#### LEARN TO RELAX

W You Are Troubled With Insomnia Rest Your Brain

Meep is a habit. It is a very natural and beneficial habit, but one that can be easily broken through injudicious Bining and thinking. Poor sleepers are usually high-strung, nervous peode, who have too active bodies or brains, or both, and who are ambitious mod inclined to neglect themselves.

Insomnia cannot be cured by drugs. at is always dangerous to use drugs to produce sleep, and they should seldom be resorted to except in serious Tiness, and then only on the advice of a physician.

If you cannot sleep, and find that vous Osleeplessness is becoming a nablt, begin immediately to go slower. Curb your ambition, leave off all unaccessary work and learn how to tost. Your body and your brain need repose and rest, but the trouble with the people who "cannot sleep" is, they do not know how to rest. They so not stop thinking, planning worrying, and go to bed with active brains and only partly relaxed bodies and then worry because sleep does not tome. Perfect relaxation of the body. and mind is the first essential, and relaxation of either one helps to relax the other.

There is one exercise, which, properl, practised, will be found beneactal in more ways than one. Stand arect, but without stiffness, sarms hanging easily at the sides. Now very rently inhale air through the nostrils,

## A SMART FISHERMAN

He Baited His Line With Scientifis Knowledge

Baiting or is hook with science and catching fish by the wholesale is a fairly good occupation, provided the game wardens do not find it out. A fisherman of this character got himself into trouble with the authorities of a western town. He was seen peddling large quantities of fish through the streets and the game wardens could not understand how he got them, ar seining or using nets of any kind was forbidden. He didn't have them shipped to him, either, they learned. He was known to go fishing every day or two, but when observed from a distance he didn't seem to be doing anything out of the ordinary. A clever officer solved the mystery, however.

He came upon the fisherman seated comfor bly on an embankment be side he river along which a troller line fan. The man appeared to be doing nothing at the time he was found. His fish pole was held out behind him, straight up in the air, and the line seemed to be wrapped ground the pole.

Closer investigation showed that the end of the pole touched the trolley wire, and an examination of what



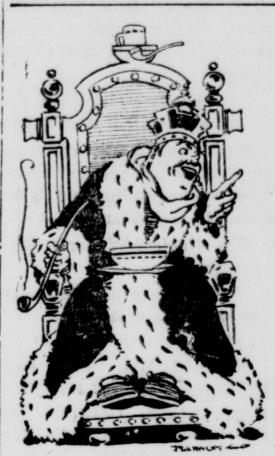
appeared to be the line brought out the fact that this was in reality stout copper wire. The trolley wire was charged with 500 volts of electricity. The fisherman simply connected the line with the river and electrocuted and openhandedness. all the fish in his vicinity. I was a much easier way of getting them than by seining and it brought him plenty of fish. The discovery of his secret of his business immediately,

#### A MFRRY OLD SOUL WITH A DIM PAST

Formation of Coal Seams Emlained For Young Readers by the Monarch Himself

In very early days "coal" was spelt "cole" and was applied to any substance used as fuel. Wood was known as "cole" and charred wood, as charred cole, now called charcoa). Later the people stopped calling wood "cole" and changing the spelling to "coai," applied it to coal alone.

Going back to the time when animal life had not yet arrived and long before old Father Adam appeared, the earth had what the scientific people call the carboniferous era, or the age of coal plants, as big as our tallest trees, mosses fifty feet long and other plants, grew in a warm moist climate, leaves and seed, branches and trunks



Ild King Cole Tells the Story of His

fived and died, falling to the ground, where they lay in a tangled 11988 of vegetation, many feet deep. some awful disturbance came and those monster forests were covered

For other centuries the water remained there. Clay and sand carried by numerous streams were deposited upon the bottom, gradually filling in over the forests until even the bigest trees were covered. Then anleft the spot high and dry.

Then passed long centuries, of which man to-day knows nothing. Tiny weeds were carried by water and wind to this barren waste of mud and sand, and a new vegetation sprang up, and in time gigantic trees reared aloft their green heads. Again began the falling of leaves, mosses, seeds, branches and trees, continuing for years and years, and followed by another deluge of water. Thus it went an for thousands and thousands of year, alternating forests and lakes, antil layer after layer of buried vegeation was stored away for man to burn when God put him on the earth's

As each layer of vegetation was lovered with clay and sand it underwent strange changes. Some of the constituents of the vegetation was oxidized or burnt away, leaving in the end nothing but carbon or meatly cart in, which could not sscape through the cover of sand, which had become sandstone and clay. It remained and became coal,

#### WHAT THE TONGUE TELLS

The latest "scientific" whim, a substitute for palmistry, hailing from Germany, is the pastime of reading character and telling fortunes by the

A sensitive, quivering tongue detotes the artistic temperament. tongue of a brilliant carmine hue denotes long life; a pale, pink tongue. delicacy and weakness of character.

The man with a short tongue usually of a secretive nature, and likely succeed in life either as a lawyer er as a detective; but, although he may sequire money by economy and ounning, he has not the largeness of aind necessary to the amassing of a

Long tongues suggest generosity But the man with a long, broad tongue is apt to be a dangerous gossip; just as the man with a short, broad tongue is addicted to craft, and even deceptive

... Very thin, pointed tongues may be

ound in people of all temperaments, and are indications of failure. The man with such a tongue, it is said, will never make a success of life.

#### JOT DOWN YOUR IDEAS

They Are Worth Money and May Quickly Slip the Mind

You've had ideas, of course? Brilfant ones, maybe? What's become of You will remember them, with a gnash of the teeth, when you read that the idea you let slip went on to someone else-someone who nursed it, developed it, and cashed it! You will look into the shop windows and see the idea that came to youbut which you didn't keep-making money for someone else!

Next time, make a record-and make It at once! Wherever you are-and Ideas come anywhere, at any timenake a record of that fleeting thought. Smart men have an idea book, that nothing shall escape them. They build on ideas; it is their valuable raw ma-

Track the great inventions, and Tha Tere they in origin? Just ideas! Think of the safety-pin. A pin with a covered point, that's all. But a fortune for the maker.

The pneumatic tire. Dunlop watched his boy at play, and suddenly the great idea came to him. The screw bottle-stopper. Another

brilliant idea Boots will wear down at the heel. Hence the boot protector-a new idea,

and a fortune. The perforations in the stamp sheets. lust an idea!

Many a workman who has slipped his "idea" into the idea-box in the works has his own house to-day, and draws a royalty larger than his wages, because he had an idea and did not let it go until he had cashed it!

There's always a market for ideas.

#### Trooper and Financier

Trooper Thos. Duffy, of the Royal Canadian Dragoons, St. Johns, Que., expert sign writer, champion fancy handwriter of the Dominion, is a man of purpose.

When he found that he could not get his land grant without proving that he was a soldier he re-enlisted. and after getting his grant watched the price go up from \$100 to \$1,250. At the latter point he sold and took a holiday on his profit.

War the Prince of Wales was at the Juebec Tercentenary, Pts. Duffy was his groom, and the now King rode Pte. Duffy's big black horse, P

## READY FOR A FIGHT AT MINUTE'S NOTICE

The Tommy Atkins of South America's Birdland is a Warrior Who Fears Nothing

Let us introduce you to General other upheaval of the earth's surface | Helmet Crest. Perhaps he would hesitate to tackle single-handed an entrenched German position, but down in the valley of the Amazon everything that flutters in a tree top or camps in the branch of a rubber plant knows him as the best and bravest fighter in birdland.

The Helmet Crest isn't as big as the hammer of an old-fashioned Winchester, but his execution on the pattlefield is just as effective as if e were a whole cannon. brouble in the shape of a hawk or an unfriendly rattlesnake comes along the little brigadier doesn't call on the enlisted men to do the fighting. Not Is. That's a game to his own liking,



and with his helmet at its cocklest angle and his sword-like bill ready for action he jumps into the thick of things. When the session is over, the brigadier is sure to be holding the fort, and, if humming birds could sing, for our military friend is none other then the humming bird's South American cousin, war songs would echo round the Andes, but, as you know, Old Dame Nature never but a hemein humming bird. There are er hundred different kinds of them, but only the good old warrior Helmet

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