

that these pioneers attempted to eat, dress, live, act, work, and do just as they would have done in this country. Simply, we must *not* do so. Dress and food should be modified by the new temperature and vegetation; hours of work should not include the mid-day heat or nightly damps; the number of hours of labor per day should be shortened, for the nervous strain of the somewhat wild life; and vigor should be governed by the general inability to perform accustomed tasks under the debility that creeps over the African missionary's entire physical, mental, and even moral and spiritual nature.

II. *At present, the African missionary's surroundings are more comfortable than in the earlier days.* 1. The journey to and from the field is shorter and easier. Where formerly we travelled by slow sailing vessels of very limited accommodations, privileges, or comforts, we now travel by large steamers more than comfortably equipped. 2. Instead of the low bamboo palm hut, on the clay floor, constructed under the missionary's personal superintendence, and sometimes by his own hands, that same bamboo palm is built on a larger plan and elevated on posts above the damp earth; or, still better, houses are built of planks brought from Europe or America, or sawn from the adjacent forest, or of brick made by mission pupils, or of stone quarried on the premises. And in the erection of these better houses we have the aid of native artisans, whose skill in carpentering, brick-making or mason-work is the fruit of the industrial schools of those earlier pioneers. 3. While I deem it advisable to adopt in our food list many of the vegetables and fruits of tropic Africa, a too sudden change or an entire deprivation of previously accustomed food was severe. The churches now enable us to keep on hand most of the standard foods and even some of the delicacies to which we were accustomed before going to Africa. The necessary increased cost in living and the slightly enlarged salary is compensated for by

happier work and longer life. 4. Native aid all through our school, church, and household domestic work is of better grade and in larger quantity than in former days. Our mission ladies to-day reap the benefit, in their household labor, of the assistance of men and women who, when they were boys and girls, were taught by the pioneers the mysteries of the pantry, kitchen, laundry, sick-room, and nursery.

III. *Diseases peculiar to Africa are now better understood.* Bilious remittent fever, the specially dangerous fever of Africa, is not as frequently fatal as formerly. We are all subject to invasion by the ordinary intermittent fever, the "ague" of all malarial countries; but it, though a debilitating sickness, is not at all fatal, and need not stop more than a day's work. The real "African fever," called, from one of its diagnostic symptoms, hematuric fever, simulates, in many of its physical appearances, yellow fever, and even has been mistaken for it to the extent of quarantining vessels coming from African ports where it has happened to be epidemic. But it is neither contagious nor infectious. Prompt, vigorous treatment is reducing the frequency of fatal cases.

IV. *Instead of being left to their own self-medication,* blind, or haphazard, or uncertain, reading medical books for the pressing occasion, missionaries now are being given the aid of the presence of trained professional medical associates. The importance of medical mission work, forced on to the attention of the Church in the light of its value as an arm of labor for the native heathen, is more than justifying its use in the physical salvation it brings to the missionary himself.

V. *The solution of the family problem.*—If ever it was right or necessary for African missionary parent to part with his young infant, it is not now necessary. And I go so far as to believe positively that it is wrong. I speak from personal experience. When I went to Africa thirty-two years ago I went as a celibate, being told by the