

acts of the will, and no sacrament however validly administered avail-eth them aught without it. I say—however validly administered, be-cause a sacrament might be validly administered, and yet not be efficacious on the soul of the receiver. The sacrament is validly administered when the proper person duly applies the proper matter and form. In the case of infants the sacrament of Baptism must be always efficacious when thus duly administered. In the case of adults it is otherwise for they must be duly disposed in heart and will, otherwise the sacramental effects do not follow there and then, and in the case of baptism which can be given only once, must remain suspended awaiting this due preparation of mind and heart, when, theologians tell us, the sacrament again revives to produce its effects.

NOTE.—When I say that the soul is passive in regeneration I mean only to imply that, in the case of adults, if any moral influence were exercised on the will before administration of Baptism to which it responded, such influence and such response were no integral part of the regenerating principle. In the Roman Catholic teaching on the Lord's Supper, though Christ the *origo et fons omnis gratiae* passes with the elements into the body of the communicant, yet the unworthy receiver derives no spiritual benefit, but only greater condemnation.

ACCORDING to official returns, the percentage of the various denominations in the British army is as follows :—

Church of England	68.9 per cent
Roman Catholics (chiefly Irish) ..	17.4 "
Presbyterians, (chiefly Scotch) ..	7.2 "
Wesleyan	5.4 "
Other Persuasions	1.1 "

If Irishmen and Scotchmen are excluded from the calculation, it will be found that 90 per cent.—i. e., 140,920 out of 159,475—belong to the Church of England.

We may form from these figures in the absence of a religious census, a very fair idea of the strength of the Church in England.

WE hear a good deal nowadays of the decline of the pulpit, the failure of the Church to reach the masses, and the rest of the familiar jeremiad. How much of this comes from those who do not go to church and do not let themselves be reached is a curious speculation. But Dr. MacArthur, a distinguished Baptist preacher of New York, assures his people, we think with entire reason, that the ecclesiastical pessimists are wailing before a bogey of their own invention. At the beginning of our century the census showed that men who might be called members of Evangelical Churches numbered seven in a hundred of the population. Now they number twenty-three, more than three times as many. *N. Y. Churchmen.*

It is an utter impossibility to catch cold if the surfaces of the body are kept at an even temperature. The trouble may be from without or it may be from within—that is, by not being either properly or sufficiently clad; by not having perfect circulation, or by not eating such food as is needed to furnish the required heat of the body. The chilliness you experience in the winter arises from one of two causes: first, lack of sufficient carbonaceous food; second, poor circulation, possibly due to the lack of exercise. —*Ladies Home Journal.*

The late Archbishop of Canterbury used to say that it wasn't "high" or "low" churchmen we needed but "deep" churchmen, i. e. churchmen whose churchmanship was not a matter of whims and prejudices, but conviction; men whose churchmanship was more than skin deep.