

### VALUE OF SAVING

The opinions of William H. Osborn, United States Commissioner of International Revenue, on saving, are quoted in the "American Magazine"

"People get rich in two ways," he says. "The minority through skill and success in investments and trading; the majority through systematic saving of small sums. I know a man who just before he was to be married, twenty years ago, lost all he had, and went \$11,000 in debt on a business deal. He gave his intended bride a chance to release herself.

"I think you can get on your feet again," she told him. "I'm willing to take a chance."

"All right," he said, "get into the boat with me."

"And they were married."

"The bride got a cigar box and cut a hole in the top lid. She called it her "furniture box", and into it went all the dimes and quarters she didn't really need. Soon she had enough to furnish a home.

"I know of many more cases just like that. It's a law of business that invariably succeeds.

"My advice to every young man is to start a savings fund and put into it a definite part of what he makes."

### HEALTH HINTS

Hope and success make a finer tonic than medicine.

The best tonic is fresh air.

The best restorative is sleep.

The best stimulant is exercise.

Fatigue calls for rest and not the spur.

Don't neglect to take daily exercise in the open air; it's almost as important as daily food.

One of the best forms of exercise is walking. Every day when the weather permits, walk to or from your work, and certainly during noon hour.

A half hour's brisk walk in the

fresh, clean, outdoor air every day will bring its own reward. If chilly or cold when walking, take deep breaths. Walk with the chest high and head up, and you cannot feel blue and despondent.—Kitchen Counsel.

### QUICK WORK.

Michael O'Flanagan was busily engaged in painting some railings. In fact, he was working so hard that Patrick, who knew his dislike for labor, was simply astounded.

"Bejabers, man," said Patrick, "you are going it! I've never seen you work like that before."

"Begorra!" answered Michael, still feverishly using his brush, "don't bother me! I'm trying to finish painting before the paint is all used up."

### MAY GO WEST.

A despatch from Victoria, B.C., foreshadows that the provincial government of British Columbia will offer the position of Civil Service Commissioner of the province to Dr. Adam Shortt. The Dominion Commissioner framed the bill for the British Columbia legislature, which, enacted into law, will provide for the complete reorganization and permanent establishment of the provincial service. The bill, it is understood, provides for one commissioner whose power of appointment and control in the Service would be practically supreme.

### SURPRISING.

*From the Boston Transcript.*

Mrs. A.—I've planned such a delightful surprise for my husband.

Mrs. B.—What is it?

Mrs. A.—He'll be getting his spring suit out shortly and I've put a quarter in one of the pockets.