

NOTES AND COMMENTS

The Germans are now beginning to remember history. They are turning the pages and there is stirring within them the disquieting knowledge that the British are beyond all measure stubborn.

Everything therefore which can be done to make Germany realize that the British still are a most stubborn race and have got it firmly fixed in their minds that they are going to win this war even if it takes them twenty years and every man and cent they possess to do it, is likely to increase this feeling of hopelessness among the Germans as to the ultimate outcome.

The full menace of this stubbornness of the British can be understood only when it is considered from the German point of view. It is not hatred of the Germans themselves, but simply a determination to make them pay for the misery they have wrought and deprive them of the weapons which make such misery possible.

We intend to do this with as much good humor as they have left us. We can still joke, still laugh in their faces and "play the game" of war cheerfully. But the long strain of the past months has roused in us all that inherited stubbornness of race which is not only dangerous to those who oppose it but is unconquerable.

Lord Hardinge, who has relinquished his post as Viceroy and returned to England, has given an interview as to his impressions of the loyalty of the people of India. The people themselves, he asserts, have tracked down seditionists, like the 7000 who came back from America a year ago, apparently under German inspiration, to stir up disaffection.

France, in Egypt, on the Gallipoli Peninsula, in Mesopotamia, Egypt, East Africa and China Indian and British troops to the number of 900,000. British troops to the number of 300,000 fought valorously side by side, and the British army of occupation in India was cut down from its usual enrolment of nearly 75,000 to less than 15,000.

Lord Hardinge, progressive in his attitude and following the liberal pattern set by Morley and Minto in his administration, is qualified to speak for the patriotism of India. England's grandest colonial experiment is justified by the fruits of it in the unwavering fidelity of the native rulers who enjoy the heritage of Hastings and of Clive.

Why the Heart Does Not Send Enough Blood to the Head.

If you are in a place where there is a crowd and the air becomes stuffy and foul, there is generally some complaint about the ventilation—some one turns pale, sways and falls helplessly to the ground.

It is plainly seen that something has happened to stop the tissue works. Perhaps you forget that your vitality must vary all the time, and that if it stopped for a moment you would topple over.

That is what happens when a person faints. The switchboard brain centers which control the balance of the body and the nerves which carry orders from the senses to the muscles of the legs refuse to act.

You can guess the reason of this if you remember that the face of the person who succumbs to this state is always pale. This gives you the hint that the supply of blood to the head is defective.

The heart does not send enough blood upward, and so not only the face but the brain becomes pale and ceases to work. All tissues require a continuous supply of blood or they will cease to act. There is no kind of cell that does not quickly exhaust its nourishment.

Two Dollars, Please. "What would you recommend for neurasthenia, doctor?" "Well, you might try insomnia."

THE FASHIONS

For the June Graduate. Quite as important as the June bride is the June graduate. She must be just as daintily dressed in misty white, and her future is equally as promising.

It is no longer considered the proper thing for the graduate to be elaborately dressed in silk or satin; many of the daintiest frocks are fashioned by the graduate herself, from the sheer voiles, organdies, nets, or from the dainty flouncings of lace or embroidery. The high schools favor the idea of the graduate fashioning her own dress; some so far as to suggest the material and the cut for the entire class.

Simply in Cut and Material. The very simplest, most youthful models are chosen for the June graduate. They are usually of organdy, or one of the sheer cottons, very spar-



7104 Commencement Frock of Voile

ingly and simply trimmed. Crepe de Chine or one of the very soft taffetas or satins may also be used, if preferred, but the cottons are more in vogue and daintier.

Net, which is such a general favorite for the typical summer dress, is quite as well liked for the graduation dress and proves extremely practical. White cotton net, combined with taffeta, voile, or organdy, fashions the daintiest of graduation frocks; one which may be worn later for summer afternoons, or the dance.

Skirts are short, sleeves range from the short puff, so charmingly in keeping with bouffant skirts of the moment, to the three-quarter or full length sleeve of organdy, net, Georgette or chiffon. Round necks are particularly modish, although the square neck and the V are also liked. If one wishes to be at the height of the mode, the graduation frock must boast a hooped petticoat. These are so softly boned and so unobtrusive that the frock loses none of its simplicity but gains in grace.

Shoes, Gloves and a Fan. White kid pumps and white silk stockings are dainty and carry out the "all white" notion; black patent kid pumps and black stockings, however, are in quite as good form. White silk gloves, if any gloves are worn, are better than kid, being cooler. A small white fan may be carried.



7192 Another Dainty Model for the Graduate

ried, both for use and ornament, for fans are extremely dainty this summer. Feathers are being used in the new fans. There are small ostrich feather fans and plain cock feather fans in white and colors. The small-

spangled silk fan is still favored. Any of these make most acceptable gifts for the graduate. Although the plainer the hair is dressed the better, a bit of tulle or a single comb may be worn, and Colonial silver or rhinestone buckles may adorn the pumps. Very little jewelry, if any, is permissible; a small brooch or a tiny Lavalier is quite enough.

Summer Frocks of Organdy. Organdy is one of the most generally favored of materials for the summer frock, whether for graduation, garden parties, or summer dances. It comes in all the delicate pastel colorings now favored and is also patterned with dainty, conventionalized designs, on white and colored grounds.

The plain and colored voiles are effective also, and there are many attractive combinations of voile and taffeta, organdy and taffeta, net and organdy and the like.

It is considered most Frenchy to combine organdy and taffeta, or net and taffeta. This is usually done in a frock which one has no idea of sending to the laundry, although there are at the moment taffetas and satins which wash very well.

The first frock illustrated here is a jumper model adapted from one of Poiret's designs. It is developed in net and taffeta and is a charmingly simple model for the girl who wishes to make her own frock for commencement.

In the second design is a particularly effective frock of plain and figured voile. The figured material is white with a white mercedized ring. The quaint neck line, puffed sleeves and full skirt, make it a very pleasing and youthful frock, suitable for graduation exercises or summer parties.

The Garden Party Hat. It will do no harm to tell of a hat or two, which, worn with the graduation frock after that wonderful day will complete a most effective garden party, or summer afternoon costume.

There are large hats of organdy in the dainty colorings; just the thing for the organdy frock; large black and colored wenchows, stenciled with some quaintly conceived and colored figure, flower or bird; wide brimmed leghorns, with a flower or two on their drooping brims; and many others, for the large hat is again modish. These stenciled hats offer alluring possibilities to the girl who paints or understands the mixing of colors.

These patterns may be obtained from your local McCall dealer or from The McCall Company, 70 Bond St., Toronto, Ont. Dept. W.

SKIING IN NORWAY.

An Exhilarating Sight to See a Troop of Soldiers on Skis.

When anyone writes of skiing in Norway, it is the purely Norwegian aspect of the sport that is of the most interest, says a correspondent of the London Times. Mountain skiing is, with the minor variations, due to local conditions; the same kind of a wholly forest skiing is essentially the pastime of Norway. Those who are accustomed to the long runs over perfect snow common in Switzerland find little pleasure in following narrow and tortuous tracks through forest, and are, of course, incapable of marking out such a track for themselves; for forest skiing requires skill of a wholly different order from that necessary in the open. The paths are often hard and very bumpy, speed is quickly gathered, and great command over the ski is necessary to keep the balance and take the sharp turns between the trees. Few more exhilarating sights can be imagined than a troop of Norwegian soldiers filing through the forest in Indian file, one on each other's heels, all going full speed, prodding with their sticks to increase the pace even down the hills, never faltering at the bumps, and swinging round the bends without a check.

The course of the fifty-kilometer race, which takes place annually before the great jumping competition at Holmenkollen, is a fine one, and the great forest of Nordmarken, and is covered by one of the competitors in about four hours and a quarter—not bad going for thirty-one miles up hill, down dale, and cross lakes, with the finish no lower than the start. The track to be followed is marked by little red streamers hung to the trees at intervals. It is laid by officials of the ski club, who delight in choosing the most difficult way they can find, and the actual tracks of whose skis constitute the course.

Last year I spent a night in a hut in the forest and went out in the morning to see the runners pass. They had been going about six miles when they passed me, and I chose a nice, Ethick place on a good slope to see them go by. As they must go in single file they are started at two-minute intervals, and a competitor who is caught up with must give his pursuer room to pass him. There were thirty or forty starters, all very young men, and they went through the thicket, full speed. I had the ill-natured satisfaction of seeing two fall who failed to clear a particularly malicious bush with the tips of their skis; they pitched on their heads, but they were up again in a trice. Several of them avoided that particular bush with a side jump taken at the last moment, which served further to increase their pace. They were all going with an easy swing, which carried them with hardly an effort over the ground.

Receiving Stolen Property. Men who buy stolen property from boys should be severely dealt with. Junk dealers are usually unscrupulous and will buy brass, lead and tools from children, even though they know the material is stolen. Boys begin by picking up scraps of iron and cast off articles in alleys and soon they grow bolder and enter some vacant dwelling and strip the plumbing. If they could not sell the stuff they would hesitate before stealing it and the path of wrongdoing should be blocked by prosecuting those who take advantage of these untrained youths.—J. J. Kelso.

From first to last shells are made by machinery. The inflammation is very likely to

Japan War Minister



LT. GEN. OSHIMA, recently appointed War Minister of Japan, who has submitted plan for the increasing of the Japanese army.

HEALTH

Tonsils and Teeth.

Prominent physician is thus quoted: For many years the surgical profession has realized the importance and complication of surgical affections. It is only within the last few years that the medical man has come to determine that in the so-called medical affections infection is the causative factor, notably in rheumatism, influenza, and similar diseases.

The result of extensive research investigations has proved beyond any doubt that direct infection is the cause of many more numerous and serious conditions, as disease of the heart muscle (myocarditis), of the structure of the kidney (nephritis), and very recently that there are unsuspected pockets of pus about the roots of our teeth. Much previous work, thought to be so perfect, has to be undone and radical measures taken to eradicate the dangerous foci of infection.

Of course, acute attacks of diseases known to be bacterial in origin cause the modern doctor to search out the cause, but those more obscure conditions of "poor health" or "general debility" that are thought to be the necessary attendant of the middle age have been passed over with little study, and medical treatment has been limited to "tonics," rest, change of scene, etc., when really the cause of such impaired physical vigor was due to infected tonsils, Riggs' disease or pus foci in the roots of the teeth. Removal of the cause automatically cures the effects. Hence the necessity for careful and regular attention to teeth and throat.

Acute Rheumatism. Rheumatic fever, although serious and painful enough, is not feared as it used to be. We have discovered that salicylate of soda has a specific action in this disease; it relieves the pain, reduces the fever and shortens the attack.

The great danger in rheumatic fever is its tendency to attack the heart. In former days it was almost always the case that a patient rose from an attack with a permanently damaged heart. But if the salicylate treatment is begun early enough and pursued perseveringly, that unfortunate complication may usually be warded off. In other respects, the treatment is that suitable to any acute fever, except that since there is no fear of infection for others, it is not necessary to isolate the patient.

On the other hand, the pain is so intense, and the patient is in such dread of a clumsy hand or a jarring footstep, that it is best to keep him virtually isolated while the attack is at its height. The patient should have the largest and best ventilated room that can be spared, and he should say in bed for some time after the actual fever has disappeared. There is often a good deal of sweating, and that should be encouraged, for by that means much of the poison is carried from the system. The patient should be given plenty of water, for that, too, helps to eliminate the poison.

The inflammation is very likely to

move from joint to joint, and the treatment for the local pain of course moves with it. If the pain is severe, it may be necessary to protect the joint by a cast, so that the bedclothes shall not press upon it, or to wrap the joint in layers of cotton wool. Sometimes hot fomentations give relief.

There are few illnesses in which it is so necessary for the physician to be constantly watchful. The salicylate of soda should be given only under his orders, since some people take it well, whereas others react badly. Moreover, only a trained physician can watch the heart intelligently and vary the treatment in accordance with its condition.—Youth's Companion.

THE SUNDAY LESSON

INTERNATIONAL LESSON.

JUNE 11.

Sowing and Reaping (Temperance Lesson).—Gal. 6. Golden Text Gal. 6. 7.

There is a single thread uniting the whole paragraph, the right relations toward "the other man" (verse 4), who belongs to the Christian family. They are all centered in the duty of using the microscope for our own faults, and looking at the other man mostly to see how we can help him.

Verse 1. We seem to hear the echo of a boast that they could not be tolerant of "trespassers." The whole verse is reminiscent of the Lord's encounter with men who brought him a woman overtaken in a grievous trespass, when he bade "look to themselves." Restore—the idea of the verb is that of putting something in order so as to be ready for use again, like tumbled nets after a night's fishing (Mark 1. 19). Note the corresponding noun in Eph. 4. 12, of the "fitting of the consecrated for work of service." It is God's work to estimate and punish guilt; our only concern is that one of God's tools is out of repair, and we must see it in working order again. Spirit—Neither here nor in verse 8 do we use the capital. It is, in fact, usually impossible to distinguish in such phrases between the Divine and the human spirit, for the latter is the part of man where God dwells. In an "unspiritual" man (called psychical in 1 Cor. 2. 14—one who has nothing higher than the mind in him, the psyche, or "soul," being in this context the man on his im-

material side) the "spirit" is asleep; and the sleep may deepen into death. Gentleness—Strenuously seen in Christ (Matt. 11. 29; 2 Cor. 10. 1). The word meek is a unfortunate rendering there, for it now suggests a man who cannot resist or repel an injury, instead of a strong man who will not do so.

2. Burdens—A significantly different word from that in verse 5, where the load is that which we must carry for ourselves. Here the thought is of times when

"Mighty love doth cleave in twain The burden of a single pain, And part it, giving half to him." The law of Christ—Compare especially John 13. 34. A better reading here is the future, ye will fulfil.

3. Something—So in Gal. 2. 6. The man who thinks so much of himself, of course, not stoop to do what is beneath him. "Coolie work" for his brother, especially if he had been caught in some lapse. Those who have learned Christ's law from seeing him at "coolie work" for men (John 13. 5; compare Mark 10. 45) will count it their privilege. When he is nothing—In 2 Cor. 12. 11 Paul humbly uses this phrase (nearly) of himself. Deserve—Not for the other people, who can generally take their measure of such men.

4. Prove—to apply a rigid and impartial test to our own performance is the surest check to conceit. Glorifying—The thought seems to be that when a man has really tested his own work he will feel no temptation to compare it with his neighbor's achievement; he judges it by an absolute, not a relative, standard. If then he "glories" in it, it will be with no sort of pride, for he knows its faults, but only with thankfulness to God, who has helped him. Paul very often uses this word "boast" in quotation marks, as it were.

5. For his responsibility for this work he can never share—he must bear it himself before God. What then has he to do with other people's responsibilities and the possibly inferior faithfulness with which they shoulder them?

6. Communicate—An unintelligible archaism. It means to go along with; the "reuschmenen" for the word here got a technical meaning before long; compare especially Luke 1. 4—is to share meals and other things with him who has been telling him the gospel story. Compare 1 Cor. 9. 11.

7. There is probably no immediate link with the previous verse, but the thought is not far away, as the return to it in verse 10 shows. Selfishness is the "sowing to the flesh." God is not mocked—This is the converse of such Old Testament conceptions as Psa. 37. 13, representing Jehovah as deriding the creatures of a day who dare to defy him. The New Testament never says this, but it can picture man deriding or (Rom. 2. 4) despising the patience which man's folly mistakes for impotence. Yet all the time wild oats are sown, by God's inexorable law wild oats come up and are harvested, unless the sower has grace to pull them up and sow another tardy crop in the enfeebled soil.

8. Flesh here is the antithesis of spirit, and includes the whole of human nature when God is left out, just as spirit is man's highest nature in vital union with God. Corruption—What are men better than sheep or goats?—destined for nothing but the grave—if they deliberately starve the one immortal part of them.

9. Well-doing—See paragraph above. Two different words appear for "the good"; here what is seen to be good has the emphasis, in verse 10 the emphasis is on internal quality. Due



A Story of After School.

O mother, can't I have some cake? Can't Johnnie have some pie? Can't we come in—just us—and take An apple by and by, If we both wipe our feet off clean The way you told us to? And if we run across Bill Green Can't Billy have one, too?

O mother, have you seen my hat, The one I wear to play? And, say, ma, where'd I put my bat And ball the other day? Can't Johnnie wear my other shoes Till his own pair gets dry? Do you care, mother, if we use Your old broom by and by?

We want to use the broom to sweep The home plate off, you see, And, mother, we want you to keep Our things for John and me So we won't lose them when we play; Our knife and marbles, too— Won't you please put them all away Just as you always do?

If Billy Green should come and knock At the back kitchen door, Tell him we're in the vacant block Right next to Johnson's store. And let him have my other shoes— My old ones—so's to play; He can't play barefoot or we'll lose; He got to pitch to-day.

And would you care if Johnnie came To supper when we're through? If Bill should pitch a dandy game, Can't I bring him home, too? If Bill comes to the kitchen door Won't you give him some pie more, So he'll be strong and curvy 'em more? Thanks, ma! Good-by! Good-by!

The Tagged Nest.

Maurice and Rita ran into the library, where Uncle Arthur sat reading. "Look!" they cried. "We've found

a bird's nest that the wind blew down!"

"The birds are all gone, aren't they?" questioned Rita anxiously. "Of course," answered Maurice. "It's a last summer's nest."

After Uncle Arthur had looked at the nest, he asked: "Did I ever tell you about a bird's nest that I have?"

"No," replied both voices. "When I was a boy," he went on, "we used to hang out strings to help the orioles build their nests, just as you do now. One spring I thought I would like to mark one of the nests, so I wrote my name on a small tag and tied it to a long piece of twine. How pleased I was when I saw an oriole take my string and fly off with the tag dangling behind her!"

"Did she put it into her nest?" interrupted Maurice. "She flew to a tall elm and that was the last I saw of it then. Two or three times during the summer I climbed the tree, but although I could see the eggs and the young birds, I saw nothing of the tag."

"Uncle Arthur left the room, and when he returned he held out a nest. "Here it is, name and all," he said to the children. The two examined it eagerly, and then, when Uncle Arthur took it again, Maurice said: "I'm going to try that myself, some time, and see if I can't tag a nest, too."

"So am I," quickly echoed Rita.—Youth's Companion.

400,000 MILES ON HIS YACHT.

Wonderful Record of Lord Brassey and the Sunbeam.

Lord Brassey, who recently celebrated his eightieth birthday, is at the ways associated in the public mind with the ownership of one of the most famous yachts in the world, the Sunbeam.

The Sunbeam has now been presented to the Government of India for war service, and is doing duty as a hospital ship for convalescent officers off Alexandria.

Built forty-two years ago, she has taken her owner all over the world at various times, having sailed approximately 400,000 miles on her—and his—travels.

Holding his "master's ticket," as a seaman call a captain's certificate, Lord Brassey has come safely through innumerable dangers with the Sunbeam. Almost at the very start of her first voyage round the world a huge "following" wave as nearly as possible swept half a dozen of the party overboard.

Writing of the incident in her book, "A Voyage in the Sunbeam," Lady Brassey (Lord Brassey's first wife) said: "We were all sitting or standing

about the stern of the vessel, admiring the magnificent dark blue billows following us. A new hand was e-e-eering, and just at the moment when an unusually big wave overtook us, he unfortunately allowed the vessel to broach-to a little.

"In a second the sea came pouring over the stern. A coil of rope on which Capt. Lecky (Lord Brassey's Brassey children) were seated was completely flooded by the sea. Providence, however, had taken a double turn around his wrist with a reefing point, and, throwing his other arm round Mabelle, held on like grim death.

"Capt. Lecky, being accustomed to very large ships, had not in the least realized how near we were to the water in our little vessel!—the tonnage of the Sunbeam is only 227 tons—and was proportionately taken by surprise."

The correct nautical description of the Sunbeam is: "A three-masted topsail schooner, fitted with auxiliary power"—that is to say, she is equipped with both sails and engines.

THOUGHTS FOR THE DAY.

Fear always springs from ignorance.—Emerson. Add faith unto your force and do not faint.—Spencer. If thou thy star do follow thou can't not fail thee of a glorious part.—Dante. A merely fallen enemy may rise again, but the reconciled one is truly vanquished.—Schiller. There is only one way of making great evils small—by looking them straight in the face.—Democritus. It is dangerous to ring a bell during a thunder-storm.

BE READY WHEN CRISIS COMES

Wins Out in Business, in Professions, in Politics and in Religion.

"As much as in me is, I am ready." Romans I. xv. The man who wrote those words was confronting one of the most tremendous tasks in the world. He had to go to the imperial city of Rome to preach a new religion. He knew that it meant hardship in getting there and suffering and perhaps death when he arrived. But Paul was no faint-heart. He never quailed before anything. The Roman motto, "Semper paratus"—"Always ready"—aptly described him. His readiness to do the will of God no matter what it might be was his most conspicuous trait. No danger could daunt him, no duty dismay him. We sometimes say— "Where duty calls or danger Be never wanting there."

This Man Paul Never Was. He could always say, "I am ready." Very often this quality of readiness makes all the difference there is between efficiency and inefficiency, between splendid success and abject failure. There was once a king of France who was called "Charles the Unready." You do not need a single word more than that nickname to make it clear to you that that man never achieved anything worth while. The ancients impressed upon men the necessity of being ready by describing Opportunity as a maiden who had no hair except a single lock on the top of her forehead. If you failed to catch her by that forelock as she passed she was gone from you forever.

The whole point of the widely known story, "A Message to Garcia," was that the man who was ordered to bear the message to the Cuban general set off at once to do it. There were many perils and unnumbered difficulties in the way, but he did not parley; he demanded no special equipment; he went straight to his task and did it. A man so ready as that could not be held back from eminence.

Readiness For a Task. Means not only willingness to undertake it but it means being prepared for it. Now and then men are astonished by some hitherto unknown man doing some splendid piece of work so well to amaze the world. But whenever any such almost miraculous power is suddenly displayed you may be sure it was not suddenly acquired. Napoleon's career was not one of magic. While other young men gave themselves to pleasure he studied strategy, and when his nation's crisis came he was ready. He studied carefully in his young manhood the country he led his armies through.

One man said of another, "He is a splendid fellow. But just at the time you need him he is apt not to be there." Do you want that sort of a man for a friend or for an employee? Wouldn't you rather have one who is ready in the thing that wins out in business, in the professions, in politics and in religion, too. But remember you cannot be ready for anything unless you get ready.—Rev. Frank M.

CROWN PR... But Allies Will... CUSTOMS SHOW BIG... For First Two \$10,000,000 Year's... A despatch from... A despatch from... A despatch from... BRITISH LOSSES... ALLIES TO TIGHTEN... TO AWARDED... AUSTRALIAN... Cavalry and... A despatch from... KILLING OF... Open French...