

## World of Missions.

### Civilization in the South Seas.

Sixty years ago who would have thought it possible? Towkiao is the name of a native king in New Zealand, who edits a small eight page paper, printed in English and the native tongue, and called the *Pleiades of Seven Stars*. And Fiji, which once disputed with New Zealand for the primacy in all things horrible and hellish, has to-day more than 30,000 in Christian churches!

### Rome in the Dark Continent.

Protestant missionaries in Africa will have to reckon with a formidable organization founded by the late Cardinal Lavigerie—"The White Fathers." The order (if it can be so described) has at present 50 stations with a staff of 249 missionaries, 132 nuns, and 642 catechists. This body of more than 1,000 workers has gathered 67,190 neophytes and 180,080 catechumens. The White Fathers also control 184 schools, containing nearly 6,000 children. The society is led by 2 training colleges or seminaries in Jerusalem, which together have 139 students.

### Wise Sayings of Christian Japanese.

At a recent convention these statements were made and sentiments were uttered: "The number of Christian societies now laboring in Japan is 36, or just double the number in 1883, while 85 Christian periodicals are now registered at the office of the home department." "English literature far more than that in the vernacular is molding the thought of educated Japanese to-day." "Charities, like higher criticism, should be in the hands of the friends of Christ and of His Bible." "New men, that is, renewed men are needed for the new century."

A Bible colporteur travelling through central Albania, found a peasant following him along the road. He stopped and accosted the man, who said he wished to see the colporteur's books, and bought two copies. A traveller passing by noticed the transaction and said to the man, "Do you imagine you can understand these 'Protestant' books which you have bought?" The peasant took a Testament out of his pocket, and said, "I bought this book years ago, and it has taught me who is the God that created the world, who made you and me, and what are the duties we owe to Him." The traveller passed on his way, and later in the day encountered the colporteur again, when he confessed, "I am ashamed of myself to be so ignorant about Divine Truth, when even the peasants carry the Bible about in their pockets and make it the guide of their life." So he bought himself a Testament, which he said he would try and make the guide of his own life.

The Fijians were cannibals fifty years ago. Now they have collected among themselves 50,000 rupees and forwarded them to relieve the famine-stricken in India.

There are 140 mission publishing houses in the foreign field, sending out over 10,000,000 copies of publications, besides 14,500,000 tracts annually.

"There are many Hindu sects in India, but upon two main points we all agree—the sanctity of the cow and the depravity of woman."—Hindu saying.

## Home and Health Hints.

A little hot drink to sip between meals for the weak or the aged, and the tired also, is a tonic.

**Minced Celery with Egg Dressing.**—Scrape, wash and cut the celery in small bits. Rub the yolks of two hard boiled eggs to a paste with one tablespoonful salad oil, add salt and a little vinegar or lemon juice to mix. Pour over the celery and serve at once.

**For threatened Pneumonia.**—Put the patient to bed with hot water bottles applied to the soles of the feet, palms of the hands, armpits and under the knees. Of course no one with so serious an illness as this should go longer without medical advice, if it can be obtained. Till it comes this is a wise way to proceed.

**Indian Pudding.** One quart of milk scalded, three tablespoonfuls yellow granulated meal. Cook in the double boiler three hours. Add half a cup of molasses, one heaping tablespoonful of butter, half a teaspoonful of salt. Turn into a pudding dish, pour over one cup of cold milk, and bake several hours in a slow oven.

The following recipe furnishes a light and dainty desert that even the invalid "with a stomach" may enjoy with impunity. Boil one quart of prunes until tender. Sift through a sieve and sweeten to taste. Beat the whites of three eggs until stiff, fold in and bake in a slow oven or cook over the water pan in the chafing dish.

Liquids at meals, if taken too often or too carelessly, are liable to dilute the gastric juices. Take no liquid of any kind when food is in the mouth. Take as little as possible till the close of the meal. The digestive agents themselves being fluids it is reasonable to suppose that an excess of liquids taken with the food will have a tendency to dilute and thereby weaken the digestive juices.

No part of the laundry work is, as a rule, so unsatisfactory as the washing of the woolen garments. The structure of wool fibre is so different from that of linen and cotton that it should receive different treatment in the laundry. Rubbing and wringing cause the wool fibres to knot, thus giving us a thickened and shrunken fabric; therefore woolen goods should be sopped and squeezed to remove the dirt, and the water should be pressed out, not wrung out.

**Olive Oil for the Nerves.**—If you are neuralgic, anemic or nervous try the "oil cure," and see what it will do for you. However, purchase only pure olive oil, which may be bought in the bulk at from \$2 to \$3 a gallon, and, considering its nutritive value, it is one of the cheapest of foods. Take one teaspoonful three times a day as a "dose" if you are in a hurry for results. Or if you can physically afford the leisure to cultivate an oil taste, begin by putting a very little on some lettuce leaves or any salad combination of which you are fond, adding enough good vinegar to almost entirely disguise the taste. Gradually increase the oil, and lessen the vinegar until you grow fond of the oil, and really enjoy dipping your bread into it, as you surely will in time.

There are 1,100 hospitals connected with Protestant missions in foreign lands, treating over 2,500,000 patients yearly.

Nearly every married woman thinks her husband is smarter than any other man of her acquaintance.

## The White Plague.

### ONE-SIXTH OF ALL DEATHS DUE TO CONSUMPTION.

**Its Ravages Spares No Class—Rich and Poor Alike Fall Its Victims—How This Dread Trouble May be Prevented.**

Consumption has been well named the great white plague. One-sixth of all the deaths occurring in Canada annually are due to the ravages of this terrible disease. Its victims are found among all classes; rich and poor alike succumb to its insidious advance. Only a few years ago the victim of consumption was regarded as incurable, and horror-stricken friends watched the loved one day by day fade away until death came as a merciful release. Now, however, it is known that taken in its earlier stages consumption is curable, and that by a proper care of the blood—keeping it rich, red and pure—those who are pre-disposed to the disease escape its ravages. Consumption is now classed among the preventable diseases, and those who are pale, early tired, emaciated, or show any of the numerous symptoms of general debility should at once fortify the system by enriching and purifying the blood—thus strengthening not only the lungs, but all parts of the body.

Among those who have escaped a threatened death from consumption is Mrs. Robert McCracken, of Marshallville, Ont. Mrs. McCracken gives her experience that it may be of benefit to some other sufferer. She says:

"A few years ago I began to experience a general weakness. My appetite was poor; I was very pale; was troubled with shortness of breath and a smothering feeling in my chest. Besides these symptoms I became very nervous, at times dizzy and faint, and my hands and feet would get as cold as ice. As the trouble progressed I began to lose flesh rapidly, and in a short time was only a shadow of my former self. I had good medical treatment, but did not get relief, and as a harsh cough set in I began to fear that consumption had fastened itself upon me. This was strengthened by a knowledge that several of my ancestors had died of this terrible disease. In this rather deplorable condition I was advised to try Dr. Williams' Pink Pills. I at once procured a supply and had not taken them long when I noted a change for the better. By the time I had taken six or eight boxes I was able to move round the house again and felt better and stronger in every way. I continued the use of the pills until I had taken a dozen boxes, when all my old time strength and vigor had returned and I was as well as ever. During the time I was using the pills my weight increased twenty-six pounds. Several years have since passed, and in that time not a symptom of my former trouble has made itself apparent, so that I think I am safe in saying that my cure is permanent. I believe Dr. Williams' Pink Pills saved my life, and I strongly advise ailing women to give them a trial."

Dr. Williams' Pink Pills are a tonic and not a purgative medicine. They enrich the blood from the first dose to the last and thus bring health and strength to every organ in the body. The genuine pills are sold only in boxes with the full name, "Dr. Williams' Pink Pills for Pale People," printed on the wrapper. If your dealer cannot supply you send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed post paid at 50 cents a box, or six boxes for \$2.50.