

## World of Missions.

## Pentecost on the Upper Kongo.

Says *The Missionary* (organ of the Presbyterian Church, South): "For more than a year past a wonderful work of grace has been going steadily on. The population of the town of Leubo itself has grown from 2,000 in 1891 to 10,000 at the beginning of this year. The *Kassia Herald* says, indeed, that most of this growth has been in the past 5 years, making the average increase about 2,000 a year. Along with this growth in population has been a constant growth in the congregations attending the Presbyterian Church. The average attendance on Sabbath is now 6,000 or more, and the congregations steadily increase. The *Herald* for March says: 'Last communion Sunday it was impossible to distribute the elements because of the great crowd filling not only the seats, but also the aisles.' In his editorial notes, Dr. Snyder says: 'There is a wonderful work of grace going on in this field; people are seeking the Lord in numbers, and we believe we are on the eve of a Pentecostal blessing. If we had the asked-for missionaries we could add 1,000 souls to the Church during the coming year. This estimate is based on what God is doing through the present workers.'

## Uganda Railway.

In February last the Uganda Railway had been completed a distance of 476 miles, leaving only 74 miles more to be built to the Uganda terminus, Port Florence, on a fine bay of the great lake, Victoria Nyanza. This will make the entire line from Mombasa, on the coast, to Port Florence, 550 miles. The distance across the lake, from Fort Florence, on the eastern shore, to Port Alice, port of the capital, Mengo, on the western shore, is 140 miles. The connection between these two points will be made by a large government steamer recently built the *William Mackinnon*. Thus the whole distance of about 700 miles, from Mombasa, on the Indian Ocean coast to Mengo, the capital of Uganda, will soon be provided with steam transportation. Already a telegraph line is in operation along the line of the railway.

A touching letter from a native official in the Hong Kong post-office has come into print. His answer to the question why China, with about 400,000,000 of people, is in "so weak a condition," is in the words, "because it is an opium smoking kingdom." After explaining the enervating and deadly effect of the drug, he goes on to express the hope that the time is not far distant when the Chinese government will be in a position to grapple with the evil in such fashion as will lead to its suppression.

The Madrid correspondent of the *New York Evening Post* writes of the growth of anti-clericalism of Spain, of the rising of public opinion there against the orders of 31,000 friars and 28,549 nuns, of the hostility of the hierarchy to recent intimations of the Liberal ministry that the Church will be expected hereafter to bear its share of the burden of taxation, and of the ministry's recent proclamation that conservative decrees relative to limitation of free speech within the realm will be abrogated. In Spain as in France much depends upon the attitude of the pope toward the parties to this controversy.

## Health and Home Hints.

Never wear a shoe with a sole turning up very much at the toes, as this causes the cords on the upper part of the foot to contract.

To reduce one's weight, cut off one meal a day, breakfast preferably. Take a cup of clear coffee, sipping it slowly. Live largely on lean meat. Take plenty of exercise. Avoid sugars and starchy foods.—*July Ladies' Home Journal*.

East Indian Salad.—Peel and slice three fine large tomatoes and keep on ice. For dressing, beat one egg light and mix a teaspoonful of ground mustard, the same of curry, mixed with a teaspoonful of cream, two tablespoonfuls of sugar, a half teaspoonful of salt, half a cup of strong vinegar and a teaspoonful of butter, together, and pour on the egg. Let all simmer on the fire for ten minutes.

There are many people who from a false idea of economy fail to get the best results from the use of ice and refrigerators. A common mistake is getting a small piece of ice every day or every other day, instead of filling the ice chamber two or three times a week. The small piece of ice cannot reduce the temperature sufficiently, and the result is that each new piece melts rapidly and the food cannot be kept long. It will be found at the end of the season that the cost of ice and waste of food have been much greater than if the ice chamber had been kept filled. *Maria Parloa, in The Ladies' Home Journal*.

The Baby in Warm Weather.—For those infants who are deprived of mother's milk, all physicians now agree that cow's milk is the very best food. This milk should come from a herd rather than from a single cow; should come from hardy, ordinary breeds of cattle rather than from Jerseys or Alderneys; should be milked with the greatest care; allowed to come in contact with no containers which have not been sterilized by boiling; should be reduced to a temperature about freezing at once on being milked, and kept there until feeding time, and should be fed as soon after milking as possible. As very few children are able to take undiluted cow's milk, it is the duty of every mother to have an intelligent physician, not only to tell her, but to show her how to mix the food. With such a substitute food the Trinity diet kitchen for infants fed one thousand babies in the poverty-stricken and dirty regions of Chicago during last summer, and only three of them died. Tea or coffee, flour balls, patent foods, crackers, bread and all such things should be absolutely forbidden the infant during the first year. It is well to give him a small piece of butter occasionally. The daily bath is desirable for all infants; but it is best not to give the very young infant the full bath, but rather to sponge him in water about body temperature, keeping the body protected in a woolen shawl during the process. The bath is especially necessary during the summer, as rigid cleanliness will prevent much of the chafing and skin eruption of that season. The baby should not be dressed too warmly. Two layers of clothing are sufficient, and physicians are tending each year to the belief that the more simply a child is dressed the better. Long heavy skirts are especially to be avoided, for exercise is just as necessary for a child as for an adult, and the old-fashioned skirts utterly prevent any free action of the legs.—*George Thomas Palmer, M. D., in Good Housekeeping for June*.

## HEART TROUBLE

## Brought on by Exposure and Worry.

Capt. Geo. Crandell, of Lindsay, Tells How He Secured Release From This Most Dangerous Malady.

From the Watchman, Lindsay, Ont.

In the town of Lindsay and surrounding country no man is better known or more highly respected than Capt. Geo. Crandell. Forty seven years ago he was owner and captain of the first steamer that navigated the Scugog. Since that time success has crowned his life both on land and water. For forty-nine years he was a member of the Lindsay town council. He is now 73 years of age and enjoys the best of health, but it has not always been thus. Some years ago the exposure and worry incident to his calling began to tell upon his health, and his heart showed signs of weakness. His sufferings and complete restoration through the use of Dr. Williams' Pink Pills are best told by himself. To a reporter the captain gave the following story.

"Several years ago my heart began to bother me. At first I took little notice of it but the trouble gradually grew worse until I had to summon medical aid. I suffered pain and at times was attacked by smothering spells which caused me great distress. Frequently these spells attacked me during the night and it was with difficulty that I managed to breathe at all. I consulted several doctors, but their medicine failed to benefit me. I had always been fond of smoking, but I was in such poor health that a few puffs from a cigar would distress me so much that I had to give it up altogether. I grew worse day by day and began to think my end was near and that I would die from the trouble. Some time ago I was advised to try Dr. Williams' Pink Pills. After taking one box I noticed an improvement in my condition and so I continued their use. I kept on improving until now I am as well and strong as I ever was in my life before, and have not been bothered with the least sign of my former malady for months. I am now able to enjoy a smoke as I used to without feeling the least distress. All this I owe that greatest of all remedies, Dr. Williams' Pink Pills."

Rich, red blood and strong nerves are the keystone to health. Dr. Williams' Pink Pills are the most widely known and praised of medicines because from first dose to last they make new, life-giving blood, and restore weak and shattered nerves, bringing new health and strength to hitherto despondent sufferers. Do not take any substitute—do not take anything that does not bear the full name Dr. Williams' Pink Pills for Pale People, on the wrapper around the box. Sold by all dealers or by mail post paid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co. Brockville, Ont.

## TO CONSUMPTIVES.

The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease Consumption, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the prescription used, which they will find a sure cure for Consumption, Asthma, Catarrh, Bronchitis and all throat and lung maladies. He hopes all sufferers will try his remedy, as it is invaluable. Those desiring the prescription, which will cost them nothing, and may prove a blessing, will please address,  
Rev. EDWARD A. WILSON, Brooklyn, New York