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The New Church Member.

While the person who has united with the church should have the tenderest nurture, yet, on the other hand, he should not expect too much at the hands of the older members of the congregation. He should remember, first, that they are very fallible, and may neglect their duty and miss the mark in many ways.

Then he should also bear in mind that most of them are busy people, having many cares and duties devolving upon them, so that they cannot always bestow upon others the attention that may be expected.

No person who unites with the church should expect too much of his fellow-members. He should at least try to take care of himself and his own spiritual interests, and should not beguile himself with the expectation of being cooled and petted. It is the duty of all rather to minister to others than to be ministered unto.—*Our Young Folks.*

More Sleep.

More sleep, with more regularity in taking it, is a prime need of our exhausting modern life," says a wise observer.

"People talk of giving rest to their minds, but it is not likely that the mind itself ever tires. The brain, or some overworked tract of it, may need repose, and it seems a well established physiological fact that this central organ literally undergoes repair and renewal during sleep. The slowing down of the blood permits the deposit of nutritive particles, just as the slowing of a river permits it to drop its sediment.

"There is wisdom as well as wit in the Quixotic saying: 'Blessings on him that first invented this sleep.'"

"Pulp and Pluck."

"This is not an age of heroic Christianity," said Dr. Theodore L. Cuyler, recently. "There is more pulp than pluck in the average Christian professor when self-denial is required.

"The men and women who not only rejoice in doing their duty for Christ, but even rejoice in overcoming uncomfortable obstacles in the doing of it, are quite too scarce.

"The piety that is most needed is a piety that will stand a pinch; a piety that would rather eat an honest crust than fare sumptuously on fraud; a piety that works up-stream against currents; a piety that sets its face like a flint in the strait, narrow road of righteousness.

"We need more of the Christianity that steadily sets its face toward Christ's word and holy will. An ungodly world will be compelled to look at such Christly living as at 'the sun shining in its strength.' God loves to look at those who carry Jesus in their faces. Of such is the kingdom of heaven."

"Grandfather's clock" was screwed to the wall, with its tin weights, filled with sand, hanging down by chains, and its long pendulum swinging slowly back and forth. The mother asked little Dot to go into the room and see if the clock was running, for she had not heard it strike all the afternoon. Dot came back, put her curly head in at the door, and exclaimed: "Why, no, mamma, de clock ain't a runnin'. It's des standin' still and a waggin' its tail."

Two little Scotch girls were talking about their respective fathers, who had both been in the army. "Ma father's got the 'Victory's Cross,'" boasted one. "The Quinn pinned it on him with her ain hand." "Ah," retorted the other, "ma father's braver! He's been in dozens of wars, an' he's got gangs and gangs of medals and 'Victory's Crosses.' An' he's got a bonnie wudden leg, an'—with a shrill shriek of triumph—"he Queen nailed it on wi' her ain hand!"

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