

agement, quickly set up condition to produce a healthy, well-nurtured calf as the season comes round. After having eight, ten or even more calves, she is easily fattened to become a heavy carcass of good, useful beef.

It is not, however, in a direct way that the value of the breed can be reckoned. Very few pedigree bullocks or heifers find their way into our fat markets as beef cattle, nor do we find dairymen to any extent owning pedigree cows. While this is so, the best and most profitable dairy, store and fat cattle are either the product of Shorthorn sires or are bred from dams owing much of their excellence to the amount of Shorthorn blood in their veins. Dairymen do not trouble about herd books or pedigree cows; they look for animals to give the largest return of milk for the value of food consumed, and what do we find? In the dairies supplying all the great English cities the Shorthorn cross-bred cow is the universal favorite. Sentiment counts as nothing with such practical men; with them ownership of cattle is simply a matter of pounds, shillings and pence—From an English Exchange.

Do Not Neglect Your Sleep

The inability to rest either at night or by means of short respites from activity during the day, says the De-linicator, is the beginning, with many women, of a nervous breakdown and should be heeded as nature's warning that all is not well and that the routine of life, whether of work or pleasure, must be closely scanned and so changed as to lessen the strain.

The amount of regular sleep required varies with the constitution, age and habits of life, the brain worker, whose drafts on vitality are the largest, needing the most. At least seven to nine hours' sleep are needed by all who lead active lives and would keep themselves physically and mentally at the summit of their powers. Physicians agree that woman commonly requires at least an hour's more sleep than man, but also

that she bears deprivation of rest better. This is due, however, to the fact that in crises which demand wakefulness her sympathies and emotions are commonly involved, and the intensity of her interests keeps her alert. Not till the excitement, which

in her is an exaltation of spirit holding her to her duty, is passed will she feel the loss of rest, but then she should yield herself to an increased amount of sleep, as should the brain worker after every unusual and prolonged effort.

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