

"Is there no balm in Gilead? is there no physician there?"



"Many of us pray to be delivered from sudden death; but do we not worry ourselves into it? and, if we do, can we not help it? for is not the average so-called sudden death the result of neglect? and is that really *sudden* death (against which the Episcopal Church prays) from which Nature protects us by warnings and signs, and against which science provides a remedy, to be both alike unheeded, — is it not rather *self-murder*?"

"Men do not really die of heart-disease as often as is supposed, but of apoplexy, or congestion of the lungs; so they do not die of brain work, but *brain worry*. Scott died of it, Southey, Swift, Horace Greeley, and probably Thackeray." — *London Times*. We may also, with every Nova Sco-