

# Health-Giving Sleep Is Best, Says Writer

No Drug Can Give Like Results As Naturally Induced Slumber

An editorial writer in The Journal of the Indiana State Medical Association (Fort Wayne), gives some pertinent advice on sleep which he says physicians ought always to furnish to their patients. He writes:

"The physiology of sleep is imperfectly understood, and it is doubtful if any drug can exactly reproduce the restful sleep that comes with a sleep which is really spontaneous. It is possible that there are other factors which influence the ability of a given individual to sleep, but certainly the following is of the greatest practical value.

"1. The Vasomotor System. During sleep the distribution of the blood is mainly to the skin, the muscles in case of fatigue, and to the digestive organs if digestion is going on. There is a condition of relative anemia in the brain, or rather the rate of flow of the blood is slower than usual. Chilling of the skin or feet makes sleep impossible. The value of the hot bath or hot foot bath is too well known to need more than mention. Persons who sleep with difficulty must be sure that they have enough cover. A warm bed with the head out in the cool or even cold air is a position which makes sleep almost irresistible.

"2. The Digestive System. All of us are drowsy after a heavy meal. The hungry man who understands his physiology seeks the cupboard or icebox when he awakes at night. There is a current belief that it is well to eat and immediately go to bed. The fault is not in the eating, but in the choice of food. One of the best methods of inducing natural sleep is to make sure that the stomach has something to do and so requisitions a generous supply of food which might otherwise have gone to the brain and induced wakefulness. A glass of milk and a few crackers, a warm custard or potato puree, or a piece of milk-toast will serve the purpose.

"3. The Nervous System. The individual with a restless, nervous disposition naturally will have more difficulty in sleeping than the quiet type. Deliberate inhibition of the impulse to fidget about and pull one's hair will often accomplish much. While something like eight hours of sleep per day is needed by most people, this does not mean that one will suffer severely if on a particular night much less than eight hours is obtained. The individual who tosses and worries because he can not sleep is making a big mistake. It really doesn't matter, and he may as well relax."

Undoubtedly habit has very much to do with the ability of an individual to sleep, we are told. Habits of going to bed too early, or of eating irregularly and wrongly will complicate matters. He who is in the habit of waking at a certain hour and of thinking that he can not go to sleep probably will continue the habit. Not infrequently an entire change of scenery and of routine will aid in correcting the condition. To quote further:

"4. Psychological Attitude. A distinguished psychologist has told us that he rarely or never sleeps more than two hours in a given night. He, however, rests quietly in bed for five or six other hours. He says that he does not mind the hours of the night because he quietly and leisurely thinks about pleasant things that have occurred and are happening at the present time. He does not permit himself to brood over misfortunes or unpleasant situations. The lure of an attractive 'nesting thought' may enable one to pass hours almost as if they were minutes. The patient is not really asleep, but for all intents and purposes he is so. Probably his mind is no more or possibly even less active than in the case when he is dreaming a pleasant dream.

"Sleep is one of the very most important physiological states, and is always best when it is attained without the use of drugs. In case it will not come without drugs, they should be used, of course.

## Gems from Life's Scrap-book

Happiness  
 "Happiness and comfort stream immediately from God himself, as light issues from the sun."—Augustine.  
 "He that upon a true principle lives, without any disquiet of thought, may be said to be happy."—L'Estrange.  
 "We cannot circumscribe happiness within the limits of personal sense."—Mary Baker Eddy.  
 "The happiness of the tender heart is increased by what it can take away from the wretchedness of others."—J. Pettit-Senn.  
 "Happiness is no other than soundness and perfection of mind."—Antoninus.  
 "You traverse the world in search of happiness, which is within the reach of every man; a contented mind confers it on all."—Horace.  
 Remember: The happiness that Robert Louis Stevenson found in small things.

## BETTER BE RIGHT

It is better only sometimes to be right than at all times to be wrong. Before I resolve to do one thing or the other, I must gain my confidence in my own ability to keep my resolves when they are made.—Lindsay.

# HAPPY TO BE 136 LBS.

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You will find it less easy to uproot faults than to choke them by gaining virtues. Do not think of your faults, still less of other's faults. In every person who comes near you look for what is good and strong; honor that; try to imitate it, and your faults will drop off like dead leaves when their time comes.—Austen.

By the same means we do not always arrive at the same ends.—St. Real.



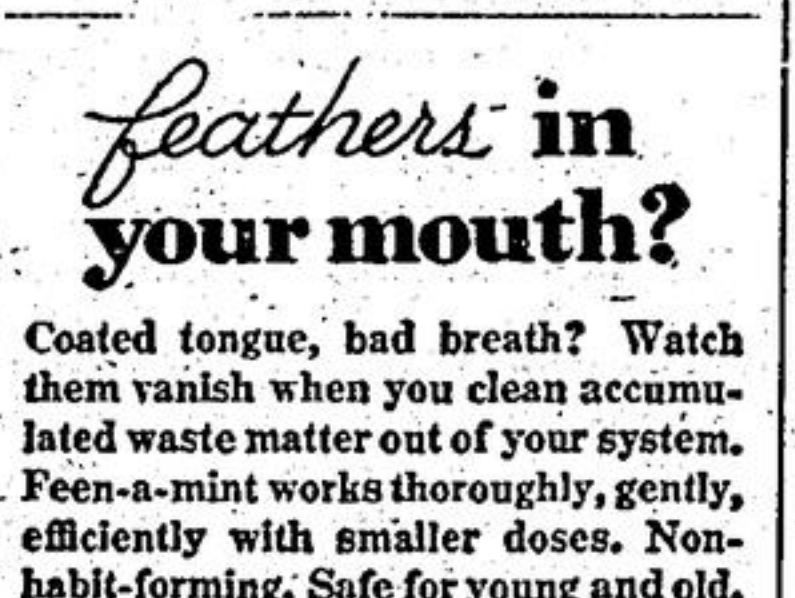
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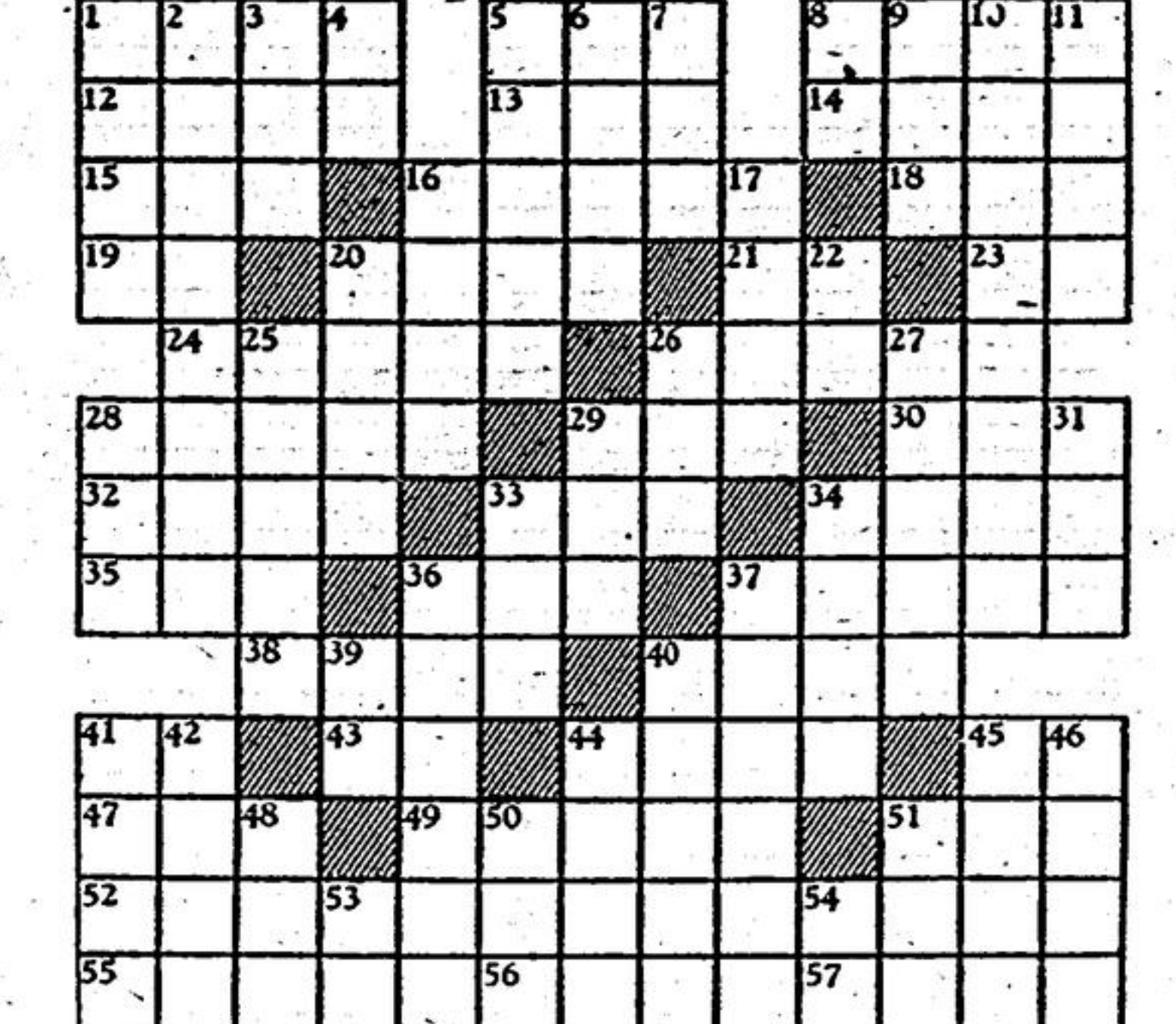
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# OUR CROSS-WORD PUZZLE



- |                                |                 |
|--------------------------------|-----------------|
| Horizontal                     | Vertical        |
| 1—To remain                    | 1—To dam        |
| 5—Cunning                      | 2—To endure     |
| 8—Sparrows                     | 3—Boat          |
| 12—Ripped                      | 4—Old pronoun   |
| 13—Part of shoe                | 5—To hasten     |
| 14—Otherwise                   | 6—Part of body  |
| 15—Large animal                | 7—Affirmative   |
| 16—Active                      | 8—Pronoun       |
| 18—Portuguese title            | 9—Ancient       |
| 19—Pronoun                     | 10—Secret       |
| 20—Sharp                       | 11—Prefix: half |
| 21—Negative                    | 16—Insects      |
| 23—Musical note                |                 |
| 24—To restore                  |                 |
| 26—Border                      |                 |
| 28—Root edges                  |                 |
| 29—To hasten                   |                 |
| 30—Man's name                  |                 |
| 32—To boil                     |                 |
| 33—Obscure                     |                 |
| 34—To navigate                 |                 |
| 35—Japanese coin               |                 |
| 36—To plunge                   |                 |
| 37—Ball                        |                 |
| 38—Neat                        |                 |
| 40—Sensed                      |                 |
| 41—Article                     |                 |
| 43—French for "and"            |                 |
| 44—Regulation                  |                 |
| 45—By                          |                 |
| 47—To cut                      |                 |
| 49—To tease                    |                 |
| 51—Wing-like part              |                 |
| 52—State of ascendancy         |                 |
| 55—Food starch                 |                 |
| 56—Mood                        |                 |
| 57—Minerals                    |                 |
| 17—Part of leg                 |                 |
| 20—Was aware                   |                 |
| 22—Conjunction                 |                 |
| 25—Happening                   |                 |
| 26—Energy                      |                 |
| 27—Large                       |                 |
| 28—Warm                        |                 |
| 29—Part of body                |                 |
| 31—Beverage                    |                 |
| 33—To delve                    |                 |
| 34—Transaction                 |                 |
| 36—The same                    |                 |
| 37—River mouth                 |                 |
| 39—Note of scale               |                 |
| 40—Humorous                    |                 |
| 41—European mountains          |                 |
| 42—Girl's name                 |                 |
| 44—Disaster                    |                 |
| 45—Medicinal herb              |                 |
| 46—Sunburns                    |                 |
| 48—Wooden pin                  |                 |
| 50—Vessel for consecrated wine |                 |
| 51—Atmosphere                  |                 |
| 53—To act                      |                 |
| 54—Forward                     |                 |

## Famous People Receive Scant Attention in Berlin

You may be famous all the world over but the man-in-the-street in Berlin will not know you.

A Berlin newspaper recently conducted a questionnaire in which it showed sixteen photographs of famous men to thirteen people, a bus conductor, a shopgirl, cabinet maker, telephone girl, grocer, cook, bookkeeper, taxi driver, barmaid, traveler, school-boy, farm hand, and a waiter.

Only two of the thirteen recognized one of the most photographed men in the world—George Bernard Shaw. Dr. Freud and Mme. Curie were not recognized at all.

Only five recognized Mr. Ramsay MacDonald. Others described him as the "American President," "American Ambassador," "the French Minister," and "a French politician."

John D. Rockefeller and Professor Piccard were the best known of the non-German characters, only two failing to identify Rockefeller and only one, Piccard.

Professor Einstein went unrecognized by ten of the thirteen. The waiter thought he was "a famous surgeon who worked with monkey glands," and the bookkeeper thought he was "some sort of poet." And "Hans" he got something to do with Heaven?" asked the taxi-driver.

Stalin and Dr. Steinhach, the rejuvenation expert, were recognized by five of the thirteen. Eleven recognized Gerhart Hauptmann, the famous German poet and playwright.

"The telephone girl had the best score with eleven correct identifications; the taxi driver had ten, and the waiter and the conductor were next with nine.

The barmaid was lowest with two identifications. She knew Rockefeller, remarking, "I'd like to have his money," and Professor Piccard whom she described as the "gondola Fritz." But she thought Gerhart Hauptmann was an operetta composer, and Selma Lagerlof, the novelist, the "woman who sings on the wireless."

Together  
 Mrs. A.: "There ought to be a special place in Heaven for ministers' wives."  
 "Perhaps you're right," responded Mrs. B., the minister's wife, "but I would much rather go with my husband."—The Forester.

## Answers to Last Week's Puzzle

CHOP SEEL ADDS  
 HERO ILL PROA  
 ARGENT ILL PUGN  
 DAISY EASE D  
 EYES DALE  
 ITS SCORN SOT  
 NO AWE DO  
 ARCPLEAD DEW  
 SPHED ROBE  
 AURORA RESUME  
 IRAN SLY IDEA  
 RELY FIRE SEND

## Book Printed on Tin

Rome.—Filippo Tomaso Marinetti, author famed as the father of futurism has tried something new—a book printed on tin.

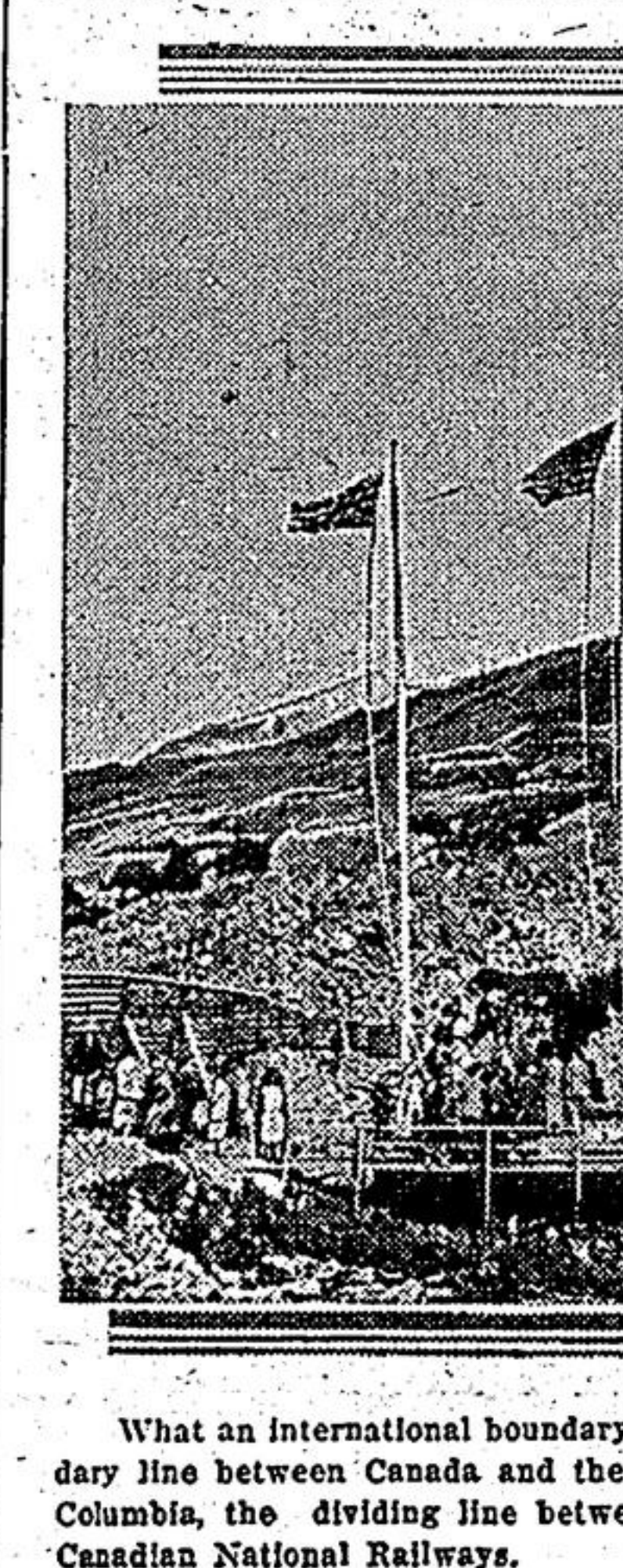
It is entitled "Words on the Liberty of Futurism as regards Touch, Heat and Smell." "Liberty," says the author, "is too sacred a word to be printed on paper. It demands a metallic elasticity."

The pages are of very light, bendable white tin. The printing is in brilliant tricolor.

## HELPERS

A helping word to one in trouble is often like a switch on a railroad track—but one inch between wreck and smooth-rolling prosperity.

## + Do You Know? +



What an international boundary looks like? Well here is the boundary line between Canada and the United States at Carcross, British Columbia, the dividing line between that Province and Alaska—Canadian National Railways.



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## ...SMILES...



St. Patrick's Day  
 A blackthorn I'm twirlin' around in me fist,  
 A shamrock me coat is adornin'.  
 The reason, ye ask? Me Colleen now whist—  
 "Tis St. Patrick's Day in the mornin'."

A woman is positively defeated. She spent most of an evening trying to put a jig-saw puzzle together, and not quite finishing the job, left it as it was in the living room on a card table. The next morning the well-meaning maid, ever wishing the house to look nice, cleaned up the mess and put it back in it's box.

A lot of fellows fail to "show up" when it comes to the "show down."

Nervy Young Man (entering barber shop)—"Is my credit good for a shave?"  
 Barber—"No. If you can't raise a quarter keep on raising whiskers."

The farmer works hard and as soon as he can he moves to the city. As soon as a city man can afford it he builds him a home in the country.

Young Hubby—"What under the sun do you girls do at afternoon teas?"  
 Young Wifey—"Giggle, gabble, gobble and git."

Johnny—"Why do they say that the pen is mightier than the sword?"  
 His Father—"Because you can't sign cheques with a sword."

Asked by her Sunday school teacher to give the Bible verse for that day's lesson, a little girl replied: "Go ye in."

to all the world and spread the gossip to all the people."

Teacher—"What did Juliet say to Romeo when she met him on the balcony?"  
 Pupil—"Couldn't you get seats in front?"

The Mayor had just laid the foundation stone of a new hospital.  
 One of the Trustees—"And now, we will hear His Honor's dedication speech."

The Mayor (suddenly turning to his wife, with beads of perspiration on his brow, whispering)—"Good Heavens, Mary! What will I do? I laid the stone on top of my speech!"

"I'm so happy I can't help but break into song."  
 "Get the key and you won't have to break in."

Windy Wolf—"Do you remember when a girl was proud of having a wasplike waist?"  
 Ragson Tatters—"I ought to remember it; that was when I got stung."

Just when a boy thinks his life is a total wreck, along comes a new love who tells him off to the preacher's.

The bigger they are the harder they fall, observes the good editor of this paper, as he drops bulky unsigned letters into the wastepaper basket.

Mistress—"So your matrimonial life was very unhappy? What was the trouble? December wedded to May?"  
 Chio Johnson—"Lan' sakes, no, mum! It was Labor Day wedded to de Day of Rest."

Teacher—"That is a nice dog you have drawn, Sambo, but why have you given him such a long tail?"  
 Sambo—"Well, now, didn't you say dat I was to put plenty ob detail?"

"Rise every morning," a magistrate advised a man in court, "with the fixed determination to make your wife realize that you are the master of the house, and see what happens."

"I know what will happen," said the man. "I'll have to make my own breakfast."

Mr. Smith (to his neighbor)—"Mrs. Brown, have you spoken to your son about mimicking me?"  
 Mrs. Brown—"Yes, I have. 'Pre told him he's not to act like a fool."

The man who cannot stay at one job or stick in any particular place may not become a tramp. But just the same he has the chief characteristics that go to make a tramp.

## The Rainbow

A rainbow crowned the eastern sky; Its colors shone in glory.  
 It lit the clearing clouds of grey,  
 And told again its story.

It told the promise of its God,  
 That now the day was clearing;  
 It sang its way into my soul,  
 Thus all my bleakness cheering.

It faded with a splendid glow  
 Where long grey clouds were piling.  
 Yet echoed to a million hearts  
 That God above was smiling.  
 —R. Emmett Buckley.

## King and Queen

See First Talkie  
 London.—The King and Queen saw their first talking movie last week and apparently enjoyed it.

It was the premier of the screen version of J. B. Priestley's "The Good Companions," shown as a benefit for the unemployment relief fund.  
 Prime Minister Ramsay MacDonald, Lord Londonderry and numerous other statesmen, peers and peeresses sat in the circle near the Royal box. A seat at this performance cost 10 guineas, something more than \$40 in Canadian money, a record price for a movie here.

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**DAWN**  
 Nightly around each darkening slope  
 The light is sown in patient hope  
 That the rich harvest of the dawn  
 May rise in glorious splendor.  
 —Mary Rowles Jarvis.

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