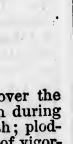
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"Many of us pray to be delivered from sudden death; but do we not worry ourselves into it? and, if we do, can we not help it? for is not the average so-called sudden death the result of neglect? and is that really sudden death (against which the Episcopal 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-