

warded daily to this office and are carefully checked and recorded.

Travelling inspectors are continually moving from plant to plant watching the manner in which the work is being carried on and reporting any irregularity, misunderstanding or misinterpretation of the Regulations, with the result that although scarcely five years have elapsed since this work was commenced, it is no exaggeration to say that the Canadian Meat Inspection Service is not surpassed, even if equalled by any other country.

The inspection of establishments engaged in the canning of preserved fruits, vegetables and milk is carried on by authority of the Meat and Canned Foods Act but under different regulations. The inspection is made by officers thoroughly versed in the different processes.

The inspectors are not stationed in a particular plant, as in the case of the Meat Inspectors, but travel from one plant to another condemning any unsound fruit or vegetables or their products which may be found, as also controlling the sanitary conditions under which the establishment is maintained. These inspectors make daily reports and any unsatisfactory condition or irregularity not immediately rectified is investigated by a chief travelling inspector, who has the authority to take such action under the Regulations as may be necessary to correct the conditions complained of.

The value of this inspection may be fairly judged by the increase in the demand for this class of canned foods, and the absence of illness and ptomaine poisoning, which may, without doubt be attributed to their consumption.

"Grandma, are your teeth good?" asked a little girl. "Why, my dear, I haven't any!" replied grannie. "Then I'll let you hold my almond rock till I come back!" said the child.

MAKING DECISIONS.

If the positive man makes a mistake he is not likely to be long in rectifying it, but the man who never makes up his mind until he has consulted everybody, and then is always ready to open up every question for reconsideration, will never accomplish anything says Orison Swett Marden.

The man who is always after a sure thing, who has no dare in his nature, who is afraid to risk anything until dead sure that he is going to turn out right, never amounts to much. It is a thousand times better to make a mistake now and then than never to settle anything, but to be always balancing, weighing and considering.

A man who does forceful work must be able to dismiss a subject from his mind when he is done with it, so he can do something else. This increases his power of mental grasp for the thing under consideration. But if the mind is entangled in confused surroundings, in a hundred and one half-decided things, if its energy is split up, the focusing power is impaired.

You must concentrate your powers upon what you are doing, and you can never do this when a score of things in your mind are intruding themselves for consideration. When you have anything in hand, settle it and then dismiss it. Half-decided things clog the mind. Study your problem carefully, and make your decision firmly and let it be final. Let it stand no matter what others may advise or suggest.

If you form the habit of making your decisions final, you will learn to use your best judgment before you decide. If your decisions are all tentative, if you know that they are not final, that you are liable to take them up for reconsideration, you will never develop a fine, strong judgment.—Exchange.