

the edges more firmly, whenever it is desirable to do so."

CATCHING THE COLONEL.

The officer commanding a Territorial regiment met one of his lieutenants on the rifle range.

The lieutenant was shooting, and he "called" each shot as he fired, without waiting for the markers to signal the result.

"You're a pretty good guesser," said the colonel. "Why don't you admit you're guessing where those shots land?"

"I'll bet you a box of cigars," said the junior officer, "that I can call 20 shots correctly in succession."

"Taken," said the older warrior.

The lieutenant fired.

"Miss," he announced, and a red flag from the target told that this was correct.

Another shot.

"Miss," he declared.

A third shot.

"Miss again," he said.

Fourth shot.

"Fourth miss," announced the young officer.

Another shot.

"Miss," again sang out the lieutenant.

"Hold on, there," put in the colonel; "what are you trying to do? I thought you were going to fire at the target."

"I am trying to win my box of cigars," said the lieutenant.

"Don't fire any more," said the colonel, "they're yours."

SMILE RAISERS.

Borleigh: "Some men, you know, are born great, some achieve greatness—"

Miss Keen: "Exactly! And some just grate upon you."

"What good deed did you perform to-day?" asked a lady of a smart little Boy Scout. The young hero replied, "Mother had only enough castor-oil for one dose, so I let my sister take it."

"Now look pleasant and natural," urged the photographer.

"Can't be done," murmured the sitter's wife, who accompanied him. "If he looked pleasant he wouldn't be natural."

"Then you don't think I practise what I preach, eh?" queried the minister.

"No, sir, I don't," replied the deacon. "You've been preachin' on the subject of resignation for two years, an' ye haven't resigned yet."

Major (to man who has not saluted): "Now then, my man, what do you generally do when you see an officer?"

Private: "Well, I generally hop it quick. But I didn't see you a-comin'!"

"My husband is such a handy man, you know. He can bang nails into wood like lightning."

"How splendid!"

"Yes, lightning seldom strikes in the same place twice."

"Take it away! Take it away!" said the editor, handing the amateur poet's poem back to him.

"What's the matter? Why are you so disturbed?"

"Take it away! Your metre is so leaky that I'm afraid to tackle it without a gas mask."

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SCIENCE SIFTINGS

(By "VOLT.")

Nuts as Food.

Most people eat nuts as an addition to a meal rather than as part of it. We are occasionally adjured to live wholly on nuts and other uncooked food, after the manner of our arboreal ancestors, but few of us have taken this advice seriously. Nuts, however, are real foods and deserve a place in the diet, not as a sort of frill superadded to it. They are indigestible as often eaten, but apparently not because the stomach can not deal with their substance. Finely chewed, or made into flour or pastes, they cause no trouble. An editorial writer in the *Journal of the American Medical Association* (Chicago), reporting the results of experimental work at Yale University, asserts that not only is nut protein of superior quality, but that nuts contain elements valuable to animal growth. They are also the only vegetable product that is as efficient as animal food for the elaboration of human milk. We read in the medical journal named above:—

"The food chemist has long given to the various nuts a prominent place among concentrated foods. From his analytic standpoint they may even surpass such recognizedly valuable foods as meats, eggs, and cereals in their concentration of nutrients. Although nuts and products made from them have been used by man the world over as adjuvants to his usual diet, they have only lately obtained a larger recognition. The failure to eat nuts more extensively is doubtless due in part to their reputation for indigestibility and to the discomfort that may occur after eating them at the close of a heavy meal.

"Scientific studies have not justified the reputation for the indigestibility of nuts. Experiments conducted by Cajori at Yale emphasized anew that nuts are valuable foods. If nuts are eaten properly and used in the diet as eggs, meat, and other foods rich in protein are eaten, they behave quite as well in the body as do the ordinary staple articles of food. Particularly when nuts are finely chewed or are consumed in the finely divided form of nut pastes or nut 'butters,' there can be no complaint about the proper utilization of the product.

"But the nuts have something more than mere digestibility to recommend them. Their protein is, in general, of a superior quality. The production of good growth is a test for biologic 'completeness' of a protein. In experiments just conducted at Yale University, Cajori has secured very satisfactory growth over long periods in animals on diets in which the almond, English walnut, filbert, and pine nut, respectively, furnished the essential source of protein in the ration. From a study of the relations of diet to milk production in women, Hoobler pointed out, not long ago, that as a rule animal proteins are more efficient than vegetable proteins for the elaboration of human milk. However, nut proteins were an exception to this generalisation in that diets containing almonds, English walnuts, pecans, and peanut-butter as a source of protein proved to be as suitable for milk production as diets that furnished protein from animal sources. The latest information as to the nutritive virtues of commonly used nuts can only be welcomed, particularly by those who, like diabetics, rely on these food products, most of which are poor in digestible carbohydrates but rich in proteins and fats, to enlarge the variety of a limited regimen."

Love as understood and taught by Christ is neither sentimental nor selfish. It is the love of God for His own sake, and of others for God's sake.

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