

World of Missions.

Spiritual Need of Japan.

Rev. Henry M. Landis, writing from Japan, says: "I heard the hope roundly expressed about ten years ago that in ten years or so Japan might be claimed as evangelized to such an extent as to make Foreign Mission effort unnecessary—a prophecy based on the accelerating rate of mission growth of the ten preceding years. Since then, what do we see? The Church almost stationary, Christian schools struggling instead of overcrowded, and their very existence almost threatened. A nationalistic vein formed that, on the whole, thrives on anti-Foreign anti-Christian agitation. Many ardent and even leading Christians bending before the storm or even denying the Master.

"An inquiry into the much paraded Kumamoto Band would in several instances elicit peculiar results now. Keen observers regard it as a fact that the moral life as a whole has deteriorated and is deteriorating. Infidel influences of the West find a ready and fruitful soil. To many, indeed, the question of Japan's evangelization seems surrounded now by difficulties undreamed of ten years ago.

"In addition to all this, partly in consequence of the rage for politics and of a rampant materialism, there exists an indifference to the higher moral and religious elements of life, which is more fatal than any open or covert opposition could be. It is not possible now, except on the rarest occasions, to get an eagerly listening crowd such as the older missionaries so readily got wherever they went seventeen and twelve years ago."

The Missionary Situation in China.

BY REV. J. FRAZER SMITH, M. D.

During the past eighteen months those most interested in the spread of the Gospel have had ample cause for alarm, owing to the difficulties that have arisen in different parts of the world, which have seriously interfered with the regular work of very many missionary societies. Notwithstanding this fact, a careful survey of the whole situation is most reassuring, and should convince all, and especially those who rest securely on the promises of God, that never was the missionary outlook more hopeful than at the present time.

As regards the situation in China, even those who have given the subject the most careful consideration, and who have the widest and most intimate knowledge of the country and the people, are much divided in opinion as to what the probable outcome may be. It should be remembered, however, that for several years past the general feeling on the part of many was that an upheaval of some kind was inevitable. The reason for this is not far to seek. The terrible indifference of the Chinese; their intense pride; their obstinate ignorance; their avarice and deceit, as well as their extreme conservatism and utter contempt for anything and everything foreign, have long been recognized as almost insuperable barriers to the evangelization of that great nation. Add to this the fact that this apathetic and paralyzed condition was felt to be due, to a large extent, to the rottenness of the whole social fabric, and you have sufficient cause, not only for the turmoil of the past, but also, to the extent to which the above conditions still maintain, for anxiety for the future.

At the same time it is freely admitted on all hands that China will never return to the

old condition of affairs again, and so far as this is a settled fact we have great reason to thank God, and with renewed energy press on in the glorious work. Besides, there is still another outcome of the trouble in China which is most encouraging. Never, before, perhaps, in so short a period of time, has the Church at home been called upon to exercise so much patience, resignation and faith in regard to her work abroad. The imminent danger of the missionaries of so many different denominations has deepened the spirit of prayer in the Church at large, and has broadened the spirit of Christian brotherhood which is so desirable. In this way many half-hearted Christians in the home land have become enthusiastic workers. Then the fact that so many native Christians were faithful even unto death has caused the Church of God throughout the world to believe in the power of the Gospel and the value of missionary effort as never before.

Health and Home Hints.

An Envelope Cook Book.

Many of the newest and best recipes appear in departments, such as this, and are either lost or accumulate to the confusion of the housekeeper, if placed loosely in the family cook-book. If they are pasted into a blank book an index is soon needed, but seldom made. Then there are the favorite recipes given by your aunt, cousin and neighborly friend; these also multiply alarmingly. And yet, at this season of the year, when we feel the prostrating effect of dear Old Sol, we cannot afford to disregard the new dishes that add "spice" to our appetite.

All that is needed for an envelope cook-book is a package of stout envelopes, a little larger than the ordinary size. The headings, Cake, Desserts, Eggs, Fish, Meats, Salads, Pastry, etc., should be written plainly near the top. Arrange the envelopes alphabetically, and stand on edge in a paste-board box. It then will only take you but a moment to look over and select something suitable for luncheon, whereas you otherwise would waste a lot of valuable time wandering for something new, and finally end by giving an off-served dish. And the pleasure of giving a surprise, and being rewarded by a grateful smile and a deep appreciation of the change, all of which would be lost.

Lemons have been so extolled for their virtues as a health-producing remedy that many have suffered serious consequences from their inordinate and improper use. Lemon juice is so strongly acid that it should never be used pure. It should always be adulterated with large quantities of hot water—all one can drink. When so prepared it does not harshly corrode the membrane of the stomach, and passes out of it before the acid has had time to irritate. Then under these directions an occasional draught of lemon-juice—say once a week—does good. Oftener will do harm to many. Oranges are much better and safer. Currants are an improved substitute, as they contain a milder but more effective acid, besides the amount of soluble iron contained in the currants, in a form always acceptable to the stomach.

Sandwiches to be offered at an afternoon tea should not be buttered, nor be spread with the filling mixture quite to the edge of the bread—this to save the gloves of those who will handle them.

HINTS FOR GIRLS.

HOW TO PRESERVE HEALTH AND GOOD COLOR.

PALE, SALLOW, OR ANAEMIA, GIRLS RESTORED TO THE BRIGHT FRESHNESS OF YOUTH BY NATURAL MEANS—GOOD HEALTH WITHIN THE REACH OF ALL.

From The Sun, Orangeville, Ont.

Miss Maggie Brownlee, of Orangeville, is a young lady well known to the residents of the town and greatly esteemed by all her acquaintances. Like thousands of other young girls throughout Canada, Miss Brownlee fell a victim to anemia or watery blood, and for a time, as she says herself, feared she would never again enjoy robust health. Experiences like Miss Brownlee's cannot fail to be of benefit to other pale and anaemic girls, and for this reason she kindly consented to give a statement to the Sun for publication. "My illness," said Miss Brownlee, "came on very gradually, and at first it merely seemed as though it was a feeling of depression and tiredness. I kept getting worse, however, and finally had to give up a good position. I was at times troubled with a throbbing, racking headache; my appetite gave out; the least exertion tired me, and my heart would beat painfully. My limbs seemed to feel like weights, and at other times there was a sinking sensation which I can scarcely describe. I was treated by a good doctor and took a number of remedies, but without any improvement in my condition, and I began to fear that I was doomed to be an invalid. One day a friend who called to see me spoke very highly of Dr. Williams' Pink Pills, and what she said interested my mother so much that she bought a few boxes. I began taking them, and in the course of a few weeks there was no room to doubt that they were helping me. I continued taking the pills for a couple of months or more, when I felt as well and strong as ever I had been. It is about a year since I gave up taking the pills, and I have not since felt the need of any medicine. I think Dr. Williams' Pink Pills a grand medicine, and should be taken by all pale and feeble girls."

Dr. Williams' Pink Pills make rich, red blood with every dose taken, thus restoring the bloom of health, and the brightness and freshness of youth to pale and sallow cheeks. Through their action on the blood they cure such diseases as anemia, nervousness, headache, rheumatism, dyspepsia, St. Vitus' dance, heart troubles, diseases of the kidneys, etc. These pills also cure the ailments that make the lives of so many women a constant misery. Sold in boxes, the wrapper around which bears the full name—Dr. Williams' Pink Pills for Pale People. Can be procured from druggists, or will be sent by mail, post paid, at 50c. a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

TO CONSUMPTIVES.

The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease Consumption, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the prescription used, which they will find a cure for Consumption, Asthma, Catarrh, Bronchitis and all throat and lung troubles. He hopes all sufferers will try his remedy, as it is invaluable. Those desiring the prescription, which will cost them nothing and may prove a blessing, will please address:
Rev. EDWARD A. WILSON, Brooklyn, New York