الحرار فالمندود المستركان معيل فالموس بإيسانيويه المارسة النسالي يدرسيكس الا يارزاني

my three weeks orgy of fashing. She hought I had paid dearly for my folly." I don't think it necessary to say any-thing more, except that I feel sorry for the victim, and that I am glad to know this happened two years ago, so that I am not to blame for the results.

The reader will observe that I discuss The reader will observe that I discuss this fasting question from a materialistic view point. I am tolling what it does to the body; but besides this, of course, fasting is a religious exercise. I heard the other day from a man who was takening a forty-day fast as a means of increasing fils "spiritual power.". I am not ereasing ma sepressar power. I am not saying that Tot you to smile at the has excellent aithfority for the procedure. The point with me is that I and life so full of interest just now that I don't have much time. to think about my sout." Feet so much pleasure out of a haddful of raisins, or a cold bath, or a game of tennis that I fear it is interfering with my spiritual development. I fering with my splritual development. I have, however, a very dear living of the abul, and she tells are the things of the abul, and she tells are the wires you are fasting the higher faculties are in a sensitive condition, and these you can do many interesting things with your subliminal self. For instance, she had always considered herself a glutton, and so during an eight day fast, just before going to sleep, and just after awakening, she would lie in a sort of trance and impression has mind the interior are treatment. The result, she decrired, has been cating. The result, she dechired, has been that she has never since flien had an im-pulse to over eat.

upon habitanind the liter of restrant int. Int. cating. The result, she dechared, has been that she has never since then had an impulse to over-eat.

There are many such curious things shout which you may read in the books of the Yogis and the theosophists, who were fasting in previous incarnations when you and I were awinging about in the tree-tops by our tails. But I ought to report upon one fasting experiment which resulted disastrously for me. In "Staying for Health's Sake" I told how I had been able to write the greater part of a play while fasting. Shortly afterwards I plunged into the writing of new novel, and as usual I got so much interested in it that I want't hungry. I said that I would fast and save the eating time and the digesting time as well. So I would sit and work for sixteen hours or more a day, sometimes for six hours at a stretch without moving. After iwo or three days of this I would be hungry, and would eat something; but, being too much excited to digest it, I would say. "Hang eating, anyhow!" and go on for another period of work. I kept that up for some six weeks, and I turned out an appalling lot of manuscript; but I found that I had taken off twenty-five punds of fiesh, and had got to such a point that I could not digest a little warm milk. I cite this in order that the roader may understand just why I take a gross and material view of fasting. My advice is to lie round in the sun and read story-books and take care of your body, and leave the soul exercises and the nervous efforts until the fast is over. But all the same I know that there will be great poetry written some day when our poets have got on to the fasting trick, and when our poets care enough about their work to be willing to feed it with their own flesh.

The great thing about the fast is that it sets you a new standard of health. You have been accustomed to worrying along somehow: but now you disensayour own possibilities, and thoreafter you really wish to keep it. It moans the giving up of tobacco and alcohol, and a too

·************* **DERHAM'S** VICTORIA HOTEL Victoria Street West, Auckland. Half Minute from Queen Street.

s Hotel has recently been snlarged ovated, re-farnished and electric it installed throughout, and offers ellent accommodation for the tra-ing public. Phone 230. Is per buy, 285 per Week.

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The Churching of Bankson

BY SAMUEL SCOVILLE, Jn.

R. PAGE WHYTE, the new Taglish rector of St. Stephen's in the Fields, is popular in this parish. Bankson, neverthe loss, ever since one day on the Radnor I inks, considers him universiphicks.

Bankson is a Golfer and the capital letter e-pressor Bankson's impartial settlement of his ability as such. Last year his game was threatened by a severe at

"Is it customary over here to make any—er—small wager on the result of a match?" the rector queried, as he dabbled in the sand-box at the first tee.

Bankson, a confirmed golf gambler, brightened perceptibly.

"Why, yes," he said heartily. "We generally play a ball a hole, or sometimes a box of balls on the match."

"Would the last alternative be accept-

"I am a Minister of the Gospel, and for the sake of your soul I must protest against such language."

tack of autocitis. Day after day, he twisted a steering-wheel, turning impossible corners, passed stony-faced park guards funereally and other citizens instantaneously, while his conversation recked with ignition and horsepower.

The result was to be expected. No man can serve two masters, and his golf record climbed steadily toward the century of dishonour.

Finally, however, he saw the error of his ways, and again the golf-links knew him as of old. For long he complained pitterly that there were six inches gone from his swing, and that the form of a day that was dead would never come back to him. Moreover, his palate had been so vitiated by Presbyterians, Brofix cocktails, gin rickles, and other religious and rural beverages, that it was months before he could enjoy the Scotch high-ball that must accompany strictly high-grade golf.

Grandually however his band and nal-

ball that must accompany strictly high-grade golf.

Gradually, however, his hand and pal-ate recovered their lost cunning; and at the time of the event herein chronicled, Bankson quite fancied his game, and was firmly convinced that he should be play-ing No. 2 instead of No. 5 on the team— an opinion not shared by the captain.

It was at this puffed-up period that he first made the acquintance of Mr. Page. Whyte on a Monday afternoon at the golf-house. Bankson's expected opponent lad telephoned at the last minute that

golf-house. Bankson's expected opponent had telephoned at the last minute that he must perforce practise law that after-noon; and Backson, much disgusted at such an exhibition of low taste, had come out on the off chance of finding a discu-

gaged player.

Near his locker was dressing a young-lish man wearing a clerical stock and a face of impenetrable gravity.

Tace of impenetrable gravity.

"Looked like a composite photograph of Vice-President Fairbanks, Judge Parker, and Mayor Gaynor on the morning of Judgment Day," was the way Bankson described this expression afterwards. The stranger, with a marked English intonation, inquired whother Bankson had any antagonist. Observing the other's clerical tie and very new clubs, Pänkson refutantly admitted that he had not, and a match was arranged after mutual introductions. The divine drew the hosour. the honour.

able to you?" inquired his opponent with

able to you?" inquired his opponent with much formality.
"Entirely so," acquiesced Bankson.
The rector drove a straight but rather short ball, was bunkered on his second, and took three, puts, goting, out in six, while Bankson made a bogic of four. So On the second hofe, Bankson got off a screaming drive, but dubbed an approach, and took a sixe. The rector, however, went down a stroke worse. If he we went down a stroke worse. If he was a stroke worse with his stately attide. The story interposition of divine Providence I should be the winner of this match, I would prefer, justed of a box of balls, your attendance at divine service, say

At the third hole they were delayed by Major Newman, who was playing with Freddie Kent. The major was the terror of the links, a guifer of the old school who exacted the most rigorous observance of the therhiesilities. A sound or movement when he was about to make a stroke was in his eyes a compound of sacrilege, binaphemy, and less-majoaty. Freddie was a gentle creature, who always played a ladylike game in silk stockings and well-shaped legs.

The major, as Hankson and the rectty approached, was hedly ditched, and his ball showed like a luidding water-lily in the wind by the brookside. With a russille of expletives, he selected a shilick and tried for the green. Freddie was atanding apparently safely in his lee, but in some miraculous way the major managed to deposit about a pint of black mid full in Freddie's half-open, sweetly serious month.

"Bluot Hun! Papo-no-no-no." nh.

major managed to deposit about a pint of black mod full in Freddie's half-spen, sweetly serious mouth.

"Blup! Blup! P-po-no-no-no!" observed Freddie earnestly.

"Confound you, sir, don't you know you can't talk when a man is making a stroke!" howled the major, infuriated at the sight of his abandoned half wallowing still deeper in the mire.

Thereupon he proceeded to produce from an extensive military vocabulary a selection of objurgations which made even the hardened caddies draw back ta wonder and awe. Freddie Kent wiped the mid out of his mouth apologetically, while Bankson would no more have aktempted to intenfers with the major's flow of language than he would have presumed to proffer a red bandama to an angry built.

Not a with the rector. The latter's

now of impringe train he would nave presumed to proffer a red bandama to an angry ball.

Not so with the rector. The latter's face grew even graver, if that were possible, at every fresh verbal vagary, and finally, he stepped solemnly forward. The finally he stepped solemnly forward. The more sively to the purpling major. The marked inpressively to the purpling major. The manifester of the gospel, and for the sake of your soul I must protest against such language. Moreover, it seriously interferes with my game. As a well-known expert, on the links yourself, I am quite sure you will do nothing, which interferes with the score of a fellow golfer. The major had turned furiously on the rector at the beginning of his address, but the tactful peroration—the hajor's usual score being about one hundred and beenty, had a mollifying effect.

must score being about one hundred and twenty, had a mollifying effect.

"I'll take care of my soul personally," he grunted, that I'll say nothing more if it interferes with your game. Hey, boy!" he should to the cadde in the far background, "hut your month to getter and pick up the ball!

The quieted major and the abused Freddie passed on. Bankson holed out in awed sitelest and again won by a stroke. I'll it is now and then; but at the end of the first plus that the cadde in the first plus at the end of the first plus started for the tenth tee, the clargyman, cleared his throat in a rather embarraneed manner, I at the reminishly to cleaned the

ed manner, and that the design of the terms of a wager'll be inquired.

Balkson gray him a durious glance, a "like not customary," he anawered coldiy, "but if you wish to reduce the



rom behind the **bun**ier jumped a big, lumbering Newfoundland pup." "Tuel as I hit the ball, up from behind the

every other Schbath during the rest of stakes, I have no objection " . .

"Why, cortainty, doctor," responded Pankson, who was two up and fult that he had his opponent's measure,

etakes, I have no objection."

"Wou misunderstand me, Mr. Bankson,"
returned the rector, rather sharply. "I
had intended to suggest a triding incrosse of the consideration."