

## NOTES FROM WHITBY.

There are at present no vacancies in the Presbytery of Whitby, and at the last meeting every congregation was represented by its pastor, and all the elders were present except four. Presbytery met in the church at Oshawa, a fine modern building, which has this year been freed from debt and the congregation is now both able and willing to give more salary to their pastor, and more money to missions.

It is proposed that the field at present occupied by the congregation of Orono and Kendal and the mission station of Oakhill be so rearranged that Orono shall stand alone and Kendall and Oakhill be united as a mission charge. The three congregations are willing to have this change made; but as Oakhill is in the Peterborough Presbytery a conference with that Presbytery must first be held before the union can be consummated.

Notices were read from presbyteries of applications which would be made to the General Assembly for leave to receive ministers of other churches. The number of applicants has already reached twelve.

Mr. McGregor tendered his resignation of the charge of Pickering and Brougham; and the congregation has been cited to appear for its interests at a meeting to be held at Pickering on May 2nd.

Messrs. H. Crozier, Wm. Cooper and Geo. McGregor, ministers, were appointed commissioners to the General Assembly. The elders appointed were Messrs. George Gray and John Stewart, while Meville church, Scarborough, was given permission to nominate an elder as commissioner.

Reports were received from the presbytery's committees on Home Missions, Church Life and Work Sunday Schools, and Young People's Societies. The giving of these reports was followed by profitable conferences.

Mr. H. Crozier, referred to the injustice that would be done by the passing of the Autonomy Bills now before Parliament. After an animated discussion it was agreed: That whereas we as a Presbytery believe that the new Provinces of Saskatchewan and Alberta should be given full provincial rights, we protest against the educational clause of the Autonomy bills now before our Dominion Parliament.

Mr. Cooper spoke of the approaching celebration of the four hundredth anniversary of the birth of John Knox. It was agreed that on the twenty first of May next, wherever possible in our congregations and Sunday schools, some reference be made to the life and work of the great reformer.

The next regular meeting of the Presbytery will be held at Whitby on 18th of July, and Mr. H. G. Crozier was appointed to give the opening address.

Rev. Dr. Ross, pastor of St. Andrew's church, London, was recently presented with a handsome gown and cassock, by his congregation, after the regular prayer-meeting last week. Mr. C. R. Somerville delivered an address, while Mrs. J. A. Murray made the presentation. A fine sideboard for the dining-room was given to Mrs. Ross. The reverend gentleman and his wife were taken completely by surprise by the pleasant affair, but Dr. Ross expressed the great appreciation of both very happily.

The death is announced at Stratford of Mrs. Jeffrey, daughter of the late Rev. Donald McLeod, formerly of Cobourg, and sister of Rev. Dr. McLeod, of Barrie. Mrs. Jeffrey was known to and highly esteemed by a large circle of friends in Stratford and elsewhere. She took a great interest in the affairs of her church, Knox, though not able for any active duty in her later years.

On the 28th ult., an association was constituted at Inverness for the purpose of securing the removal of the restriction on the importation of Canadian cattle.

## HOW TO DRINK WATER.

Professor Silkham says there are few people who thoroughly realize the value of water as a beverage, or who know how to obtain the greatest advantage from it. The effects produced by the drinking of water vary with the manner in which it is drunk. If, for instance, a pint of cold water be swallowed as a draught, or if it be taken in two portions with a short interval between, certain definite results follow—effects which differ from those which would be followed if the same quantity were taken by sipping. Sipping is a powerful stimulant to the circulation, a thing which ordinary drinking is not. During the action of sipping the action of the nerve which shows the beats of the heart is abolished, and, as a consequence, that organ contracts much more rapidly, the pulse beats more quickly, and the circulation in various parts of the body is increased. In addition to this, we find that the pressure under which the bile is secreted is raised by the sipping of fluid. And here is a point which might be noted by our readers: A glass of cold water slowly sipped will produce a greater acceleration of the pulse for a time than will stimulants taken at a draught. In this connection it may not be out of place to mention that sipping cold water will often allay the craving for alcohol in those who have been in the habit of taking too much of it and may be endeavoring to reform, the effect being probably due to the stimulant action of the sipping.

## TOBACCO AND LIQUOR HABITS.

Dr. McTaggart's tobacco remedy removes all desire for the weed in a few days. A vegetable medicine, and only requires touching the tongue with it occasionally. Price \$2.

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Spring blood is bad blood. It is clogged with impurities that make themselves felt in many ways, such as pimples and eruptions, poor digestion, occasional headaches, twinges of rheumatism, a lazy feeling in the morning, and a strong desire to avoid exertion. Sometimes the nerves are unstrung, you feel dull and depressed, and your strength is slipping away. You can only be put right by enriching the blood and driving out the impurities. Purgatives won't do this—they only make you weaker. What you need is a tonic, and the best tonic that medical science has yet discovered is Dr. Williams' Pink Pills. These pills actually make new, rich, red blood, brace the nerves and bring health and energy to weak, despondent and easily tired men and women. Mrs. Chas. Blackburn, Alesford Station, N. S., says: "For the past ten years Dr. Williams' Pink Pills is the only medicine I have taken when I found I needed medicine. Last spring I was feeling poorly, was weak, easily tired and depressed. I got three boxes of Dr. Williams' Pink Pills and they made me feel like a new person. They are the best medicine I know of when the blood is out of condition."

If you need a medicine this spring—and there are few people who do not—take a few boxes of Dr. Williams' Pink Pills, and you will find an improved appetite and new health and strength such as no other medicine can give you. There is no disease of the blood these pills will not cure simply because they make the new, rich blood that drives disease from the system. The genuine Pink Pills have the full name, "Dr. Williams' Pink Pills for Pale People," on the wrapper around each box. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ont.

The sale of fancy and useful articles held in the S.S. room of St. John's Church, Cornwall, last Friday afternoon and evening, under the auspices of the Woman's Home Mission Society, was a success in every respect, and as a result the ladies added a snug sum to their treasury. A musical and literary programme was presented in the afternoon and evening. Among those contributing were Mrs. (Dr.) MacNish, Miss MacDougall, Miss Rogers, Miss Robinson, Miss Grace MacLennan, Miss Florence Gamble, Miss Anna Gillis, Miss Helen Harkness, Miss Margaret Mulhern, Miss Janet McCracken.

A congregational social was held in Knox Church, on Friday evening last, to celebrate the fourth anniversary of the induction of the Rev. Dr. Harkness, Cornwall. Messrs. Hill, Campbell and Dr. Alguire acted as chairmen, and solos were rendered by Miss Mabel McDonald, Miss Atechison and Mr. A. F. Birchard, and addresses given by Dr. Harkness and Mr. Hill Campbell. The congregation was well represented and a very enjoyable evening was spent.

Glasgow Presbytery is worried about irregular marriages, and considers that the sacredness and the dignity of the ceremony should be impressed upon the people.