

tendency to the professions. The cause is doubtless due to two things—the increase of education and the desire for high social standing. But whatever the cause the fact remains. The result is that the so-called liberal professions are overcrowded and the cities and towns have each their quota of half-starved professional men. The cry that "There is room at the top" is most deceptive. There may be room at the top for a very few but certainly not for the commonalty of aspirants. In the legal and medical professions crowds rush in yearly, only to meet with disappointment and disaster in after years. These people for the most part live in a dream, wanting to be professional when there is no professional work for them. And there is certainly in the range of business life no persons more pitiable, than those who have sought professional success and met only failure. While this evil is generally recognized, it is to be admitted that as human nature is constituted, there is no remedy for it. Young men who want to be lawyers will press into the profession, or, if they want to be doctors, will press into that, or, if they wish to be preachers or engineers or journalists, or what not, still the rush will continue. There is no let-up or holding back. All they see is the grand maxim of the fool's paradise, "There is room at the top," and they swarm into the ante-chambers, never getting a step further, only to be suffocated in the crowd. There is, indeed, room at the top, but the ascent is so dizzy that few can make it, and fewer still can breathe the rarefied air of that region and live. This universal ambition for distinction must run its course. No preaching can cure it; the increasing list of failures cannot dismay it.

WHEN the Permanent Central Farmers' Institute met last year a motion was introduced by Mr. L. Woolverton, of Grimsby, to the effect that public school teachers, after teaching a certain length of time, should take a course of instruction in the Agricultural College, in order to prepare them for teaching agriculture in the schools. The motion was defeated simply, we believe, because the subject had not received the attention it merits. The next annual meeting will be held on the 4th, 5th, and 6th of this month when we trust a similar motion will be brought forward with a different result. It is not necessary that all school teachers in our rural schools should receive such special instruction, but only a few, say one or two from each county, who would conduct special classes. The cost would be trifling and the benefits incalculable. We have commented upon this matter on previous occasions and do not intend to drop it till some definite action is taken. One step in advance has been made by the Department of Education in authorizing an elementary work on agriculture for use in the public schools. An artist is at present engaged in drawing a number of illustrations for the book and it will apparently be some months yet before it is introduced into the schools. Now why shouldn't the Department still further help on the good work by giving the special instruction referred to, to a select number of teachers? These teachers would be able to direct the youthful mind in proper grooves and encourage the development of the power of observation. The elementary work is good in its way but something more is wanted. The teaching of agriculture unless properly conducted will be almost valueless, hence the necessity of having teachers specially trained in that branch. The advantage to be gained would be a double one. Not only would the information be of use to the pupils in after life, but the power and habit of observation would grow with the accumulation of knowledge. Observation is like any other faculty—it can be cramped by misuse or dwarfed by neglect. It is to be hoped that the Education Department will, at least, try the experiment.

FAT and lean people, as a rule, have a craze to reverse their condition. It is not always a difficult matter to reduce fleshiness, but it is a very hard task to clothe a thin person in rotundity, especially when there is a family predisposition to thinness. In Dahomey the King's wives are fattened by being kept quiet and fed with boiled rice and butter. But enforced quiet is not pleasant, and the prospect of some weeks of this, with a diet of rice and butter, is a dreary outlook for any one that has not found

favor in the eyes of the King of Dahomey. As for superfluous flesh, it is sometimes easily got rid of, though Mr. Banting, had considerable difficulty in reducing his proportions, and the manner in which he did so was unwise. He cut off all the material of his food that was of the fat-producing kind, and for it substituted a large amount of lean food, which is a great tax upon the kidneys, and the excessive use of which is a good recipe for getting Bright's disease. There is but one way of safely reducing flesh; the sufferer must practice great abstinence, especially in fat-forming materials, fat itself, starchy foods, sugars, and foods containing sugar. In addition to this the person must take regular exercise, and a large amount of it, and at least one Turkish bath a week. And yet, as in almost everything else in this life, no one rule will fit all people, and a person can commit no greater folly than that of following a certain course because it was successful in the case of a friend. Young women sometimes become foolishly alarmed at their plumpness, and resort to one or both of two very ruinous practices, drinking vinegar, or eating raw rice. Vinegar in an unusual quantity produces a sort of artificial starvation; the amount of acid that will keep persons thin will destroy the digestive powers. Girls who drink vinegar are making a strong bid for consumption. The object of eating raw rice is to cure excessive rosiness—and it has this effect; but by the time such girls finish with the doctor they are generally willing to take any amount of rosiness. There is no drug that has any beneficial effect in either fatness or leanness. Diet and exercise will do all that can be done in either case.

4 CASH PRIZE COMPETITIONS

Of Interest to every Farm Household.

MASSEY'S ILLUSTRATED has been steadily winning fast friends during the past twelve months, and no wonder, for neither time nor money have been spared by its publishers to fill its pages with interesting and instructive matter and with the handsomest illustrations obtainable.

None of our past zeal shall be wanting in the future to make the ILLUSTRATED a journal of still greater merit.

As this journal is published in the interest of rural homes, and with a view to greatly increasing its usefulness, we have decided to offer the following prizes for four competitions:—

FOUR CASH PRIZE COMPETITIONS.

No. 1.—For the Best Essay on "Can our present Methods of Farming be improved upon, and if so, How?"—Open to Farmers only.

First Prize, \$5.00 in cash.

Second Prize, goods to the value of \$3.00 selected from our Premium List.

No. 2.—For the Best Essay on "Good House-keeping."—Open to Farmers' wives and daughters.

First Prize, \$5.00 in cash.

Second Prize, goods to the value of \$3.00 selected from our Premium List.

No. 3.—For the Best Plan for a General Purpose Farm Barn.—Open to any reader of the ILLUSTRATED.

First Prize, \$5.00 in cash.

Second Prize, goods to the value of \$3.00 selected from our Premium List.

No. 4.—For the Best Plan for a General Purpose Poultry House.—Open to any reader of the ILLUSTRATED.

First Prize, \$5.00 in cash.

Second Prize, goods to the value of \$3.00 selected from our Premium List.

GENERAL CONDITIONS.

The work on each competition must be wholly original and executed by the author's or designer's own hand, and evidence furnished to this effect if asked for.

The manuscript or plans entered for competition shall all become the property of MASSEY'S ILLUSTRATED, but will be returned if they do not care to publish them.

First and Second Prize Essays, and Plans, and others if of sufficient merit, will be published in the ILLUSTRATED, and if found desirable will be fully illustrated. Author's and Designer's names will be published unless we are specially requested not to do so.

Work on each competition must be in promptly at time specified below, and must be accompanied by author's or designer's full name and P.O. address.

All communications must be addressed to—Massey Press, Massey Street, Toronto. Any enquiries requiring an answer must be accompanied by a 3c. stamp.

Special Conditions.—Competitions Nos. 1 & 2.

There will be three judges, one of whom will be Mr. Chas. Morrison, one of the editors of the ILLUSTRATED (ex-Editor *Toronto Daily Mail*), and two others, who have no connection with MASSEY'S ILLUSTRATED, and who will be duly appointed and announced. Their decision will be final.

Essays will be judged on the following basis:—

General Appearance, handwriting, etc.,	maximum,	10	points.
Grammatical Construction and Spelling,	"	20	"
Knowledge of Subject,	"	20	"
Originality of Theme and Argument,	"	20	"
Treatment,	"	30	"

No manuscript must contain less than 800, or more than 2000 words.

Special Conditions.—Competitions Nos. 3 & 4.

There will be three judges, one of whom will be Mr. W. E. H. Massey, who has from youth had much to do with building and the drawing of plans. Another will be a professional architect or draughtsman, and the third a competent and practical judge of the requirements and utility of farm barns and poultry houses.

Plans will be judged on the following basis:—

Neatness and Accuracy of Drawings,	maximum,	20	points.
Exterior Design	"	20	"
Interior Arrangements,	"	20	"
Adaptability to General Purposes	"	20	"
Cost of Construction, compared with merits of Design	"	20	"

All Plans should be carefully done up before being posted, to prevent their being lost in transmission.

When Manuscripts and Plans must be sent in.

The sooner work on each competition is handed in the better, but the following are the latest dates upon which manuscripts and plans will be received:—

Competition No. 1—	up to 6 p.m. on March 14th next.	!!
" No. 2—	" " " " " " " "	March 14th next.
" No. 3—	" " " " " " " "	March 14th next.
" No. 4—	" " " " " " " "	March 14th next.

An explanation regarding the change of date will be found on page six.

OUR PRIZE STORY.

WE confess our disappointment that only sixteen of our readers have entered into the competition for the best story based on some Canadian theme, and that four of them did not comply with the conditions in not having the necessary number of words. The manuscripts of the other twelve were carefully examined by one of the judges appointed, who kept a note of the marks gained by each according to the basis mentioned in our offer. They were then handed to another of the judges for perusal, and the results of both were found to be almost identical.

The four having the largest number of points were afterwards laid before the third judge, and the final result is as follows:—

1ST PRIZE.—"What Came of an Unexpected Meeting." By Maggie Smith, Whitby, Ont.

2ND PRIZE.—"Mabel Bethune; or, The Drunkard's Wife." By Arminda Myrtal Law, Richmond Hill, Ont.

The judges were Mr. Chas. Morrison, Mr. Alexander Fraser, and Mr. J. R. Harris. The first prize story will appear in our March number, and the second in the following month. We will also have much pleasure in publishing some of the other stories.