her body in pieces and threw it in the water. Her brother went by night to the mission house, and begged the missionaries to send more men to teach his fellowcountry-men better ways. Wherever the Bible has been taught by missionaries, this dark land is growing brighter, and its people are stretching out their hands to the true and living God. Do not forget to pray for the Africans.

(The chairman can add a few words about the Congo mission if thought best.)

We will now hear about China. This is the largest and one of the oldest empires in the world, having been inhabited for more than twenty-six-hundred years. Four times as many people live in China as in Africa. A high, broad wall was built around China two hundred and twenty years before Christ, was born. The people do not believe in Chirst but worship Buddha and Confucius who were only wise men. Part of their wisdom would not be considered such in our land for they taught that women were of no more account than monkeys or parrots. Many girl-babies are killed as soon as they are born. If allowed to live, little girls must have their feet tightly bound with cloths to prevent their growing if they hope to be considered respectable when grown to be women. From their homes you can hear their cries of pain day and night after this cruel operation. Few girls are taught to read or write, but are married very young, sold by their parents, and harshly treated in their new homes, until many brides drown or kill themselves soon after their wedding day. Missionaries have patiently taught the Chinese people for many years, but as yet not hearly enough have been sent to make known God's good news to all the empire. Pray for China and her people.

(The chair-man can add a few remarks about any special work being done for the Chinese in this country.) Some one will now tell us some fact about Japan. This country has many high mountains, splendid trees, and beautiful flowers. Many of our plants were first brought from Japan. The country is small, only about as big as the State of California, but forty millions of people are living in it. Women and children are treated better than in many heathen lands. The 3rd of March is a great day for little girls, it is called "The Feast of Dolls." All the dolls in a family are carried out, some of them a hundred years old. The boys have their gala day in May called " The feast of Flags." Children are taught to be very polite, and to treat old people with respect. The son, moon, and stars are worshipped here, with idols of all kinds, but these idols are not loved. Now that missionaries have come to tell about Jesus, the people are forsaking their false gods to worship Him. But some native Christians have to suffer much persecution from their heathen friends. We must all pray for this " Land of the Rising Sun," as it is called.

"When we sing the praise of lesus

When His glory we proclaim,

Let our hearts with grief remember

Those who never heard His name."

(Perhaps several other members will each give one item about the isles of the sea.)

Not. Nowhere in the world have missionaries found people so degraded as in Polynesia, yet among no other heathens has the gospel made such rapid progress.

No 2. When Jobn Williams first visited these islands he found idolatry and cannibalism of the worst and lowest type. Babies were killed, widows strangled, and the most dreadful cruelties awakened no sympathy or repulsion.

No 3. When a chief built his house he surrounded the piles on which it rested with rows of human beings buried alive. If he launched a canoe the rollers by which it was borne to the sea were living bodies crushed to a jelly by its weight.

No. 4. In an ancient city of Figi stands a stone with this history. Its place was in front of the chief temple. The bodies intended for cannibal fcasts, were dashed against this stone as an offering to the gods before being devoured. But for the past thirty years, this stone has had no stain of human blood upon it.

No 5. Of one missionary's work it is said "When he came to our island there were no Christians, when he left us, there were no heathens."

Next month we will try and take a glimpse at other fields, and the result of mission work in them.

A NOTE TO MISSION BAND PRESIDENTS.

These lessons are intended by those preparing them for the LINK merely as guides or outlines, and will admit of condensing or enlarging at pleasure. For instance, when the Band at Dartmouth, N. S., used this one, three girls were dressed in the native costume of Africa, China and Japan and told the story of their countries in the first person. Bible verses about these heathen lands might be read or recited by members, and suitable hymns sung by the Band.

If our Bands, east and west, would write more regularly to the superintendents appointed by the respective boards, and tell what they are doing ; what lessons they have been studying ; and programme of interest that has been used by them at a public meeting or special work done this year, it would be much easier to prepare lessons for your future use, and also reports for the annual meetings of the boards next ()ctober. Please see that your Band sends such a report this month without fail.

347 McLaren Street, Ottawa.

dwa,

SISTER BELLE.

NEWS FROM BANDS.

HAMILTON, $\sqrt{2}$ ICTORIA AVENUE. - You have not heard from the "Golden Rule Mission Band" of the Victoria Avenue Church, Hamilton, for some time, but we do not want you to think we have grown tired of our work. On the contrary, I think I can say for our Band, that we love it more than we ever did. The never-failing interest taken by our boys and girls in the cause of missions, and the evident desire to learn more is most encouraging. Every Thursday evening they meet together, with their bright expectant faces, · a source of inspiration to any leader; and an effort is made that they should never go from a meeting without carrying with them some new thought on the needs of the heathen, or some suggestion as to how *lkey* can help their poor benighted brothers and sisters.

At the Hamilton Association, held at Westover some months ago, our Band was represented by delegates who brought back the encouraging report that ours was the Banner Band of the Association.

As we wish always to carry out the precepts of the name we bear, a resolve was taken by the Band that we visit the Baptist church in the northern part of our city, where there is no Band, and, if possible induce them to start one. Early in the evening of Monday