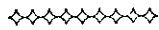


Tho' they cleave to the breasts of the mountains  
Or nestle by rivers broad,  
Cities are what men make them  
On the land that is given of God.

Cities are what men make them,  
What men demand they shall be—  
Slothful, sloven, and sleeping,  
Progressive, beautiful, free.  
If the hearts of the builders are noble  
In one with the day and the need,  
They build into grandeur and greatness,  
For so it was ever decreed.

So take up your task as you find it,  
Nor grumble at what you have not;  
Be one of the men to make greater  
The place where you've cast your lot.  
If the ocean shall threaten to overwhelm you,  
Build a dyke that will laugh at its might;  
Cities are what men make them  
Who are willing to labor and fight.

—D.L.



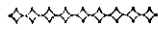
#### WHY HE STOOD UP.

"Now," thundered the school teacher on a morning of unusual density on the part of his scholars, "you are all blockheads, but there must be one among you who excels in something, even if only in crass ignorance. Let the biggest dunce in the school stand up."

The invitation was more in the nature of "bluff" than anything else; but, to the teacher's surprise, one stolid-visaged lad rose to his feet.

"Oh," purred the master, "I am glad to see that one of you has the honesty to admit his ignorance."

"'Tisn't that, sir," said the youthful satirist; "but I 'adn't the 'eart to see you standin' there by yourself!"



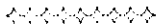
#### WILD AT ONE END.

Bill Brewer had just purchased a mule, but he did not like his bargain. So he wended his way back to the horse-dealer.

"You said the mule was quite tame," he said to the dealer.

"And he is tame, isn't he?" replied the dealer, in aggrieved tones.

"Not altogether—only partially so," the disconsolate Bill replied. "He is tame in front, I dare say, but he is desperately wild behind!"



#### SMILE-RAISERS.

"Is it true that the picture you just sold is a genuine work of art?" "No, my friend, but the story I told about it was."



"Some men ain't worth tuppence," was the considered opinion of the assistant charlady.

"And I wouldn't marry a man who wasn't worth tuppence," said Mrs. 'Opkins, emphatically; "not if 'e was a millionaire!"



Old Scotch Woman: "The last steak I got frae ye I could hae soled ma boots wi' it."

Butcher: "And why did ye no dae it?"

Woman: "So I wid if I could hae got the pegs tae gang through it."



Husband (to wife): "Do you believe in the theory that the greatness of a father often proves a stumbling-block to the advancement of his son?"

Wife: "I do. But I am thankful, John, that our boy will never be handicapped in that way."

#### THE MOST OBSTINATE

Corn must quickly yield to BAXTER'S RUBY CORN CURE. Once this remedy is applied there is no escape for the corn—it must give in. Price, 1/- (post free) from BAXTER'S PHARMACY, Theatre Buildings—TIMARU.

## SCIENCE SIFTINGS

By "VOLT"

#### Obesity: A Physician's Views.

Apart from some rare conditions, it can hardly be doubted that ordinary obesity of middle life is due to a disproportion between the intake of energy in the form of food and its output in the form of muscular work. This disproportion may be caused by excessive consumption of food. But many stout persons are moderate eaters, and in these cases the disproportion arises from inadequate oxidation of the food, associated with excessive absorption of those materials which produce fat.

So long as fatness is compatible with good health its reduction is not really called for. In any case, rapid reduction is seldom advisable, and by no means free from danger. One pound weight per week for the first month and subsequently a pound per month until the normal is reached is what should be aimed at.

Adherence to a few simple rules is usually sufficient.

The output should be increased by taking more exercise, and the intake limited by dieting.

Sugar, honey, jams, and pastry are forbidden, and bread should be reduced to two ounces daily. Green vegetables are beneficial, but potatoes, carrots, artichokes, and beetroot should not be taken.

Fats, especially cream, are forbidden, and very little butter is allowed.

It is usual to forbid drinking with meals, and, as few people relish dry meals, this has the effect of reducing the quantity of food eaten.

#### Don't Be Afraid of Fatigue.

"That tired feeling" which so often holds us back from our best efforts is largely due to an incorrect conception of fatigue.

True fatigue is a chemical affair and is the result of recent effort, either physical, mental, or emotional. It is the sum of sensations arising from the presence of waste materials in the muscles and blood.

Most of these waste products are carried away by the human machine as soon as they are made, and any slight lagging behind is made good in the hours of sleep.

In health the body never gets far behind, and there is no accumulation of waste products from day to day. A man who had not eliminated the poisons of a month-old effort would probably not be tired but dead. Fatigue is not lasting; it either kills or cures itself.

Rightly regarded, fatigue is Nature's safety valve to keep us within safe limits, but as a rule it makes us stop long before the danger-point is reached. There is, therefore, a constant tendency for us to become too sensitive to fatigue, more especially when the task is monotonous and lacking in interest. Once we fall into this habit of looking out for the first signs of fatigue these become so insistent as to monopolise our attention. Attention increases any sensation, especially if colored by fear. We think we are tired and become discouraged; when we become discouraged we feel more tired. In any work what tells is the feeling sorry for oneself because one has a hard job. Sense of power comes from the simple belief that we are equal to the task. If you are chronically tired and feel fatigue more easily than others there may be a physical reason, but if you are passed fit then your trouble is "merely nervous."

The cure lies in taking fatigue philosophically, as a natural and harmless phenomenon which will soon disappear if ignored. Given decent hygienic surroundings—eight hours' sleep, three square meals a day, and a proper amount of fresh air and exercise—we can stand almost any amount of work provided we do not complicate it with worry. Do not be afraid of fatigue.

#### PILES

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