

## How to Keep Well.

Far too many girls neglect their health; the working woman ages more quickly than her domesticated sister, and she blames her work and business worries when her health gives way as the result of her own carelessness and lack of common sense. Good, hard, honest work never hurt anybody; work of some sort or other is essential to the happiness and well being of man and woman alike. With proper care and attention the girl who has to work hard for a living can enjoy first class health. Hundreds of girls go through their day's work haunted by the spectre of ill health, tired and fagged and physically unfit for the burden of work which they have to take up each day, when a little thought and care on their part, a little knowledge of the simplest laws of health, would convert their work into a pleasure. In five out of six cases the ill health, the languor, and lassitude which afflict so many business girls have a very simple explanation. Dyspepsia and anæmia account for a great deal, and these two affections are nature's special punishments for the women who disregard her laws and refuse to listen to her teaching.

If working women would but determine to live healthy lives as their circumstances permit, if they would attend to their diet, remember the necessity for fresh air and physical exercises, if they would avoid over-fatigue and wear warm, rational clothing, they would make all the difference to their health and comfort and capacity for work.—North-western Christian Guardian.

## How to Feed Children.

'Children who are building up bone and tissue require to be supplied with brown wholemeal bread, or with wheatmeal biscuits, in order to obtain the gluten and phosphates which are found under the husks of the wheat. If they are fed upon the white bread only, in combination with the usual artificial diet of modern civilization, they will be in danger of suffering from rickets or malnutrition.

The natural instincts of children should be gratified in the matter of diet. They will instinctively prefer sweet fruits, nuts, milk foods and farinaceous dishes. Macaroni puddings and savouries are also most valuable for them, and are much appreciated.

'Let them eat bananas, apples, figs, dates, boiled chestnuts, Brazil and walnuts, puffed rice with hot milk, oatmeal porridge (well cooked and every other day), whole-wheat biscuits, good brown bread and butter, and milk that has always been first scalded, and they will thrive. The services of a doctor are seldom required in a household where pure food, pure drink, and pure air are deemed essentials, both for children and adults.'—Extracts from Mr. S. H. Beard's new Guide Book to Natural Hygienic and Humane Diet.

## The Trials of Life.

Life is not entirely made up of great evils or heavy trials! but those perpetual recurrence of petty evils and small trials in the ordinary and appointed exercises of the Christian graces. To bear with the failings of those about us—with their infirmities, their bad judgment, their ill-breeding, their perverse

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tempers; to endure neglect when we feel we deserve attention, and ingratitude when we expected thanks; to bear with the company of disagreeable people whom Providence has placed in our way, and when he has provided, or purposed for the trial of our virtue; these are best exercises of patience and self-denial, and the latter because not chosen ourselves.

To bear with vexation in business, with disappointment in our expectations, with interruptions of our retirement, with folly, instruction, disturbance—in short, with whatever opposes our will, contradicts our humor—this habitual acquiescence appears to be more of the essence of self-denial than any little rigors or inflictions of our own imposing. These constant, inevitable, but inferior evils, properly improved, furnish a good moral discipline, and might, in the days of ignorance, have superceded pilgrimage and penance.—Hanna Moore.

## Religious Notes.

An encouraging spiritual movement is taking place among the boys in the Gentils boys' school at Damascus. One of the Moslems was deeply touched, and the lads made a little meeting among themselves twice a week for Bible reading, prayer, and to hear short religious papers written by one or two of their number. In the Gentile girls' school a similar movement has been going on, and we trust will continue to spread throughout this ancient city.

Thousands of professing Christian men, among them not a few ministers, spend more for tobacco than they devote to missionary work. And many professing Christian women spend more for a single dress than they have contributed to missions in their whole lives. So Dr. Horton says, addressing an English audience. How is it in this country? There is reason to fear that the statement may apply here, too. It is a serious charge, isn't it?

Dr. H. C. Stuntz, home from the Philippines, says he has a letter from a young missionary who went from Ohio Wesleyan, who, at the end of three months, writes: 'We are doing nothing but studying the language, but 151 people have been received into the church, and we have built a chapel.' The doctor adds: 'I would like to know what that man will do when he gets the languages and goes to work. I never saw such readiness to hear.'

In less than five years the Utah Gospel Mission Workers have visited about 60,000 families, containing over 300,000 people, in a region about 550 by 250 miles in extent, and have held nearly 600 Gospel meetings, with an average attendance of ninety—total, over 50,000. Over 5,000,000 pages of special literature have also been carefully used. Of the 414 places visited thus far, over 300 were without any Christian work, many of them from ten to fifty miles from such a service.

One of the leading daily papers in Japan pays this tribute to Christianity. 'Look over Japan. More than 40,000,000 have a higher standard of morality than they have ever known. Our ideas of loyalty and obedience are higher than ever, and when we inquire the cause of this great moral advance, we find it in the religion of Jesus Christ.'

A number of mission board secretaries and prominent Christian laymen expect to go to China in the spring to attend the great conference to be held in Shanghai in celebration of the one hundredth anniversary of the establishment of Protestant Missions in China.

Only thirty years ago Stanley pleaded for a single missionary to be sent to central Africa. Now, in addition to the large force of missionaries, there are 100 ordained native pastors, 2,000 schools and churches, 60,000 converts, and 300,000 native children in the Christian schools. Darkest Africa is lighting up.

A small Mission Boat has been placed in New York harbor in memory of Jerry McAuley, founder and for years head of the mission which bears his name in Water Street, New York City. The only son of the late Samuel Hopkins Hadley, for twenty years head of the same mission, assisted in the dedi-

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catory services, which took place in September. An evangelist and his wife will live on the boat and conduct missions in different harbors.

'Die Arztliche Mission,' the first magazine of any size to be issued in Germany in the interests of medical missions, supplies us with a detailed list of all the medical missionaries representing the German societies. There are two in India, six in China, four in Africa, two in Sumatra, one in Labrador, one in Leh (British Tibet), and one in Alaska—twenty-three in all. Of these five represent the Basel Missionary Society, five the Rhenish Society, three the Moravians, one the German Baptists, one Leipzig Evangelical Lutheran Mission, three the German Orient Mission working at Urfa and Diarbekir, two the General Evangelical Protestant Missionary Union working at Kiauchow, and three the German Helpers' League for Armenia. The missionaries have thirteen hospitals, with about 400 beds in all, and the sum of the in and out patients is about 60,000 per annum.

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