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The SNAPSHOT GUILD

SNAPSHOTS AT NIGHT

Just a few bright lamps and a little care make indoor snaps like this easy. Arrangement of lights, subjects and camera indicated in the diagram.

UNTIL recently, the idea of making snapshots at night ranked alongside that other classic picture-taking impossibility—a snapshot of "a black cat in a coal pile at midnight". But now, with the new extremely sensitive films and brilliant, inexpensive lights, snapshots indoors at night are as easy as any others.

Let's say you want to snap Sue at the piano—assuming that Sue looks and feels natural there—taking your stand, with camera, off to the side of the piano. There's an ordinary floor lamp—one of those three-light affairs—just beyond the piano and another on your side. Both lamps are just beyond the field of your camera finder. Tilt the shades so that the light reaching your subject is unshaded. Put two or three photo-flood-type lights in the lamp that's beyond your subject, one in the nearer lamp, turn 'em on—and blaze away.

If yours is a box camera, better use a photo-flash bulb. (The method is described a few paragraphs ahead.) On the other hand, if you use a more advanced camera with a lens that's "faster" than f.6.3, you won't need the photo-floods quite so close to the subject.

The regular snapshot exposure—1/25th of a second—will do the trick nicely, assuming your lens has an opening of f.6.3 or greater.

The diagram above indicates the relative placing of subject, lights and camera for the picture of Sue at the piano. Naturally, you will arrange the lights as you see fit, but keep in mind these simple rules:

SLATS' DIARY

BY ROSS FARQUHAR

Friday—Mrs. Gribble has just been moving in to her new home and tonight she was over to are House and she was tawking about her new home and she sed evry thing was fine oney she was afrade they did not have Proper Illumination and pa quit wirking on his cross Wird puzzle and give her a 15 minit tawk on eating Fleshmans East.

Saturday—Ant Emmy had a letter from her Neffew today and he told her he was layed up in bed with a mitey sore thumb. He all so broke his leg and Collar Bone. It was a otto akcident.

Sunday—well Jane and me had a nuther quarl today. This is the End. I told her she cud riturn all the Notes I had rote to her becuz I think I no a good place where I can use them over agen with pritty good affect mebbly.

Munday—Hen Ritter witch was rich before the Depreshun come a long says he issent never Bothered with Moths enny more and when pa ast him what he thot was the reason Hen sed they never have a chance to get in his close now days becuz he is all ways wearing them. I cant quite under stand what he means.

Tuesday—The boss down to the noose paper offise where pa wirks at is sending his sun to Collidge and when he gradiates he is going to lern him the noose paper business. he says he beleaves he can lern the noose paper business even if he does go to Collige.

Wednesday—Curt Blunt is a going to Open up a drug store over in Jasper county. he told I and Pa he just herd they wassent enny restaters there.

Thursday—Con Simmons nocked his wife inconscious today and then they a rested him and he tole the Mayer the reason he done it his wife made him sore when she sed to him that she diddent think he loved her no More.

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INDIGESTION

Those who suffer discomfort which apparently arises in the abdomen and which is supposedly associated with the digestion of food describe their complaint as "indigestion" or "dyspepsia." It is interesting to note, in passing, that "indigestion" is a poor term because there is no lack of digestion; what is meant is poor digestion, and the reason why digestion is blamed is because it is making itself felt, so indigestion is conscious digestion.

The stomach is commonly blamed for the trouble. Important digestive processes take place in the stomach as they do in the mouth, but the most profound part of digestion occurs in the intestines. The stomach is blamed because the nausea, eructations and vomiting, which are the common symptoms, seem to arise in the stomach.

The digestive process may be upset because of the condition of any one of the digestive organs. Most disease affect the behaviour of the stomach. Nausea and vomiting mark the onset of most of the communicable diseases. Disease of the heart may be reflected in digestive upsets. The situation is further complicated by many cases which have no organic basis, but which arise out of emotional disturbances of which the patient may or may not be aware.

The various parts of the body are controlled through the nervous system. Some of these functions are under our control so that we can move our body about at will; others are practically automatic, but can be brought under control, such as the act of breathing; others again, and this applies to most of the internal organs, are entirely automatic and so beyond our conscious control. The digestive tract is regulated in this automatic fashion.

An important function of this nervous control is to keep the digestive canal at the proper tension, neither collapsed nor distended. A sudden loss of tension in the stomach gives rise to a feeling of nausea. Emotional upsets, worries or shocks bring this about by their indirect action on the nervous control of the stomach. In a manner which we cannot explain, the emotions may affect the behaviour of the whole digestive tract. The loss of appetite associated with excitement, the nausea which is related to offensive odours, the diarrhoea following a mental shock, are all examples of this. This emotional and nervous mechanism must be appreciated when an attempt is made to understand the indigestions for which there is apparently no organic cause to be found.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

A young lady attended a public sale. She liked the young auctioneer, and winked at him. He thought her wink was a bid, so he knocked down a horse collar to her for a dollar.—Eldorado, Kansas, Times.

The moral of this, girls, would appear to be: Don't wink at an auctioneer in business hours.

Sometimes impatient people make us think of the story about a couple of Irishmen, who, armed with guns and equipped with two game bags had sallied forth in search of sport. Suddenly Casey spotted a bird. Up went his gun and he took careful aim. Just as he was about to pull the trigger, Pat grabbed him by the arm and yelled: "Don't fire, Casey; you forgot to load your gun!" "Begorrah," said Casey. "I'll have to fire—the bird won't wait!"

PUBLIC SPEAKING CONTEST

Last Wednesday, Nov. 14th, nine Rural School Fair winners took part in the Championship Public Speaking Competition held in the County Council Chambers, Toronto. Mr. T. R. Ferguson, Public School Inspector from Uxbridge, was the chairman. This Competition took place before the members of the County Council which was in session.

Following are the winners:

- 1st—Bobby Jewett of School Section 17 Scarborough Township.
 - 2nd—Douglas Kyle of School Section 23 King Township.
 - 3rd—Mary Richards of School Section 17 Vaughan Township.
 - 4th—Helen Tranmer of School Section 10 Whitchurch (Stouffville Fair).
 - 5th—Isabel Riddell of School Section 3 North Gwillimbury.
 - 6th—Eileen Dawson of School Section 4 Etobicoke Township.
 - 7th—Dorothy Kennedy of School Section 1 Whitchurch Township.
 - 8th—Joyce Tate of School Section 4 East Gwillimbury.
 - 9th—Doris Sedore of Un. School Section 1 Georgina.
- The judges were Miss L. Rorke of the Educational Pub. Co., Mr. Holmes of Pickering College and Mr. Griffin, Principal York Township Schools. Warden D. E. Sprague and R. E. White, Agricultural Rep., presented the prizes to the winners. In addition to the usual prizes, the Council offered each winner a \$2.00 cash prize.

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