



How a Pastor Should Take Care of His Health.

The following is a brief outline of an address delivered by the undersigned before the Yarmouth County Ministerial Conference, and since requested by that body to be published in the Messenger and Visitor.

Of the most blessings with which we are favored, physical health occupies a prominent place in the foremost rank. Without it, the fairest advantages and the most splendid opportunities for their exercise will be lost.

The matter of diet is to be considered. Physical life is made up of waste and repair. Waste is going on constantly in various ways. Every movement of hand or trunk, or limb produces it. Repair is produced chiefly by the food which is taken into the stomach, digested and assimilated.

What is found by experience to be injurious, whether food or tobacco, should be avoided, however pleasant it may be to the taste. What is known to be beneficial should be used, even if the appetite should not crave it.

Another subject on which I wish to remark is exercise. The human system requires it as really as it does sufficient food.

person should never retire to bed for the night with cold extremities. Apoplexy, congestion of the lungs, or inflammation of the bowels, might ensue if there should be a lack of care in this matter.

A bird-worshiper should endeavor to get a few minutes sleep before dinner. It is worth more than three times as much afterward.

In regard to early rising, there is a matter which circumstances must regulate. If a person can get his eight or nine hours' sleep and rise early, by all means let him do so.

The next subject to be referred to is study. A good deal of time must be occupied by the faithful pastor in this important work. I need not refer to the causes which render this necessary. They can be easily known.

The natural-science class was up for recitation at Pictou Academy, and the teacher was brightly explaining the theory of sound to a dozen deeply interested boys.

Seeing how eagerly the boys were listening, Mr. Maynard thought it a good chance to teach them something more than science.

It is of very great importance for the preservation of health to maintain a cheerful disposition. More pastors are killed by worry than by any other cause.

When we give ourselves up to the Lord Jesus Christ, Mr. Spurgeon said, "the first point is to give ourselves up thoroughly and heartily, and to see what we do."

Not too much exercise should be taken by a pastor at one time. By long continued efforts the body will be deprived of too much vitality, and more harm than good will be done.

train you. (Laughter.) Among other things I have heard it said that there would not be a Pope if he were married, because no man living would believe himself to be infallible if he had a wife.

Next he heard the words of a slang verse, which brought up in his mind the poor, harmless, crippled, old colored man, who sometimes came begging to his father's door, and whose life the boys made miserable by their cruel teasing.

Then this sentence, muttered in a very sulky, willful tone, fell on his ear: "Mean old thing! Won't let a fellow have any fun!"

And so it went on until it seemed as if every hard, naughty, unkind word that Fred Newton had ever said was pulsating through the air of that parlor.

And Fred, springing to his feet with a cry of relief, threw his arms round his mother's neck, and giving her a hug worthy of a young bear, while the tears brimmed his bright eyes, exclaimed with a vehemence that quite astonished her:

"Mother darling, I'll never say an unkind word again!"

As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, He is afraid, only believe.

A pious servant of Christ says: Several years ago, when I was going home one day from church, I encountered an old gentleman who looked very unhappy.

"If, then, all the words that you and I have spoken, all the speeches we have made, kind or unkind, respectful or impertinent, true or false, cross or good-natured, are still in the air about us, even though we cannot hear them, how do we like it if they all could be heard?"

Why, of course, rejoined Fred, who looked as if that was the very question at the expense of their feelings, had a very ready tongue, and a sharp one at that.

When Fred Newton went home that evening he found the parlor empty, and a big fire blazing brightly in the grate, before which he stretched himself at full length upon the sofa.

parcel to one of her friends. Of course do so would have taken him a good deal of his way just then, but he need not have given her such a cross answer, at all events.

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everlasting goodness seems to look in upon the soul from all that touches it. That is what it is for that soul to stand before God's God, who opens his own heart to that soul, and is both judgment and love. They are not separate. He is love because he is judgment; for to be judged by him, to meet his judgment, is what the soul has been long and ardently desiring.

When the dead, small and great, stand before God, is not the book already opened, and are they not already judged?

Don't try to make up in length what is lacking in strength. Quantity can never become a substitute for quality.

Don't mumble your words. Chew your food, but not your language.

Don't preach old sermons. Talk to men in as natural a tone as you talk with them.

Don't indulge in long prayers. Heaven is not hard up for information, and protracted sessions drag heavily.

Don't neglect prayer. The dearest gifts God gives north no music till filled with the Divine breath.

Don't forget the children. Their attention is worth winning, and you may often reach them by building up their ears.

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WOMEN'S WORKED advertisement with logo and text describing a product for women's health.

ST. JOHN BUILDING SOCIETY advertisement for Odd Fellows' Hall, incorporated 1861, with directors' names and office information.

CAMPBELL'S CATHARTIC COMPOUND advertisement describing its benefits for various ailments and its safety.

COOKING STOVES advertisement for Daniel & Boyd, featuring various models and prices.

DANIEL & BOYD advertisement for dry goods, including various fabrics and clothing items.

NEW GOODS! advertisement for Isaac Erb's Photograph Rooms, located at 13 Charlotte Street.

ISAAC ERB'S Photograph Rooms advertisement with contact information and a list of services.

Advertisement for a family pill product, detailing its benefits for various ailments and its availability.

Large vertical advertisement on the right edge of the page, featuring various products and services, including a 'The' advertisement and a 'WANT' notice.











