

HOME CIRCLE COLUMN

Pleasant Evening Reveries dedicated to tired Mothers as they Join the Home Circle at Evening Tide.

WORRY AND WORK.

Tail is healthful. Even excessive labor can be long endured. But worry is a corrosive that speedily eats out the nerves and tissues of life. He who frets about his work burns life's candle at both ends. It is the friction rather than the revolution of the wheels that wears the machinery. He who knows how to do his level best and leave the result with God, has learned one of the chief secrets of life. But he who is always worrying about how things are coming out is most foolish. Some people constantly complain and protest. They imagine that their lot is so much harder than that of their neighbor. They are always regretting that they did not do things some other way. Such persons will have nerves set on edge, will have chronic indigestion, a gloomy disposition and a diseased brain. Sunshine and health are close friends. Do the best you can and stew not. Work hard. Work very hard. There is much to do. There is much that no one can do as well as you. But do not bear two burdens, both work and worry. All the fretting in the world will not change matters. It will only render you unhappy and unfit you for the largest service. Mix all your burden-bearing with smiles and songs.

My dear readers, it is not true, we too seldom speak of our heart's gladness, but dwell on its misery! Keep account of the people you meet and see how little they say that is pleasant and happy and much that is dreary and sad. They will tell of bodily aches, pains and infirmities. They will complain bitterly of the heat if it is warm, or of the chill if it is cold. They will speak of the discouragement in their business, the hardships in their occupation, and all the manifold miseries, real or imagined, that have fallen to their lot. But they will have little to say of their prosperity, their health, their three good meals a day, their encouragements, favors, friendships and manifold blessings.

SENSIBLE ADVICE.

You would laugh at the child who should try to pick up a heavy sledge hammer to kill a mosquito. But many grown-up children quite as foolishly use their strength. They waste strength. They fret, worry, whirl about, get into a passion, have no time to eat or to sleep properly—indeed, often sit up so late and get so tired that they can't sleep. These persons, whether old or young, need to learn the following simple rules: 1. Never fret yourself or anybody else. 2. Never indulge in fits of passion, nor the blues. 3. Never do things in a confused hurry. 4. Eat

regularly, cheerfully, moderately, but don't eat what is indigestible. 5. Don't cut short your sleep. Get eight hours of it in clean, well-ventilated rooms. 6. Give your stomach and brain, as well as your hands, all the rest they need. 7. Be self-controlled, calm, hopeful. Keep a good conscience and cheerfully trust God.

COMPANIONSHIP HEALTHFUL.

There is a wise old saying that "Only a god or a brute can dwell in solitude." Men and women need congenial companionship, both for the sake of health and happiness. Just as your lungs, after using up all the oxygen in a close room, need to be filled with fresh, out-of-door air, so your mind needs contact with other minds to get new ideas. There is such a thing as mental as well as physical hunger. Herders on the sheep ranches of the West frequently become mad from the isolation they are forced to endure. Women on lonely farms and in small villages grow morbid and mildly insane, and people do not guess that the cause is want of companionship.

It is for this reason that a woman's work at home is always more trying than that of her husband, who goes to his office, sees new faces and has the friction that is produced by meeting other people. Even the farmer has more intercourse with his neighbor at market, or at the village grocery, than his wife, who may not see anyone outside of her own family for weeks. It is a great mistake of young people to isolate themselves. Even if their tastes lead them to a quiet life they should make it a point to cultivate a few agreeable friends.

Education commences at the mother's knee, and every word that is spoken within the hearing of the little children tends towards formation of character. A child is better unborn than untaught. The true purpose of education is to cherish and unfold the seed of immortality already sown within us; to develop to their fullest extent the capacities of every kind, with which God who made us has endowed us.

Real happiness often looks out of the window of a humble home than through the opera glass in the gilded box of a theatre.

The life of the world is strenuous, and the door of the home should shut out the storm and stress, but it should not shut out new and wholesome and inspiring influences. It should stand wide in hospital welcome to friends. The home life that is narrow and selfish is dull and enervating.

SUMMARY OF NEWS.

Ex-Mayor F. W. Harrison, of Owen Sound is dead.

Germany tried vainly to effect a separate peace with Russia and Japan.

The British miners announced their opposition to the spirit of conscription.

The great French Rhone Canal has been completed, at a cost of \$18,000,000.

Montreal police were alarmed by news of an alleged plot to blow up the City Hall.

The Syrian colony of Montreal has given \$2,270 to the Canadian Patriotic Fund.

Nothing is known in Bermuda of the reported capture of the Roan by H.M.S. Drake.

German sea-planes made fruitless raid on Kent, injuring only two women and one child.

The machinery for the enforcement of conscription in Britain has been set in motion.

The Upper Canada Bible Society gives a Testament to every soldier leaving Canada.

Over 12,000 men have enlisted in the last three months in the Toronto military district.

Prince Oscar, of Prussia, fifth son of the Kaiser, has been slightly wounded by shell splinters.

The new French war loan of 100,000,000 francs has been over-subscribed by 25,000,000 francs.

Lieut. George E. Reid, McGill football star, has been awarded the military cross for heroism in France.

General Sir Horace Smith-Dorrien resigns command in East Africa. General Smuts succeeds him.

German Consul-General Franz Bopp has been indicted in San Francisco in connection with dynamite plots.

Legislation will be introduced in the Ontario House involving the development of another 100,000 horsepower at Niagara.

Lieut.-Col. T. Herb. Lennox, M.P., has been authorized to form a battalion, to be known as the Canadian Irish Fusiliers.

The Afton-Bladet says that Denmark is planning an extensive exportation of rabbits to Germany. Rabbit breeding has commenced throughout Sweden.

Major Williams, chief recruiting officer of the Toronto military district, plans to mobilize boys, women and men over age to take the places of young men going on active service.

The Late Mr. A. R. Creelman, K.C.

ONE of the outstanding figures of the Canadian bar passed away in Montreal in the early part of the week in the death of Mr. A. R. Creelman, K.C., for eight years general counsel to the Canadian Pacific Rly.

Mr. Creelman was of Irish and Scotch origin, he being the son of the late James Rutherford Creelman and Isabella Christina Patterson Creelman. Born 66 years ago at Richibucto, N. B., he was educated at the Grammar School there and at the Chatham (N.B.) Academy. He studied law with the late Hon. Adam Crooks, Q.C., was called to the Ontario bar in 1876 and to the bar of Quebec in 1892, and was created a Q.C. in 1893, by Lord Stanley of Preston, then Governor-General of Canada and later Earl of Derby. Mr. Creelman's talents carried him steadily forward in his profession, and he became one of the leaders of the bar in Ontario, being for years associated in partnership with such famous lawyers as the late D'Alton McCarthy, Q.C., M.P., the late B. B. Osler, Q.C., and Dr. John Hoskin, K.C. He remained a member of the Toronto firm of McCarthy, Osler, Hoskin & Creelman until 1901, when he was appointed chief solicitor to the Canadian Pacific Railway, taking up permanent residence in Montreal at that time. He was well known as one of the leading commercial lawyers in Canada, particularly expert in insurance law. In 1905 he assumed the title of general counsel, a post he held until 1913, when he resigned, but remained a director until the following year, a position he occupied for 4 years, having been elected in 1910 to take the place of Sir George A. Drummond. He was also a director of the Kingston & Pembroke Railway. Mr. Creelman was a member of the committee which raised an endowment fund for Upper Canada College in Toronto in 1900, and was appointed an honorary corresponding secretary of the Royal Colonial Institute, London, in 1906. He was a Liberal in political belief, but took no active part in politics. In faith he was a Presbyterian, being a member of St. Paul's Church. Mr. Creelman was devoted to clean and manly sport, doing much to further the interests of cricket, hockey, curling, bowling and golf, and in 1900 he was elected president of the Canadian Cricket Association.



BRITISH ARMY SWORDS.

Each Branch of this Service Has its Own Type of Weapon.

Swords in the British army vary to a very great extent, and practically every branch of the service has its own type of weapon. The difference is not so much in the shape of the blade as in that of the hilt.

The sword used by the infantry has a large ornamental guard, bearing the royal cipher and crown. There is a slot at the top of the guard for the sword knot, really a leather loop ending in a knot to prevent the loss of the sword. The infantry sword is perfectly bright and is sharp on one edge only.

Rifle regiments have a special sword of their own with the rifle badge let into the openwork guard. Very much the same sort of sword, but with a still more open guard, consisting of three curved bars, is used by the royal artillery and army service corps. The Royal engineers have a gilt hilt on their sword, a distinction they prize.

The claymore of the Highland regiments has a big basket hilt lined with red cloth and blue ribbons. The officers of some Scottish regiments carry a plain cross hilted sword without a guard.

Until a few years ago the cavalry were armed with sabers. Nowadays, however, they carry swords of a straight rapier pattern. The guard is a large affair, completely shielding the hand.

Easy to Guess.

A woman writer says girls ought to know what their beaux make. Don't they? Unless times have changed the girls get three-fourths of it during the courtship and make a clean sweep after the wedding.

Action does not always bring happiness, but there is no happiness without action.—Disraeli.

PATRIOTISM OF CANADIAN INDIANS

"Please, sir, may I go to Regina to enlist?"

According to a prominent C.P.R. official the question was put to a government inspector at the File Hills Indian Agency, Balcarres, Sask., and the speaker was a tall young Indian.

After looking sympathetically at the prospective soldier the inspector said: "I'm afraid your eyes are not strong enough to pass the sight test."

The Indian stood his ground, and seeing that he was not to be put off without a test, the inspector got a newspaper, and holding it before the eyes of the Indian who was only a few yards off, asked him if he could make out a large letter to which he pointed his finger.

Like many of the white people, the Indian thought he could see everything, though, in fact, he was almost blind. His eyes expanded with enthusiasm. He looked towards the paper; he stretched his neck; his face reddened deeper than before; he paused, and he faltered: "It's-it's-a-C."

The letter was O. The youth had lost his chance. He possessed a spirit that could dash into the mouth of a German cannon and hands that could play a hundred Germans without tiring. These were wonderful gifts, but alas! his sight was too weak to enable him to perform the simple task of making out a letter.

"Good night," was all he said as he left the room.

Altogether there are fourteen of the File Hills Indians in the Canadian army; others are joining the forces, but owing to physical defects and ignorance of the English language, many are prevented from joining. The Indian population of File Hills at present

A Monstrous Tide.

The bay of Fundy forms a cul-de-sac at which the Atlantic ocean seems to have taken a special spite and at regular intervals pours into it an enormous amount of water. Take the harbor of St. John as an illustration of what this mighty tide must be. In most parts of the world a tide of ten feet is considered something abnormal, but at St. John it rises twenty to twenty-four feet in good weather. In stormy weather the monotony is varied by the high water mark being pushed up even ten or fifteen feet higher.

Where Shelley Was Drowned.

Spezia, the principal naval station of Italy, and about fifty miles southeast of Genoa, described as "the Portsmouth of Italy," has interesting literary associations. It calls up memories of Byron, Shelley, Leigh Hunt, Charles Lever and Mary Somerville. Lever was in residence at Spezia intermittently for some years, and there wrote three of his books. But a more tragic interest is attached to the magnificent bay, for it will be recollected that it was while sailing in a new boat across the gulf to his home at Lerici that Shelley was drowned.

Musical Note.

"What opera did you hear last night?" "Cecil had the program, and he said it was Libretto." "How amusing!" "Yes, wasn't it? Because it really wasn't Libretto at all."

Bullets and Snow.

To test the penetration of rifle shots snow walls six feet six inches thick were erected in Arrifles, France. Rifles were fired at a distance of fifty-five yards. In each case the ball was stopped at a penetration of five and a half feet.

MAXIM'S MACHINE GUN.

A Terrible Engine of Death Which Works Automatically.

Early in life Hiram Maxim showed himself a marvelous genius as an inventor. An incident of his boyhood, in which the recoil of a rifle attracted his attention to an apparent loss of power, led him in 1881-2 to utilize the force of the recoil to good account in a gun which loads itself automatically and fires at the rate of 770 shots a minute by the power of the previously wasted force.

The Maxim machine gun is an engine of terrible destruction. This gun has only a single barrel, which, when the shot is fired, recoils the distance of three-quarters of an inch on the other parts of the gun. This recoil sets moving the machinery which automatically keeps up a continuous fire at the extraordinary rate of twelve rounds a second.

Each recoil of the barrel has therefore to perform the necessary functions of extracting and ejecting the empty cartridge, of bringing up the next full one and placing it in its proper position in the barrel, of cocking the hammer and pulling the trigger.

As long as the firing continues these functions are repeated round after round in rapid succession. The barrel is provided with a water jacket to prevent excessive heating.

GOING ROUND THE WORLD.

The Gain or Loss of One Whole Day in Making the Trip.

In sailing around the world eastward the days are each a little less than twenty-four hours, according to the speed of the ship, as the sun is met a little earlier every morning. These little differences added together will amount to twenty-four hours. This gives the sailors an extra day—not in imagination, but as an actual fact. They will have done an extra day's work, eaten an extra day's ration of food and enjoyed an extra night's sleep.

On the other hand, in sailing westward the sun is overtaken a little each day, and so each day is rather longer than twenty-four hours, and clocks and watches are found to be too fast. This also will amount in sailing around the world to the point of departure to one whole day by which the reckoning has fallen in arrears. The eastern bound ship, then, has gained a day, and the western bound ship has lost one.

This strange fact, clearly worked out, leads to the apparent paradox that the first named ship has a gain of two whole days over the latter, if we suppose them to have departed from port and returned together.—Westminster Gazette.

Naming a Race Horse.

Some years ago at a sale of racing yearlings the Duke of Portland and another peer bid together for a fine animal, and the contest between them was very keen. At length over £500 was bid for the horse.

"If we go on at this rate," said the other peer, "we shall be paying far more than the creature is worth. Suppose we buy it between us?"

The Duke of Portland agreed, and later on they had a discussion as to what the horse should be called.

"Well," said his grace, "as we are going to share it, why not call it 'The Loaf'?"—London Mail.

A Chance at Last.

He—Did your mother appear pleased when you broke the news of our engagement? She—Yes, indeed. She said she had always wanted to tell you what she thought of your habits of dress and speech and total lack of good manners and literary taste, and felt now she had the right to express herself.

Letter For Letter.

"Why does a poet begin so many of his sentences with 'O'?" inquired the politician.

"There's no answer," replied Mr. Penwiggler. "Why does a speechmaker begin so many of his sentences with 'I'?"

Puzzled.

Every man who is not a monster, mathematician or mad philosopher is the slave of some woman or other—George Eliot.

We are puzzling our brain to know which one of these fellows we are.

Aluminum From Greenland.

Cryolite, a source of aluminum and used in making soda and glass, is not produced in the United States, the entire supply used in this country being imported from Ivigtut, an Eskimo hamlet on the southern coast of Greenland.

Today.

If you made mistakes yesterday, forget them. No strength was ever built upon continued regret. Today is the result of yesterday, but it is more important to remember that tomorrow is the result of today.

Energy.

Conserve your energies. This is a health rule which most people might do well to consider seriously. It takes energy to worry over small things. It takes energy to traverse the hundreds of needless steps on their daily duties.

PATIENT WORK.

There is no great achievement which is not the result of patient working and waiting.—Timothy Titcomb.

HER DREAMS CAME TRUE

Life Unbearable from Indigestion Health Restored by "Fruit-a-tives"



MELLE C. GAUDREAU

Rochon P.Q., Jan. 14th, 1915. "I suffered for many years with terrible indigestion and constipation. I became thin and miserable. I had frequent dizzy spells and became so run down that I never thought I would get well again.

A neighbor advised me to try 'Fruit-a-tives'. I did so and to the surprise of my doctor, I began to improve and he advised me to go on with 'Fruit-a-tives'. I continued this medicine and all my indigestion and constipation was relieved. I consider that I owe my life to 'Fruit-a-tives' and I want to say to those who suffer from indigestion, constipation or headaches, try 'Fruit-a-tives'. Give this lovely fruit medicine a fair chance and you will get well the same as I did."

CORINE GAUDREAU.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

Dr. Howard Kelly's View.

Dr. Howard A. Kelly, of the Johns Hopkins University, at Baltimore, one of the greatest authorities in the medical world, recently said: "Liquor in all its forms, and used for any purpose whatever, I believe to be an unmitigated evil. I believe in fighting it in every way possible. For about fifteen years I have never prescribed or recommended it for any cause whatever. Tell your surgeon who prescribes alcohol and says it does good that he is living just ten years behind this age."

SPECIAL

Notices of future events for which an admission fee is charged will only be inserted in THE HERALD at regular advertising rates. Announcements for clubs, churches, societies, lodges or other organizations of future events, other than religious services, for which there is no admission fee, will be inserted for one cent per word, with a minimum charge of 25 cents per insertion; card of thanks, 50 cents; in memoriam cards, 50 cents; obituary poetry, 10 cents per line.

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Children Cry FOR FLETCHER'S CASTORIA

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