

by the bell and sat down in a chair with a book. But, as the minutes passed, and no sound broke the stillness, she decided to go and investigate. She gasped with surprise and stepped back into the shelter of the doorway at the sight which met her view. For, standing over the hammock, was the stranger, his hat removed from his head, so that the missionary caught a full view of his face with its blue eyes and rings of fair hair. His lips were pressed to the hot forehead of the boy; he was softly speaking the lad's name, Miss Cuthbert comprehended the whole at a glance, but what followed—she was not prepared for that. When the little girl uttered a terrified scream, she stepped out quickly from her hiding place. The stranger seemed to be entirely unconscious of her presence. His eyes were fixed on his little son, and she, after one glance, understood and drew the little girl gently into the house, and then took up a position opposite the father.

Billy's features were quivering as with intense agony, and one little wasted hand was up-raised. His body was tense and stiff; his eyes were raised to his father's but he seemed to see him not. The man's face was as set like flint, as that of one who feels the full intensity of another's pain, but cannot, because of his native hardihood, give vent to it in any way. It was all over in a moment. The child's features relaxed, his eyes took on a rational expression again and his lips curved in a joyful smile of recognition. "Father!" he breathed. Then the expression of joy merged into one of perfect

Painful Process

George: "What a fine building that is across the way."

Charles: "Yes, yes; but the owner built it out of the blood, aches and groans of his fellow men; out of the grief of crying children and the woes of wailing women."

"Ah! A rum-seller, of course. Yes, yes!"

"Oh, no; he's a dentist."

They Were Accommodating

He was undeniably from far beyond the suburbs, and, as he was walking along a city street, he stopped in front of the fire-engine house and looked in.

"Have many fires in this town?" he asked.

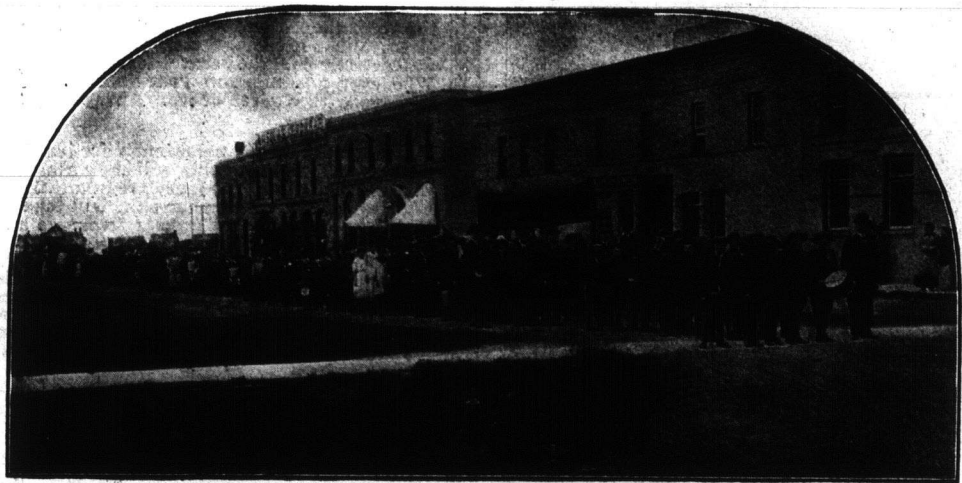
"Yes, we have them pretty often," replied the fireman.

"Ever try to see how quick yew can hitch up?"

"Oh, yes."

At that moment an alarm came in. At the first stroke of the gong the men rushed to their posts, the doors of the stalls opened, and within a few seconds men, horses and cart were speeding down the street.

The young man watched the proceedings with admiration. "Well!" he exclaimed when speech returned; "there ain't many towns where they'd go to all that trouble to show a stranger what they can do."



Empire Day, when County Schools gather for celebration. This picture was taken at Gladstone, Man.

How Much Sleep?

And now the authorities on health are saying that many of us sleep too much. Not over eight hours and better six or seven hours for an adult is about right, they say. Edison sleeps on an average of about four hours out of the twenty-four and advises others to do likewise. However, he is a law unto himself and not everyone would thrive on such a regime. The blood stream during sleep accumulates a certain amount of poisonous wastes because respiration is slower and the heart action also which means that there is less elimination of wastes. This accounts in part for the tired feeling and the headache which often follows when you sleep late. Try advancing an hour your time of arising and you will probably find you feel the better for it. Children in the growing stage, old people and neurasthenics of course need more rather than less sleep.

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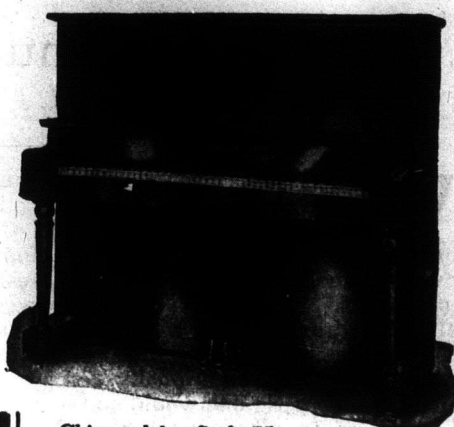
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