

ABOUT EARLY RISING.

From a very ancient date there has been a class of wise-ones which has been unwilling to admit that any good could emanate from those who did not "rise with the lark." These would-be philosophers held mere early rising to be a virtue which covered a multitude of sins, and that early retiring, and early rising, would make men "healthy, wealthy, and wise," despite the fact that milkmen, chimney sweeps, and others, who are earliest out of their beds, were never distinguished for these characteristics or acquirements.

Should one argue that early rising, like cold baths in winter, did not agree with all constitutions, he would be referred to the sluggard, or to the early bird, or to some other person or thing having not the least possible relation to the circumstances.

These good people are not aware that they have mistaken a habit for a characteristic, and you could not convince them that it is as often a bad as a good trait. They have never observed that many evil-doers are frequently stirring about early in the morning.

If, however, early rising is used by them as an argument for forehandedness, then much that is said may be true; still, it is really more important that a man should obtain a sufficient amount of refreshing sleep than that he should rise each morning at a given hour.

Poor Richard averred that, "A man who rises late may trot all day without overtaking his business," but that depends wholly upon his gait. If his sleep has been plentiful and refreshing, he can trot pretty fast without causing fatigue. In a word, it is the recuperative power which we have gained by sleep, much more than the time we arise, which determines our working power, in any direction, for the day. To be sure, it will not do for the bakers or for the milkmen to lie in their beds too late in the morning, but the merchants or the professional men need not get up so early, provided, of course, that their business has been properly attended to before retiring. The merchant need not be on hand much before his customers, who are not wont to stir about until they have partaken of their morning meal.

We are often informed that over-activity, not indolence, is the besetting sin of the average American; hence, the nervous prostrations and their attending brain disorders, insomnia among them, are, alas, too common, and pale, haggard-looking individuals are more often seen here than rotund, well-favoured, comfortable-appearing people.

More recreation and healthful sleep, therefore, are the demand of the hour, rather than early rising, which entails a yawning stupid existence the livelong day. Should one's business demand early rising, early retiring should then be religiously followed, in order to obtain the requisite number of hours in sleep, that best and only restorer of tired nature. The ability to exist without much sleep is nothing to boast of, neither is it worth while to plume one's self above ordinary mortals on the ground of being out of bed an hour or two before the rest of mankind; for it is a great mistake to suppose that every hour taken from sleep is just so much time gained. Later in life we may discover that it has been so much time wasted, unless sufficient sleep has been secured to recuperate fully from the wear and tear of the daily work.—"Demorest's Magazine."



BEAUTY IS LESS RARE TO-DAY.

Something over a hundred years ago the beautiful Miss Gummings were the observed of all observers. These historic sisters could not take a walk in town without being mobbed by adoring crowds; one day, in the Strand, they had to take refuge in a shop from the too persistent attentions of the populace, and in the end His Majesty the King assigned to them a bodyguard so that in future they might take without risk of over much annoyance such exercise as was necessary to keep their complexion clear. Nowadays, says a writer in "The Gem," it would be safe enough to wager that these same girls, could they be resuscitated, might walk where other fashionable people walk

without receiving more notice than the backward glance of a few pedestrians, and possibly an impertinent word or two from an occasional impertinent man. Nowadays, too, instead of finding in their faces a passport to wedlock with great nobles, they would probably, like their plainer sisters, marry ordinary well-to-do middle-class householders—that is, supposing, of course, that they did not belong by right of birth and fortune to the upper strata of society—and settle down to ordinary well-to-do middle-class life. In their circle of friends, remarks would be passed upon their beauty, but that would be all.



WHEN MAY WEDS DECEMBER.

WHAT ARE THE CHANCES OF HAPPINESS.

This question, often asked, is too large to be answered by a simple yes or no. Circumstances modify individual cases. Of course when veritable December, hoar and withered, courts blooming May, and May consents, for reasons shamelessly mercenary, to wed December, the irony of the situation is evident. Eighty and eighteen cannot wed without subsequent wretchedness. They have no foot of common ground to stand on. Fortunately such cases are rare.

Men, as a rule, retain youth longer than women do. A woman at forty is older than her brother of the same age, maturer in her way of looking at life, physically older, unless she has a special endowment of health and courage. There are always exceptional men and women who defy the ordinary rule and remain young when they are approaching the meridian. It is much as one feels—this subtle question of growing old.

TWO OR THREE YEARS ON EITHER SIDE ARE UNIMPORTANT.

A husband and wife may be of the same age, yet have few tastes which are congenial. One may love society, the other may be obstinately domestic. One may be a spendthrift, the other a churl. Two or three years on either side are of no moment. When we speak of disparity we mean anywhere from seven to twenty years to the good, or the bad, in the age of husband and wife.

Here, again, a man may safely be much older than his wife without exciting much comment. The man of forty is not, unless life has gone terribly hard with him, an unfit comrade for a girl of twenty. In case of a man's second marriage, he almost always chooses a youthful wife, and the two jog on very contentedly together.

All along the line a man is relatively younger than a woman until both reach middle age. There is, perhaps, a ten years' handicap on woman physically, if not mentally, until she arrives at the tableland which is marked by her fiftieth milestone.

In thinking of marriage, people should bear in mind that it is sacramental in character and a joining of hands and fortunes for the whole journey of life. "Till death do us part" is the solemn undertone of every wedding march.

WOMEN AGE EARLIER THAN MEN.

Women grow old faster than men, and are sensitive on the subject. Therefore, on general principles, the wife should be the younger.

Marriage, broadly defined, is life's closest friendship in purest and most intimate daily association. It is two made one, fronting the world together. Its happiness depends on responsive qualities, quick sympathies, and reciprocal unselfishness.

These conditions are often fulfilled to the uttermost in marriages wherein the wife is conspicuously and frankly older than her husband. She has tact and patience and infinite tenderness in dealing with her good man. She is apt to look well to his material comforts. He has good dinners, and his socks are darned. Men need and like petting and cossetting. They require to be duly fed and starched and kept respectable in appearance. They girl at frayed cuffs and cold coffee. The younger woman is self-absorbed, as the older is not, or she does not so lavishly bestow the mother-brooding which a man never grows too old to enjoy.

What everybody craves in marriage is to be understood and appreciated. Disparity of age is of small consequence when this consummation is reached.

MARGARET SANGSTER, In "Home Chat."

Is NOT FARINACEOUS and is ENTIRELY FREE from STARCH

MELLIN'S FOOD

FOR INFANTS AND INVALIDS.

When added to diluted Cow's Milk it produces a complete and perfect diet, suitable for the strong as well as the sickly babe. Adapted for use in all Climates.

MELLIN'S EMULSION OF COD-LIVER OIL.

The Best Nutritive and Tonic in all cases of Weakness of the Chest, Lungs, and Throat. Invaluable in Consumption, Bronchitis, Difficult Breathing, and Loss of Voice.

MELLIN'S FOOD & MELLIN'S EMULSION MAY BE OBTAINED OF ALL DEALERS.

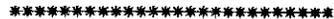
Samples and Pamphlets to be obtained from GOLLIN & CO, Wellington.

DR. PASCALL'S COUGH MIXTURE

CURES Price 1/6 and 2/6.

COUGHS QUICKLY.

ALL CHEMISTS and STOREKEEPERS. TRY IT.



For Constipation and Liver Troubles, Take Dr. Pascall's Vegetable Pills, 1/6 Box.

Wholesale Agents: MESSRS P. HAYMAN & CO., Fort-st., Auckland.

The Best Food for Infants and Invalids in all Climates. ALWAYS READY. NO COOKING REQUIRED.

HORLICK'S Malted Milk. FULL NOURISHMENT. PARTLY PREDIGESTED. STERILIZED. IN POWDER FORM. KEEPS INDEFINITELY. LARGEST SALE IN THE WORLD.

PURE MILK, COMBINED WITH WHEAT AND BARLEY MALT.

Of all Chemists and Stores.