

#### BRAIN STRAIN

We hear frequently of gentlemen who have been sent into the woods or to Europe because only a long rest will restore the nerves shattered by overwork.

Sometimes these gentlemen have over-eaten. Seldom have they over-worked. The brain knows better than the stomach when it is carrying an overload.

And it quits before it begins to crack. The fear of brain strain ought not to deter anybody from working at his job until he is tired.

If somebody didn't get tired every day there would be little accomplished in this world.

If the body is not in condition it wears easily, and the brain wears along with it.

But the body can snap back into form with regular sleep and the right kind of food.

The brain can do the same thing. The mental breakdowns that we read of are usually caused by worry which causes loss of sleep, which in turn breaks down the bodily health.

Get rid of the worry, and sleep will come back. When sleep comes back the health will be improved, and we will find that what we thought was brain strain was only body strain after all.

Watch anybody on a big job in which he is absorbed, and you will be astonished to see how long he can work and think at a stretch without hurting his brain in the least.

It is said that James Russell Lowell, when he wrote "The Vision of Sir Launfal," locked himself up in his study and toiled for three days almost continuously.

Yet after that sustained effort he was able not only to produce many fine poems and essays, but to succeed admirably as Minister to the Court of St. James.

The fliers who have recently made world's records have kept on their jobs for days at a time using their minds while on a task that called for concentration every single moment. But their minds managed to stand the strain.

The brain is sheltered from hardships, and its food carefully prepared by the blood stream before it is fed. It will stand up as a rule far better than the rest of the body.

You can safely undertake any task you can manage, and keep at it, without fear of injuring our mind.

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A locomotive engineer must serve a long apprenticeship before he is entrusted with the running of an engine; and unless his eye sight is good enough to stand severe tests, cannot hold a job as engineer. If such care is necessary in the case of a man who runs a locomotive on a track, should not equal care be taken to ensure fitness in the case of a man or woman who undertakes to drive a motor car along crowded thoroughfares where it is necessary to steer as well as to regulate speed.

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A mother's tears are the same in all languages.

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#### SOLOMON'S CAVE

Solomon's Cave, an old furrer from which the stone was taken to build Solomon's Temple, is situated just outside Jerusalem, in the hills of Judea. All that is left of the temple is the idea embodied in a model of it. On it stands the Mosque of Omar. But the cave remains unchanged. Its walls echo the voices from out the ages and bearing testimony to the foundation of the Masonic lodge.

In the early ages the laws of religion and philosophy and those of architecture were very closely united in thought, and it was held that these laws were secrets to be known only to the few. The working tools of the builder became emblems of moral truth and the arts and crafts were secrets jealously guarded. There must have been a secret order of architects who built the Temple of Solomon and opened friendly relations with foreign nations, made of the organization an international fraternity. Great material help was given him by Hiram I. of Tyre and the society of Phoenician architects in the construction of the Temple.

When Diocletian began his reign he determined to destroy Christianity and began the persecution of all religious secret orders. For a time the builders, owing to their value and services to the state, were exempt from these laws of suppression and enjoyed special privileges, but gradually during the Dark Ages, they were forced into mire secrecy, taking refuge in caves and secluded places to hold their meetings.

#### BIRTH OF ADVERTISING

English newspaper advertising dates back to the year 1640, and appeared in a London publication known as "The Moderator," his early effort at reaching the public did not deal with pills, soap or tobacco, but dealt with a missing horse. It ran as follows: "Reader, thou art entreated to inquire after a blackish and kind of piebald Nag, very poor, his face, feet, and flank white, and a little white tip on his tail. He was stolen from grass from John Rotherham, of Barnet, in Hertfordshire. Whosoever will inquire, find him out, and bring it will inquire, find him out, and bring what content they will for their pains."

#### ANCIENT RENT WRANGLES

The housing question seems to have and disputes between landlords and tenants were not infrequent.

About 150 B.C. a Senator of Rome appealed to the courts against his landlord, who had demanded 4,000 sesterces (about 40 Sterling) a year for a house which had been rented at only half that sum. Crassus, famous for his wealth, made much of his fortune building houses which he let by the year. He had trouble with the courts when he tried to make a tenant pay 15,000 sesterces for a bachelor's apartment.

Against these abuses Caesar promulgated a law according to which landlords could not exact more than 2,000 sesterces a year for villas in Rome, or more than 500 sesterces in the rest of the country.

#### ONE APPLE

In an orchard from which twelve thousand barrels of apples are shipped every year one individual apple does not seem worth thinking about. Yet in just such an orchard not long ago the foreman of the packing force made a determined search for one apple.

"We've got to find it!" he declared. "Come on now."

The men soon learned that the apple was in one of two barrels that had just been headed up. Into the first went a packer; he took out the first layer and the second, and third, and so on down through half the barrel before the desired apple appeared.

"See!" cried the foreman, turning the fruit bottom up. "Note that speck of rot? That's why I was so insistent."

One of the pickers had found the apple on the ground. It was a singularly large and well-shaped wind-sap, and it weighed half an ounce more than the biggest apple ever found in that orchard, but it was a windfall and was bruised.

"These barrels go into cold storage," explained the foreman. "They are for late winter and early spring trade and will bring high prices. That speck of rot would have spread on that apple and then would have infected others near by. The whole barrel of apples might have been ruined before the retailer could dispose of them."

So should we cope with bad habits. Run down that evil trait; its infection will spread. Summary treatment is the cure. That is the teaching not only of religion but of psychology. Go to the bottom of the barrel if necessary.

#### IDLENESS

What is a man. If his chief good, and market of his time, Be but to sleep and feed? A beast, no more.

Sure, He, that made us with such large discourse, Looking before and after, gave us not That capability and Godlike reason To fast in us unused.

—Shakespeare.