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**Living Thoughts.**

There is nothing so youth-giving as right living.  
 The worst about borrowing trouble is that nobody wants it back.  
 Man is at his greatest when he bends and worships—he is never so high as when on his knees.  
 It is only by trying to understand others that we get our own hearts understood.  
 True glory lies in the silent conquest of ourselves.  
 No great deeds are accomplished without the doing of many little details.  
 The descent of duty is ever followed by the ascent of faith.  
 Experience is the text-book from which we must learn life's greatest lessons.  
 A mistake is something which is recognized last of all by the man who made it.  
 Wise people are always in haste, but never in a hurry.  
 The door of opportunity is of little use to the person who is asleep.

**Red Blood Good Health**

Spring blood is thin and watery until Dr. A. W. Chase's Nerve Food is used

Red blood is the foundation of health and strength.  
 The same parts of the blood which give it color—the red corpuscles—also contain the elements which sustain and invigorate the body and its organ.  
 It is because the blood is thin, weak and watery in the spring that nearly everybody requires a blood-builder and restorative.  
 Now what Dr. A. W. Chase's Nerve Food does is to increase the number of red corpuscles in the blood or in other words to make the blood redder and richer in the elements which go to build up new cells and tissues to replace those wasted by disease or in the process of living.  
 Redden the blood by the use of Dr. A. W. Chase's Nerve Food and you lift yourself from that low level of health which leaves you tired and languid and an easy victim of consumption or some form of wasting or contagious disease.  
 The portrait and signature of the famous Receipt Book author, A. W. Chase, M. D., are on every box of the genuine. 50 cts. at all dealers of Edmanson, Bates & Co., Toronto, Ont.

**Control of Milk Supply.**

Since milk is so extremely variable in quality, and is so easily adulterated, since often considerable variations are not readily detected; above all, because the amount of milk used by any given person or family is comparatively small, the consumer of milk is almost wholly at the mercy of the producer and dealer, and must rely for good product very largely upon their honor. The State has recognized this, and to prevent imposition by unscrupulous people, has in various ways sought to regulate the sale of milk and like products. The chief means used has been to establish arbitrary standards of quality, and to subject to fine those dealers whose goods should be found to be below the required standard. The standards established by various States and municipalities have varied widely. From 25 to 3.7 per cent. of fat, and from 11.5 to 13 per cent. of total solids have been the minimum requirements. These standards, while efficient in securing honest dealing where they are rigidly enforced, nevertheless may work injustice, so far as honesty of the dealer is concerned under various circumstances, and may prevent the production and sale of a comparatively low quality product at a reasonable price. It would seem, therefore, that the best means of regulating the traffic in milk would be, not to set up an artificial standard to which all must come, but to require each individual dealer to guarantee his own standard, and hold him responsible if his milk were found below. In this way it would be possible to sell milk of various qualities, from strictly skimmed to heavy cream, upon a graduated scale of prices, with exact justice to everyone.—H. H. Wing, Cornell University, N. Y.

**When Do Men Begin to Decline in Power?**

(From the Century.)

A distinguished citizen of the world, a man of extreme culture and erudition, whose achievements and literary contributions have incalculably enriched the storehouse of knowledge, not long ago remarked in a notable address: "Take the sum of human achievement, in action, in science, in art, in litera-

ture; subtract the work of the men above 40, and while we should miss great treasures, we would practically be where we are to-day.

"It is difficult to name a great and far-reaching conquest of the mind which has not been given to the world by a man on whose back the sun was still shining. The effective, moving, vitalizing work of the world is done between the ages of 25 and 40."

No more genial and kindly disposed person exists than Prof. Osler, the originator of these views. Love for his fellow man and intense sympathy are his striking characteristics. Only the most honest belief prompts every utterance of his pen. Statements from such a source, however startling or distasteful to the average reader, command an earnest perusal, a close and searching investigation, but not a blind acceptance.

The sweeping and iconoclastic statement of the brilliant savant at first sight would seem to discount temperament, experiment accumulated learning, judgment, discretion, maturity—all that go to make the intellectual granite and marble of the impressive and commanding man of middle age. Impulse, initiative, adventure, rise to the acme of desirability and are the golden virtues to be cultivated and apotheosized. Only fifteen years of mental effort and the climax is reached.

Then begins the inevitable descent to oblivion and decay. Again it would seem to indicate that all these virtues, desirable enough in their place and time, are strictly and irrevocably limited to a certain period of the human development.

Beyond this epochal deadline they cannot be found save in monumental exceptions which are the wonder and perplexity of the hidebound scientist.

Does history warrant or corroborate such a conclusion? Most assuredly not, and doubtless it was far from the intention of the writer of the opening paragraph even to intimate as much.

The patriarch of the Exodus, when an impulsive and immature cad of 40, deeming the hour had struck, took the initiative in his own hands, blundered through a misconception of the times, and because of his rash and inopportune murder of the Egyptian brawler was compelled to flee the land.

For 40 years he was immured in the wilderness of Midian, buffeted by wind and tempest, exiled from human companionship, gnawed at by conflicting mental emotions, there to learn the secret of self-control, and through protracted communion with nature to acquire the massiveness and robustness of character that were essential for his true work at 80.

**A Severe Blow at Early Rising.**

Two severe blows have been struck at the proverbs "Early to bed and early to rise, makes a man healthy, wealthy and wise," and "It's the early bird that catches the worm." Dr. Savary told the members of the French Academy the other day that early rising, instead of rendering a man healthy, wealthy and wise was far more likely to drive him insane. This opinion has received support from Dr. Forbes Ross, a noted physician, of London, England.

According to the latter, early rising makes for mental inefficiency. It were allowed to go to sleep and awake when we liked, nerve illness and half the ailments in the world would be abolished.

"Ninety per cent of the early risers end by suffering from insomnia, and many of them get the habit because they cannot sleep. They are like the fox in the fable—they want everybody else to follow their pernicious example."

Finally Dr. Forbes Ross declares that a man who wakes up of his own accord will do double the work of the man who forces himself to rise early. The thick headed, sleepy clerk is the man who gets to the office first in the morning. He is not worth his wages. The brightest man is the man who is late, because he has overslept.

It is only a ploughman or a yokel who has no brain work to do that can rise early with impunity. But, then, it is pointed out, he goes to bed at eight in the evening.

People must have a healthy heart to rise early," says Dr. Forbes Ross. "Many a person with a weak heart has jumped up, awakening early, and fallen back dead."

"Few brain workers of any value get up early. One or two novelties boast that their best work is done in the early hours of the morning—but, then, they don't say how they rest for the remainder of the day."

"If a man wakes up and remains awake for some time he should then get up. But if he is awakened before his sleep is exhausted the tendency is to go to sleep again. And this shows that forced early rising is wrong."

**Clean, Healthy Hair.**

How to wash the hair is a question of perennial interest amongst women, and around it have grown a whole host of popular feminine fancies, from the egg shampoo and the dry shampoo to the widespread reluctance to touch the scalp with water at all except at the widest intervals. A hair specialist remarked not long ago, "Why not wash the hair frequently? It may be washed just as any other part of the body." Still, as washing and drying a mass of long hair takes both time and strength, few women find opportunity to do so oftener than once in two weeks. "The simplest, safest and most effective shampoo," says a writer in Harper's Bazaar, "consists of lukewarm soft water, olive oil soap and a pinch of borax to a large basinful of water. The stronger alkalis, such as bicarbonate of soda, potash and ammonia, are dangerously drying. Olive oil soap, or another soap equally pure, combined with the warm water, is sometimes enough without the borax, but when the hair is very oily it is not quite drying enough, and the borax is needed."

"In every case the hair should be thoroughly rinsed over and over, until there is no trace left of the soap. It is always better to put the pure soap into the water instead of on the head, making a thick lather of it."

The lack of cleanliness is mentioned by this writer, as by all hair specialists, as one of the chief causes of falling hair. "The necessity for cleanliness," she says, "should be imperative for its own sake, but if not for its own sake, for the sake of the clogged pores and sluggish circulation which are at the root of disease. No mistaken theories could persuade us, at least I hope not, that the skin on the rest of the body should be left unwashed for weeks or months."

Other causes for falling hair, besides poor general health, are an abnormally dry scalp or excessive natural oil. Massage will tone up the oil glands and thus help either of these conditions, and the judicious use of a hair tonic will also be in order.

"The so-called tonics," quoting again from this sensible writer, "are of three kinds—those that supply oil when the sebaceous glands are not doing their duty, those that stimulate the circulatory organs and those that destroy germs. Among the best of the pills are olive oil, almond oil, sweet oil, lanolin and vaseline. Among the stimulants are tonics based principally upon the cantharides, salicylic acid, quinine and nuxvomica. Their use is to excite the blood vessels to greater activity, and in that way bring more nourishment to the scalp. The best of the antiseptic, germ destroying ointments are made of a combination of lanolin and vaseline. The virtue of these tonics lies in their use at just the right time and under just the right conditions."

Mr. Dash was a grocer with lofty social aspirations, and he decided it would be beneficial to his status to join the local golf club. In due course he presented himself on the links, faultlessly dressed, and secured the services of a hardened caddie. The youth appeared dubious from the outset, but when, at the first vigorous onslaught, a peppering of Mother Earth was sent into his eyes and gaping mouth he became positively disgusted. "You're makin' a mistake, mister," he said, pointedly. "It's no' customary to put the tee in the caddie at gowf."

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