

World of Missions.

The Missionary and the Home Churches.

BY REV. T. E. SHUMAKER, CHOFU, JAPAN.

I. Let us do our very best here, so that we may have a work to describe that will inspire interest in all who hear of it. This is a point by no means to be despised. Inefficient and heartless work when it becomes known will no more inspire interest in missions than it will in anything else. But if we pray and work with untiring zeal in the Holy Spirit, God will give us a work possessing so many points of interest that it needs only to be made known and lives of faith here by their deeds will touch even cold hearts there with lasting interest in God's work in missions.

II. What methods will most effectively bring us into touch with the home churches? Because of the distance between the missionaries and the home churches the chief instrument to be used must be the pen. Of course, the camera will do its part and there are other helps, but the pen is the chief power in the hands of those who are on the field for reaching those at home. In the use of the pen we must first of all interest people or we fail to reach them. We must interest all the various classes—children, youth, age, the thoughtless and the busy, and those who have a thousand other concerns, and thousands not now interested. Then there is the time element. People constantly driven by their business have no time to read long articles; if we would reach them we must go at once to the interesting heart of the matter. No long preamble; begin to be interesting at once and quit when you are through and you will be read by thousands of busy people who otherwise would throw you aside. Six uninteresting sentences at the beginning may lose you many readers. Sometimes also more of the apostle John's reticence about himself would be an advantage. In most cases it is wise to reject all that fails in brevity or interest, remembering that we want to reach many *very busy* people.

Remembering these two points—interest and brevity—what can we do? Personal correspondence can not reach far with the millions at home. Missionaries are too busy and postage counts. On the other hand, most of us are not able to prepare good general mission literature. But let those who can successfully do this do it, and thank God for the power.

Perhaps the greatest opportunity for most of us lies in the writing up of touching incidents, longer or shorter, in the lives of the people both Christian and heathen—pen pictures of the life there is here on the field. Few things touch life like life—a fact that God took advantage of when He gave form to His Word and sent His Son into the world. These little incidents of longing and need, of faith, sacrifice, love, zeal, etc., will make the home people feel the real life there is out here and cause Christian hearts

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 sure cure for Consumption, Asthma, Catarrh, Bronchitis and all throat and lung Maladies. 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

at home to beat with hearts abroad and to fill with desires to help on a work that does good thus to real living people. These incidents will be read by all classes when other things are passed by and we can make them a power for mission work if only we will with true Christlike sympathy for fallen man look far enough below the surface to see the real life that is throbbing all about us, and then portray it vividly.

Some of the incidents thus prepared will be sent to the missionary magazines and some to denominational papers. Still others may be sent to the secular dailies or weeklies, and thus be told far and wide.

Finally, if we read some good missionary books we may help much by suggesting to pastors and students to read them. Few pastors, I fear, read missionary books as they ought, and for this reason often are less missionary in spirit and so do less to interest their people. The carrying out of these suggestions involve much labor and some expense, but there is no easy way to reach the home people.—Missionary Review.

Health and Home Hints.

Beds and Sleeping.

A German doctor has been investigating the question of beds, and the result of his labors has been lately given to the world in the pages of a German journal. In the first place, to convince mankind of the importance of his subject, the doctor reminds all mankind that we spend from one fourth to one-third of our lives in bed, after which he proceeds to advise the world on the healthiest kind of couch and the most sensible manner of reposing thereon.

A hard bed appears to be the best, and it is laid down that children from the earliest years should be trained to sleep on these hard beds. Soft beds are too warm and do not admit sufficient air. Even in the case of the hard bed the sleeper is warned to see that his covering, whether woolen or cotton, is not so heavy that the body is kept over-warm and fresh air is excluded. This ventilation, according to our authority, is all important. But what will middle aged people say when the man of science bids them dispense with their pillows? Pillows, he declares, are evils, and it is right that we should sleep with limbs uncramped on a perfectly horizontal plane. Knowing the weakness of human flesh, however, the doctor declares that if pillows are retained they should be neither too soft nor too thick.

A point on which most people will agree with this authority is the necessity for constant (the doctor asks for daily) airing and sunning of the bedding. Much ill health may be attributed to carelessness in this matter.

How to Pack Eggs for Long Keeping.—The yolk of the egg spoils much quicker than the white. For this reason it is important that the yolk should be surrounded with a layer of the white. If the egg is placed on the side or large end the heavy yolk will settle to the bottom and come in contact with the shell, which admits the air. If it is placed on the small end it will always have a layer of white between it and the shell. Eggs absorb odors easily, therefore only odorless materials should be used when packing them.

To Remove Iron Rust.—Keep a bottle of strong solution of oxalic acid, plainly labelled "Poison," in a handy place for use on washing day. Gather up the cloth round the

Pale and Listless.

A CONDITION THAT AFFECTS VERY MANY WOMEN.

THE APPETITE FAILS—STRENGTH DEPARTS AND THE SUFFERER FEELS THAT LIFE IS REALLY A BURDEN.

From The Topic, Petrolia, Ont.

It is impossible that a medicine can be so widely known and used as are Dr. Williams' Pink Pills without striking results frequently becoming known and the merits of this great remedy for the common ailments of man and womankind being published. Mrs. Thos. Kettle, of Petrolia, Ont., is a case in point. Mrs. Kettle is an old resident of this district and is well known. Chatting with a reporter of the Topic the other day the conversation drifted on the subject of medicines, when Mrs. Kettle spoke in the highest praise of Dr. Williams' Pink Pills, which, she said, had cured her of a long illness. Our reporter, being naturally interested, made further enquiries, when Mrs. Kettle gave him the following particulars:—"I am the mother of twelve children and in spite of the constant strain and worry the raising of so large a family entailed upon me, in addition to my housework, I was for many years blessed with splendid health. However, after the birth of my last child my strength seemed to fail me and I felt that my health was gradually going. I consulted a doctor and continued under his treatment for some months, but the only result that I could see was that I grew steadily worse. I could not name any particular ailment that I suffered from, but I was all "run down." My appetite failed me, my strength seemed all gone and I became pale and listless, scarcely able to drag myself around, and much of the time in bed. I became alarmed at my long continued ill health and as doctor's medicine had done me no good I determined to try Dr. Williams' Pink Pills. I purchased a box and thought it did me some good, so I got six boxes more, and before I had finished taking the second I felt a lot better, and by the time I had finished the seven boxes I had perfectly regained my health, had gained weight and felt better than I had for some years. I consider the pills a splendid medicine, a real godsend to weak and ailing women, and have frequently recommended them to my friends and used them with my children, always with good results." Judging from Mrs. Kettle's healthy appearance to-day none would imagine she had never known what a day's illness meant.

Dr. Williams' Pink Pills are a positive cure for all diseases arising from impoverished blood, or a weak or shattered condition of the nervous system, such as epilepsy, St. Vitus' dance, paralysis, rheumatism, sciatica, heart troubles, anaemia, etc. These pills are also a cure for the ailments that make the lives of so many women a constant misery. Sold by druggists or sent by mail, postpaid, at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

spot of rust and dip the spot in cold water, then in the acid and then in rapidly boiling water, holding it in the steam for a few minutes. If the spot does not quickly disappear, repeat the process. The steam seems to be necessary with the acid. Then rinse thoroughly.