

HOW TO INDUCE SLEEP

AVOID ALL OPIATES AND OTHER FORMS OF "DOPE."

Light Meal Followed by Moderate Exercise, Well Aired Room and Warm Feet Usually Will Bring Peaceful Slumber.

There are sound hygienic methods by which sleep may be induced. Incursions into the realms of patent medicines, opiates, and all sorts of slumber elixirs which are summed up as "dope," should be avoided. But the moral of this lesson has been pointed over and over, yet little has been said about natural methods of inducing sleep. Under this head does not come the various mental contrivances such as "counting sheep" or reciting the multiplication table.

Oxygen is as necessary to the body cells during the hours of sleep as at any other time. Perhaps in the case of children it is even more necessary. For them sleep means the time of anabolism, growth and repair. The old prejudice against open windows still exists, in spite of the campaigns of education in the newspapers and in the schools. Dust in the rooms, an imaginary draft, the fear of colds, and many other stupid reasons are advanced in excuse of this pernicious prejudice.

The organs of the body also should be considered, and no excessive work should be given the heart or digestive organs before retiring to rest. High pillows lead to an increase in the heart's force at a time when the heart should have the lightest work. Pillows that are too low may cause headaches, and even sleeplessness, through an excess of blood being in the brain. Heavy late suppers are unwise, but a light meal, followed by such moderate exercise as a short walk, is generally conducive to sound sleep. The light meal causes a withdrawal of blood from the head into the stomach area and the body generally. The body is therefore warmed, and this is important.

Cold extremities, particularly cold feet, cause sensory stimulations, which produce sleeplessness, often for hours. People who suffer in this way should take means to keep their feet warm artificially by using sleeping socks, or slipper baths, or by the use of hot water bottles, and by sleeping between blankets.

It is, of course, fatal to sound sleep to go to bed "with anything on the mind." In these sensational and pleasure-loving days we often retire to rest after receiving a long series of vivid sensations which often account for hours of sleepless tossing. Sometimes this may be relieved by a gentle friction of the head with a medium hard brush.

We cannot hope to always drive away the disturbing sensory impulses, for, built as man is, joy, suffering, grief, responsibility and worry (last, but by no means least), must find their place in his life at some time or other. Life without these would be at best a mere existence, and so we must pay the bill at such times. And even then fatigue must cause sleep ere long.

It may be wise not to be too particular about noises when little children are asleep. At some future time they may be thankful for learning to sleep while a certain amount of noise is going on. For instance, there is no reason why they should not be accustomed to sleep while a piano is being played in another room in the house.—Spokane Spokesman-Review.

Venerated Furniture.

In these days of the venerated furniture, when the buyer chooses only that piece of quartered oak that shows the most flake in the cut, it is well to make it a point to never allow water or liquid long to remain on the surfaces, this especially of tables, for it is liable to reach the glue beneath this paper-like surface, and later when drying out make it lift and bulge, to repair which only an expert is capable. Dampness can easily reach it almost unknowingly by placing on it a vase or jar which has in it some cool substance that might make moisture collect on the outer side and leak to the table top. This should be guarded against, as varnished surfaces become opaque and this more often than the veneer bulging, which happening is verily a calamity.

Child of Genius.

An actor was talking at the Players' Club in New York about David Belasco's skill as a stage manager. "Belasco," said the actor, "has a superhuman sense of the harmonies, the fitnesses of things. This enables him to carry out a stage scene to such small details as no man ever dreamed of before."

"Belasco, even in his childhood, possessed this unique sense of harmony. An uncle once gave him a couple of chocolate cigars, then said to the little boy:

"What are you going to do with them, David?"

"I'll go and eat them in the smoking room," was the prompt reply.

Did Not Fill the Bill.

Old Lady—There is one thing I notice particularly about that young man who calls to see you. He seems to have an inborn, instinctive respect for women. He treats every woman as though she were a being from a higher sphere, to be approached only with the utmost delicacy and deference.

Granddaughter (sweet eighteen)—Yes, he's horridly bashful.—New York Weekly.

CRIMINAL TRIALS IN ITALY

System There, Though Simple, Differs Radically From That in This Country.

The reports in American papers of the trial of the Camorristas at Viterbo have made many people wonder if there is any system at all about criminal trials, and if there is, what the system is like. There is a system, and a very simple one it is, though utterly different from that which governs procedure in American or English courts, says an exchange.

The trial takes place before three judges and a jury, to which are added a certain number of extra jurors who are sworn and are present in court to hear the testimony, and are held ready to take the place in the jury box of any juror who may in the course of the trial be incapacitated from further service. The depositions of all the witnesses have been taken in writing and signed before the trial begins. Each of the judges has a copy of these before him. The prosecutor and the counsel for the accused furnish to the court a list of the witnesses they desire called, and these are summoned all by the court, which has power to punish nonattendance.

The first thing that happens when the trial begins is the questioning of the accused by the presiding justice in Italy, as in most of continental Europe, a man accused of a crime is considered by the law to be the very best witness to his own guilt or innocence. In England and America the accused need not testify unless he choose. In Italy he is the first and most important witness.

The accused is allowed the widest scope in defending himself. He has a right to tell his own story in his own way, to offer anything he can in the way of justification or palliation; even hearsay evidence is admissible. The judge has absolute discretion as to what testimony may be received and what excluded, and any judge who exercised this discretion unfairly would be an object of execration. Bias on the part of one judge is possible, but there are always the other two judges on the bench with him, and they are a perfect check against unfairness.

When the accused has given his testimony he is confronted personally with his accuser. The accuser is necessarily the principal witness against him. Strictly speaking, the prisoner has no right to interrupt his accuser, while the latter is telling his story, but in practice the judges permit it, and the confrontation sometimes becomes a three-cornered debate between accuser, accused and judge, the latter giving the accused the widest leeway to demonstrate his innocence.—Case and Comment.

Price of Damnable.

Judge Hiram C. Flack of West Liberty said the other day, speaking of the notorious disfranchised vote sellers of his native Ohio:

"Some of these men, I understand, even claimed they did not know it was wrong to sell one's vote. They were worse than the voters of Cashel."

"All the voters of Cashel used to sell their votes, and a reform candidate once got the preachers of the town to preach against the sin of such scandalous conduct."

"The day after the sermons the reform candidate said to a party leader:

"Well, how will the election go?"

"It will be close and difficult and expensive, sir," was the reply.

"What do you mean?" said the candidate.

"Well," said the party leader, "the boys didn't understand that vote selling was a sin before and they always let their votes go at two dollars apiece; but now they know eternal perdition is awaiting them. I understand that every man jack of them has put up his price to four dollars."—Rebopth Sunday Herald.

The Cholera Suspect.

We are taking precautions against cholera. At Montpellier recently it was thought there was a well-defined case of Asiatic cholera. The mayor at once took all precautions authorized by law. Two days later a man was brought to the hospital as a suspect. The hospital interne, as he came near to the patient, quickly drew back, saying, "How you smell of rum!"

The answer came with a drunken grin. "Certainly, I have drunk a good deal of rum. It's excellent against the cholera."

The interne allowed him to remain during the night. In the morning the drunkard left entirely cured. An hour later he returned. "You'll have to take care of me here. My house has been closed and is guarded by four gendarmes for seven days, allowing no one to go in or come out. If you don't take me in as a patient I shall be arrested for vagabondage."—From Le Cri de Paris.

His Reward.

"It's an unsatisfactory, disappointing kind of world," said the old soldier. "I fought four years for the Union. I was in sixteen battles, including Antietam, Gettysburg, Fredericksburg and the Wilderness. I was wounded twice and spent four months in Andersonville. I tramped hundreds of miles in the dust and the mud and the snow. I got rheumatism from sleeping in the wet and I almost died with typhoid. I lived two days on three pieces of hardtack, and ate salt pork that wasn't fit for a dog."

"I enlisted as a corporal and came out of the war a private, and then then spelled my name wrong on my discharge papers."—Puck.

ROCK SALT FOR MOBS

BETTER THAN LEAD BULLETS, SAYS SIR HIRAM MAXIM.

Reserve Force Should Carry Guns Loaded With Buckshot for Use If the Riotous Crowd Is Unsubdued.

It has been suggested that something less deadly than leaden bullets should be used by our troops against rioters. It has been suggested that bullets might be made of sawdust and grease, but this is altogether impracticable, as such bullets would simply be atomized by the force of the explosion and atmospheric resistance. The suggestion is, however, a good one, inasmuch as it sets one thinking on a subject that we shall have to face very shortly.

The ordinary military rifle is a very powerful weapon. It has been designed for killing at very long range, and it is quite possible that under favorable circumstances at short range the same bullet might pass through 20 men.

Disorderly, murderous mobs are constantly increasing in numbers, and each riot is fiercer and more determined than those that have preceded it. There is bound to be a greater number of them in the future, which we shall have to deal with, whether we like it or not, therefore I hold that we should make a study of the subject and provide and use the best possible arms for the purpose.

It must not be supposed for a single moment that large and turbulent mobs such as were lately found in Liverpool, and who fight like demons, can be subdued without the loss of some life. Some loss is inevitable, but let it be as small as possible and let us, at least, attempt to avoid doing injury to any except those who are actually making war upon the soldiers or police.

Suppose the officer in command had 400 soldiers opposed, we will say, to 20,000 hooligans and strikers. It would be best to arm about 200 of them with very large bore, single-barrel shotguns, having rather short barrels, and these should be provided with cartridges of the ordinary type; but, instead of lead shot, they should be loaded with very coarse grains of hard rock salt, the grains being about the size of large peas. The salt has the advantage of being light, so that it does not penetrate very far, and, as it soon dissolves and runs out of itself, and as it is also an antiseptic, no surgical operation would be necessary.

Rock salt was used very successfully in the early Colonial days of New England.

Another hundred of the soldiers should be armed with the same kinds of gun, but the cartridges should be loaded with a small charge of black powder and a very large charge of buckshot. These shot would not kill at a range of a few hundred feet, but at very close range of a few feet, where all the shot are in a lump, they would be fatal.

With these 300 guns the crowd could in all probability be kept at bay. Of course the buckshot would not be used until the salt had failed. Then, again, if the attack was very violent the whole 300 guns could be worked with buckshot.—Sir Hiram Maxim, in the London Express.

Police in Biblical Times.

George Gordon Battle told the members of the New York Police Lieutenants' Benevolent association, assembled in monthly meeting at Terrace Garden, that it was no new thing for the populace of a city to register kicks against the police force. To show how ancient this custom was, he quoted the prophet Isaiah's arraignment of the police force of his day, where he said: "Yet, they are greedy dogs which can never have enough, and they are shepherds that cannot understand; they all look to their own way, every one for his gain, from his quarter."

Mr. Battle had volunteered to entertain the police lieutenants with an address upon the historical development of the English police system. He traced the course of the policeman from the vigiles of the Emperor Augustus down through the watchmen of England, not neglecting to touch on the estimable Constable Dogberry. Which led him to conclude with the thought that though the members of the New York police force were but human, as a body the force had recognized its obligations and lived up to them.

Long Time to Get to the Bridge.

A scientist attached to the Museum of Natural History in New York, a most unsophisticated man, was one evening enjoying a brisk walk in the vicinity of the park on his way home when he encountered a forlorn looking woman scantily clad and weeping.

The scientist's heart was touched, as he stopped to see what he could do for the unfortunate. "I want to go to the Brooklyn bridge," explained the woman, "and I've lost my way."

The gentleman supplied sympathy, minute directions as to reaching the bridge, together with a liberal amount of car fare.

Some time later a similar incident occurred. The scientist, just as before, was encountered at dusk by the same woman, who went through the same scene. "I want to go to the Brooklyn bridge," she wailed.

"Mercy!" exclaimed the scientist, "haven't you got to the bridge yet?"

HERE IS THE LATEST HAREM BATHING SUIT

GARMENT DECLARED TO BE FOR WOMEN SWIMMERS RATHER THAN FOR POSERS.

Chicago.—We have scoffed at the harem skirt; but we bow to the harem bathing suit. It is something entirely new and a change which has been much needed. The luxury of the modern bathing suit for women reached its climax in the satin-embroidered and be-fowered affairs of last year, which were extremely costly and absolutely unserviceable. There were satin caps, bathing parasols and reticules to match, all costly, perishable and useless for bathing, whatever they may have been for posing on the



Harem Bathing Suit.

each. And the woman as she stropped upon the sands was a thing of beauty at no swimmer.

The harem bathing suit is practical and sensible. It is intended to swim in, not to pose in. And it is far more modest than the average beach bathing suit. It consists of a regular man's sweater and a skirt, made trouser-fashion, with a panel in front which clasps on each of the trouser legs, and can be quickly loosened when the wearer is in the water. Somewhat wider skirt trousers come without the panel. They are intended to be worn with long tights or with the combination garment which many women wear in the water under the bathing suit.

PULLS THE PYTHON'S TEETH

Three Are Extracted to Relieve Suffering of Huge New York Zoo Serpent.

New York.—The 13-foot African python in the snake cage of the Central Park menagerie recently developed a swelling on one side of its head. By Director Smith's order an examination of the serpent's mouth was made.

A keeper opened the jaws with a stick and Keeper Burns looked into the mouth to get a line on the swell-



Pulling the Python's Teeth.

ing. He reported a gumboli on the right side of the jaw. The boil, in his opinion, was caused by decayed teeth and it was decided that to cure the trouble it was necessary to do some tooth pulling. A pair of pliers was obtained and Burns got a grip on one of the needlelike teeth and yanked it out.

The python didn't like the experience and wriggled his tail loose and lashed about. There was a brief struggle until Snyder secured a fresh hold of the tail and kept the patient quiet. Three more teeth were extracted and then the keeper dentist lanced the boil and washed the wounded parts with antiseptic fluid.

GIRL Masquerades as a Boy.

After she had been masquerading as a man for eight months, the identity of Mrs. Mary Owens has been discovered and she has been forced to leave the factory town of Saxon Mills, S. C. The young woman had become engaged to a sixteen-year-old girl, who is broken-hearted over the revelation.

Eight months ago, when "Oscar" Owens, his mother and young brother came to live in Saxon Mills, "he" was hailed by all as one of the finest young men who had ever come to that town. "He" was a leader in the social life of the mill workers and always ready for any sport that was proposed. Soon after "he" started to work in one of the mills the supposed young man met a girl worker, and within a short time it was announced that they were engaged. Owens told the girl that they would be married when "he" had saved up enough money to buy a cottage.

Wearing male attire was evidently not as comfortable to the young woman as she tried to make it seem, and, as a rest, some days ago she put on woman's garb again to take a walk. One of the policemen of the town thought he recognized the young mill worker, and her arrest followed.

Royalties' Relics.

The English royal treasures are stored in steel-lined vaults in Buckingham palace and in vaults of masonry, many feet thick, in Windsor castle. In Russia the imperial treasures find a secure resting place in the hermitage in St. Petersburg. The valuables have been catalogued by Count Ivan Tolstoy. In the collection are to be found some wonderful cabinets in the epoch of Catherine II., and two superb vases in bronze which adorned the bedchamber of Marie Antoinette. Works of beauty are the lockets of Potemkin and Souwarow, in form of pendants adorned with diamonds and other precious stones. The gallery of porcelain contains a remarkable service of 1,700 pieces of the time of Catherine II. The smallest plate cost \$1,200. When the great fire occurred at the Winter Palace, eighty of these precious plates were stolen. Seventy were afterwards recovered, but ten are still missing, and it is suggested that they may be found in some private collections.

Curious Birth Notification.

Remarkable notifications of births occasionally reach the public health authorities in London—written sometimes in large schoolboy hand, probably dictated to her son by a mother, or by a neighbor. The following example is taken from a report for the past year, which has just been issued: "To the Gentlemen of the Guardians—I am taking my pen in hand hoping you are in the best of health as it leaves mother at present and for me to say that she has had a baby girl according to the rules of the board of health this is all at present with best respects from—Perce. It is a girl and she has got to have the name of rose after mother but father he don't hold with it. Excuse pencil, no more at present." In such letters it is not uncommon to find the name of the date and the address omitted.

Killed Bear With His Fists.

What is claimed to be the champion bear story of the season was told by William Smith of Syracuse, N. Y., who returned to Boulder, Colo., recently after a hunting trip of two weeks in the mountains. Smith claims to have killed a 250-pound black bear with a blow of his fist. After the bear had killed two valuable dogs with strokes of his paws, Smith, according to his story, put on a pair of brass knuckles and swung on the bear's jaw, knocking him out. Then, he said, he beat the bear about the head and spine until he was dead.

Success of the Pasteur Treatment.

The latest report of the Pasteur Institute of Paris shows a continuous decrease in the number of cases of rabies occurring or treated in France. In 1886 the institute treated 2,671 cases, of which 25 proved fatal. In 1894 1,308 cases were treated, only four of which proved fatal. In 1908 the number of cases had fallen to 524 and in 1909 to 467, with one fatal case in each of these years. In 1910 401 cases were treated, and there was no death. The earlier fatal cases are ascribed to the fact that the treatment was too long delayed.

Stopped Train to Shoot Quail.

"Passengers on the Southern Indiana railway from Westport to Eliza bethtown had a bad scare one morning recently when the train came to a standstill in a cornfield and reports of a gun were heard a few minutes later," said a traveling man. "The thought they were going to be held up and that murder had already been committed. Their fears were allayed however, when a trainman came inside and reported that the brakeman had seen a covey of quail and had stopped the train to take a shot at 'em."

Money-Making Cat.

Thomas Gleason of Canaan, Me., has a cat that earns almost enough hunting to support a family. The cat on week, while on one of its hunting expeditions, brought home a mink. The owner sold the hide for five dollars. This cat will quite often go into the woods, catch a rabbit, and the animal being too heavy to lug home he will gnaw it in two and bring one-half at a time.

Irony of Fate.

Miss Helen Jones of Herford, Pa. has purchased at a bankrupt sale the farm of a man forced in bankruptcy by a breach of promise judgment to her favor.

THE SCRAP BOOK



ILLNESS OF ELEPHANTS AND BEES.

Elephants are known to suffer with rheumatism and fevers, bronchitis, and colic and toothache, and the little honey bee is subject to diseases caused by bacilli which at times reach the virulence of a plague. When an elephant is ill the keeper in charge mixes up a pall of medicated water or inserts the proper medicines in apples, and the mammoth eats his way to recovery or falls in the effort. Snakes are put on a low diet—water and air—for a month or two, and they likewise wriggle themselves back to health or curl up in preparation for transportation to the reptilian hereafter. But with the bee pills, potions and plasters will not do. It cannot be fed with a spoon or undergo electrical massage.

The British Beekeepers' association is just now fighting the scourge among its untold millions of honey producers. The disease has made such rapid headway that the supply of honey will be greatly reduced. It is supposed to have been introduced into Great Britain from warmer and drier continental countries. To check it bees are being reared in the coldest and dampest parts of England. Those that survive possess a hardness which makes them able to resist the diseases which affect bees of less vigor.

The American bee is, generally speaking, a healthy insect, and American honey is not surpassed by any in the world.

GRANDMOTHER OF MONARCHS.

It is curious to think how many thrones are and will be occupied by the descendants of the late Queen Victoria. In Prussia we have her eldest grandson, Kaiser Wilhelm; in Norway reigns her granddaughter, Queen Maud; in Sweden the crown princess is a granddaughter of the late queen, and other grandchildren are the Grand Duke of Hesse, the Crown Princess of Greece, the Empress of Russia, the Crown Princess of Rumania, the Queen of Spain, the hereditary Princess of Saxe-Meiningen. Among the great-grandchildren of the late queen are the German crown prince, the czar-witch, the Prince of the Asturias, Prince George of Greece, the eldest son of the crown prince of that ilk, Prince Carol of Rumania, the Crown Prince of Norway and Prince Gustav of Sweden—no less than seven kings, and two of them are heirs of empires. In a very short time there will be no royal family in Europe that is not descended from Queen Victoria.

FEET AND SANITY.

Statistics prove that sanity can be measured by the feet both in men and women, but the rules for the two sexes are the inverse of one another. In the Paris Academy of Sciences M. Edmond Perrier read a report by Messrs. A. Marie and MacAuliffe, which appears conclusive. Sane men have large feet, and sane women small feet. Conversely, beware of the small-footed male and the large-footed female. Out of 100 normal men, according to the report, 18 have small feet, and out of 100 insane men only 24 have large feet. The proportions for women are almost exactly reversed. Twenty-three sane women of 100 have large feet, and, on the contrary, only 18 per cent. of mad women have small feet. The ancient popular opinion that a small foot is a beauty in women is thus proved sound. Even the Chinese may be justified if, by reducing a woman's foot, you may increase her sanity.

DENMARK'S FLAG.

The flag of Denmark, a plain red banner bearing on it a white cross, is the oldest flag now in existence. For over 300 years both Norway and Sweden were united with Denmark under this flag. In the year 1219 King Waldemar of Denmark, when leading his troops to battle against the Livonians, saw or thought he saw a bright light in the form of a cross in the sky. He held this appearance to be a promise of divine aid, and pressed forward to victory. From this time he had the cross placed on the flag of his country, and called it the Dannebrog, that is, the strength of Denmark.

ORIGIN OF THE THREE BALLS.

The three golden balls used as a pawnbroker's sign appeared in England in very early times. The sign was used by the Lombard merchants who emigrated to London from Italy. These merchants established the first pawnbroker establishments, and it is generally held that they adopted the three golden balls to be borne on the arms of the Lombard corporation from the armorial bearings of the Medici family, which was conspicuous among the Lombard merchant-princes of Italy.