

commends both his research and his conclusions. Archbishop Laurence styles his treatise, "An attempt to illustrate those Articles of the Church of England which the Calvinists improperly consider as Calvinistical."

Canadian Churches.

More than once we have written approvingly of the good example set by the late Archbishop Sweatman in doing his utmost to preserve and compile the records of our churches. Especially interesting are these records when they relate to the first buildings erected for Divine worship in Canada. Notable amongst these is St. Mark's Church, Niagara. The church building was begun in 1804, and completed in 1810. This fine old parish church, with its memorial tablets of Churchmen, some of whom held honoured positions not only in the service of the Church, but of their queen and country as well, is beautifully situated amongst noble trees and graceful shrubs in its fair and ample grounds. It is surrounded by well-ordered graves of parishioners of bygone days. Over its walls clammers the beautiful ivy, forming in the fair summer time a graceful tracery outside the stained glass windows. It is a privilege to worship in this hallowed building. And even on the ordinary days of the week many a casual visitor, impressed by the solemn stillness that pervades it and the sacred purposes to which it is devoted, gratefully bends the knee in silent prayer within this house of God.

Christian Fellowship.

Dr. Randolph, Bishop-Suffragan of Guildford, recently spoke some words at the consecration of a new church to which the "Church Family Newspaper" has drawn special attention. Not the music, nor the ritual, nor the decoration of any church, but rather the lives of its members determined its real character. Our pleasure and delight in the church services may, after all, be selfish; and we may have very little sense or obligation to others. Therefore, the Bishop appealed to make the new church a real home, where the young are fed and nurtured and tenderly treated and newcomers are cordially welcomed, and all are made to feel that they are children of one Divine Father and members of one spiritual family. The "Church Family Newspaper" adds: "When church officials and leaders of a congregation learn how to greet newcomers and make them really at home, one of the great causes of empty churches will have been solved." People usually find enough frigidity in the cold world outside, and what they look for in the church of Christ is a warm, cordial welcome and genuine Christian fellowship.

Politics and Civil Service.

There can be but little doubt that so long as the Civil Service is looked upon as the decayed politician's happy hunting-ground the public will be rudely and inefficiently served. We recently heard of a public official who, when rebuked by a superior official for rude behaviour, replied: "Mind your own business, and remember that I have a bigger pull than you have." Doubtless there are in the Civil Service able men and gentlemen, but so long as the chief requirement of a candidate is to have a "bigger pull" than those who, it may have been for years, have been making a determined struggle for advancement, the standard of efficiency and civility in the Civil Service will be by no means what it ought to be.

The Thirteenth Sunday after Trinity.

This Sunday is, for various reasons, a noteworthy one in the Christian year. If we reckon twenty-five Sundays in the Trinity season, this would be the central one, and in the Gospel for this day we have the parable of the Good

Samaritan, so that the keynote of this central Sunday, and, therefore, the kernel of the Church's teaching in the later half of each Christian year is love to God and man. The parable of the Good Samaritan is the pivot on which the teaching of the whole Trinity season turns. And inasmuch as this parable has been accepted by the Independent Order of Odd-fellows as the groundwork of their system, this is a suitable day for inviting the members of that influential order to attend the services of the Church. The wide reach of true benevolence has been aptly and strikingly set forth by John Wesley in these words: "For our Lord Jesus Christ's sake do all the good you can, in all the ways you can, to all the people you can, at every time you can, in every place you can, and as long as ever you can."

Quick and Powerful.

One of the most striking declarations concerning God's Word, which has been verified many times in the experience of God's Church, is Heb. 4:12, "The word of God is quick (or living) and powerful," etc. Judson's translation into Burmese is an instance of this. When he was imprisoned his wife buried the MSS., which had been just finished. Later, it was hidden in a pillow; later still it was thrown out in the prison yard and discovered by a native Christian, who kept it as a relic of Judson, and so it was preserved. Surely the Word of God was living and powerful there! About a year ago—on October 16th, 1908—a celebrated Jewish convert, the Rabbi Ignatz Lichtenstein, died in Budapest at the ripe age of eighty-five, and his history furnishes another remarkable illustration of the living power of God's Word. In his earlier years, when he was a zealous rabbi, he took a copy of the New Testament from one of his teachers and hid it away on a shelf on his library, where it remained unnoticed for thirty years. A persecution of the Jews led him to study it to discover, if he could, the causes of this persecution. The book interested him at once, and soon won his heart. He began to preach Christ, and kept it up for six years, when he was at last formally dismissed by his congregation. The rest of his life was spent in witnessing for Christ by voice and pen. Here, too, the Word of God proved itself to be alive and powerful. The Church has taken it for her rule of faith, she has translated it into the tongue of the people, she has circulated it, defended it, and expounded it as no other Christian communion has done; and in her liturgy she teaches her children to begin each Christian year with a fervent prayer to "hear, read, mark, learn and inwardly digest" it. This is her declared aim, and where it is pursued faithfully, there you will find holy living, hearty worship, and liberal giving. But wherever this aim is ignored and attention is given chiefly to externals or side issues, there you will find a lifeless, unprogressive brand of churchmanship, which tries the faith and zeal of every true minister.

Sleep and Work.

Dr. Graham, the medical superintendent of the Belfast Lunatic Asylum, in his recent annual report, treats of the influence of narcotic drugs on mental disorder. Amongst other wise and suggestive views on the subject, the learned doctor says that business and professional men rarely break down through overwork. He goes on to say that "Far more generally the cause is ill-regulated work, complicated by insomnia. If only adequate sleep is obtained, the cells of the body can sustain an almost incredible amount of work; but let sleep be broken or curtailed for a time, and then we may expect indigestion, mental unrest and worry, and the various symptoms of a neurasthenic onset. Therefore, everyone conscious that he is beginning to lose his sleep—and especially let the

tired business man note this—should drop every other consideration and give all his attention to the restoration of this organic function. In doing so he will be wise if he declines the use of all hypnotic drugs. The truth is that these so-called sleep producers act as brain intoxicants. There is no medicine known to science which can produce natural physiological sleep. But the advice of a psychologically trained physician should be sought, and, when rendered, should be implicitly obeyed. The curse of insomnia is one of the penalties we pay for the rush and hurry of modern civilized life, and if the curse is ever to be lifted, its generative causes must be examined and removed." Dr. Graham's view is physiologically sound, and is based on large experience and ripe judgment. It cannot be too carefully considered or too widely acted upon.

Continuous and Useful Work.

Dr. Graham concludes his most valuable report by giving a high place in the economy of life to steady, useful work. He says: "The man who has plenty of congenial work, interrupted by adequate periods of sleep and recreation, need have no fear that he will ever darken the threshold of a lunatic asylum. In the armoury of the modern physician, to the mind diseased there is no weapon more effective for combating morbid brain states than work. This method rests on a profound psychological law. The insane person suffers from a deep disturbance of the 'function of the real'; he lives for the most part in an unreal world, and wastes his energies in battling with the phantasms conjured up by a mind in which the powers of attention and inhibition have been seriously impaired. His great need is to come into contact with reality, with the solid framework of the external universe. And this is done by means of suitable work. . . . Mere occupation without an end and without a purpose has little or no value; but work which bears in itself the stamp of the useful, which means something, and which, therefore, gives the worker a sense of achievement and a certain interest, and even enthusiasm, seems to drive out false notions and feelings by filling life with a positive and healthy content—such work cannot be too highly valued. Carlyle uttered a great word when he said, 'Work and despair not.' There is always hope for the man who gives himself completely and continuously to his work."

A Cry from the West.

We print this without comment. The cry from North-West Canada for men in Holy Orders to supply the scattered children of the Church with her ministrations is both loud and general. Seven of our parishes and established Missions in the Diocese of Qu'Appelle are without priests, deacons or catechists. Some of these have been without ministers since the opening of the summer. These parishes and missions present splendid opportunities for young men with a missionary spirit able for the work, and with a knowledge of our Canadian people and climate; but, alas! they are not forthcoming, and we are not able to do the work God has put before us. I am just preparing to travel 650 miles to provide service in a parish which has two churches with large congregations, ninety communicants, forty families, a rectory, and guarantees \$800 a year to the rector. This parish has been without a clergyman since the spring, and two clergymen from Eastern Canada, after obtaining information concerning the cost of living in the West, have felt themselves obliged to decline the appointment. This is extremely sad, and causes us great anxiety. Eastern Canada must come to our assistance and send us men in Holy Orders in sufficient numbers if we are to extend the borders of Christ's Kingdom and carry the banners of the Church over these glorious prairies. In