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disciples, "Come ye yourselves apart into a desert place and rest awhile." To many of to-days tired workers comes that gracious invitation with power to comply, and yet how many of our W.M.S. members, with overwrought nerves strung to highest tension and bodies weary with toiling perhaps the livelong day at the multitudinous duties "lying near us," are longing for the lull in life which never seems to come. To all such the Master comes in special manner, if they will but listen for His footfall and gracious invitation: "Come unto me, all ye that labour and are heavy laden, and I will give you rest." What rest comparable to what He can give? How one touch of His hand soothes the jaded brain and rests the

Let the overwrought workers, compelled to stay at home through the long, hot days of summer, take time to hear the tender summons to "come apart," and while alone with Him may each hear the gracious benediction: "Peace I leave with you; my peace I give unto you, not as the world giveth give I unto you," and hearing, be soothed and strengthened.

THE subjects for prayer for this month are, Africa and the Missions to Jews. And of Africa, Lucy E. Guinnis asks, "What of the unlimited darkness of the vast interior of that continent? What of the untouched millions on the whole course of the Nile, where from Uganda to close on the Mediterranean it runs through Pagan country without one ray of Gospel light? With an area of 12,000,000 square miles-equaling all Europe and North America combined—her population is estimated at 200,000,000. one-seventh of the whole human race. One-sixth of the pagan population of the world is found in Africa; five hundred of her languages and dialects have never vet been reduced to writing. From Senegambia 4,500 miles across to Abyssinia, 90,000,000 people and one hundred languages, into which the Word of God has not been translated. It lies unentered -almost untouched. The Koran is carried thither by the Arab, the Gospel by Christians. No! Traders have reached the heart of this country. Gin and gunpowder are finding their way in thither. But the messengers of Jesus-the water of life-not vet!"-African News.

THE greatest drawback to the progress of missionary work in Africa is the rum-traffic. Hottentots and Kaffirs are alike destroyed by the thousand through this curse. "So long as our vessels are laden with missionaries and rum, we shall be uncertain whether we are doing most to evangelize or curse the world." Indeed, it has been said "that if the slave trade were revived with all its horrors and Africa could get rid of the white man and rum, which he had introduced, Africa would be a gainer by the exchange."

Maliki, an African king, wrote the following to Bishop Crowther: "Gin has ruined my country. It impels my people to violence and madness. I have told the Christian traders that I will agree to every thing except the importation of rum."

OUR MISSIONARY ROLL.

JAPAN.

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Miss M. J. Cartmell, Tokyo.
Mrs. E. S. Large, Tokyo.
Mrs. Cunningham, Shizuoka.

"Preston, Kofu.

"Munro, Tokyo.
"Hargrave*, Kanazawa.
"L. Hart*, Tokyo.
"Blackmore*, Kofu.
"Nellie Hart*, Tokyo.
"Robertson, Shizuoka.
"Worgan*, Shizuoka.
"Wazey, Kanazawa.
"Alexander, Kofu.
"Crombie, Tokyo.
"Lambly.
"Belton.

INDIAN WORK

INDIAN WORK. Port Simpson, B.C.

Miss Spence.
Miss Caldwell.

"Ellen Beavis.
Mrs. Redner.
Miss Paul.

Chilliwhack, B.C.

Miss Lavinia Clarke.

M. Smith.
Burpee.

CHINA. Chen-tu.

Miss Jennie Ford. Miss Brackbill. Dr. Retta Kilborn.

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Victoria, B.C.

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FRENCH. Montreal.

Miss Masten.
Miss Maggie Jackson, West End
School.
Miss Matthieu, East End School.
" Anderson, Bible Woman.
Madame Morin, "

* On furlough.

"THIS IS THE VICTORY, EVEN OUR FAITH."

N.B.—Communications for this Department post-marked after the 18th of the month will appear in following month.

N.B.—All subscriptions for the Outlook must be sent to the Methodist Mission

N.B.—Certificates of Life Membership may be obtained by addressing Miss Ogden, Room 20, Wesley Buildings.

Editorial Notes and Clippings.

EFORE this number reaches our readers, many of them will be enjoying the restfulness of vinecovered country homes, or cool lakeside resorts, or freshening sea breezes.

How necessary this resting time is to wearied brain and tired body we all know. Our Saviour, while upon earth, recognizing this need, said to His tired