

HUMOR



MIND AND MATTER

"It's better to be up and doing than to be down and done."—*Prof. Simp.*

P. J. McGrath made up in will power what he lacked in muscle. Undaunted by repeated failures, he made up his mighty mind to take a course in physical training and thus train his body to carry out this thing which his will had resolved on.

The first week he spent four hours a day running up and down stairs, three steps at a time to strengthen the muscles of his legs.

The next week, to make his back strong, he took daily ten-mile walks bearing a keg of root-beer on his shoulders.

In order to toughen the muscles of his arms and chest, he spent the third week on his hands and toes, raising and lowering himself from and to the floor, stopping only for meals and a rapid survey of the evening paper.

The fourth and last week he devoted to the muscles of his hands. Nine thousand times a day he violently opened them and shut them again, at the same time developing his neck by craning his head forward and back twice a second.

At last he felt ready for the great test.

Eureka!

That night he buttoned the Piccadilly collar of his full-dress suit without assistance.

THE BLUFF

The man who bluffs his way along may flourish for awhile;
His line of credit may be strong and he may live in style;
But let him not puff up with pride, for some day, after all,
The bluffer will hand out a bluff that is to cause his fall;
His bluff some better bluffer still will be disposed to call.