

NOTES AND COMMENTS

If one believed all one read, one would arrive at the conclusion that no small part of the community had set its heart on nothing so much as on outlasting the Psalmist's limit of three score years and ten.

Since Sir George Birdwood attributed his successful pursuit of "senility" to a "certain playful devilry of spirit, a ceaseless mystery, quite supernatural," all sorts of otogenarians and centenarians have been writing letters to the London Times.

It is a common saying that nobody clings to life like those who are about to lose it, and nobody can blame them, for life is undeniably sweet.

A Viennese physician has come to the conclusion that too much sleep causes disease more menacing to life than over-eating.

Are there any known laws about the relation of sleep to individual well-being? From the variety of views given to the world on this subject it would seem that there are not.

SUN'S RAYS PIERCE WATER.

Bathers are familiar with the fact that water which is comparatively still is apt to be warmer than the air.

Such places are always rich in animal life as compared with spots exposed to the waves and currents of the open sea, and sometimes extraordinarily so.

At the surface the water within such a basin is comparatively fresh, but from the depth of about a yard down to the bottom it is very salt and heavy.

In midsummer tropical conditions prevail, and oysters and other species flourish there which could not endure all the outside conditions so far north.

Carolyn—I can read Charlie's book like Lucille—Well, I think it is easy to read!

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, JANUARY 19.

Lesson III.—Man's first sin, Gen. 3. Golden text, John 8. 34.

Verse 1. The serpent was more subtle—Crafter. The serpent suggested to primitive people something mysterious and supernatural.

Said unto the woman—The serpent begins by addressing the woman, who had not herself actually heard the prohibition.

Neither shall ye touch it—Eve could have known of this prohibition only through Adam, who had possibly exaggerated the command to her, making it stricter than it really was.

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FROM BONNIE SCOTLAND

NOTES OF INTEREST FROM HER BANKS AND BRAES.

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

Motherwell Town Council purpose to purchase the local gas works.

A new police station to cost \$4,350, is to be erected at Clarkston.

Scottish ironworkers' wages have been increased by five per cent.

The Scottish miners at Glasgow have decided to contest six Scottish seats at the next election.

In Eyemouth the refreshment places must be closed all Sundays, and at ten p.m. on other days.

Mary Beattie or Peuman, the oldest female miner in Scotland, has died at Lechbeg in her 92nd year.

Dundee and Aberdeen are to combine on urging the extension of their lengths of underground telegraph cables.

Through a fire in Johnston's caravan at Coatbridge the other day, a six months' old child was frightfully burned.

By the death of James Anderson, baker, Dunfermline, one of the oldest and best known residents has passed away.

Poor people in Crieff have been supplied with the annual gift of coal, provided by the late ex-provost MacRory.

HAVE BUSINESS VALUE.

Health and Happiness Both Are Emphatic Assets.

A well man is worth more than a sick man, from a purely business point of view.

Employers of large numbers of human machines are realizing the surprising fact that, as a cold business proposition, it pays, not in sentiment, but in dollars, to take good care of their employees.

For these reasons large corporations are spending money liberally in play-grounds, rest-rooms, libraries, gymnasiums, sanitary lunch-rooms, moving-picture shows, safety devices, ventilating systems and similar devices for the well-being and enjoyment of their employees.

Meat is still going up in price, but the fact need not worry housewives much longer, for a new food product has been discovered by some agricultural experts, says Pearson's Weekly.

This new product, which it is claimed will help to solve the question of the increasing cost of living, is a fruit tree called the Avocado, growing in Mexico.

The fruit of the tree is pear-shaped, but the queer part about it is that it is composed of the substances which are to be found in meat.

It contains about 20 per cent. of fat and many other ingredients of great food value, and it is said that one good-sized "meat" pear is quite sufficient to make a meal for the average man.

Some experts have grown quite enthusiastic about it; it is far superior to the banana, they say, and is, in fact, "the most valuable fruit known."

The natives of Mexico live almost entirely on the Avocado, and it is hoped that with a sufficient supply of the trees the world could do away with meat entirely.

If this does happen how vegetarians will welcome it!

The reason why the fruit is so little known at present is because it is grown nowhere on a large scale, but a few trees there are growing round the huts of the natives, where they flourish with little care, and afford easy meals for the indolent owners.

LEGEND OF HULDER FOLK.

Seen Only by Favored Few Are These Fairies of the Feroes.

Dalen, a little town of the Feroe Islands, is said to be "hyged"—inhabited—not by human beings, but by Hulder-folk, underground creatures who look like men and women and pursue various avocations by land and sea, as do the Feroe folk.

And now is the time of the Hulder-folk. From midnight until 3 o'clock there is danger on the fields, and on the bird cliffs. Landaisles come often. Bowlders fall from the heights upon unwary human intruders.

These creatures are usually invisible, but, at will, they can appear to human eyes. A "Frem-synt," or one who has second sight, can see them, and so can those who follow in his footsteps, or go side by side with him in the wild outdoors.

The Hulder-folk, though they are heathen spirits and in league with the powers of evil, sometimes perform kindly deeds. Stories are told of their coming to the rescue of milk girls lost at night in the fog and leading them safely to the village boundaries.

They have given warning of dangerous seas, have provided a Feroe man with food for weeks when he was storm-bound on an uninhabited island. Sometimes they are present at a wedding, hidden in a dark corner, or dancing, seen by the "Frem-synt" in the bride's dance.

—Atlantic Monthly.

To Aid China Agriculturalists.

The Republic of China has established a department of agriculture and forestry on modern lines, and this institution has begun publishing an agricultural journal (all in Chinese), which appears three times a month.

It is understood that a national meteorological service will be established as a branch of this department, and that it will be under the direction of Dr. Hing Kwai Fung, who was educated at Cornell University, and who for the year past has been attached to the bureau of plant industry in Washington as an agricultural expert.

Dr. Fung has started for China by way of Europe, where he will make a round of visits to meteorological observatories.

—Canadian Geographical Magazine.

GOD'S BUSINESS AND OURS

The Most Important Task of the Father is the Making of Men

Wist ye not that I must be about my Father's business—Luke ii. 49. Having said that, Jesus immediately returned to Nazareth and became a carpenter.

Think of the Father's business as something remote from and foreign to our daily task—to be about God's business means to desert one's home and homely occupation and to go as a missionary to China.

Not long ago a charity worker discovered a family in great distress, a sick mother, hungry children, a discouraged man out of work. What was the first thing to do? She obtained bread for the family. Whence came the bread? From the neighboring bakery.

Where did the baker obtain the necessary flour? From the flour mills. And where did the mills obtain the grain? From Western wheat fields.

Parliament more have been secured from Toronto than from all the rest of the world. As a matter of fact these figures do not give much indication of the real number of divorcees granted in Canada because a greater portion of them who seek divorce go to the United States.

TORONTO CORRESPONDENCE

INTERESTING BITS OF GOSSIP FROM THE QUEEN CITY.

A Notable Judge—Wages of Girls—Some Fine Positions—Agitation for Divorce Court.

There is no more picturesque figure in Toronto than Judge Morgan, one of the two main judges for the County of York. His long flowing white beard and patriarchal countenance give him a venerable appearance.

Judge Morgan is noted for three things: his kindness of heart, his carelessness of his own affairs, and his peculiar work. Lawyers defending persons accused of all sorts of offenses, and who are usually leave no stone unturned to get their cases dismissed as they will come before him.

His Informal Courts. Judge Morgan does not believe much in the trapping of courts. He will often receive lawyers on business before him in his private room and like as not will often take his case while on his lounge.

UNABLE TO SLEEP.

Till Conjuror Shows Woman How Trick Is Done.

Every conjuror knows that, in one sense, a trick may be too good, says a writer in the Strand Magazine.

In the audience a trick in which the conjuror is so puzzling that those in the audience are left without the slightest clue to its solution.

A trick of this kind never wins the loudest applause immediately it is ended, because folk in the audience are so puzzled to express their appreciation of what they have seen until they have had a moment or two in which to think it over.

Do not say that they always arrive at the right solution even then, but possibly they may think they do!

It is rather unusual, however, to have a trick which is far too good for one individual member of the audience. I recall such a trick. It was an average good trick with a slate and some numbered cards, and after I had performed it one night I was quite unconscious of the fact that the trick had been much too good for a woman in the audience.

I discovered that fact two days afterwards. A man called on me in the morning and asked me if I gave lessons in conjuring. At that time I did, but now, when I am asked that, I direct the questioner to an old pupil of mine who understands my methods and is very patient!

The man seemed pleased that I taught conjuring. He asked for particulars about my fee, the time it would take to learn, and so on, and then finally stammered out that he had been making all those inquiries on behalf of his wife. Then he took me into his confidence. He told me that his wife was delicate, and that she had been so puzzled by my slates before, which she had seen three evenings before, that she had not been able to sleep. She was suffering from "nerves," and her husband felt sure that her health would be seriously injured if she did not know the secret of that trick; she could think of nothing else, I satisfied the woman's curiosity, and in so doing earned her husband's gratitude.

COBRA COMES AS A GUEST.

Woman Saves Her Life by Rare Presence of Mind.

An Englishman in travelling through Ceylon was the guest of a dockyard official of Trincomalee, says an exchange.

"The dinner was excellent," he says, "but when it was about half over I was startled by hearing the wife of my host tell the native servant to place a bowl of milk on a deer skin near her chair.