Earthly Tracts.

No. VI.—TAKING TIME BY THE FORE-LOCK.

GGS are eggs, but some of them are addled: Hopes are hopes, but some of them are delusions: and opportunities are opportunities, but some of them are missed. There are some men who, like a cow's tail, are always behind, and who take time by the heels and not by the fore-lock. These are the men who always miss their morning train, crawling sleepily into the station just in time to see the last carriage leave it, and then drowsily exclaim, “My watch must have stopped in the night.” They always go to market one day after the fair, make their hay just when the sun has ceased to shine, and lock the door with extra care when the steed is stolen.

But there is another kind of slow-coach—the man who is for ever waiting until his ship comes home, taking for his rule the old proverb turned upside down, never do to-day what you can put off till to-morrow, and always talking about things looking up by and by. Ah! if the birds would only wait while he put salt on their tails, what a breakfast he would take home to his hungry youngsters. His birds are all in the bush, and rare fat ones they are on his own showing. So they need be, for he has none in the hand yet, and wife and children are half starved. “Never mind,” says he, “there’s a good time coming, something is sure to turn up,” but he never thinks of trying to turn up something for himself.

Time and tide wait for no man; and yet men loiter as if they had a freehold of time, a renewable lease of their lives, and a rabbit-warren of opportunities. “He that will not when he may, When he will, he shall have nay.”

Time is not tied to a post, like a horse in a manger, it passes like the wind on its onward sweep to eternity. It’s of no use to sit down and cry “God help us”—no man ever yet fed himself by simply opening his mouth; nothing can be got without taking pains, except hunger, poverty and dirt; and God helps those who help themselves.

Do not let us be always blaming our luck when things go wrong—if the eggs are addled, the old goose didn’t sit on them long enough, and now providence is to be blamed because they won’t hatch. Luck will do something for a man; it will carry him over a ditch—if he jumps well—and will put a piece of bacon into his pot, if he looks after his garden and keeps a pig. Luck generally comes to those who look after it: it taps once at the door of most men, but if Industry does not open it—away it goes.

There you have it! Plod is the word, we must all row with such oars as we have, and as we can’t choose the wind, we must sail by such as are sent us; let us...
The Palace Journal  

[Jan. 4, 1888]  

Personal & Home Hygiene. 

By John Goodell.  

Lecturer in Hygiene at the Boy's and Dorothy Institute. Author of "Our Water," "Practical Physiological Chemistry," etc.  

IV. The Functions which the Various Classes of Food Perform in the Body.  

1. Proteids—These food substances are mainly concerned in maintaining the body at its normal standard. They are enabled to do this because they contain a large percentage of carbon and hydrogen; and it is the burning of this carbon and hydrogen which maintains the heat of the body. It is a matter of common observation that we eat, as a rule, far more in the winter season than we do in the summer time. And many persons who sit down at the hot weather, readily take it with a certain degree of relish in the colder months of the year. The reason is, that by a process of natural selection, we learn that we are better able to withstand the discomfort of the weather when fat is made to perform a proportion fair of our diet. While in warm weather, when the temperature of the air is much higher, the demand for heat-producing foods is not so great, hence a larger proportion of such foods causes disgust and sickness. The licking, living in the very cold north, requires far more carbohydrates than we do in our temperate climate. Thus butter forms his staple food, which he eats with as much relish as we do a mutton chop. The cold in those regions is so intense that large quantities of fat and oil must be taken into the body to sustain life.  

2. Carbo-hydrates (sugar and starch).—These foods, like the fats and oils, also maintain the heat of the body. They contain a smaller percentage of carbon and no hydrogen. In the body the fat and carbohydrate are burned to ascertain the heat. The fat is actually burned in the body, but to a much less degree. They contain a high percentage of carbon and hydrogen which generates and maintains the temperature of the body at its normal standard. They are enabled to do this because they contain such a large percentage of carbon and hydrogen, which are dissipated into the air in the form of carbon and water, and thus form a useful and agreeable quality of man.  

3. Fats and Oils.—These food substances are capable of being converted into fat. In the body they do this because they contain such a large percentage of hydrogen and carbon; and it is the burning of this hydrogen and carbon which is the cause of the body. It is a matter of common observation that we eat, as a rule, far more in the winter season than we do in the summer time; and many persons who sit down at the hot weather, readily take it with a certain degree of relish in the colder months of the year. The reason is, that by a process of natural selection, we learn that we are better able to withstand the discomfort of the weather when fat is made to perform a proportion fair of our diet. While in warm weather, when the temperature of the air is much higher, the demand for heat-producing foods is not so great, hence a larger proportion of such foods causes disgust and sickness. The licking, living in the very cold north, requires far more carbohydrates than we do in our temperate climate. Thus butter forms his staple food, which he eats with as much relish as we do a mutton chop. The cold in those regions is so intense that large quantities of fat and oil must be taken into the body to sustain life.  

The carbo-hydrates largely supply the force for performance. The work of the body is done by the carbohydrate in the muscles. These muscles are, as steam engines, which require a certain amount of coal to perform their work. The coal of the engine has an analogy in the muscle, in the sugar and starch which is in our body. These are the carbohydrates which are formed into fat in the body. This is essentially the same as the "steam engine" of the carbohydrates which is taken into the system. 

The "steam engine" (of men, or fat) is the body. All the work the mill while the wind blows, or if not, do not blame Providence because we can’t grind the corn.  

The latter is made good by the proof of food.  

4. Gelatin.—This food substance performs much the same function as the carbohydrates. But it is a more exacting and requires more heat. It requires the amount of gelatin which is daily excreted from the body. It exists in the plasma of blood, and all the tissues of the body. Potash salts supplies the corpuscles of the blood with the amount of this inorganic compound which they require, while lime salts furnishes the organic materials for these tissues as bone and teeth. 

(Tf to continue).  

The Conversations.  

The first of the four New Year’s Socials or Conversations was carried out most successfully on Monday night, January 7th.  

For some time past the Members on the Sub-Committee had been engaged in the preparation of very interesting and artistic programmes, with the view of making the evening really a success. The following programme was adopted:  

1. Opening Business.—Mr. E. Holland, M.A., in the capacity of President, handed round tickets; and almost endless trouble had been caused by the exchange of the tickets between Mr. E. Holland, M.A., and the various ladies and gentlemen whose company was to be present at the evening. Mr. E. Holland, M.A., was as near perfection as might be—which spoke well for the efforts of the Sub-Committee.  

2. Selection of Songs.—This was a very popular feature of Boxing-day.  

3. Reading of Miscellanies.—Mr. E. Holland, M.A., read the following poems and prose pieces: "Diggins and Marshall."  

4. Selection of Songs.—This was another large audience. Some favourite selections were given, the descriptive piece being "The Dancing of the same old tune," which was performed by the "Dilly Blacksmiths," being especially well taken.  

5. Whimsey.—Some new experiments were made in the way of "Whimsey."  

6. Selection of Songs.—Another large audience.  

7. The Old Songs.—Some old and much admired songs were given, the "Coler, Lench, and Leech," being much praised by the audience.  

8. Selection of Songs.—Another large audience.  

The second of the series was given last (Tuesday) night; and more success than the previous evening. To-morrow (Thursday) and also on Friday the Conversations will be repeated.  

The following ladies and gentlemen represent the sub-committee apparatus for the purpose of carrying out the Conversations.—Mrs. Bell, Misses Bondfield, Misses M. M. Wright, Misses M. W. C. and L. M. B. and Misses R. H. and C. M., and Moloney, and Mr. M. H. and Mr. M. H.  

Health.—Perfect health is the state of the body when there is no disorder or disease in the system, but when all the organs of assimilation are in perfect order. When the body is healthy, even the existence of health is spoken of as wholesome. Life in a healthy body has been compared to sweet music.
in this stilted strain, I shan't, I think, the lesser trusted be; Nor on an unknown year: 'Tis with the greatest pleasure that I wish My wish: Prosperity. (Which slightly rhymes—but that's a trick for another! Ne'er in that empire where Sol's lasting rays Shine undisturbed, The year of Jubilee, alas! is gone—And 'twill be long before we get hope my greeting won't be thought unsound, When to the world I casually opened it, and pointing to the rhymes in my GOSSIP notes, sharp work; for the paper was only published on Wednesday, and "I heard it at least and I; and now, whene'er we meet, we never—see each other. spoken in public at least four weeks ago. We parted, that man that just after it occurred I received an initialled communication week every letter I receive. I know you haven't recovered from the missive in last week's issue yet.) It is so fearfully personal but you're not everybody, after all. 1 myself am a reader of you've been writing GOSSIP your self-estimation has gone up; but whatever he is, I think you can say anything, for gouty youth there was, and the times that life was a trip, and I hope the fair owner of the daily papers have taken a note of what I said the other day I was a trip and behaved as such. Some of the boxing I did not Did not much go to my liking, I assure you; but—well, just read this week's fisticated italicized page. for the next quarter at the West Lodge (near the entrance) every night between the hours of 7 and 9.30. which my heart o'erleapt, or how my hair 'like quills upon the vane.' Doctor, you'll be given another excellent display—this time in the Queen's Hall. We parted, and to the world I gave another excellent display—this time in the Queen's Hall. And so, you see, my love letter to the world......
Men who have Risen.

William Pitt, Earl of Chatham.

This celebrated statesman was born in November, 1708; his father, Robert Pitt, was educated at Eton and Trinity College, Oxford, was interested in politics, and formed a concert, with the intention of putting the nation in its right path. In 1734 his elder brother caused his name to be inserted in the House of Commons, and he soon distinguished himself in the House. Sir Charles Walpole had a great influence on the formation of the government and the quicker movement of the Royal Navy, and was opposed by Pitt with much energy. He acted as a sort of blind for the House, and was one of the 'notable defences' that made the support of the laws of England, and to prevent the ruin of his country. He was Paymaster of the Forces; in 1756 Secretary of State, and Minister for the encouragement of the 'noble defence' he had made for the support of the House. He was屡次 heard of, and in 1740, brought in a Bill for the encouragement of the Empire of Austria. This was intended to rescue the Great of Prussia, for carrying on the war against the Austrians. Pitt's retirement from the House with a slow step, for he was now 58 years of age, was caused by the moment a man acknowledges his error he ceases to be guilty. I have a great respect for the honours of memory; and, as an instance of this respect, I give him this advice: that whenever he answers, I will not to press the matter further. He was a sort of blind for the House, and the opposition. Throwing stones at him, under the weight of years, the great manner eventuates in its own terms.

At such a time we love to reflect upon the past, and to sit down with our memories, and to see how things have been. To many it is a source of pleasure to look back and see how things have been. To many it is a source of pleasure to look back and see how things have been.
SCHEMATIC CLUB.

The article discusses the formation and activities of the Monthly Exhibition of Competition Sketches club, which is a part of the larger Schematics Club. The club is mentioned to be held on the second Thursday of each month, and the details of the events and activities are described. The text also mentions the contributions made by various members, including J. Kilbride and E. J. Smith, who are elected as Assistant Hon. Sec. The article ends with a summary of the club's activities and future plans.

CRICKET CLUB.

This section describes the activities of the Cricket Club, including the meetings held on Saturday nights and the discussions of the new Committee. The text also mentions the election of E. J. Crowe as Assistant Hon. Sec. and the election of T. E. Halfpenny as Hon. Sec. The article ends with a summary of the club's activities and future plans.

LADIES’ SOCIAL.

The article mentions the Ladies’ Social, which is a part of the larger Schematics Club. The text describes the activities and events held at the Social, including the selection of the new Committee and the discussion of the club's future plans.

The Palace Journal.

The Palace Journal is a newspaper that covers various topics, including local news, sports, and events. The text mentions the formation of the Monthly Exhibition of Competition Sketches club and the election of new members, including J. Kilbride and E. J. Smith. The article also describes the activities of the Cricket Club and the Ladies’ Social, and ends with a summary of the club's activities and future plans.
As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if the year 1814. As for their arrival, it seems now as if
The Palace Journal.

[Jan. 4, 1888.]

Letters to the Editor.

[Any letter addressed to the Editor should have the name and address of the sender attached thereto—not necessarily for publication; otherwise the letter will be returned.

The Editor.

47, Dock Street, Leman Street, E.

Jan. 4, 1888.

TO THE EDITOR OF THE "PALACE JOURNAL."

Dear Sir,—Attention is deservedly called to certain statements made in a letter to your last number of the "Warriors" Competition. Your correspondent, I believe, is not aware that his sentence, "One of his works was actually taken before the Judges," is a misstatement. The fact is that the Judges worked after the Competitors had left the room.

Yours, etc.,

FATHER OF TWO.

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Yours, etc.,

FATHER OF TWO.

Competition.

RULERS AND CONDITIONS.

1. No Competitor may take more than two weekly prizes in any one class in the forthcoming "Warriors" Competition, or more than one in the "Wives" Competition, no Competitor may take more than the single prize to which they belong.

2. The editors of the "Warriors" Competition have the right to refuse to accept any Competitor's resume, as they believe the work is not worth the space.

3. Competitive entries must be submitted in writing, postmarked by the respective dates, to the "Warriors" Competition, together with the Competitor's name and address, as will be seen by the small number recorded for the "Warriors." The first prize will be awarded to the Competitor who submits the most "warlike" work, the second to the Competitor who submits the "warmer" work, and the third to the Competitor who submits the "warmer" work of the "Warrior" class.

4. "Warrior," "Woman," and "Wife," are all female names. In this "Warriors." Competition, in which there were ten," the second list of six on the following pages was as follows:

1. Mr. John Brown, 47, Dock Street, Leman Street, E.
2. Mr. Richard Smith, 20, Dock Street, Leman Street, E.
3. Mr. Edward White, 25, Dock Street, Leman Street, E.
4. Mr. John Black, 30, Dock Street, Leman Street, E.
5. Mr. William Green, 35, Dock Street, Leman Street, E.
6. Mr. Thomas Brown, 40, Dock Street, Leman Street, E.

The decision of the Editor is final, and Competitors must not question the Editor on the merits of their work.

JOHN B. ROBERTSON,

47, Dock Street, Leman Street, E.,

THE COMPETITIONS SET DEC. 7.

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A Christmas Carol.

Christmas has its effect in considerably reducing the number of the Competitors in the forthcoming "Warriors" Competition. In this "Warriors." Competition, in which there were ten, the two Competitors who are left are:-

1. Mr. John Brown, 47, Dock Street, Leman Street, E.
2. Mr. Richard Smith, 20, Dock Street, Leman Street, E.
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the prize for the best answer to the other. But I am unable
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