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Side Talks by Ruth Cameron

WHY WE GET TIRED.



RUTH CAMERON

"I cannot see why I am so tired this afternoon," a friend said to me recently. "I haven't done a great deal to-day. Nothing to tire me so." And then she suddenly added, "Unless—" and stopped. "Unless what?" I asked. She looked a little thoughtful and a little ashamed.

"I got terribly mad this morning about something. Do you suppose that could have had anything to do with it?"

Naturally I supposed it not only could have, but couldn't have helped it.

We know in a vague way that emotion uses up energy, but I don't think most of us have any definite idea how much.

Do You Realize What Uses up the Most Energy?

This is the order in which energy is consumed by our various functions.

Physical effort uses the least. Mental effort the next.

And emotion uses up the most energy of all!

It is my own experience that if anything, be it only my feeling over a book (I am that sort of a silly) brings tears to my eyes, (I don't mean makes me cry, but just brings the tears to my eyes) I have a sense of weakness the rest of the day.

Just as a Mechanic Would Study an Engine.

There are a great many people who ought to sit down and study out the whole matter of production and consumption of energy by the human machine thoroughly, and then alter their lives accordingly.

Thin people, nervous people, people who always get tired before the day is over are pre-eminent among these.

Assimilated food makes energy, that is left over makes fat. If you are underweight that means you haven't any assimilated food left over

to make fat. If you are thin and always tired that means you haven't enough to supply you even the energy for what you want to do.

Perhaps you aren't assimilating your food, perhaps you aren't eating enough (appetite alone is not a sufficient guide, many thin people don't want to eat as much as they sorely need to) or perhaps you are using up too much energy in one way or another.

Which is it? And After All It Was Just a Mathematical Matter.

I know a woman who had thought for years that her ill padded nerves, her excessive thinness and her inability to meet the demands of the day without weariness were something that only a long rest (which she did not see her way clear to taking) would remedy. And then one day a friend sent her a book which put the whole relation of food to fat and energy like a mathematical problem.

She hasn't become fat. Fat isn't built in a day any more than Rome. But she's gaining steadily in every way. And she says if any reader friend wants the name of that book enough to send me a self-addressed post card and a G.P. (grateful patient, you know) will be glad to write those cards for me.

Important!

Every man starting out in business will have to go over a hard road and find out his turnings for himself. But he need not go over his road in the dark if he can take with him the light of other men's experience.

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THEN GO AHEAD.



DAVE CROCKETT

Long years ago Dave Crockett said, "Be sure you're right, then go ahead." And this is counsel safe and sane; we'd save ourselves all kinds of pain, if each would paste it on his head, and do as good old Davy said. In these excited

troubled times, we go ahead with breaks and crimes, not query, as we whoop along, "Is this course right, or is it wrong?" We tread on to other fellow's toes, and crush his hat and spoil his nose, in our mad rush to gain a bone or boost some interest of our own. Old customs and old methods drop, and precedents are in the soup; we mutter deep contempt for laws, and Self becomes our only cause. If I can get what I desire, I care not if your home's afire. This is the spirit of the time, and precepts are not worth a dime. We do not care if we are right when we kick up a useless fight; we do not care if we are wrong, so that our bank account is strong. And Davy Crockett

sleeping lies; he left behind a message wise; but wisdom has no present lot in this mad world of ours, I wot.

Press Briefs.

WHAT ABOUT SQUIRES?—Premier Drury, having finished his task of forming a cabinet, has reached the beginning of his troubles.—Woodstock (Ont.) Sentinel-Review.

DID HE INDULGE?—A Harvard professor of astronomy who went to Jamaica to study the moon, reports that he has discovered evidence that the moon is inhabited by intelligent beings. By the way, one of the chief products of Jamaica is rum.—Hamilton Herald.

THE PRINCE IN YANKEE-LAND.—The Prince of Wales is receiving a glorious welcome to United States and is winning the American heart by his genial and modest manner. He is a representative of which the British Empire is justly proud.—Calgary Alberta.

A POPULAR FALLACY.—Cobden, Bright and Gladstone held that the easiest way to increase real wages is to lower the cost of the necessities of life. But they were old fogies. It is fashionable now in Great Britain to agitate for higher wages, and then to complain loudly if the money received buys less. The idea prevails, and will doubtless continue to prevail until jolted to death by impact with hard facts, that it is possible to sell your own produce for more and now pay another fellow more for his product.—New York Tribune.

Minard's Liniment Co., Limited. Gentlemen—Last winter I received great benefit from the use of MINARD'S LINIMENT in a severe attack of LaGrippe, and I have frequently proved it to be very effective in cases of inflammation.

Yours,
W. A. HUTCHINSON.

Household Notes.

To cook noodles in the Chinese way fry in peanut oil and drain on blotting paper.

When cooking very sour fruits, add a very little salt and less sugar will be necessary.

Cranberries placed in crocks and covered with cold water are said to keep a long time.

If you buy oranges in quantity store them (in their own papers) so they do not touch.

If a fire is slow in starting burn a

newspaper in the throat of the chimney to warm the flue.

When making pastry do not roll the pin back and forth; roll it away from you and then lift it.

If bayberries and pine cones are being stored for holiday use, make sure they are in a cold place.

Keep lemons in cold water and they will not shrivel. The water should be changed twice a week.

A shaker filled with French chalk and stood at the carver's place can be used the moment a gravy spot is made and will absorb the most of it.



PLAYING THE MINISTER.

"You must," the good wife said to me, devote one pleasant day unto our new-come minister. At golf he likes to play!" And so, obedient to her wish, I sought the goodly man. And asked him would he like to shoot the ball into the can. "Aye, that I would," he smiling said. "I think the game sublime." So I prepared that afternoon to have a rotten time.

I'd never played with ministers; it did not seem to me. That one could preach the word of God and still a golfer be. Yet when he changed his clericals for garments less refined. No golfer on the course would know he hooked his vest behind.

"What odds shall I bestow?" I asked. He answered, "None at all, I'll play you level round the course. A ball, a ball, a ball!"

Now that is true-born colliers' speech. It started me a bit. Thought I, "The parson knows the game. Perhaps the church can hit!"

And when I saw him make a swing and then observed his smile, I whispered low to Alce Ross: "The Dominie has style!"

Then as his first drive left the tee I further said it looked. As though for three good dollar balls the clergy had me booked.

He hit 'em far and straight and true, he putted like a fiend. He smote the pill with all his might, and into it he leaped;

He kept the honor all the way; and at the final cup, I paid him three good dollar balls for he was seven up.

"My friend," said I, "you have a style for which all golfers search. If I thought I could play like you I'd gladly go to church."

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MUTT AND JEFF—JEFF BELIEVES IN PLAYING SAFE WHEN HANDING OUT BOUQUETS.

By Bud Fisher.

