

### At Home Come in & Chat Awhile

—Ruth Raeburn.

#### Thanksgiving

Thank you, God, for the little things,  
Blue in the sky and wind that sings  
Of stubble fields and grain in the bin  
And winter nights with peace shut in.

For work-filled days and a fire to tend,  
For feet of a neighbor and heart of a friend,  
For the hymn like the even num of a bee,  
That my tea-kettle sings at night for me.

Bright red fruit in a yellow dish  
Pantry shelves that a heart could wish  
Thank you, God, for making known  
The pain that a dusty toy can own.

For my neighbors' barriers I slip through,  
For love of a child between us two,  
For all these things, my thanks are due  
From the full of my heart, dear God, to you.

Edna Baldwin.

#### Thanksgiving Song

Praise God for seed time and the spring,  
For autumn and the garnering,  
For all the glorious harvest hours,  
The golden fields, the sun, the showers!

Praise God for home—the shelter strong  
When skies are grey and nights are long;  
For loyal hearts and counsel wise,  
For home and all home's tender ties.

Praise God for losses and for gain  
The year's full joy, the year's deep pain;  
For tears to weep, and songs to sing  
For grieving and for comforting.

Praise God, nor let a doubt assail,  
Seed time and harvest shall not fail,  
Nor patient love, nor strength, nor stay;  
Praise God today! Praise God today!

Jean Blewett.

#### "We Thank Thee, Lord."

For the colors of a sunset, for a moonlit night at sea,  
For the scent of flowers in gardens,  
For the droning of a bee.

For the little summer breezes, for cobwebs, wet with dew,  
For little fleecy cloudlets that float in skies of blue.

For the rivers, cool and shady, for the busy little streams,  
For a bog with waving cotton over which the sunlight gleams.

For the hazy blue of distance, for the stars that shine by night,  
For the little children playing, and for a child's delight.

For music great and wonderful, for friendships proved and true,  
For thoughts of worth and beauty and for the good we do.

For the sympathy and kindness that Thou hast spread abroad  
In the hearts of men and women—  
for these we thank Thee, Lord,  
K. M. Smith.

Thankful! Yes, I truly am—  
Thankful for each storm and calm;  
Thankful as I backward look  
Through the pages of life's book;  
Thankful for each joy and pain;  
Thankful for each loss and gain;  
Thankful for each weal and woe;  
Thankful for each friend and foe.

M. Jennie Scott.

There are so many things in this wonderful world  
To be thankful about each day;  
So greet life with a smile, not once in a while.

### Sleep and Sleeplessness

Not wakefulness in itself, but what we do when we lie awake, is harmful, says a writer on this subject in The British Medical Journal (London). Sleep is almost perfect rest; but persons whose normal life is restless may rest also during a wakeful night. He who is worried, fretful, or under mental tension by day, and needs the refuge offered by sleep from such conditions, may suffer serious injury from the lack of it. Says the writer:

"In common with all vital reactions, sleep still remains a mystery, but this does not deter us from seeking to discover the conditions which favor its occurrence and those which lead to its disturbance. In the contrasting states of sleeping and waking we observe one striking instance of the rhythm which characterizes all the unconscious biological processes, and since this sleep-waking cycle, whose integrity is essential to the well-being of the individual, is so liable to disturbance under the conditions of modern life, the study of sleep and its disorders has become one of considerable importance.

"Insomnia is the most common disorder of sleep, and the question arises whether sleeplessness in itself has or has not beneficial effects. Experiments demonstrate that the physical and mental changes following voluntarily induced insomnia are not serious. We are inclined to think, however, that such experiments have only a remote bearing upon the problem of insomnia in the nervous subject. Sleeplessness in an individual who wishes to sleep, but can not do so when he tries, is probably more harmful than sleeplessness in one who is able to sleep, but does not wish to do so. In the latter case the subject is tranquil and interested, in the former he is beset with fears and pre-occupied with gloomy thoughts. Dr. R. D. Gillespie expresses the opinion that the influence of insomnia in the production of mental disorders has been much exaggerated, but it can, at least, aggravate an existing neurosis. In sleep the restorative processes of the organism are in full operation. The form of our mental activity alters. It is not that the environment ceases to influence the psychic life. Sensory stimuli exert a constant influence upon the dream content; but such impressions have no significance as situations and events, as in waking life. Sleep is, above all, the resting time of consciousness; it affords a release of tension, and permits effortless dream fantasies, unhampered by the cramping influence of external reality.

Dr. Golla has pointed out that the effects of stimuli on the organism favor the philosophic view that pain rather than pleasure is the fundamental fact of life. The response to a harmful stimulus, associated with a displeasurable feeling, is an increase of organic activity, whereas the reaction to a benign stimulus, associated with pleasurable feeling, is one of diminished activity. Pain is thus the conscious symbol of organic activity, while pleasure is the symbol of organic relief. We feel that the view here presented is of fundamental importance. There are in our modern civilization many sensitive, highly organized, and conscientious individuals who are constantly faced with domestic, professional or financial difficulties, often incapable of permanent solution. Life in such cases involves a chronic state of inner tension, with but short periods of relief and psychic relaxation. Sleep in persons so constituted is essential for their well-being, for in sleep we have the completest possible form of rest. Should insomnia supervene, there is some likelihood of a nervous breakdown. Sleeplessness of this kind involves excessive organic activity, hyperfunction of the sympathetic nervous system, and a lessened capacity to face the problems of the coming day.

"Dr. Gillespie finds it convenient to classify sleeplessness according to whether it is due to physical disease, external irritation, or psychic disorder.

while.  
But as daily you pass on your way.  
—Daisy Wheeler.

### Atlantic-Flying Birds Not So Uncommon

In the September Contemporary Review the English ornithologist T. A. Coward begins an article by asking: "Can a bird without human aid cross the Atlantic?" Earlier authorities, Saunders among them, did not believe that migrating birds ever made the Atlantic passage without resting on shipboard, but Mr. Coward, formerly a doubter himself, says: "I believe that not only is it possible for many species, but that it is repeatedly undertaken, though probably not willingly." A lapwing ringed at Ullswater in May, 1926, was discovered at Bonavista, Newfoundland, in the end of December 1927. Three years earlier two kittiwakes, ringed on an island off Northumbrian coast, were reported from Newfoundland. But these birds are of the gull species and sleep on the water. Lapwings in considerable numbers were seen in Newfoundland, distant from Cork 1,730 miles within a few days after violent northeasterly gales in the British Isles. A theory is held that their destination was Ireland and that they were blown south of it, continuing their flight to Newfoundland. Doubtless the weak of wing fell into the surges of the Atlantic. Scores of swallows, flying south in the great storm on the Atlantic coast last week, were picked up dead in the Barnegat region.

Two familiar American birds, the yellow-billed cuckoo and the black-billed cuckoo, sometimes reach the British Isles. These birds winter in South America. As the black-billed is not infrequently seen in the Bermudas it may occasionally find its way to the Azores, and thence to Europe. There may be eccentrics among birds, solitary wanderers faring to distant lands where they are marked as rare specimens. Students of bird migration are impressed by such a well substantiated fact as the "recovery" of a tern, ringed in Maine, as far away as the mouth of the Niger in Africa. Black-headed gulls, ringed in East Prussia, have turned up on the eastern coast of Mexico, but they were strong swimmers and sea-sleppers. Mr. Coward is inclined to think that the American robin, sometimes found in England, is a fugitive from cage captivity.

When we consult Chapman, our foremost ornithologist, we learn not only that many species manage 700 miles of the Gulf of Mexico easily in migrations north, but that the golden plover traverses the Atlantic from Venezuela to Nova Scotia and crosses the Pacific from North America to Hawaii, a flight of more than 2,000 miles. Mr. Coward draws the reasonable conclusion: "How little we know how much there is to learn, and how foolish it is to say that a bird cannot do this or that when any day we may discover that it is our knowledge, not the bird's power of flight, which it is at fault."—The New York Times.

#### SELECTING THE BREEDING MALE

(Experimental Farms Note)  
It may seem a little early in the season to talk of selecting next spring's breeders, but this is of such importance that it must be borne in mind early in the season, if best results are to be secured. Early in the growing season the poultryman should have marked "for the block" all those chickens that had shown the character for slow feathering or any constitutional weakness. There will thus be reserved for breeders, only cockerels from high laying dams that have laid large eggs.

This latter is of great importance as there is unquestionably a tendency to diminution in the size of the egg, where selection has been followed for high production, without due care to also select for size of eggs. During the latter part of the summer and early fall it will have been noticed that there were some cockerels that had developed sexually very early. These cockerels almost invariably finish up as "ponies". In other words, although they look large early in the season, they become set in their growth, and do not make birds of normal size at maturity. Cockerels of that kind should not be retained as breeders, as their offspring will have a tendency to mature in the same manner. They will lay early, before they reach proper body growth, and consequently lay small eggs throughout life.

To summarize, the breeding male should be the son of a high laying, large egg hen. He should be well grown, of good size for his breed, and above all should be vigorous. While vigor may be denoted in every part of the bird, in the broad back-deep body, the well set legs and general action, and in the nervous force, the paramount requirement in an egg breeding male, is indicated by the bright, prominent, piercing eye set in a clean cut face.

This is the kind of male that will give results.

ers. It is the insomnia associated with the milder forms of mental disturbance which presents the greatest difficulties in treatment. In some cases simple psychotherapeutic procedures, combined with physical therapy, will suffice to dissipate an anxiety state, and to restore the sleep-waking cycle to the normal. In others prolonged treatment is necessary to bring about a readjustment. There are many cases in which drugs, wisely prescribed, may not only be curative by providing the rest which is sorely needed, but they may also be instrumental, according to Sir Maurice Craig, in sometimes averting a serious mental breakdown.

A Question in Anatomy  
"Why is it," he asks, "every time we are held up a man sucks a revolver in our stomach and says, 'Be quiet or I'll blow your brains out?'"—Toronto Globe.

Marriage is like eating mushrooms—you never know if you are safe until it's too late.



Right Hon. Arthur Meighan, former prime minister of Canada, and Mrs. Meighan entertained at their Toronto residence, "Sevenoaks", in honor of their debutante daughter, Miss Lillian. Mrs. Meighan is in a gown of beige georgette and lace and her lowers are yellow roses. Miss Meighan is in a frock of white taffeta, with a scarlet bow at the side and she wore scarlet velvet shoes and carried a great arm bouquet of red roses, the gift of her brothers. She also wore a pearl necklace, the gift of her father. In the drawing-room, where the debutante and the hostess received, were a great many gift bouquets, presented to Mrs. Meighan by the friends of her parents for her "coming-out" party.

#### WIT AND HUMOR

Wife, showing husband expensive fur coat: "One really can not help but feel sorry for the poor thing which was skinned for this."  
Husband: "I appreciate your sympathy."

"It sure is hot in this baseball park, Grandma."  
"I should say so, Jimmy. See if you can find a couple of those baseball fans."

Policeman (slipping up): "Ah, Nora, ye are so quiet your thoughts must be golden."  
Nora (blushing): "No, Tim, copper!"

"What's that?"  
"Fertilizer."  
"For the land's sake!"

"You're right."

A British scientist predicts that in time to come, men will be born toothless. We thought, in our ignorance, that they usually were born that way.

Cat Out of the Bag  
"Miss Lamb—er—Sylvia—there's a question I've been wanting to ask you for weeks."  
"Carry on, old thing, the answer's been waiting for months."

"How did you learn to stay so long under water?"  
"I once lived at the same peach with one of my worst creditors."

The War Was On  
The two darkies were quarrelling. "Say, man," warned one, "don't mess wid me, 'cause when yo' does yo' sure

is flirtin' wid de hearse!"  
"Don't jesterate wid me, you fool," replied the other, "don't force me to press mah fist on yo', 'cause ef I does I'll hit yo' so hard I'll separate yo' ideas from yo' habits. I'll jest knock yo' from amazin' grace to a floating opportunity."  
"Ef yo' mess wid me man," continued the other, "I'll make one pass an' dere'll be a man patten' yo' in de face wid a spade tomorrow mawnin'!"

Rush  
"Can I see the minister of agriculture?"  
"Well, he's very busy, madam. What was it you wanted to see him about?"  
"About a geranium of mine that is not doing very well."



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### Ancient Mummies Found in Far North



With finds which they believe rank with those of King Tut's tomb in antiquity if not in splendor, nine members of the Stoll-McCracken Expedition of the American Museum of Natural History reached Montreal over the lines of the Canadian National Railways from Prince Rupert, B.C., where they left the Schooner Effie M. Morrissey which had carried them through the Arctic waters. The party consisting of Charles Stoll of New York, backer and Director of the Expedition and his wife, a noted big game huntress; Harold McCracken, Associate Editor of Field and Stream and leader of the expedition; Dr. H. E. Anthony, Curator of Mammals of the American Museum and other Museum experts, left the port of Prince Rupert on May 1st for northern waters, and were at one time 225 miles north of Peary Barrow. Their search was for ancient mummies believed to be of Stone Age men, whose presence on the barren islands of the Aleutians group had been reported.

On a barren island, far from the present haunts of men, a burial was discovered in which were four bodies in a rude sarcophagus, constructed of driftwood, cleverly mortised together and held by nails made of walrus bone. The mummies were those of a chieftain; his hunter who was sent on the long journey with him to provide game for his food; a seamstress who had her sewing equipment for repairing the chief's garments, and a child believed to show the chief's love of children. Beside the body of the hunter, were the stone hatchets and harpoons of his craft. The mummies were splendidly preserved and showed every indication that the people of the Asiatic races, from which these "Stone Age" men were believed to have come used methods of preservation similar to those of the Ancient Egyptians in preserving the bodies of their Pharaohs. The four mummies, including the trunkless head of the hunter which is shown here in the hands of Harold McCracken, leader of the Expedition, travelled to Montreal with the party on the Continental Limited of the Canadian National Railways and will be placed in the American Museum together with the important groups of mammals and birds of the Arctic waters which the party secured during their expedition.

Photographs show the members of the party on their arrival at Bonaventure Station, Montreal; the mummified head of the hunter brought back by Mr. McCracken, and "Tough" a member of the party and the only English bulldog which is known to have ever sailed Arctic waters, enjoying a lookout from the cab of the Canadian National Railways locomotive which hauled their train into Montreal. —Canadian National Railways photo.

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