

NOTES AND COMMENTS

A leading French newspaper has asked eminent scientists to tell the public what discoveries and inventions are now most anxiously awaited as being likely directly to promote social welfare and further progress.

Great discoveries and inventions are often accidental. Radium is an illustration that occurs immediately to one's mind. The Darwinian theory came in a flash, although it took its author twenty years to elaborate it.

In moral science, we are told, the discovery devoutly wished for is some way to remove international hatreds and establish good will among states and peoples.

A well-known Parisian, a club man and sportsman, disappeared from the boulevards and its diversions two years ago and has just been found in a monastery, where he is acting as cook.

Let us place our emphasis less on the monastery than on its kitchen. Other French noblemen have retired to monasteries, but few have taken an active hand in the cooking.

Then the first big drops of rain began to spatter through the trees, and the forest suddenly grew dark.

Of course there are drawbacks to such a career. Few cooks can enjoy their own cooking and few get a due measure of praise for their work, however well done.

QUEENS COULD EARN LIVING. Most of Them Are Experts in Sciences or Arts.

Interesting information concerning the queens of different countries is given by the Neue Freie Presse, showing that if the occasion arose many of them could easily earn their livelihood.

Queen Elizabeth of Belgium possesses a doctor's diploma of the University of Leipzig. Besides, she is an excellent musician and plays the piano and violin with great skill.

Queen Mary of England paints, sings and is extremely clever with her needle. Queen Victoria Augusta of Germany is a specialist with the camera and produces a special kind of art photo.

Young Folks

A Night in the Woods.

The time was near for Roger and Fred Mason to leave the big woods, where they were feeling sad, but on Saturday just as the sun was sinking in a blanket of red and gold in the west, the two brothers saw a canoe coming down the lake.

"Skip has come!" they shouted, and ran to the landing to greet him. A few minutes later the water spaniel was leaping about them and barking his delight.

When mother saw Skip, she said, "Something exciting is sure to happen now."

And something did. It was three days afterward that Roger and Fred and the water spaniel started to go down the path that led to a little pond, where father and Uncle Frank and Happy Lewis, the guide, had gone to catch some trout for supper.

The path wound in and out through the trees, over knolls, and down into dells where the spruce trees cast dark shadows.

"Perhaps they're round that point," said Roger.

The boys and the dog made their way along the shore, and finally they gained the cove behind the point. No one was there; they shouted, but no answer came.

"I don't believe this is the right pond!" declared Fred. "It doesn't look like the one. This must be the lake. Let's go back."

Together they found what seemed to be the path that they had followed; they turned their backs on the lake; but they had not gone far before the trail began to grow dim, and at last the boys could not tell whether they were walking in a real path, or in one of the narrow runways that deer and rabbits make.

Then they noticed that the sky beyond the tree tops was covered with dark clouds. A storm was coming, and they were lost!

They tried to find the path again, but it seemed to have disappeared completely. Skip was worried also, as they could see from the way in which he whined and looked into their faces.

Then the first big drops of rain began to spatter through the trees, and the forest suddenly grew dark.

"We must go somewhere," said Roger, trying not to let Fred notice the tremble in his voice.

It began to rain harder, and as the boys trudged on, the woods seemed filled with the sound of the drops pattering against the leaves.

Suddenly Skip stopped before a huge fallen log. Sniffing as he went, he led them round to one end, where they faced a wide opening, and without a pause Skip walked in.

"The rain won't touch us if we follow him!" cried Fred. He crawled into the hollow log on hands and knees, with Roger close at his heels. Inside there was space enough for them to lie down.

proving hedgehog, and this is one of his quills. He's surely a brave little spaniel."—Youth's Companion.

SIR JOSEPH POPE.

Canada's Debt to Him So Great It Is Difficult to Measure It.

Among the civil servants of the Dominion there is only one who bears the title of Knight. That one is Sir Joseph Pope, Under Secretary of State for External Affairs.

Nor does he flaunt his title in the face of the public. Look up his department in the telephone directory of Ottawa and you will find him down as plain "Joseph Pope." But just as a matter of simple historic fact, he does occupy this unique position, and he does not occupy it without justification.

The central fact of these special qualifications is a wide knowledge of the "savoir faire" of official life. He knows his way around Government offices, and he knows his way around royal courts.

Five years later he accompanied Prince Arthur of Connaught on his tour through the Dominion, and in 1908 he was selected to receive Prince Fushimi of Japan on his visit to this country.

Some women's nerves are more easily excited than others, and for these the average hours of the day are too long. They go to bed tired mentally and physically, and thus sleep will not come.

The best remedy to provoke sleep, when it will not come naturally, is to take more physical exercise and do less brain work.

Many people think that afternoon sleep is injurious to the health and beauty, but in the case of insomnia it can only do good.

A warm bath will often bring sleep, especially if the sufferer from insomnia feels the cold. In that event down slippers or slippers should also be worn.

This practice should be continued for a few minutes before getting into bed, and in many cases will immediately be followed by a sound and refreshing slumber.

A String to the Job. Office Seeker—"Is there anything else in the job you speak of besides the salary?"

Not Quite. Professor—"When your father attended this college he stood far higher than the other scholars."

For a time after Sir John's death he remained in the Privy Council office, but in 1886 was made permanent head of the department of the Secretary of State.

Of all Sir Joseph's services to Canada, perhaps the greatest is the preparation of the "Life of Sir John A. Macdonald." It will always remain a classic among Canadian biographies, because of the intimate light it sheds upon the political life of the Dominion.

The first occasion on which Sir Joseph was chosen to represent the Canadian Government in the entertainment of guests of State was in 1901, when our present King and Queen visited us as the Duke and Duchess of Cornwall and York.

HEALTH

How to Cure Sleeplessness.

Sleep is a woman's greatest aid for the preservation of her health and beauty. When she has had sufficient rest she feels fresh and rejuvenated; when she suffers from lack of it she loses her vitality, grows sallow of complexion, irritable of temper, and is generally run down.

As they went on their way—At this point we resume the narrative of our last lesson, though here too we must remember what was said in the paragraph that happened while I lay in bed.

A certain village—Bethany, near the Mount of Olives (John 11, 18). In Mark 14, 3 and Matt. 26, 6 we read of a feast prepared for Jesus in the house of Simon the leper.

But one thing is useful—Splendid and appropriate as was the service which Martha rendered, it was not absolutely essential, and when permitted to rob her of the greater blessing which the occasion afforded, it became an encumbrance rather than a source of blessing.

Seeking Distraction. "Why do you suppose it is," she asked, "that nearly all the great men of this world have been married?"

Her Long Suit. "Mrs. Jinks says she never can tell what any of the neighbors will do next."

Not as tall as father was. Young man—"But, you see, I'm not as tall as father was."

THE SUNDAY SCHOOL STUDY

INTERNATIONAL LESSON, JANUARY 25.

Lesson IV. Serving Jesus. Luke 8: 1-3; 9: 57-62; 10: 33-42. Golden Text, Matt. 23: 40.

Grouping Events According to Subject Matter. The material for our present lesson comprises three separate events taken from different portions of Luke's longer narrative and having no direct chronological connection with each other.

Verses 1-3. Soon afterward—Following the events which transpired in the home of the Pharisee and which are recorded in the closing verses of the preceding chapter.

The afflictions from which this woman had been freed by Jesus were doubtless such as affected the brain and nervous system, since it was these ailments that were commonly attributed to demon possession.

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HOURLY NEED AND DANGER

Story of the Israelites' Wanderings Applicable for Our Own Age and For Every Age

Speak unto the children of Israel, that they go forward.—Exodus xiv, 15.

When the Israelites were wandering through the wilderness to the promised land they encountered all sorts of vicissitudes. Day after day they were brought face to face with privations and dangers, until it seemed as though flesh and blood could endure no more.

First, there were the people who looked back to the good old days in Egypt and clamored to return. They had been in slavery in those days, to be sure, but they had had plenty to eat and had been secure from the perils of trackless wastes.

Next there were the people who, at the end of each day's journey, were well content and desired therefore to go no further. The manna and quails were abundant, the water gushing from the rocks was sweet and the heavenly portents seemed propitious.

His Other Self Detached From the Earthly Body. John C. Wheeler, now in his 72nd year, and living in Ivanrest, Mich., has a notable history.

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the night's encampment was to remain in a perpetually insecure position, and that, above all things else, to do either of these things was to miss the promised land.

Now here, in this story, do we have a parable for our own age and for every age. Always, in the critical periods of history, are there the men who talk about

and find an escape from present dangers in the traditions of the fathers. Always are there the men also who are well satisfied with the status quo and therefore do not create any agitation for movement, either backward or forward.

But with neither of these two parties, in the last analysis, is there true wisdom. For this we have to go to those lonely and valiant spirits of every age who see with perfect clearness the needs and dangers of the hour, and see with equal clearness that these can be successfully met not by retreating, nor yet by standing still, but only by advancing boldly into the unknown future—the prophets, apostles, martyrs, seers, who behold the promised land in the far distance and speak unto men the will of God, that they "go forward!"

Seen in Paris Shops. Cloth suits are frequently made with velvet collars, edged with fur. The waist line has gradually worked its way to the normal line.

The gathered ruffles used so much this winter are especially becoming to the slender figure.

The big china buttons of garish coloring are used with good effect on the white silk and satin waists.

There is a hint that the fur caps will supplant the fur wrap, which has held sway for so many seasons.

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