

The Daily Mail

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WEDNESDAY, OCTOBER 2, 1929
CONCERNING SLEEP

Doctors have been discovering how we sleep—when we do—and in what postures we sleep best. They tell us that to lie curled up like a kitten is better than to lie straight out. They find that sleepers do not remain long in any one position as a usual thing but toss about every quarter of an hour or so. Often a new position is the reverse of the previous one, as if to remove the strain on a certain set of muscles by relaxing them.

It was interesting to hear all about sleep from the medical men gathered at New Haven for an international conference of psychologists. But what they report about posture and what they recommend isn't likely to have much effect. People will sleep as they have been in the habit of sleeping. What suits one fails to suit another. Given a good bed the average person can manage the rest; or the sleep, provided he hasn't drunk too much coffee before retiring or become over-excited or worried about something. And once sleep comes, postures will take care of themselves automatically the same way snoring does.

THE ROADSIDES CALL

Here we are, in the tenth month of the calendar, and morning after morning shining like a new silver dollar, if any. Let the rain come between, if it will. It is needed, and the brilliance of other days will follow after.

The roadsides call, and they are worth a visit. There is a tonic in the outdoors for those who take the trouble to betake themselves where they can breathe it.

Most of the birds are mute now, have hushed their voices while they pass through the ordeal of letting the dressmaker, or the tailor, if that is better, fit them with new costumes. But there are songs that sing themselves into susceptible, appreciative hearts. In measure as there is love in smiles so, also, is there music in the silences.

If we would keep step with Nature's strides and note the varying scenes we must break away from our narrow boundaries and get out where she glows with the changes wrought by passing summer days and walks silent into the crimson of autumn.

The Moncton Transcript: The first seizures of equipment used by poachers, under the 1929 amendment to the New Brunswick Game Act, should serve as warning to other law-breakers of the intention of the provincial authorities to deal vigorously with infringements of the game laws. Poaching is a contemptible offense and measures to prevent it deserve the hearty support of the public whose rights the laws are designed to protect.

The hulk of the Quaco Queen a 430 ton schooner built by Hon. W. E. Foster of Saint John and others as a war time venture, is now in the Sargasso Sea, in a water-logged condition. The schooner was abandoned by her crew in January last, 300 miles east of Bermuda. The floating hulk has become a menace to navigation and an effort is being made to burn it.

If you stand with your feet apart and elbows out, says a Columbia professor, it is a sign that you have confidence. If you stand with your hand out, on the contrary it is only a sign that you have hope.

The primary class in punning could do something about the merger of the six large circuses, possibly a remark that competition is no longer in tents.

Marion, Ohio, has a preacher who practices baffling feats of sleight-of-hand to keep the congregation interested. We understand he can produce an oyster from a church supper stew.

The average age of members of the new Italian cabinet is 47 years, while the average age in the one before was 45 years, which by an odd coincidence was also Mussolini's.

Six weeks have passed since the test to pick a successor to Thomas Edison and we haven't learned why anyone on a desert island would want to raise a two ton boulder 15 feet.

An explorer tells of getting a number of monkeys for a bottle of whisky. We know of a man recently who got a bottle of whisky with some monkeys.

A man in Chicago was shot while reciting a poem in a saloon, thus becoming the face on the barroom floor.

THROUGH OUR SIEVE

Robins are modest birds. They go into hiding to change their feathers.

Fashion hints used to be law, but that was before the dawn of the new freedom.

Let us not fret about "flaming youth." The cinder age is bound to come to them.

A long time ago Emerson wrote: "No greater men are now than ever before." Still true.

An ideal is something to shoot at, even when there is no hope of registering a bull-eye.

One of the biggest mistakes nature might have made, but didn't, would have been to put elbows on sardines.

There was a time when you would have scratched your head unconsciously in the presence of anybody said to have "It."

We have found, when attacked by self-pity, that the quickest and surest remedy is to laugh at yourself. Also serves well as a preventive

It is interesting to learn that installment buying was an old Roman custom. But it would be more interesting to know what Mussolini thinks of it.

Perhaps it was a year ago, or it might have been longer, that a man was planning to fly to Venus in a rocket-shaped airplane. Haven't heard of him recently. He must have heard that Venus would not be at home.

To be Started Soon
Work on the Provincial Normal School ruins will begin in the near future according to reports emanating from Saint John, where a meeting of the Provincial Government was held last night. At last night's meeting plans for the proposed new Normal School to be erected in the site of the old structure in this city, which was burned early this Spring, Hon. J. B. M. Baxter, the premier of the province, stated following the meeting, that the architect's plans were thoroughly discussed and met with the final approval of the Government.

Not Like Old Days.
Although a great many non-resident big game hunters are reported to be on their way to the New Brunswick woods and there is an abundance of guides to take care of them, Fredericton has only seen very few. It is not much like the old days of thirty years ago before the auto and airplane entered into the transportation game. The opening of the hunting season then saw a score or more of sportsmen about the city in one day. They patronized the hotels and spent money freely. Today the majority come by auto and the city sees very little of them.

The Opera "Carmen"
The National Grand Opera Company will broadcast Bizet's "Carmen" through a coast-to-coast network of the NBC System, Wednesday night, October 2, at 11.30 o'clock.

Yeast Foamers
Piano duets by the Owen Brothers and tenor solos by Chauncey Parsons feature the program of current songs which the Yeast Foamers, directed by Harry Kogen, will broadcast from the NBC System, Chicago Studios, Wednesday evening, October 2, at 9.00 o'clock.

GOOD PROGRAM TO BE ON THE AIR THURSDAY

Following is the radio program in Atlantic Standard time for Thursday evening for stations most easily picked up in Fredericton and vicinity.

Thursday's Best Features.
Maxwell Hour—WJZ network.
Sonora Hour—WABC network.
U. S. Marine Band—WEAF.
Victor Dance Hour—WEAF.
Libby Hour—WJZ.
WPG, ATLANTIC CITY.
9.00—News, gospel hymns.
9.15—Arthur S. Brook, organ.
10.00—Club Entertainers.
10.30—Dance Program.

WEEI, BOSTON.
8.30—Programs from WEAF.
10.30—Ginter Melody Men.
11.00—Musical Memories.
11.30—Reports; Dance Music.
WLW, CINCINNATI.
9.30—NBC network.
11.00—Penn a Day Band.
11.30—Maxwell Hour.
12.00—Popular programs.
1.00—Dance Music.

WOR, NEWARK.
9.00—Baninger Salon Hour.
10.00—Amos 'n' Andy.
10.30—Stock Company.
11.00—Red Lacquer.
12.00—News; Dance Music.
WEAF, NEW YORK.
8.00—Midweek Hymn-sing.
8.30—Onward Comfort Hour.
9.00—Fleischman Hour.
9.30—Victor Dance Hour.
10.00—Siberling's Singers.
10.30—Jack Frost Melodies.
11.00—Halsey Steward Hour.
11.30—Victor Dance Hour.
12.00—N. B. C. Concert Hour.
12.30—Dance Music.

WJZ, NEW YORK.
7.00—Old Man Sunshine.
8.00—Shippy, Breen and de Rose.
8.30—Lopez Orchestra.
9.00—Lehn and Fink Serenaders.
9.30—Musical Program.
10.00—Vendol Hour.
10.30—Maxwell House Hour.
11.00—Atwater Kent Hour.
11.30—Around the World with Libby.
12.00—Amos 'n' Andy.

WABC, NEW YORK.
7.00—Music "Going to Press".
9.00—Tower Period.
9.30—Columbians.
10.00—Detective Drama.
10.30—Gold Seal Hour.
11.00—Temple Hour.
11.30—Hank Simmonds' Show Boat.
KDKA, PITTSBURGH.
7.00—Pictures; Orchestra.
8.30—Kemble and Mills.
9.00—Programs from WJZ.
12.00—Amos 'n' Andy.

Happy Wonder Bakers
"Midsummer Night's Serenade" by Isaac Albeniz, considered the greatest modern composer of Spain, will be played by the orchestra in the Happy Wonder Bakers' program to be broadcast through the NBC System, Wednesday night, October 2, at 9.30 o'clock. A further highlight is the familiar "Carry Me Back to Old Virginny," in an arrangement for strings. Phil Duey, baritone, will sing "Love Me or Not."

Anglo-Irish Program
The carefree lilts of Irish tunes by Ansell and Grainger, and old English lyrics and pastorals by German, Fletcher and Elgar comprise the program of Slumber Music which Ludwig Laurier and a string ensemble will broadcast through the NBC System, Wednesday evening, October 2, at 12.15 o'clock.

It is our observation that a yes-man is also a thoroughly trained "no-ma'am."

Public Health Notice

A free inoculation clinic against DIPHTHERIA

Will be conducted at the Smythe Street School tomorrow, Wednesday morning from 9.30 o'clock until noon. There will be another at the Morrison's Mill School from 2 o'clock until 3.30 in the afternoon. On Thursday there will be another free clinic at the Fredericton High School. All children of school age are urged to attend these clinics.
O. E. MOREHOUSE, M. D.
District Medical Health Officer.

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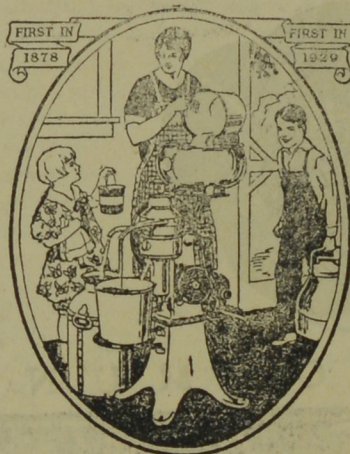
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CHANGES IN TRAIN SCHEDULES

C. N. R. SEPT. 30th.

Commencing Monday, September 30th, the Canadian National Railways announce the following changes in train schedules.
Train No. 242 will leave Fredericton at 6.45 A. M. Mondays, Wednesdays and Fridays, instead of Wednesdays and Fridays, arriving Saint John 11.45 A. M., Atlantic Standard time (10.45 A. M., Eastern Standard time).
Train No. 241 will leave Saint John at 7.30 A. M. Atlantic Standard time, Tuesdays, Thursdays and Saturdays, instead of 7.45 A. M., arriving Fredericton 2.25 P. M., the same time as at present.
Train No. 240 leaving Fredericton at 3.00 A. M., Monday only for Saint John is cancelled.

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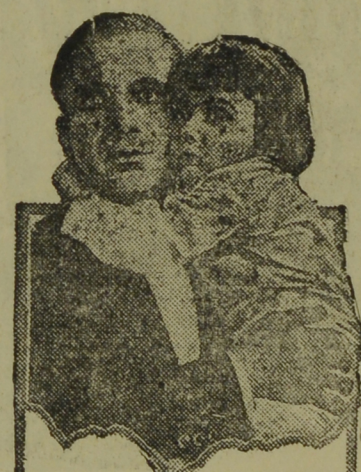
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