

NOTES AND COMMENTS

The men and women of the world will have little or no taste for poetry, says a woman educator...

They embroider beautiful clothes for their children. They decorate the bodies of their boys and girls lavishly, says this woman educator...

It is true that sometimes the child's mind is not developed in the home by his parents. While it sometimes is due to conditions when the mother goes out to work daily...

What is more tiresome? There it is on your head, year after year, pretty much the same in texture, changing but slowly in color...

A lady in court society, a former friend of King Edward, that difficult man to amuse has just given a dinner and dance and guests were required to come with their hair in any but its natural color...

Well, well, what a dream, this world of ours, my masters—this world of "society" wherein the proper, the natural and the accustomed be come too great a burden to bear...

HOW TO TEST WATER.

Two Simple Ways of Knowing Whether It Is Pure.

Every one knows and admits the necessity for pure water. When you are away from home, and are not sure of the character of the water supply...

Fill a tumbler with water, drop in a lump of white sugar, cover it with a saucer, and let it stand overnight on the bricks at the side of the range...

What He Didn't Like. A horse dealer was trying to sell a horse afflicted with hooves, and said to the prospective buyer: "Hain't he a fine coat? Isn't he a dandy?"

Horse Sense Defined. "Come in and have a drink, old man." "Nothing doing." "What's the matter? Sworn off?"

Little Uncertain. Parson Cunningham came across a tipsy fellow leaning up against a fence one evening, and stopping, he asked where he expected to go when he died.

Sign of the Times. "Business is pretty slow here just now," confessed the Squam Corner merchant.

I judge so," replied the baking powder drummer, "when I observed they had laid off one of the hands of the town clock."

Pleanty of Orders. "My friend Wombat says he can't catch up his orders."

"It be a manufacturer?" "Oh, no. Merely a man with a wife and five grownup daughters."

HEALTH

Strengthening the Spine.

Many young boys and girls, especially those who have grown tall rapidly, give much concern to their spines...

When a boy gains four or five inches in a year, he uses up a great deal of strength in mere growth; his stooping shoulders and sagging spine mean that the back muscles are not yet strong enough for their new work...

We are constantly told that our grandparents sat up straight, even when they were very old, and that when they were very old, and that the slouching attitude of to-day were unknown to their fathers...

Before you get up in the morning, and before you go to sleep at night, lie on your back, stretch both arms out straight behind the head, and then rise slowly to a sitting position...

Treatment of Insomnia. The room should be well ventilated, and the bed should be on a firm mattress. This is of the utmost importance, and an additional benefit can be obtained by pulling the bed away from the wall...

When Little Bear Went Fishing. One morning Father Bear and Mother Bear rose at dawn and went fishing. They wished to catch a big fish for breakfast.

Father Bear and Mother Bear smiled; but Little Bear frowned softly: "Come fish, come fish. My son was so low and sweet, and sounded so harmless, a wee bluebird sung with him!"

Five minutes passed, ten minutes passed, and then came a fish, swimming—swimming down the river. The fish nibbled at the river's edge, but he did not like the bait; it was too soft for him.

Home went three happy bears ever so early in the morning, and the fish that Little Bear caught was cooked for breakfast. It was the best and sweetest fish that Little Bear had ever tasted—YOUTH'S COMPANION.

Johnny, aged six years old, has arrived at what has been called the "story-telling age," or the age when children's imaginations get the better of their desire for truth.

"The doctor said he would put me on my feet again in two weeks." "Well, didn't he do it?" "Yes, he certainly did. I had to sell my bicycle to pay his bill."



John D. Rockefeller. He has moved his residence from Cleveland to New Jersey because his taxes under the income law would be 20,000 dollars by the change of residence.

Young Folks

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THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, MARCH 15.

Lesson XI. The Lawful Use of the Sabbath, Luke 13, 10-17; 14, 1-6. Golden Text, Mark 2, 27.

Verses 10. He was teaching in one of the synagogues on the sabbath day. This is the last mention of Christ's teaching in a synagogue and the only instance during the latter part of his ministry.

11. A spirit of infirmity. A spirit that caused infirmity, similarly a demon that caused dumbness, is called a dumb spirit (Luke 11, 14). 12. Woman, thou art possessed.

13. Laid his hands upon her. Sometimes Jesus healed by means of a touch; at other times a word sufficed. 14. The ruler of the synagogue.

15. Moved with indignation because Jesus had healed on the sabbath. Like records two other instances when exception was taken to the actions of Jesus on the Sabbath.

16. Whom Satan hath bound. Satan was thought to be caused by Satan or spirits subject to him. 17. The multitude rejoiced.

18. It is lawful to heal on the sabbath, or not?—It was the business of the lawyers to answer questions of this kind, and if the Pharisees made no objection when they could not protect afterward.

19. Let him go—Dismissed him from the company, so that he would not be troubled. 20. The Pharisees knew how they would act if their own interests were concerned. They could not, therefore, object when Jesus wished to do as much in the interest of others.

21. Into a well—The open pits, or cisterns, in Palestine are not very deep. 22. Matchmaking in India.

A Missionary Gives His Experience of the Way It Is Done. Almost every one who has friends in mission work in India knows that one very important function of the missionary is to play the part of matchmaker to his flock.

23. On New Year's Day, 1911, as I was seated in my little mud cottage at Anticoria, a number of people entered the veranda and ceremoniously came into my room, bearing trays of flowers, fruits, raisins, and sugar.

24. He agreed with her. "It's hard," said the sentimental landlady at the dinner table, "to think that this poor little lamb should be destroyed in its youth just to cater to our appetites."

to our special welfare and striving for the health of our souls to such an extent that you have greatly impaired your own physical health...

This question as to "the whole duty of man" is answered in different ways. First, it is our duty to know the truth. This means that we must accept an idea not because our fathers adopted it, or the Church teaches it, or the tradition of our race prescribes it...

Secondly, it is our duty to do the right. This means that we must do a thing not because it is profitable, or prudent. But because it is right.

So it was settled. I may add that my wife and I have reason to approve highly of the Indian method of matchmaking, but it should be combined with the Western method of courting, as in our case, to secure the best results.

Every C.P.R. Station Has Its Plot of Flowers. This coming spring marks the twenty-fifth anniversary of the creation by the C.P.R. of the floral department which, though it is immediately concerned with aesthetic effects, has been a splendidly paying feature of the organization...

Mr. A. Munro has received an appointment with the Glasgow Corporation Gas Department, as assistant superintendent of its southern division.

A slight railway accident occurred at the Eglington Street Station, Glasgow, on the Caledonian Railway line. Fortunately no one was injured.

James Dunlop & Co., Clyde Iron Works, have purchased for \$90,000 the estate known as Hamilton Park, between Rutherglen and Cambuslang.

A joint committee of the Dumfries and Maxwellton town councils are to appoint an engineer to advise them with regard to the erection of a new traffic bridge.

Old Rokeigh—Marry my daughter! Why, you are supported by your father. Suitors—Yes, sir; but my governor is tired of supporting me, he says, and I thought I'd get into another family.

Bill—It seems dangerous for a man to go about with a chip on his shoulder. Bill—Why so? Bill—He stands a good chance of having his "block" knocked off.

William Munro, of Brandon, an old-timer of the Oak River district, is dead. He had a long life spent in the suppression of the Riel rebellion.

"THE WHOLE DUTY OF MAN"

Certain Principles Which May Perhaps Be Summed Up Under Three Heads

me. But whether, or no, I will hold my rudder true. Lastly, it is our duty to love the good. This means that we must accept an idea not because our fathers adopted it, or the Church teaches it, or the tradition of our race prescribes it...

But because it is right. This means that we must do a thing not because it is profitable, or prudent. But because it is right.

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TYPHOID EPIDEMIC

2,000 Persons Out of 7,000 With Disease in

A despatch from St. John's, Que., says: The seriousness of the epidemic of mild typhoid which has taken hold of the Towns of St. John's and Irberville and the County of Sabrevois generally, is seen in the fact that two thousand persons, at least, out of a population of about seven thousand are suffering from the disease in its various stages. Many of the Royal Canadian Dragoons stationed here have contracted it, and the Militia Department has sent down Major Drum to investigate.

THE NEWS IN A PARAGRAPH

HAPPY NEWS FROM ALL OVER THE GLOBE IN A NUTSHELL.

Canada, the Empire and the World in General Before Your Eyes.

The Government declined to inaugurate the old-age pension system for Canada at the present time. Leonard McGibbon was sentenced to seven years for shooting and killing his cousin, John McGibbon, at Dalrymple, Que.

The Bathurst, N.B., Lumber Company announces that it has completed plans for the erection of a fifty-ton sulphate pulp mill at Bathurst.

The Sarnia Fence Co. has agreed to turn over its entire Western business to the Grain Growers' Grain Company, which will pay an agreed price per ton for the output of the factory, and will retail it.

Militant Suffragettes were engaged in a fierce fight at a Labor meeting in London. The London Chronicle says the Asquith Government will finish out its full term and will not dissolve this year.

President Wilson, in his message to Congress, on Thursday, urged the immediate repeal of the Panama tolls exemption clause. A pretty sort of neck filling is plain net with a single tuck and hem stitched edge.

Unfortunately the sweetness of victory never lasts as long as the bitterness of defeat. A pretty sort of neck filling is plain net with a single tuck and hem stitched edge.

Perhaps money used to go farther than it does now, but it didn't go so fast. The fellow who was born tired should look out for punctures.

The greatest paradox would be a girl who blushes for her own cheek. Don't judge by appearance. The jolly doesn't always have the most fun.

Mighty few people get nervous prostration from their efforts in trying to make the world better. It is never too late to mend, but it is just as well if you don't have to.

Expired. The defendant, who was held on the charge of keeping a dog without a license, repeatedly tried to interrupt the evidence, but was hushed each time by the court.

Yes, but— "Yes, but— You must know your license or be fined. You know it expired on January 1st." "Yes, and so did the dog."