

NOTES AND COMMENTS

Ye bold, ever bold, sang the poet, yet not too bold. Even poetry may put in a saving clause after a passionate outburst. Sometimes the courage exhibited by the bold ones is so plainly allied with ignorance, that the need of caution is pathetically illustrated, as the following stories prove.

A brother and sister fired with an ambition to enter the profession of teaching left one of those Danubian states that remain to us the abodes of mystery to acquire certificates and return for the enlightenment of their own countrymen. The young woman began with a preparatory course as waitress in a boarding house and the boarding house keeper advanced her wages, which were given to the brother that he might enter an institution of learning. She broke down under the strain of the work, fell sick and went to seek a retreat as she could find. She had only a few dollars after deductions were made for the wages advanced and a few articles out of the family weaving that she had brought with her to sell. She had been learning many things, in all probability, but they were not what she expected, and she is naturally somewhat disengaged. There has been a halt in her great expectations, which were founded on ignorance and the fairy tales in prospectuses of one kind or another, while the brother is living on the expectation of getting work to help him through.

This boldness is as striking as anything we boasted daring can show, but the spirit of patriotism calls for an example that is just as remarkable, and fortunately it is available. It is described by a man who was engaged in one of our many promotion enterprises. The hero was a mechanic who had decided to return to the soil and signed a contract for the purchase of land. He did not strike out for the Danube, but he went a thousand miles from home to a region that was wholly unknown to him. He arrived at the town nearest the land, called at the office of the promoters and wanted directions for reaching his new possessions. It then appeared that his capital consisted of an intention to work out in the odd hours when he was not engaged upon the land bringing it under cultivation. But he was told that the country was thinly populated and that there was no one in the vicinity to give him work. So he was compelled to fall back on an available cash balance of 50 cents. That, it appeared, was all he had with him, and he had left \$5 to support his wife and five children until they should hear from him. He thought that would be enough until he began to realize on his intentions.

The promoter had had some queer experiences, but he was unprepared for this astonishing revelation. He thought it over for a little and then decided that the part for him to play was that of a good angel. He released the man from his contract, procured him a job for which his trade had given him some training and so saved him from pauperism. Probably in many of these enterprises the sales agents come upon similar combinations of boldness with a childlike ignorance or lack of what we call ordinary common sense, though such extreme cases may be rare. What goes on in the minds of the adventurers is even more of a mystery than that strange country by which the Danube flows.

A brave spirit is to be commended, and it is desirable to sing the praises of courage and to make the most of it for the edification of the young, but when a natural doubt arises as to whether the courage exhibited is not really another form of ignorance it seems proper to shift the emphasis in the poet's line from the boldness to the caution. Much mystery would be prevented if there were less of the boldness that finally has to be helped out by those who may have been deficient in that admirable quality but who have been blessed with caution and intelligence enough to enable them to take care of themselves and to lend a helping hand to others.

A Trouble Maker.
"I see that you are thinking of putting meters on the telephone."
"It will only cause trouble."
"How so?"
"My wife will insist every month that she never said that much."

Net With Stereoscopic Views.
The Policeman—Where are you going at this time of night?
The Wanderer—I'm—hic—going to a lecture.

Proof.
"Keep clear of Machin; he must be in a very bad way. He actually asked me yesterday to pay him back the half dollar I borrowed off him two years ago."

HEALTH

L. P. PELLETIER, P.M.G.
Said to Be the Most Progressive of the Borden Cabinet.

The Tendency to Take Cold.

Those acute inflammations of the mucous membrane of the nose and throat that we call "colds" seem to be the inevitable fate of some people as the cold weather advances. Their victims often feel that that is the case, and unfortunately they become so resigned to their fate that they do not make any effort to avoid their old enemy.

You often hear them say, "I have colds all winter, but they never come to anything." That remark shows that people know that colds are to be dreaded, not only for themselves, but because they do sometimes lead to something worse: to pneumonia, for instance, to bronchitis, to chronic catarrh, or even to tuberculosis. It betrays, moreover, a certain relaxation of moral fibre, for it amounts to giving up the fight. That is the worst thing that can happen to the victim of the recurrent cold. You should never surrender to the habit of "taking cold."

The habit often yields with surprising suddenness, for it is quite unable to get the better of those who are in really good health. To fight a cold after you have caught it is a good thing; you can hardly do less; but it is much better to make yourself so formidable that it will not dare attack you.

In carrying on the battle you may have to form a complete set of new habits, and break off many cherished old ones. The place to begin is in the bedroom at night. If you sleep with your window shut, you should surely deliver yourself, bound hand and foot, to your enemy. If you open it two or three inches, you are a little better off, but not much. Insist upon sleeping in the open air as far as possible. If there is such a thing as a specific against colds, it is to be found in the sleeping-porch or the open bedroom. Next to that comes the cold sponge bath in the morning.

If the victim of colds is a young woman who wears a heavy fur coat, and thin pumps and silk stockings, she is hopeless—she must continue to have colds. Winter clothing that does not protect the extremities is ridiculous—although it must be remembered that the very robust can commit follies that spell death to the delicate. One more good rule is this: do not feel obliged to kiss every friend you meet between November and May.—Youth's Companion.

Winter Ailments.

Women who are predisposed to neuralgia should of course take every precaution to protect themselves from winter cold and damp. That particularly painful ailment may be due to such local causes as bad teeth, defective vision, or it may result from some constitutional weakness, but in any event, exposure to cold, damp and draughts is the worst thing for those susceptible to neuralgia. The malady is much more prevalent among women than among men, and many doctors attribute this to the lighter kinds of footgear they are in the habit of wearing. The heavier description of boots and shoes are being discarded in favor of the lighter makes, with broadened uppers, thin soles and narrow welts, which give every precaution to protect them from winter cold and damp. 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