

THE POWER OF SLEEP.

Robert Watson, M.D. writes: "I may begin with a remark made by Gladstone towards the end of his career. 'I am losing,' he said, 'the only really great gift I ever possessed—the power of sleep.' Gladstone, who knew how brain and nerves could be worried and brought, appreciated what sleep did for him. Using the most wonderful instrument in the world in a way that taxed its capabilities and advanced to the utmost, and moving from crisis to crisis in a full life with no opportunity or desire to evade these testing times, he could measure and appreciate the value of sleep.

Sleep, men, less tried by circumstances, might never discover the extent of this boon. But all of us ought to know it, and one of the prime essentials in a seasoned physical culture is to manage this duty business of sleep in a way to secure all the profit that are ours by right. Too often we act as if we did not understand what sleep was—shove it off until there seems no longer any excuse for remaining awake, and then take it stupidly, brutally, unpromptly save in the barest sense—and all just because we failed to realize that there is an actual pleasure in sleep.

Meals, like sleep, are for our benefit. We grasp that fact. More often than not, however, our zest for the table is purely sensual; eyes, nose, and palate are tickled, and that satisfaction brings us back at the appointed hour for the next feed. Sometimes there is an actual call from the exhausted frame. But about sleep there seems no attraction save for the lowest and highest of mankind, the indolent who enjoy it as an escape from work, and the fine spirits who appreciate the keen edge a proper sleep puts upon all their faculties.

CAREFUL MEN WANTED

Railways Give Advice to New Employees on Taking Precautions

Vice-President Howard G. Kelley of the Grand Trunk Railway System, has ordered inserted in the book of rules governing the operating department, the following message to new employees: "Your success in the service you are about to enter will depend upon the care you exercise in the discharge of your duties. The best record you can make, both for yourself and for the Company, is the record of a considerate and careful man. There are engineers, conductors and others who have worked for the Grand Trunk from twenty to thirty years without receiving injury themselves or causing injury to a single one of their fellow employees. Everybody respects the man who can make that kind of record."

VALUE OF COW TESTS

Milking Records Enabled Farmers to Increase Their Profits

One of the most difficult things to comprehend to-day is, that it is the amount of clear money, over and above the cost of feed, that determines what each and every cow is worth. Not what gross returns she makes. It is only when we begin to test systematically that we realize this. A farmer in Oxford County, in 1906 had a herd of cows producing about 5,000 pounds per cow. In four years, by selecting his best producers and breeding from them, using good bulls, he raised the average production of his herd of 70 cows over 1,500 pounds per cow. Twenty of these produced over 8,000 pounds. And he hoped in a couple of years more to raise the average of his whole herd to 8,000 pounds, which he has since accomplished. Most of this work was on grade cows, attained by keeping records and by weighing the milk only three times per month. Of course, he fed generously, but it does not matter if our cows do consume a little more feed, if they give in turn a greater net profit. Another man in Wentworth County graded up his herd until it is now producing nearly 7,000 pounds per cow. These are only two instances. There are dozens of them, but there are not nearly enough. They demonstrate, however, that this thing can be done.

When Fowl Lose Weight

Experiments show that the loss in weight by killing and dressing showing that the total loss in weight of chickens starved for 26 hours, prepared for market by having their necks broken, dry plucked and not bled nor drawn, was 20 per cent. of the live weight. When the chickens were prepared for the oven there was an average loss of 33 1/3 per cent. Fifty-four per cent. of the live weight of the chicken was the drawn weight. Birds that weighed alive five pounds eight ounces, weighed when prepared for the oven two pounds fifteen ounces.

Latest in Heavy Trucks

A new motor truck has four rear wheels instead of two, so mounted on shock axles that the load is equally distributed among all of them regardless of the roughness of a road.

Indestructible Toothbrush

The bristles can be removed bodily from a new toothbrush for cleansing and a new set can be inserted in the handle when an old set is worn out.

To an area of more than 26,000 square miles Tasmania has a population of less than 200,000.

SELL APPLES AT HOME

Neighbors Make Best Profitable Buyers of Orchard Products

In many parts of the country the small home orchard has disappeared, or never existed, and farmer neighbors must buy fruit for the family of the professional fruit grower. Those who have home orchards should use the telephone or postcards to tell the neighbors where good fruit may be obtained. Even in localities where considerable fruit is grown in a commercial way a great deal of it may be sold to farmers and town folk who will come to the orchards and haul it away. This orchard trade is the most profitable of all. The grower needs no package, has no grading and very little sorting to do, no packing, hauling, storage, or freight expenses to meet.

This latter sort of trade can well afford to pay as much for orchard run, soft rot, as the buyer can for the first two grades. The packer must maintain grading machinery, tables, packages, the expenses of picking, packing, hauling, freight, storage and handling. He cannot afford to pay much for orchards where he can only pack from one to a few cars. Growers of fruit in a small or a big way should get the habit of selling as much as possible to their neighbors.

Your Nose Defined

A prominent member of the face family, usually a Greek or Roman, who owns the shortest bridge in the world. He is often stuck up in company, but frequently blows himself when he has his gripe. Principal occupations: sniffing, snivelling, sneezing, snorting and scenting, including in the neighbors' affairs, stuffing himself without permission and bleeding for stands.

Stand on all Fours

"If men acted more like monkeys they would be better off." This is the latest dictum of osteopathic science as enunciated by Dr. Walton Drew of the Smithsonian Institution. Dr. Drew declared that children up to ten years of age should spend half of their time on all fours. Adults according to this same authority should make it a daily practice to stand on all fours.

MAKING LAND ARABLE

Belgians Can Teach Much in Industry and Skill

In the country, writes a Canadian visitor to Belgium, I found the same careful treatment of the land as in the suburbs of the city. Plough land, which may be sown with rye or wheat, is what the Flemish peasant values most, and he spares no labor to render every square yard of his farm suitable for the plough. It is the constant pre-occupation of the farmer to transform the lower meadow land into plough land. On the small farms one can see how in every slight depression of the fields there is a carefully deposited little heap of road scrapings and other rubbish, maybe brought together little by little by the children, in order to fill it up and thus level the field. And, equally, every slight swelling of the ground is levelled down. I saw fields in which the upper layer of vegetable mould had been taken off; then the sand below had been excavated to a certain depth and sold; and finally the mould had been replaced so as to make the field quite even. Only the lowest portions of the land are given to meadow, and no labor is spared in irrigating and manuring them, so as to obtain wonderful crops of hay.

Strict economy in land is the rule. Hedges are kept only along the main roads and the main ditches, and then they are only made of such bushes as give fuel wood. The plough is brought very close to the edge of the hedge, and the narrow slip that is left is cultivated, down to the very roots of the bushes, with the spade, and then clover will be sown upon that border, to bring up a few rabbits. Even the meagre vegetation along the roadsides is utilized; the shepherd every day takes his sheep along the country roads, as they always find something to nibble on the roadsides and on the borders of the ditches.

Tombstones For Monkeys

Tucked away in one corner of Montevideo, Uruguay, is a small, carefully kept cemetery for receiving the deceased pets of wealthy families, who often pay somewhat lavish fees for a small plot of ground. While in some cases the graves are supplied merely with headstones, there are many of them which have substantial monuments. It is not infrequently the case that these plots are locked after almost as carefully as if they held the bodies of human beings. There are dogs and monkeys, parrots, cats, and various other animals, resting beneath tombstones, their names inscribed in granite or marble, and their graves adorned with flowers.

Chiefly owing to the high prices, a record in the earnings of men in the crab and lobster fishing is reported at Sheringham, on the Norfolk coast. In one week thirty-eight boats, with two men to a boat, averaged \$43. Every man of a Sheringham crew earned \$159 in three weeks' general sailing.

CAREER WORTH WHILE

Patient, Cheerful Dentist Who Became an Inspiration

A good man died in Montreal, writes a woman Journalist. Three days later they buried him amidst a forest of flowers and a rain of tears. He was a dentist. He did not belong to one of what are so called "the learned professions"; although I should like to know which of the "learned professions" contributes more to the ease, comfort and health of mankind than does skillful dentistry. They have taken in the moziest sign with the name and the initials, "D.D.S." after it. His patients have scattered as members of a suffering tribe to other dental offices and told their troubles to other men wearing snowwhite coats and a patient expression and holding shining metal instruments in their hands. And as they have visited these offices they have all heard the same speech: "He took good care of your teeth. He did his work well." The patients have gone back to their homes or offices or stores or work benches with thoughts other than of their pain and loss. They were inspired by the words: "He did his work well." A renewed ambition flamed in their breasts. They resolved it should be truthfully said of him: "He has done his work well." What more can the man who is leaving this world ask?

One thing more. It may be said of him: "He always made me more cheerful." I had known this man for eighteen years. For all those years he had guarded my teeth with the care that a dainty woman gives to her jewels. But he did more for me than that. He never failed of a cheery greeting and a gay farewell. He kept the even tenor of good humor. I asked him one day how he maintained his unbreakable composure, to all men and women, in all weather, mental and otherwise. He polished carefully the last filling while he answered: "Sometimes when people come in at that door they ruffle me. But I never let them know it." The surly irritability, the suffering, the meek, all received from him the same greeting, the same careful professional treatment, the same god-speed.

Latterly his strength had been abating. He confessed that his last vacation had been prolonged and that he hadn't undertaken his new season's work with as much vim as before. He told me of his plans for lessening his work. There should be less of quantity of that work but not less of quality. He would establish a home apart from his office. It was wearing upon him a little. Yes, but there was to change in his fine workmanship. None in his manner. On the evening of a hard day he sat at the table waiting for the serving of his dinner. There was an articulate sound, a drooping of his head upon his breast and he was gone. But the last patient who had left his chair, just as the light was growing too dim for work, said what those of all the other years had said: "He was most careful in his work. And he smiled and joked when we shook hands."

WEARIN' O' THE GREEN

Origin of Shamrock Wearing in Honor of St. Patrick

Few who put a sprig of shamrock in their buttonhole on the seventeenth of March realize that these little green leaves more than once kept the Irish from death in dire famine times. In 1596 the poet Spencer declares that the war has brought the miserable inhabitants of Munster to a point where they flock to a plot of water-cresses or shamrocks as to a feast. In his "View of Ireland" he describes this as the depth of ruin to which a land formerly having abundant corn and cattle had been plunged. The troublous times continued and the shamrock is mentioned as an article of food again and again. Fynes Morrison in 1593 writes that the herb is still being "snatched out of the ditches for food."

Not until later was the shamrock used as the national emblem of Erin. Nathaniel Colgan, member of the Royal Irish Academy says the earliest record of the wearing "of the green" is contained in the diary of Thomas Dinoly who wrote in 1687: "17th day of March yearly is St. Patrick, an immovable feast, when the Irish of all stations and conditions wear crosses in their hats, some of pins, some of green ribbon, and the vulgar superstitiously wear shemogues, three-leaved grass which they likewise eat (they say to cause a sweet breath)."

Housing Poultry Machine

There is no doubt that poultry houses built of concrete would be excellent winter quarters, but we should prefer having the inside of the house either lathed and plastered or double walled. Houses built entirely of lumber and double walled, with heavy lining paper between the walls, can be made just as comfortable, and are better liked by the majority of poultrymen, than houses built of any other material.

Actor Loves Criminology

It is curious what hobbies some actors have. That of Mr. H. B. Irving, for instance, is criminology, and one find him at every notable criminal prosecution. He was regular in attendance at Bow Street when the case against George Joseph Smith was being heard.

The King gave 2,000 pheasants to military during three months.

WHY PAPER IS DEAR

Forest Fires a Big Contributing Cause - Makes a Long Haul Necessary

Independent of other causes operating to increase the price of paper to Canadian publishers, the constant destruction of spruce and balsam forests by preventable fires has played a serious role, says a bulletin by the Canadian Forestry Association. Without question, there is abundance of woods to meet all demands of paper mills, but abundance and accessibility are frequently two very different things. Transportation, distances between the woods and the mills is a factor of first importance, as not a few unsuccessful Canadian and American paper mills have been forced to realize. Every additional mile a paper mill is obliged to travel for logs, the cost of the paper products will reflect an advance.

E. H. Backus, President of the Minnesota and Ontario Paper Co. at Fort Francis, Ont., stated that the increasing inaccessibility of pulp limits from the mills is making paper dearer. Unlike small saw mills, the permanently located pulp mill cannot pack up its equipment and follow the retreating forest. Forest engineers are agreed, however, that with care in operating limits and thorough protection against fire, pulpwood forests can be perpetuated indefinitely; accessibility of supplies need be lessened very little.

Up to the present stage in Canada the lack of modern fire protection has reduced the near-at-hand bodies of pulp wood far more than the actual cut of logs. The Northern Ontario fires are an illustration of this fact. In the 1,200 square miles devastated were substantial quantities of paper making materials. In the same fire an Ontario paper company lost 400,000 cords of wood, ready piled in the mill yard. The forest fire record in Ontario and Quebec during ten years accounts for vastly more forest wealth than has passed into lumber and pulp.

Without doubt, other causes than unheeded fires were at the root of the paper price advances in war time, but it remains true that since the first paper factory in Canada began to operate, the fire fiend has been laying his tax on the paper consumer.

COMMUNISTS PROSPER

Ideas of Peter Veregin Made Doukhobors Wealthy

Peter Veregin, a Doukhobor, came to Canada in 1903, just after a 15-year exile in Siberia. For a time he endured the hardships of a pioneer's life on the prairies. Thirteen years later he lived for the time being in a suite in the Fort Garry hotel, and headed a community of 7,000 Doukhobors, possessing property value at about \$2,000,000. Although he says the idea is as old as the hills, Mr. Veregin claims credit for promoting this community idea which has proved such a wonderful success. As a young man he endeavored to get his brother Doukhobors to band together in Russia and form a community settlement, but he alleges that the Russian government viewed his efforts with suspicion, and, regarding it as a political offence, sentenced him to 15 years' imprisonment in Siberia. On obtaining his release he joined a colony of his kinsmen who had located in Saskatchewan, and he directed all their efforts along community lines—the one working for the good of the whole. By 1916 there were three settlements—at Veregin, Saskatchewan, one in Alberta, and one in British Columbia.

MOVIES OF CANADA

Shown to Thousands of People in the United States

Western Canada attractions are made known in all the chief centres of the United States in a more attractive form and on a more extensive scale than has been hitherto attempted. By means of the moving picture camera the life and resources of the West are shown over a circuit covering 4,000 theatres, and in this way many thousands of people are reached and interested in the Dominion who might otherwise only hear of the country incidentally. The films were taken under the auspices of the Grand Trunk Pacific and include a variety of pictures in the prairie harvest fields and through the Canadian Rockies. One of the most interesting pictures is the arrival of a fishing boat at Prince Rupert with 30,000 pounds of halibut on board, which enabled the photographer to secure a series of views showing the expeditious method of transferring the fish from the boat to the cars for Eastern shipment.

Separating Postage Stamps

In damp weather, or by careless placing, postage stamps sometimes stick together. When this happens, place them on a newspaper in a hot oven for a few moments. As soon as the stamps get hot the glue dies and by pressing between the finger it is readily broken and the stamps may be easily separated without the least damage.

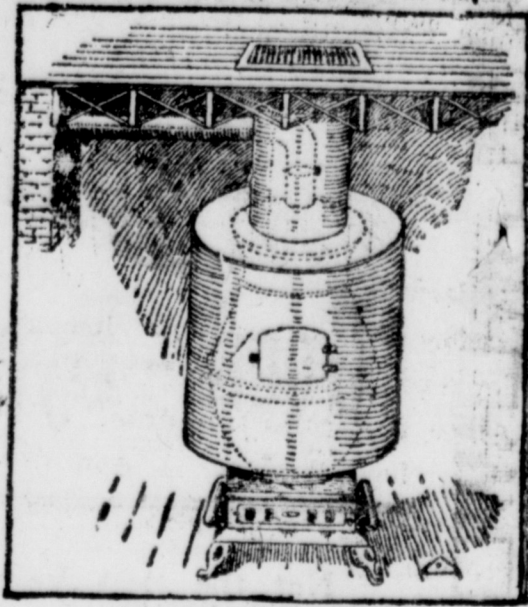
Aviator's Altar

An altar has been erected on the flying field at Hendon made entirely of parts of broken aeroplanes. It was built by the fliers themselves and stands in a little sanctuary in the Church of England recreation hut.

HOMEMADE FURNACE

Constructed From an Old Stove and a Galvanized Tank

This furnace was constructed from an ordinary pot stove and an old galvanized oil tank turned upside down over the stove, says a local mechanic. Holes were cut in the bottom of the tank for the stove and the hot air pipe. The tank was supported about one foot from the floor.



OLD STOVE IN TANK.

so as to let the cold air in from the cellar to take the place of the hot air as it passed through the air pipe into the room above. A hole was cut in the side of the tank opposite the stove door and another door attached to provide an opening for feeding fuel into the stove.

The stove was made to heat a store and was used with entire satisfaction. Very little coal was used during the winter, and plenty of heat was produced at all times.

The Quercus Argan Tree.

Among the most remarkable trees of the world is the argan, which abounds in southern Morocco but is seldom seen elsewhere. A forest of argans has a curious scattered appearance, because the trees grow singly and far apart. They are very leafy, but seldom exceed twenty feet in height. The branches put out horizontally and begin a yard above the ground. Sheep, cattle and camels feed on the leaves, and goats will stand on their hind legs to reach them, but horses and mules refuse to touch them. The wood is very hard and extremely useful to the natives, who make charcoal from it. The fruit, resembling a large olive, is used to feed cattle and to manufacture a valuable oil. It also furnishes the principal sustenance of the poorer natives.

A Martyr to the X Ray.

Dr. Hall-Edwards of the Birmingham university, according to the English Mechanic and World of Science, has not been spared the payment of a heavy price for the benefits he has conferred on mankind by his researches in X ray photography. A short time ago both his arms were amputated as a consequence of the dangerous experiments he had carried out. He has just made the novel suggestion that photography should be included in the ordinary university course of training. The connection between photography and art, he thinks, has been over-rated. Nothing has helped science more than photography of late years, and should therefore receive more attention than it does at present in the education given both in schools and in the universities.

SHORTHAND WRITING.

"Stenography" Not the Only Name by Which it is Known.

Shorthand writing is known by other names than "stenography." "Tachygraphy" is only one of them. Its secret part, of course, comes from the same root as the latter end of "stenography"—that is, from the Greek "grapho" meaning to write. "Tachy" is derived from the Greek "tachys," meaning swift, so only the shorthand writer who has the ability to take down rapid speech and transcribe it quickly has the right to call herself or himself a "tachygrapher." (The "ch" sound is like that of "k.")

"Stenography" comes from "grapho" combined with "steno," which means "narrow" in Greek. So a "stenographer" is either a narrow writer or she or he practices "narrow writing."

Not so many years ago we heard a good deal about "phonography" as a name for shorthand writing, but the term seems to have gone out of use. It comes from that same useful root "grapho," combined with "phono," the latter word means "sound," so that a phonographer is one who writes down sound as he hears it. The phonograph is, of course, an instrument for writing or recording sound.

Then there are "brachygraphy" "stenography" and "logography" as other names for what we generally call stenography. In the order given they are derived from "grapho" combined with "brachys," meaning "short"; "steno" meaning "covered"; "secret" in the sense of "hidden"; "logos" meaning "speech" or "mysterious writing, not to be read by the uninitiated" and "logos," meaning "speech."—New York Times.