

Oranges and Lemons.

Dr. Harvey W. Wiley, Chief of the Bureau of Chemistry of the Department of Agriculture at Washington, says: "Eat oranges; eat them in winter, eat them in summer; eat as many as you can afford to buy; they are better for you than physic."

In an interview with a correspondent, Dr. Wiley said:

"Oranges are excellent for people.

"It is good to eat oranges for breakfast, and also for dinner—not from a medical, but an anti-medical standpoint. Both oranges and lemons ought to be used as freely as the financial ability of the consumer may permit.

People should eat plenty of oranges and lemons, not only in the summer time, but all the time. I don't think anything I have ever said in praise of a fruit diet is too strong to say about oranges and lemons. The abundant production of oranges and lemons in California, their excellent quality, and the cheap transportation across the country, have put these blessings to mankind within the reach of every person of moderate circumstances.

"People ask sometimes whether oranges should be eaten at the beginning or end of a meal. It is better to eat oranges first; the effect cannot be so good after one has partaken of other food.

"It should be remembered in hot weather that both oranges and lemons contain sugar, and that sugar is a heat-producing food. California oranges need no sugar to make them palatable, and even ordering lemonade I am accustomed to say: 'Don't put in much sugar,—just a soupcon' (as the French say); otherwise what is intended to be a so-called cooling drink becomes heating."



The Majority Won.

A physician came across a patient while strolling through the grounds of a hospital for the insane, and, stopping, spoke to him. After a brief conversation on conventional topics the physician said:

"Why are you here?"

"Merely a difference of opinion," replied the patient. "I said all men were mad, and all men said I was mad—and the majority won?"



A Live Agency.

When our stock of enthusiasm runs low we stroll over to the Montreal City Branch, on St.

James street, and leave there walking on air. As there is no wine cellar in connection with the agency we cannot be misunderstood.

We noted the results of life assurance written for the week ending June 27th. Here it is:

Tuesday, P.M.	\$ 8,000
Wednesday	8,000
Thursday	Holiday
Friday	9,500
Saturday	20,000
Monday	30,500
Tuesday, A.M.	56,500

Total for week	\$ 132,500
Total for month of June	429,888
Total for first six months of year	1,840,545
Increase over last year to end of June	592,153

These figures indicate a vigorous agency of wide-awake men. It also shows the great popularity of the Company in its home city. This should aid agency men who are removed many thousands of miles from Montreal, for it shows that where the Company is under close review at home it is strikingly popular.

We congratulate Mr. Stanton and the Montreal Agency for their good work.



Don't.

Don't surrender your policy at the suggestion of the agent of another company, without first hearing the other side. It costs you nothing to write first to your own company.

Don't borrow on your policy to take insurance in another company. Write first to your own company and learn why.

Don't sell or assign your policy to speculators. Write first to your own company and learn what their game is.

Don't encumber or dispose of your policy in any manner without first consulting your own company. You should always investigate thoroughly and hear all sides before sacrificing an interest of any kind.—Mutual Interests.



Remembering the Sabbath.

The reverence for the Sabbath in Scotland sometimes takes a form one would hardly have anticipated.

An old Highland man once explained to an English tourist:

"They're a God-fearing set o' folks here, sir, 'deed they are, and I'll give ye an instance o't. Last Sabbath, just as the kirk was skalin', there was a drover chap frae Dumfries along the road, whistlin' and lookin' as happy as if it was ta middle o' ta week. Weel, sir, our lads is a God-fearing set o' lads, and they just set upon him and almost killed him."—Tit-Bits.