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Horwood Lumber Co., Ltd.

sept 16, 31, eod

A REQUEST TO MOTORISTS

FOR KIND CONSIDERATION.

It has been brought to the attention of the Newfoundland Motor Association that there are several thousand people in the city who do not own motor cars and who walk to Bowring Park on Sunday and holiday afternoons.

It is a well-known fact that these citizens are deluged with dust in the fine weather and often splattered with mud in wet weather, as however careful a driver may be, it is usually impossible not to raise dust and sometimes it is impossible to prevent splashing when driving through the mud.

The Association has therefore decided to issue a personal request to Motorists generally not to use the Southside Road on Sunday, Holiday and Half Holiday afternoons, thereby affording the many people in the city who do not own cars an opportunity to walk to the Park in some degree of comfort on Sundays and holidays. (This request, of course, does not apply to motorists living on the Southside nor motorists wishing to call at houses on the Southside on these afternoons). This is an appeal to Motorists, not an order nor a demand. A little consideration is all that is asked and the Association believes that Motorists, generally, are considerate.

Issued by the Executive and Road Committee.
THE NEWFOUNDLAND MOTOR ASSOCIATION.
P. E. OUTERBRIDGE, Sec'y-Treas.

aug 15, 1, w, s

Forty-Five Years in the Service of
the Public—The Evening Telegram.

Do You Sleep Too Much?

Six Hours a Night Should be Enough
If You Learn the Right Way to Use
Deep and Restful Slumber—Practical
Hints by a Distinguished Authority
on How to Increase Your Waking
Hours and so Improve Your Health,
Happiness and Efficiency.

(By DONALD A. LAIRD, Ph.D.)

The one piece of advice that you probably have heard most often is—
"Get plenty of sleep!"

Your parents undoubtedly began telling you that—and enforcing their wishes—when you were a child. Later you heard it from your family doctor, from your teachers, from your employers, your friends—in fact, from almost everybody who claimed to have your interests at heart. Eminent men when interviewed are fond of including some variation of the "early to bed, early to rise" adage as part of the recipe for success.

The implication in this familiar admonition, and the impression of the sleep question that you probably have retained from childhood, is that to try to get along with less than eight or nine hours' sleep a day is only a little less harmful from a hygienic course of poisoning would be; that to sleep the clock around every night is about the surest way there is of becoming "healthy, wealthy and wise," and, I suppose, happy.

Of course, there are the Edisons, the Napoleons, the Humboldts, and the other great men, past and present, who accomplished most extraordinary things on only three or four hours' sleep a night. Probably you assumed that, being exceptional in so many other particulars, these men probably were exceptional in their sleep requirements as well.

At it happens, however, recent scientific investigation shows quite definitely that the time-honored idea that it is wise to get a great deal of sleep has a sound basis in fact; that, as a matter of fact, many people probably get too much sleep and that too much sleep may be harmful, just as too much food is. It shows, too, that, like food, the value of sleep to the body depends not on quantity but quality; that, though sleep may seem to be the most natural thing you do, there is an art of sleeping you can learn.

The famous men who slept little undoubtedly had mastered this art and had learned how to extract from a few hours of good, sound sleep more physical benefit than many people obtained from a full night of fitful, wakeful, light slumber.

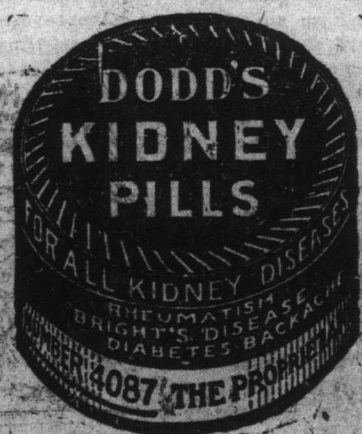
Science shows, too, that there are good and bad times for sleeping. That the way you lie in bed has great bearing on the quality of sleep you enjoy; that by cultivating proper habits of sleep and surrounding yourself with conditions conducive to good sleep, you probably can reduce your sleeping time to six hours and yet awake refreshed, invigorated, and with no trace of the tired feeling that now may make rising in the morning so much of a task.

Undoubtedly you understand the purpose and general nature of sleep. Every living thing seems to sleep. Plants grow by rhythms—alternate periods of rest and activity—so do even the lowest forms of animal life. The single-cell amoeba pauses to rest. Mollusks have periods of inactivity during which they sink deeper into the mud.

Your sleep, though, is highly complicated. During sleep your pulse beats more slowly and more, feebly than when you are awake. In fact, after you are asleep a few hours, it is virtually impossible for any one to detect your pulse with the fingers. Special apparatus must be used by scientists to take pulse records of persons who are serving as subjects in sleep investigations. Also, when you sleep, the flow of blood to your brain decreases markedly. Science can thank a Parisian beggar for its first knowledge of this fact. This man was injured in a street accident, and portions of his skull were broken away, leaving the brain exposed. Through this "window" scientists in the hospital were able to watch the blood stream ebb and flow as he slept and awoke.

Upon the decrease of the blood flow to the brain during sleep depend such familiar methods of wooing reluctant sleep: as eating a little, or placing a hot water bag on the feet. In either case the stimulation of the blood flow elsewhere in the body tends to draw the blood away from the brain; hence, tends to produce sleep.

If you find it hard to get out of bed in the morning, it is because you have not learned how to sleep. The "tired feeling" that makes arising at the call of the alarm clock so difficult would not disappear, as you imagine, were



you able to disregard its summons, for the deep, restful sleep—the real restoring sleep that repairs weariness of body and mind—comes during the first hour or two after you go to bed. It is then that your muscles are most relaxed, your blood pressure lowest, and your skin sensitivity least.

After the first couple of hours, sleep becomes lighter. After four hours it is very light. The slightest noise will awaken an average sleeper after this time.

Now, to continue this light sleep in the morning is not restful. The extra hour's sleep usually is made up of short naps—broken sleep. It is beneficial neither to your body nor your mind. On the contrary, it is likely to do you grave harm by helping build up a habit of laziness.

Why not, then, do away with this light, fitful slumber that does you no good, and substitute deeper sleep of shorter duration? Cut two or three hours from your night's sleep and still obtain more rest than you do now?

You can do it very easily if you can manage to take a noonday nap of less than an hour every day. You are usually drowsy at this time, and apparently nature intended you to sleep then. Forty-five minutes of deep, restful sleep at midday is equal to three or four hours of the light sleep you get from three to seven in the morning.

If you can take this noonday nap, follow it with a short period of light exercise, such as rapid walking, to aid digestion. It may take you a few days to accustom yourself to sleeping during the day, but within a week you should be able to do it easily, and you will find yourself able to cut three or four hours at least from your night's sleep and still be stronger and more efficient both mentally and physically.

Of course, I realize that it is difficult, if not impossible, for some people to take a nap at noon. Those who can't, will find themselves improving the quality of their night's sleep if they will follow a few simple rules for sleeping.

To begin with, restful sleep depends on entire relaxation of the body. The only way you can relax entirely is to lie at full length. Some animals can sleep standing up, but human beings seldom attempt anything like that. Still, I knew a man, several years ago, who would sleep by standing by his bed. There must be something wrong with a man like that, you are thinking. Very likely. When I knew him he was a patient in a hospital for the insane, which is about where all of us would end if we tried sleeping the way he did.

Probably you would find it impossible to do as he did. Muscular relaxation is so essential to the sleep of human beings that you can prevent yourself from sleeping by clenching your fist or bunching the muscles of your legs or arms. Conversely, you can coax sleep by relaxing every muscle of your body—your arms, legs, trunk, neck—even your ear muscles.

The best way to do this is to sleep partly on your side—either side—and partly on your stomach. To sleep on your side will not permit entire relaxation, for some of your muscles must be kept tense to prevent you from rolling out of bed. Neither can such complete relaxation be obtained by sleeping on your back. In this position, gravity will cause your lower jaw to drop and your mouth to open when your jaw muscles relax. This will cause you to snore—loudly enough possibly to awaken yourself or others.

Not that snoring is an evil accompaniment of slumber. On the contrary, it is a sure sign of deep, restful sleep. You can avoid snoring, however, and still get quite as much muscular relaxation and quite as much rest if you will sleep in the position I have mentioned. This is one of the very likely ways of causing the morning "tired feeling" to disappear.

Besides muscular relaxation, the other prime requisite for sleep is monotony. Excitement prevents slumber and causes bad dreams. Indeed, the excitement that usually accompanies evening gatherings probably is the cause of the nightmares that most people attribute to something they have eaten before going to bed. The deep sleep of old people and people who live in the country can be attributed to their monotonous existence.

The best way to obtain monotony is to sleep in a quiet room. Yet quiet is not absolutely essential to monotony. Regularly repeated sounds, such as the incessant ticking of a clock, are monotonous. They are good instigators of sleep—after you become accustomed to them. The muffled ticking of a watch underneath your pillow will help you to sleep.

Extraordinary sounds, though, tend to awaken you. You can learn to sleep in a boiler factory and find the constant uproar conducive to sleep. But a comparatively slight noise—the passing of a trolley car or an automobile, or the foot-step of some one near your bedside—raises your blood pressure immediately and is likely to awaken you if you are not sleeping deeply.

The next most important consideration in seeking deep, restful sleep is comfort. A soft, comfortable bed, a soft, comfortable pillow to raise your head and prevent the blood from rushing to your brain, and covers that are sufficiently warm without being too heavy are essential to sound sleep. A hard bed, a lumpy mattress, or very heavy covers cause uneven pressure on the body. They are irritants, and tend to make sleep light.

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Sacrifice."

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or God are swayed on an
Isle of Love!"

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Soap of Ladies and
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BEST FOR BABIES.

sept 15, 61

selection similar to one which he had memorized in a little more than 2 minutes before losing sleep. After 88 hours, he could not memorize at all! Another man began to "see things"—colored insects which he tried to kill. All of the men suffered immeasurably.

However, you need not be afraid that something like this will happen to you if you learn to dispense with two or three hours' sleep a night by learning to sleep deeply. The subjects I used in my investigation all were accustomed to eight to nine hours' sleep a night. Now they get six.

They discover that the shorter sleeping time not only is giving them more time for work or play, but actually has increased both their mental or physical efficiency.

This is not guesswork. Scientific tests of the body metabolism and mental efficiency that each man underwent before, breakfast during the investigation show that this increase in efficiency undoubtedly has taken place.

If you are going to cut down your sleeping time, make the reduction from the night end of the sleep period. That is, stay up later and rise at your usual time. When this is done, the

deeper sleep that you get when you go to bed seems to compensate for what you have lost.

Remember—it is not how much sleep you get that counts; it is the kind of sleep. Are you getting enough of the right kind? Or do you get too much poor sleep?

Did you know that one out of every 10 persons in the world suffers from defective hearing of some sort? How well do you hear? Perhaps you are partially deaf and don't know it.

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