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10 Days FREE—Send No Money



We don't ask you to pay us a cent until you have used this wonderful modern light in your own home ten days, then you may return it at our expense if not perfectly satisfied. You can't possibly lose a cent. We want to prove to you that it makes an ordinary oil lamp look like a candle; beats electric, gasoline or acetylene. Lights and is put out like old oil lamp. Tests at a number of leading Universities show it Burns 70 Hours on One Gallon common coal oil, no odor, smoke or noise, simple, clean, won't explode. Three million people already enjoying this powerful, white, steady light, nearest to sunlight. Guaranteed.

\$1,000.00 Reward
 will be given to the person who shows us an oil lamp equal to the new Aladdin in every way (details of offer given in our circular). Would we dare make such a challenge if there were the slightest doubt as to the merits of the Aladdin? **GET ONE FREE.** We want one user in each locality to whom we can refer customers. To that person we have a special introductory offer to make, under which one lamp is given free. Write quick for our 10-Day Absolutely Free Trial Proposition and learn how to get one free.

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 Largest Manufacturers and Distributors of Coal Oil Lamps in the World

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ALBERTA INCUBATOR 140 BROODER SIZE
DUTY AND FREIGHT PAID

POULTRY PAYS WELL
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 Specially adapted for Canada climate, heavy double walls, Redwood natural color, dead air space, asbestos lined Copper Tank, self-regulating safety lamp all complete set up ready to use. **15 YEAR GUARANTEE-TWO BATCH TRIAL.** Write for free catalog, Read the facts. Then compare. Investigate, you will desire the "Alberta".

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I guarantee that if within ten days you are not satisfied return corn at my expense and money will be refunded. Wisconsin No. 7, Bailey Leaming, White Caps, Long Fellow, Comptons Early. A good cotton bag furnished with each bus, and delivered to your nearest station.

Remember the guarantee.
 Write at once for prices to—
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(grown from Government-inspected seed) and won 2nd prize in field competition, price \$1.50. Also one **HOLSTEIN BULL**, 10 months; dam, 60 lbs. of milk a day, and sire, Lakeview Siepkje 2nd, price \$75.

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IN 50-lb. BOXES

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"GET THE HABIT"

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"Wis. No. 7" Write for circular. "White Cap"

THE POTTER FARM

Roy D. Potter, Mgr. Essex, Ontario

Please mention "The Farmer's Advocate."

of fire," the Princess Pats having been in action, and given good account of themselves, near Ypres. On January 17th, nine British, French and Belgian aviators dropped bombs on the railway station at Ostend, doing considerable damage. It is reported that the Germans have established an aerial base near Ghent.

The Ingle Nook.

[Rules for correspondence in this and other Departments: (1) Kindly write on one side of paper only. (2) Always send name and address with communications. If pen name is also given, the real name will not be published. (3) When enclosing a letter to be forwarded to anyone, place it in stamped envelope ready to be sent on. (4) Allow one month in this department for answers to questions to appear.]

Dear Ingle Nook Friends,—I wonder if it has occurred to you, during the last few months, and especially during these first weeks of the new year, to reflect what a tax upon optimism these calamitous times are proving,—not in regard to the war, perhaps, for according to reports each country concerned is confident of victory for its own arms, but in regard to the general happiness of humankind in its destiny here on this wonderful sphere upon which it finds itself.

Truly, it is hard to be optimistic in the face of such suffering, hard to realize that the old earth is not the plaything of a malevolent and iron-hearted fate, and yet I do believe that, in the scheme of things, it was meant that people—the one great fact of earth—should be happy. Common sense tells us so. When we are unhappy we seldom do our best work, and we are a source of misery to all who come in contact with us, yet we were put here (in our inmost souls we know this is true) to work and to cheer our fellow mortals as we go. If we fail in either, we are failing in our mission and shrivelling up the "selves" that are our only sure and eternal possession.

Of course, there is the war—and we cannot but be unhappy over it; there are many other things, too, that interfere with the confidence and serenity that should be ours, for the most part, from babyhood to old age,—the poverty of vast masses of people, the slavery of certain industrial conditions, the brutality of low types of men. But we should not blame the Scheme of Things for all this. There is absolutely no one and nothing responsible for it but our own blundering and wrong ideals as humans the world over. Cause and Result,—the thing holds in the natural world and in the mental world, too. A wrong ideal brings a wrong action as surely as the blotting out of the moon by a thick cloud leaves the world in darkness. Of a certainty, the old poets sang of this "vale of woe," and of man being "born to trouble as the sparks fly upward," but they merely stated facts. Such conditions have always been; it does not follow that they always will be, and just as soon as people are emancipated from narrowness, and intolerance, and ignorance, and self-conceit, and selfishness, and meanness, they will not be.

Once we understand all this fully, once we are assured that everything that happens is not thrust upon us by some outside force over which we have no control, we are in a position to take heart and act. We were never meant to be automatons,—we should be spoiled if we were,—and what could we be but automatons if we were not permitted to "work out," to a great extent, our own place in the great Eternal?

The more one thinks of it, the more one realizes that we were meant for effort. It is a well-known natural fact that if you tie up an arm and keep it so for any length of time, it loses its strength, wastes away—atrophies; the same thing happens with any other organ of the body, and the same also with any mental faculty. Waste one's capacity for usefulness in any respect, and one loses, just so far, the power of usefulness. Cease to use your thinking faculties and you give up, somewhat, the power to think.

On the other hand, physiologists have shown that, by some curious process,

new creases or grooves are formed among the convolutions of the brain by every continuous thinking along a certain line. Brain-power, they have shown, does not depend at all upon the weight or quantity of actual, physical brain; it is, however, manifested by the fissures in the "gray matter,"—the greater the thinker the more complex the structure of his brain. The variation in the convolutions seems to consolidate and make sure the power which has really caused the variation. It is all very curious, and very encouraging, too. If certain habits of thought cause certain actual brain changes, which, in turn, make it easier to keep up those habits of thought, why not see to it that those habits are of the best? If worrying causes brain-changes which make it easier to worry, and cheerfulness causes those which make it easier to be cheerful, why can't we see to it that only the cheerful habit is permitted to take root?—And so with all other qualities that we would like to possess. It is thus a strange but incontrovertible fact that we have largely the making of ourselves in our own hands.

It is a fine thing to be an optimist,—to cultivate the habit of optimism. Of course, there is a shallow sort of the quality, really a pseudo-optimism, which simply shuts its eyes to everything disagreeable, and laughs like a clown or jester, through every disaster and misery—especially of other people. Such an attitude should not be called optimism at all, rather, "selfishness." It is the species which has given rise to the caustic remark of someone clever that "A pessimist is a person who lives with an optimism";—the perpetual exasperation of such optimism is no rarity. The true optimist, on the contrary, realizes with an intense keenness, suffering, and distress, and wrong conditions everywhere. The difference between him and the pessimist is that whereas the latter can see no good anywhere, and lives in a continuous state of blueness and cynicism—everything "going to the dogs," to-day worse than yesterday, to-morrow worse yet—the optimist is secure in the confidence that everything will come out right some time, and too busy in trying to bring about that grand consummation, so far as his influence goes, to feel absolutely down and out himself. When one is thoroughly interested, one cannot but bear a hopeful countenance.

Yes, it is truly a fine thing to be an optimist, such as this. It is a fine thing to radiate a hopefulness which rests on a foundation firm enough to count. It is a fine thing to make a little child happier, or an old person, or someone who feels that fate is against him. The light, frivolous laugh and word will not do this; the brotherly smile, the interested handclasp, the readiness to really sympathize will do it. And there are opportunities in such ways for everyone who has a chance to meet any other human anywhere. The circle of influence may not seem large, but it is impossible to tell just how far the result of each helpful action or word, or one strong though seemingly obscure life, may reach. After all, the world is made up of units—just units, and no unit can live into itself.

Among those who have really very great power, did they but realize it, are surely the people who have to do with children—as parents, as day-school teachers, as Sunday-school teachers, yet it seems, sometimes, that people in such

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