

He had scarcely put it up when the same man came along and said:

"No one wants the inside of his shoes blacked. We pay to have the shine on the outside."

The barber puzzled over it for a while, and realised that the man was right again, and next day the notice was replaced by one reading:

"The outside of shoes blacked inside."

"That's perfectly correct," said the fault-finder as he came along in the afternoon. "Never give yourself away on the English language."

SEE-SAW.

"How's this? You promised to saw some wood if I gave you some dinner."

"I recall no such promise, madam."

"The idea! I told you I'd give you some dinner if you'd saw some wood, and you agreed."

"Pardon me, madam. Your exact words were, 'I'll give you some dinner if you saw that wood over there by the gate.'"

"Exactly; that's just what I said."

"Well, madam, I saw that wood over there by the gate as I came in."

EXPLAINING THE CHANGE.

"Glad to see ye, sir—glad to see ye!" exclaimed the host. "Why, it must be—let me think—ten years since you came to our parts."

"Yes; times change, eh?" replied the old gentleman, meditatively.

"They do, sir," replied his host. "But you don't seem to suffer from that complaint. Your wife's changed more'n you, if I may say so."

"Indeed!" said the old man.

"Ah, she looks thinner than when she was here last. Used to be plump. Grown a bit taller, too, ain't she? Afraid she's not in the same health, sir. She's not the same complexion—"

"In fact," replied the old man, drily, "she's not the same wife!"

SMILE RAISERS.

"Did your brother have any luck when he was hunting tigers in India, John?"

"Yes, sir, great luck—he never met any."

"What does a billiard ball do when it stops rolling?"

"I'll give it up."

"Looks round, of course."

"What's the hardest thing about roller-skating when you're learning?" asked a hesitating young man of a rink instructor.

"The floor," answered the attendant.

Husband: "If a man steals—no matter what it is—he will live to regret it."

Wife: "During our courtship you used to steal kisses from me."

Husband: "Well, you heard what I said!"

"Yes," said Meekley, "I'm told that we're going to move to Swamphurst." "But," said the old doctor, "the climate there may disagree with your wife." "It wouldn't dare!"

"I don't want my hair brushed over my forehead any longer," declared Harold. "I want a crack in it like father's."

First Lady (to friend, who has just ridden across a field of young grass to ask directions of a farmer): "Did he tell you where to go?" Second Lady: "Yes, he did. And if you go over he'll tell you, too!"

THE MOST OBSTINATE

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SCIENCE SIFTINGS

(By "VOLT.")

Jet.

Jet is a sort of lignite or anthracite, often cut and polished, which has the peculiarities in weight and texture of the hardest kind of anthracite. It has been used since before historic times and was common in the bronze age, from which times have come jet beads, buttons, rings, armlets and other ornaments.

The White Race in the Tropics.

At the last Australasian Medical Congress, held at Brisbane, a sub-committee reported on the effect of the tropical climate upon the white race. Its conclusion was that with proper precautions, white settlers may thrive in hot climates better than is generally believed; but that under present conditions, their health in tropical Australia is deteriorating. Neurasthenia causes 25 per cent. of the invalidity; but climate is not the sole reason for this. Nervous diseases are partly owing to changed conditions of living. Their increased frequency where white and colored races live in contact, whether in the torrid or the temperate zone, is ascribed to the fact that under such conditions the whites—especially white women—do not perform the usual amount of physical labor, or take in its place sufficient physical exercise. The Congress also stressed the importance of a proper diet in the tropics, and blamed the excessive use of alcohol for part of the present evils.

Should We Be Vegetarians?

The aged controversy whether man ought to be a carnivorous or a herbivorous animal will probably prove immortal, for whatever evidence is produced is always open to argument (observes *Everyday Science*). But the vegetarians have recently suffered a blow to one of their theories—that man could not live and be healthy on a diet of meat alone. The fact that the Eskimos of Alaska are dying out was claimed by them as partly due to their diet of meat and fish, but their opponents declare that they are decreasing partly because their diet is no longer exclusively meat, they having learned to eat bread and vegetables and fruit, which do not suit them so well.

And Stefansson's last expedition, which lived for several years on end in the Arctic regions, goes to show that not only Eskimos, but whites can live and thrive with no other food than meat and fish. Dr. Jenness, of Oxford, the anthropologist of the expedition, declares that the Eskimos of the Arctic are the healthiest primitive people to be found anywhere, free of the white man's diseases, and living, in spite of the climate, to the age of 75 and over. Another member of the expedition, who was a vegetarian when he started, changed his views as well as his diet. It was Stefansson's theory that he could "live on the country" without burdening his sledges with supplies of tinned foods. They did so successfully, and, what is more, they liked it, and did not welcome the change back to a "civilised" diet when the expedition returned. They met white men who had lived in the north for 12 or 15 years on meat and fish only, and had never had a serious illness.

One fact that emerged was the necessity of fat. The Eskimos eat much blubber and seal oil with their meat. Stefansson has found that 15lb of lean meat a day are barely enough to satisfy hunger in the Arctic, but that half a pound of fat with 2 or 3lb of lean is plenty.

"True happiness never flows into a man, but always out of him."—Cardinal Newman.

PILES

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