

two of them, with the satchels, filled it so completely that there was no room for another.

Mrs. Stanton said good-bye at the gate. Into her parting words she put all the lingering born of a knowledge that she might never see her child again—or that, if she did, it would be as one who was almost a stranger who would be removed from her to a distance she could not hope to make less. And the girl clung to her neck, sobbing. But in a moment more she had taken her seat beside her father. She leaned out for a last kiss, smiling bravely to give courage to the commonplace, faded little woman from whom radiated none of her own sense of adventure and romance.

"I feel like a heroine," she said, leaving you all and going out alone into life."

The light of the Future was in her eyes. And into her mother's eyes, too, came an answering light—that of the fires of the soul in which self has been burned quite away.

When they had left her by herself, she stood in the forlorn garden for a time, looking down the road.

Then she turned and went back to her work.

WHY ICE WATER QUENCHES THIRST

By Leonard Keene Hirshberg,
A.B., M.A., M.D.,
(Johns Hopkins University)

Even in midwinter, when it is as cold "as all outdoors," ice, or very cold water is really necessary to quench your thirst. If you do not believe this, try it yourself on the very first frosty day. Of course, it is even more true for warm or balmy days.

When you are very thirsty, the saliva in your mouth and at the back of your throat is not necessarily absent and the parts "parched and dry" as the authors of the "best sellers" say, but it is ropy and thick.

If you will observe yourself, when the call of thirst summons you, it will be found that the palate and the back of the tongue sort of clicks together from the tenaciousness and taffiness of the ropy saliva. The watery portion has to a large degree evaporated.

If now you take an ordinary glass of water from a city spigot or hydrant, the luke-warm or nearly warm water is almost at room temperature. In other words, it is almost the match of your skin and membranes in the degree of temperature.

The upshot of sipping or gulping down water or any other fluid, neither hotter or very much colder than the lips, tongue, and mouth is to lose the sensation of gratification and satisfaction, which the thirst appetite craves.

In fine, your thirsty craving goes unsatisfied unless you are made definitely aware of the quenching material. This can only be brought about by ice cold or boiling hot water.

Obviously, the latter is impossible, because it is injurious and would do harm to the tissues. Since there is only one choice left, to wit, the ice water, you will naturally choose this. To be sure, if there is no ice water around, you will make the best of a bad situation and drink tap water. But you will at once agree that it by no means satisfies you.

Some physiologists explain the slow, phlegmatic nature of the English upon the fact that ice water is almost unknown in England. The people there do not know what they miss.

"Where ignorance is bliss,
'Tis folly to be wise."

When an Englishman once tastes ice water, it is hard for him to ever go back to ordinary city water. He at once realizes the difference between quenching the agonizing sensation of thirst and the mere need of fluid by the tissues.

Just as there is a big difference between appetite and hunger, there is also a noteworthy distinction between quenching thirst and filling the need of the human anatomy for aqua pura.

Hunger is the craving of the living tissues for nutriment and new fuel. Appetite is only an accidental and sometimes an artificial demand for more material in the oesophagus and the stomach. Pepper, stimulants, and anything almost that irritates the lining of the alimentary canal may stir up an appetite, though you are far from hungry.

Similarly, thirst is a sensation in the palate, tongue, and lips, created there to remind you that water is desirable for your health and comfort. It may be present only because you have perspired a great deal or your kidneys have been too active. Or it may be asserted from a more fundamental cause, such as a disease like diabetes.

In any event, the ropiness of the saliva and its glue-like character indicates a more deep-seated thirst than mere dryness of the mouth. The latter condition may be aided by uncooled water, but the sensation of thirst is only thoroughly assuaged and quenched by ice water.

HAPPINESS

By Grace G. Bostwick

I sang and laughed along the way to the place called happiness
For the sun was bright and the flowers gay and each smile a caress
And the road was wide and beautiful and smooth to my dancing feet
And eager friends on every hand were there with joy to greet.

But I said "Why, this is not the way. I don't get anywhere.
It's years and years since I started out and I don't believe it's there!"
So I faced about with a puzzled frown and declared "I'll try again!"
Perhaps the place called happiness is only found through pain!"

I laid aside my merry ways and my feet walked steadily
For suffering came and sorrow sore held out both hands to me
But I looked ahead with a wistful eye and declared "I'm on the way!"
As I tried to still my gnawing fear with thought of the coming day.

And I found the truth. But the place I sought is not a place at all.
It is goodness and innocence and peace and a heart with love a-thrill!
Now I smile with a joy that is close to tears as memory comes to bless
The thought of the girl who never knew that her life was happiness!

A Christian is God's gentleman. A gentleman, in the vulgar, superficial way of understanding the word, is the devil's Christian. But to throw aside these polished and too current counterfeits for something valuable and sterling, the real gentleman should be gentle in everything—at least in everything that depends on himself—in carriage, temper, construction, aims, desires. He ought, therefore, to be mild, calm, quiet, even, temperate, not hasty in judgment, not exorbitant in ambition, not overbearing, not proud, not rapacious, not oppressive; for these things are contrary to gentleness. Many such gentlemen are to be found, I trust; and many more would be were the true meaning of the name borne in mind and duly inculcated.—Hare.

All Christians should feel their study to be Christ's exaltation; and whatever is calculated to hinder man from beholding him in all the glory of his person and works should be removed out of the way! "God forbid that I should glory, save in the cross of our Lord Jesus Christ."



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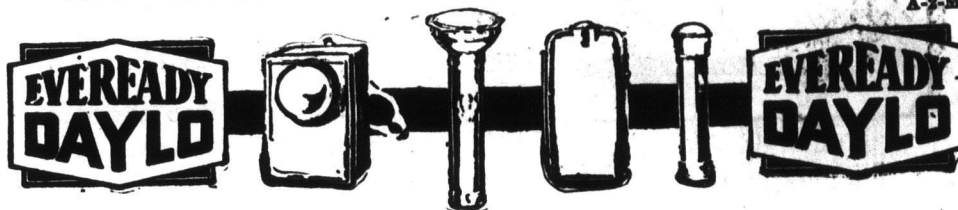
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