Eat What You Like But Don't Be Greedy

By A. Marshall

People have always paid a lot of attention to eating and drinking, chiefly because they liked doing it, and, of course, there is no harm in that as long as it doesn't make them greedy.

Even being rather greedy didn't much matter when there weren't any shops and they had to go out and kill the nearest animal with arrows. So they ate as much as they could and after they had slept it off they had to take a lot of exercise chasing another animal, and they kept fairly well on it and only suffered when they got older through not having proper dentists.

Well, that went on for some time, and goes on now among savages, but when people began to get more civilized they thought of keeping tame animals which they could kill when ever they wanted to, and growing corn and tapioca and broccoli and all those things. So then they didn't have to take so much exercise unless they wanted to, and indigestion began to creep in, and getting fat, and doctors were kept busy finding out ways by which people could go on eating more than was good for them and not suffer from it more than could be helped.

So that is what you have to think about now because there is so little time between meals that hardly anybody ever feels really hungry, and yet they want to go on eating because they like doing it.

And so many ways have been invented of making food taste nice that some people enjoy it more even than reading books or listening to lectures on the wireless. And as long as they don't have too many pains inside or got so that they turn against food altogether, they will go on doing that.

It is the same with drinking wine and beer and whisky. As long as people don't drink more of those things than is good for them they are all right, but if they drink enough to make them drunk it does them harm and makes them a nuisance to other people who have to nurse them.

That is why in America they have passed a law that nobody is to drink anything with alcohol in it at all, but most of them do, because people don't like to be told what they are to eat and drink and what they are not to; they only like to have advice about it, which I am ready to give them.

Lately people have been paying a lot of attention to what is called dieting, which is only eating and drinking under another name that makes it sound more respectable.

They are quite ready to drop eating some things they like if it will make them less bulbous, or if they want to look like thirty-five when they are sixty, and have people say, "Well, I shouldn't have thought it." And when they have done it for a little while they really do feel better all round, as well as thinner.

The only trouble about that is that when they have cut out what are called poisons in the system, which really come from starving themselves with more than they can digest at their race, and keeping up for years they feel so much better that they begin to say, "Oh, I can eat and drink anything I like now." And then they go back to it, and if you look at first because their insides have been used to doing more than they ought to have to, and after a rest they are quite ready to take it up again and do their best.

But they can't do more than that, so presently they get clogged up again, and then they begin to cough, and if no notice is taken of that they get busy making poisons, and it all has to begin over again.

One of the ways of getting rid of poisons that is popular now is to drink a great deal of orange juice, and some people can go on doing that for weeks together, and not want to eat anything at all. And they feel quite well on it, besides being as proud of themselves as if they had won the Derby Sweep; and they say it clears their brains, so that they like reading Bernard Shaw better than Edgar Wallace, and don't get so muddled up when they have to argue with clever people.

Well, it is all very well doing that for a time if it suits you, and if you have been so greedy that the poisons absolutely fizzle inside you and want a lot of getting rid of. But you can't go on living on orange juice for ever.

For one thing you make yourself such a nuisance if people ask you out to have luncheon or dinner with them, because besides having to buy oranges and squeeze them out for you they feel rather ashamed of eating salmon and lamb cutlets and asparagus with you looking on all the time and being so superior about it. And you have got so that you only want to talk about your inside while they are more interested in their own insides, and perhaps in some other things like the election.

What Diet Fiends Miss

When people have become civilized they like to talk to each other while they are eating and drinking instead of just gorging as much as they can and sleeping it off afterwards, and they even have tea parties because of that, which savages don't do. So you miss a lot of civilization when you bring it all down to orange juice or nuts or vitamins, and clearing your brain isn't worth it, especially if it isn't much of a brain even when it is cleared.

Of course vitamins are very important, and they have been finding out a lot about them lately, and which sorts of food contain the right ones and which don't.

They are interesting to write about, but they don't seem to have made much difference in what people do eat and drink. Bacon and eggs still go on the same for breakfast, and while white bread has cropped up again, though everybody has been told so often that if we go on eating it our grandchildren won't have any teeth.

It seems as if people will go on eating and drinking what they have been used to and nothing will stop them. Perhaps they don't believe it about their grandchildren's teeth, or perhaps they don't care. And most of them seem to get on all right, with an occasional dose, and don't see why they should give it up.

There doesn't really seem to be much between going on as usual and giving up eating altogether. What it comes to is that if you are greedy and want to go on being so you had better look out or you will get into trouble, and then only orange juice or going to Vichy is going to save you. But if you just want to enjoy having your meals but want to keep well and enjoy other things too, the best way is to go on eating the things you like eating, but not too much of them and let them fight it out among themselves.

Fogs and Influenza

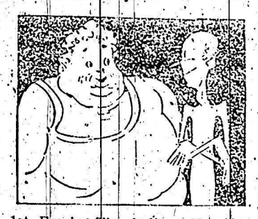
Manchester Guardian (Lib.): (The Director-General of Health in Australia has established the fact that the influenza epedimic of last winter started in the Friendly Isles in the South Seas from which salubrious archipelago it made its way all over the world). Those who imagine that influenza is a specific product of a foggy winter and that the English climate can once more take all the kicks must revise their views. The beachcomber who basks all day in the unlimited sunshine of a coral island is in even greater danger than the urban Englishman going to the crowded office in the soaking rain. We are but the residuary legatees o. the pestilences bred in the islands of the blest. Science may hunt the bacillus thus far, but what can it do when it has finally discovered the lair and can read learned papers on where the germs go in the summer-time? Are we to draw a sanitary cordon round the Pacific and keep our fogs uncontaminated by South Sea bactilli? It would be nice to try, for the part of the globe whose exports are the ukuele, the influenza, and innumerable short stories about beachcombers and dancing girls is not deserving well of humanity. These islands were called the Friendlies by hopeful pioneers, but they may have to be rechristened in teh light of a feverish experience.

Montmartre and Mont Royal

New York World: (France laments that, "at a season when Paris ought to have, at least ten Americans to every three seats in a dining car," there are in fact comparatively few Americans to be seen). For this the tourist agency blames the taxes now imposed in France on foreign travelers and the well-managed ballyhoo which it believes has lured tourists into other countries, particularly into Germany and England. Two other hypotheses seem reasonable. First, that the volume of tourist travel has been so enormous in recent years that Paris, for all its charm, has lost its novelty. Second, that much nearer home than Europe we have Ontario and Quebec, both of which, now being wet, are able to satisfy at least in part the interests which formerly took thousands of Americans to the capital of the French Republic. It is at least interesting to note that travel from America to Canada is increasing even more rapidly than travel to Europe, and that no less than 3,515,155 American automobiles (10,000 cars a day) crossed the Canadian frontier in 1928, in the words of the Government, "for touring purposes."

The American Tariff and Empire Trade

La Presse (Mod.): Whatever they do the United States will still need Canada for their supplies of raw products needed in a great number of their principal industries. Their purchases of raw and semi-manufactured Canadian products annually reach a figure of five hundred million dollars a year. Although they may increase their tariff, they cannot, according to the Hon. James Malcolm, sensibly reduce the amount of their imports, whilst we, on the other hand, can easily cut off many of our imports from the United States, either by increasing domestic production, or making more of our purchases in Great Britain or the Dominions. This the balance of Canadian trade will become in favor of the Empire, instead of the United States, as at present.



1st Freak: The India rubber man says he sees no harm in stealing if you can get away with it.

2nd Freak: He has an elastic conscience of course.

Two kinds of girls—Pretty ones, and those who stand up in trams.

ADAMSON'S ADVENTURES—By O. Jacobsson.

Best War Brains Thrust Aside

William Hughes in His Book "The Splendid Adventure" Reviews Empire Relative

Always known as a hard hitter, Mr. William Hughes, who was Premier of Australia during the war, has many cutting things to say in his book, "The Splendid Adventure," which is a review of Empire relations.

Mr. Hughes when he came over to England in his official capacity, found a great deal to criticize. He was not very impressed with Mr. Asquith as a war leader:

No wonder the people of Britain were inexpressibly relieved when this eloquent, courteous, honorable man whom an unkind destiny had projected into a world which passionately, savagely, demanded a leader who could and would, if needs be, drive it with whips through the horrors of the dark valley . . . surrendered the reins of power to Mr. Lloyd George.

On the other hand, of Mr. Lloyd George he says: "No one man did so much to prevent the defeat of the Allies." He makes a striking comparison between "Ll. G." and Asquith:

Mr. Asquith had read a very great deal; Mr. Lloyd George had read very little; some held that against him, but perhaps it was one of his greatest strengths.

The times were without precedent, and I have never met one so free of preconceived notions and prejudices. He made up his own mind. If he had read more he would have been perhaps less free.

Careers Before Nation.

When the Dominion representatives attended the War Cabinet in June, 1918, ther was some very plain speaking by them regarding the failure of the military operations on the Western Front in 1917 and the collapse of the 5th Army in March, 1918:

They (the Dominion Prime Ministers) drove their criticisms home by most striking examples of inefficiency, which showed that officers holding high command, although the bravest of the brave, and at all times ready to expose themselves to death in endeavors to extricate their men from positions created by their incompetency, had demonstrated that they were quite incapable of adjusting their concepts of war to the conditions of the Western Front.

Speakers quoted the example of British officers who, hold gn high command, had neglected to protect their entrenchments with barbed wire, declaring that they ha dwon battles before without barbed wire and would do so again.

The professional soldiers were more concerned with their careers than with the welfare of the nation.

Most Useless Battle.

The Dominons felt, remarks Mr. Hughes, that the retention of indifferent commanders in the higher appointments and the failure to use men of ability who had entered the Army during the war was responsible for the disastrous consequences which now, at expense of life and money, they must try to rectify.

A committee of Prime Ministers held an investigation into th edisaster of March 21, 1918, and other gloomy matters.

It knew . . . that the Passchendale offensive, the most useless, bloody and deplorable battle of the whole war, which swept away the flower of the British army, left the troops utterly worn out, their morale seriously impaired and won nothing; it knew that this desperate, this deplorable adventure was undertaken on the unanimous advice of the Government's military advisers.

Military Etiquette

The Dominion Prime Ministers, according to Mr. Hughes, were very concerned not merely about blundering generalship in the field, but about the system which did not permit the best men to get to the top.

From what they were told, it appeared that no man, no matter how able he might be, could rise to a higher position than the rank of Brigadier-General unless a professional soldier.

I know all that can be urged for the professional soldier. We must not forget that the Army is his career, and that it is hard for such a man to see himself passed over for some civilian.

But as Sir Robert Borden, Prime Minister of Canada, aptly put it: "After all, issue before us makes the career of any man insignificant. What is he career of any man to use? What are the careers of all men put together compared with the present issue? They are absolutely less than dust. If we fail to use the brains of the nation for the best purposes for which they are available, it does not seem that we can have much prospect of winning the war."

Misjudging the End.

In July, 1918, though the moral of the Allied Armies was strong, "the High Command had no idea that military victory lay near at hand. The Cabinet, for example, learned that General Plumer, who had been doing splendid work, proposed to continue his successful tactics of nibbing continually and tapping at the enemy's front throughout the winter. And the work of preparing plans for the 1919 and 1920 campaigns was pushed rapidly forward."

Towards the end of August, after the very successful British offensive, Mr. Hughes visited France, and from what he saw and heard he was convinced that the end was near.

It is only fair to Haig to add that about this time he was endeavoring to convince the home authorities that the war would be over before the close of 1919, but Mr. Hughes does not mention Haig at all.

Everybody should read Mr. Hughes' frank and outspoken book. There may be two views as to some of the startling criticisms he brings forward, but the sincerity of the man makes it difficult even to think there could be another side to his conclusions.

Making a Living

Merely to make a living is a very low ambition. We are here for something much higher than that. We are here to make a life that is immortal, to gain treasures to carry with us into the world eternal.

Sunspots Blamed For Earthquakes

French Savant Insists on Influence of These Solar Phenomena

Paris.—In a recent issue of "Le Petit Journal" the Abbe Th. Moreux, directory of the Observatory of Bourgos, discussed the always interesting question of earthquakes periodisity on which he is a recognized authority. He said:

"It seems to be still the style in certain official quarters to deny periodicity in earthquakes. In fact, we register, one year and another about 3,000 shocks, but as far as intensity goes the years do not resemble one another.

"As our technique improves we succeed in noting the slightest seismic manifestations an das long as a savant studies the phenomena with a magnifying glass the broad laws which regulate them will very probably escape him.

"Here is a fact analagous to what the astronomers observe. At present our instruments have attained such precision that we can detect the slightest perturbation in the march of the planets. These are far from following orbits absolutely eliptical, so that the general laws of celestial mechanics would be more difficult to outline now than when Kepler laid them down for the first time with the aid of rudimentary observations.

"All the same one would have an incredible lack of good sense not to notice in certain years seismic phenomena of extraordinary amplitude.

"That we passed through such a crisis in 1922 cannot be doubted by those who read the newspaper regularly. I announced that crisis, after November 23, 1922, also in the following January. It was, moreover, not my first venture of this sort, since my first previsions dates from 1902.

"If I insist on this point it is not at all to grant myself the title of prophet. There are enough Nostradamuses. My idea goes further. In the thirty years in which I have studied the sun I have asserted in all quarters of the world that all our climatology depends on the sun. My campaign caused smiles at first, and at the beginning they called me, maliciously, the almoner of the sun. But now the matter is so far advanced that it is a question as to who is entitled to the honor of having discovered that the sun's spots engender all calamities.

"In fact, those who have followed my work knew very well that the sun spots are only one single manifestation of the general activity of the great star.

"And I claim that this activity not only exercises an influence on our exterior meteorology — rains, seasons, temperatures—but also on what I call endogenous meteorology — that which goes on under our feet."

Just As Good

There was no gainsaying the fact that P.C. Roberts was an outsize. His feet covered quite a large area when placed together and they left deep impressions where he stood.

So perhaps the little girl who was spreading sandy gravel over the garden path may be forgiven, for, as the worthy officer passed the gate for the second time in five minutes, she ran across to him.

"May I ask you somethin;?" she inquired.

"Ask away, missie," beamed the constable, and tucked his thumbs into his belt.

"Then would you mind walking up and down my path a bit; it's so uneven, and I haven't got a garden roller."

Proof Positive

The man before the magistrate was a stranger in the village, and he was most indignant that he should suffer the humiliation of his present condition.

"The constable seems very certain about all the facts connected with my case," he sneered. "But, if I may make so bold to point out a certain weakness, why doesn't he call his fellow officer to corroborate his evidence?"

"There is only one constable stationed in the village," said the magistrate sharply.

"Excuse me, but I saw two last night," protested the offender.

"Exactly," grinned the policeman. "That's the charge against yer."

"Your school goes in for psychical research, I suppose?"

"How's that?"

"I've heard you speak of the college spirit several times."

Work

Let me but do my work from day to day,
In field or forest, at the desk or loom,
In roaring market place or tranquil room;
Let me but find it in my heart to say,
When vagrant wishes beckon me astray,
"This is my work; my blessing, not my doom;
Of all who live, I am the one by whom
This work can best be done in the right way."

Then shall I see it not too great, nor small,
To suit my spirit and to prove my powers;
Then shall I cheerful greet the laboring hours,
And cheerful turn, when the long shadows fall
At eventide, to love and play and rest,
Because I know for me my work is best.

—Van Dyke, in "Forbes."

Limbs of the Mind

One is curiosity; that is a gift, a capacity of pleasure in knowing, which if you destroy you make yourselves cold and dull. Another is sympathy; the power of sharing in the feelings of living creatures, which if you destroy you make yourselves hard and cruel. Another of your limbs of mind is admiration, the power of enjoying beauty or ingenuity, which if you destroy you make yourselves base and irreverent. Another is wit, or the power of playing with the lights on the many sides of truth, which if you destroy you make yourselves gloomy and less usefull and cheering to others than you might be. So that, in choosing your way of work, it should be your aim, as far as possibe, to bring out all these faculties, as far as they exist in you, not one merely, nor another, but all of them. And the way to bring them out is simply to concern yourselves attentively with the subjects of each faculty. To cultivate sympathy you must be among living creatures, and thinking about them; and to cultivate admiration you must be among beautiful things, and looking at them.—Ruskin.

Responsiveness

There is one quality which, if we could be well liked by those about us, is the most winsome of all that can be named, and that is responsiveness. It is not what we say, but what others desire to say to us, that interests the mmost. It takes quick perception and real kindness of heart to be responsive. Some of the most gifted and cultivated men and women that we meet have not this quality, they are too much absorbed in their own thoughts, or else in self-reflected acts of admiration, but nothing will atone for a plain face, or an ill-furnished mind like the power to pay to those we meet, the choice compliment of a continuously interested attention.—Francis E. Willard.

"Walking Shadows" [illegible] the Congo

A new [illegible] of the amazement and [illegible] of an audience seeing the [illegible] for the first time is depicted [illegible] from the heart of Africa. Mr. Stegall is connected with the American Presbyterian Congo Company.

In this [illegible] Stegall tells an unusual [illegible] a motion-picture theatre [illegible] of the Kasai. A night [illegible] of the moon is selected for [illegible] formance because in the tropics [illegible] moonlight is so brilliant as to [illegible] interfere with the showing [illegible] pictures. The stage is [illegible] two palm trees, between which [illegible] stretched a sheet sufficiently [illegible] allow the pictures to be seen [illegible] back side as well as the front. [illegible] Mr. Stegall says that far more [illegible] side so them from the back than [illegible] the front. From the back [illegible] will, of course, appear reversed [illegible] cannot be read, but none of the audience can read English, [illegible] titles are as intelligible [illegible] side as from the other.

The audi[illegible] tives sits on the grass. [illegible] far back into the jungle. [illegible] hazo thes cheople [illegible] motion picture. When the [illegible] was thrown on his screen [illegible] nothing to them; it seemed [illegible] to be simply a maze of [illegible] moving on the sheet. They called [illegible] "walking shadows." [illegible] chine, to them [illegible] when Mr. Stegall was [illegible] the [illegible] pitting [illegible] which [illegible] them [illegible] an elephant, a [illegible] crocodile, they quickly recognized [illegible] familiar objects, they learned [illegible]

[illegible] ture of Mr. Stegall shows is that he [illegible] to advertise them. [illegible] the whole country [illegible] out on a given stampede as his [illegible] Mr. Stegall [illegible] are now [illegible] pictures of itself [illegible] as will [illegible] great work be [illegible]

Australia [illegible]

[illegible] Exp[illegible]

[illegible] Although Australian settlement [illegible] centuries there is [illegible] equal in size [illegible] practically [illegible]

[illegible] the far north [illegible] from Perth, the southeast corner [illegible] southwest corner of Queensland [illegible] explore this area [illegible] it has been [illegible] Kingsford Smith to Lord Apsley, [illegible] years ago [illegible] George [illegible]

While [illegible] assist the [illegible] Geographical Society [illegible] too [illegible] that the [illegible] should take [illegible] is now [illegible] service more [illegible] in Australia [illegible] causes [illegible] able to [illegible] London [illegible] sedition.

Three [illegible] pottons [illegible] from Broken Hill [illegible] if he has [illegible] he proposes [illegible] expedition [illegible] unknown [illegible] and con[illegible] [illegible] rivers. [illegible] covered [illegible] forests, [illegible] mamm[illegible] swamps [illegible] tors. [illegible] must [illegible] aid to [illegible] tions of [illegible] are in many [illegible] toward [illegible] churches [illegible] Presbyterian [illegible] Wisdom [illegible] this at [illegible]

Wilds Explored

[illegible] to Be Asked [illegible] of Great Interest [illegible] Northwest

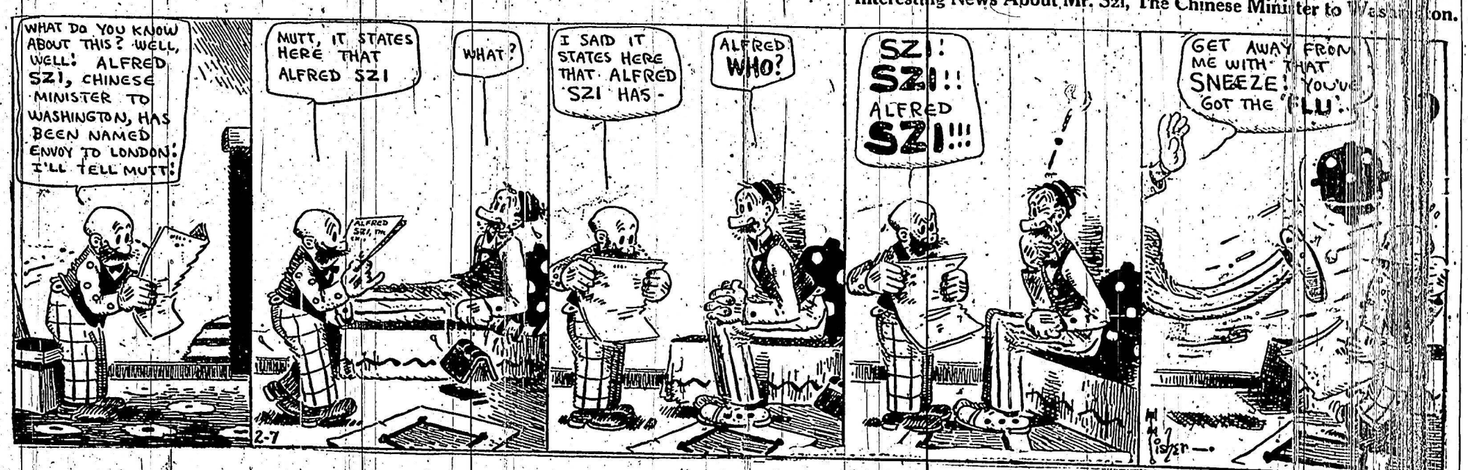
[illegible] have been through [illegible] and pearlers landed in some [illegible] bays, but up to [illegible] ly equipped expedition [illegible] So far as [illegible] to be investigated [illegible] plains, high [illegible] deep gorges [illegible] lagoons and [illegible] are believed, [illegible] geese, egrets [illegible] a large number [illegible] the rivers and [illegible] crocodiles and all [illegible] is inhabited for [illegible] origines who are [illegible] physical speci[illegible] man natives, but [illegible] not well disposed [illegible] man. Three [illegible] Roman Catholic [illegible] have established [illegible] coastal portions [illegible] own territory.

[illegible]ion

Nothing [illegible] religious, [illegible] something [illegible] tion, and [illegible] for somet[illegible] Angelo

[illegible] soul so pure, so [illegible] deavor to create [illegible] or God is perfec[illegible] ves for it strives [illegible] godlike.—Michael Angelo

MUTT AND JEFF—



Interesting News About Mr. Szi, The Chinese Minister to Washington.