

The chestnut crop is so heavy in some sections of New Hampshire that the nuts are selling for 4 cents a quart.

**Drop Resistance.**  
Real self-control, as compared to repression, is delightful in its physical results, when we have any difficult experience to anticipate or to go through. Take, for instance, a surgical operation. If I control myself by yielding, by relaxing the nervous tension which is the result of my fear, that makes true self-control possible, and brings a helpful freedom from reaction after the trouble is over, for the same principle can be applied. If I have to go through a hard trial with a friend and must control myself for his sake—dropping resistance to his suffering, yielding my will to the necessities of the situation—this attitude will leave me much more clear to help him, will show him how to help himself, and will relieve him from the reaction that inevitably follows severe nervous strain. The power of use to others is increased.

immeasurably when we control our-  
selves interiorly, and do not merely  
outwardly repress.

—Potatoes wheat, Oregon, was accredited, in 1906 with the following units of other crops: Data, 6,513,000 bushels; barley, 1,733,000 bushels; corn, 407,700 bushels; rye, 160,744 bushels; sorghum, 2,261,243 bushels; and hay, 772,579 tons. The total farm value of these crops, as given by the statistician, was \$25,700,264, which is a very creditable showing, considering the population of the state in the last census was only 423,000. The production of lumber, salmon, wool, fruit, hops and minor crops would add as much more to the annual wealth realized from the soil and the fisheries of Oregon.

for full particulars and commence making money; no experience required. United States Woolen Co.,

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