

NOTES AND COMMENTS

In a little book by Woods Hutchinson on "Exercise and Health" there is the following passage: "The business, so to speak, of exercise for the brain worker or indoor man or woman is to pump the blood through the tired brain and little-used muscles, wash out their fatigue poisons, burn up clean the wastes of the food necessary to supply working power, and get rid of all these through the lungs, the skin and the kidneys."

This is excellent doctrine, but much depends upon its application. For a brain worker may attempt far too much in the way of physical exercise whether he takes it in a gymnasium or in the open. Inspired by the preaching of exercise, which has become so popular, weak men often go beyond their strength and lose more than they gain.

The Delusion About Drafts. In the past couple of years medical ideas concerning colds have been transformed. The most popular of delusions, probably, is that the chief cause of colds is a draught. It is admitted that one of the greatest preventives of disease is good ventilation, and yet though the very idea of ventilation assumes a draught, the draught itself is supposed to be busy filling the cemetery.

The Arch Germ. But it is with the pneumococcus in some respects as it is with the tubercle bacillus. The germs of tuberculosis are probably to be found about half a century before 1813, but it wasn't native in London, and it made its way rather slowly for obvious reasons.

However ceremonial and stiff the silk life may look to us to-day, we oughtn't to forget that it came in with democracy and remains its proper emblem, for the high hat is the loyal descendant of the round hat that dominated the French revolution.

HORSES EXTRACT CUBE ROOT. Obtain Correct Answers When Trainer is Absent. A discussion of a peculiarly interesting character took place at a recent meeting of the French Philosophical Society. This Society has greatly interested itself in the "educated horses of Elbertfeld."

The horses can extract the square and cube roots of numbers, performing the operation of multiplication, addition and subtraction which these involve.

The French society has endeavored to solve the problem presented by these remarkable quadrupeds, and invited M. Claparde, the distinguished professor of psychology at the University of Geneva, to address them on the subject.

Find New Silk Worm. A worm has been found in East Africa, which produces in the wild state quantities of silk, and factories are being put up to utilize this silk. The worm in question is the larva of the anaphe moth. From a dozen to a hundred of them make a cocoon in common and thus the cocoons are produced on a wholesale scale; says the "Pathfinder."

SOME OLD SUPERSTITIONS

EXPLODED IDEAS AS TO COLDS AND CHILLS.

The Laymen's Idea Remains Today What His Grandmother's Idea Was.

One of the most remarkable things about the science of medicine is the ease with which it is confounded by what we consider trifling ailments. A toothache is likely to defy anything but the forceps. Diseases that affect only about a sixteenth of an inch of the thickness of the skin may go on for months while the doctors stand helplessly by.

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have risen shows that something the reverse from "cold" is going on, that there has been poisoning of some sort. It ought to be generally known that germs are the sole causative factors of all colds, and that without germs all the chilling of the surface of the body and all the wetting of the body would not cause a single hour's illness.

A NIGHT IN THE MARSH.

A Youth's Narrow Escape From Death on the Kootenai River.

In the Northwest a good many streams flow sluggishly through wide swamps. These swamps lie between parallel ranges of hills, and are formed by the gradual deposit of soil by the river current. They must have been ages in building. Very likely a beaver dam that flooded the valley was the original cause of most of them.

If you are very cautious, you can cross these treacherous places, but you must be careful not to step into a "well" dug by one of the muskrats that swarm over the marsh. After the fall rains begin, these marshes are feeding-places for innumerable water-fowl on their southward migration.

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MRS. LANE. Wife of the Canadian who is Minister of the Interior in the President Wilson Cabinet. Mrs. Lane was born in Elmira, N.Y., her distinguished husband in Prince Edward Island.

FOOD TO PREVENT FLAT FOOT

THE BODY MUST HAVE MINERAL SALTS AND LIME.

As Body Grows Older Bones of Foot Must Be Stronger to Give Support.

Waiters, store clerks, bookkeepers, who stand at their desks, barbers and the hundreds of others who are on their feet a great deal suffer terribly from flat feet. Indeed, it is doubtful if there are many people who are compelled to be on their feet a great part of the day who do not suffer in this way, although many times they themselves will speak of it as tiredness or being "foot-weary."

The bone material of the body is largely lime, though other mineral salts are necessary. It follows, therefore, that if the bones of the arch of the foot are to be built up, there must be consumed in the food a large amount of lime and mineral salts.

When the native Indian troops on a hard campaign said they could march better on the water in which the rice had been boiled than the rice itself, they pointed to the important truth of the value of the minerals in water as well as to other nutritive qualities.

Under these conditions it is easy to see that those who are on their feet a great deal and desire to escape flat foot should be careful of three things—eating slowly, that the digestion may have a chance to absorb the minerals in the food eaten; drinking a glass of lime water once or twice a week; and wearing strong-soled shoes from a last that fits the arch of the foot.

PRINCE MAY VISIT BERLIN.

His German Is Less Serviceable Than His French.

The Prince of Wales's present visit to Germany is to be the first of two visits, the second to take place during the long vacation, when it is probable that he will visit Berlin as well as Mecklenburg-Strelitz.

When to Wed.

January brides are likely to become widows early. February brides will never have very happy married lives. March brides will probably make their homes abroad. April brides will have lives of change, and experience many ups and downs.

An Awful Strain.

"Remember, Arthur, you are the son of a gentleman. Try to behave like one for just one day."

Opportunities always shrink with old age.

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, APRIL 13.

Lesson II.—Jacob at Bethel, Gen. 28. 10-22. Golden text, Gen. 28. 15.

Rebekah, the wife of Isaac, after counseling her son Jacob to flee from the wrath of Esau to Laban, his uncle, in distant Haran, proceeds to enlist the co-operation of Isaac in furthering her plans and enabling Jacob to make the journey in the guise of a suitor, rather than as an acknowledged fugitive from the just anger of a deeply wronged brother.

Verse 5. Inclusive. record the effect on Esau of Isaac's sending Jacob into Padanaram to secure a wife for Esau saw that the daughters of Canaan pleased not Isaac, his father; and Esau went unto Ishmael and took besides the wives that he had, Mahalath, the daughter of Ishmael, Abraham's son, the sister of Nebaioth, to be his wife.

Verse 10. Beer-sheba—The name means literally "well of the oath." It was here that Abraham had entered into covenant with Abimelech, king of Gerar (Gen. 21. 31). "Wherefore he called that place Beer-sheba; because there they swore both of them."

Verse 11. One of the stones of the place in the vicinity of Beitin, the site of ancient Bethel, the ground is covered by large sheets of bare stone, with here and there a rock in upright position, while a little to the southeast a hill rises to its top in terraces of stone.

Verse 12. Behold, a ladder—the physical features of the place, especially the terraces of stone referred to in the preceding note, seemed in the dream to constitute a huge staircase or ladder set up on the earth, and the top of it reached to heaven.

Verse 13. And he called it Bethel; therefore the name of the city is Beer-sheba unto this day. Verse 14. As the dust of the earth—Compare the similar promises in (Gen. 15. 5; 22. 17; 28. 4) and the sand (Gen. 22. 17; 28. 12) serve as figures to describe the great number of descendants who are promised.

Verse 15. Thou shalt spread abroad—Heb., break forth. To the west, and to the east, and to the north, and to the south—in the days of its greatest prosperity the united kingdom actually did extend as far in every direction as these words of prophecy could possibly be interpreted to indicate.

Verse 16. I knew it not—Apparently Jacob had been accustomed to think of Jehovah's presence as associated especially with certain sacred places at which his forefathers had dwelt and worshipped. He seems to be surprised to find Jehovah's presence in this strange and lonely place.

Verse 17. Dreadful—Literally, "to be feared." The house of God—The place of Jehovah's own abode, and consequently the gate of heaven.

ALL WORK SHOULD BE PLAY

Education, Labor, And Any Sort Of Toil Should Be Considered As Such

"Then they departed from the presence of the council, rejoicing that they were accounted worthy to suffer shame for his name."—Acts v. 41. Beauty is its own payment. "Virtue is its own reward." We have heard that ever since we were school children, but few of us ever have reached a full understanding of what the great philosopher meant.

Joseph had the same idea when he named his son Manasseh, because he said, "He has made me forget my toil." The apostle said, "Count it all joy when ye fall into divers temptations." To present this subject in as condensed a form as I can, I will say that at last Christianity, working out into society and giving its slow but continual impulse to the modern educational affairs of the world, has brought into being the kindergarten—that is, the Christian, the godlike idea concerning the education of the world.

Education, labor, and any sort of toil ought to be play. There should be no such thing as hard work in the world, as we understand the modern sense of that term. All Labor Should Be Play, and all play, in the opposite sense, should be labor. Now, under the kindergarten system, the fundamental idea is the Christian idea expressed in this verse concerning Peter and John. They were rejoicing that they were counted worthy to suffer for his names sake. Even suffering was a joy. Labor and toil were pleasure and play.

When the kindergarten system was adopted it was adopted with the idea that we ought to make this world happier and that people engaging in toil ought to do it in a different spirit. Consequently childhood is taken through a series of plays all the way upward into greater and greater wisdom, and its work is made sport. That is the new education. It

must be carried into higher walks of educational life and the college student must learn that in order to achieve the ideal type of humanity he needs to make his study as much his play as his baseball or football or rowing. There is too strong a division made between what is work in college and university life.

The time is coming when Christ will have built up that ideal man whose life will be all joy and play. Not a thing will be called upon to do which is a duty that he will not do as readily and enthusiastically as if he were engaged in a game. In the ideal Christian of the future that Christ came to build upon the earth, man will all the while be at work in the sense of helping and inspiring.

Yet All the Time at Play. What is the pay for the Grecian races? One spends four years in discipline of body, he spends many days previous to the race on plain food and in exercises that seem to be so severe, for the purpose of running from Marathon to Athens. When he has won the race what does he receive but a crown of laurels? He has worked years and months for the purpose of getting that crown. Of what use is it to him? If it were to bring him real ability of mind or high position in the political world we might as human beings think it worth all his labor, but he gets only the applause of the people who see him enter the stadium. Yet that is the most enjoyable thing in his life. He has worked harder for it than anything he has ever undertaken and made sacrifices for it such as he has never made in the daily walks of life—all for the little crown and the little applause; yet he has enjoyed all the toil.

Now, if this very thought could be taken, as the apostle Paul tried to inculcate it, into the daily living of Christian experience, all our duty made but a delightful race like his who is seeking to win the goal, a race wherein we consider every sacrifice a joy and the running the supremest of delight, then we should have the ideal man Christ had in view when he came to put his character into men.—Dr. Russell H. Conwell.

FROM ERIN'S GREEN ISLE

NEWS BY MAIL FROM IRELAND'S SHORES.

Happenings in the Emerald Isle of Interest to Irishmen.

Nearly fifteen hundred employees of Tillie and Henderson's collar factory in Derry are on strike.

An unusually rare species of whale, measuring over 20 feet, went ashore at Tralong, near Roscarbery.

Mr. John Glynn, Carlow, has captured a white crow with reddish tips to the wings and black bill and feet.

John Carberry, a road laborer, was accidentally shot and killed by Bernard Woods, a young Keedy merchant.

The death took place recently, after a short illness, of John Reilly, Redlog, Belturbet, at the age of 101 years.

Carlow Urban Council applied for a loan of \$50,000 for the purpose of building houses under the Working Classes Act.

While fishing in the Blackwater at Dervor, near Kells, Mr. P. Farrelly, a local angler, caught a trout which weighed 18 lbs.

It is announced in Belfast that Messrs. Harland and Wolff have taken fourteen additional acres for the extension of their engine works.

William Harris, Aughalee, has been returned for trial at Monaghan, charged with having fired at and wounded two men.

Of the twenty odd million acres which comprise Ireland nearly one-seventh are barren, being mountain, turf, bog or marsh.

Miss Jane O'Day of Arnegh was, at Milltown Malbay Petty Sessions, remanded on bail for firing two revolver shots at her sister.

farmer of Knockavon, was found on the roadside at Shanully. He had been overtaken by a storm and died from cold exposure.

The committee of the Richmond Asylum, Dublin, called on Dr. Blake, jun., M.O., to resign on the ground that he had got married without the permission of the board.

A sensation was caused in the vicinity of Enfield by the digging of three graves on the farm at Dem-firth, recently purchased by James Burke, Johnstonville Bridge.

Considerable damage was done by a fire which broke out on the premises of Mr. Ferguson, Lisnaske, and the adjoining house of Miss Graham was also damaged.

Ballyvaughan House, Ballyvaughan, the residence of Michael Davern, rate collector, was attacked by an armed party and several shots were fired. The inmates escaped injury.

It is stated that Mr. Bruce Ismay of the White Star Line, who was one of the passengers on the Titanic, has given an order for the erection of a shooting lodge at Costello, Connemara.

William Duggan of Cahirdaly Macroom, County Cork, is supposed to be 120 years old. He remembers events that occurred in 1799. He walks to mass on Sundays and often sings a song in Irish.

LEATHER BEING INVENTED.

German Substitute Is Fungus Growth on Gelatine.

One of the latest German patents protects a method of preparing a substance which it is asserted can be used as a substitute for leather.

This "all leather" substance is prepared from a special mildew or fungus grown on gelatine or a similar substance. Various kinds of fungi can be grown by planting their spores on the gelatine surface and then keeping the surface wet.

Some of the growths are colorless, others have red, brown, gray or even bluish tints, and all the lighter shades seem capable of taking dye. The leather produced up to now has been thin, very soft and rather weak.

The inventors are, however, now working to get a stronger material by the addition of white of egg or glue, by means of which it is hoped that several thin layers of the new product may be tanned together and that there will be no limit to the thickness of the new material.