

breaking ground, and laying foundations, and of the lack of the complementary elements furnished in the larger body of believers and workers found in Christian communities.

And though no one should be found with all the qualifications, which experience has proved to be desirable, there are some of these which may be considered almost essential ; and the fewer the more imperative it will be that these shall be developed in an exceptional degree.

What some of these qualifications are I shall aim to set forth, for the consideration of those whose thoughts have been turned to the work in the foreign field :

*Physical.*—The physical is put first because to succeed in any field a man must live and work, and because so many have gone at great sacrifice to distant fields only to return before being able to accomplish anything, or to enter into rest before their work was fairly begun. Most heathen countries lie in tropical or semi-tropical latitudes, and most Christian countries in temperate, so that making a change of climate is nearly always a serious consideration. Not that the heat is so much greater than is sometimes experienced in Canada, but it is continuous for weeks and months—spring, summer, and fall as hot as our summer, and only a short winter as cool as our April or October. With the heat, such malarial fever, dysentery, and other diseases as are not known in higher latitudes ; the pest of insects and vermin found everywhere, but abounding always in all hot countries ; the difficulty of getting good food, fresh, and in sufficient variety to preserve the appetite and relish essential to good digestion and vigorous health ; the strain of imperative work in the enormous amount of study to be done in acquiring the language, and learning all that must be known about the religion and customs of the people ; the almost inevitable loss of sleep through heat, and the consequent nervous strain, render the possession of a sound constitution, good digestion, and strong nerves almost absolutely essential to long life and hard work in a hot country. Whether the intending missionary has these or not he may discover for himself without the aid of a medical man. A medical examination is important, of course, and is insisted on by most Foreign Mission Committees, but besides the physician's certificate, if a man is able always to eat well, and sleep well, and