

World of Missions.

The Kroo Boys.

The Kroos of West Central Africa are one of the most remarkable people on the globe. They are distinguished from other natives by a broad blue streak extending from the top of the forehead to the end of the nose. I was informed that this mark is put there by the mother, and is intended to be a pledge that they will die before they will submit to slavery. During my residence in Africa I failed to meet any one who had ever seen a Kroo slave. For a living they follow the sea only. Few ships trading along the coast can afford to do without them, and there are few places on the west coast where they are not settled, though all return to Palmas periodically.—Rev. R. H. Stone.

Christian Literature in India.

Dr. John Murdoch, of Madras, the veteran advocate of Christian literature for India, has been recently endeavoring to ascertain what has been the growth in the spread of Christian literature through the agency of Indian auxiliaries of the British and Foreign Bible Society, the Religious Tract and Book Society, and the Christian Literature Society. Fourteen such Indian societies have sent in returns—3 in Calcutta, 2 in Allahabad, 2 in Lahore, 1 in Bombay, 2 in Madras, 2 in Bangalore, 1 in South Travancore, and 1 in Cottaïam, a religious tract society which disseminates Christian literature in the Malayalam vernacular. Taking the years 1870, 1880, 1890, 1900, as convenient examples, we find that the number of books and tracts circulated has been as follows: 1870, 882,924; 1880, 2,209,337; 1890, 4,965,034; 1900, 5,881,836.—The Missionary Review of the World.

Serpent Worship in India.

In one of the highest mountains of the South Kanara Ghats there is a very celebrated serpent temple. There great numbers of the "coiling folk" reside in holes and crevices made for them. To propitiate these creatures, persons who have made vows roll and wriggle round the temple serpent-fashion and some will even roll their bodies up to it from the foot of the hill a mile distant. They also take home with them portions of earth from the sacred serpent holes. The earth is believed to cleanse from leprosy if rubbed on the parts affected. Serpentine body wrigging is also practiced farther south, where small snake temples are common. Near one of these, not far from Madura, on the Vaiga River, there are men who for a few rupees will perform any number of wriggings and rollings round the shrine, as proxies for persons who have vowed them. Indeed it seems to be a fixed article of belief throughout Southern India that all who have willfully or accidentally killed a snake, especially a cobra, will certainly be punished, either in this life or the next, in one of three ways—either by childlessness, or by leprosy, or by ophthalmia.

Health and Home Hints

Currant Short Cake.—Make a biscuit dough and separate into two cakes of desired size. Butter the cakes and cover the bottom one with a thick layer of mashed currants and sugar. Place the second cake on top and cover it with another layer of the prepared fruit. Meanwhile make a meringue of the whites of two eggs beaten light and three tablespoonfuls of powdered sugar. Stir in carefully a few whole currants. Put this over the cakes, lightly brown in the oven and serve at once. The currants should be crushed with the granulated sugar at least two hours before they are required for use.

Current Sherbert.—To make current sherbert boil one quart of water and one cup of sugar together for twenty five minutes, then add the juice of a lemon and one pint of current juice. When it becomes cold freeze like ice cream. Another current sherbert is made thus: Mash two quarts of fruit with two pounds of sugar, and let it stand an hour or more. Strain it through a fine wire sieve, pressing out all the juice; add an equal amount of water, and turn into an ice cream freezer and freeze. When the mixture is frozen hard enough to remove the beater, add the beaten whites of two eggs, and continue turning until the sherbert is again frozen.

An English Dish.—An English dish called current tart is exceedingly nice. To prepare it mash one quart of currents in a pudding dish. Sprinkle over them one large cup of sugar and a very little mace. Sift one and one-half cups of flour into a bowl and a pinch of salt. Mix with them one third of a cup of butter and gradually stir in one-third of a cup of cold water. Roll the paste out thin, making it a little larger than the top of the dish. Cut a gash in the centre and lay the paste over the filled dish, turning in the edges and pressing them against the sides of the dish. Bake in a brisk oven one hour and then let it become cool before serving. This should be eaten with sweetened cream or a boiled custard. The paste is better if made before it is needed and put upon the ice.

For Accidental Poisoning.—For poisons from alkalies, such as lead or mushroom, use vinegar and oil freely, mustard and salt water with soda or borax added may be given in cases of emergencies as you wish to produce vomiting and eject the poison from the stomach at once. From external poisons, such as poison-oak or plant poison, bathe the affected parts with strong borax water and apply a poultice made of pansy leaves dipped in sweet cream and keep the system in a good condition by taking some cooling medicine. Everyone can't have a doctor around the corner, hence the necessity for informing one's self in regard to antidotes for poison. One may often save a precious life.

The Effects of Yawning.—A Belgian physician says that yawning is an exceedingly healthy function generally, besides having a salutary effect in complaints of the pharynx and eustachian tubes. According to the results of later investigations, yawning is the most natural form of respiratory exercise, bringing into action all the respiratory muscles of the chest and neck. It is recommended that every person should indulge in a good yawn with the stretching of the limbs, morning and evening, for the purpose of ven-

tilating the lungs and tonifying the muscles of respiration. An eminent authority claims that this form of gymnastics has a remarkable effect in relieving throat and ear troubles, and says that patients suffering from disorders of the throat have derived great benefit from it. He makes his patients yawn either by suggestion, imitation, or by a series of full breaths with the lips partly closed. The yawning is repeated six or eight times, and should be followed by swallowing.

A Life in Peril.

STORY OF A GIRL SAVED BY A NEWSPAPER ARTICLE.

SHE SUFFERED FROM HEADACHES, DIZZINESS AND NIGHT SWEATS—HER FRIENDS FEARED SHE WAS GOING INTO CONSUMPTION.

From L'Avenir, St. Jerome, Que.

Among the thousands of young girls who bless Dr. Williams' Pink Pills for safely carrying them through that most perilous period of their lives when they step from girlhood into the broader realm of womanhood, there is none more enthusiastic than Miss Gabrielle Thomas, a young lady known to most of the residents of St. Jerome, Que., and greatly esteemed by all her acquaintances. To a reporter of L'Avenir du Nord, Miss Thomas said: "From the time I was fourteen until I was eighteen years of age my health was very bad. I was very weak; had no appetite and could do no work. At night I perspired greatly and frequently slept but little. I suffered from headaches, dizziness and could scarcely move about without becoming breathless, and I finally reached a stage when my friends feared I was going into consumption. I was under the care of doctors, but their treatment did not help me. I then tried several advertised medicines, but with the same poor results and I had come to think I could not get better. One day I read in a newspaper the statement of a young girl whose symptoms were almost identical with my own, who was cured by the use of Dr. Williams' Pink Pills. I then decided to try this medicine and have reason to bless the day I did so. I had only used the pills a few weeks when I began to get better, and in a couple of months every symptom of my trouble had disappeared and I was as strong and healthy as any girl of my age. I have since always enjoyed the best of health and I shall be glad indeed if my experience proves helpful to some other suffering girl."

The happiness of health for both men and women lies in the timely use of Dr. Williams' Pink Pills, which act as a severe tonic and supply new blood to enfeebled systems. They have cured many thousands of cases of anaemia, "decline," consumption, pains in the back, neuralgia depression of spirits, heart palpitation, indigestion, rheumatism, sciatica, St. Vitus' dance and partial paralysis. But substitutes should be avoided if you value your health; see that the full name "Dr. Williams' Pink Pills for Pale People" is on every box. Sold by all dealers or sent post paid at 50 cents a box or six boxes for \$2.50 by addressing The Dr. Williams' Medicine Co., Brockville, Ont.

