

are "not a member of the Church" the amenities of good usage ought to suggest conformity.

At Holy Communion, engage in private devotions, both *before* and *after* partaking. You cannot too carefully prepare for this solemn duty, nor after receiving, too earnestly plead for its benefits. Receiving the bread in the palm of the ungloved hand, and the chalice with both hands. Do not forget your offering. Keep your seat after the benediction. Until the remaining elements are consumed

After the benediction—to be received kneeling—pause a few moments to thank God for the privileges you have enjoyed, ask for grace that you may improve them to your soul's welfare

Do not suddenly turn the quietness and sacredness of public worship into a confusion of tongues and merriment, but retire quietly from the sacred precincts of the Lord's House.

If you are tempted to criticise the service, the sermon, the singing, or any of your fellow-worshippers, first turn your thoughts inward and criticise *yourself*.

CHURCH GROWTH IN THE UNITED STATES.

During the past fifty years the nation has grown so rapidly that it is by no means easy for most of us to keep up with the times. Even the geography of the country puzzles us, for we have a vivid remembrance of that great American desert and that Indian Territory, which in our atlas stretched from the Mississippi to the Rocky Mountains. Of course, no small part of this rapid growth, which has changed the arid plains into green fields and the hunter's camp into the busy town, has been due to immigration. From the Old World has come a steady stream pouring into the cities on the seaboard and then spreading out till it has reached across the continent. To a very large extent this foreign element has been made up of Irish Romanists and German Lutherans.

Now the Church could hardly be expected to keep pace with a population growing so fast and recruited so largely from such alien elements. She would have done enough to vindicate her claim to be the Church of the American people if she had continued to grow steadily and surely, though her growth fell far below that of the population of the whole country. But she has done far more than this. She has not only held her own, in spite of this large foreign element, but she has outstripped even the nation in the rate of her gain. During the past twenty-five years our population has grown from thirty-one to fifty-five millions, or a