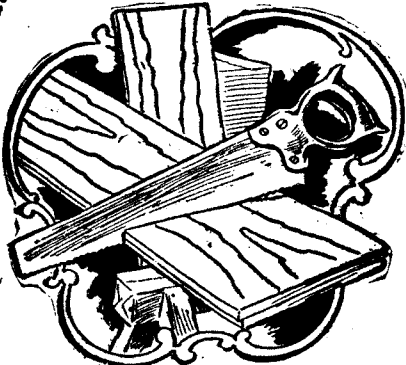


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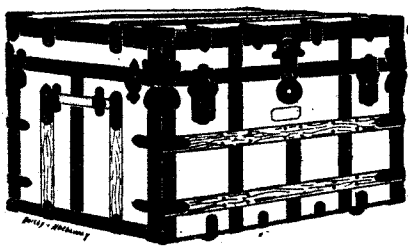
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WONDERS OF SLEEP

"Shakespeare," said a scientist, "called sleep the ape of death. That is a striking name for a striking thing. Sleep is a wonderland. Let us explore it. Self-hypnotism is a mysterious force that we can exercise on ourselves in sleep alone. We are all self-hypnotists. We all, on certain nights, tell ourselves firmly that we must not over sleep, that the next morning at 4, at 5 or 6 precisely—we must wake up. And we do wake up. Our sleeping selves respond to the hypnotic suggestion made the night before by our waking selves. That is mysterious and striking, isn't it? Still more mysterious and striking though, is the fact of our keeping track of the time somehow in our slumber. How do we do this? It is impossible to do without sleep. Men have slept standing, walking, even running. They have slept in battle, under fire, with guns roaring on all sides. They have slept in unendurable and deadly pain. There is no torture equal to that which the deprivation of sleep entails. The Chinese are the cruellest folk on earth and the most ingenious of torturers. Well, the Chinese place the deprivation of sleep at the head of their torture list. Sleep is a state of rest. The heart rests in sleep. The heart is a rhythmic muscle, not one that never reposes, but one that works at short shifts, like a puddler, a moment on, a moment off. Well, when we sleep the heart's shifts of rest are redoubled. It works, then, one on, two off, getting indeed pretty nearly as much repose as we do. The brain in sleep becomes pale and sinks below the level of the skull. When we are awake the brain is high and full and ruddy. Not only the brain and heart, but even the tear glands rest in sleep. That is why when we awake we always rub our eyes. The rubbing is an instinctive action that stimulates the stagnant tear glands and causes them to moisten properly our eyes, all dried from their inaction."—Exchange.

SEEING A PICTURE

The first necessity for the proper seeing of a picture is to try to see it through the eyes of the artist who painted it. This is not a usual method. Generally people look only through their own eyes and like or dislike a picture according as it does or does not suit their particular fancy. These people will tell you, "Oh, I don't know anything about painting, but I know what I like," which is their way of saying, "If I don't like it right off I don't care to be bothered to like it at all."

Such an attitude of mind cuts one off from growth and development, for it is as much as to say, "I am very well satisfied with myself and quite indifferent to the experiences and feelings of other men." Yet it is just this feeling and experience of another man which a picture gives us. If you consider a moment you will understand why. The world itself is a vast panorama, and from it the painter selects his subject—not the copy of it exactly, since it would be impossible for him to do this even if he tried. How could he represent for example, each blade of grass, each leaf upon a tree? So what he does is to represent the subject as he sees it, as it appeals to his sympathy or interest, and if twelve artists painted the same landscape the result would be twelve different pictures, differing according to the way in which each man had been impressed by the scene—in fact, according to his separate point of view or separate way of seeing it, influenced by his individual experience.—Exchange.

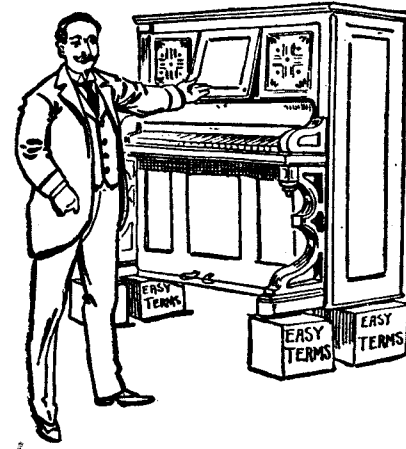
THE ART OF NOT HEARING

The art of not hearing should be learned by all. There are so many things which it is painful to hear, very many of which if heard will disturb the temper, corrupt simplicity and modesty, detract from contentment and happiness. If a man falls into a violent passion and calls all manner of names, at the first words we should shut our ears and hear no more. If in a quiet voyage of life we find ourselves caught in one of those domestic whirlwinds of scolding we should shut our ears as a sailor would furl his sail and making all tight, scud before the gale. If a hot restless man begins to inflame our feelings we should consider what mischief the fiery sparks may do in our magazine below, where our temper is kept, and instantly close the door. If all the pretty things said of a man by heedless and ill-natured idlers were brought home to him he would become a mere walking pincushion stuck full of sharp remarks. If we would be happy when among good men we should open our ears, when among bad men shut them. It is not worth while to hear what our neighbors say about

our children, what our rivals say about our business or our dress or our affairs.

It is a familiar truth that punctuality is the life of the universe. The planets keep exact time in their revolutions, each as it circles around the sun, coming at its place yearly at the very moment

when it is due. So in business; punctuality is the soul of industry, without which all its wheels come to a dead stand. Successful men in every calling have had a keen sense of the value of time. Napoleon studied his watch as closely as he studied the map of the battle field.



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