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Volume XX. No. 4

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HALIFAX, N. S., WEDNESDAY, JANUARY 22, 1868.

Whole No 957

#### Religious Miscellany.

#### Work.

Work ! for time is flying, Work! with heart sincere Work ! for souls are dying. Work! for night is near.

In the Master's vineyard, Go and work to-day : Be no useless sluggard, Standing in the way.

Go and labor rather Fallen vines to rear. Ripen'd fruits to gather, Barren trees to care.

Join the Gospel reapers In their work of faith. Rousing careless sleepers Lest they sleep in death.

Tell the Serpent-bitten " Now to look and live," Tell the leprous-smitten " Jesus will receive."

Sound the invitation " Sinners come to Me," Tell to every nation " Mercy's full and free."

In this glorious calling Work till day is o'er, Work till evening falling, Thou can'st work no more.

Then thy labour bringing To the King of Kings, Borne, with joy and singing, Home on Angel's wings.

There, were Saints adore Him, Where the ransom'd meet. Lay thy sheaves before Him, Lay them at His feet.

Hear the Master saying, From His heavenly throne, When thy wages paying, " Labourer well done."

" Work! for time is flying. Night is almost here, Precious souls are dying, Thy reward is near.

# Under the Cloud.

" All alone! Sadly die the tones away
With a melancholy thrill,
As the shadows gather round
Dark and still?
But amid the heart's deep chambers Echoes still the mournful tone, As sight the wind-through ruined walls Of lonely and forsaken halls; "All alone!"

is doubtless the privilege of every true Christian. But alas! how few there are who live up to this high standard. We give our assent to the as-(as we trust in sincerity) the Saviour's prayer—in heaven Spurgeon. And yet there are seasons when dark shadows rest upon our pathway, and the crushed heart refuses for awhile to be comforted. Conscious though we may be intellectually, that a loving Saviour is ever with us-believing in his gracious promise that he will never leave or forsake those who put their trust in him, still the cloud looms darkly and drearily over us, and joy finds no resting place in our hearts. Those who were once the light of our life-the very aroma of our existence-whose smile was our joy, and whose voice the music which thrilled our souls-they is no sunshine for the spirit in such a mood. The not that Christians shrink from acknowledging member of the bar said he could pretty nearly happiness of others serves but to darken the shadows which rest upon its own horizon! We cannot believe that the wounded and suffering heart, poured from his burdened soul the sad lament enjoyment, and bid us love one another. Can it those most near and dear to us, without sensibly feeling the shock, and without saying like David, I am distressed for my brother Jonathan. We believe not in that gloomy, monkish as-

ings under the plea of giving the heart entirely to God. Our Father in heaven does not need our love or our hearts to make him happy-but our fellow creatures may. And St. John says if ye love not your brother whom ye have seen, of the ruling passion strong in death, than in how can ye love God whom ye have not seen? the last hours of the beloved Neander- His And Jesus says with reference to our love for our fellow creatures that if we love them, we his work. Mrs. Conant gives the following love him. "Inasmuch as ye have done it (acts sketch: these my brethren, ye have done it unto me." A wine bath had been prepared for him, as a fael the loss of those we have loved, and it is impossible not to feel for a season the gloom which their absence casts upon life's prospects. Ah! it is good to sorrow, but not to sorrow as those who have no hope. And we bless God thot we

And thou whose dearest hope is crushed untime-

row tossed, Who mournest by life's dreary sea, thy beautiful, thy lost, Upon that fair and happy shore, where death can ne'er betide, Shall meet again thine angel love—shall greet thine angel bride.

Thus, oh Christian, if the cloud be dark, there peace. is indeed a silver lining, which shall grow brighter and brighter, and larger, as time wears on, until it shall eventually illume the whole horizon with its glorious radiance, and by the splendor of its brilliance, light the redeemed and disenthralled spirit to the cloudless realms of an eternal day .- Meth. Prot.

#### Growing Love.

I am sure if we shall ever learn the breadth of Christ's love our love will grow broad; we shall no longer confine our love to our own church, but shall care for all the churches of God; we shall feel an affection not only for Christians of our own name, but to Christians of all names. Then our love will gain length also. We shall love Christ so that we can not leave off loving Him. We shall persevere in love, we shall abide in his love as he abides in it. We shall constantly have the flame of our love going up to heaven. And then our love will acquire depth. We shall be lumbled on account of our sinfulness. and we shall sink lower and lower in our cwn esteem and our love will become deeper and more grounded as it decends more fully into the core of our nature. And then love will climb the hights. We shall forget the world and the cares thereof; we shall become Christians who lie no longer among the pots, but who have received the wings of a dove covered with silver, and her feathers with yellow gold. We shall attain to such a hight in our love, that we shall S. S. Times. scale the mountain tops of the promises, and with our foreheads bathed in the sunlight look down upon the world that still lieth in darkness, out esasing, in everything give thanks." This and rejoice that we are made heirs of light; till our love mounting to heaven shall there be in its hight as we appear before the great white throne and cast our crowns with many a song before him who loved us, with a breadth, and in | beaven shall surpass all measurements .-

I wish to say one thing in regard to the effect bath has been invaluable." of going into minute details in prayer. It is the only way to make prayer interesting. When you attempt to pray at night, with a mind day of rest? But in order to secure its bless wearied and exhausted with the labors of the ing in its highest form, we need something more day, you find your thoughts wandering. No complaint is more common than this. There is scarcely any question which is asked more frequently of a pastor than this: " How shall I As a general rule, we shall find that we are pros avoid wandering thoughts in prayer?" It would pered through the week about in proportion as have gone, and the sad refrain comes up from avoid wandering thoughts in prayer?" It would be asked, too, much oftener than it is, were it we hallow the Sabbath day. A distinguished published.—N. Y. Observer. to their religious teachers, which seems to imply estimate the successes or failures of the week by their want of interest in spiritual things. Now the remidy, in nine cases out of ten, is coming hich is thus shrouded in gloom, will be spurn-ed as ungrateful by a merciful Saviour. He who ses of general confession and request and come poured from his turdened soul the sad lament over the prospective fall of Jerusalem—he who over the prospective fall of Jerusalem—he who wept at the grave of Lazarus, will not condemn nute wants and trials of the day. Describe all ed and who were worthy of our love. We beed and who were worthy of our love. We bethat you may safely abandon the phraseology
long ago."
I have not in that stoicism which steels the heart
and the form which a proper respect for the cusMr. G. w tons. He who formed us, gave to us all those protector as a man converses with his friend; capacities for joy and grief. He fitted our and remember that if you fasten upon one word hearts for love, he adapted our nature for social which you have spoken with an improper spirit, be possible for us then to be separated from it and confess your guilt in that one sin, mentioning all the circumstances which attended it, and trine of human depravity that creed or eatechceticism, which seeks to crush out all human feel- ism or system of theology ever gave ... Abbott.

# Death of Neander.

No more striking illustration was ever given thoughts, even when reason wandered, were on

Struggling to break off its bands which a weak, thought with whom for so many years he had couragement and support. better and purer aspirations of the soul. We fight on, if happily we too may by and by escape from the temptations and sorrows of this life and through the mercy of a mighty and loving be admitted into that brighter and better world which he has prepared for all who love him and keep his commandments. No. Oh,

raph's harp, we seem to hear a voice saying, in tures to be delivered by him during the next These tendencies already far advanced in The societies maintain over 550 missionaries,

Look up in pure and holy faith, in high and sol- were devoted to the great labor of his life. - exclusive view of the Episcopal Church; in un- ally. There are in British India, including For in the far unfolding years, a blessing waits

History where sickness had arrested his progress perstitious ideas of the power of the ministry; sionaries, 1800 native catechists, 1550 native A love on whose unfading truth a deathless seal he resumed the thread of thought, and in spite and in a legal rather than evangelical view of the churches, 50,000 native communicants, and proof interruptions, continued to dictate in regular Christian life. he whispered, in a tone of inexpressible tenderness of the "one Mediator, Christ Jesus." mediately fell into a sleep, which continued four do?

#### Character of a True Christian.

1. A sincere man.

2. A pure-minded man. 3. A beavenly-minded man. 4. An affectionate man.

5. A man lowly esteeming his spiritual attain

6. A diligent man

7. A zealous man. 8. A godly man.

9. A cheerful man. 10. A patient man.

11. A prayerful man. 12. A benevolent man.

13. A hospitable man. 14. A forbearing and forgiving man,

15. A sympathizing man. 16. A man placing a low estimate on earthly

distinctions 17. A man modest in his opinions

18. A man regardful of the esteem of others,

and of his own reputation. 19. A pesceable man.

20. A good citizen. 21. A man upright in his business

22. A man mindful of the flight of time. 23. A man of daily growth in grace.

24. A man of sobriety. 25. A man clothed with the Spirit of Christ

#### The Day of Rest.

"Oh! what a blessed day is the Sabbath!" he writes : " give us a precious interval wherein

to the obedient, loving Christian. We repeat, length, and depth, and hight of love that even to come out from the thickets of worldly con-

Who has not often felt, when Saturday night came, what a blessing to the weary world was began it had been spent. The little rhyme we

learned in our nursery is full of meaning : "The Sabbath profaned, whate'er may be gained Is a certain forerunner of sorrow." Sunday gains are almost invariably counter-

" If it had not been for the Sabbath." remark-

ing all the circumstances which attended it, and in pressed, to prepare for Monday's pleading on Protestant population of about 1000. In Latin distant; for it must be borne in mind that, owing it must be borne in mind that, owing it must be borne in mind that, owing it must be borne in the Sabbath, found that he uniformly failed in the Sabbath found tion as a rreacher of the gospel.

If we desire the highest success in our lawful keep it holy." If we wish to fit ourselves for an eternal Sabbath of praise in heaven, let us honor God in his sanctuary and in our homes upon his holy day. - Sunday School Times.

## Religions Intelligence.

#### A Declaration

F CERTAIN CLERGY AND LAITY OF THE PRO

soft faint echoeings of some angel lyre, or se- dictated the titles of the different courses of lec- and conform to a mere sacerdotal system.

session; among them, "The Gospel of John, England and this country, are materially aided and, with the Bible and Tract Societies, expend His last thoughts amid the struggles of death dotalism, which finds expression among us in pends on secular education over £700,000 annu-Beginning at the very passage of his Church scriptural conceptions of the sacraments in su- Burmah and Ceylon, upward of 190 native Mis-

periods for some time. At the close of each sen-For to that stricken earthly love, immortal bloom tence he paused, as if his amanuensis were to be eminently injurious to our Church, by the members connected with all the missions in Buris given,
And the yours which once were spoken here are taking down his words, and asked, "Are you reosonable prejudice which they excite; fatal to mak is 15,623. The operations in Japan have ready?" Having closed a division of his sub- the performance of the great mission to our still to be secret; but the missionaries report registered in heaven;

She hath but gone in heauty's bloom, in love's ject, he inquired the time. Being told that it Church in this land, by their contrariety to true that the results which have been obtained are triumphant power,

As fade's a pure unfolding rose at morning's

was half-past nine, the patient sufferer repeated liberty and the true progress of the age; danger—

most satisfactory. The opening of two more liberty and the true progress of the age; danger—

one to apply their hiding of the free grace of ports in January, 1868, will increase the influonce more, "I am weary; I will now go to one to souls by their hiding of the free grace of ports in January, 1868, will increase the influsleep!" Having by the aid of friendly hands the Gospel; and dishonorable to Christ by their ence of the Christian nations upon Japan, and A little while, a little while, and thou with sor- stretched himself in bed for his last slumber, substitution of human mediatorship in the place thus, indirectly, the influence of Christianity.

"Good-night!" It was his last word. He im- ourselves what, in this crisis, it is our duty to aries have begun to train the native congre

hours, when his great spirit, in the quiet of a In the first place, we feel compelled to affirm Madagascar there are 4374 persons in church Sabbath morning, passed gently into the land of that in many pulpits of our Church another Gos- fellowship, who represent a total Christian popupel is presented which is not the Gospel of Christ. lation, old and young, of more than 16,000 A paramount duty is imposed upon our clergy promising missionary fields of the Protestant and our missionary organizations, to see that, so churches .- Methodist. far as they are able, the pure word of God shall be preached everywhere in our land. We cannot yield this liberty and obligation to any claim of territorial jurisdiction, and we hereby express

volve. The love and devotion which we bear to our Church, and the allegiance which we owe to No great man has left a more decided testi- Christ, will not allow us to hesitate. With kind-

No great man has left a more decided testimeny to his appreciation of the value of the
Christian Sabbath than did Wilberforce.

In Mission Rooms gives an affecting in the New York Mission Rooms gives an affecting in your of missions: We were just listening but to enable all men to beautify homely things. as we are unwilling to submit to any imposed to a beloved pastor while he told of another pasHeart-varnish will cover up innumerable evils upon our own, we claim only that in the Church tor who had, by persistently visiting three most and defects. Look at the good things. Accept

REV. L. W. BANCROFT, D. D. REV. H. DYER, D. D. REV. E. H. CANFIELD, D. D. REV. SAMUEL CUTLER, D. D. REV. CHARLES W. QUICK, D. D. REV. MARSHALL B. SMITH, D. D. REV. STEPHEN H. TYNG, JR., D. D.

and many others whose names will be hereafte

Progress of Protestant Christianity Notwithstanding the intolerant legislation which still prevails in the Papal States, in Spain, and in some of the republics of South America. Protestantism is rooting itself in every Roman Catholic country of the world. The fiercest persecution in Spain has not been able to reduce restaints of publicity are removed from you; "I have no doubt I should have been a maniac lish residents in Spain obtained permission from years, he was a marked example of the truth nizing Protestant Spanish congregations has repeated: that " the way of the transgressors is hard." | been made in Algeria and in the United States. A lawyer who was accustomed, when much The last census of the Papal States shows a

tants from Europe and America, the Protestant population of Latin America is already conside-

the Protestants have been redressed. gling to be freed from the worldliness which oppresses us and fatters down our immortal entire

Just then the rich sunset glow, pouring
presses us and fatters down our immortal entire

Just then the rich sunset glow, pouring
ordained, 14 lay, and 93 female—in all, 204
and heat; what would be the effect of this sudthrough the window, lighted up the shelves from
through the window, lighted up the shelves from
the window, lighted up the shelves from
the window, lighted up the shelves from
through the window, lighted up the shelves from
the window, lig break off its bands which a mast couragement and supports

The essential principle of these tendencies is

On India, we have the important testimony of being annihilated at once without warning. But do not live as long by many years; it is not due soul that He accepted my off-pring. Then, and better and purer aspirations of the soul. We fight on, if happily we too may by and by another the fight on. if happily we too may by and by another the fight on if happily we too may by and by another the fight on if happily we too may by and by another the fight on if happily we too may by and by another the fight on if happily we too may by and by another the fight on if happily we too may by and by another the fight on if happily we too may by and by another the fight of the fi

no! Though the way for the present be dark pupils, he called for the reading of a disserta- servances and ceremonies: and the One Church in India, of which 3 are in Scotland, 8 in Engand gloomy we do not sorrow as those without tion, shortly before assigned on the material and of Christ, "the blessed company of the faithful land, 1 in Ireland, 4 on the continent of Europe included, would be destroyed. hope. Far off on the viewless wind, like the formal principle of the Reformation. He then people," into the body of those who recognize and 9 in America. There are elso 7 societies

> by a subtler and less clearly pronounced sacer- about £250,000. In India, Government exbably 100,000 boys and girls receiving Christian Turkey has now two Protestant colleges in sucwhich sent a strange thrill through every heart, Under a deep sense of responsibility, we ask cessful operation; and the American missiongations in the principle of self-support. In The Church needs to be awakened to its peril. This island continues to be one of the most

> > Signs in India. A missionary writes :- The Gospel has been our sympathy with the resistance which is made, presched almost every day, and sometimes two their particular business, and deeming them- in Boston lost a foot in this way; another in in this respect, to the attempted enforcement of or three times a day, in the city and surrounding villages during the year. And as " the bus-We believe also, that the present crisis of Pro- bandman waiteth for the precious fruit of the men fret, and laboriously destroy all their com- skates. The safest kind are those which receive We believe also, that the present criais of Protestantism demands a higher degree of sympathy and co-operation among the vorious evangelical bodies into which we are divided. An exclusive position, in this raspect, we hold to be injurious to our own Church, and inconsistent with our history and standards, as well as with the spirit of the Gospel. In the case of those "chosen and called" to the work of the ministry by those "who have public authority given unto them in the conhave public authority given un testantism demands a higher degree of sympathy earth, and hath long patience for it, "so we fort in the work; or they change their business, the satest kind are those which receive testantism demands a higher degree of sympathy earth, and hath long patience for it, "so we gregation," and manifestly blessed in their lamit the sufficiency and superiority of Christianand vexations. No man will escape annoyance too soon afterwards. gregation," and manifestly blessed in their labors by the Holy Ghost, we believe that we cannot withhold; our recognition of the validity of their ministry without imperilling the interests of evangelical religion, "despising the brethren," and doing "despite unto the spirit of grace." In this matter also, we express our earnest sympathis made to those this matter also, we express our earnest sympathy with the resistance which is made to those false interpretations of canonical law by which this recognition and fellowship would be restrained.
> >
> > gations were more than doubled, while dispute, which before often ran very high, were almost unknown. Fourth. There are few who appear to be real inquirers after the truth. We are sorry that we have to content the truth. We are sorry that we have to content the truth. We are sorry that we have to content the truth. We are sorry that we have to content the truth. We are sorry that we have to content the truth. We are sorry that we have to content the truth are few who appear to be real inquirers after the states are taken off; but well about so as to restore the circulation about the feet and toes, and to prevent being chilled.
> >
> > 5. It is safer to walk home than to ride; the This statement of our views is made under a fine ourselves so closely to the mere enumeration of the other hand, a man has power given to him latter is almost certain to give a cold.

he writes: "give us a precious interval wherein to come out from the thickets of worldly concerns, and give ourselves up to heavenly and spiritual objects. What a blessing is Sunday, interposed between the waves of worldly business, like the divine path of the Israelites through Jordan. I can truly declare that to me the Sabbath has been invaluable."

To who had, by persistently visiting three most miserable culprits in a prison thirty miles distant, succeeded in winning them to Christ, and after the period of incarceration had closed, received them into his Church. This story charmed our dear pastor, and so it did a great company of others to whom it had been told. Hear now another: There is a letter before us from honest pride.—Irish Evangelist.

To who had, by persistently visiting three most for who had, b has gone more than 10,000 miles to 30,000,000 of imprisoned souls, a few have been anatched from the jaws of destruction, and some for joy are hastening to tell to the multitude, " I was cries out in her letter again and again, with an lions perish! O, Lord how long!"

#### General Miscellanp.

# The Burning Star.

rapid fading away, Mr. Huggins and Dr. Miller Walter Scott, overwhelmed with debt, lonely so left it off. After that his Mondays were as successful as any other days, and God's blessing followed him, leading him at last to a high position.

After that his Mondays were as successful as any other days, and God's blessing followed him, leading him at last to a high position.

After that his Mondays were as successful as any other days, and God's blessing followed him, leading him at last to a high position.

After that his Mondays were as successful as any other days, and God's blessing of Columbis, and the formation of native have suggested that, in consequence of a great internal convulsion, probably a large quantity of hydrogen and other gases were emitted from it."

After that his Mondays were as successful as any other days, and God's blessing followed him, leading him at last to a high position.

After that his Mondays were as successful as any other days, and God's blessing for the steady immigration of Protesting for the steady immigration of Protes During a discussion on this star, at a meeting ing with poverty and his own weaknesses plungfor God. My conscience was quick and tender of the Royal Astronomical Society, on June 8th ing into all mysteries and sciences for three score pursuits, let us "remember the Sabbath day to the least approach of sin. But when I would the astronomer royal expressed his firm belief that this wonderful object was actually in flames.

of the Royal Astronomical coclety, on June of the Royal Astronomical coclety, on June of the least approach of sin. But when I would the astronomer royal expressed his firm belief that this wonderful object was actually in flames. organized in the Azores, and another, consisting of sixty members in Lisbon. They cannot yet meet openly; but public opinion seems to bemeet openly; but public opinion seems to besequences arising from such a sudden outburst his delicate stomach; Irving, working at his come favorable to religious toleration. In Italy, of fiery gas, what an extensive subject of conall the large cities have now Protestant congre-templation is open to us! Astronomically we often at midnight to resume his task, and yet gations. In Austria, the principal grievances of have known this minute star for years without not compelled to lay saide his pen until he was suspicion; it has been classified with others of In the pagan counties, the numerous Protes-similar magnitude; it has been one of many at once suggested of men of genius and letters that I abhorred myself as infinitely unworthy of tant missionary societies labor with unflagging millions of such; while now it will be remem. who have struggled with poverty and various such forbearance on the part of God. Yet in all zeal and with cheering success. There are now, bered by all future generations as one of the forms of ill, and yet have thought on and writas far as known, 86 different Protestant societies, most extraordinary among the most celebrated ten until past the allotted term of human life. when seeking pardon. But the light of the ones are smid the ever blooming bowers of Paradise. No more pain—no more sickness—no more sorrow shall ever assail them there, we mourn not for them. We mourn for our own sad state—still in this weary world of care, strug—sad state—still in this weary world of care, strug—like the property of the prop am weary; let us now make ready to go nome. comormity with the comprehence of the living God." Months passed in this societies which labor in China had together 97 and satellites depending on their centre for light rally known that they reach a high average of the living God." Months passed in this societies which labor in China had together 97 and satellites depending on their centre for light rally known that they reach a high average of the living God." Months passed in this societies which labor in China had together 97 and satellites depending on their centre for light rally known that they reach a high average of the living God." Months passed in this societies which labor in China had together 97 and satellites depending on their centre for light rally known that they reach a high average of the living God." Months passed in this societies which labor in China had together 97 and satellites depending on their centre for light rally known that they reach a high average of light rally k

The Angel of Sleep. He droops his plumy, snow-soft wings,

He waves his balmy hand, And wide the gate of silence swings That guards the shadowy land. Forgot is Time, the sentinel That stands outside the door :

The gloomy train of cares as well. That clogged our steps before : river of oblivion !

Thy draughts are sweet and deep, For Memory slumbers on her throne, Rocked by the angel, sleep.

There is a face whose loveliness Is marred by hues of care : But Sleep bath swept it with his kiss, And made it smooth and fair.

These is a worn and weary brain That rests until the morn ; There is a heart which beats with pain, That feels no more forlorn. O Death's fair brother ! how divine Must be that slumber deep,

More sweet, more calm, more free than thine When His beloved sleep. -Leslie Walter.

#### Honor your Business.

toil, if he is wise. Let a man adopt his busi-THE MISSION CAUSE.—The circular from with pleasant associations; for God has given ness, and identify it with his life, and cover it

#### Brain Work.

Harper's Monthly, presents some curious statis- 10. It would be a safe rule for no lady cr apparently intense agony for more laborers to tics with regard to the physical effects of intelsome and help them! But few, too few, alas! lectual labor, showing that constant activity of tme. hear and heed the ery of this woman and the mind forms the most favorable condition for the other missionaries. They cry on, and the milwhose names shines brightest in the galaxy of the world's thinkers walked all their lives in sorrow and pain, and sunk into premature graves. But on the other hand it is just as true that the logical cause of the suffering and early decease must come out from the world, and be willing of these men is to be found, in most instances, to be singular; "that this vile world was no not in their intellectual activity as authors so friend to grace to help me on to God;" that I The following account of an event more awful much as in their native feebleness of constitu- must bear the cross in praying in prayer meetand sublime than the most vivid imagination can tion, in their dissipated habits or in their exings; that I must bear testimony for Jesus when wept at the grave of Lazarus, will not condemn us who weep over the loss of those whom we love us who weep over the loss of those whom we love the loss of t royal Observatory, England. It is only one of strung natures are irresistibly impelled to authorin praying for and trying to persuade sincers to lish residents in Spain obtained permission from the Government to receive a pastoral visit from several similar cases on record. In May last a ship by the force of their genius, and, if such come to Christ. I must lay aside every weight and the form which a proper respect for the customs of men retain in the pulpit and at the family alter, and come to converse with your great tons. He who formed us, gave to us all those the Government to receive a pastoral visit from Mr. G. was a great importer, and he used to one of the English bishops. The efforts for givweek to plan successful voyages." He ended are actively continued in Switzerland and Souhis career in the insane asylum, where, for many thern France, and some progress toward orgathe results in technical terms which need not be selves to death, others hasten it by over indulthat was proze to leave God. Often I mourned gence of the passions, and others die simply in secret before the Lord for departures from "There can be little doubt that, from some because nature does not allow them sufficient the narrow way, and the language of my heart

or the workman he employs by the day-all of

whom die much vounger than he. " Farmers are long-lived not only because of pure air, moderate exercise and country quiet, but more especially effects of merely physical

labor varied by activity of mind. Of nearly twenty thousand of this class who died in Massachusetts, the average was over sixty." In our large cities, also, the best physical development is found in the most highly favored classes as regards material prosperity, and whose habitual pursuits demand constant activity of mind. Merchants and manufacturers live longer than artisans and laborers, but not so long as

professional men. Reasoning from analogy and from the facts of biography, it would seem that those who are endowed with unusual intellectual powers can work harder and longer, all things being equal, than the rank and file of humanity.

#### Hints to Skaters.

The following timely and excellent advice is given in Hall's Journal of Health, a periodica devoted to the preservation of the human body from the attacks of disease, and acknowledged as a competent authority in such matters. Our friends, young and old, and of both sexes who delight in the exhilirating pastime of skating would do well to take heed of the precautions here laid down :

1. Avoid skates which are strapped on the feet, as they prevent the circulation, and the It is a good sign when a man is proud of his foot becomes frozen before the skater is aware work or calling. Yet nothing is more common of it, because the tight strapping benumbs the than to hear men finding fault constantly with foot and deprives it of feeling. A young lady

6. Never carry anything in the mouth while skating, nor any hard substance in the hand. nor throw anything on the ice; none but a careless, reckless fellow would thus endanger a

7. If the thermometer is below thirty, and

home, or at least a half a mile, with your mouth closed so that the lungs may not be chilled by the cold air dashing upon them through the The " Health and Longevity of Brain Work- open mouth; if it passes through the nose and lost, but now am found!" The good woman ers," by Dr. George M. Beard, an article in head, it is warmed before it gets to the lungs.

# Christian Experience.

# Hold up the Light.

Early in my Christian life I was taught that I

to the least approach of sin. But when I would