NOTES AND COMMENTS

Any one who visits a lunatic asylum for a few hours where he hears desperate shrieking, imagines he has come to a place of suffering. But after remaining there for some little time he agrees that only there can be met a type of happiness so prolonged and so complete as to offer the key to the condition of joy that is so extremely fleeting in normal beings, writes Prof. Cesare Lombroso. The idiot first boasts of his physical qualities and capabilities, his excellent singing, his enormous weight, his chest of steel, his speed that enables him to run a thousand miles a minute, his bodily secretions of fine wines and precious metals. To-day he is general of Europe, king of Rome and the stars; to-morrow he will be pope, anti-pope, coin specialist, and prime minister. Some lunatics for a few months in the year manifest extraordinary activity and cheerfulness, but all of a sudden they collapse.

Tasso and Cardano wished it inferred that they were inspired by God. Mohammed avowed openly that he actually was. Any criticism of their opinions they looked upon as extreme persecution. Newton was said to have been murderously infuriated against his scientific contradictors. The poet Lucius would not rise when Julius Caesar entered the assembly of poets because he considered himself the better versifier. The princess de Conti informing Malherbe that she would show him the most beautiful verses in the world he said: "Excuse me, I have already seen them, because if, as you say, they are better than any others, I must have written them myself." Victor Hugo was governed by the obsession of being not only the greatest of all poets but the greatest of all men of all countries of all ages.

One might suppose that all of these, in their imagined greatness, would be the happiest of men. However, this is by no means the case, for the worm of the persecution idea gnaws at the most roseate visions of geniuses, as if they were actual maniacs. It is almost proverbial, this tendency to melancholy among most thinkers. Just because their sight reaches farther than the ordinary, and because occupied with too sublime flights, they have not commonplace habits of mind, and because, like idiots and unlike people of mere talent, they are frequently unbalanced. Therefore geniuses are despised and misunderstood by the majority, who do not perceive their points of contact with the rest of mankind, but who do see their eccentricities of conduct and the fact that their views disagree with those generally accepted. "There never has been a liberal idea," writes the famous novelist Faubert, "which has not been unpopular; not a true thing that has not scandalized the multitude."

Geniuses indeed enjoy moments of supernal felicity. These are the moments of creative frenzy which in so many respects resemble the psychic excesses of epileptics only, since not an ordinary brain is being agitated by convulsions, but a great mind, and instead of some atrocious bestiatlity or dark crime there results a work of lofty character. Beaconsfield wrote that he felt as if there were but a step from intense mental concentration to madness. He said he could hardly describe what he felt in the moments when his sensations were abnormally acute and intense, that everything about him seemed to be alive, that he seemed to be raving and was scarcely certain that he really existed.

CHILD AT TWENTY-THREE.

Mildred Hart, the Devonshire (England), girl of twenty-three, who stopped growing when she was five, and only started again recently, remembers nothing of the eighteen years when development of body and mind were at a standstill. For events that have happened since, however, her memory is marvellously retentive, and she is a great mimic. A neighbor who never heard the girl speak half a dozen words before she went to London for treatment now often has a chat with her. The girl was greatly interested the other day when she was able for the first time in her life to distsinguish the note of the cuckoo.

GREAT POWER OF HABIT

The Importance of Habit in Religion Is Here Pointed Out.

Teach me, O Lord, the way of Thy statutes and I will keep it until the end.—Psalm exix. 33.

Our virtues are habits as much as our vices. Honor, courage, purity, punctuality, prayer and kindness are habits as much as are swearing, drunkenness and lying. When this truth is once perceived it makes a revolution in conduct. Morality with many consists in trying to correct evil habits rather than in striving to form good ones. Human life is largely automatic. We are in reality "walking bundles of habits." To each sort of impression we have an automatic ready made response.

The sort of habits we are forming is therefore of the greatest importance, and we are forming habits of some kind whether we attend to them or not. We should strive, therefore, to acquire such habits as will strengthen and

IMPROVE OUR NATURES.

This physical organism of ours, which is the clay which, by continual reiteration, is gradually shaped along lines which finally control the ordinary actions of life. Impressions made upon the nervous structure of the brain tend to repeat themselves until well traveled roads are formed along which ideas frequently passing make highways of the soul. These are habits and control the life.

Bad habits may be checked and good habits formed by making what we desire habitual in our lives. Professor James enumerates two rules in the formation of such habits with as much determination as possible in order that the initiatory force with which a habit is launched may be as great as possible; secondly, never suffer an exception to occur until a new habit is securely rooted in the life.

The religious life, like other desirable things, should be put under the domain of habit. How can we progress religiously if we live helter-skelter in a hit or a miss fashion? Right thoughts, right emotions, right decisions in the religious life as in the daily life of business, must be made habitual. Habit should be the rule in prayer.

IN CHURCH ATTENDANCE,

in the receiving of the holy communion, in times of meditation, in acts of kindness, in deeds of service. Only so shall we become fit followers of Him who lived in habitual prayer and whose life was spent in doing good. Contemplation of the power of habit should not make anyone despair. Even in the worst cases there is hope. History is full of examples, from St. Paul down, in which the habits of a lifetime have been broken under a supreme compelling impulse. The power of the Divine Spirit is omnipotent in human affairs. The worst prodigal can reform. Behind all our efforts there is the power of God. With all His power the habits of a life time can be broken and a life of new haits begun.

REV. DEWITT L. PELTON.

THE S. S. LESSON

INTERNATIONAL LESSON, JUNE 20.

Lesson XII.—Review Sunday. Golden Text, Acts 4: 33.

Golden Text.—What great power gave the apostles witness of the resurrection of the Lord Jesus.—Acts 4: 33.

A variety of forms of review is given here, in order that teachers may select the method best suited to the age and ability of their classes. Sometimes it will be best to unite two or more plans, or to take parts of several, or to make other adaptations of these suggestions.

I. A Progress Review—.To carry out this review, request the scholars a week in advance to go over all the lessons of the quarter and note for each of them what step in advance was taken by the church. For example, Lesson I. marks the beginning of the broadening of the church to take in the Gentiles. Lesson II. marks a strengthening of the church's faith in the power of prayer. The event of Lesson III. gave to the church its greatest leader, at the same time winning its chief persecutor. The scholars will make lists of these "forward steps" and these lists will be compared in the class, taking one lesson at a time, and thus reviewing its chief points.

II. A Geographical Review.—For this review each scholar may make an outline map showing the various countries and places that were the scenes of the quarter's lessons. Let each lesson be locatd with a figure. When a lesson involves more than one place, repeat the figure at each locality. Then let the scholar make a list of the places, by names and number, and write opposite each a brief statement of the principal lesson to be learned from the event that occurred there. For example: "Jerusalem: the first church council, teaching the value of frank and brotherly discussion of differences."

III. A Characterizations Review.—This review will take up the various persons that have entered into our quarter's lessons. Each scholar will be asked to write brief characterizations of all these persons. These will be read and compared in the class, one character at a time. They should be quite brief, often hardly more than a sentence. For example: "John Mark, a man of good impulses but weak determination; he made one great failure, but he also made a great recovery."

V. A Central-Text Review.—Ask the scholars to go over the lessons at home and select for each of them the verse that they think best embodies the spirit and thought of the lesson. Tell them in every case to use the entire lesson, and not merely the verses that are printed in the quarterlies and lesson-leaves. For instance, for Lesson I. some may prefer v. 15; others, v. 28 or 34 or v. 35 or v. 45. The discussion of these different choices in the class, and the fixing on a final choice, will constitute a thougntful review.

VI. A Christian-Life Review.—Each lesson of the quarter has some strong teaching on the conduct of life. It will make an inspiring review if you set the scholars to forming lists, at home, of these teachings, at least one for every lesson, and then comnare the results in the class. For example, the Christian-life teaching of Lesson V., Paul in Cyprus, would be considered by some to be the duty of missionary activity; by others, the folly of opposing Christian work; by others, the blindness of the soul, like Elymas's physical blindness, which comes upon all that set themselves in opposition to the truths of the gospel.

VII. A Problems Review.—This would be a good form for the review to take in adult classes. Let the teacher draw up a list of problems connected with the various lessons, perhaps one for each lesson, and preferably the problems that arose in the class discussions and were not satisfactorily settled at the time. Read the list to the class slowly, calling for volunteers to assume the responsibility of leading the class, on the next Sunday, in the discussion of these problems. Here is a suggested list:

Lesson I. Should a Christian ever associate himself with non-Christians?

Lesson II. Why are not all God's saints delivered from their prisons?

Lesson III. What really converted Saul?

Lesson IV. Why are not all our modern churches as vigorous as that at Antioch?

Lesson V. Why was the gospel confirmed by miracles in Paul's day, and why is it not confirmed in the same way to-day?

Lesson VI. What was the secret of the effectiveness of Paul's preaching?

Lesson VII. Would Paul and Barnabas have been justified in using the homage of the people for the greater influence of the gospel?

Lesson VIII. The decision of the council was a compromise. When are compromises wise, and when foolish?

Lesson IX. Is faith possible apart from works?

Lesson X. Is it every Christian's duty to speak for Christ?

Lesson XI. Have we as great opportunities for faith as Abraham and Moses had?

VIII. A Peter-Paul Review.—This form of view would be excellent for the primary department. Let all the lessons be grouped about Peter and Paul, the two leading characters. Make it a review of Peter's life, as far back as his call to be a disciple. The best way, perhaps, is to draw on the blackboard (or on large sheets of paper) a series of frames, each to hold a "picture" of one scene in Peter's life or Paul's. This "picture" will be indicated by a few words written as the children recall the scenes, such as "Peter walking on the waves," "Peter by the fire in the courtyard," "Paul facing Elymas," "James writing his epistle," "A procession of heroes."

DEMAND FOR RAT SKINS.

The use of rat skins in various industries has created a demand in London alone to the amount of nearly $200,000 a year. They are used, among other things, for bookbinding, photograph frames, purses, and for thumbs in gloves. A new branch of work is likely to increase the consumption largely, and as much as 75 to 90 cents a day has been earned by the unemployed in Denmark last year, when the rat act was passed. The damage done by rats in England alone is estimated to amount to many million dollars per annum, and their capture already occupies a large number of persons.

CONSCRIPTS NOT HEROES.

Would be Out of Sight, But in Danger, in Case of War.

Mr. Haldane, the British Minister of War, gave utterance the other day to a startling forecast of what would probably happen if an enemy ever succeeded in getting a foothold in England.

A short and sharp Act of Parliament would be passed, he opined, which would have the effect of forcing the "slacker" to take up arms in defence of his country. But he would not then be regarded as a hero, nor would he be permitted the privilege of nghting in the front ranks against the invaders. On the contrary, he would probably be relegated to some very inconvenient and unpleasant part of the country, where he would be out of sight without being out of danger, says Pearson's Weekly.

The picture is an unpleasant one, yet it almost certainly represents precisely what would happen in the event of an invasion, or even a raid, and the latter is by no means improbable, nor the former impossible. The Channel, considered as a barrier, was a hundred times more formidable a hundred years ago than it is to-day, when fleets of swift steamers are available to cross it in an hour, or even less.

Conscription has always followed invasion, just as it has usually also accompanied civil war, when these calamities have overtaken countries wherein it was not already the rule.

A striking case in point was afforded by the war which broke out in 1861 between the Northern and Southern States of America. The nation possessed at the time only a very small standing army, and the soldier's profession was looked down upon by the mass of the people, much as it used to be in England, and, indeed, still is in certain quarters and by certain individuals.

At first the volunteers, plus the regulars, were relied upon to do the fighting, but conscription was soon seen to be a necessity. And conscription it was. Men who had never fired a rifle in their lives were torn from their homes and marched to the front. This caused fierce resentment, and even sanguinary rioting in New York and elsewhere, during which many lives were lost. But the thing had to be, and it went on, just as it would do did a similar situation arise.

THE BENTLEY BABY.

Created the Mission Station of Bolobo, in Africa.

In the summer of 1887 Holman Bentley, accompanied by his wife and child, made a steamer journey on the Upper Congo, in Africa. Sir Harry Johnston, in his book entitled "George Grenfell and the Congo,' recounts the result of the journey and the important part played by the Bentley baby. The party went through the Bolobo district, which at that time had become excessively hostile to Europeans.

The temporary station of the Congo State had been burned to the ground, the chief, Ifaka, was dead, and when the steamer Peace, bearing the Bentleys, arrived in August, it was roughly ordered away. Before sheering off, however, an idea occurred to Bentley. Taking advantage of the steamer's halt, his wife and nurse were giving a bath to the Bentley baby.

As if by accident, the little white child was held up in view of the angry and excited people. Suddenly a hush fell on the assembled throng, gradually giving way to a shout of delighted surprise.

A few minutes afterward, in response to urgent invitations to come on shore, the Bentley baby, in a dainty white dress, was being paraded through the town, nursed and dandled by warrior after warrior, till his snowy frock was reddened with camwood dye or stained with greasy black marks from those who had stained their bodies with oil and soot.

Mrs. Bentley was equally an object of interest and admiration, as she was the first white woman who had appeared in those regions. Up to that time the white man had been looked upon as a sort of unnatural creature, who was not bred and born like ordinary human beings, a semisupernatural being without a mate. The Bentley baby practically created the mission station of Bolobo, which has endured ever since.

MERELY A KING.

The King of Italy is a very keen fisherman, spending hour after hour with his rod, although not always with the best of luck.

On one unfortunate occasion, several hours' angling brought him but three poor fish. He was returning to the castle, whe he met a man with a magnificent catch of trout.

"You seem to be no great fisherman, to look at your catch," remarked the peasant. "I should say you were about as lucky as the King."

"Why?" asked his Majesty.

"Oh," returned the other, he thinks a great deal of himself as a sportsman; but he is a poor body, much more fit to be a king than a fisherman."

The Home

MISCELLANEOUS RECIPES.

Cherry Relish.—Seed cherries, pour good cider vinegar over them and let them stand all night. Squeeze out in the morning and put one pint of sugar to one pint of cherries, stir until sugar is all dissolved, then can.

Chocolate Wafers. — A healthy and economical candy for children is made by making a chocolate filling the same as for cake or candy then dipping oyster crackers in the candy. Then lay on greased paper or plate until cooled.

Combination Cake.—Cream one-half a cupful of butter, one and one-half cupfuls of sugar, two eggs, one half cupful of sour milk, with a teaspoonful of soda dissolved in it. Add a pinch of salt, one-half a cupful of sifted flour, flavor to taste with nutmeg and lemon. Bake in loaf or layer with boiled frosting flavored with vanilla.

Bread in Three Hours.—Yeast—Boil eight large potatoes and mash in water in which they were boiled. While this is still boiling pour over four tablespoonfuls of flour. To this add four tablespoonfuls each of salt and granulated sugar; one quart of boiling and four quarts of cold water, and two yeast cakes, dissolved in half a cup of like warm water. Mix well and keep standing in a warm place eighteen hours. Then put in a cool place and keep until required. The Bread—Use one quart of the yeast for two good sized loaves. Set on stove and stir with the hand until about 98 degrees Fahrenheit. Add a tablespoonful each of salt, brown sugar and butter, mix into a soft sponge with warmed flour. Let it rise thirty minutes. Add flour to knead, let rise again, mold into loaves, let rise, and bake in a moderate oven.

Chicken with Rice.—Cut one thoroughly cleaned roasting chicken into pieces of any desired size. Place these in the kettle, add one pint of strained tomato, one heaping cupful of celery cut into half inch pieces, one small onion, a few sprigs of parsley tied together, salt, pepper and one pint of hot water. Put this in the stove and when it begins to boil add one-half cupful of well washed rice. Let the whole boil for one-half hour, then place it in a fireless cooker and allow it to remain there for at least four hours. Chicken prepared in this way may be served directly from the cooker, only the parsley should be removed, but the dish is far more attractive and seems to taste better if pieces of chicken are taken up with a skimmer arranged in a low baking dish, the rice poured over all, and then placed under the broiling flame or in the oven for about fifteen minutes just before serving. Garnish with fresh parsley and serve just as it comes from the oven.

THE SEWING ROOM.

Stains from Light Fabrics.—Place clean cloth under spot, wet cotton or small piece of cloth with peroxide of hydrogen and rub spot until it disappears. Most useful in children's fruit stained ginghams or white clothing. Have also used it on light silks successfully.

How to Shrink Goods.—All washable goods should be shrunk, especially ginghams, before using. This is valuable to remember in making up any kind of wash-goods materials for children's clothes. Pour boiling hot water through the goods, hang up and dry, and then iron. If this is done previous to the making up of the goods, much time will be saved.

To find Skirt Length.—After the band has been sewed on the skirt, try on. Stand a yardstick perpendicularly on the floor close to the form. At the upper end, which will reach the hips, mark the skirt, moving the yardstick about the form, keeping it perpendicular and marking at the upper end until the mark encircles the form or skirt at the hips. The skirt can then be laid on the table, and if it is to be two inches from the floor make it thirty-four inches from the line about the hips; if three inches from the floor, make it thirty-three inches in length. This will be found to be a most useful hint for the sewing room, insuring a properly hanging skirt, for if there is a difference in one's hips it will be above the mark on the skirt.

TASTY MEAT DISHES.

Baked Chicken.—Prepare a chicken as for broth. Put in bakepan, add two cupfuls of water. Butter size egg and salt and pepper. Put in oven and cover. Keep well basted. Will take about an hour. Gravy for above: Boil the giblets until tender, chop fine. Remove chicken; add the giblets; thicken like cream and serve.

Minced Lamb.—Remove all the good meat from what remains of roast lamb and mince fine. Put the bones and bits of skin in a saucepan and cover with a pint of water. Add one onion, one-half carrot cut small, a few sprays of parsley, and two mint leaves and simmer for one-half hour; add any gravy left from roast and strain. Thicken with one tablespoonful of flour rubbed in one tablespoonful of butter, add a teaspoonful of salt, a dash of cayenne, and the minced lamb. Let it come to a boil and serve.

USEFUL HINTS.

When a baby is lying on your lap do not allow anyone to talk to it over its head from the back, as this is frequently the cause of a child's eyes becoming crossed. The little mite tries to see the speaker, and turns its eyes all ways in the effort.

Medicine should be given at regular hours, and careful attention should be paid to the direction as to time when it is ordered to be given, as, for instance, before or after meals. The exact quantity of medicine ordered should be given.

Care of Table-linen.—To keep tablecloths in good condition pour boiling water upon stains from fruit or coffee as soon as the table is cleared; do not wait until the weekly wash-day. Some housekeepers drop a pinch of salt on a stain as soon as it is made; this tends to its eradication.

Rough Elbows.—Many women find their elbows get unpleasantly rough, especially those who lean much over a table. Dry table-salt rubbed on the elbows every morning during the bath is a cure; the friction will stimulate the skin and make it smooth and firm. At night a little cold cream should be applied.

A Use for Tea-Leaves.—Save old tea-leaves for a few days, pour boiling water over them, leave till nearly cold, strain and use the water for washing paint. It gets off stains very easily and quickly. Clean white paint by rubbing with a damp flannel which has been dipped in whiting; soda should never be used in washing paint, as it injures the color.

Use for Empty Tins.—Here is a good way to make use of empty syrup-tins. The 4 pound size is perhaps the most useful, but others will do as well. Wash them clean inside; then procure a small tin of enamel, any color you like, but pale blue is very pretty; give them three coats on the outside, allowing time for each coat of enamel to dry before putting on the next. Cut out from bills or papers the letters you require to make the words showing the contents of the tins, such as peas, rice, etc. Stick each letter on separately and as neatly as possible, and give one coat of crystal varnish to the tin. It can then be washed when soiled.

CAT MOTHERS SQUIRRELS.

Deprived of Her Own Children, She Adopts Another Family.

Last spring a cat on the farm of Albert Fisher, near Westville, N.Y., had several small kittens. As the farm was overstocked with cats her young were taken from her and drowned. After that the cat seemed very unhappy, and being a house favorite she received considerable sympathy.

One day shortly after her kittens were taken from her a young squirrel which had fallen from its nest in the hollow of a tree was found and taken to the cat with the idea that it would be a dainty morsel to tempt her appetite.

Instead of pouncing upon it cat fashion she took the young squirrel to the box where she had so recently mothered her own young and there bestowed upon the squirrel all the affection she had previously given to her kittens.

Stranger still, says a writer in Country Life in America. in about two hours the old cat had hunted out the squirrel's nest in a tree some distance away and had carried the remainder of the young squirrels in her mouth, one at a time, to her box in the house.

Then until the squirrels were nearly full grown the cat watched over them with all the solicitude that is possible for any animal mother to show, even providing nourishment for them in exactly the same manner that she had for her own young. When the squirrels had outgrown a mother's attention they were very tame and were given to friends of the family.

NOT CAUGHT.

Edwin, aged four, owned a picture book in which a fierce-looking cow was running after a small boy. He looked at it a long time, then, carefully closing the book, he laid it away.

A few days later he got the book again and turned to the picture. Bringing his chubby fist down on the cow, he exclaimed in a tone of triumph:

"She ain't caught him yet!"

AN AGREEMENT.

Parishioner (a little the worse for liquor)—"I hearzh you preazh las' night."

New Minister—"You didn't hear much, I fancy."

"Thaz what—hic—I thought myself."

ONE OF MANY.

My wife says I'm a genius—
Invent things while you wait;
And my specialty is excuses
When I chance to stay out late