

scattered powers and prepare them for exertion in a new direction—because the labor of digestion is labor, just as much as that of digging a trench or plotting a novel, though in a different way.

The exhausted housewife who drops in her chair at the dinner table, after having prepared food for a large family, declaring that she is "too tired to eat," states in a non-technical phrase a truth which students of the science of nutrition have long recognized. A suitable period of rest should intervene before any solid food is taken into the stomach. The middle-aged person who feels an unaccountable "drowsiness" soon after dinner should recognize that it is the demand, becoming imperative, of nature calling for the opportunities to do its work of digestion, and the rest of the system naturally falls into the condition of repose which will aid the natural processes.

Observe yonder group of laborers upon the public highway. They have never received technical education;

but an intuitive sense directs their movements. Their dinner is at hand, awaiting their attack in a row of tin dinner pails; but they have an hour for the meal, which can easily be despatched in a fourth of the time. They throw themselves upon the grass by the roadside, resting for a few minutes—perhaps indulging in some light sport or "horse play." Then the meal is taken, and the remaining half-hour is given to a post-prandial rest. These men simply realize that they feel better by dining in this way; and though their meal is probably far from attractive in its composition, yet it gives them health and strength, with plenty of brawn and muscle for their laborious occupation. Crudely, they obey nature.—*Good Housekeeping*.

Remember that the care for your health is a part of that total self-consecration which can not be divided and which all together makes you the medium through which God may reach His children's lives.

PUBLIC OPINION.

THE RESULT OF OVER-EDUCATION.
—Ever since the enormous enlargement, numerically, of the English universities there can be little doubt that the value of a degree has gone down commercially. The number of first-class men seeking work and finding none is a sorry comment on the development of the English university system. If this is true of the first class, what must be the lot of the second, the third, and the pass man? The learned professions, in fact, are overcrowded. The cause of this unhappy crowding of the market for brain-labourers is not far to seek. An

immense number of persons who in former times would have worked with their hands as their fathers did before them are being educated to work with their heads. There is a general levelling up of the social grades, if you look at it optimistically. The son of the artisan becomes a clerk, the son of the clerk aspires to teach in a school, the son of a school-teacher aspires to go to Oxford or Cambridge. But this levelling up is not an unmixed blessing. The result is that we have fifty times too many clerks—two hundred applied for an insignificant post advertised in the *Times* the other