

NOTES AND COMMENTS

A popular theory, given weight by the assertion of neurologists and other observers more or less expert, is that this generation is "living too fast" and growing old prematurely. But now comes Lord Chief Justice Alverstone of England, who declares that the great judges he has known have done their best work between 65 and 80 or 65 and 70, while Mr. Justice Phillimore, also of the British high court, in agreement with Lord Alverstone, asserts his belief that "the whole vitality of people is enormously prolonged since we were children."

Perhaps Lord Alverstone's view of the efficiency of the seventies would be received somewhat coldly by Sir John Doe or Baron Roe, who from the youthful fifties gazes hopefully up the weary road of judicial preferment. Yet it must be admitted that judicial history discloses some remarkable evidence of the lasting powers of a great mind. Justice Phillimore's opinion that our energies are being conserved rather than dissipated in the conditions of modern life is encouraging if not widely held or readily supported.

It is admitted that if we wish to make certain people over in certain ways we must "catch them young." To revive the "popular arts," to make the many sing, dance, play, enjoy poetry and beauty, it has been urged, we must appeal to "the spirit of youth," to begin our work on children of tender years. But one writer seems to think that this does not take us far enough back. Music and dancing in school, festivals and nature study, amateur theatricals and the like are no doubt desirable and helpful, but we can and should begin even earlier.

When the cradle was banished from nursery and kitchen, we are told, with it went lullaby and slumber-song. Now, "if all babies were hushed to sleep with song, might not the next generation be musical and poetic?" A question which gives pause. But how many of the nurses and domestic servants, to say nothing of mothers, can do the musical-poetic hushing prescribed? After all, we may have to begin our reform with the grandfathers of the coming generation, as one philosopher once suggested.

RALEIGH'S "STONE-PITCH."

What Asphalt Was First Discovered in Trinidad.

Sir Walter Raleigh was probably the first white man to discover the existence of asphalt in Trinidad, declares Mr. A. E. Aspinall in his book, "The British West Indies." He left England on February 8, 1595, and after coasting by the Grand Canary and touching at Tenerife, directed his course for Trinidad. He arrived there on March 22nd, and cast anchor at "Point Curipan, which the Spaniards call Punta de Gallo."

After remaining there four or five days, he visited a place called Parico, and "From thence I rowed to another port, called by the naturals Piche, and by the Spaniards Tierra de Brea." At this point there is that abundance of stone-pitch, that all the ships of the world may be therewith loden from thence, and we made trial of it in trimming our shippes to be most excellent good, and melteth not with the Sunne as the pitch of Norway, and therefore for shippes trading the south parts very profitable.

The commercial possibilities of the lake were overlooked until 1805, when Admiral Sir Alexander Cochrane sent two ship-loads to England. This experiment was not successful. Later, Sir Ralph Woodford, governor of Trinidad, tried to use the asphalt for paving a public square of the city. The result was surprising. The asphaltum mixed with the soil, and made the grass grow more luxuriantly. Years went on, and the wonderful deposit was put to little or no practical use until 1864, when the late Henry A. Greig visited Trinidad, and formed a partnership with a local sugar-planter for exporting the pitch. The new company quickly got possession of individual leases of the lake, and set about digging and shipping the substance.

When the government decided to secure a revenue from the deposit, A. L. Barber, who had been developing the asphalt paving business of the United States, secured a concession of the whole lake of 118 acres for a period of twenty-one years, paying an export duty of five shillings a ton, and a royalty of one shilling eight pence on a minimum export of 20,000 tons of asphalt a year. At the same time, Mr. Barber formed the Trinidad Asphalt Company, and that company still controls the enterprise.

LIFE AS THE AIM OF LIFE

Man Finds Himself a Slave to the Laws Which He Has Written For His Emancipation

And the ruler of the synagogue was moved with indignation because Jesus had healed on the Sabbath.—Luke 13. 14.

We are accustomed to forget in these remote times how radical was Jesus in His own day until we stumble upon some such episode as this in the Gospel of Luke. No laws were more absolute in the ancient Jewish community than those pertaining to the Sabbath, and no custom more rigid than that of compliance with these laws. The most intricate rules and regulations had grown up about this sacred day, and no man could be righteous, or even respectable, who did not obey these rules and regulations to the letter. And now comes this young prophet of Galilee, who breaks these laws and thus defies all the venerated tradition of His people by healing the sick upon this day of days. And not only does He thus perform an act expressly forbidden, but He adds insult to injury by practising His lawlessness inside the synagogue! What wonder that "the ruler of the synagogue" and openly rebuked Jesus for what He had done! And what wonder that, continuing to act in this way on numerous occasions, Jesus speedily made Himself of "no reputation" among his contemporaries!

Cured a Crippled Woman.

The Nazarene, however, had good reason for His conduct, as He was not slow to explain in answer to the ruler's charge. Had He violated the laws of His church and the custom of His people in the spirit of mockery or bravado He might well have been condemned. But such was not the case! What He had done was simply to give relief from cruel suffering to a crippled woman who had chanced to come to His attention! He had performed an act of mercy, in defiance perhaps of the laws of men, but in strict accord with that love which is the

fulfillment of the higher law of God. Does not everybody do just this thing? said Jesus. Or, if not, ought not everybody to do just this thing? "Doth not each of you," He asked, "loose his ox or ass from the stall on the Sabbath and lead him away to watering?" And His adversaries, we are told, were "put to shame" by this retort, and "could not answer again."

In all this now we meet something far more vital than any mere question of Sabbath observance. What we have here is an emphatic laying down of the universal law of all true religion: that life, and the needs of life, must be the sole aim of individual conduct and social organization and that nothing must be allowed to interfere with the service of this aim. Ever is there the tendency to forget life in devotion to the laws which were formulated and the institutions which were reared for its.

Protection and Uplifting.

Man sees himself imprisoned in the state or the church which he has builded. He discovers that the Sabbath, which he has made for a better ordering of his life, has overmastered him and that he is now apparently made for the Sabbath and not the Sabbath for him. All this was intolerable to the mind of Jesus, as to the mind of any man who knows reality. There is no law, no institution, no custom, no creed, which has any right to exist save as it fosters and upholds the life of men. The moment that these things hinder this life—fetter it, wither it, destroy it—foster misery and shatter hope—then at that moment it must go and man thus assert his spiritual supremacy over the things which he has made. Between the Sabbath law and the infirm woman there can be no choice. Life, with its needs, its aspirations, its ideals—this must be our goal; and the uncompromising service of life—this must be our watchword! —Rev. John Haynes Holmes.

HEALTH

Hay-Fever.

Although hay-fever has long been known and studied by physicians, its true cause and nature are still matter for discussion. The uncertainty regarding the disease is shown by the variety of names it bears—June cold, rose cold, peach cold, autumnal catarrh, nervous catarrh, summer asthma, ragweed fever, pollen fever, and many more. Some regard it as purely neurotic—a sort of hysteria or neurasthenic condition; others believe that it is due to the presence of especially irritable areas in the mucous membrane of the nose; others again, and perhaps the majority, regard it as a disease of the respiratory mucous membranes, caused by the irritating effect of the pollen of certain plants, such as goldenrod or ragweed.

The advocates of the neurotic theory point to the fact that hay-fever often attacks its victims each year on the same day of the month, and even at the same hour of the day, whether pollen is present in the air or not. Furthermore, the early forms of the disease—called June cold or rose cold—come before there can be any ragweed pollen at all in the air. As is usual in most disputes, there is probably some truth on each side. There is clearly a neurotic element in most cases of hay-fever; and this nervous condition causes the patient to be susceptible to the infection. The irritable areas in the nose supply the proper medium on which the specific poison of the disease can act. Finally, this specific poison is doubtless a toxin contained in the pollen of many grasses, weeds, and even cultivated plants.

The sufferer breathes in the pollen, it comes in contact with the susceptible mucous membrane, its toxin enters the system, and gives rise to the symptoms of the disease. The pollen of various grasses has a toxic property like that of ragweed, and so we have the early cases—the real hay-fever that comes at the time of grass-cutting. The nervous element is shown in the punctuality of the attack. The patient observes that the attack begins on a certain date, and unconsciously prepares himself, by what is called autosuggestion, for its return on the same day of the following year. That is now the generally accepted theory of hay-fever, and it is plausible enough to be true.—Youth's Companion.

Night Air.

There are still many people who think that though windows and doors should be open in the day time, and though people, whether sick or well, cannot spend too much time out of doors, while the sun is shining, there is no danger in exposure to the night air. So far from being harmful night air is a great

health giver. The atmosphere is cleansed by the precipitation of dew and frost, so that night air is purer than the air in the daytime. Dr. Hannington, a prominent member of the American Association for the Prevention of Consumption, says that the air in a room twenty feet long, ten feet high, and fifteen feet wide must be renewed every hour if the person who occupies it is to maintain good health. As of many of our bedrooms are as large as this, and as few of them have windows on both sides, it will be seen that the majority of us sleep in rooms that are not perfectly ventilated. The gospel of fresh air is being preached on every hand, but like other gospels, it is not yet practised even by many who profess to believe it.

I Looked Into His Een.

I looked into his een— My heart it trembled sair. I didna ken I loved the lad; I thought na to beware.

By chance he touched my hand— Hoo could it be sae sweet! I didna ken I loved the lad, But my heart maist gar'd me greet.

I felt his dear warm breath, He chanced to come sae near; I didna ken I loved the lad, But I trembled as wi' fear.

He told me he maun gae awa'— I could na thole to hear. He told me that he loved a lass— Her name I dared na speir.

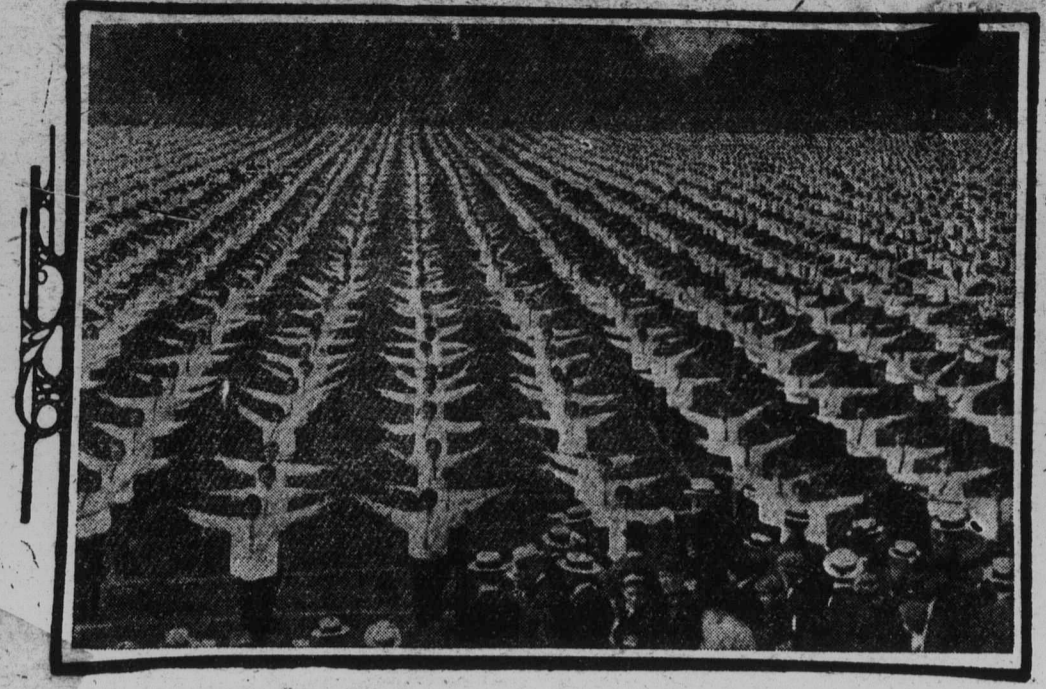
He said he loved her weel— He gazed at me sae lang My heart seemed leaping out And breaking into sang.

He said he loved her weel— I kenned the thought he had; My heart it trembled sair— I kenned I loved the lad.

—J. W. Witcomb, in National Magazine for July.

The Country Boy's Creed.

"I believe that the country, which God made, is more beautiful than the city, which man made; that life out-of-doors and in touch with the earth is the natural life of man. I believe that work is work wherever we find it, but that work with Nature is more inspiring than work with the most intricate machinery. I believe that the dignity of labor depends, not on what you do, but on how you do it; that opportunity comes to a boy on the farm as often as to a boy in the city; that life is larger and freer and happier on the farm than in town; that my success depends not upon my location, but upon myself; not upon my dreams, but upon what I actually do; not upon luck, but upon pluck. I believe in working when you work, and in playing when you play, and in giving and demanding a square deal in every act of life." —Suburban Life Magazine for July.



10,000 SCHOOLBOYS IN GREATEST ATHLETIC MEET EVER HELD IN AMERICA. Central Park, the playground for the people of New York, was converted into a vast athletic field Saturday last, where 10,000 boys of the Public Schools (the largest assemblage of schoolboys ever gathered in such an event anywhere in the world) met in a series of athletic contests arranged by the Public Schools Athletic Association.

HOME

Choice Recipes.

Bacon Gravy on Toast.—Cut up one-half pound bacon into small bits and fry brown. Add one-half cup of hot water, two cups of milk, a small piece of butter and seasoning. Add sufficient flour to make a thick gravy. Pour over the toast.

Frosted Currants.—Take large, perfect bunches of red and white currants. Wash carefully and when dry dip in the beaten white of egg to which a little cold water has been added. Drain, then roll in powdered sugar, or sprinkle the sugar evenly over the currants. Lay them on a colander to dry.

Rice and Fried Green Peppers.—Boil rice and turn it into a vegetable dish. Cut green peppers into rings—remove the seeds—and soak the peppers in salted water for half an hour. Then drain, and fry them in butter. Arrange the pepper rings on top of the rice and turn over them the butter in which they were cooked. Cover and place in the oven for five minutes, then serve.

Fruit Canapes.—Use the sponge cake that was left from Sunday's supper—cut in squares and split. Saute in butter, on both sides. Spread cooked fruit on each piece; make a thick sauce of the fruit juice by adding arrowroot to the hot juice and pour over the canapes.

Siberian Sauce.—Stir together one teaspoon chopped pimento, three of grated horseradish, one of mixed mustard, one teaspoon of sugar and a little salt. Add sufficient vinegar to cover and serve with cold meats.

Boiled Lettuce.—Cut away the thick stalks from four or five heads of lettuce and boil the leaves in salted water for fifteen minutes. Turn out into a pan of cold water, drain and chop. Return to the fire, add a cupful, or more of white sauce and when quite hot stir in the well-beaten yolks of two eggs.

Cranberry and Nut Salad.—Cut into dice a sufficient quantity of cranberry jelly. Sprinkle with chopped walnut meats and pile lightly on a bed of lettuce leaves. Cover with mayonnaise dressing.

Rice Pudding (Made from cold boiled rice).—Break up two cupfuls of cold boiled rice, so that it will be free from lumps. Add one tablespoonful melted butter, one tablespoonful sugar, a good pinch of salt and the beaten yolks of three eggs. Stir in two cups of flour to which has been added one heaping teaspoonful of baking powder. Beat all together until smooth, flavor with orange and, the last thing, fold in the stiffly beaten whites of the three eggs. Put in a buttered baking dish and bake until it is well set. Serve plain or with a fruit sauce.

Dats Gems.—Sift together two cups flour, two teaspoons baking powder, one-half teaspoon cinnamon, one-half teaspoon ginger and a little salt. Heat one-half cup molasses and a tablespoon butter in a saucepan until the butter melts. Then stir in the dry ingredients, alternating with one-half a cupful of milk until it is well blended. Now add one cupful of chopped dates which have been liberally sprinkled with flour. Bake in buttered muffin tins for half an hour.

Carrot Puree.—Peel and slice several good-sized carrots. Put them in a saucepan with minced onion and two tablespoonfuls of dripping. Cover closely and cook until the carrots are tender. Then add one quart of stock, pepper and salt and cook for fifteen minutes. Put all through the vegetable press and serve very hot.

Baked Hash Balls With Mint.—The lamb which was left from Monday's dinner may be used for these. Mince fine and add some chopped leaves of fresh mint, pepper and

salt and the yolks of two eggs. Form into balls and place in a baking dish. Pour a teaspoonful of melted butter over each and bake in a hot oven about ten minutes. Garnish with sprigs of mint.

Meat Fritters.—Make a good rich fritter batter and add one cupful or more of minced meat to it. Fry as you would any fritters.

Spider Corn Bread.—Grease the bottom and sides of an iron spider, then melt two tablespoons of butter in it. Beat together two eggs, two tablespoons sugar, two cups milk, one cup cornmeal, one-half cup of flour mixed with a teaspoon baking powder and one-half teaspoon salt. Pour into the spider, but do not stir. Pour over this one cup of milk; bake about half an hour in a hot oven. When sufficiently cooked it should have a streak of custard through the center.

Chicken Rings.—With a double biscuit cutter cut rings out of slices of stale bread. Toast or fry in deep fat a nice brown. Dispose down the center of a platter and place a tablespoon of creamed chicken in each ring of bread. Garnish with parsley.

Summer Salad.—Cut into small pieces any cold vegetable which you may have—string beans, asparagus, peas, potatoes, beets, tomatoes, cucumbers, etc. Mix carefully, so they will not become mushy, place on a bed of lettuce and dress with French dressing.

Things Worth Knowing. To remove scorch stain, wet it and expose to the sunshine. It is worth while to add the white of an egg to the pot of chocolate. A pinch of soda added to a berry pie before the upper crust is put on will keep it from running over. When washing one-piece dresses, hang them over a coat hanger to dry; they will dry evenly and hang much straighter.

To sharpen a knife fold a piece of emery paper in the centre and draw the knife rapidly back and forth several times. Do not use soap in washing windows. Clear warm water with a little kerosene or ammonia added will give a high polish.

Don't forget to stop the clocks when going away for the summer; it is bad for the springs if they are allowed to run down. It is best to clean windows on a cloudy day, as the sunshine dries the water too quickly, and the window is apt to be streaked.

Summer bedspreads should be made of material easily washed. Nothing is prettier than the inexpensive dimity or madras. Never turn your faucets on with a jerk. Turn slowly and gently when turning the water on or off. The faucets will wear twice as long. To tablespoonfuls of paraffine mixed with a bucket of boiling water, with which tables are to be scrubbed, will make them beautifully white and smooth.

An excellent way to extract the juice from an onion is to cut the onion, press it firmly against a grater, and then draw it up and down. The juice will drop slowly from one corner of the grater. The flavor of lemonade will be improved if for part of the sweetening leaf sugar rubbed over the peel of the lemons is used.

In making an eggnog, beat up the egg light with the milk—three-quarters of a cupful of milk to an egg is the usual proportion—and add a pinch of salt, sugar to taste and a little nutmeg for flavoring. Then add the white beaten to a stiff froth.

If you are mixing a pudding or cake with a wooden spoon, beat the mixture with the back of the spoon. It is far easier and becomes beautifully light in half the time. When a kettle is badly burned, do not fill it with water, but set it aside to cool, then put in a handful of washing soda and water and allow it to boil for an hour or more. To wash an eiderdown quilt, place

the quilt in a lather made with hot water, soap jelly, and a little liquid ammonia. Soak it for ten minutes, then soak it until perfectly clean. Rinse in two clear waters to which a little ammonia has been added, pass through a wringer, shake well, and hang to dry, shaking several times while drying.

To clean a light suit, brush the suit thoroughly. Then rub it over with a slightly damp cloth. Make a paste of Fuller's earth and water, and spread carefully over the soiled parts. Leave the suit till thoroughly dry, then brush off the powder with a stiff, perfectly clean brush.

WOOD-BLOCK PAVING.

Under Improved Methods Proving Very Satisfactory.

The paving of city streets with wood is again coming into favor, new methods of laying the pavements making this one of the most satisfactory of pavements. Vancouver's pavements are largely of the same material. Eighty-two per cent of the new paving in Minneapolis is wood-block, and Saskatoon and other Western towns are giving the wood-block paving the preference.

Best results are obtained from rectangular-shaped blocks cut from Southern or Norway pine which are thoroughly seasoned and creosoted. This latter process not only lengthens the life of the wood but reduces its absorptive capacity for water, thus preventing the weakening of the wood-fibres and reducing its tendency to buckle. The most approved method of laying this pavement used in London, New York and other large cities, is to first make a concrete foundation four to six inches thick on which is laid a thin layer of sand, or, better still, of moist Portland cement, into which the blocks are closely set.

The blocks are from five to nine inches in depth and must be free from defects. Care must be taken to place them with the grain perpendicular to the road-bed. If laid with the long edges at right angles to the curb the joints are apt to become worn by the calks on the horses' shoes, so, to prevent this and to best provide for possible expansion, the paving is laid at an angle of about sixty-seven degrees with the curb. The joints are usually filled with ground cement, and the surface of the paving is then covered with a thin dressing of coarse sand, which beds into the pores of the blocks and roughens them.

Such a pavement has the smoothness of asphalt and will last almost without repair for fifteen years under ordinary conditions. It is sanitary, noiseless, easily kept clean, and has a certain springiness lacking in asphalt, and so is much easier on horses' feet. Expert labor is not required in its laying, and the cost of maintenance is practically nil, so that from the standpoint of cost as well it compares favorably with the asphalt, macadam and brick now being used in Canadian towns and cities.

The manufacture of wood-blocks for paving would furnish saw-mill owners with a means of utilizing the many defective logs of Norway pine unfit for saw material, and, could a steady market be developed, much of the waste in connection with present lumbering and milling operations could be avoided.

Ho! For the Woods.

The discovery that whiskey cures iver poisoning should be a great comfort to individuals in whose neighborhood no poisonous snakes chance to reside.

You can't fail unless you take chances, and you can't succeed.