

NOTES AND COMMENTS

Go walking. Wild roses invite and the fields are fair. Foliage has come to the full of its luxuriance...

Delirium. When all parts of the brain work properly together, our consciousness of what is going on in the world around us is an orderly one...

He is pumping fresh air into his lungs and getting vigor into his legs. His companion is cheerful, his patron is good health.

He goes happily along even the dusty roads; he is tanned by sun and wind; he rests under the oak; he finds wild strawberries. Go walking. It's not too hot and even the heat of a road in July and the cold of a road in January are not too heroic for the endurance of one who has walked himself into the hard fibres of health.

Sir Frederick Treves, a noted British surgeon, said recently that hard work accounts for more than brilliancy. If he had to submit to a major operation, he added, he would choose a careful, hard worker rather than a brilliant surgeon.

These remarks have excited some controversy, but, after all, do they contain any real disparagement of brilliancy? Brilliancy, like genius, is an accident. It is born, not made. The world would be a dull, flat plane intellectually if it did not throw up brilliant people.

When the brilliant man is also a hard worker he conquers the world. But the slow conquest of hard work by men of talent and ability are by no means negligible. We can train children to appreciate work and method, efficiency, order and industry. When they happen to be brilliant into the bargain, the reward of hard work will be correspondingly greater.

TO DISPLAY EGYPTIAN FINDS. Recent Discoveries Will Be Pictured in London.

The London Society of Antiquaries will soon hold at Burlington House an interesting exhibition of the papyrus and other fragments discovered by the Egypt Exploration Fund at Antinoe, Oxyrhynchus, and other sites of ancient civilization on the upper reaches of the Nile, hundreds of miles south of Cairo.

That human nature has not altered much is shown by an order for an inquest on a slave who had fallen off the roof of a house in his anxiety to secure a good view of some dancing girls; an announcement of some athletic sports; allusions to horse racing; a list of articles left with a local pawnbroker, and a curious indictment by a wife of a cross-grained husband who refused to give her the household keys and bolted the door when she had gone out to church.

The preparations common in modern villages on the occasion of the visit of a member of Parliament have an interesting prototype in a letter ordering certain civic officials to have everything ready for the visit of a Roman Senator, including the bun which he was to throw to the sacred crocodiles. These vivid historical snapshots seem to bring the dead past of Graeco-Roman Egypt very near.

After a Good Meal. Hostess—Another piece of mince pie, Georgie! Just a small piece! Georgie (reluctantly)—No thanks. I could chew it, but I couldn't swallow it.

HEALTH

Delirium. When all parts of the brain work properly together, our consciousness of what is going on in the world around us is an orderly one; things are, as the doctor says, "properly coordinated." But if that co-ordination is disturbed, the consciousness gets muddled, things lose their relation to one another, and everything becomes topsy-turvy. That condition is called delirium, from the Latin word for crazy and it is not a disease in itself, but a symptom that may complicate many diseases.

The cause that underlies a case of delirium must first be found, because the treatment will vary in accordance with it. Few of us are called on to deal with delirium tremens or with the delirium of starvation, or with that terrible form known as acute delirious mania, which generally ends in death.

Sometimes the habit of waking in the middle of the night can be traced to the wrong sort of supper, or to tea or coffee or tobacco. Old people do not like to give up the habits of a lifetime, and it is unwise to change these habits suddenly. But they can be gradually modified. Occasionally it is an excellent thing to give a little stimulant in hot water just before going to bed. In cases where the strength is seriously impaired, it should be given after the person is actually in bed.

If the digestion is disturbed, especially at night, try the slow sipping of a glass of warm water with a little bicarbonate of soda dissolved in it. Old people often drift into the habit of taking no exercise of any kind; that is a mistake. Only those who take a little exercise every day can keep in a reasonable condition of health.

Some very old people are afraid of an open window. To nag them about the necessity of ventilation usually does more harm than good, but as they move from one room to another during the day it is generally possible to give a thorough airing to the room they have just left. The clothing of old people should be light, but warm, and always loose. Daily, but not prolonged, massage is useful; it occupies the attention of the aged; it rests them, and at the same time gives them gentle exercise.—Youth's Companion.

Shirking Work. Shirking is a kind of stealing, and a mighty mean kind. For some one has to do the work or some one has to suffer because it isn't done. Whatever you do don't get into the way of shirking. Shirking is responsible for more than half the trouble of this old world, half the work that's badly done, half the accidents that happen. Shirking is a vice, like drinking. It grows harder and harder to shake off, and gradually it begins to lose you and your friends, your job, your self-respect, much as does any other vice. The shirk is a pitiful creature, and shirking makes more failures in life than the statistics show. They blame it on a lot of other things; but really the root of the matter is right there.

THE SUNDAY SCHOOL LESSON

INTERNATIONAL LESSON, JULY 12.

Lesson II.—Greatness Through Service. Mark 10: 22-45. Golden Text, Mark 10: 45.

Verses 32. And they were on the way, going up to Jerusalem—The greater number of lesson passages we have studied thus far this year deal with incidents which occurred and lessons which were given during Christ's last journey from Galilee to Jerusalem.

Jesus was going before them; and they were amazed—Jesus mingled so freely with his disciples that on this occasion, when he walked apart from them and did not communicate his thoughts, they were surprised and were unable to explain his manner. No doubt his mind was occupied with things which he knew they could not clearly understand.

They that followed were afraid—Others of the company, besides the disciples, were awed by Jesus's demeanor, and though they followed him, they did it with fear.

He took again the twelve—Becoming aware of the effect on the disciples produced by the strangeness of his manner, Jesus again joined the company of the disciples and began to share with them his thoughts regarding the crisis awaiting them at Jerusalem. Matthew says that he took the disciples apart, that is, away from the rest of the followers.

This is the third time that Jesus has announced his passion to the disciples. The details as given here and in verse 34 correspond so closely to the events which later took place, that it is possible the writer recorded his later clear understanding of the import of what Jesus said, rather than the impression made when the words were spoken.

—Christ's life is the price by which men become free. This was true of his life in a sense in which it is not true of other lives, though the world has not been without its heroes and heroines, especially on the mission fields, who have given their lives for others; might live fuller, truer lives.

notwithstanding their inability to comprehend his teaching, their shortcomings and their faults, Jesus believed they would come out victorious, and he did not discourage them, but treated them as men worthy of respect. What a tower of strength it must have been to them later, when the dark hours came, to remember the confidence that Jesus had had in them!

40. Places of honor in Christ's kingdom are to be attained, not given away. They have been prepared for those who are fitted for them, and influence counts for nothing.

The ten — began to be moved with indignation—James and John were introducing political methods for their own advancement. The ten naturally resented this.

42. Jesus called them to him—He had been speaking to James and John only. Hearing the objection on the part of the other disciples, he called them to explain to all the wide broad principles upon which his greatness in his kingdom rests.

Lord it over them—The rulers are lords or masters, and the people become their servants to do their will and to minister to their pleasure.

But it is not so among you—In Christ's kingdom greatness is not won by competition and self-assertion, but by working for the common good; by making a state of society in which the strong help to bear the burdens of the weak, and the welfare of every individual is considered important.

44. Servant—That is, bondservant, one who is under obligation or holds a personal relation to those whom he serves. This position in Christ's kingdom is higher than the position of minister, who does not hold the personal relationship.

For the Son of man also came to be ministered unto, and not to minister—The Son of man is not exempt from the rule stated. His kingship is also that of service, and not that of lordship.

YOUNG FOLKS

The Inquisitive Crow. Mr. Moskioz was a man who loved chemistry. After he had studied all that other people knew about, he branched out and started experiments of his own.

He was so disgusted with his laboratory that every morning he would march them into his laboratory and give each a tablespoonful of the elixir. Then they would be seized with an irresistible impulse to labor at their daily tasks.

There was a crow that sat outside the laboratory window several mornings, and saw Mr. Moskioz lading out this elixir. "I wonder what that is!" he thought.

Rich, Handsome, a Sportsman and a Statesman. Sir Adam Beck! The new title sounds familiar and natural right at the start; for Ontario's "Minister of Power" is associated in the public mind with more than a touch of the knightliness of the old, old days.

When the people—Conservatives and Liberals alike—think of Adam Beck they think of a gentleman politician—a broad-gauge, wise, kindly man doing things naturally on a high plane. Because he is also rich and handsome and well-dressed and a sportsman of the highest type he stands as a unique figure in the Province.

As a matter of fact Sir Adam Beck is taken the great British statesman politician for a model. He once said to an interviewer: "Like Lord Rosebery."

Rosebery I had as a boy three great ambitions. One was to marry the most beautiful lady in Canada, another was to win the King's Plate, and the other was to be in politics.

THE CHRISTIAN'S CHRIST

Exceedingly Interesting to Read What Prominent Men of History Thought of Jesus

"What think ye of Christ?" is the greatest question a man ever has flung at him, and to put it aside with either carelessness or irreverence is the token of a shallow mind.

It is no easy thing to form a just appreciation of Jesus. None of us ever saw Him in the flesh. Few of us have even visited the land where He was born or mingled with His people and customs.

Historic Reality of Jesus. Both Josephus, the Jewish historian, and the Jewish Talmud recognize Jesus' historic reality, and the latter accounts for His miracle by the exercise of magic learned in Egypt, while Tacitus, the Latin historian, and Pliny the Younger incidentally testify to His death under Pontius Pilate, and His worship by the Christians as God. Jesus, in the second century, the first heathen philosopher to write against Christianity, makes some eighty quotations from the New Testament or allusions, to incidents narrated in it, and so confirms the existence of the four gospels at that early date.

Here and there among the great thinkers of history have been those who have called Jesus a fanatic or an imposter. But most of the great men of the race have given Him a place of unequalled supremacy.

ASSASSINATION OF RULERS. The Number Who Have Been Killed in Recent Years. Following is a list of rulers and Ministers assassinated since 1863: Abraham Lincoln, President of the United States, April 14, 1865.

Seen in Paris Shops. Foulard has resorted itself as one of the leading silks. Some of the prettiest new gowns are now made of white muslin. Messaline princess slips are in demand once more to wear under lingerie gowns.

A pure lemon yellow batiste frock was trimmed with heavy hand embroidered linen. An odd little new suit has a straight coat finished with a ruffle of the same material.

Paris is now wearing black velvet laid with trimmed with roses and foliage fashioned of white mousseline. Box-pleted tunics and flounces are being featured on costumes designed by Paquin, Callot, Fremet, Beer and Poiret.

A delightful imported hat was simply covered with embroidered chepe; its only ornament a knot of flowers which precisely matched the pattern.

Not in Her Line. One day Mr. Smith went to buy a bushel of buckwheat for sowing. The man who sold the wheat was away, but his wife undertook to wait on the customer. She found a peck measure, and they went to the granary.

Mark Twain Again. In the course of one of his lecture trips Mark Twain arrived at a small town. Before dinner he went to a barber's shop to be shaved.

Tremendous Ice Mass. The largest mass of ice in the world is probably the one which fills up nearly the whole of the interior of Greenland, where it has accumulated since before the dawn of history. It is believed to form a block 600,000 square miles in area, and to average a mile and a half in thickness.

Mark Twain Again. He seems to be wandering in his mind. "Then he can't stray away very far."

NEWS IN A PARAGRAPH

PP. NINGS FROM ALL OVER THE GLOBE IN A SHUTTLE. ... to General Before Your Eyes.

Canada. The Canadian Government proposes to reduce the public debt of the Dominion. ... Ernest Austin, a young man years, committed suicide on the public thoroughfare by drink.

The Ontario Association of ... resolution asking the Dominion Government to remove the death penalty from the classification of undecidable and another to urge the agitation to have the Ontario Government establish a law for aged and infirm death in the prison.

Great Britain. Nationalists and Orangemen a serious clash at Omagh. ... Edmund Payne, a comedian known to English theatre-goers died, aged 49.

United States. Memphis, Tenn., will pay for every rat killed. ... It is persistently reported Washington that the United States is about to interfere actively in Mexican troubles.

Prince of Wales. A despatch from London when the Prince of Wales first attained to his twenty-first, he will enter into the possession of the revenues of the Duché Cornwall, now being acquired for him by the King, and accumulations of which will amount to over £1,000,000.

In Other Words. "I am not ashamed to say that I vote as my wife thinks I ought to vote. She has more time than I have to study political conditions and I am perfectly willing to accept her judgment."

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