

Missionary Stamps.

A few of the leading amounts realized since Conference are:

Epworth League, Madoc.....	813 50
Centenary W. M. S., Hamilton.....	11 87
Mission Band, Winchester.....	11 61
Grace W. M. S., Winnipeg.....	10 85
Central S. S., Stratford.....	10 00
Mission Band, Tweed.....	10 00
Gleason's Mission Band, Barrie.....	9 54
Junior League, Burlington.....	8 17
Epworth League, Watford.....	7 37
Miss A. McKay, Ailsa Craig.....	5 33
Mrs. J. G. Scott, Ingersoll.....	5 23

All the above have been paid to the collectors. Many more are nearing the \$5.00 mark. Total collections for nine months total, \$218.00. "Gather up the fragments." Circular sent on receipt of address and stamp.

Alcohol and the Brain.

Question—Of what is the brain made?
 Answer—Of soft white fibres or threads, and white cells of gray matter, folded and wrinkled very much like the most of an English walnut.

Q. What is the shape and size of the brain?
 A. Its shape is much like that of an egg. It is packed closely in the skull, and it usually weighs a little more than three pounds.

Q. How is it protected from injury?
 A. By the bones of the skull, which form a strong box for the brain.

Q. What is the brain for?
 A. It is the organ of the mind. It does all our thinking, receives all our knowledge, plans all our actions, and controls all our movements.

Q. How does it control our movements?
 A. It is connected with all other parts of the body by small, white cords called nerves, over which it sends its messages to move or to keep still.

Q. What may we call the brain?
 A. We may call it the body's telegraph office, and the nerves the telegraph lines, while the mind is the operator.

Q. If you cut your finger what happens?
 A. The finger telegraphs over its nerve to the brain, "I am hurt," and the brain answers back, "Throw down your knife."

Q. Is the brain a busy body?
 A. Yes, indeed. It should be the hardest working part of the body.

Q. Then what care should it have?
 A. The very best of care. People who do hard brain-work should be very well fed. They need better food than people who only work with their hands.

Q. Does the brain waste like other parts of the body?
 A. Yes; only faster. Every thought we think kills a little bit of the brain matter.

Q. Then what must be done?
 A. More brain matter must be built of the blood sent to the brain.

Q. What sort of blood does this require?
 A. Pure, healthy blood made of good food. No other part of the body suffers so much from bad food as the brain does. It also needs fresh air and sunlight and sleep to keep it well and able to think strongly.

Q. Is alcohol good brain food?
 A. Alcohol is not good for anything, and injures the brain more a great deal, than any other part of the body. It is especially a brain poison, and acts upon the brain at once, seems to fly through the stomach and the bloodvessels to reach the brain in an instant.

Q. How does alcohol injure the brain?
 A. It carries to it bad blood unfit to repair its waste. It robs it of its useful water and makes it hard. It really cooks the brain.

Q. What else does it do?
 A. It weakens the little bloodvessels so that they often burst, and let the blood flow

out into the substance of the brain, producing apoplexy, of which many drinking people die.

Q. How does alcohol affect the brain's work?
 A. It destroys the brain's power to think or to control the body as it ought.—*Rain's Home.*

Junior Missionary Programmes.

What is a missionary? Write a simple, brief definition that a Junior can recite in about a minute.

Who was the first foreign missionary?
 Have Jonah 3: 1-10 read in concert.

An objecting missionary. A three-minute paper on Moses, to be read by a Junior. (Exod. 3: 1-10 and 4: 10-16.)

A missionary story read by the leader.

A volunteer missionary. A two-minute sketch of Isaiah. (Isa. 6: 1-13.)

A timid missionary. A two-minute sketch of Jeremiah. (Jer. 1: 1-19.)

3. Who was the greatest missionary, and why? An open parliament on Jesus' missionary work and teachings. Distribute slips of paper having such sentence as, "He came from heaven," "He sacrificed a throne," "He became a servant," "He suffered pain," "He gave His life," "He said, 'Go ye into all the world,'" etc.

The obedient missionary. Sketch of Philip and his first missionary report. (Read in concert Acts 6: 1-6, Acts 8: 5-8, and 26-40.)

The reports of twelve missionaries in Asia. (Read together Luke 9: 1-6 and 10.)

Surprised missionaries. (Read Luke 10: 17.)

What kind of missionary are you? Have five Juniors tell five things the society has done for missions.—*C. E. Wood.*

The Gospels.

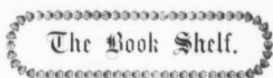
IV.
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THE JEWS.
 Though long expecting the Messiah, the manner of the coming of Jesus Christ was such that they rejected Him. Matthew writes to prove that Jesus was the long-expected Messiah. Hence, he often quotes the Old Testament, which was, of course, the Scripture to be fulfilled in the coming of the Messiah.

THE ROMANS.
 Hence the style is different from Matthew. Mark explains Jewish customs, phrases, etc., which would be strange to Roman believers. (See chapter 7: 3, 4; 15: 42, etc.) The style of this book is direct, sharp, emphatic, and but few Old Testament quotations are made.

THE GREEKS.
 To confirm the faith of Theophilus, and through him the GENTILE converts at large. The Greek language and culture were general, and this Gospel shows careful preparation for Greek readers. The literary style shows Luke to have been a cultured writer and scholar.

ALL CHRISTIANS.
 The universal Gospel. Pre-eminently spiritual. Written for all people and all ages. If we would find the highest spiritual truths, they are here as spoken by our Lord to His disciples for all time to come.



Heroes of the Nineteenth Century. By G. Farwell. 5 vols. Edited by G. A. Arbuthnot, London, England. Toronto: William Briggs. Two volumes, each, \$1.75.

These are biographical sketches of the lives of some of the great names that adorn the roll of history of this century that is now closing. The first volume is devoted to Nelson, Napier, Roberts and Livingstone. The second to Garibaldi, Wellington, Grant and Gordon.

The most delightful way to study history is to read it through the biography of the great leaders who stood in the fore front.

These books impart considerable valuable information for young people, and even older readers will peruse them with pleasure for they are well written and cover very important periods. It would be well if much of the current fiction could be replaced by literature of this class.

Missionary Travels and Researches in South Africa. Including a sketch of sixteen years' residence in the interior of Africa. By Dr. D. Livingstone. Published by Ward, Lock & Co., London. Toronto: William Briggs.

Dr. Livingstone published this book in 1857, during a visit to England. For him it was a heroic undertaking. In the preface he says: "Those who have never carried a book through the press can have no idea of the amount of toil it involves. The process has increased my respect for authors a thousand fold. I would rather journey across Africa than undertake to write another book." The volume was an intensely interesting one and attracted extraordinary notice. A second edition was called for before the first twelve thousand had been distributed. The work produced a small fortune most of which Livingstone spent in exploration. The edition now published by Ward, Lock & Co., is a cheap one, selling at 70 cents, which is a remarkably low price when it is considered that the book has over six hundred pages, and is embellished by a number of fine pictures. In view of the interest now manifested in South Africa, the publication of this volume is timely.

The Church of Pentecost. By Bishop J. M. Thoburn. Toronto, Wm. Briggs. Price \$1.00.

We have seen nothing on the Holy Spirit so suggestive and thought-stimulating as this book of Bishop Thoburn's. So much is confusing, that a clear and sensible presentation of the theme is doubly welcome. One review says: "The calm logic, and, what is mightier, the spiritual repose and grasp of this book are as refreshing and recreating to the soul as the cool waters on a sultry day. The Church needs such food as this, nor can she grow without it." On another page we have printed a page or two from it which will give some idea of its interesting style.

Torch-Bearers of the Faith. A Book of Christian Heroes. By Alexander Sutherland, M. A. Published by Andrew Melrose, 16 Pilgrim St., London, England. Toronto: Wm. Briggs. Price \$1.15.

There is no class of literature more helpful to the young person who is anxious to serve God, than Christian biography. The record of consecrated and courageous manhood is wonderfully inspiring. It shows what men can be and do at their best.

This volume is a series of life stories covering different periods of history. The following are some of the heroes of the faith who are sketched: Ignatius and Perpetua, Columbia, Francis of Assisi, Francis Xavier, John Tauler, Savonarola, Mahanaim, Coligny, Nicholas Fonnar, John Eliot, Hans-Egede, Henry Martyn, Ion Keith Falconer, etc. The book is beautifully illustrated, well written, and prepared in very attractive form.

MATTHEW
 MARK
 LUKE
 JOHN