NOTES AND COMMENTS

The attention of Mr. Carnegie, the founder of the American and British institutions for honoring heroism or bravery as exhibited in emergencies, ought to be called to the Montyon virtue prizes annually awarded by the French academy of literary "immortals." This singular and excellent foundation is eighty years old, but it is not well known outside of France. The idea of the foundation, in one word, is to honor, encourage and reward the quiet, unostentatious moral courage of daily life, the courage that is often unconsciously shown in perseverance, in cheerfulness under trying conditions, in fortitude, sweetness of nature, helpfulness and active sympathy in humble spheres. As a rule, the recipients of the Montyon prizes know little, if anything, of the great, wide world. They do not read the newspapers; they never hear of the academy, and the prizes astonish them as would manna from the heavens. The academy learns of their existence and goodness through priests, enlightened neighbors, charity workers or investigators.

This years' prize winners number over a hundred, and the address by the academician in their praise sets forth in detail the stories of six of the "crowned" persons. One is a seamstress who employs some ten assistants and who has for years treated them as members of her family—helping them when work is slack, nursing them when they are ill, and making life as pleasant as possible for them. In addition she visits the sick of the neighborhood and aids the unfortunate out of her own limited earnings. Another is a poor sewing girl who has supported a blind mother and feeble brother by her industry and self-denial, and who has had to eke out a livelihood by carrying papers early in the morning to the kiosques and also by putting in some extra hours at night, after the long day in the workshop. A third is an old farmer's servant, a woman who, on a salary of $12 a year, has brought up the farmer's family, prevented him from wasting his money on drink and converted the household into a model establishment. There is no doubt whatever that such virtue as this is its own reward. The prizes do nothing, save in a financial way, for such heroines of peace and prosaic existence, but it is good for society to appreciate such qualities and to induce emulation of good examples.

The French papers are disposed to disparage the British army, because, they say, it is drawn from the lowest ranks of society, where the French army is more national, since service is compulsory upon all ranks in life. The British army, they say, continues to be a highly aristocratic institution, where the officers are gentlemen and the privates mere things. While the British soldier is a robust, vigorous man, he requires enormous feeding to keep him up to the standard, and he is not likely to go through the hardships of a campaign as well as the more meagerly fed French or German soldiers. This may satisfy theory, but it is against history. In the past the British soldier has shown himself capable of enduring the greatest hardships and privations in every climate and under all conditions. He has shown himself more enduring than either the German or the French, although the Germans have not had his trials in tropical and desert countries.

English alarmists support the French view, however, by pointing out how the virility of Britons is deteriorating on account of factory life. The stamina of the British army has largely been that of the Welch, Irish and Scotch contingents, and who preserve the old race vigor. In England proper the physical standard, they say, is being constantly lowered by the habits of the people, and though the standard for recruits is not at all high, one-third to one-half of those who offer themselves for enlistment are rejected on account of physical weakness.

The claim of moral superiority of the French army is well-based, however, since the annual conscription brings into the army the highest class of young men and gives them a personal interest in the success of their flag. Unquestionably the more democratic method of the French in officering their army is superior to that of the British. Only a small proportion of the men who are commissioned as officers in the British army have a real taste for their profession, and work as hard as the officers of France and Germany to equip themselves for it. The most of them want merely to have a few years' experience in the army and then go home to some other pursuit and hang up their swords as mementos of younger and more glorious days.

ALL WILL BE WELL WITH US

Forget the Past and Work for the Prize of the Future.

This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.—Philippians iii. 13, 14.

The past is. It cannot be brought back, cannot be undone. It may be a matter of great regret, and, alas, of great sorrow as well, and yet the past is and always will be. You may call for it, but it will not come back to you.

It is gone—gone forever. Let us see that it is so and act accordingly. For the many mistakes of the past we must have sincere regret, and for our sins, sorrow, but if they have caused "a repentance not to be repented of" they have been mercifully forgiven us of God for Jesus Christ's saks. As for the past, then, let us say of it, with St. Paul, "forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ."

OUR HELP IS IN HIM.

Therefore let us look to Him, and be of a good courage, believing He can and will deliver us "from the bonds of those sins which by our frailty we have committed."

He wants to help us, and is even now helping us. A real desire to follow Him will keep us from deadly sin. He came to save us from our sins, to take them away and free us from them. A true Christian purpose should keep us from serious sins and by God's grace it will. Let it then comfort us to know that God is for us, not against us; that the infinite love, the infinite knowledge and the infinite power of God are forever working together for our good. Always, day and night, night and day, every moment of every hour, every hour of every day. As it is written, "He giveth His beloved in sleep," that is even whilst they sleep. If then we are workers together with Him all will be well with us.

We should therefore fearlessly face the future, knowing that God can turn even the follies and the failure of the past into a certain sort of good to us. In His wisdom He can overrule even our errors, and in His mercy He is not extreme to mark what is done amiss. But let us be glad that He makes our waywardness wearisome. To know our weakness is a lesson

WELL WORTH LEARNING,

even though at the cost of many a humbling experience, and, perhaps, of much sorrow. So we see that even through our waywardness and wilfulness God is seeking us and bringing us back to Him. And so, dark as sometimes the day has been, let us go bravely on in our appointed way, knowing we are on our way home and that "at evening time it shall be light."

As a saint said: "Sometimes our path in life may seem like a lane full of weary windings, where the steep banks shut out the light and air and all we can do is to trudge steadily on through the thick mire, but if we look high up in front of us we shall see, as Israel saw, the faint blue hills of the Land of Promise rising up against the sky. The path will come out at length in full view of the Celestial City, and at last we shall be at home."

A. W. SNYDER.

YELLOW FOR HATE.

Blue Causes a Peaceful and Restful Feeling.

"The effect of colors upon the temperament of human beings is enormous," remarked an eye specialist who has made a study of the subject.

"Speaking generally, I should say that green induces joy; white, activity; red, anger; blue, peace; and yellow, hate.

"The last-named color will bring out all a man's malign passions; and, in confirmation of this theory I may mention that the Chinese regard yellow as an emblem of evil. This explains their adoption of it as the sign of mourning, for death, they believe, is due to the evil spirits.

"The effects of blue are particularly noticeable on ocean passengers. With blue skies above and blue seas beneath, they experience a peaceful, restful feeling, not altogether to be accounted for by the invigorating air and the life on board ship in general.

"Have you ever noticed how restless a man becomes if he remain inactive in a red-papered room? The color seems to make him angry with himself and everyone round him.

"Green appears to have all the advantages of blue, but, containing as it does rays of red and yellow, a more joyous, full-of-life feeling is the result. And white? Where can you find more active people than those who dwell in the lands of snow and ice, in spite of the fact that the extreme cold has a tendency to deaden the body?

"Yes; colors play a bigger part in life than many imagine."

CHARACTER IN FINGER-NAILS

A white mark means misfortune.

Pale or lead-colored nails indicate melancholy.

Broad nails indicate a gentle, timid, bashful nature.

People with narrow nails are ambitious and quarrelsome.

Lovers of knowledge and broad-minded people have round nails.

Small nails indicate smallness of mind, obstinacy, and conceit.

People with very pale nails are subject to infirmity of flesh.

Red and spotted nails are generally found on the hands of choleric people.

Nails growing into the flesh at the points or sides indicate luxurious tastes.

HORSEFLESH AS MEDICINE.

Valuable to People in a Delicate State of Health.

Horseflesh, which is largely used by Parisian doctors in the feeding of invalids, is now being recommended by a number of prominent English medical men.

Up to the present, however, it has rarely, or never, been prescribed in England, owing to the strong prejudice which exists against it; but this feeling will be overcome when once the public realize how valuable it might be to people in a delicate state of health.

"No animal that had been used as a beast of burden would, however, be suitable for the purpose of food," a physician said. "It would be so tough that no man could get his teeth through it. What I advocate are horse-farms, like those in parts of the South of France. Here the animals are specially prepared for market. They live absolutely sedentary lives, and are fed with thhe greatest care on special fodder.

"The flesh of a horse contains more carbohydrates than that of an ox, and will consequently help to a greater extent in the formation of sound fate and muscle. And, after all, what is it that our town-dwellers lack but sound muscle and fat?

"Again, the flesh of the horse is vastly more tender than that of other animals. Therefore, it is of the greatest value to people of weak digestion. Sun-dry the flesh, and grind it up to a powder, and you will find that even the most delicate people can enjoy it without fear of the consequences. As a food for invalids it stands alone."

SORT DIAMONDS WITH SIEVE.

Primitive Method of Hunting for Them in Southwest Africa.

Probably no diamonds in the world are obtained so cheaply as those from the recently discovered fields near Luderitz Bay, in German Southwest Africa. The process of recovering the stones is so simple as to be almost ludicrous, says the Cape Times.

The Ovambo boys, with blue goggles on, kneel down on the sand searching for the diamonds. They are furnished with spades, and with these they proceed to fill an ordinary sieve with a fairly fine mesh. A man will then take the sieve, give it a shake and plunge it into a galvanized iron bath of sea water, which has the effect of hardening the contents, while at the same time owing to the specific gravity f the diamonds the latter fall to the bottom.

The man then picks up the sieve and turns it over onto an ordinary deal table and the diamonds are then, of course, on the top, He will then take an ordinary table knife, pick up the diamonds with this and carefully place them in a pickle bottle, which stands by his side.

From the primitive simplicity of this method of working it will be seen that the diamonds do not give much trouble to find. The cost of getting them averages, in fact, from 1s. to 1s. 6d. per carat.

AN AGREEABLE STRANGER

HOW A MILITARY "CAPTAIN" SECURED SOME JEWELS.

Was Allowed to Stay in Werrington Hall — Disappeared With Valuables.

A daring robbery by an accomplished and gentlemanly swindler is engaging the attention of the Peterborough, England, police.

The story opens on the morning of a recent Saturday, when a well-groomed and well-set-up man of military appearance drove up to Werrington Hall, near Peterborough, and asked for the lady owner, who had advertised the house and estate for sale. He stated that he was in search of a hunting-box, and he thought Werrington Hall would suit him. He was shown over the place, expressed himself as very well pleased with it, and announced that he had decided to purchase it. The references he produced were satisfactory, and appeared quite authentic.

HIRED A MOTOR CAR.

Moreover, the agreeable stranger stated that he was prepared to pay over a substantial sum as a deposit in the course of a few days. In the meantime he begged that he might be allowed to stay at the hall, as he desired to instal himself at the earliest possible moment with his servants and hunters, and wished to personally supervise the painting, papering, etc., which he desired to have done.

The request was readily acceded to. The "captain" took up his quarters at the hall, proceeding at once to hire a motor-car in Peterborough, and to give extensive orders to local tradesmen.

How well the "captain" played his part may be judged from the fact that not the slightest suspicion of his bona fides was aroused.

On Monday morning, however, a significant incident occurred. One of the daughters of the house, passing a bedroom, saw the captain on the threshold. He excused himself politely, explaining that he had

MADE A MISTAKE,

not knowing the house very well, and nothing more was thought of the matter.

A little later the "captain" called his motor-car, entered it, and drove off, stating that he would return in the course of the day. When some distance along the road to Peterborough he stopped the car, got out, told the chauffeur he had some calls to make, and ordered him to meet him at Boston. The chauffeur was at the appointed place, but no captain appeared, and after waiting some time he returned to the house.

In the meantime the startling discovery had been made that a quantity of jewellery had been stolen from the bedroom in which the guest was seen.

TWO-POWER STANDARD.

Britain's Navy is Now Fourteen Ships Behind.

The way in which Great Britain has fallen below the two-Power standard in regard to the Navy is illustrated in figures supplied by the First Lord of the Admiralty in answer to a question put in the House of Commons.

The question asked for a return of the battleships built, building, and projected under the 1908 programme for Great Britain, the United States, and Germany. The figures given in the answer were as follows:—

	Built.	Building.	Projected
Great Britain	54	6	1
Germany	36	4	3
United States	26	4	2

The totals therefore of the battleships built, building, and projected may be set out as follows:—

Great Britain	61
Two Powers	75
Great Britain's shortage	14

If Britain is to attain the strength of ten per cent. greater than the two-Power standard, she must add twenty-two more ships to her Navy.

Details of the age of the battleships owned by Germany and the United States given by Mr. McKenna show that forty-nine were less than eighteen years old, forty less than thirteen years old, and twenty-three less than eight years old.

The patient seldom knows anything about the medicine the doctor gives him — and neither does the doctor, once in a while.

Mother—"Oh, don't you think we had better send for the doctor? Johnny says he feels so bad." Father—"Oh, he's felt bad before this and got over it." Mother (anxiously)—"Yes, dear, but never on a holiday."

"Yes," said the eminent physician, "we are doing much to prolong human life." "I'm glad to hear it," answered Mr. Sirius Barker. "By prolonging life you give a man more time and opportunity to get together the amount of your bill."

THEIR HOURS OF SLEEP

FAMOUS MEN TELL OF THE AMOUNT THEY NEED.

Sir W. Ramsay Finds Three or Four Enough When in Good Health.

Politicians, artists, men of letters, and actors reply in The Review of Reviews to Mr. Stead's inquiry as to the amount of sleep they find necessary to maintain their mental power at the highest pitch.

Sir W. Ramsay finds three or four hours' sleep abundant when in good health and with mild mental exertion. When engaged in higher intellectual work he can do just as many hours' work as he sleeps.

Lord Onslow always wakes of his own accord after his seven hours' sleep, and begins work in bed before getting up.

Sir Charles Wyndham has made a rule that he is never to be called, leaving nature to decide

THE LENGTH OF SLEEP.

Sir Theodore Martin used to go to bed at 1 o'clock, but now, in his eightieth year, he does not stop up later than eleven. Lord Ripon retires at 10.30.

Sir Oliver Lodge, Sir G. Lewis, Sir E. R. Lankester, Dr. Clifford, Lord Esher, M. E. Grose and Mr. F. Harrison all require eight hours daily. Bernard Shaw takes seven or eight. Miss Ellen Terry gets along with four to six.

Many suggestions are made for the conquest of insomnia. Sir Frederick Treves puts his faith in "a simple diet, fresh air at night, and outdoor exercise in the day." Lord Esher recommends reading. Sir Francis Burnand both walking and reading, Mr. Alfred Sutro a game of billiards or golf, while Mr. H. W. Massingham favors counting numbers and "telling stories to oneself, generally some kind of imaginative picture."

SIR HIRAM MAXIM

belives in the cold bath, and Dr. Clifford's prescription is:—(1) Shut out the light. (2) Relax the muscles of the face. (3) Let the last meal be at least one or two hours before retiring. (4) Dismiss the work of the day, and leave the morrow to care for itself. Never worry. (5) If something very important has to be done on the next day, fix your plan of action definitely; write it down, and cease to think about it.

SENTENCE SERMONS.

No man ever overshoots his own moral aim.

All worthy education is training of the will.

The dogmatic are always strong on barking.

Counting your blessings discounts your burdens.

No one was ever left sad by giving happiness away.

The ability to learn marks the limits of actual living.

Too many men lay to a gentle heart the faults of a soft head.

You cannot improve the breed by polishing the brass on the harness.

It's no use paying for plush in the pews if you've got putty in the pulpit.

No man is master of himself who cannot control the guests in his heart.

The worst failures are those successes that have come at the cost of the soul.

You do not secure a clean bill for yourself by indicting the rest of humanity.

There never can be sufficient public virtues in a life to balance private vices.

Whether earth shall be like heaven depends on whether heaven is in our hearts.

There are many things we cannot afford to get for less than their full price.

Some men think the only way to preserve the landmarks is to sit on the fence.

When a man gets to arguing with his conscience you may be sure his appetites are busy.

The minister who is thinking all the time of the limelight cannot do much for the lives of men.

BRITISH CAPITAL.

What is the capital of the British nation, as a commercial asset, at the present day? A Fellow of the Royal Statistical Society, who publishes details of an elaborate investigation, calculated that it is £16,000,000,000. One of the Budget statements was that the income of the part of the British nation assessed for income-tax had reached nearly £1,000,000,000 sterling per annum. Statisticians, in assessing the total national capital, usually found their calculations upon the income-tax returns. In doing so, they arrive at a little over double the total for the income of the whole population. From this it is seen that our total national income is now somewhere about £2,000,000,000 per annum. The writer of the article quotes authorities to show that the total income comes out to about one-eighth of the capital sum. By this means he arrives at the sum of £16,000,000,000, adding that it is probably more than that.

FROM BONNIE SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

What is Going on in the Highlands and Lowlands of Auld Scotia.

Leicester is suffering from a severe epidemic of measles.

The King was a successful exhibitor at the King's Lynn fat stock show.

Thirty-three of the heroic charge of the Light Brigade at Balaclava are still alive.

There were 2,804 admissions to Dr. Barnardo's Homes last year, and the total admissions to date number 64,417.

Among the fish on show at the wholesale fish market in Manchester two weeks ago was a shark over 10 feet long.

Messrs. Pearson & Son's tender has been accepted for widening the Admiralty Pier for the Dover Marine Station. The widening will cost about $2,000,000.

A Midland engine-driver named Humble, ran his engine into the locomotive shed at Peterborough, and then fell dead.

An anonymous gift of $5,000 has ben made towards the erection of a new organ for the restored choir of Selby Abbey.

It is stated that the cotton strike has made the beer business rather slack in some parts of England during the past year.

At a recent vegetable show at Leamington a prize of $5 was given for the best onion, and the winning vegetable weighed 3 pounds.

A permanent wireless telegraph station is being erected in Leeds for use by the military authorities as part of their defence scheme.

John Mills, who has just been invalided from the Army, was sentenced to fourteen day's hard labor for aiding a comrade to desert.

Alderman J. Marriott, of Coventry, who has just celebrated his 99th birthday, is father of the town council, on which he has served for 48 years.

The Bishop of Ripon says one child in every five born in Manchester, Liverpool and Birmingham is killed before reaching the age of 12 months.

Middlesex Hospital received a Christmas gift of toys from the Princess of Wales, her Royal Highness's children, and the children of Kew.

For the purpose of experimenting with full-sized flying machines the Aeronautical Society of Great Britain has acquired a ground at Dagenham, near Barking.

While washing a dog in a bath before the kitchen fire Mrs. Hampshire, of Wheldale Lane, Castleford, had a seizure and fell head first into the bath and was drowned.

The Home Secretary has informed a correspondent that persons under the age of 21, and over the age of 60, are entitled to claim exemption for serving on coroners' juries.

Fifty London firms have intimated their willingness to give their employes three weeks' holiday on full pay, provided one fortnight is spent in camp with the Territorial Army.

A new sect has been established in Worksop under the title of "The Watch Tower Society." The members believe that the world is to come to an end in 1914, and are preparing accordingly.

Mr. John Rogers, a retired Tewkesbury tradesman, who claims descent from the Baron Rogers who lived in the time of the Crusaders, has recently celebrated the 100th anniversary of his birthday.

An experiment in penny dinners for the poor is being made at South Shields, and the intention is to provide meals for 5,000 people. The menu will include mutton broth, rabbit pie, potato hot-pot, Irish stew and hot pies.

THE $40 HORSE.

"That horse you sold me," said the angry buyer, "runs on to the sidewalk every time he sees a motor car."

"Well," said the dealer, "you don't expect a $40 horse to run up a telegraph pole or climb a tree, do you?"

SAID UNCLE SILAS.

Some folks are allus hollerin' fer help and then demandin' an introduction to their rescuer afore they'll consent to bein' pulled to safety.

"Yes," said the fair maid, "my parents want me to marry Mr. Oldgold, but I'm not going to do it. I shall marry whoever I please." "Then name the day," rejoined the young man, "for you certainly please me."

Sergeant-Major—"Now, Private Smith, you know very well none but officers and non-commissioned officers are allowed to walk across this grass?" Private Smith—"But, sergeant-major, I've Captain Graham's verbal orders to——" Sergeant-Major—"Show me the captain's verbal orders! Show 'em to me, sir!"