

Lord from henceforth : Yea, saith the Spirit, that they may rest from their labours; and their works do follow them."

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MR. ADAM DUNCAN.

Died at his residence in Warwick, on the 13th instant, Mr. Adam Duncan, in the 74th year of his age. Mr. Duncan was a native of Banffshire, Scotland. He was amongst the first settlers of the Township of Warwick, and one of the oldest members of the Congregational Church in that township. Few of the followers of Christ live more consistent lives than did Mr. Duncan—he "walked with God." During the last year he suffered intense pain from cancer in the face (the disease of which he died), but bore it with very great patience, finding the Gospel a fruitful source of consolation.

During the last few months of his life he was unable to read, which to him was a great privation, it having been a great source of joy to him to collect all the information possible regarding the revivals in Great Britain. He passed quietly away in sleep to the rest of the blessed.

R. H.

*Forest, March 29th, 1875.*

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MRS. (REV.) JAMES DAVIS.

The wife of the Rev. James Davis, pastor of the South Caledon (Ont.) Congregational Church, died on the 17th April, at her father's house in Caledon; and was interred on Tuesday, 20th. Margaret M. McArthur was the eldest

daughter of her parents. Gentle, amiable and beloved. Long accustomed to hear of experimental religion, and to observe its manifestations, she was yet conscious of a want in herself—had not yet attained to settled peace—till Mr. Davis began his labours in the South Caledon Church, about three years ago. She there gave herself to the Saviour, and found rest for her soul. In November, 1873 she was united in marriage with the young pastor of the church. They had only occupied the modest little parsonage which had been purchased and repaired by the church, for five months, when its gentle mistress was so suddenly called away.

She took suddenly ill, with alarming spasms, on Friday evening, the 16th ult. Shortly after she became unconscious; and after giving birth to a female child, (which still survives,) sank in death at noon, on Saturday, 17th, without regaining consciousness.

The funeral was largely attended by the sorrow-stricken relatives and congregation. The Revs. H. Denny, H. J. Colwell, and W. W. Smith were present; the first offering prayer at the house; the second reading a short prayer at the grave, and taking devotional exercises in the chapel, and the last preaching from Psalm cxxvii. 2, "For so He giveth his beloved sleep."

The bereaved husband was greatly prostrated beneath this heavy affliction. He was under the care of a physician, and barely able to be at the funeral. Our dear brother has our deepest sympathy in his sudden and great bereavement.

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It is a religious duty to sleep, and to sleep enough; and he who does not, may be sure he is breaking the sixth Commandment, which requireth all lawful endeavours to preserve our own life as well as the lives of others. There is scarcely a better health meter for men who think much, than this. Hard mental work is beginning to kill when it interferes with sleep, and he who plies his brain with ever so much energy eight or

ten hours a day, prays and plays five or six, and sleeps seven or eight, will never die of overwork. But he must make a business of it. Brainwork, food, exercise in the open air, culture of the soul, social relaxation and sleep,—these are the constituents of good living, and they will be attended by health, wealth, usefulness and happiness. If anything is wanting, it will be added thereunto.

—*Dr. Prime.*