

by unanimous vote, decided to regard the churches belonging to the Evangelical Union of Scotland as eligible to appoint representatives, and have invited them to do so. For several years the churches of the Evangelical Union with their ministers have been given a place in the official Year Book.—*Christian World*.

IN London the churches are grouping themselves together for more united and methodical action. In one, called "Group Third," in N. W. London, consisting of nine churches, the following was agreed upon:

1. That there be an exchange of pulpits once every three months on a Sunday;
2. That there be an exchange at a week-night service once in three months;
3. That there be a united co-operation with those churches which desire to hold special evangelistic services;
4. That another conference be held at Paddington Chapel as soon as can be arranged, to consider the subject of "How best to call forth the services of the women of our churches."

CONFEDERATION is being arranged among the Australasian colonies. They have agreed on the general principle, and improved on our model by agreeing that all powers not expressly given to the General Government shall remain with the several provinces. We made the mistake of having it *vice versa*, and have suffered from encroachments on provincial liberty ever since.

REV. CHARLES BERRY, of Wolverhampton, has been nominated for the secretaryship of the English Congregational Union, in succession to the late Dr. Hamay. Immediately following this, the Brixton Church, London, unanimously and enthusiastically invited Mr. Berry to succeed the late Dr. Stevenson, as pastor of that church. It remains to be seen whether Mr. Berry will accept either proposition.

MY only hope for the permanent deliverance of mankind from misery, either in this world or the next, is the regeneration or remaking of the individual by the power of the Holy Ghost through Jesus Christ. But in providing for the relief of temporal misery I reckon that I am only making it easy, where it is now difficult, and possible, where it is now all but impossible, for men and women to find their way to the cross of our Lord Jesus Christ.—*General Booth*.

ABOUT a year ago we made some remarks

about the need of our Ontario cities waking up; and instanced London, Hamilton, Ottawa, etc., where we ought to have more than one church. Since then, London has branched into two; Hamilton has founded an East and West "Mission." We hear nothing from Ottawa as regards outside work. Is there not a Congregational family or two, in such large centres as Peterborough, Galt, Owen Sound, Chatham, and Windsor, to make their presence known?

GOOD ADVICE.—In addition to the good night's sleep, it is a good plan to take a short nap in the middle of the day. It divides the working time, gives the nervous system a fresh hold on life, and enables one to more than make up for the time so occupied. It is well to guard against too long a sleep at such times, since such is apt to produce disagreeable relaxation. There has been much discussion regarding the after-dinner nap, many believing it to be injurious, but it is nevertheless natural and wholesome.—*Ex.*

MR. DEPEW, in a recent address before the Young Men's Christian Association, said, "There is a good deal of talk about the 'dignity' of labor, but I prefer to think of the *pleasure* of work." There is much truth in that. A lasting pleasure is found in a work in which one is interested, and which is carried on for honorable ends, and in a prudent way. An idle mind is a miserable one. Work is the law the Creator has imposed upon the universe.

WHAT is called "Institute" work, and "Normal" work, is coming more and more into vogue with our S. S. Conventions. Mr. Hossie, of Brantford, writes us that they shall have "an afternoon of Institute work at every Convention," after this in Brant. It would be well for one or two men in every County to qualify themselves by special study, for so desirable and excellent a work. Sabbath School teachers feel the need of more systematic study of the scriptures; and whatever makes the Bible better understood, helps Christianity in the world.

WE want to suggest to our young Christian Endeavorers, whether in Societies or working individually, a little item of congenial work. Look at our announcement of Communion