

HOW TO BRING SLEEP.

A Novel Scheme For Wooring Nature's Sweet Restorer. To get a good night's sleep, says a college president, assume an easy position, with the hands resting over the abdomen.

Repeat the inspiration and expiration, with opening and lifting, dropping and closing of the eyes, ten times. Then take ten breaths in the same way, allowing the eyes to remain closed.

Nervous persons will have some difficulty at first in the gradual opening and closing of the eyes. They will tend to fly open and then snap together.

NOT TENDERFEET, THESE.

Observations by a Traveler on the Hardened Soles of Florida.

"I don't know what you mean when you speak of tender feet," said Colonel Munson. "But I recently saw a couple of illustrations of what tough feet are."

"While at St. Petersburg, Fla., I had occasion to employ a coach, or salt water native, to help me get my boat into the water. I gave him a cigar and a match at the beginning of the engagement, and he was about to strike the match upon the freshly painted side of the boat, but something in the expression of my face must have deterred him, as he suddenly withdrew his hand, raised his bare foot and scratched the match upon his heel.

"Later I was cruising on Matanzas pass, and we came upon a bed of fine oysters which Commodore Garry Van Horne of Jersey City had recently discovered. My man started to gather some, but before getting out of the boat he took off a new pair of shoes, saying, 'I don't mean to git them new shoes all cut to pieces.'"

"He had no stockings on, and I wondered at him, as I did when I first saw a Jap climb a ladder of swords with which he had previously slit up sheets of paper for the Florida oyster has an edge which would put a razor to shame, and I never touched a bunch of oysters without losing blood.

"One day when we were getting up a sheep's head roast on Sanibel island my friend, Charles B. Hogg of Pleasure Bay, N. J., remarked to a darky, 'You are standing on a live coal!'

"I thought I smelt suffin burnin'," said the darky as he leisurely removed his sole from the glowing ember.

"The skin on this negro's feet was hard baked and nearly a quarter of an inch thick. I looked closely at him when he came out of the water after wading for five hours, and there was a ridge of skin like the welt of a shoe all around his foot. It was nearly a quarter of an inch wider than his foot and was grayish white, having been swollen and bleached by the salt water of the gulf."

Looking around our circle of acquaintance, we find quite as large a proportion of women as of men who enjoy a lively sense of humor. I think that women who have it are quicker to appreciate the funny side of things than men, but that women who have it are not as hopelessly commonplace, much more so than the men who are without it.

Over a century ago Benjamin Franklin discussed the propriety of qualification for voting in Pennsylvania. A man owned a donkey of sufficient value to enable him to vote, but before the next election the donkey died, and the man's vote was refused. "Now," asked Franklin, "who voted at the previous election, the man or the donkey?"

WHAT FISH EAT.

Most Denizens of the Deep Live on Animal Substances. There are many thousand species of fishes, and naturally there is a great diversity in their food. Nevertheless, it is possible to divide it into seven distinct classes. Now, all the animal life rests on a foundation of vegetables. Plants store up the vital forces in the air and sunshine and pass them on to the great army of vegetarians, who in their turn yield them up to the animals which live on flesh. One or two additional steps may sometimes be interpolated, but the result is the same. A caterpillar eats a cabbage, an Ishmonian fly quarters her brood on the caterpillar, an insect eating bird snaps up the fly, and a bird of prey pounces upon the fly catcher and finishes the story. The inevitable order is plant, vegetarian, flesh eater.

The vast majority of fishes feed on fishes or other animals found in the sea. Probably, however, the vegetarians are more numerous than are generally supposed. For instance, all the textbooks declare that a gray mullet feeds on the living matter obtained by straining sand or mud in its mouth, which doubtless is true, but they ought to explain that owing to the peculiar construction of its throat larger bodies are prevented from passing into the stomach, which is not true. No amount of letterpress will persuade a Land's End fisherman that a gray mullet muddies or does not eat seaweed. He is convinced from a lifelong observation of its habits that it does, and the fact that the fish's stomach is often found full of seaweed proves that the fisherman is right. Fishes which undoubtedly catch and swallow living prey are wont on occasion to treat themselves to a dish of vegetables. I assisted at the post mortem examination of a bream which contained, in addition to a crab, large helpings of two kinds of seaweed in different stages of digestion.

But doubtless it is a fact that fishes live for the most part on animal diet, and it is obvious that this must consist largely of some other class than their own. If fishes ate fishes only, the race would soon become extinct. Fortunately the sea is full of life, and for those which cannot or will not eat seaweed there are worms innumerable, jellyfishes, starfishes, and sea urchins, the great host living in shells, from the oyster to the periwinkle and the limpet, crabs and all other kindred, and lastly other fishes. The appetite must be capricious indeed which cannot find something to tempt it among all this vast array.

THE FAN.

Fans were used as sacred emblems in India.

The Romans used a circular fan on occasions of state.

The early Greeks made fans of the flat leaves of the lotus.

In China both sexes find the fan essential to their comfort.

The Chinese and Japanese have from antiquity used fans of all possible varieties.

In ancient Egypt fans of strange shape made of parchment or feathers were used in religious ceremonies.

Folding fans had their origin in Japan and were imported thence to China. They were of the shape still used.

The fan is as much an article of dress with the Japanese woman as the cute little sash which ties in a big bow at the back of her gown.

In China fans of white paper are used, and it is considered a compliment to invite your friend or guest to write upon it.

Perhaps the earliest fan in history was mentioned in hieroglyphics deciphered by the Egyptologist, Lepsius. In his researches he found this sentence referring to Osiris: "In his hand he held a fan."

Photographing Closed Pages.

Library rules ordinarily forbid the removal of valuable books and engravings from the premises, so that there is trouble in obtaining photographic copies of pictures or plates, the introduction of artificial light or even of a camera being commonly prohibited. A method of getting over this difficulty which has been tried recently with success is to coat a piece of cardboard with a phosphorescent substance and, after sufficient exposure to the sun, place it at the back of the picture to be reproduced. Then (supposing that the picture is in a book) a dry plate is put against the face of it, and the volume is closed. This can be managed very easily by manipulating the dry plate under a cloth that covers the book.

The dry plate is allowed to remain from 15 to 30 minutes, according to the nature and thickness of the paper. Then it is withdrawn, under the cloth as before, and put into a dark box for subsequent development. It is stated by the inventor of this process that if films are used instead of dry plates a large number of copies of different engravings in the same book may be made at the same time—Saturday Evening Post.

The Trouble.

The naturalist's wife had gone out for a few moments and left the baby in charge of her absentminded husband. When she returned, she was not a little disturbed to discover the baby crying dismally and his father with a collection of his largest bottles of alcohol before him, evidently at his wits' end.

"Why, David, David!" cried the good woman, snatching up the child. "What ever's the matter?"

"Well, my dear," responded the great naturalist simply, still gazing at the baby, "it's very strange, but I can't find a bottle large enough to hold him anywhere."

The "Feelings" of Metals.

Can metals feel? At the Royal Institution in London Professor Jagadis Chunder Bose proved that they can, in much the same way as animal beings.

He struck a piece of copper, plucked a piece of zinc, gave it poison and administered an antidote and threw light upon an artificial retina. In each case the electrical emotion, as registered by the galvanometer, was painful to witness. There is an opening for a society for the prevention of cruelty to metals.

Very Plausible.

Jed-Cholle has just returned from a hunting trip. He says he shot the biggest bear on record.

Ned—That might be so. If it hadn't been a big one, he would never have hit it.—Smart Set.

FALLEN FLOWERS.

One of the workers of the world, Living, toiled and, toiling, died, But others worked, and the world went on And was not changed when he was gone; A strong arm stricken, a wide sail furled, And only a few men sighed.

One of the heroes of the world Fought to conquer, then fought to fall And fell down slain in his blood stained mail, And over his form they slept; His cause was lost and his banner furled, And only a woman wept.

One of the singers among mankind Sang healing songs from an o'erwrought heart, But ere men listened the grass and wind Were waving the rest unsmiling like a wave, And now of his fame that will never depart He has never heard in his grave.

One of the women who only love Loved and grieved and faded away, Ah! met, are these gone to the God above? What more of each can I say? They are human flowers that flower and fall, This is the song and the end of them all.—Arthur O'Shaughnessy.

BIG WORDS.

Sometimes They Come Handy to Those Who Know Them.

"I do not like big words as a usual thing, but occasionally they are a great convenience, for they are great savers of space and time," remarked a gentleman who occasionally breaks into a magazine with a heavy weight. "By multiplying the prefixes or suffixing in the fraction of the root of some word here and there a combination can be arranged that will convey in a single word and at a single glance an idea that ordinarily it would take a multiplicity of words to convey. For this reason medical jurisprudence and scientific literature generally are rich with what is regarded as a rare and extraordinary vocabulary.

"Yet there are but few words used in any of the branches of science which a mere novice in language could not understand. If he would but analyze the combination and think for a moment of the derivative fragments which are to be found. Sometimes the word may string out over half a line in an ordinary newspaper column, but an examination of it will show that, even independent of the context, one may easily understand it if one will but reflect for a moment upon the fragments of other simpler words which are preserved in the combination.

I had an amazing experience once with a big word, and incidentally the use of it profited me in a small way. I had blazed out on the negro problem, and in a discussion of the mental status of the negro I had occasion to refer to the popular belief among negroes in a material heaven and urged in my contention that the negro race was a primitive race; that even his conception of a deity had not yet undergone the processes of deanthropomorphization. The word struck me because of its convenience and expressiveness, conveying as it does an idea that could scarcely be conveyed by anything less than a dozen words.

"There was a lean, cadaverous bill collector who walked in my shadow on pay day. He walked into the office, with a copy of my article in his hand. 'Excuse me,' he said, 'but me and my wife read your article on the negro question, and, being southerners, we indorse all you say. But there is one thing about it,' he continued timidly, 'which we do not understand, and since we have failed to find the word in the dictionary I thought I would ask you what it meant.'

"I did not know exactly what he was driving at and thought at first he was joking me. He pointed out the word 'deanthropomorphization.' I picked it to pieces for him in sections, and he smiled blandly and in his embarrassment forgot to present the bill which he had been trying to collect, and never after that did he see me.

"But it taught me a more serious lesson. For I honestly believe that whatever merit there was in my article was lost on that score because of the intense interest and curious concern which centered in the word which they did not understand. I have not used the word since, and, while it may be a convenience in literary construction, I believe I would rather spell the idea out in smaller characters."

Two Unusual Epitaphs.

A Charleston churchyard contains the dust of many eminent men and several queer epitaphs. The tombstone of Mary Ann Luyten is a cedar bedstead that he stood the ravages of 131 years. The epitaph of Charlotte Elford, who died on May 9, 1817, says that

In Childhood, Obedient. In Wedlock, Virtuous. In Prosperity, Humble. In Adversity, Resigned. In Sickness, Patient. In Death, Happy.

Another curious one is that of John Singleton, who died Sept. 10, 1789: Sacred and solemn To The memory of 1 in 4 and 4 in 1. A husband, father, grandfather and father-in-law.

Lilies Are Imported.

The common lily, which is known to botanists as Syringa vulgaris, has been in cultivation for over 300 years, and its native home is said to be on the mountainous regions of central Europe, from Piedmont to Hungary, whence it was introduced to cultivation in 1597.

Botanists recognize about 12 species of lilies, found in a wild state, and these are native from southwestern Europe through central Asia and the Himalayas to Mongolia, northern China and Japan. None of the species is a native of the American continent.

Their Difference.

One day when he was in Cambridge the late Bishop Mandell Creighton was asked if he could state the difference between an Oxford man and a Cambridge man.

The professor, as he then was, immediately replied, "An Oxford man looks as if he would belong to him, a Cambridge man as if he didn't care to whom the world belonged."

The Evil of It.

Dumbleton-Fritter's chief fault is that his temper occasionally gets the best of him. Flasher—Very true, and that wouldn't be so bad if it didn't reveal the worst of him.

What has become of the old fashioned man who said he would rather be whipped than write a letter?—Atchison Globe.

Some people who are averse to borrowing trouble manage to keep a stock on hand.—Chicago News.

LONG WINTER NAPS.

WAYS IN WHICH VARIOUS ANIMALS SPEND THE COLD WEATHER.

Marvelous Manner in Which the Functions of Life Slumber—Bird Emigrants With a Wonderful Instinct For Self Preservation.

The devices of animal life to bridge over the winter season and their ways and habits during this time present an interesting, indeed fascinating, page of nature, writes Charles Frederick Holder.

At the approach of winter animals are affected in various ways. In the north all the reptiles—snakes, lizards, frogs and toads, a vast concourse—disappear in a most miraculous manner. The snakes enter holes and crevices, projecting themselves as far into the earth as possible, and, coiled tightly, assume a condition, a state of coma, in which they remain until the heat of the sun comes to waken them the following spring, when they appear voracious and eager for prey to rehabilitate them physically after months of fasting. The frogs plunge down into the mud of the ponds where they have made music during the long summer, and the same is true of turtles. Lizards affect the same places as snakes and when taken out at this time are apparently lifeless.

This is the case with the reptiles of the eastern and middle states or wherever there is a cold winter, ice and snow. But on the Pacific slope, in southern California, in the same latitude as the above, a different condition holds. Here—and the San Gabriel valley may be taken as an example—the lizards are subjected to a winter and summer every 24 hours. There is no snow, the days are bright and beautiful, resembling a cool eastern summer, and insect life does not disappear. All winter I have found lizards basking in the sun on these bright days, but as the winter day wears on and 4 o'clock approaches there is a very material change—a strange chill that affects reptilian life at once. It is their winter, and just as the eastern lizard creeps down into the earth for shelter and enters its winter sleep, so this California lizard crawls out of eight bench rocks, into crevices or under the bark of trees and enters what is the equivalent of a state of coma. It seems to shiver, becomes seemingly intensely cold, often stretches out its entire length and lies, to all intents and purposes, dead and lifeless, in this way passing the night until 9 or 10 o'clock in the morning, when the rays of the sun slowly bring it back to life.

This curious night coma is, so far as appearances go, identical with the winter sleep of eastern lizards. The functions are in abeyance for the time and life is at its lowest ebb. In observing these sleepers I have found them by turning over the piles of stones early in the morning and have often found a row of them, limp, cold and apparently dead, lying in the sun, to watch the gradual return to life. It came very gradually, those lizards placed on their backs first showing signs of life by a quivering of the limbs, which were then drawn up. Then the long tail would move, and finally the little sleeper would clumsily roll over into an upright position, and as the direct rays of the sun struck and warmed it into life its eyes would grow brighter, and suddenly, as if touched by some magic wand, its head would be lifted high, the blue breastplate gleamed in the light, and with an air of astonishment and alarm this sleeper, awakened, would dash over the ground and escape, once more a living creature, a type of activity, a munition to insect life. Every night in the California winter this occurs, and the condition can easily be superinduced by subjecting the animals to artificial cold.

The bears in southern California are found abroad at all times, while in the northern part of the state and in the east they enter into a complete state of hibernation, going into their winter sleep well conditioned and fat, evidently living on the latter until spring, when they emerge lean and ugly.

The change in color of animals at the approach of the winter season is one of the remarkable features of life. The ermine, as an example, and several others assume a white coat, the change being a protective feature. The ptarmigan has a similar habit, a change which renders it inconspicuous to its various enemies.

At the approach of winter the birds, perhaps, present the most remarkable spectacle. With some few exceptions they move away from the conditions which threatened them, and in what is popularly called the departure and return of the birds we contemplate a wonderful migration, in which the highest instinct of self preservation appears to have been developed. The birds of the coast have a definite line of migration; the shore line at this time constitutes a bird highway, over which tens of thousands are passing—in the autumn to the south, where there is a food supply; in the spring to the north, to the fields they know so well, and the nesting places where the young are to be raised. Much of this migration is carried on at night high in air, and during storms myriads of birds are often confused and killed by dashing blindly into the lighthouses that mark the highway.

On the Pacific coast the coast range and Sierra Nevada mountains constitute a well defined line of travel. In southern California the flight of cranes and geese along this pathway is a remarkable sight. The birds, especially the cranes, cover long distances by soaring, gradually reaching within rifle shot of the ground, then they step and begin a spiral movement, turning in graceful curves, flashing like silver dollars in the sunlight as they turn and disappear, rising ever higher until they are a mile or more above the valley, or above the summit of the Sierra Madre; then, as though at the command of the leader, they turn, and in long lines soar away with remarkable velocity, literally sliding down the hill, covering six or eight miles or more before the maneuver is repeated.

The winter finds the trees, groves and gardens deserted except by the few forms which defy the cold. The birds are in the south—Florida, Cuba and even South America; the reptiles are housed underground; insect life has been destroyed or is hibernating and will spring into life in the spring. The only animals abroad are the mammals—the deer, elk, caribou, fox, cougar, wild cat, lynx and other forms—which wander over the barrens and in the deep snows of the woodlands, finding a precarious living until the spring comes, the wanderers return and all life takes on a new mean.

R. B. ALLAN & Co.

Bargains in Spring and Summer Goods

Our Millinery Rooms are filled with new and stylish Millinery goods. It has been the general remark that ALLAN'S have had the most stylish stock of Millinery in Lindsay.

A SPECIAL IN LADIES' SAILORS—15 dozen regular 75c Sailor Hats to be cleared at 25c each.

Dress Goods Our stock of Dress Goods is one of our largest departments. We hold a big stock of both Black and Colored Dress Goods, all makes and prices.

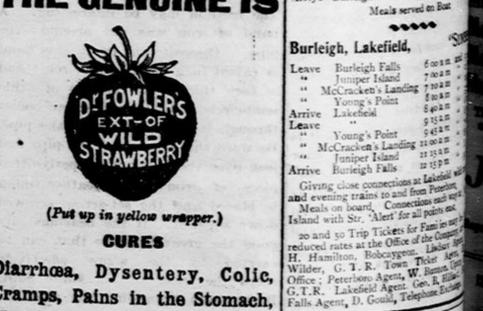
Men's and Boys' Clothing Men's Suits at all prices, ranging from \$3.00 to \$12.00 per suit. Men's Black Worsteds Suits at all prices. We have a nice stock of Boys' and Children's Suits at all prices. Men's Suits made to order on short notice.

R. B. Allan & Co.

THE BARGAIN GIVERS OF LINDSAY, Opp. Post Office, Lindsay.

For Pan-American, Buffalo \$5.00 Return Tickets good for 30 days \$3.70 DAILY SERVICE Coburg, Port Hope and Rochester, N. Y. SOUTH BOUND Leave Cobourg 5:51 p.m. Port Hope 7:40 " Rochester, N. Y., N.Y.C. 9:25 " Arrive Charlotte, N. Y., N.Y.C. 11:42 " NORTH BOUND Leave Rochester, N. Y., N.Y.C. 8:25 a.m. Charlotte, N. Y., N.Y.C. 9:30 " Arrive Cobourg 11:51 p.m. Port Hope 10:40 "

SO-CALLED STRAWBERRY COMPOUNDS ARE NOTHING MORE OR LESS THAN RANK IMITATIONS. THE GENUINE IS



CURES Diarrhoea, Dysentery, Colic, Cramps, Pains in the Stomach, Cholera, Cholera Morbus, Cholera Infantum and all Summer Complaints. Safe, Reliable, Harmless, Effectual.

THE WATCHMAN

BOXES MATT

Always has an and seldom point. Funny in just the way it have half a ch "Stranky" Enam "quadruple coated. Our eye for busi want to sell you will please you, come back. Try Kettles, Sauce Coffee P-ts, Rice Pails, Hardware, McCormick Bidd sale; Plumbing, smithing and Roof

Standard-Br

Jay Gould 2 1/2% Ambrosian 10. B 2 1/8; bred at Farm, Lexington. make the season of ab e, 172 Kent-st. TERMS \$

Keswick

Season of 1906 The Trent Valley Navigation Co. SAILINGS OF BOATS Bobcaygeon, Sturgeon Point, Lindsay June 1st to Oct 31st Leave Bobcaygeon 6:45 a.m. Sturgeon Point 7:00 a.m. Arrive Lindsay 7:15 a.m. Leave Lindsay 7:30 a.m. Arrive Sturgeon Point 7:45 a.m. Arrive Bobcaygeon 8:00 a.m. Saturdays boats will sail ending Lindsay. Meals served on boat.

ASCENT

61-Rac 43-Gen 44-Ladi 33-Gen 34-Lad 3-Boys 6-Girls above 1st of dentite lines of

Having taken over the Barn has made vast improvements and has now one of the most complete and up-to-date livery stables in the province. Comfortable as a share, good service, polite attention will be the motto of the new proprietor. Drop in and see the improvements.