

freshening with the tide we bowled along merrily till 11.30 and anchored.

Thursday 25th. Started at 8 with very light breeze, seeing a few deer now and then. 10.30 we came opposite the remains of the H. B. Co.'s ship Camowen, wrecked some years ago and our men seeing about 100 ducks on a little pond and knowing they were moulting and could not fly we landed not for sport but for food. Two men in my canoe drove them off the pond, and then the five of us in about 20 minutes with sticks had a bag of 123 ducks. This sounds cruel, but they were wanted for food and not one was wasted. My men lived on them, saving their rations for home, and those which we brought to York were eagerly begged for and speedily eaten, as meat food is very scarce among the Indians here. Here I found the bed where a huge polar bear had slept that night. Indeed bears are numerous just now. More sailing and anchoring filled up the day. The night was the worst yet for mosquitos.

(To be continued.)

ADDRESSES ON THE SPIRITUAL LIFE.

As many of our readers, specially those in the country were unable to attend the mission services, lately held in our city, we append a few notes of Rev. W. Hay Aitken's five morning addresses on the spiritual life, delivered in Christ Church Cathedral, from October 28th to November 1st.

PART I.

Rev. III. 1—5. Epistle to Church at Sardis.

How strange and sad, that such words, as these, should be addressed to a Christian Church by our Lord Himself, at the very beginning of the Christian era. But how much sadder to think they can be addressed to any part of the Christian Church of to-day, when eighteen centuries have passed away, and Christianity is a recognized religious power in the world. In those days, men had all to lose and nothing to gain by becoming Christians. Yet this Church had only a *name* to love.

Do we possess the Spiritual life?

If we do we are in our proper relation to God, and there is a conti-