

MISTAKES.—It is a mistake for a pastor to suppose that he can have his people take an interest in the religious movements of the day, without having a religious periodical circulated among them.

It is a mistake for a pastor to suppose that his people can be acquainted with the progress and wants of his own denomination, and contribute liberally to the support of its institutions, unless they are readers of a paper devoted especially to the interests of that branch of the Christian church.

It is a mistake for any to suppose that he can, by the same expenditure in any other way, bring as much religious information before his family, as by subscribing and paying for a well-conducted religious paper.

It is a mistake for a man to begin to practice economy by stopping his religious paper. To do this, is to deprive himself and family of a great benefit.

It is a mistake for any one to suppose that a paper can be made exactly what every one would like it to be. The general taste and wants must be consulted.

The *New York Observer* says: "If the editor knows that he is not only to work for nothing and find himself, but that he is also to find the paper, fill it and send it for nothing to the subscriber, he may be excused for discouragement. Yet there are many who have so little reflection, so little conscience, and so much inattention, that they will take a newspaper for a whole year, and sometimes more, and not pay a cent for it."

Agriculture, &c.

THE AMOUNT OF FOOD REQUIRED TO SUSTAIN LIFE.—In respect to the quality of food required to support life in the best way, some reliable information has been obtained by experiment. The precise amount which in the adult maintains the weight of the body unchanged during a life of moderate exercise is theoretically the right average quantity. Of course it varies with the kind of food employed, some articles furnishing much more nourishment in an equal weight than others. On a diet of fresh meat, bread, and butter, with coffee or water for drink, Dr. Dalton found the entire quantity required during twenty four hours by a man in full health, and taking free exercise in the open air, to be—of meat, 1 lb.; of bread, 1 lb. 3 oz.; of butter or fat, 3 1/2 oz.; water, 3 1/2 lb. That is to say, rather less than 2 1/2 lb. of solid food, and rather more than three pints of liquid. These weights would be exceeded if less nutritious substances, such as rice, potatoes, or fruits, formed any considerable portion of the diet. Dr. Hammond found that he maintained his exact weight by a daily consumption of 1 lb. of meat, 18 oz. of bread, 6 oz. of soup, 4 oz. of beet-roots, 1 oz. of butter, with salt, drinking at the same time three pints of water and 10 oz. of coffee, with cream and sugar. Any excess above this caused an increase of weight, any diminution caused a loss. Remembering that the Doctor is 6 ft. 2 in. in height, and weighs 196 pounds, we may take these quantities as a fair average for a strong man somewhat beyond the ordinary stature.

SOME PLANTS IMPOVERISH THE SOIL MUCH MORE THAN OTHERS.—Plants are not only nourished by the roots, but also by their leaves. Those that have succulent leaves of open texture—such as peas, beans, turnips and potatoes—derive much of their nourishment from the air, and therefore less impoverish the soil than wheat, barley, oats, rye, &c., whose leaves being of firm texture, depend more upon the root for support. All plants whose seeds yield oil—such as rape, flax, hemp, &c., are the greatest of all impoverishers of the soil. All true succulent plants—such as sempervivum, the house-leek, aloe, stapelia, mesembryanthemum, &c.—derive by far the greater portion of their food from the atmosphere, and the crustaceous lichens, growing on rocks, the bark of trees, &c., derive it entirely from the air.—*Scottish Farmer.*

TO TAKE OUT PITCH, TAR, RESIN, PAINT, ETC.—If any of these happen to get on a garment, either linen or woolen, pour a little alcohol on the place, and let it soak in about half an hour. Then rub it gently, and you will find the alcohol has soaked up the glutinous quality, so that it will easily crumble out.

A gigantic specimen of the American aloe in Drummond Castle gardens recently attained its full height of twenty-one feet. The stem towards the top has upwards of thirty horizontal branches. Each branch contains about one hundred and forty flowers, numbering in all more than forty thousand two hundred single flowers, of a beautiful cream shade or French white.

A bean has been discovered in the west coast of Africa called *gourou*, which has an astonishing effect in quieting the pangs of hunger, (medicinally, not in bulk) It is an astringent and bitter tonic, when chewed dry, but sweet immediately on taking a mouthful of water. It is also a preventive of colic.

A writer in the *Dublin University Magazine*, who supplies "A Few Words on the Census of Ireland," perpetrates this bull:—"Many thousands of them were often destitute of the only food they possessed."

Since the French occupation of Algeria, ostriches have been conveyed thence to France in great numbers; but, until now, a brood has never been produced there. Eleven ostrich chickens have lately been hatched at Marseilles.

Correspondence.

For the Christian Messenger.

Letters to a Young Preacher.

LETTER XX. COMMENCEMENT OF PASTORAL DUTIES.

My Dear Brother,—

The man who takes the pastoral charge of a church ought to be deeply impressed with a sense of the awful responsibility of his position. The inspired declaration with reference to the duty of pastors to their flocks, and their accountability for the faithful discharge of it, "They watch for your souls, as they that must give account," should be engraven upon the tablets of his heart. (Heb. xiii. 17. Ezek. iii. 17, 18. xxxiii. 2-8.) In view of the infinite importance of his work, the difficulties attending it, and his own frailty, he may well exclaim, with the Apostle, "Who is sufficient for these things?" (2 Cor. ii. 15, 16.) He must, however, in dependence upon divine aid, apply himself to his task with fortitude, decision, and fixed determination to fulfil it with the utmost fidelity and diligence.

To a minister who takes the oversight of a church I would recommend to obtain, without delay, a correct list of the names of all its members. Let him ascertain each one's place of residence; and, as soon as it may be in his power, become personally acquainted with every individual. Without the adoption of such a course he surely cannot say to them as Paul does to the members of the church in Thessalonica, "Ye know how we exhorted and comforted, and charged every one of you, as a father doth his children, that ye would walk worthy of God, who hath called you unto his kingdom and glory." (1 Thes. ii. 12.) It is to be feared that some men who have been nominally pastors of churches for years, can not tell in every case concerning individuals, whether they are members of their respective churches, or not. Such neglect is exceedingly reprehensible, and it is extremely injurious in its tendency. Pastoral duty cannot be faithfully discharged toward persons who are not even known as belonging to the flock. Being thus neglected, they are peculiarly liable to wander into courses of immorality, and thereby to bring reproach upon the cause of Christ, and to cast stumbling-blocks before the unconverted. The world will know them to be members of the church, if the pastor do not.

The admonition, "Be thou diligent to know the state of thy flocks." (Prov. xxvii. 23.) though of literal application, is emphatically applicable to the pastors of churches. If it is important that secular shepherds should employ a watchful care over their sheep, is it not obviously much more so that spiritual shepherds, to whom is committed the care of souls of infinite value, should exercise the utmost vigilance in watching over those of whom "they must give account?" Not to speak of the intimate knowledge which eastern shepherds have of their sheep, and the strict attention which they pay to every one of them, (1 Saml. xvii. 34, 35. Luke ii. 8. xv. 4-6. John x. 2-4.) it may be remarked, that even among us, every prudent man who has sheep is careful to know the exact number of them, and to be able to distinguish them from others; so that in the event of any of them going astray, he can identify and recover them. Assuredly, then, every pastor shall cultivate a personal acquaintance with each individual of his flock.

As remarked in a former Letter with reference to preaching, so a pastor's commencement in general should be such as may be continued.—If there be apparent neglect in any cases at the first, disaffection will probably be engendered.—If special attention be paid to people at the beginning, and inattention follow, an unfavorable reaction on their part may be anticipated.—When he is laboring among the people away from his own habitation, it will, of course, be proper that he should tarry with those who can entertain him without inconvenience to themselves. None can reasonably be dissatisfied with this. He ought, however, to be careful not to select a few favorite houses, and confine his visits to them. The poor should see from the first that they are not disregarded by him.

A pastor's intercourse with the people should be affable and courteous, but not light and trifling. The former tends to secure attachment and esteem; but the latter is adapted to produce irreverence and contempt. People generally perceive levity to be inconsistent with the calling of a minister of the gospel. They are aware that his demeanor should be dignified. Such reserve as may be thought to savor of pride ought to be avoided; and so should also such familiarity as may tend to diminish respect for his sacred office. Bad habits are easily contract-

ed, but with difficulty abandoned. When, therefore, a man is commencing the arduous work of pastor, he has need to be specially careful to begin aright in all respects.

At a time in which I was the teacher of a Grammar School, I passed a prison in which a lunatic was confined. As he thought it was my duty to interest myself in getting him released, he accosted me thus:—"Mr. Tupper, you ought to remember that you are a minister, as well as a school master." It is highly desirable that every pastor, and indeed every preacher, should from the beginning of his labors, remember that he is professedly a minister of Jesus Christ, bear this fact in mind amid all the scenes of life, and invariably conduct in a manner accordant with this high and holy vocation.

May you be enabled, my dear young Brother, to begin your pastoral labors, and to continue them, as it may be reasonably expected you will wish that you had done at the close of them!

Yours in gospel bonds,
CHARLES TUPPER.
Tremont, Aylesford, Oct. 25th, 1861.

For the Christian Messenger.

California Correspondence.

Mr. Editor and Dear Brother,—

The public mind in California has been so much agitated of late in view of the disastrous rebellion at present going on in the Southern portion of the Republic, that it has been exceedingly difficult in many localities to obtain from the people an attentive ear in reference to the claims that God has upon every individual, and the duties and privileges that all are enabled to enter upon and enjoy, by that great and gracious God, Saviour, and Comforter, who informs his people what their duty is, in that gospel that he has given as our rule of faith and practice.

The rebellion at present raging in this great Republic, is the effect and fruit of sin against God and sin against our fellow-man. God is now punishing the United States, North, South, East and West, for the sin and crime of slavery. He is making the sin the instrument of His Providence of reminding the people of their iniquity. Happy will it be for the United States, if they now take warning, and put away from them the accursed traffic in human flesh, and return to the Lord in a spirit of contrition on account of their trespasses. See Isaiah 58th chapter.

It is much to be regretted that amid all the strife of tongues and pens that is now going on, the sea and waves of human passion roaring wildly, that we seldom hear the *real cause* of the rebellion alluded to. We hear deep and loud cries uttered on all sides against Jeff. Davis and his guilty companions, the traitors of the South, and verily they are a guilty gang, and richly deserve the rope, and the traitor's doom. But, it would be wiser for the people to acknowledge, at once that this rebellion is God's means of chastizing the whole Union for their sin, for their complicity with the oppressors of the poor African race. We need look for no peace, no prosperity, no blessing from God until the cause of this rebellion is put away forever.

The recent State election in this State resulted in a most signal triumph to the Republican party; the Democratic and the Secession party were both overwhelmed in the wave of Patriotism and true loyalty that rolled from one end of California to the other. Let what will and who will fail and falter in these times of trial, you will never hear of California proving traitor to the stars and stripes, and the Declaration of Independence. Of a truth her people are brave.

Yesterday was the day appointed by Government as a Day of Fasting and Prayer, on account of the evils that afflict the nation; and in this city and State at large, the banks and public offices were in general closed, and the President's Proclamation respected.

Volunteer Companies are being filled up rapidly to go to the war, and a nobler more enthusiastic set of men were never enrolled in any army in the world. Accustomed to the hardships incident to California life, these volunteers will make great soldiers. Many of the volunteers are leaving good businesses to go and fight for their flag and nation! It is a sure thing that Patriotism still lives in the hearts of thousands in California. All are not enslaved to avarice.

In the Cause of Temperance, we are working away. Great a foe as Jeff. Davis is to the American People, sin and vice are greater foes, and the vice of Intemperance is murdering and enslaving the people by thousands and tens of thousands. God's people are especially called to faithfulness in the promotion of every cause

that tends to relieve distress and promote good; and the Temperance Cause, so much despised by the graceless is eminently the Cause of God, and of all mankind.

I hope Nova Scotians are all diligent in the Temperance Reform.

Yours truly,
JAMES A. DAVIDSON.

For the Christian Messenger.

[The following came to hand on Tuesday afternoon, 29th ult., after our last issue had gone to press.]

Organization of a Church at Pine Grove, Wilmot.

It having been considered advisable that the Baptist Church in Nictaux should be divided, as the field of labor was too extensive to be advantageously occupied by one minister, a meeting was called, and after mature deliberation, it was resolved, That the members resident on the Wilmot, or North side of the Annapolis River, be set off, to be formed into a new Church.—About 100 took their dismissal for this purpose.

In accordance with arrangements previously made, a meeting was held in the Pine Grove Meeting House on the 17th day of September last, for the carrying of this Resolution into effect. The Council invited and present consisted of Revs. Geo. Armstrong, N. Vedito, W. G. Parker, and C. Tupper. Rev. Hugh Ross and Bro. John Moser, Licentiate, being present, were invited to sit with the Council. Rev. C. Tupper was appointed Chairman, and Bro. A. G. Dodge, Secretary.

The Baptist Church at Port George having been dissolved by mutual consent, in order that its members might be incorporated with those dismissed from the Nictaux Church, about an equal number of them were now united with the latter, to constitute a new Church, to be called "The Pine Grove Baptist Church."

The Articles of the Churches composing the Nova Scotia Baptist Associations were read by Rev. N. Vedito, and the Covenant, by Rev. G. Armstrong, and both adopted by the Church.—The right Hand of Fellowship was presented by Rev. C. Tupper, an Address was delivered by Rev. N. Vedito, and Prayer was offered by Rev. W. G. Parker.

The Pine Grove Church numbered at its organization, as already intimated, about 200 members.

CHARLES TUPPER, Chairman.
A. G. DODGE, Secretary.
Wilmot, Oct. 8th, 1861.

For the Christian Messenger.

[We were glad to receive the following from the Rev. George F. Miles,—the pastor of the Amherst Church. We shall hope to hear from him frequently.—ED. C. M.]

Correction. The Baptist Churches on the Borders, &c.

DEAR BROTHER,—I noticed in the Minutes of last Convention that that I am credited with £5 10s. (\$22.00) towards the funds of Acadia College, I wish you would correct this mistake in the next *Messenger*. The Amherst Church (about which so much has of late been written) forwarded \$18.00 for the apportionment. Brother Cyrus Black sent \$2.00, and I paid in the balance,—\$10.00—for which the church was assessed: in all \$30.00, which I wished Brother deBlois to credit in this way.—"Amherst Church, \$28.00, and Brother Cyrus Black, \$2.00."

I also see that the resolution of the Convention to place a Scholarship at the disposal of Brother David Freeman, in consideration of his benevolent donations, is said to have been moved by J. W. Johnston, Junr., whereas the clerk should have given me the credit of that motion, for the idea originated with myself, as Dr. Cramp can testify, and I offered the resolution to the Convention. That, however, is not worth noticing, except as a matter of giving to all their dues.

I am trying to get along in this place as best I can. Our congregations are large and attentive. Our new house is progressing, and we hope to open it in the Spring, and trust that it will be clear of debt. It is a time of health with us. Bro. McKean is in his old field of labour. Brother Foshay is also at Pugwash, and Bro. Todd at Sackville, N. B. We intend to hold Quarterly Meetings in connection with our churches, and trust good will result therefrom. Our prayer-meetings are well sustained. We are doing what we can for the Temperance cause by holding a temperance meeting every fortnight, to endeavour to neutralize the accursed influence of the *legalized traffic*.