In an article on the present discontent in England which was written by Rev. Canon Barnett for The Nineteenth Century and After there are two sentences that go to the heart of much of the social agitation of our times. They read as follows: "The United Kingdom contains," it may be said in truth and shame, "I can hit that bird over there!" "a great multitude of poor people veneered with a thin layer of the Phil. "I don't believe you want of the working people and not the is the force of the present discon- friend."

ly true, but neither of the conditions to which they refer is strikingly novel. The generalizations would answer for pretty much all tree in the orchard the past, and, with certain modifications that would not affect their to get a good look at him, Uncle in the police court at Merritt. truth, for all countries. Nowhere is the distribution of wealth so even without a word. Through the clear son. that there is not a relatively large lenses, Bob could see the bird as he It is reported that the smelter at class which considers the division bad never seen him before. He Ladysmith will soon resume operunjust. Nowhere does the force of seemed to be a little larger than an ations. a new demand for a readjustment come from the wholly destitute. there was a bright red patch at the without a number. Resentment against the rich is not nape of his neck. As he moved The Queen Charlotte News says uncommon among those whom the about on the tree trunk, Bob could that local fishermen will average English working people would consider very well off indeed.

the movements for social justice backward. are, it is by no means certain that they will abolish discontent due to thought Bob. back again, or she may have less eyes fastened on the bird. chance, and neither chance nor phil in a low tone (Mr. Downy the D the money value of moral qualities of the fruit-trees, but he is quite as cost \$10,000 each. be nicely estimated.

in considering the probable results tice that he never drills deep into a return of \$73 a ton. of many reform programmes that live tree; it is in the dead trees In Tenakee, Alaska, Clyde Ayers well, the less said about that the charming summer toilets with the they are not at all likely to lead to vou see the does little real damage without a license, and \$250 for run- "The only drinks we have left, sashes. Utopia. Otherwise enthusiasm may with all his hammering and bor- ning a blackjack game. be followed by a reaction and give ing. way to disappointment and cynic-

### DAILY HEROISM OF SURGERY.

Prick of Needle in Operation Is Deadly as a Snake Sting.

food, you know." Another brave surgeon has gone to his death, a victim of one of those everyday risks to which the fearless workers in the cause of healing are being constantly exposed.

The brief fatal illness of Mr. R. B. Etherington-Smith, most famous of oarsmen, most popular of men, calls attention poignantly to the ever present perils which attend tree he visits, count how many holes The provincial hatcheries at Sarthe medical profession.

"Almost every day in big London hospitals surgeons are bravely and cheerfully risking their lives in Bob took the pencil and went to were lost on the journey across the operating on dangerous septic work with a will. He was greatly sea. cases," was the statement of a interested, but when Mr. Downy The Canadian Northern Railway London doctor, who told The Daily flew to another tree, and began to will operate its trains between New Mirror recently that seven of his hammer away at a hole, Bob Westminster and Vancouver by colleagues working in hospitals had begged for the glasses. narrowly escaped death by poisoning contracted at operations.

'At all operations, of course, his!" he said, excitedly. whether the cases are septic or Sure enough, after a few minutes antiseptic, surgeons wear rubber spent upon the hole, Mr. Downy gloves," he said. "These gloves thrust in his bill, and presently are not so much for their own pro- brought it out again, with a fat tection as for the protection of pa- grub impaled upon the barbed point tients to be operated on after- of his tongue. wards. The gloves carefully sterilized prevent the spread of infec- never knew woodpeckers were so in-

teresting." For nearly two hours Bob and his "The usual way in which surgeons are infected with septic organisms uncle followed Mr. Downy back and is by a prick from the needle during forth through the orchard, and althe sewing-up process. During the though the friendly little bird must actual operation there is little dan- have seen them with his bright, alert eyes, he took no notice of

"When the wound is being sewn them, and went about his business up it is a simple matter for the as usual. needle to slip and penetrate the After the bird was gone, Bob sat finger through the glove. The as- down on the piazza steps and gravesistant surgeon, who helps at this ly looked over his list. point, has even more risk than his "Mr. Downy went to fifty-seven

"In case of gangrene or other thrirteen holes, and three of them operations of a septic nature, this were big ones. He ate borers, tiny prick on the finger from a nee- grubs, beetles, aunts and ants' dle covered with living organisms, eggs, and spiders." is as deadly as a snake-bite. "If the point has penetrated the of himself, and he was honest

skin as far as the blood the poison enough to admit it. "That little reaches the heart within a few bird is more help to father than I how. seconds, and is thus distributed am." he said, soberly.-Youth's over the whole body.

Companion. "Amputation of the pricked finger does not save one in such a ease. If the skin is merely scratched the spread of infection may be stopped by plunging the hand in carbolic antiseptic solution. firm he represented.

"When the poison does reach the blood septicaemia invariably sets in within forty-eight hours-a terrible disease, which is usually fatal."

### Musical.

"I don't believe the story, do you?" "What story?" "About went into a butcher's shop the give you some idea of the magniother day, and seeing a side of tude of our business." spareribs on the counter, she remarked: 'Why, I didn't know you A flock of microbes can do more damage than a flock of elephants. kept xylophones here."

# Young Folks

Mr. Downy.

"Look, Uncle Phil! See me shoot!" said Bob, as he pretended to take aim with an imaginary gun. "Hold on a bit!" exclaimed Uncle

comfortable and the rich." It is even to play that you would shoot the poverty of the great multitude one of your father's best friends." "Why, what do you mean, uncle ?' inquired Bob. "I don't they are in Revelstoke. destitution of the very poor which see how a bird could be father's

"I see that you don't know Mr. Downy, of the woodpecker family ' These assertions are both striking- said Uncle Phil. "Well, it's time that you made his acquaintance. Get your cap, and come with me." By the time Bob had joined his the voters' list in the Slocan. uncle, Mr. Downy had flown to a

pocket, and passed them to Bob recently left Whitehorse for Daw-English sparrow. His back was The Mayor of Blairmore was striped with black and white, and fined \$4.50 for running an auto see that his feet were not like those \$12 to \$15 a day this year. ward; Mr. Downy had two claws doubled within two years. Admirable, therefore, as many of pointing forward, and two pointing | The gold dredge at Goldhill on

inequalities of distribution. Nor is But what interested Bob most was of the band are Indians. rewards are not apportioned to woodpecker used it as a sort of ham- from Chilliwack to Vancouver. rewards are not apportioned to mer. He would test a place on the merit, and as a matter of fact they tree trunk with the sharp point of mand for sleigh dogs in Hazleton. Way?" "One glass on rising," remay have nothing to do with merit. his bill, and then if the place suit- The average price was \$25 each. | plied the writer. "I thought so," | Mantlets of supple taffeta in plain lose through it, as well as what we and our work. Dr. A woman who is working for \$8 a ed him, he would hammer away un- A Creston rancher advises farm remarked the medico. "Well, and brocaded silks are cut off at the suffer. week may have far greater merit til he had made a small hole through ers to plant white potatoes, as they you're just ruining your health, for knee line and worn with smart than another who passes from sum-"Why does he make so many poses.

and pencil from his pocket.

"Cricky!" exclaimed Bob.

Sounds Like Yankee Yarn.

mer resort to winter resort and holes?" whispered Bob, with his Frank Whepley captured 12 sil- "In the first place, you lose by of white corduroy, linen, and rep merit. The difference in the fate of "Some people think he does it so ter, and shipped them to his tox breath about two pints a day of the or back. the two may be due entirely to that he may suck the sap of the farm in New Brunswick.

Phil, in a low tone. "Mr. Downy three steam shovels on the P. G. keep the blood in order and the skin tache effects in white embroidery thrift can be equalized. Nor can is fond of the soft, milky inner bark E. east of Lillooet. The shovels glands and joints, etc., sufficiently on tulle.

It is well to remember, therefore, that lodge there. And you will no- ton to the Trail smelter gave a net drinks. Cocoa, again, is more of a gown. that he makes the deep hole. So was fined \$500 for selling liquor better.

> But how does he get the insects Mrs. W. J. Smith received 1,750 not good; but plain water contains charming street costume for warm Egypt a second time. On this sec-fundamentally religious. Thus out of the holes?" persisted Bob. eggs from a flock of 110 hens. She no harmful drugs or minerals, and, spring days.

Phil. 'You will see that it is long Through extensive advertising If you drink sufficient of it, the skin charmeuse, draped and lined with the strict request of Joseph, who and slender, and has a barbed more than \$500,000 worth of lots will be kept clear of pimples, rash- the same material. Edges of natur- had chosen to make this the test of point. There is a sort of sticky sub- have already been sold in the town- es, and sores, the blood will be pur- al colored marabout make a delight- their sincerity, having retained stance on his tongue, too, that helps site of Port Edward, near Prince er, and Nature will see to it that ful finish. to catch the insects. They are his Rupert.

A Seattle company has put up a so that it circulates normally, and Just then Mr. Downy finished his new gold dredge to work on the not sluggishly because it is thick work on the first apple-tree, and Fraser River near Yale. It will with impurities. flew to the second. As they follow- dredge the river bottom to a depth "Take a half-pint glass of water Lightly skipping, nimbly tripping, ed, Uncle Phil drew a note-book of 40 feet.

"Give me the glasses, Bob," he er leaves George Bell the only sur- ter dinner, one during the after- Come the grasses green and heal said. "I want you to take this note- vivor of the band of settlers who noon, one after tea, and one after book, and keep a strict account of took up land on Fairfield Island supper; total, three pints." Mr. Downy's doings. Count every over 40 years ago.

he makes, and find out, if you can, dis have recently been stocked with what kind of things he eats. I will Mongolian pheasants from Enghelp you as much as I can." land. Only three of the 25 birds

"I want to see him catch something with that barbed tongue of drive and will cost \$3,400,000.

### Good Weather for a Fight.

There is no lack of shrewdness in the English peasants, says Mr. A. J. Swinburne in "Memories of a School Inspector," but their knowledge of the things beyond their own villages is often surprisingly small. At the time when the struggle between Russia and Japan had reached its climax, and become the absorbing topic of the whole world,

"Who's a-fightin', then ?" "Why, them Rooshans and Jap-

they're a-fightin', are (Pausing from his work.) trees," he said, finally. "He made "Oh, yes, they're a-fightin' like

Billy-o! "Are they, though " "Yes, that they are."

Bob was feeling rather ashamed the horizon and resuming his work,

### They Own Britain's Lard.

were in the limelight in the House of Commons recently when Mr. Outhwaite, during the debate on A commercial traveller was brag-"Big? You can't have any idea Dukes hold 4,000,000 acres; 31 Marof its dimensions. Last week we

## NEWS FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed

Paragraphs. There is a real estate boom in

Revelstoke. A wagon road is being built across the flats at Argenta. Wages in Seattle are lower than

Dr. Mackenzie has bought a 200acre fruit ranch at Lillooet. Back of Silverton the Hewitt mill

has resumed operations. There are 140 men working in the shipyard at Whitehorse.

There are about 820 names upon The voters' list in the Chilliwack riding contains 1,985 names.

As soon as they were close enough In March there were 18 cases tried Phil took his bird-glasses from his A stage carrying 17 passengers

of perching birds, with three claws The population of New Westminpointing forward and one back- ster is reported as 20,000. It has

"That's to help him in climbing readiness for the summer work. the tree trunks, I suppose," The Masset brass band has a new set of instruments. Many members

ideal justice possible under any re- Mr. Downy's long, sharp bill. It Hay, milk, potatoes and cotton- "I wonder how many drink suffi- by smartly dressed girls. adjustment. In a multitude of cases seemed to be very strong, for the wood are being shipped every day cient plain water to keep them in Little girls' Russian blouses are devil's cushion," an old writer calls honest, earnest service, the strenu-

ver grey foxes in Alaska this win- perspiration and evaporation in the or serge, with plaits let in at side

likely to drill into the bark to get The first carload of ore shipped replace this, as it is mainly a food. satin afternoon gowns have rows of

"Watch his tongue," said Uncle sold the eggs for \$70.08.

The recent death of Mark Wheel- rising, one after breakfast, one af-

contract the muscles of the back. Thus, says Family Doctor, which proabout the back of the neck stiffen electricity. A tunnel 24,000 feet long will be driven between the two points. It will take two years to soon get over it. If you do not start

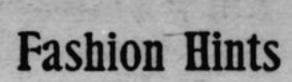
a Suffolk laborer, off work, accosted

a friend engaged in digging: "Bad news from the war.

"Well," after placidly scanning slice of bread, dipping it for a second in hot water, then spreading 'they've got a nice day for it, anywith white of an egg, and sprinkling thickly with mustard. The egg

will prevent blistering. Britain's landed dukes and earls The figures for the year 1911 give ging about the magnitude of the the motion for the second reading able for duty unorganized," 1,200,- With grey skies and clouds as low of the Rural Cottages Bill, gave an | 000. The latter figures are, of With a long frost, nipping-bitter, "I suppose your house is a pret- interesting table of the little patch- course, based on the estimated male With the day all dazzle-glitter. ty big establishment?" said the cus- es of land held by members of the population of military age, and are House of Lords. Here is is: 28 probably correct. Figures for the Now it is we have the May-time, quesses hold 1,500,000 acres; 194 tleships, 5 other battleships, 7 first- Love the trees and breezes and startook an inventory of the employes, Earls hold 5,862,000 acres; 270 Vis- class cruisers, 3 second-class cruisand found out for the first time counts and Barons hold 3,784,000 ers, 13 third-class cruisers, 3 gun- Love the flowers and grass and that three cashiers and four book- acres; 525 Nobles hold 15,000,000 boats, 33 destroyers, 75 torpedo keepers were missing. That will acres.

A man remembers a woman's epigrams as long as he loves her. He remembers her compliments as long champagne are stored in the vaults Love your Spring while yet ye may. as he loves himself! of French producers.



Seen in Paris Shops.

The simple summer dresses made to go into the tub have their skirts finely tucked at the top. This gives the necessary width without being

The silhouette remains practically the same, but color combinations, draperies, and oddly shaped little jackets make this season's gowns individual. Bright colored bodice tops and

sleeves in somber colored dresses

better. blouses. They broaden the shoul- the refinement of intellect and tation; for it brings new sanctions ders gracefully and are an excellent taste. But that after all is only and a new motive.

de chines are used in a most attrac- are not confined to any such select tive way this season. A plain char- class, and indeed moral strength we so easily fritter away our meeuse dress with sleeveless bolero and true wisdom will be found strength and squander our time, appears with odd flowered silk or among the unlettered as often as and have nothing left for our work crepon sleeves.

season's openings.

Tulle plaiting makes a fascinating trimming for the new figured crepe THE QUEEN OF GREECE in uniform de chine gowns.

as honorary colonel of Hussers.

Water for Health.

How to Resist a Cold.

the neck and set the muscles to

work. When you are sitting still

and find yourself getting chilly set

the muscles to work and you will

your muscles going you will soon

find them going of their own accord.

You will begin to shiver-an invol-

untary action of the muscles. If you

will set your muscles at work before

muscles work just as hard when sit-

Quick Mustard Plaster.

Italy's War Strength.

and it may be more convenient.

pints daily.

are in high favor, especially on ac- ties. count of the odd coats. satin bound buttonholes.

embroidered tulle are used to trim have avoided, but also deprives us If we are not making our work a and crepon soie toilets.

water you take into the system, and White lingerie dresses of voile

at the borers, beetles and weevils from the Harris mines near Hazle- Tea and coffee are not advisable tiny satin buttons the color of the food than a drink, and alcohol- Spring flowered foulard makes

> then, are mineral waters and plain | The bolero over a lace blouse In Queen Charlotte during March water. Too much mineral water is worn with a draped skirt makes a

> > moreover, is Nature's own product. | Spring evening draps are of heavy sufficient water is mingled with it

### Spring.

Come the birds, the wrens and at a time. One in the morning on robins.

Come the creeks, with waters weal-

Come the southwinds cool and One way to overcome chilly sensa- Come the fruit-trees, blossom piled, tions of the spine and back on the Come the spring-time azure skies,

least change of temperature is to Come the glow-worms, butterflies. put your back up, so to speak - to It is spring-it is the May-time, ceeds:—If you are getting chilly When the leaves are green and ten-It's the month of all the year

When the reeds blow, small and slender. When the flowers are fresh and

nodding,

When the plaughman's fieldward plodding, When the frisky lambs are playing, When the maidens are a-maying.

that shivering comes you will be When the summer comes once more, natural. able to prevent it. Contract your When the heat is overpowering,

your back, raise up your chest, stiffen your neck, then turn it vigor- Soon the reeds will start to stoop, ously, slowly, from side to side, or Soon the water's laugh be stilled, Joseph's house-Determined to let bend it backwards and forwards. Soon the flower's freshness killed, This will keep you from taking cold. Soon the fruit shall bake in grow- not only returning the money

One need never take cold when sitting down as when walking about After that the Autumn's rain-drops Cool and soothing, all increasing, Woo's the leaves from off the trees,

Woo's away the birds and bees, Woo's from us our lovely flowers, A trained nurse says that if one forgets the exact proportion for making a mustard plaster one can Woo's with gowns of gorgeous from Joseph himself. be quickly made by cutting a thick

Woo's with North winds eager-

Winter comes with sterner aspect, Cold and windy, chill and cheer With a roaring, whistling blast,

Italy a peace strength of 225,000; a With an East wind, whistling past war strength of 525,000, and "avail- With wide spaces white with snow,

same year give Italy 7 modern bat- Have it now and in the present,

moonlight. boats and 19 submarines. Person- Love the woods, the trees and nel of navy, officers and men, 29,streams,

gleams, As many as 111,000,000 bottles of Love your youth and carefree day, versation and retire.

# - Marjorie Moore.

## THE MORAL NEED OF WORK

Danger of Idleness Lies in What We Lose Through It, as Well as What We Suffer

When speaking of the moral duty | An aimless, useless life brings at of labor we are met with a further the end poverty of soul, with no theoretical difficulty, which arises work of faith and patience of hope chiefly because of the subdivision and labor of love meeting their harand specialization in all modern in- vest and their harvest joy. The slack dustry. Culture, we are assured, hands tend to the empty heart, with is only possible to those who are enough sense of need to desire but not dragged into the narrowing con- nothing to satisfy. "Have a lust dition of being compelled to do a for thine own work and thou shalt special kind of work. It is true that there is a culture many have been able to add their are smart, indeed. The richer and from which the ordinary worker is testimony to the safety given by a

more striking the silk pattern the shut out, the sweetness and light love of work. When accepted as which come from an extended part of the moral law it does much Deep yokes are seen on many new knowledge of literature and art, more than offer safety from temp-Flowered silks and flowered crepe character and the culture of soul science. among the highly educated; for Draped coats for afternoon and character is produced from the orevening are one great feature of the dinary material of life by the common tasks and the daily duties.

God Does Not Give Us Character.

Black and white checked skirts give us results, but only opportuni- more conscience put into our daily

Some of the new black and white moral preservative, but is also an of delicate, refined conscience in checked skirts have bright green occasion for growth in gracious matters of abstract morality are Fine Chantilly lace, soutache, and opens the door to evils we would work of good. Sloth is one of the seven discipline for our character, if it Bright colored coats of silk tricot deadly sins labeled by the church, has no moral contents to us, our are worn over tulle and lace blouses for it is recognized as one of the diligence will be barren of real great sources of mischief-"the fruit. The true nobility of life is health?" asked a medical man. gathered into shaped bands or held it, inducing rust of mind and depra- ous exercise of our faculties, with to it. Its danger lies in what we sight of God who gives us our place

be safe," said St. Hermas, and

style for slender and medium stout on the surface of life, the polishing | Industry from this point of view of an instrument. The culture of becomes just another name for con-

#### Without this moral sense

but the dregs of power.

Conscience has been abused by being limited to speculative difficulties about right and wrong, the settling of questions of casuistry. It too often has lost its relation to ac-He gives us only time; he does not tual and common life. We need work, and in this connection consci-The yoke of work is not merely a ence is simply industry. Some men life. Faithlessness here not only traitors to it in their everyday

INTERNATIONAL LESSON, MAY. 25.

### min, Gen. Chap 43. Golden text, 1 John 2. 10.

The narrative intervening beskirt draped or fashioned with tunic son recounts the experiences of presence and their return into min with them in compliance with Simeon as hostage during their absence. It is a beautiful story, rich in its Oriental coloring and thrilling in its descriptions.

As soon as Joseph beheld Benjamin, he was reassured concerning the present character of his other brothers, and their spirit toward each other. But to make assurance doubly sure, he determines to put them to a final test regarding their consideration for Benjamin and for their aged father. Before Oriental banquets. applying this final test, the manner of which is reported in the chapter following our lesson passage, Joseph indulges himself in a temporary relaxation in his manner (Gordon Johnstone, in May Canof treatment toward his brothers. and gives himself the pleasure of 'Tis me that's here a-digging in a being their host at a banquet in Benjamin's honor, while still keeping them in the dark as to the

meaning of it all. Verse 18.-The men were afraid-His former treatment of them and the recollection of the money found in their sacks was sufficient cause for dreading a further personal interview. Their inference that they! were being forced into a trap was

Seek occasion against us-Literhands, your legs, the muscles of Soon the flowers will fade and ally, roll himself upon us, that is, 'Tis me that do be climbing to a take us by surprise, for bondmen. 19. Came near to the steward of him know in advance that they were found in their sacks, but additionting still. You can make your Soon the farmers reap their sowing. al money for the purchase of more

23. Peace be to you, fear not-The steward was clearly aware of the real attitude of his master toward these men. In treating them kindly and setting at rest for the Woo's far off our spring-time show- moment their suspicions, he was no doubt acting under instructions Treasure-Heb., hidden treasure.

> I had your money-Heb., your money came to me. The steward could not explain fully without betraying his master's plans.

> 24. Washed their feet--In harmony with Oriental custom upon entering the house.

Provender-Grain or fodder. 25. The present-On which their father, Jacob, had insisted, "Take of the choice fruits of the land in your vessels, and carry down the man a present, a little balm, and a est gift to man and the rarest gem little honey, spicery, and myrrh, the earth holds," remarked Mr. nuts, and almonds' (verse 11).

well with your father? Thus ren- very soul. Through her he learns dered Joseph's first question be- to reach the pure and true, and her comes preparatory for the second: loving hands lead him softly over Is he yet alive

30. Made haste-To close the con-

emotions under control.

For tennis, the proper skirts are THE SUNDAY SCHOOL STUDY 32. Set on for him by himself — of white corduroy, linen, and rep THE SUNDAY SCHOOL STUDY His rank did not permit him to dine with them at the same table, and while sincerely cordial toward them he is not guilty of a breach of the social etiquette demanded by his

For the Egyptians-Officers of moist. Milk is not of much use to Many of the white net blouses to Lesson VIII .- Joseph and Benja- rank. These, too, would dine separately, though in the same room. An abomination unto the Egyptians-Under the circumstances the Hebrews were the foreigners. In later centuries the exclusiveness of

tween this and the preceding les- Judaism was almost as severe as that of the Egyptians reflected in Joseph's brethren between the time this narrative. The reasons for of their first appearance in his this national exclusiveness common ond journey they brought Benja- Herodotus explains that the Egyptians would not so much as use the knife or cooking utensil of the foreigner, lest it might have been employed in preparing food from the flesh of some animal by them con-

sidered sacred. 34. Messes-Special honorary portions, sent as marks of attention to those whom it was desired to hon-

Drank and were merry-Literally, drank and drank largely. The second verb is usually used to designate excessive drinking, though it also implies the merry-making which was a prominent feature at

### The Exile.

ada Monthly.)

dirty yellow street, A-rubbing elbows with a man

that's neither black nor white, sir, And I'm that dead and fainting in this hole of stifling heat There's not a smile left in me;

faith, I'll thank ye for a light, And, oh, I do be hearing The linnets in a clearing

Of the ould, ould sod.

little box-like room, Shut in from God and heaven with the great roofs frown-

ing over; And not a primrose to be seen in all that darkening gloom, And not a breath of heather fields or whistle of a plover But, oh, that bed of rushes, And, oh, the morning thrushes Of the ould, ould sod.

'Tis me that's nightly drameing till 'tis time to go to work Of one as sweet and shyful as a rose-what's that ye say, sir? 'Tis ye that has the same soft drames to haunt the whisp-

ering murk? God bless ye both, avic machree, and hasten swift the day, sir; But ere he binds ye sweet, lad, I hope he'll plant me feet, lad, On the ould, ould, sod

### Jeremiah in Trouble.

"A good wife is Heaven's great-Jarphy the other morning. "She 27. It your father well?-Or, Is it is his joy, his inspiration, and his the rough places. She is-28. Made obeisance-Thereby ful- "Jeremiah," said Mrs. Jarphy, solfilling the second time his boyhood emnly-"Jeremiah, what wickedness have you been up to now?"

More than 600,000 men are em-31. Refrained himself-Held his ployed in working the railways of the United Kingdom.