

1, page 1312, he has saved several times the price of his membership dues of the A. Ph. A.

President Godding in his annual address at the Denver Convention has the following to say about the pharmaceutical formulas: "At the present time the department of pharmaceutical formulas has published one hundred recipes in the Journal of the A. Ph. A. Many are in local use. Heretofore, when needed, they were not to be found without much searching and then with varying success as to reliable directions in compounding. It seems desirable that these formulas should be the forerunner of the Recipe Book of the A. Ph. A., the publication of such a book would probably add prestige and revenue to this Association."

On May 8, 1911, the committee on the A. Ph. A. Recipe Book (see the Journal, February, 1912, page 168) presented a report to the Council as to:

1. Advisability of publication.
2. Scope and character.
3. Plans and details of publication.

It was decided that the proposed formulas should first be published in the "Department on Pharmaceutical Formulas" in the Journal. In Council Letter No. 2, of November 18, 1912 (see Journal, December, 1912, page 1462-63), favorable comments have been made by Messrs. Apple, Main and Wulling. Let us hope that the wise men in the Council will see the desirability, in fact the necessity of the publication of such a Recipe Book by the A. Ph. A. Meanwhile, let the members of the committee, together with the chairman, continue actively in the compilation of desirable formulas for the benefit of the pharmaceutical profession and especially of the members of the A. Ph. A.

AWAKE AT THE TURNS.

Alertness is not jumpiness, nor necessarily speediness; but a concentration which brings to bear all the resources of the mind upon the matter in hand. This concentration is on the first part of the proposition, not the last. That is the distinguishing mark of the alert man. He brings his attention fully and at once to the proposition. In a very few minutes his mind has grasped what is coming in all its details, and he knows whether it is worth while. The inalert man does not pay attention until something big or striking arouses his interest. Then he has lost the clew, and is muddled. Not only does such a man lose many of his best opportunities by not grasping their significance until they are by, but he is a weariness to the flesh with his everlasting, "Now go over that again, won't you?"

Alertness is not solely a gift of Heaven to quick minds. It is a habit, the exercise of sense. Many quick minds are not alert, because they are off woolgathering while they are in a cotton field. Many slow minds are alert, because from sheer force of will they concentrate promptly on the proposition before them.

If a man is ever to get to where he wants to go, he must be awake at every turn of the road.—*The Popular Magazine.*