


Woman's Sphere



Charge the Enemy, Fear.
 "Perhaps the greatest obstacle to success is fear. Many a young business girl fears ridicule of her associates and the criticism of her employer. She is overwhelmed by a thousand nameless terrors. Constant apprehension not only destroys her efficiency, but creates an atmosphere that reacts to her detriment. When I find a girl of reasonable ability held back for some unaccountable reason, ten chances to one investigation proves that it has its root in groundless apprehension."

This remarkable statement by the highest salaried woman executive in America, Miss Henrietta F. H. Reid, assistant to the president of the Bush Terminal Company, appeared in a recent issue of a woman's magazine, in an article addressed to girls. It seemed too good to confine to young business women who are consumed with the desire to "make good." In fact, it seemed to me that it belonged more to the farm boy and girl than to the young woman in business, for it has been my experience that the people most liable to underrate themselves in this world are the boys and girls who have been bred on the farms, kept through force of circumstances from rubbing up continually against their fellows.

Looking back to school teaching days in the old country school, it seems to me now that the majority of poor marks the boys and girls got were given them, not because they didn't know the lesson, but because they were afraid to recite. I can recall many a student whom I knew must be able to answer every question I asked, but who only dumbly shook his head, while some more self-confident classmate arose and rattled the lesson off. There was nothing to do but put down a bad mark, though.

Fear of making a mistake, of being laughed at, held these children back in school. It will probably hold them back through life unless they make a determined fight to overcome it. Those "thousand nameless terrors," how well the sensitive person knows them. And no one but the sensitive person knows what untold bravery it takes to overcome them. Going over the top requires no greater courage than charging the enemy—fear. Fear of ridicule, fear of failure, fear of making a mistake, as Miss Reid puts it, keeps more people back than any other thing.

And the country-bred person, I believe, is more liable to those fears than the city-bred. The boy in the city is early accustomed to measuring himself by his fellows. The street is his playground, and while it may be undesirable from many points of view, at least it affords him an opportunity to find himself. He is inspired by the daring of his braver fellows to try each fear-producing stunt, and learns in time that one failure isn't going to wreck his life.

The farm child hasn't this opportunity. He has only the short recess and noon hour at school to meet his playmates, and then hurries home. As a result he is apt to grow shy and distrustful of his own ability, to become a victim of apprehensions which keep him back from success. The best cure for this is to keep him as much with other children as is possible. Isolation is bad for everyone. It is

ways works in one or two ways, either we grow timid and are afraid to venture, or we become perfectly satisfied with ourselves and when we are thrown with others we fail to grow because of the contact.

If you're a victim of terrorism begin your fight against it to-day. Haven't you watched many men and women of your acquaintance who "do things," head committees, manage clubs and fairs and granges, and wondered how they could do it when you, better educated perhaps, could never do it? It is simply because they have self-confidence, while you are fearful. Perhaps you have even greater ability, and are simply afraid to use it.

We had a copy in school, usually once a month, which may help you: "We lose the good we oft might win by failing to attempt." If you have been losing out through this failure, begin your reform to-day.

Brewing Tea.

All that one needs to make good tea is an earthenware pot, some tea and water that is boiling at the time it is poured on the leaves, which should then be allowed to infuse for a few moments, when the liquor must be poured off. That sounds easy and it is all there is to it; it is astonishing how seldom this simple formula is followed out in actual practice. The housewife's most common mistake is to use water at a temperature below the boiling point. No matter how choice the tea, if the water is not at boiling temperature the important constituents of the leaf are not dissolved. Now that everybody is talking economy it is a good time to call attention to the waste caused by using water below the boiling point. To prove that one can waste in making tea get two grades, one a very cheap tea and the other a tea of the same kind but double the price. Draw the cheapest tea with boiling water and the better sample with water below the boiling point. You may be surprised at the result, but the taste will convince you that boiling water drawn off cheap tea makes a better drink than is possible to brew with water which is not boiling even when the tea itself is of good quality.

Tea is often served in a china teapot containing the tea leaves and a larger pot supposedly filled with boiling water. Tea made by pouring the water into the small pot through the tea is often unsatisfactory because of the difficulty of keeping the water up to the boiling point. It may have been boiling when poured, but the cold pot chilled it just enough to make it too cold to draw a good cup of tea.

Wasted tea leaves are just as real waste as uneaten bread, or fat thrown into the garbage can. It is not necessary to economize to the extent of cutting out your cup of tea, but when you draw it see that you get all the virtue there is in the leaves. Use boiling water and practice real economy.

Will Human Race Die Out?

From the recorded facts extending over nearly three centuries, it is found that in 1610 the average height of a man in Europe was 1.75 metres, or, say, five feet nine inches, while in 1790 it was only five feet six inches and a fraction. At the present time it is five feet three inches and three-quarters. It is easy to deduce from these figures a rate of regular decline in human stature, and to apply this, working backwards and forwards, to the past and to the future.

By this calculation it is determined that the stature of the first man attained the surprising average of sixteen feet nine inches. Truly, these were giants on the earth in those days. The race had already deteriorated in the days of Og, and Goliath was quite a degenerate offspring of the giants. Coming down to later times, we find that, at the beginning of our era, the average height of man was nine feet; and, in the time of Charlemagne, it was eight feet eight inches.

But the most astonishing result of this scientific study comes from the application of the same inexorable law of diminution to the future. The calculation shows that by the year 4000 A.D. the stature of the average man will be reduced to fifteen inches. At that epoch there will be only Lilliputians on the earth.

Both men and women need to be good mixers—a man in his business and a woman in her kitchen.

London tube railways which were built fifteen years ago for an average cost of £600,000 per mile, would now cost at least £1,000,000 per mile.

RECORD PROGRESS BY ROYAL BANK

Institutions Semi-Centennial Report Best in its History—Liquid Position Strong—Profits For Twelve Months Showed Gain of \$613,418 at \$3,423,264; Assets at New High.

In further celebration of its fiftieth anniversary, the Royal Bank of Canada, in its statement for the year ended November 29 last, reports a twelve-monthly period of record progress from the standpoint of financial strength, liquid position and profits. Recent exhibits of Canadian banking institutions have indicated that, although the period through which the banks have passed have been difficult ones owing to the important readjustments necessary, they have been able to further strengthen the already strong positions occupied at the end of the war.

The Royal Bank in its annual statement, made public yesterday, proves that it is no exception to this general rule, the report being the most notable ever issued by the progressive institution. Total assets for the first time in its career rose over the \$500,000,000 mark, being shown at \$533,647,084, a gain of \$106,134,102 over the figures of a year ago. To this splendid aggregate liquid assets contributed \$273,908,862, representing an increase in the year of almost 49 millions and being the equivalent of slightly in excess of 55 per cent. of the bank's liabilities to the public. The latter compares with 56.6 per cent. a year ago and 53.2 per cent. in the 1917 period.

Profits for the year were \$3,423,264, compared with \$2,809,846 in 1918, or equal to 21.74 per cent. on the average capital employed during the twelve months. This compares with 20.1 per cent. in 1918 and 18 per cent. in the preceding year. The capital of the bank was increased by \$3,000,000 during the year, an issue of \$2,000,000 par value being issued to shareholders at 150 early in the current calendar year, while a second additional issue was sold to the London County, Westminster & Parr's Bank, Limited, with which the Royal formed a close working arrangement in April last at a price of \$200 per share. These increases brought the outstanding capital of the Canadian institution up to \$17,000,000, the premiums on the new stock amounting to \$3,000,000 were added to reserve, bringing the latter up to a parity with the capital.

P. & L. Balance Over Million.

After all deductions, which included disbursements among shareholders during the year in the way of dividends and the anniversary bonus, amounting to \$2,206,196, there remained a balance at the credit of profit and loss account of \$1,096,418, or over twice the amount carried into the 1919 accounts from the previous year. Comparative figures of the position of the profit and loss accounts of the past three years are given in the following table:

	1919	1918	1917
Profits	\$3,423,264	\$2,809,846	\$2,327,979
Prev. bal.	535,757	564,264	852,346
Total	\$3,959,021	\$3,374,110	\$3,180,325
Less:			
Dividends	\$1,866,196	\$1,614,702	\$1,549,574
Bonus	340,000		
Pension F.	100,000	100,000	100,000
Premises	400,000	400,000	250,000
Gov't F's	156,406	133,551	123,157
Patriotic	40,000	60,000	60,000
Half-pay	50,000		
Reserve	750,000	500,000	528,300
Total	\$2,862,603	\$2,838,353	\$2,616,061
Balance	\$1,096,418	\$535,757	\$564,264

The balance sheet of the last two years compares as follows:

	1919	1918
Coin and Notes	\$55,815,547	\$42,123,658
Cent. Gold Res.	24,500,000	26,000,000
Notes oth. banks	3,464,200	10,678,020
Cheques	23,757,240	20,074,889
Due by Can. Bks.	17,102	1,321,557
Do. outside	18,101,372	10,391,516
Gov't securities	45,323,598	35,599,976
Other securities	52,815,433	44,792,400
Call loans, Can.	16,435,614	10,967,931
Call loans, out.	33,812,751	24,374,191
Total liq. assets	\$273,908,862	\$224,982,088
Curr. loans, Can.	143,269,518	119,184,715
Curr. loans out.	90,210,271	64,175,163
Overdue debts	365,899	388,513
Real estate	1,251,571	1,121,211
Bank premises	7,018,444	6,492,011
Letters credit	16,467,978	10,162,629
Cr. deposit	750,000	742,818
Other assets	173,648	213,910
Totals	\$533,647,084	\$427,512,982

World's Simplest Post Office.

The world's simplest post office is in South America. From a high, rocky cliff overlooking the Strait of Magellan is suspended by a long chain a barrel which receives mail. It has no postmaster, nor is there any regular letter carrier or collector. Every ship that goes through the Strait stops and sends a boat to this curious little post office, looks over the letters that are in it to see if there are any for the men on board that particular ship, and places therein letters for seamen on board ships that are known to be heading for the Strait.

An ordinary snail travels at an average speed of one mile in fourteen days.

What Makes a Sunburst

What is it that in the West where the rays of light are darting from behind big clouds? "Some people will tell you it is a 'sunburst.'" Others will say that you are looking at Jacob's ladder, while some one else may inform you that the sun is drawing water, and that it foretells rain.

When the shafts of light stream downward from the cloud, the Jacob's ladder explanation seems appropriate; and when the same kind of rays seem to be coming up from the sea or a river, the idea of water being drawn upward by the sun seems to describe the phenomenon. But when the bright and dark rays radiate in all directions around the great cloud, then indeed the sun is a burst of glory and the name "sunburst" is appropriate.

Step into a darkened room when a ray of sunlight shines through a pinhole in the dark window curtain. A shaft of light falls through the air of the room illuminating the tiny particles of floating dust. If, instead of the darkened room, we have a dark place where the shadow of a heavy mass of cloud is cast, and the sunlight streams through a chink in the clouds, the dust or particles of moisture in the air will be illuminated and the shaft of light will become visible.

The presence of dust or moisture in higher levels of the atmosphere produces exceedingly interesting results when shadows of clouds are cast into the air. Ordinarily we can not see these shadows, but when the minute particles of material in the air are strongly illuminated by the slanting sunlight the shadows become strongly visible by contrast. Let us go up into cloudland and see how this happens.

When is Egg Bad?

There is no such thing as a bad egg, though some eggs are better than others.

This, of course, does not represent the housewife's point of view. It is the commercial idea. Nothing is bad that can be sold for money, and no egg is so rotten that it will not fetch a price.

Dirty eggs are in a class by themselves. No matter how fresh, they do not sell to advantage. But they have a special market of their own, being sold to cheap restaurants and boarding houses.

Cracked eggs (technically known as "checks") go the same way largely; but if they are "leakers" they pass into the "rot can."

These are matters of great commercial importance, for checks and dirties constitute 5 per cent. of the entire egg crop. Mostly they are "broken out," together with hopelessly stale eggs, into large cans, being thereupon frozen and held in that condition until the season of egg scarcity, when they are sold to bakers and restaurants of inferior class.

How can the very poor get eggs in these days, when the price is so high? The answer is that they buy them by the pint, cracked or otherwise inferior eggs being commonly sold by pushcart peddlers in city slums.

Checks, dirties and stale eggs are largely used also for evaporating. Rendered water-free by heat in a

vacuum, they are ground to a meal resembling sawdust in appearance. Their market is the same as that for frozen egg-fluid.

The rotten eggs are strained and sold to leather manufacturers, who use them for finishing their product, the oil contained in the yolks giving a most desirable polish.

When the cloud is near the horizon, the rays of light and shadow may slant directly across the sky overhead and, if sufficient dust is present, become visible. Perspective then causes these lines to come to a point near the horizon where the sun is hidden, while exactly opposite the place of the sun the lines come to another point. Occasionally a large cloud mass will completely cast a shadow over the whole sky when the sun is setting. A single chink in the right place in the cloud will let a single ray of light shoot straight across the dark sky.

The Pay Envelope.

The workman was digging. The wayfarer of the inquisitive turn of mind stopped for a moment to look on.

"My man," said the wayfarer at length, "what are you digging for?"

"The workman looked up. "Money," he replied.

"Money!" exclaimed the amazed wayfarer. "And when do you expect to strike it?"

"On Saturday," replied the workman, as he resumed operations.

Belgium Will Electrify Railways.

The Belgium Government will electrify its railways, beginning with the lines from Brussels to Antwerp, Luxembourg and Ostend.

To Harness Ocean Tides.

Practical experiments to determine the possibility of harnessing ocean tides for the production of electric power will be conducted by the French Government.

Celebrities Who Pined in Prison

What would the world say to-day if on arriving in Ireland after their magnificent flight across the Atlantic, the heroic Alcock and Brown, instead of being received with the enthusiasm they so richly merited, had been seized by the authorities and thrown into the Detention Barrack in Dublin?

And yet it was into a gloomy dungeon that Christopher Columbus was hurried for an exploit no less daring. All the gratitude that he received was the displeasure of his so-called patrons, the abuse of the populace, threats, imprecations, and then, as if that were not sufficient, the luckless discoverer was clapped into irons.

All that Galileo got for his services to science was public ridicule and a prison cell. It was Galileo who declared that the earth went round the sun, for which preposterous assertion his judges had only one sentence. "We'll let you go free if you admit this statement to be a tissue of lies," he was told after he had languished in prison for months. "Very well, the earth does not go round the sun," remarked the great astronomer. "It does, for all that!" said he to himself as soon as he had quit the judges' presence.

Sir Walter Raleigh spent over ten years of his life in prison, and the beautiful Mary Queen of Scots a much longer period. So absolutely bored was the first named with prison life that he attempted to destroy himself. As for Queen Mary, she, too, became terribly depressed owing to her monotonous existence. It was from one of the many prisons in which she was confined from time to time that she escaped just prior to the Battle of Langside, after which disaster to her cause she was once more promptly placed in custody.

It was as a prisoner that Cervantes wrote "Don Quixote" and Bunyan the "Pilgrim's Progress." Leigh Hunt wrote some of his finest essays in prison, and the late W. T. Stead used to refer to the months he spent in Holloway as one of the happiest periods of his life.

Barnum, the famous showman, once found himself in jail, though when he left it it was in a coach and four, surrounded by crowds of admirers!

Napoleon III. spent a number of years behind bars, as did also that mighty genius Mirabeau, one of the greatest statesmen France ever produced.

Health

Protecting Baby From Colds.

Next to digestive disturbances, babies suffer more from colds, bronchitis and pneumonia than from any other disorders. In fact, during early infancy pneumonia heads the list of infant deaths, only to be displaced a few months later by that most dreaded summer disease—diarrhoea.

Little tiny babies are so helpless, so dependent upon their seniors for life itself that our responsibility is indeed great. We should put forth our best endeavor to avoid and prevent common colds, for they so often go into coughs, croup, bronchitis and even pneumonia.

And now as we enumerate a few of the common causes for baby's cold we hope the reader will put forth a big effort to prevent such thoughtless occurrences.

1. Some one brought the infection to the baby. Children coming in from school and father from the office should bear in mind baby's susceptibility to "cold catching."

2. Somebody coughed in his face. A cough spasm may be difficult to control; but to cough in baby's face is nothing short of criminal carelessness.

3. Germ-laden hands have handled the baby. If the mother or caretaker is compelled to share her attentions with another member of the family suffering from the grippe or from a cold, baby should always be approached with hands that have been scrubbed with a brush dipped in either alcohol or a weak solution (one level teaspoon to the quart of water). A clean, large apron that covers well should be worn when baby needs care.

4. He has drunk from an infected glass. Countless germs cling to a drinking glass if a common glass is used by both patient and baby; and you won't miss it if you wager on baby's catching cold. The common drinking cup is responsible for much of the widespread ravages of many diseases to-day.

5. There is not enough moisture in the air baby breathes. The ordinary home is deficient in the amount of moisture necessary for health.

6. Somebody wiped baby's face with an infected towel. Like the drinking cup, a common carrier of cold germs is found in the family towel. It doesn't need to be a regular towel—for it may be any old, clean, soft cloth—cheese-cloth, a piece of old soft underwear—but whatever it is, let it be baby's personal property. There is comfort in knowledge that no one else uses your towel. Children should be trained to help keep the order in the bathroom, and if the little fellow is given "his towel" to place on a particular hook or in a definite position on a rack or towel rod two birds are killed with one stone.

7. Baby was allowed to play on the floor. A friend wrote me of a pen he had arranged by building a fence around a sanitary cot. He reports a royal good time that his baby had and of its freedom from colds. Floors are cold and drafty and if baby is compelled to play on the floor extra clothing is necessary, such as leggings, sweaters, comforts, etc.

Child Mirth.

Mirth seems to be a result of good feeding. The underfed cannot play. They have not the power of spontaneous expression of happiness.

Recent studies of children in Germany and Austria by physicians and teachers in their Public Schools inform us that as early as the severe winter of 1916 children were apt to sit idly gazing in front of them, to be roused only by some strong stimulus and soon relapsing into inattention. Dr. Hilda Clark wrote last June that she had been in Vienna four days before she saw a child play.

Dr. A. Thiele, of Dortmund, says that though the nervous system resists deprivation of food well, the lack of certain important universal salts soon produced in the children a tendency to rapid mental fatigue, associated with excitability. Loss of energy and initiative speedily followed; finally all desire for mirth and sport died away, and coarse, primitive instincts began to assert themselves.

Of a total population of 300,000 in Dortmund, Prof. Engel found 5,000 children between two and seven years of age who were unable to walk.

The Lancet (London) predicts that the majority of children in Vienna will grow up with stunted bodies and questions whether their mental life will ever again overflow into mirth and the exuberance of animal spirits.

In cold temperatures rats are found to develop a sort of "overcoat" or additional outer covering, which grows very quickly.

Thanks to the automobile, the suburbs of every country town now take in all the surrounding country for ten miles or more.

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