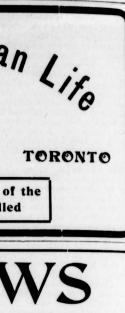
OCTOBER 30, 1909.



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Kobust health also gives tremendous confidence to the entire man, and self-confidence is a marvelous encourager and supporter of one's ability. If a man thoroughly believes in him-self, and has the physical stamina which

makes him master of the situation, equal to any emergency, he is released from the slavery of worry, anxiety, uncertain-ty, and doubt which cripple the efforts of the weak.

The success aspirant ought to be jeal-ous of any expenditure of force, any drain upon his vitality not absolutely necessary, because it cuts down the per-centage of his possible achievement.

That little surplus of physical force which accompanies robust health makes all the difference between the courage and assurance necessary for doing great things and the timidity and uncertainty and weak initiative which handicap the physically weak. There is a great difference between

that eagerness for activity, that longing to do things which accompanies robust vitality, and the forced, indifferent, uneffort which is inseparable from physical weakness.

his sympathies and love for his fellow-man are aroused. Tue power of relieving distress is one There is a great creative force in a strong vitality, because it tones up and increases the power of all the faculties, of the greatest advantages of wealth; the trouble with most people is, how increases the power of all the facilities, so that they produce vasily more, are very much more efficient than they would be if the vitality were low. In fact, the excess of physical health which makes bare existence a joy is a wonderful help in everything we do. Then acain, physical vicer adds ever, that when they have acquired the money and are able to relieve distress, they usually lose the inclination to do failing of the very poor, in the rich de-velops into a dangerous beast. It feeds

Then, again, physical vigor adds wonderfully to one's personal magnetism. Everybody admires robust health, be-cause it is one of the things that every-

body longs for, yearns for, and yet very w makes it possible by their life-habits. How differently the strong, vigorous now differently the strong, vigorous person looks upon life and its opportun-ities to the one who is weak and, because of his weakness, susceptible to dis-couragement and despondency. The vigorous man laughs at obstacles before which the weak man hesitates and

shrinks. It is a great thing to have that bounding health, that excess of vitality which makes us feel like conquerors, equal to any emergency, which makes us the easy masters of conditions which would dis-courage weaklings.

Vitality is so precious, it means so much to one's success, that every one should look upon it as a possession too precious to tamper with, to take any chances with or to squander.

There are multitudes of people who are mocked with an ambition for great things, but with no physical power to back it up; and yet other vast multi-tudes are squandering, wasting this precious success-power in all sorts of ways which give no satisfactory returns. Vigorous health is worth anything it

costs. It is cheap at any price, and we should secure it, whatever else we get or do not get. The Paralysis of Selfishness.

slow-minded, weak-memoried Jimmy Dermott was frequently the victim of " God has made selfishness unlovable, and shaped the human heart to despise it, and he has made unselfishness so lov-able that we can not withhold from it our admiration."

No man can develop to any largeness of life while his mind is focused on self. We must get out of self, or we can not grow. To constantly think of our own interests, our own work, our own plans, our own welfare, is to paralyze growth. The nobler, the diviner impulses can

turning my room into a veritable hospi-tal," thought Miss Blake, rebelliously. " Every defective piece of humanity he sends up to Room 14, but that Dermott boy is the most aggravating." " Jimmy Dermott, must I tell you again to fasten your eyes upon your book, and stop looking at me?" Jimmy's dreamy, admiring eyes reluctantly pulled themselves away from their object of adoration and rested on the printed page. We must look out, not in. No man who is centered in self can grow large, strong and beautiful. The selfish man may get the thing he is after; he may get a little more money, but he has paid for it at a price which staggers

ness of the roomini of children. All sorts of unexpected, unexplainable wants made themselves evident, and hands were continually being raised from every section of the room, until Miss his manhood, which murders the best thing in him. It is the very nature of selfishness to defeat its own ends. The practise of selfishness contracts, limits; strangles frayed out. "Children, this must be stopped. expansion, arrests development, lessens man's ability, cuts down his efficiency It dries up one's sympathy, makes the Don't let me see another hand rai nature hard and cold, and marbleizes the an hour, and attend to your work. affections. It is fatal to every quality of nobility and grandeur; tearing down and destructive to all character build-

from them.



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states of the sector of the se

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these we are brutes, no matter how gor geous our apparel or how palatial our homes. Every man is an animal until

Selfishness, which is often a minor

and thrives upon greed, and often as-sumes the proportions of a monster in the self-absorbed millionaire.

A person who constantly thinks of imself, how he can advance his own in-

terests, never develops his maniler quali-ties, his finer sentiments. The self-cen-tering thought never reaches out into

the larger, nobler part of our nature. The better qualities of a selfish person

are dwarfed, undeveloped. The colder,

nore barren qualities so predominate in his make-up that he thinks of others

Miss Blake's usual, even voice was on

this particular morning subject to many fluctuations and impatient accents. A

grumbling tooth was proclaiming with irritating twinges that it must be taken

to the dentist. As a matter of course

this irritability. "Why will Prof. Pardee insist upon

turning my room into a veritable hospi-

printed page. The restlessness and nervousness of

teacher was soon reflected in the uneasi-ness of the roomful of children. All

Blake's remnant of patience was quite

Every hand must go down immediately. Don't let me see another hand raised for

For fully ten minutes sixty-three little heads bent obediently over their

A AN

tor flue. Miss Blake's face grew many shades paler, a strange shadow crossed her eyes, and her voice had in it a bit of tremor as she said : "Jimmy take your seat."

seat." Jimmy had controlled his voice; he had now the still more difficult task of controlling his eyes. He deliberately turned his face away from the tongue of yellow flame he knew was creeping up through the smoke, and walked quietly

Make sure your new faster-than cast iron does. range has a steel oven, Pandora oven thus heats and "Pandora" namequicker - less time required to plate on the door. Go, at once, to nearest get oven ready for the baking McClary Agency and -which also means less fuelpick out size desired. expense. .. .. .. II Jandora Range M<sup>c</sup>lary's C

🛪 teel Oven

Heats Quicker-

Saves Fuel

Pandora has a sheet steel

oven, because steel is more

sensitive to heat-absorbs it

to the left and to the right of it, looked there until I return." Stepping quickly straight through it, it seemed to Jimmy, out into the long corridor, silent sa but never deigned to see it—had she for the dull sound of classes reciting h hind closed doors, she reached up to t but never deignod to see it—had she not said only ten minutes before that no hands were to be raised for an hour. Jimmy took one side glance at the ven-tilator flue. No, there could be no mis-take. Jimmy's weak, defective eyes had seen aright. The blue-veined hand climbed yet a little higher—Miss Blake must be made to see it—it waved fran-tically, almost hysterically in the air like a flag of distress of a shipwrecked mariner. Still Miss Blake persisted in remaining quite oblivious to the hand. The tense, straining member, with its bony outlines, grew more agonizingly eleganost

tense, straining member, with its bony outlines, grew more agonizingly eloquent in its effort to say what was forbidded in its effort to say what was forbidden the tongue, until at last even Miss men to save the building. "A goo

and principal stood outside the grounds watching the heroic efforts of the firement of the tongue, until at last even Miss the tongue, until at last even Miss Bla'e's unseeing eyes were forced to recognize it.
bla'e's unseeing eyes were forced to recognize it.
"Jimmy Dermott, what did I say about raising hands?" The silence of Jimmy Dermott.
OUR BOYS AND GIRLS.
The Silence of Jimmy Dermott.
Miss Blake's usual, even voice was on
in its effort to say what was forbidden the tongue, until at last even Miss Blake.
in its effort to say what was forbidden the tongue, until at last even Miss Blake.
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in its effort to say what was forbidden the tongue, until at last even Miss Blake.
"Jimmy Dermott, what did I say about raising hands?" The perspiration stood on Jimmy's pale face, now growing gray with apprehension of his beloved teacher's displeasure and feer mitter be hose that way person the withing function of the ordinary. Miss Blake was puzzled.
"Jimmy Dermott," she tried to make the molected the was limmy dermother in a minute-and I never thanked him-Jimmy, you know; where is he, I in a minute—and I never thanked him— Jimmy, you know; where is he, I wonder?—he sat in the back row—how her voice as stern as possible; "why will you persist in disobeying me? What do you want?" "To speak to you," cried the child ex-citedly, the words tumbling from fever-te blies." seen. "Jimmy-Jimmy Dermott," Miss Blake stood not upon her dignity, and ish lips. Miss Blake nodded her consent uncalled aloud at the top of her voice. As she hurried here and there from one certainly-it was a clear breach of authority. As fast as his crutches would allow, Jimmy hobbled down the aisle, and with mouth close to Miss as such that are the track that the same a group to another, calling the name a small boy stopped her; "I saw him, ma'am 'way back he was—somethin' happened to his crutch—I tried fer to help, but he told me to go on.' They tried to stop the figure flying tracket the humping building. Un the Blake's ear, said just three words. Miss Blake's eyes sought the ventila-tor flue. Miss Blake's face grew many

toward the burning building. Up the one stairway still untouched by fire she rushed, unheeding calls of friends or firemen. The building by this time was in flames. Despite heroic efforts to keep it under control, it burst through window and doorway: it enveloped the building in its glowing mantle. A groan

went up from the onlookers as the young teacher disappeared within the to his seat. "Every face this way," commanded Miss Blake, every syllable even and calm now—she knew they must be—for the lives of hundreds of children de-pended upon her. "Let every child fix attention upon the picture of the sheep over my desk and see if they can hold it



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Blake, half supported by a fireman, carrying a weight under which she al-most staggered, appeared at the door, a shous arose to heaven that was heard for blocks around. It even aroused the half-unconscious boy in the teacher's arms. He gazed in awed wonder at the loved face above him, felt the tender warmth of the sheltering refuge, and as the cheers gradually defined themselves to mean "Three cheers for Jimmy Dermote-Jimmy Dermott, what saved us all-three cheers," he realized with a sigh of unutterable content that he was understood.-Julia F. Deane.

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effect, and that is the unfortunate part of it. The effect, however, lasts only for a moment, and after it has passed away the capacity for work falls. It does this; it brings up the reserve forces of the body and throws them into action, with the result that when these are used up there is nothing to fall back upon. Its effect is precisely fall back upon. Its effect is precisely like a general throwing the bulk of his army into fray, and then bringing up, as fast as he can, all his reserves and throwing them in also. The immediate effect may be impressive but the inevitable result is obvious. Dr. F. Treves.

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desks, sixty-three pairs of eager, mis chief filled eyes tried to see only the There are rich men in New York who are conspicuously noted for the absence of their names from among those con-feet, longing to dance and jump and of their names from among those con-nected with all worthy objects—men who never give to the poor, who never lend a han to any just cause. They take no interest in politics, have no public spirit, belong to no organization whose object is to help humanity. whose object is to help humanity. They are entirely and completely moved so slow.

Of all the sixty-three not one tried as they are entirely and completely wrapped up in themselves. They do not see why they should spend their money for other than their pleasure or that of their families. The result is that they become so hardened and greedy that hard to obey the strict letter of the order as Jimmy Dermott; yet no one tailed so lamentably. Try as he might to sit quietly, his nervous, pain racked body, never meant to sit in the uncom-fortable seat, writhed and turned to find they are not missed when they have passed away. Not long ago one of these men worth millions died in New York, and scarcely a half dozen people outside of his family went to his funeral. an easier position. More often than to any other corner did Miss Blake's stern, reproving eyes turn and fix themselves

upon the boy. Jimmy sat in the back seat of the of his family went to his function. What good are such people to a com-munity? They are like noxious weeds or plants which sap nourishment from the soil, and so poison the ground about them that nothing else can grow in their third row, and as he shifted in his seat in one last vain endeavor to be comfort able, his eyes fell upon the ventilator them that nothing else can grow in their vicinity. They give out nothing. Their money is like the tracks of the smaller and more innocent animals which go into the dens of the lions and tigers in Africa. With an effort he upon Jimmy's face. With an effort he turned his eyes to Miss Blake's face. Quite evidently she had failed to see the dens of the lions and tigers in Africa. Their toes are always toward the dens; nothing that is eatable ever comes back The time will come when such men

Quite evidently she had finded to see what Jimmy saw. Her thoughts were centered upon the aching tooth, and with cheek resting upon her hand, she pressed a handkerchief to her face, a row of frowns and wrinkles marring her will be looked upon as scourges of the race and will die disgraced. No matter how much money you may pretty forehead.

No matter how much money you may manage to get together, or what position you may gain, you will be a monster if your sympathies, your heart qualities, have not been developed; and this is have not been developed; and this is common sense. Jimmy's lips were tightly closed, and sealed with the seal impossible while your mind is centered

No man can be human while he is thoroughly selfish. Warmth of heart, tenderness. kindness, a sympathetic nature, love for one's kind are really the qualities that make us human. Without

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