

### PHYSICAL STRENGTH

Professor Goldwin Smith and Senator Wark, two of the oldest and best preserved of our citizens, have been telling us how to live. It seems summed up in the ancient advice, retire early and eat plain food. Senator Wark believes in porridge, meat, bread and tea, but refuses to countenance pie or pudding. Professor Smith's verdict is about the same, but he does not pronounce so strongly against delicacies, although he agrees that they must be taken in moderation.

It is not every one who desires to be old. There are some men who prefer to crowd their pleasures into a few, fierce years of fast living and strenuous existence. They are prepared to abuse their bodies and their minds if only they can get a vast amount of "pleasure" out of eating, drinking and other sensuous enjoyments. There are some men who are prepared to make the same sacrifices for power and wealth. They will rise early and retire late; they will eat and drink irregularly and inconsiderately; they will work fiercely and immoderately if only they may acquire a cabinet position or "a million" without any unnecessary delay. Both the classes know that their hard living and their fierce existence will shorten their lives, but they profess not to fear such a result.

There is a larger class which suffers through ignorance. This includes those who never draw a deep breath, who avoid fresh air, and finally become tubercular victims. There are those who are too lazy to walk or indulge in physical exercise and finally are disposed of with kidney trouble. There are those who do not know the meaning of the words "deny thyself" in relation to eating and drinking and finally become dyspeptics or drunkards.

How to live is a great problem, but there is no doubt that it takes several generations of self-denial to produce a man strong constitutionally, mentally and spiritually. It is rather difficult to ask people to live well in order that their great grandchildren may be nearly perfect men and women, but it seems necessary. Self-denial! Self-denial! Self-denial! must be the cry of the race that wishes its progeny to be great. During the past few years it has been the cry of the Japanese, and their sons have now stepped out into the arena to show the world what self-denial means.

If Canadians are to be physically strong there are some reforms to be effected. They must eat less pastry, they must breathe more fresh air, they must encourage still more athletic sports and physical culture, they must realize that the reckless pursuit of "the dollar" is not a reasonable ambition for either an individual or a nation, but that strong bodies and sound minds are the marks of a vigorous race. —April Canadian Magazine.

This from the Canadian Baptist is equally applicable to our own and other denominations. Our contemporary says: The members of our churches are more ready to give than they are sometimes supposed to be. Only let them be regularly informed of the needs of our mission work, and then led to adopt some approved system of giving, and we venture to predict that in many cases the result will be a surprise to all who are concerned.

### Grand Trunk Again to the Front.

The New York Agency of the Grand Trunk Railway System are now occupying what is conceded to be the handsomest railroad office in the world, on the ground floor of the new Dun Mercantile Agency Building, at 290 Broadway, New York. The floor is finished throughout in Sienna marble, bronze and plate glass, and these decorations cost the owners of the building \$100,000.00, and it is considered the finest display of this handsome stone in America. The Grand Trunk leased the entire floor and called it the "Railway Exchange," having as sub tenants:

Great Eastern Fast Freight Line,  
Lehigh Valley Railroad Co.,  
Maine Steamship Co.,  
Clyde Steamship Co.,  
Queen & Crescent Route,  
Louisville & Nashville Railroad Co.,  
Wisconsin Central Railroad Co.,  
Central Railroad of New Jersey,  
The Central States Dispatch,  
Pere Marquette Railroad Co.,  
Georgia Railroad Co.

The consolidation of these interests is a new departure, and in the brief time that they have been together, it has operated to so much advantage to the roads interested, and has been such an accommodation to the shipping and travelling public, that its success is assured.

The entire office has been fitted throughout in mahogany which corresponds with the buildings decorations, the offices being in the centre of the space with a lobby down each side.

Everything considered, the Grand Trunk Railway System's new office is worthy of a call from anyone visiting New York.

### Mixed Marriages.

(A BYSTANDER IN WEEKLY SUN)

To the anti-social denunciation of mixed marriages by Roman Catholic parents we are accustomed; but Anglican papers are now denouncing mixed marriages of Anglicans with Protestants of other denominations. This seems strange in organs of a church the episcopate of which framed the Calvinistic Lambeth articles; which sent delegates to the Calvinistic Synod of Dort; which numbers in the line of its heads the Calvinist William III. and the Lutheran George I.; while its present head is united in a "mixed" marriage to a Princess of Lutheran Denmark. The Anglican Church itself is divided into three sections; that which calls itself Catholic, and is striving to introduce Catholic ritual; the evangelic! section; and the rationalist section of Coleman, Mark Pattison, and Jowett. A marriage between a bridegroom of one of the sections and a bride of another is surely as mixed theologically as any marriage can be.

The heroic spirit of the missionaries of the early ages has not departed. In all the recent troubles the missionaries have stood at their posts. Christ does not require his servants to waste their lives, but his spirit was seen in the missionaries at the time of the Armenian massacres, during the whole of the Boxer rebellion in China, and at the present time in Macedonia and neighboring countries. The record of heroic service is a strong testimony to the grace received in Christ.

### Literary Notes.

HARPER'S BAZAR for April is the spring fashion number, and contains a great amount of information that will be of interest to womankind. The Fashion Outlook for 1904 gives a concise review of the leading features for the season; while under separate headings are discussed Spring Hats, Shirt Waists, Coats and Wraps, Wash Gowns, etc. The serial, "The Masquerader," grows in interest from month to month, and there is in addition to a generous instalment of it a quaint little story, "The First Pussy-Willows," Agnes Repplier writes of "What Women Read," and there are the usual papers on fancy work, recipes, etc. Harper and Brothers, New York.

The March Contemporary opens with Dr. E. J. Dillon's Japan and Russia, which gives an excellent review of the causes of the war, and lays before the reader the probabilities as to its outcome. Among the many subjects, discussed are "British Rule in the Transvaal," "War Office Reform," "The Future of the Latin Nations," and "Religious Toleration in China." In a literary review are "Recollections of Renan," Studies in Literary Psychology, "Carlyle and the Present Tense," and "The Greek Conception of Animals." Leonard Scott, Publication Company, New York.

THE FORTNIGHTLY for March has a most attractive table of contents, dealing as it does largely with the questions that are at the present time attracting so large a share of the world's attention. "The Tsar: A Character Sketch," and "The Slav and His Future," are kindred subjects, both dealt with in a sympathetic manner. Calchas writes of "The War and the Powers" and Alfred Stead of "The War in the Far East." Of a political cast are the following articles: "Mr. Chamberlain's Future," "The Fiscal Question—A Bird's-eye View," "The New War Office," and "New Light on the Irish Problem." Several literary subjects are discussed, and the Poet-Laureate's address, delivered at the Royal Institution last month, on "The Growing Distaste for the Higher Kinds of Poetry" is given in full. Leonard Scott Publication Co., New York.

The first place in the March number of Blackwood's is given to a poem by Alfred Noyes, "A Song of England," which has a swing to it that makes even eight ten-line stanzas not too long. We quote the stanza with which the poem opens and ends:

"There is a song of England that none shall ever sing;

So sweet it is and fleet it is  
That none whose words are not as fleet as birds upon the wing,

And regal as her mountains,  
And radiant as the fountains  
Of rainbow-colored sea-spray that every wave can fling  
Against the cliffs of England, the sturdy cliffs of England

Could more than seem to dream of it,  
Or catch one flying gleam of it,  
Above the seas of England that never cease to sing."

The articles in the number include the following: "Viscount Gough," "The Pytchley Country," "Whitaker Wright," "Finance," and a brief synopsis of the occurrences at the opening of the war, with an excellent map. The Political Outlook is also discussed. Leonard Scott Publication Company, New York.