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is not necessary to the enjoyment of per-fect health, yet strong, healthy organs and faculties give rise to the most de-lightful sensations of existence.

Exercise, common sense and ordinary precaution and you need never be very sick. When you find your stomach troublesome, your bowels inactive, your nerves sensitive—look out! When your weight is decreasing, when your energy is waning, when exertion seems impossible and sleep does not give rest look out!

out!
Serious illness has its beginning in neglected little things. Even dread consumption comes on by degree, and may begin with a very slight derangement. Taken in time, 95 per cent. of all cases of consumption can be oured. Taken in time, no disease need be really serious. The best safeguard against disease is an active, healthy liver. That means good blood and good blood means good solid healthy flesh.
The germs of disease seek out the weak

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with—the firsh that means health, but a reasonable plumpness is essential to the best bodily condition.

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MONUMENTS.

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NOTICE.

A SPECIAL General Meeting of the shareholders of THE PRESBYTERIAN PRINTING AND POBLISHES. COMPANY (Limited), for the purpose of the Election of Directors will be held the Offices of the Company, 5 Jordan St., Toronto, en

Wednesday, the 28th day of August, 1895, at the hour of four o'clock in the afternoon.

A. W. McLACHLAN.

Ministers and Churches.

Rev. Dr. Hare, of Worcester, Mass., preached in the Presbyterian Church, Desoronto, on Sunday,

Rev. Dr. Bayne, of Pembroke, has been preaching in McNab Street Presbyterian Church, Hamilton:

Rev. A. F. Tully, of Mitchell, occupied the pulpit of the Presbyterian Church, Lakeneld, on

The trustees of the South Plympton Presby-terian Church are having their edifice thoroughly renovated and repaired.

Rev. L. Perrin B.A., Georgetown, preached acceptably in the Presbyterian Church, Port Elgin, on Sunday, 11th inst.

Rev. Dr. Jackson, of Galt, will preach the sermons in connection with the Presbyterian Church anniversary at Atwood, on Sept. 29th.

The Rev. Mr. Ballautyne, of Mono Centre, occupied the pulpit of the Presbyterian Church, Hillsburg, both morning and evening of the 11th

Rev. W. T. Herridge expects to return to Ottawa about the middle of September, and will probably officiate at St. Andrew's on the 22nd of that month.

Rev. R. Atkinson, Berlin, acceptably filled the pulpit of the U. P. Church, Galt, on Sunday, 11th inst. The reverend gentleman preached in the Baptist Church in the evening.

Rev W. S. Smith, of Middleville, Ont., occupied the pulpit of Knox Church, Guelph, on Sunday, 11th inst., morning and evening. He gave to the large congregations present two powerful and able sermons.

A meeting of the Paris Presbytery was held at Brantford on the 14th inst. The call from Descronto to the Rev. W. S. McIavish, of St. George, was discussed and after deliberations he accepted the call.

Kev. Mr. Beil, of Newmarker, Moderator o Toronto Presbytery, conducted services, morning and evening, in Knox Church, Milton, on Sunday, Aug. 4th., and, on Aug. 11th. Rev. Wm. Hamilton, of Richibucto, preached.

The Presbyterians, of Percy. Assa., have built fine new frame church, size 20x30, with a ceiling 12 feet high. It was opened on the 11th inst. Rev. Dr. Robertson, of Winnipeg, officiated at the dedicatory services. The cost is nearly covered by subscription.

Knox Church pulpit, Mitchell, was supplied on Sunday, 11th inst., by Rev Lindsay Robertson, of Toronto. A congregational meeting was held on the 15th inst., to receive the final report of the building committee in connection with the new church recently erected.

The Rev. Mr. Anderson, of Toronto, who has filled the pulpit of St. Andrew's Church, Fergus, since Rev. Mr. Mullan went away concluded his services on the 28th ult. He made many friends while here, and his sermons were most ecceptable and pleasing to the congregation.

The services in the First Presbyterian Church, St. Mary's, were conducted on Sunday, 11th inst., by the Rev. Orr Bennett, of Russell, near Ottawa, who preached excellent sermons. On Sunday, 18th inst., Rev. Lindsay Robertson, lately from Scotland, preached morning and evening.

Rev. Dr. Booth, of Erie, Pennsylvania, occupied the pulpit of John Street Church, Bellville, at both services on Sabbath 11th inst., and preached to good congregations. Dr. Booth has a good delivery, an easy manner in the pulpit, and his method of presenting the truth is good and attractive.

A large and enthusiastic audience gathered in he St. Andrew's Town Hall, on Thursday, 13th inst., when the Rev Dr. Smyth, of Calvin Presby terian Church, Montreal, gave his most interesting lecture on "Lechoes of Killarney" The chair was occupied by Mr. Gilmore, a student, who is assisting the Rev. Dr. Patterson, of the Presbyter in Church, during the college vacation. ian Church, during the college vacation.

On Sabbath, the 11th inst., Rev. R. Haddow preached his last sermons as pastor of Knox Church, Milton. The congregations were large, especially at the evening service, when the church was filled. At the close of the evening service Mr. Haddow said good bye to each of those present as they filed out the door, and more than one left they were losing a true friend. On Mon day morning Mr. Haddow took the second train for Toronto, from whence he will go to his old home in New Branswick.

Rev. G L. Mackay, D.D., missionary to Formosa, accompanied by his Chinese student, were in Fergus over Sunday, 11th inst. Dr. Mackay preached in Melville church in the morning and evening, and gave an interesting address on his mission work in St. Andrew's church in the afternoca. Short addresses were also riven, afternoon and evening, in his native tongue, by Dr. Mackay's co-worker. The three services brought large crowds, and especially the one in the even-ing, when a large number had to turn away as there was not even standing room.

Rev. Mr. Harkness, Missionary to Japan, occupied the pulpit of the Presbyterian Church, Dornoch, on Sabbath, 11th inst. He gave a very elequent discourse on the customs, forms of worship and progress of Christianity among the Japs and also the Coreans among whom also he spent part of his mission term.

A new church of fine proportions is being erected in Blenheim, Ont. The work is going on rapidly. The laying of the corner stone will take place about the first week in September. When complete the Presbyterians will have a house of worship that will reflect great credit upon them. The membership of this growing charge is now 310. The new church will have a seating capacity, including Sunday School room, which is an annex opening to right of the pulpit (the pulpit being in the corner opposite main entrance), of from 800 to 900. Rev. J. M. McLaren, B.A.,

The services in Melville Church, Fergus, on Sabbath, 11th inst, were of an unusually interesting character, this being the sixth anniversary of the induction of the present pastor, Rev. R. M. Craig. The Rev. Dr. Parsons, of Toronto, conducted the services morning and evening. The sermons throughout were of a very high character and were listened to by very large congregations. A few Sabbaths agothe pastor asked the congregation for a collection on that Sabbath of \$500 to meet the indebtedness on the manse building. The congregation responded most heartily, and placed on the collection plate about \$550. This is very satisfactory to all concerned, and the congregation is to be congratulated on the success of the services.

There was a large audience in Melville church on Monday evening, the 12th iost., to listen to the address of the popular pastor, Rev. R. M. Craig, on "Six Months in New Mexico." Mr. Craig spoke for two hours, and gave a grapic and most interesting account of New Mexico and its people - the enchanting beauty of the mountain scenery, the depts and richness of the soil, the indolent habits of the people, their hospitality and usual modes of life, the urgent need for an and usual modes of life, the urgent need for an improved educational system, the crying neces-sity for the preached g spel, and many other points of interest. The chair was occupied by Rev. Dr. Wardrope, of Guelph, who, after, highly complimented Mr. Craig on his able and enter taining lecture.

A very pleasing event took place at "The Manse, Burlington, on Monday evening, the 12th 11st., it being the 15th anniversary of the marr age of Dr. and Mrs. Abraham. The celebration took the form of an old-fashioned surprise party. The congregation turned out en masse to do honor to their beloved pastor and his wife. Many beauti-ful presents were given to Dr. Abraham and his wife, accompanied with many kindly expressions of feeling and hearty good wishes. Dr. Abraham made a very feeling reply to the many kind words spoken, expressing his very great appreciation of the kindness of the congregation manifested to himself and wife and the congregation manifested to himself and wife, not only on this occasion but upon many former occasions during the fifteen years of the pastorate.

The Rev. Dr. Cochrane, Convener of the Home Mission Committee of the Presbyterian Church, left Toronto with Mrs. Cochrane by the C.P.R., lest Toronto with Mrs. Cochrane by the C.P.R., on Thursday, 15th inst., to visit Mission Stations at Sault Sie. Marie where he preached on Sabbath, and around Winnipeg where he will preach next Sabbath. It is some 23 years since he first went to the Northwest as Convener, when Winnipeg was a place having a population of about 1,000, and a Presbyterian congregation of about 50 members. To-day Winnipeg has some eight Presbyterian Churches, and the entire Northwest is filled with Presbyterian Churches, and Mission Stations. The revenue for Home Missions and Augmentation was then, all told, Missions and Augmentation was then, all told, about \$14,000. Now it is \$150,000.

There is wanted by Rev. Dr. Rober.son, Winnipeg, a Gælic-speaking missionary for the Bellafield Mission in south-west Manitoba. There are 56 families and 10 single persons on their own homesteads in the field. The Galic-speaking settlers are Scottish Crofters, who came out some years ago, and who have made a good beginning. The settlement is intelligent and progressive. The missionary needed is a student, and he could supply for the winter, and then take the summer session in 1896, and thereafter ceturn to his own College; or he could remain in the mission for a year—till one of our young men volunteer for this mode. The removement is for which works. for this work? The remuneration is for winter service \$7.00 per week and board; and for summer \$6.00 and board. Travelling expenses are defraged by the Committee.

The Rev. T. F. Fotheringham, M.A., Convecer of S.S. Committee, writes: I have not been able to ascertain the post-office addresses of all the new members of the Sabbath-school Committee. I should be very much obliged if the parties themselves, or the member of the committee on nomination of standing committees who suggested their names, or any other friend would drop me a postal card with the proper addresses of the following: Messrs. James Gordon, J. J. Ferguson, A. S. MacGregor, J. Keane and D. M. Buchanan. If these men de not get notice of the meeting of the S.S. Committee, they will understand that I was unable to communicate with them. The committee will meet (D.V.) is the lecture room of Central Church, Toronto, on Tuesday, September 10th, at 10 o'clock a.m.

The Rev. Wm. Mitchell, M.A., late of Thorold, is taking part with Mesus. Crossly and Hunter in a series of evangelistic meetings which they are at present holding in Carleton Place.

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On Sabbath, 11thinst., he preached in St. Andrew's Church. Rev. Dr. Bea tie, of Linisville, Ky., addressed the monthly missionary meeting of St. Andrew's Church, Guelph, Wednesday night, 7thins., upon the coloured people of the Southern States. He gave a most instructive and interesting description of them in their days of slavery before the war, the effect of their days of stavery before the war, the effect of their emancipation and the great difficulty presented in dealing with them on account of the strong race feeling now existing between the blacks and whites in the Southern States. He also spoke of the steps taken to educate and evangelize the colored people by Christians of both North and South. There was a good audience, whose attention was held by Dr. Beattle from start to finish of his address.

Tuesday, 13th inst., was a day long to be remembered by the Presbyterians of St. Catharines, especially for those of the east-end, for then was dedicated to the service of God the new Church being erected by the congregation of Haynes Avenue. There was a very large attendance at the ceremony, many of the most prominent citizens being present. Proceedings were opened with devotional exercises. In a box under the corner stone were deposited a brief history of the church with the usual documents. The ceremony of laying the stone was performed by Mrs. John McCulla, to whom, for the purpose, the pastor, Rev. Mr. Geddes, presented a silver trowel. Suitable addresses were then made by Rev. Dr. Gregg, Rev. Robt Laurie, Moderator of the Presbytery of Hamilton, and Rev. Mr. Fastman, of Oshawa, who formerly as a student,

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Toronto, August 12th, 1895.