

DR. JOHN G. PATON.

(London 'Christian'.)

Having just returned from attending the New Hebrides Mission Synod, and spending some months on the islands, especially Aniwa, I have pleasure in stating that at all our stations the Lord's work prospers. He has given our missionaries about 17,000 convert. Of these, 320 have been educated teachers and preachers, and give valuable help in extending the knowledge of the Gospel to the 40,000 or more heathen yet remaining. The heathen are as cruel as they ever were; and are increasingly degraded by settlers and traders giving them, in barter, intoxicating liquor and firearms.

The natives suffer much from the inter-island kanaka labor traffic, in which many French and some English schooners are engaged. They purchase boys, girls, and women from the heathen, or kidnap them, to sell them as cheap laborers to traders on other islands, where they are beaten and worked like slaves. The people also suffer much by the French taking possession of their lands by avowed purchase and force, making claims to more land on the New Hebrides than the group possesses. They have even fenced in and claim part of the land of one of our mission stations, of which we have had possession for over thirty years.

Australasia and our Commonwealth Legislature plead for British annexation of the New Hebrides, while Britain seems to look on with indifference, till we fear she will wake up to her own and Australasia's great loss when it is too late. When I joined the Mission forty-six years ago, and for many years after, we heard of no Frenchman on the group; but now, when the teaching of Christ by British and Australian missionaries has rendered life and property comparatively safe, they follow to claim the fruit of it all. From Australia and Britain the natives got all the education and civilization they possess; and we fear the loss of all if France is allowed to annex the island. The natives also ask for British annexation.

Bulu Bulu East, Gippsland, Australia.

JAPANESE HEALTH.

The Japanese are conceded to be among the very strongest people on earth. They are strong mentally and physically, and yet practically they eat no meat at all. The diet which enables them to develop such hardy frames and such well balanced and keen brains consists almost wholly of rice, steamed or boiled, while the better-to-do add to this Spartan fare fish, eggs, vegetables, and fruit. For beverages they use weak tea without sugar or milk, and pure water, alcoholic stimulants being rarely indulged in. Water is imbibed in what we should consider prodigious quantities—to an English-

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man, indeed, the drinking of so much water would be regarded as madness. The average Japanese individual swallows about a gallon daily in divided doses.

The Japanese recognize the beneficial effects of flushing the system through the medium of the kidneys, and they also cleanse the exterior of their bodies to an extent undreamed of in Europe or in America.

Another—and perhaps this is the usage on which the Japanese lay the greatest stress—is the deep, habitual, forcible inhalation of fresh air as an essential for the acquisition of strength, and this method is sedulously practised until it really becomes a part of their nature.

The Japanese have proved that a frugal manner of living is consistent with great bodily strength—indeed, is perhaps more so than the meat diet of the white man. As to the water-drinking habit, which is so distinctive a custom with them, it is probably an aid to keeping the system free from blood impurities, and might be followed with advantage in European countries to a far greater extent than is at present the case. Hydropathy and exercise seem to be the sheet-anchors of the Japanese training regimen, and, judging from results, have been eminently satisfactory.—Medical Record.

'I can't hear anything but "Lizzie, call again; Lizzie, call again; Lizzie, call again." Who's Lizzie?' ejaculated the editor of the Philadelphia 'Record,' as he hung up his telephone receiver in despair.

'Oh, Bobby, how did you get your face so dirty?' asked his mother.

'I fink it must be 'cause I wear it all the time, mother,' explained Bobby.

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Good blood is the secret of health and strength. The secret of good blood is Dr. Williams' Pink Pills. These pills do not act upon the bowels—their whole mission is to make new, rich, health-giving blood, which strengthens every organ, and every nerve and drives disease from the body. Don't take anything but the genuine pills, which have the full name "Dr. Williams' Pink Pills for Pale People" printed on the wrapper around each box. If in doubt, write The Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent at 50 cents a box or six boxes for \$2.50.

LIQUOR AND TOBACCO HABITS.

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References as to Dr. McTaggart's professional standing and personal integrity permitted.

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