

"And up those steps have walked Dr. Newton, Dr. Bunting, and the great and mighty men of the Methodist past.

"It is too long a story to tell now. Her son went into business with his father—a smart Methodist lad, a local preacher, and he said one day to his father :

"We must not always be working like this ; we must make some more money. Why should we not buy a clay field and make our own bricks?" The father said, "Well," and so they bought the field, and it turned out to be a field of gold. Some of the best bricks in England were made there. It made their fortunes, and the son of the woman who cleaned the steps, when I saw him last, was living in a villa of his own, a rich man, and a great blessing to Methodism in his time ; and my feeling is, that Methodism must 'take care of the girls that clean the steps.'"

Mr. John A. Campbell, St. Sixte, Que., writes : My wife was unwell for four years from irregular periods, brought about by a severe cold. She tried a number of remedies, but without getting any relief. Seeing Dr. Williams' Pink Pills advertised, I procured two boxes for her, and the result of taking them is a permanent cure. I think they are the best medicine in the world for the diseases you represent them for.

HEARTS OVERWORKED.

No organ in the body is so liable to be overworked as the heart. When every other part of the body sleeps, it keeps on its perpetual motion. Every increased effort or action demands from the heart more force. A man runs to catch a train, and his heart beats audibly. He drinks wine, and his blood rushes through its reservoir faster than ever was intended by nature. His pulse rises after each course at dinner. A telegram arrives and his heart knocks at his side. And when any one of these "excitements" is over, he is conscious of a corresponding depression—a "sinking" or "emptiness," as it is called.

The healthy action of all the members of our frame depends upon the supply of blood received from this central fountain. When the heart's action is arrested, the stomach, which requires from it a large supply of blood,

becomes enfeebled. The brain, also waiting for blood, is inactive.

The heart is a very willing member ; but if it be made to fetch and carry incessantly, if it be "put upon" as the unselfish member of a family often is, it undergoes a disorganization which is equivalent to its rupture. And this disorganization begins too often nowadays in the hearts of very young children. Parents know that if their sons are to succeed at any of those competitive examinations which have now become so exigent, high-pressure is employed. Hence, young people are stimulated to overwork by rewards and punishments. The sight of a clever boy who is being trained for competition is truly a sad one. These precocious couched-up children are never well. Their mental excitement keeps up a flush, which, like the excitement caused by strong drink in older children, looks like health, but has no relation to it. In a word, the intemperance of education is overstraining and breaking their young hearts.

If in the schoolroom some young hearts are broken from mental strain, in the playground and in the gymnasium others succumb to physical strain. "It is no object of mine," says Dr. Richardson, "to underrate the advantages of physical exercise for the young ; but I can scarcely overrate the dangers of those fierce competitive exercises, which the world in general seems determined to applaud. I had the opportunity once in my life of living near a great trainer, himself a champion rower. He was a patient of mine, suffering from the very form of induced heart-disease, of which I am now speaking, and he gave me ample means of studying the conditions of many of those whom he trained both for running and for rowing. I found occasion, certainly, to admire the physique, to which his trained men were brought ; the strength of muscle they attained, the force of their heart ; but the admiration was qualified by the stern fact of the results.

The symptoms of failure of the heart from overwork are unusual restlessness and irritability. Sleepless nights are followed by an inability to digest a proper amount of food ; and meals, which have probably been taken at irregular intervals and in haste, become objectionable. Stimulants are now resorted to ; but these nourish a working-man as a whip nourishes a horse. They give him an exciting