workers at home. What is the best antidote for selfishness and discontent? Why, simply work. Give the Christian women in our Churches something to do; let them see and know about others; broaden the vision, until it is wide enough, strong enough, to take in the whole world. And in the consideration of the misery and degradation of their sisters in heathen lands, peace and contentment, the result of a thankful spirit for their many blessings and privileges, will fill their lives.

Second-To contribute means for the evangelization of the women and children of heathen lands. The hand that rocks the cradle is the hand that moves the world. Woman is the controlling power that holds together not only the religion of Christian but of pagan lands. At the Missionary Congress in Calcutta, in 1882, a lady missionary said: "I believe that the heart of Hinduism is not in the mystic teaching of the Vedas or Shasters, but it is enshrined in the homes, in the family life and hereditary customs of the people-fed, preserved and perpetuated by the wives and mothers of India." Scarcely a man in the Christian world, who is a follower of the Lord Jesus, but knows that, next to God, his mother has done more for his spiritual life and growth than any other being in the universe. It was the threefold cord of her prayers, her love, and her influence, that, even when his bark was wildly tossing among the shoals of sin and folly, held him safely moored to God and the Bible. Then let the mothers and daughters of Canada be encouraged in this work, knowing that the conversion of the world will move on but slowly until the women of heathendom are won for Christ.

Third—To support by womanly sympathies, prayers and gifts, lady missionaries in the foreign field. As far as women are concerned in India, the ordained missionary is comparatively useless, because in many districts he can have no access to them. The average attendance of woman in our Christian Churches is, probably, two-thirds; and taking the same ratio, we have twothirds of all those who might be reached by the Gospel message, outside the influence of the Christian missionary. To meet this necessity, and as openings have occurred, lady missionaries have been sent to the field. And what plan more appropriate than that these should be sustained by Christian women, and not only by their gifts, but by their proyers. These noble women who have gone to the foreign field are our representatives. They have descended for us into the deep, dark abyss of paganism. Let us not fail to encircle them with the strong ropes of prayer, that they do not sink beneath the burdens and responsibilities of their work. And let us be generous in our estimates for the support of our lady