

Sir Oliver Lodge On Spirit and Matter

Miracles Defended—Both the Spiritual and the Material Are Real—Says the Departed Can Converse With the Living.

FOLLOWING a discussion on the "miraculous" problem at the Free Church Council assembly at Perth, Scotland, last night, Sir Oliver Lodge, president of the "The Christian Science Association," addressed the assembly on "The Spiritual and the Material." He said that the spiritual and the material are both real, and that the departed can converse with the living.

Sir Oliver spoke with strong emphasis and restraint. He said he had been asked to speak on the subject of "The Spiritual and the Material." He said that the spiritual and the material are both real, and that the departed can converse with the living.

Sir Oliver said he had learned to regard the universe as a concrete, and full-bodied reality, with parts accessible and intelligible to us, all of it capable of being understood and investigated on the human mind. Next he had learned that every single thing, even such an ordinary thing as water, had many aspects, and that none of these aspects is exhaustive of the subject, but all the aspects were real, and their testimony true so far as it went.

During the past century, progress had been made in the domain of the mechanical and material. The progress had been admirable, and had led to natural religion, and legitimate pride. It had also led to a suggestion that all possible scientific advance lay in this same direction, or even that all the great fundamental discoveries had been made. This was not so, however, because the progress had been made in stages, and one stage was experienced.

Psychical Development. Part of our experience is the recognition of spirit with matter. We are conscious of our identity, our own mind and purpose and will. Through the mechanism of the brain we could influence the material world, and vice versa, but not of it. Why seek to deny either the spiritual or the material? Both were real, both true. In some higher mind, perhaps, they might be united.

KING GEORGE'S MUSIC

Handel Manuscripts in the Library Lent to the British Museum.

KING GEORGE has consented to lend to the British Museum the whole of his private musical library, which contains, roughly speaking, about 1,000 manuscripts, and about 5,000 printed books and music. As regards printed books, therefore, it is a comparatively small library, but it is to be found not a few important treasures, and of these the Handel autographs claim first mention.

They consist of 32 volumes of operas, 21 of oratorios, 1 of solo and sacred music, 12 of miscellaneous sacred music, and 11 of cantatas and sketches. Handel promised to bequeath all his manuscripts to the British Museum, and he has fulfilled his promise, but afterwards proposed a sum of money in lieu of the autographs.

Smith, however, earnestly begged for the autographs, and Handel accepted the proposition. All the manuscripts at the death of the composer had been lent to the University of Oxford. Smith, who, by the way, refused an offer of £2,000, made by Frederick the Great for them, has promised them to the British Museum, and he has graciously lent to the king for continuing the pension which had been granted to him by the Princess Dowager of Wales. These volumes were used by special permission of Queen Victoria by Dr. Chrystie for the critical edition of Handel's works published by the German Handel Society.

There are also two splendid volumes of original music which belonged to Benjamin Cowell, and William Forster, both written in the nineteenth century. There is a most interesting volume of "Aires and Phantasies" for the organ, composed by Charles L. Bayly, a composer who has written his name as known as Copland. He was the master of Henry and William Forster.

But a still older book of music is in the library, namely one by John Baldewine, a famous name at Windsor. This not only contains compositions of English music of the sixteenth century, but music by Henry VIII. Coming down to a later period, mention may be made of the very copy of Mendelssohn's early violin and piano, which the nine-year-old composer presented to Queen Charlotte in 1765, of Handel's autograph manuscript of the "Messiah," and of the autograph manuscript of the "Messiah," and of the autograph manuscript of the "Messiah."

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HOW TO SUBTRACT FAT

Doctors Have It All Mathematically Worked Out.

IN THE treatment of obesity we must study thoroughly the habits and the mode of life of the patient, says a writer in the "New York Medical Journal." "In some cases that do not exercise enough the addition of more bodily exercise will accomplish our aim."

"In others a slight regulation of the diet, the taking off of an extra sandwich, an extra glass of beer or wine will correct the evil. In the majority of cases the correction of both will be required. We must diminish the intake of calories as much as possible and at the same time raise the expenditure of energy."

"One of our greatest helps in the treatment of obesity is the fact that each of the three classes of foodstuffs, the proteins, carbohydrates and fats, can be substituted for one another, provided they contain an equivalent number of calories. Thus ten grams of butter (one cubic inch) is equivalent in the system to ninety grams of potatoes, both representing about 80 calories."

"There are, however, certain limitations to this substitute, namely, that there must always be a certain amount of proteins and carbohydrates introduced, else in the production the body atrophies, the muscles, blood, viscera, etc., will suffer, while normally in a reduction cure the fat only is being sacrificed and not the body substance. Working on these principles, we exclude from the diet for obesity all visible fat, for fats represent the highest caloric values, one gram of fat representing 9.3 calories, while one gram of carbohydrate or of protein contains only 4.1 calories."

4 Cubes, 10c.

tion. We must determine first how much would be the proper weight for the size of that person. "Let us assume that 75 kilograms would be the proper weight for that person. We next determine how many calories would constitute the maintenance diet of such a person. These people are not very active and 40 calories for each kilogram would be the proper amount. The maintenance diet therefore would be 40 times 75, equals 3,000 calories."

We take the actual amount of proteinaceous tissue and omit the fat from our calculations, for it is the proteinaceous tissue that is chiefly concerned in oxidation processes. By taking off the patient's diet about 500 calories each day a loss of about one kilogram a week will be achieved. We must therefore arrange diet lists equivalent to 2,500 calories a day. These diet lists are compiled by the help of tables giving the relative caloric values of different articles of food."

HOW TO CATCH MONKEYS. The Philippines catch monkeys in a funny way. Monkeys are very fond of the men of cocoanuts. They are very lazy, though, and loitering through the outer bark, and will only do so when very hungry. The Filipino takes advantage of this greed and insensibility by cutting a small opening through the shell, says the Philippines Monthly, just large enough for Mr. Monkey to stick his head in. When he once gets inside he gets his.

COST OF THE BRITISH NAVY \$1,760,000,000 IN PAST TEN YEARS

Features of the Estimates for the Year Beginning April 1—An Increase of Nearly \$20,000,000 Over Last Year.

SENATORIAL features of the British navy estimates for 1911-12 are: 1. Provision for laying down five Dreadnoughts, and 2. An increase of no less than £17,500,000 compared with the current year.

The colonial figures show reduced outlay as follows: Total £1,760,000,000, £11,100,000, £1,748,900,000. This shows an increase of £17,500,000 over last year.

New Programme. New construction will cost £15,962,500, an increase of £1,754,000, and the highest figure reached, of this sum £12,800,000 is for building work on ships of the new programme, composed as follows:

Dreadnoughts 5, £15,962,500; Protected cruisers 2, £1,754,000; Unarmoured cruisers 1, £1,754,000; Destroyers 20, £1,754,000; Submarines 6, £1,754,000; River gunboats 2, £1,754,000.

In addition, a depot ship for destroyers and a hospital ship will be begun. More ships require more men, and 3,000 extra are provided for in the new estimates, bringing the number up to 134,000.

Dreadnought Progress. In the joint meeting March 21, the number of ships which will have been completed and available for service are as follows: Dreadnoughts 2, £1,754,000.

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hand full of delicious dairy meat, and his hand is naturally wider in this act than when it was thrust through the opening. Finding his hand will not come out, the monkey chatters and scolds, and plainly shows his indignation at the way he has been trapped, but never thinking of loosening his hold on the coconut meat and withdrawing his hand as easily as he put it in. There he stands, an angry monkey, until the native who set the coconut trap comes and takes him captive.

WHAT YEAR THIS IS. Most of us would suppose that one thing that we knew perfectly well was what year this is. Having, of course, the first week or two when we still wrote it 1910. Not everybody in the world would admit that to say this is the year 1911 is entirely correct. This is the oldest who reckon by the 133rd sailing methods, the year 7419. According to the Julian calendar it is the year 6624. In the Jewish era it is the year 5670. In the Islamic era it is the year 1290. In the Chinese era it is the year 4603. In the Chinese era it is the year 4603. In the Chinese era it is the year 4603.

MANY KINDS OF MEDICINE. I want you to know how thankful I am for the relief they gave me, and would advise all sufferers to take GIN PILLS.

In New Brunswick, GIN PILLS have cured hundreds of men and women of Rheumatism. Mr. Wilson, of Harfield, N.B., is one of the many who owes his good health and strength to GIN PILLS. He writes: "I have been bothered with Rheumatism for the past year, and have taken a good many kinds of medicine, but found no relief. One day, a friend advised me to try GIN PILLS, and after taking a few boxes, I felt like a new man. I am now able to do my work, and would advise all sufferers to take GIN PILLS."

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