The Western Home Monthly

Power of Having a Fixed Plan.

When Huxley, the great scientist, was a very young man he kept a diary which consisted mainly of his intentions concerning the future, says an exchange. He mapped out the work which he must do. At the end of a certain time he found that he had

though it be in great quantity.

diary, after having written what is quoted above:

have ever stuck to.'

adopted a fixed plan of studies. He made up his mind what he wanted to learn. He selected a certain line of investigation and stuck to it absolutely. When he died he had rendered great

How Fast the Baby Should Grow. The "Bulletin" of the Academy of Medicine (Paris) says that weighing is the only exact means of ascertaining whether the growth of an infant is normal. "The weight of a child who is well,

drinks good milk in sufficient quantity, and digests well, ought not to vary sensibly from the averages given be-By indicating by the letter W the low. weight of the infant four days after its birth (an infant loses weight the first three days after its birth) one may show the following averages: First month

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Second month		W plue	2 1b~	P*
Intra month		W nliig	A lba	110
Fourth month.	10110	W Dlug	6 lba	10
Fifth month		TTT -1	o ibs.	1.0 OZ.
Fifth month		w plus	7 lbs.	5.5 07
Sixth month		. W DIUS	8 lbc	0 -
Seventh month.		. W DIUS	9 lbc	100.
Eignth month	121121	. W DINS	10 lbc	100.
Ninth month		W plug	11 11.	10.0 02.
Ninth month		· · w pius	11 IDS.	8.5 OZ.
Tenth month	101.0	W Dlus	12 lbc	E E
Eleventh month	10.0	W plus	13 lbs.	1000
Twelfth month		. W plus	13 lbe	11 0

"Hence, if an infant weight seven pounds four days after its birth, it ought to weigh about twenty pounds at the age of one year. These figures are evidently not at all absolute, but if the infant grows normally its weight ought not to vary greatly from that indicated above."

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A New Idea.

"What are the suggestions for the day?"

The greatest philanthropist of the age turned anxiously to his private secretary.

"Remember," he said, half severely, we must give away ten millions more before the week is over. I simply can't stand it to have money accumulate in this reckless manner. We must get rid of it."

The secretary did not immediately

reply. "I am afraid it is hopeless," said the great philanthropist. "The National Theater says they can't take another cent. Every missionary society is black with cash. The old sailors are all smoking dollar cigars. Speak, man, your face is lighting up. Have you an idea?"

"I have, indeed," said the private sec-etary. "Have no fear; all will be retary. "Have no fear; all will be well. Here's a man who has given me a clue.

And with a glad smile of relief, the service to the world by adding to its positive knowledge and by setting a philanthropist read from some unknown correspondent as follows: splendid example to old men and young men by living a life entirely and

"Why not endow a good comfortable home for decrepit millionaires who have given away all their money?"

> -0-A Womanly Woman.

"Rain" Trees. Men have always taught this doctrine There is a tree in the tropics known as the rain tree, says the London Globe. Natives have long claimed that under its shade grass will grow in wonderful abund-ance. A close study of the rain tree has In a recent issue of the New York Journal we find the following excellent revealed that the natives were speaking the truth. A further interesting fact in regard to the rain tree is that its leaves possess the power of independent movement. At sun-set the leaves close together, thus allowing All human beings imagine themselves, thanks to our naturally blissful condition of egotism, to be highly important separate individuals. We think that we are born indedew to form on the grass beneath. With the reappearance of the sun the leaves expand pendent of all other men and women, again and thoroughly screen the grass be-neath, thus effectually checking excessive and that each of us can map out his neath, evaporation. As a matter of fact, we are simply

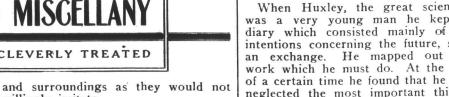
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ENTERTAINING MISCELLANY

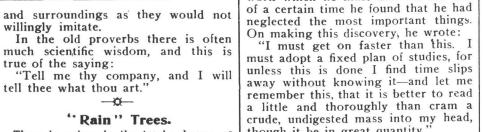
VARIOUS SUBJECTS CLEVERLY TREATED

willingly imitate.

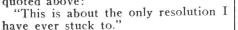
true of the saying:

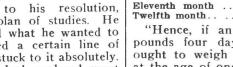


Huxley stuck to his resolution,



Three years later he wrote in this





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September, 1905.

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plain cake One tea

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Sixteen

The bor

self becoming insane, what chance has a young man or a young woman or a young child left to associate with others morally deranged?

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Insanity, Vices and Troubles are

Catching.

good and wise-whole.

little life in his own way.

and it becomes foul.

around them.

A. Schurtleff.

expert in insanity.

as a lunatic.

istics of the drops next to us.

less degree.

of Oneness.

editorial:

By realizing Oneness we become

All beings are practically One; what

The Hindu metaphysicians and Wise

affects one affects all to a more or

drops in a big cistern, and we take on,

in spite of ourselves, the character-

it into the ocean, it becomes salt.

Throw the same drop into a cesspool,

Take a drop of pure water and throw

Human beings, in spite of them-

These very commonplace remarks

This unfortunate physician was for

He was looked upon as a man of

He is now dying of dementia in the

There is not the slightest question

that mental disease was bred in him

by constant association with those men-

tally afflicted. The climax in his misfortune was caused by his failure to

cure his adopted daughter of insanity.

When he discovered that her case was

hopeless, his mind gave way—and he will probably spend the rest of his life

If a man can be thus afflicted with a

repulsive disease which can have no

possible attraction for him, think how

powerful and how fatal must be the

effects of association with vices and

If a strong-minded physician cannot

the insane without him-

afflictions that attract us.

extraordinary mental power, a great

asylum which he used to control.

years superintendent of the Stockton

Insane Asylum, in California.

are suggested by the case of Dr. Geo.

selves, and without any exception, absorb the characteristics of those

Every man and woman, bearing in mind the fact that the brain absorbs impressions constantly, and is constantly changing its complexion, should resolve to avoid such companionship

"An elephant in his prime only sleeps five hours a night, and the older he grows the less sleep he needs. This good fellow here practically needs no sleep at all. At whatever hour of the day or night I come to him, he stands patiently in his place, rocking from side to side. I know he sleeps a little, but for years now his naps have been so short that he hasn't bothered to lie down for them. Nearly all old elephants are like this." -Q-

How Elephants Sleep.

"That elephant," said the circus man to a Louisville Courier-Journal writer, "has slept standing up for a year. He is 90, and what little sleep he requires he takes on

his feet.

Making the Soft Soap.

Wilson's Fly Pads kill them all. Avoid unsatisfactory imitations.

are ambitious to read over two or three times the quotations from Huxley that we have printed above.

successfully devoted to the acquisition

It would pay all the young men who

and dissemination of knowledge.

Never be satisfied with the rate at which you are progressing. Study on a fixed plan, and, above all, when you read, read thoroughly.

Between your hours of reading, think steadily. Thought reading is like gastric juice to the food. Reading without thought is utterly profitless

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Miscel'aneous.

When windows are difficult to open or close, rub the cords with soft soap and they will run smoothly.

The smell of new paint.—To get rid of a bad smell in a room newly painted, place a vessel full of lighted charcoal in the middle a visible room and throw on it two or three handfuls of juniper berries; shut the win-dows, chimney and the door close; twenty-four hours afterward the room may be opened, when it will be found that the sickly, unwholesome smell will be entirely gone. The smoke of the juniper berry possesses this advantage that, should anything be left in the room, it will not be spoiled.

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Very many persons die annually from cholera and kindred summer complaints, who might have been saved if proper remedies had been used. If attacked, do not delay in getting a bottle of Dr. J. D. Kellog's Dysentery Cordial, the medicine that never fails to effect a cure. These who have used it say it acts promptly and thoroughly subdues the prin and disease

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Mothers Excise to Tsucher "Miss Jen-kinspecializer could not come these three works bound to bait the amount and in-formation of the yowels"

WHEN WRITING ADVERTISERS PLEASE MENTION THE WESTERN HOME MONTHLY.

She cultivates reserve.

temple.

regret.

She thinks, then she acts.

She speaks ill of no one.

She is loyal to her friends.

(To be placed in a corner of a young girl's mirror, and read while she is making her toilette).

She lives her mother's faith. She cares for her body as God's She writes nothing that she may

She knows that nothing is more undignified than anger.

She knows that to love and be loved is her birthright if she is but worthy of love.

-0-

A Manly Man.

(A young man might do the same with these).

He is unassuming, genteel and courteous.

He has due regard for the feelings of others.

He cares for his body as the temple of the soul.

He never uses profane or obscene anguage.

He loves his home next to his coun-

He places honor before mercenary gain

He stands for the right, even though he sacrifices position and popularity. He holds truth as sacred as his life.

ğ Lincoln was fond of gingerbread, and Stonewall Jackson wanted buckwheat cakes the year round.

That dire that a They say so pro The dreadf to lip The oscula thrills May bring of doc But when pretty He's apt t Plague

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SMOKE A COOL TOBACCO LASTING SMOKE



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