| $\begin{gathered} \text { Good } \\ { }_{\text {GFont }} \text { Fros } \end{gathered}$ | Put on as Much as Traffic Will Bear |
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| By John A. Howland |  |

国This is a question which obtrudes itself upon the average young man who finds himself among his fellows on the com-
petitive basis that exists in the modern large business. If the questior were put to me in this form as a generality, should be tempted to answer it in the same terse style:
don't wish to destroy the conventions. Conventionalit
But hugging the conventional too long as an ideal must prove destructive to that person who in doing so loses his sense of proportion. For example, the model office boy 40 or 50 years ago care the manila wrapping from it, with the idea of preserving both string and wrapper for future use. Frankly, I would be pleased if conditions now
were such as to admit of this old-fashioned office boy in modern bustness But they are not, and to teach the potential small office boy this old convention in effect would be lying to him.
which is still preserved by the didactic teacher. True worth must prove itself-yes. But where and how? That best and squarest street car con ductor in all of a vast city, grown gray in the collection of passenger fares
for his company, unquestionably has proved his true worth-as a street car conductor! But could not this same measure of true worth have been
individual type among 10,000 street carmunity usefulness? That finest
inctors must be capable of something better than running a street car for 20 or 30 years. Why did At bottom it is the ego in a man, kept well in hand, which makes the individual
Set two men at work upon two tasks that are identical in a general way. In one of them egotism is at a low ebb; in the other it is at high
tide, coupled with an imagination. One returns to you silently, having done his work in a manner that is highly satisfactory in every way. The other, having accomplished no more than the first, returns to you with a Pleasingly he recounts just how judgmatically and determinedly he tackled these obstacles and overcame them. And in words or in acts and expres-

carry out his work.
Which of these two men-granting that the egoist has offered no more than the "traffic will bear"has impressed you more? And if these men continue
with you as employes the egoist playing upon you with fine tact and discrimination, which of them after a year or two
difficult task?

| Method of <br> Sleeping <br> Likee a <br> Child |
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| b R. zun Jonss |

## It is a sad but true fact that few men or women are able to enjoy the careless, dreamless sleep of a child. It is also a fact that if men and women would do good work and have pleasure in the doing of it, sleep, and plenty of it, is essential. And it sleep, and plenty of it, is essential. And it is another and more serious fact that, prob- ably owing to the strenuous life of the world to-day, insommia is more prevalen than it ever has been before. How to defeat this bugbear is the ques authorities in numbers of ways. But

 technical conms within a few simple rule that, if carefully followed out, are most effectual when sleep is desired. should be an airy room and one in which there is but little furniture an few rugs. It should have neither artificial light, flowers, nor animals an should be well ventilated,The bed should be slightly inclined from head to foot and a mod erately hard mattress is desirable. If any pillow at all is used it shoul be a thin one. The heavy, downy affairs into which the head sinks are son round shouldered and the position they give to the neck interfers

There is much diversity of opinion as to whether one should or shoul after eating. It is never wise, however, to attempt to sleep when hungry n a case of this kind a cracker and a cup of warm milk are desirable. and one should sleep on the right side. Sleeping on the back is apt produce nightmare and sleeping on the left side stops digestion and Often a cold soll form with






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