where we often make the mistake, in short, we lack the second essential, viz, common sense. Each must be himself and not another, and the best evidence of possessing spiritual power lies in this, that a man is then in the highest sense possessed of his own individuality.