Band means work and watching, but what thing worth doing does not? It means time, patience, study, earnest thought and prayer, but whatever the work attending the position, the leader is more than repaid by the blessing that comes to herself through it.

Having secured a leader, the next question is "how best to carry on the work of the band," in other words, what methods to adopt. This is a question difficult to answer so as to meet the needs of all, and it will be possible to mention only a few methods here. The work of our Mission Bands is mainly to instruct and interest the young in the needs of those in heathen lands, and for this purpose systematic study will be necessary. Begin then with the junior Band, if it is large and composed of boys and girls or of girls only, from say five to sixteen years of age, divide it into classes and have assistant leaders or teachers to take charge. Have the opening and closing exercises and any entertainment together, but for the study of the field under consideration let the Band separate into classes. It is exceedingly difficult to prepare a lesson so that it will interest all in such a Bana as that mentioned above, but by means of classes, each teacher, knowing what her class can do, is in a position to prepare the lesson for them so that it will meet their needs. applies of course only to large Bands in which the ages vary, or where there are boys and girls. In the small Bands, where all are about of an age, and in senior Bands the class system would be unnecessary.

How shall the work be made interesting? Three things are essential, first, every member must be alive to the needs of the work and pray for it. If all the members join their prayers continually before the Throne of Grace the Band will become a mighty power. Earnest prayer cannot be too much urged, and the blessings flowing from it cannot be numbered. The prayers