

ser. There are three things among the many which will greatly help the Mission Band to prosper. First, the time of meeting, which should be when the greatest number can attend, which is Sunday. Having had three years trial of Mission Band work, in both country and city, in connection with the S. S., I would heartily recommend those who are discouraged by small attendance, lack of interest, etc., or who have failed to make the Band a success, by meeting on week days, to try Sunday. Ask your superintendent to let you try the experiment for three months, after that for the added interest in the S. S. he will ask you to continue the meetings. Second, Barrels or Mite-Boxes for each one to save their money in. Third, Missionary information to quicken their zeal. In connection with the last, I regret that the Missionary lessons have been discontinued. They were a great help to many Presidents and gradually nearly all Bands might have been brought to use them.—L. C. GRAHAM.

FOOD AND EXERCISE.

A missionary society, in order to "prosper, and be in health," must have both food and exercise. In all spiritual growth, as well as physical, that tends towards perfect development, these two things are essential. Too often leaders of missionary societies utterly ignore this truth, and literally surfeit their members with food of all kinds, and then fail to plan for them enough exercise to make it digest well. They give them volumes of information, but never put them to work.

Perhaps your society is small and feeble; perhaps it is in such a state of lethargy that it seems impossible to rouse it; or, perhaps it is just beginning to convalesce after a long and severe illness of some sort, and, though you have been giving it plenty of the best food you can find, it does not seem to gain very fast. Keep on feeding it well, but suppose you also try and see what a little exercise in Christian work will do for it.

Our churches are full of young Christians in whom lies the power to do so much for the service of our Lord Jesus Christ; but often the most earnest leaders, who fully realize the truth of this, are sadly perplexed over how to get their young people to work. An enthusiastic, consecrated Sunday-school superintendent, who had an intense desire to see his school at work for Christ, urged upon his scholars and teachers the privilege and duty of active service. Sunday after Sunday came the strong appeal from his desk, and at last one young girl came to him and said she was ready to go to work, and would he please give her something to do. He was startled to find that he had never thought about what he wanted them to do, and he had not a single definite bit of work to suggest to her. But he was soon master of the situation, and in a short time had a strong force at work in different lines of Christian activity.

Suppose you plan for a worker's council. Announce your meeting several weeks before the time, explaining the purpose of it. Ask all the young people to hunt up all the plans, for work that they ever heard of, and bring them to the meeting. Hold your meeting in a small, bright room, either at your own home or at the church. After short but effective devotional exercises, throw the meeting open for discussion of plans. Close with a consecration meeting, call for volunteers. More than likely your heart will be made glad by some, perhaps many, pledging themselves to the service of our Master. Don't forget to pray much and earnestly before your meeting, and ask others to join you in prayer both for it and for the young people.—*Sunday School Times.*

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