

SELF-RELIANCE

"He who hesitates is lost," is an old saw. There is much truth in this old saying. It is well for all of us to depend on ourselves. We should cultivate a spirit of self-dependence and self-reliance. Permit of no hesitancy, once having decided on a plan or course of action. If it is a good plan or course get right after it, yourself, and carry it to a satisfactory conclusion. Do not rely upon others to carry into effect your plans, but stay right at hand and see that matters progress as they should. Make yourself responsible. No other person can in reason be as much interested in your plans as you are or should be.

Personal responsibility is something we notice to be lacking on the part of our young people—more, perhaps, than any other quality or characteristic. This ought not to be the case, but it is. Let no-one depend upon others to do those things or duties which rightly belong to one's self. Accept responsibility, then have the self-reliance to "make good." If you find yourself lacking in self-reliance begin to cultivate it—this, by the way, can be done.

Do not depend eternally upon others. Benjamin Franklin in one of his proverbs said, in words to this effect: "If you want anything and are particular about it, go yourself; if not very particular in the matter send somebody else." How does that strike you? This applies to all of us. Let all of our young folk develop, for their own everlasting good and satisfaction, a character of dependability and self-reliance.

SAID TO BE A CURE

In any emergency where the health of a person is at stake it behooves that person to take care of himself. There is no use, no sense even, in resorting to remedies for this, that, or the other thing, without making it possible for said remedy to do its work. When contagious diseases or epidemics threaten the people of a community it is up to the people to use intelligence with regard to their every act. A little care may save a life. The Spanish Influenza now raging throughout the country has brought forth numerous remedies for its cure; among others Mrs. George Mackie of Oregon City gave to the public what she termed a cure for the scourge. As it can do no harm, and we believe may do good, we are publishing what she gave out, as follows:

Realizing the great fear of this terrible disease, the Spanish Influenza, and its results, I feel it my duty to do what I can to prevent its spread. Some years ago in Cripple Creek the same trouble broke out among the miners and proved as fatal, then an old man there said, "Use my old grandmother's remedy." We did and the pestilence soon disappeared from the town. Here as the formula:

Eat plenty of onions every day and keep an onion sliced in your apartment, uncovered. It will absorb all the disease germs. Keep the liver active and bowels free. Keep all surroundings in a sanitary condition and rooms well ventilated. When leaving a crowded streetcar or any gathering, breathe freely, inhaling and exhaling by long, deep breathing. Keep the body and feet warm and dry. Using these means you need not fear the influenza. If you have it take a good laxative. If you have fever, get one ounce of sweet spirits of nitre, put one teaspoonful in a glass of water and during the day drink all of it. Repeat if necessary the next day. Keep quiet in your room and have same well ventilated. Your recovery will be speedy.

WHAT A WHISTLE

The dear old lady who is always fidgeting, and always fretting, and always forgetting, bundled breathlessly up the platform as the train came steaming in. And then she remembered that she had forgotten something.

"Porter," she gasped, grabbing hold of a passing official's sleeve, "have I got time—Oh, dear me, I know I haven't! How long does this train wait here?"

"Four minutes, ma'am," replied the porter.

"How long did you say?" she asked fretfully.

"From two-to-two to two-two," said the porter as he disengaged his arm with a gentle wrench and hurried away.

"Goodness me!" exclaimed the old dame, looking after him. "Does he think he's the whistle?"

NEW IN BASEBALL

Several weeks ago the aero squadron at Kelly's field in United States tried a new stunt with baseball; a plane went up to a height of 700 feet and the flier dropped a number of balls one of which a baseball player on the ground succeeded in catching. When American aviators in France heard of this they decided to try for a catch from an altitude above 700 feet.

According to an announcement in "Plane News," balls will be dropped at intervals from a height of 750 feet. If any are caught the flier will go 50 feet higher and drop more. The catcher of a ball from either one of these altitudes will be the winner of the world's championship and a medal proclaiming his prowess will be awarded him. He will also be allowed to keep the ball as a souvenir. The catching of a ball from 700 or 800 feet above the earth is no mean feat and the player who tries it takes some risk of being killed as a ball falling so far would acquire a tremendous velocity.