

Among the Juniors

The Woodstock, Ont., Central Juniors meet every Sabbath morning with two Assistant Supts. They have four committees with a new chairman for each monthly. They gave \$15 to missions last year.

The College Ave., Woodstock, Ont., Juniors are divided into two sections—Junior and Intermediate. They unite for the Missionary Trip and "the Missionary Bank is heavier each month" in consequence.

The Dundas St., Woodstock, Ont., Juniors number 50, have five committees and have been studying our mission stations in turn with increasing interest. They gave a good contribution to the Chemt Hospital Fund.

The Brookholm Juniors have well supported Miss Squire, their Supt., by making scrap books for the Sick Children's Hospital, and a quilt for the Fresh Air Cottage at Whitby. They are raising Missionary money by raising garden produce. The League "is continuing to grow, and the outlook is bright."

The Todmorden League has a number of Juniors who have not failed in attendance through the whole year. "A deep personal interest in the League" is the reason given. \$30 for Missions were given last year. A competent Junior Choir adds much to the attraction of the meetings. Mrs. (Rev.) Edwards is Supt. and has a well organized society throughout.

Colpoys' Bay and Mount Horeb Junior Leagues, both on one circuit, report a successful season's work. Rev. R. H. Leitch, of Holloway St. Junior League, Belleville, writes of the success of the "Sunshine" Leaguers of that church. The Juniors form a unit for auxiliary force to the Forward Movement in support of Dr. Winch. The League is doing splendid work as a Catechumen Society or class.

A missionary evening given by the Hickson Juniors under the training of Miss King, was very instructive. "The impersonating of all the missionaries in Japan and a representation of the field" were prominent features of the program. One by one these several missionaries told the story of their work. "Every part was spoken, not read, and it gave the audience a good idea of our field in Japan, and made the Juniors very much interested in the missionaries there."

Mr. Wm. Ketcham, Brighton District Junior League Supt., writes encouragingly of the four Leagues on his District. He wisely says "an earnest Christian spirit, a love for children, and a determination to make the League a success are the essential qualifications for a Supt. He should also be assisted by a Committee from the Senior Society in order to ensure its hearty co-operation and support." He reports a de-ensening interest in systematic Bible study among the Juniors of the District.

The Junior League of the Fred Victor Mission, Toronto, is doubtless the largest in our church. There are nearly 800 names on the roll. During the past year fully 75 have been converted, and the work thus done is of abiding value. Rev. T. McKay is superintendent, and by utilizing various methods, including the frequent use of the stereopticon, has been enabled to accomplish much to make the Junior League "a real live department in the life and work" of the Mission.

In the Charles St., Ingersoll, Junior League, the members give "a penny a month" to missions, and are making

two quilts to give away charitably. They study the catechism besides systematic Bible Study." Miss Louise Karn, Supt. of Berlin Juniors, reports "a very bright and active Junior League . . . a membership of 56 with a fee of 2 cents a month. They work under five department heads and much good is being done both spiritually and educationally. The meetings are held on Friday at 4.15."

One of the brightest and best Junior Leagues we have knowledge of is that in Young St. Church, Toronto. Fully 100 promising young students have been led through St. John's Gospel, memorizing many verses in the meetings. Ten of them learned the 14th chap. in full. \$56 were raised towards the support of the District's Missionary, Dr. Large, and an evening's treat was afforded to 100 poor children with plenty of refreshments for the hungry and good cheer to take home. The Pastor utilized the boys in a "King's Messenger Service" and in every department the characteristic is "activity." Miss Hargrave is to be congratulated on her successful management of this splendid Junior League.

The Junior Leaguers of St. Thomas District, 300 in number, have averaged 45 cents per member the past year for the Forward Movement. Their aim for the current year is 60 cents a member. Miss Trembley, the District Supt., is to be congratulated on the splendid record of St. Thomas District. The Midland Juniors under the leadership of Miss Clinkscales have had a prosperous year, and "are striving upward and onward." Mrs. Geo. Rowlinson reports for the Parry Sound Juniors. They have taken great interest in Missionary and Deaconess work, giving \$14 to the former, and packing a large box of useful articles "for the latter.

The Camlachie Juniors have had a most prosperous and happy time during the past year under the leadership of their pastor, Rev. A. W. Barker. "No the least successive sign of progress is that 70 of Mr. Keenleyside's missionary books were sold by the Juniors after a visit from the author himself.

Subsequent visits from Rev. C. J. Jolliffe, B.A., missionary to West China, and Dr. Andrew Stirrett, missionary to the Soudan, did much to quicken the interest of the League in missionary study and gifts. The Juniors of the Circuit gave over \$60 to missions last year. The pastor's wife is to be credited with much of the success of the League.

The President of the Junior League, of Chilliwack, B.C., writes: "Our society was organized in 1905, with a membership of 40, which has increased to 40. We have interesting and helpful meetings every week. We take the morning musical service in church on Christmas and Easter Sundays, and on Children's Day. A Sunday morning choir for church, composed of the older members of the Junior League, has recently been organized. We study missions each month, and last year raised \$15.00 for this purpose. We aim to develop and strengthen the character of our members. We take great pleasure in sending \$1.70 as a contribution to the General Epworth League Fund."

Our Bodies Machines

How many people, I wonder, ever pause to consider that their bodies are merely machines to do work, furnaces in which necessary fuel is burned, workshops in which worn-out parts are supplied, and storerooms in which fuel and food are piled up for use when needed. Further, how many any other piece of apparatus, the body works better under certain circumstances; its fires burn better with fuels of certain sorts, mixed in certain pro-

portions, and it can not keep in perfect condition unless furnished with proper materials. Man thinks he eats because he is hungry; he really eats because his body is crying out for building materials with which to repair the waste which is always going on, and for fuel to keep itself warm—and it is rather "finicky" as to the supply it wants for each of these purposes. At a pinch, it can use almost anything digestible for either, but it groans and complains, and punishes its unfortunate possessor if it is not properly treated.—St. Nicholas.

The Missionary Trip

Wyoming, Ont.—Our missionary meetings are looked forward to with delight. All seem willing to do something, even the smallest child. The method you have taken gives all something to do.—Ida King.

Dauphin, Man.—I think this trip will be a great help to all who take it up. It certainly means work. I have never taken a very great interest in missions, but feel sure when studying to make the Junior meetings interesting I shall be more than repaid for all my trouble. Since taking the trip the membership and attendance at the League meetings has increased about one half.—A. Park.

Birtle, Man.—Our missionary meetings are very interesting and helpful. The children look forward to them all month and we find the parents more interested in the missionary meetings that the other meetings of the League.—Mrs. J. W. Ridd.

Lucan, Ont.—The children appeared quite delighted in following the guide in the map and listening to the news agents describe the work being done at each place. Our information was taken from the Era, Missionary Outlook, the Bulletin and other sources.—Mrs. M. J. White.

A Finland Boy's Bath

When the boys of Finland want to take a bath, this is the way they do it:

In the first place, it is very, very cold in Finland, and the bathroom is not in the house at all, but in a building quite separate.

It is a round building, about the size of an ordinary room. There are no windows, so light and air can only come in when the door is open.

Inside, the benches are built all along the wall, and in the center is a great pile of loose stones. Early on Saturday morning, wood is brought in, and a great vessel, standing near the stones, is filled with water.

Then some one cuts ever so many birch switches, and these are placed on the floor of the bath-house. Next the fire is made under the stones, and it burns all morning. In the afternoon, when the stones are very hot, the fire is put out, the place is swept clean, and all is ready.

The boys undress in their houses, and run to the bath-house. As it generally is thirty degrees below zero, you may be sure they do it in double-quick time.

As soon as they are in the bath-house they shut the door tight, and begin to throw water on the hot stones. This, of course, makes the steam rise. More water is thrown on, and there is more steam until the place is quite full.

And now comes the part that I think you boys would not like at all. Each boy takes a birch switch, and falls to whipping his companions. This is to make the blood circulate, and though it is a real hard whipping, no one objects but all think it great fun. At last, looking like a lot of boiled lobsters, they all rush out, have a roll in the snow, and make for home.