

DO YOU SLEEP SOUNDLY?

In seeking sleep, many people make serious mistakes.

The first is that they "try to get to sleep." This is one of the very worst ways. Sleep often comes when it is not sought, and perhaps even when it is undesirable, as in church during a dull sermon.

Here are a few simple and harmless helps to healthy sleep:

The first is deep and full breathing. I have known people to object and say that deep and full breathing is a cure for so many things—such as worry and nerves, as well as consumption and poor circulation—that it cannot be a good cure for any one; but surely the more troubles any one practice can cure at the same time, the more important and valuable that practice must be.

Fighting Insomnia.

If we have a tool that can perform only one function, it is less valuable than a tool which can perform twenty tasks. Breathing may be compared with a piece of machinery which can be employed for a number of different uses.

But the deep and full breathing must not be strained; it must be according to a rhythm. A certain number of "beats" for instance, may be given for the inhaling, a certain number for the holding in of the breath, a certain number for the exhaling, and a certain number for rest before the next inhaling.

Then there are mental helps. In a book published some years ago, entitled "The Mystery of Sleep," the author pointed out how, during sleep, the parts of us of which we are not conscious (it is not accurate to call them unconscious parts) are at work. A striking theory is that we never rest completely. We are always working, if not on the conscious plane, then on the subconscious or the super-conscious plane.

We are aware of work on the muscular plane, except for a good deal of the internal work—such as digestion, and so on; but we are little aware of the chemical work that goes on within us. Ninety-nine per cent of our thinking is subconscious. It might almost be said that we press a certain button and the thinking is done for us.

During sleep some part of our mind is working; and it is best for us not to try to stop work altogether, but to direct the mind to do the work that will help ourselves and others most.

So it may be the most effective plan to direct the subconscious mind, first, to think of something restful, and to concentrate on that, and then to do useful work in helping others who are in difficulties. Otherwise the mind may roam about at random, and we may not get really healthy sleep. We should tell our subconscious mind what it is to do during sleep.

The Diet Cure.

Then there is the diet cure for sleeplessness; and here the important matter is not what we have just before we want to go to sleep. The important thing is to get the blood pure and to get the circulation right. This is not a matter of the last meal we take in the day; it may require weeks and weeks of sensible diet to get the whole system clean.

Often sleeplessness is accompanied by cold feet. The coldness is due to clogging of the blood-stream; and this clogging is usually caused by wrong foods and drinks. When once the blood becomes pure and clean and strong, we are three-quarters of the way towards healthy sleep.

Any Old Bones?

Most of us have a dim idea that bones are of some value.

Bone meal is one of the most valuable fertilizers. It is good for fruit trees, roses, potatoes, and most vegetables, for it contains both phosphate of lime and ammonia.

But bones produce other valuable materials besides fertilizer. Treated in a sort of steam tank called a "digester," they give large quantities of fat and glue. Bones fresh from the butcher's shop give twelve per cent of fat, which is used principally for making soap.

As for the glue, this is treated so that it is divided into two different qualities, the finer of which becomes gelatine and is the basis of table jellies.

The glue made from bones is put up in a dried state, and before use must be mixed with a little water and heated.



Undernourished, No Doubt. "My Reggie looks as if he's half starved!" "Living on his wife, I hear."

Story-books for blind children contain raised pictures which the little ones linger over lovingly with their fingers.

Classified Advertisements

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The Father Who is Not Loved or Respected

One of the bitterest things in many a man's life has been the discovery, after he has made a fortune, that he has lost his hold upon his boys.

I have been in homes where the relations between father and sons were so strained and formal that the latter would no more think of making a confidant of their father than they would of a stranger.

The mother is sometimes responsible for this unfortunate state of affairs. I know mothers who have deliberately prejudiced their children against their father. They seem to be jealous of him, and do all they can to poison the young people's minds against him, to undermine their love and respect for him. Sometimes this is done by speaking slightly of the father. Perhaps he is not much of a business man, and the mother will criticize his methods before them, and find fault with him regarding his way of financing the family. Or she will magnify every weakness and imperfection of his character, make him appear weak and contemptible in their eyes.

There are multitudes of mothers who, while they have no intention of injuring the father in the children's regard, unconsciously do so by the methods they adopt to control them. Just as many ignorant people will frighten small children by telling them that they will call in a big policeman to arrest them and put them in jail, thousands of mothers will encourage fear of the father by making them believe he is cruel and hard, and that he will punish them severely for every little mishap or mistake of which she threatens to inform him.

This is very unfair to the father, for it robs him of his most precious possession—the love, admiration, and respect of his children. It helps to build a barrier between him and his children, a prejudice which may last a lifetime and deprive him and them of much possible happiness. To know that his children love him dearly and want to be with him, that they are always delighted to have him at home, to have him join them in their play, is a great compensation to him for the sacrifices he makes for them.

It is a most unfortunate thing for a child to look upon his father as a cruel task-master instead of a companion, to dread meeting him because he always expects criticism or scolding from him instead of sympathy, and companionship. Unfortunately some fathers encourage this feeling. They will constantly nag and find fault, and never think of praising their children or expressing any appreciation of their work, even when they do it well.

A father should regard the confidential relation between himself and his son as one of the most precious things in life, and should never take chances of forfeiting it. It costs something to keep it, but it is worth the price. I have never known a boy to go very far wrong who regarded his father and mother as his best friends, and kept no secrets from them.—O. S. Marston.

Would Signal Mars by Flashing Light.

Dr. A. M. Low, an English inventor, believes it possible to get into communication with Mars by means of light signalling.

"There are several known chemical means of producing a light screen of sufficient size which would last long enough to be noticed by the Martians, if such exist," he said. "I think a suitable screen could be set out on a high altitude by airplanes, to eliminate as far as possible the effect of air and clouds, which combine to make difficult any observation of the earth itself."

Dr. Low considers wireless waves less practical, as they travel in curves, making it difficult to gauge the target. He holds it ludicrous to expect to find the Martians' life similar to our own.

"Some years ago we thought that animals and plants were the only things which lived," he said, "but now we know there is life in everything. I have never seen anything yet which was not alive."

"The Martians might be able to see by heat waves. A small difference in our physical makeup would revolutionize our world and ideas of living. If we were born with eyes having only slightly different lenses to normal we would see the air around us full of life and our bath water a mass of horrible looking creatures."

Dr. Low disagrees with those who assert the Martians are more advanced than earthlings. "If they were, they would have found some means ere this of communicating with us," he said.

The only trouble with "the height of fashion" is having to wear it a long time after the "height" has changed.

Women in Egypt are appealing for a law to be passed raising the marriage age for girls to sixteen.

A FINE COMPLEXION

Can Be Had Through Keeping the Blood Rich and Pure.

A girl's complexion is something more than a matter of concern to her vanity. It is an indication of the state of her health. Pallor in a growing girl means a thinning of the blood. Eruptions mean impurities in the blood. Mothers should be watchful of their daughters' complexions and see to it that these signs are corrected—not covered up.

When a girl in her teens becomes pale and sallow, especially if, at the same time, she shows an inclination to tire easily, a listlessness and inattention to her work or studies, she needs Dr. Williams' Pink Pills, a tonic which directly and peacefully corrects the condition from which she is suffering. A chemical analysis of the blood of such a girl would show it to be deficient in just the elements that Dr. Williams' Pink Pills can supply, but the physical signs are plain. The girl with a bad complexion, or who suffers from occasional headaches, who is easily tired and breathless after slight exertion, should begin taking Dr. Williams' Pink Pills at once. A good appetite, sparkling eyes and rosy cheeks follow the fair use of this medicine.

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

When Tin Catches Cold.

You would scarcely suspect a metal such as tin of being able to catch cold, but it can do so for all that. In countries like Northern Russia all sorts of utensils are apt to become useless in winter time.

A tiny greynish spot makes its appearance on the surface of the tin. It grows in size, and then others appear. In course of time the metal crumbles into a dark-colored powder.

Some years ago a whole shipload of blocks of tin, stored in the Customs House of Petropgrad during the winter, was found the following spring to have crumbled into dust.

What really happens is that the cold causes tin to change from one of its forms to another. Tin is often found in mines in the grey powder form which is quite useless. When it is heated it turns into a well-known shiny metal, but under the influence of cold it may return to its other form.

Finger prints of criminals are simple by telegraph all over Italy by a recent invention, involving the use of from 300 to 400 numbered squares.

Salamanders, small creatures not unlike newts, have been made to change their sex by alternately feeding and starving them.

Common sense is not a common thing.

Keep Minard's Liniment in the house.

Stories About Well-Known People

Royalty Gets a Diploma.

When the Wharton School of Business administration at the University of Pennsylvania held its graduating exercises this summer many foreign students received diplomas and none showed more pride in the hard won bit of sheepskin than a scion of Oriental royalty, Vira Virakorn, who is a cousin of the King of Siam.

By very ancient tradition the business activities of royal persons have been limited to the narrow but not unfruitful fields of imposing taxes or receiving for the contents of the privy purse voted them by their adoring subjects. Common report has it that Siamese royalty has also kept up a herd of white elephants to let off its excess energy.

Whether Virakorn will stick to the good old ways when he gets back to Bangkok, or branch out for himself in some new line, has not been indicated. It may well be that the Siamese monarch has a good many cousins to keep up, and that the young graduate's thorough acquaintance with American methods in commerce, industry and finance will not prove unacceptable to his exalted uncle.

Cars by the Dozen.

The Bey of Tunis, who is now on an official visit to Paris, is well-known as a teller of good stories, and figures himself as the hero, or perhaps the victim, of many a true one. The most amusing of those about himself is perhaps:

Railroad Man Gives Out Surprising Facts

"If any in my family were sick with stomach trouble or run-down condition, I would rather have one bottle of Tanlac than all the other remedies put together," is the positive statement of F. A. Barrowell, 8 Locomotive St., Hamilton, Ont., well-known tycoon of the Grand Trunk Railway.

"My wife's health was restored by the Tanlac treatment in such short order it was astonishing, for she suffered so terribly with nervousness, headaches, sleeplessness and loss of appetite that I thought she would break down completely. She went meal after meal without eating, and was so

Surnames and Their Origin

LOCKYEAR

Variations—Lockyer, Lockman, Locke, Lockerman.

Racial Origin—English, also Dutch. Source—An occupation.

Lockyear, Lockyer, Lockman and Locke are all only different forms of the same family name, which in its original use was but descriptive of the callings of its first bearers.

Lockyear is really not a "true" form of the name; it is a changed spelling of Lockyer. The "lockyer" of the Middle Ages in England was, as you might suppose, a locksmith, as was also the "Lockman," the two forms of the word being interchangeable, with the former, perhaps in wider use.

Originally this name, like all others which have been derived from trades, was preceded by a "le" (meaning "the") under the influence of the French tongue of the Normans. But even before such names lost their descriptive sense, and virtually always afterward, the "le" was dropped.

The family name of Lockman, however, is sometimes a contraction of that of Lockerman, which is not English at all, but Dutch, the true form being "Lockerman." And though this family name also is based upon an occupation, it is not the same from which the English names have developed. The "lockerman" among the Dutch was a man who raised or dealt in locks.

LARDNER

Variations—Lardner. Racial Origin—English. Source—An occupation.

Lardner is by no means an infrequent family name, though probably it is most widely known when it has a "Ring" in front of it.

You might suspect from the first syllable that the name originally had something to do with the word "lard." In many cases when you suspect things like this about a family name you are wrong. But in this case you would be right. There is a connection. In fact the name is founded upon it. But the trade or occupation through which the connection was made is no longer referred to as it was in the Middle Ages at the time when family names were formed.

In medieval England the "lardner" or "lardner" (for you will find both spellings) was a specific kind of swineherd. His occupation was that of fattening or "lardening" pigs for the market or for the tables of the feudal lords. He had to be a good bit of a forester, for he took his herbs into the woods to fatten them upon acorns and nuts, and very often he also held a commission as a forest warden from his overlord.

Originally, of course, the name was descriptive of the individual's occupation, and in the old records you will find many entries of such names as "Hugo le Lardner" and "Roger le Lardner."

A GOOD MEDICINE FOR THE BABY

Nothing can equal Baby's Own Tablets as a medicine for little ones. They are a laxative, mild but thorough in action, and never fail to relieve constipation, colic, colds and simple fevers. Once a mother has used them she will use nothing else. Concerning them Mrs. Saluste Pelletier, St. Damas des Arnaques, Que., writes:—"I always keep a box of Baby's Own Tablets in the house. They are the best medicine I know of for little ones and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Robert Burns.

Visitor—"Dear me! Fancy your being called Robert Burns—why, that's a very well-known name."

Native—"Nae doot it is; I've been blacksmith in the place for nigh on forty years."

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Remit by Dominion Express Money Order. If lost or stolen you get your money back.

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The Tobacco of Quality

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Why They Fluked.

These are culled from a collection of recent schoolboy howlers: "A grass widow is the wife of a dead vegetarian." "Oceanica is that continent which contains no land." "Parallel lines are the same distance all the way and do not meet unless you bend them." "Louis XVI was galled during the French Revolution." "Palsy is a kind of new writer's dance." "Letters in sloping print are by sterics."

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Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bounding baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. EMILY DAVIS, 721 McGee Street, Winnipeg, Man.

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