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For every loved one and for every friend there is a Waterman's which will convey your sentiment in a most practical and acceptable form. Appreciation of your gift will increase as its complete reliability and capacity for long service is realized.

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**E. A. FOSTER**

CENTRAL DRUGSTORE, CHARLOTTETOWN, P. E. I.

### CHANGING SEED GRAIN

(Experimental Farms Note.)

A common question asked by farmers is, "Does it pay to change seed?" Inference here is that where the same seed has been used on the same farm for a few years, it may deteriorate in its ability to produce a profitable crop. It is also a common belief that one operating a farm characterized by relatively light soil should obtain his seed frequently, from a crop which is produced on soil of a heavier character and vice versa. Some authorities have scoffed at the idea that a change of seed is ever necessary. They argue that seed grown year after year in a district must of necessity become acclimatized and better adapted to the soil conditions of that district. It is safe to say that many farmers have followed this advice to their financial loss. Investigation and observation have revealed the fact that it is not possible to lay down any definite rule as to when seed should be changed. It is obvious that certain circumstances may arise to make the change of seed appear imperative, even to the casual observer. For instance, a crop may be so badly damaged through lack of moisture or by some condition which has forced premature ripening, as to cause the resulting grain to be very light and poor. Under such circumstances, it would, of course, be well to think of using this grain for seed. This, however, is a extreme case. The problem to determine is whether, under normal circumstances, one may expect a larger crop from the use of seed grown elsewhere than on the farm on which it is intended to be used. Without going into detail, one may safely follow the rule to change seed only when seed may be obtained which possesses a higher degree of development and vigour than the home-grown. This is assuming that the home-grown seed belongs to a suitable variety for the district and is free from noxious impurities. If these latter provisions are not complied with, the seed, of course, should not be used under any circumstances. Farmers who contemplate changing their seed and whose seed is reasonably good, at present, would be well advised to procure some first class registered seed through the Canadian Seed Growers' Association at Ottawa and test this in comparison with their own. This is a relatively inexpensive practice which might well be adopted periodically by every farmer and with all classes of crop.

L. H. Newman, Dominion Cerealist

### WASHOUT ON LINE.

A former Speaker of the House once wired a fellow politician to meet him in Pittsburgh, and the recipient, wishing to avoid what he feared might be an unpleasant interview, took advantage of interrupted communication, due to heavy rains, and replied: "Sorry I can not get to Pittsburgh. Washout on line." The Speaker wired back: "Don't mind a little thing like that. Buy a new shirt and come on." The politician kept the appointment.

Minard's Liniment Relieves Neuralgia

## Orphanage Campaign

PRINCE COUNTY	
Amount already reported	\$4,968.51
SUMMERSIDE	
Mrs. Loman Adams, St. Eleanor's	\$ 2.00
Harry S. Allen	5.00
J. S. Allen	25.00
W. A. Allen	20.00
L. R. Allen	10.00
Miss Thelma Allen	1.00
Miss Anderson, Fernwood	1.00
Alex. Anderson, Fernwood	5.00
Chas. Andrew, North St.	1.00
Eleanors	1.00
Anonymous	50.00
F. Arnet	5.00
Jam. H. Arthur	5.00
R. McArthur	18.00
Creeleman MacArthur	100.00
Mrs. C. MacArthur	10.00
Mrs. C. MacArthur	10.00
Mrs. J. G. Baker	5.00
Joseph Baker	10.00
H. M. Baker	5.00
Donald Baker	10.00
T. C. Baker	2.00
Helen Baker	5.00
Mrs. W. R. Ball	5.00
Mrs. George Barbour	10.00
Robert Barrett, Lot 16	1.00
Vera Barrett, Lot 16	5.00
Mrs. Robert Barrett, Lot 16	5.00
Geo. Basler	5.00
Emma Bearisto	2.00
W. E. Bearisto	5.00
Samuel Beaton, Belmont	1.00
Morley M. Bell	5.00
Mrs. Morley M. Bell	5.00
A. P. Bell	10.00
Angus Bell	5.00
J. H. Bell	5.00
Mrs. Birch, Belmont	1.00
James Birch, South West. Lot 16	5.00
Elias Bishop	15.00
Mrs. O. Best, Belmont	1.00
Albert Boswell	5.00
R. V. F. Boothroy	5.00
Mrs. R. S. Bowness	5.00
Mrs. Firth Bowness	5.00
Mrs. Geo. A. Bowness	10.00
F. D. Bowness	5.00
Mrs. Bowness	5.00
Miss Mary Bruce	1.00
M. L. Bradshaw	75.00
Mrs. M. L. Bradshaw	10.00
H. Brehaut	5.00
A. R. Brennan	24.00
Mrs. A. R. Brennan	15.00
Geo. Brown, St. Eleanor's	5.00
W. J. Buchanan	5.00
Miss George Bulpitt	6.00
Mrs. Wm. Cairns, Freetown	10.00
Jas. Cairns, Freetown	10.00
Alex. Cairns, Freetown	1.00
J. Elton Cairns, Freetown	1.00
Mrs. Ben Cairns	2.00
Walter H. Callbeck	10.00
Frank Callbeck	3.00
A. Friend	50.00
J. W. Callbeck	4.00
W. H. Callbeck	30.00
Elizabeth Cameron	5.00
E. Keith Cameron	2.00
J. E. Campbell	10.00
A. A. Campbell	24.00
John Campbell	5.00
S. E. Cannon	2.00
F. W. Cannon, St. Eleanor's	15.00
H. C. Carr, Miscouche	5.00
A. Friend	100.00
Bruce Clark	5.00
Richard Clark	15.00
Horace Clark, Linkletter Rd	18.00
Edward I. Clark, Wilton Valley	20.00
Edgar Clark	5.00
Fred H. Clark, Wilton	3.00
Ewen Clark, Wilton Valley	10.00
Libbie Clark	2.00
Mrs. John Clark, Belmont	10.00
Heath Clark, Wilton	25.00
Everett Clark, Linkletter d.	10.00
Mrs. Melvin Clark, Belmont	2.00
Alex. Champion	1.00
G. Church	1.00
Elizabeth Chappell	5.00
Mrs. H. T. Colvin	2.00
H. T. Colvin	3.00
Mrs. Ralph Compton, St. Eleanor's	12.00
Mrs. A. J. Compton, St. Eleanor's	3.00
Thos. Condon, Wilton	1.00
A. H. Crockett	5.00
A. H. Corney	5.00
C. E. Corney	10.00
Mrs. Ella M. Costain	5.00
Everett Crockett	5.00
C. E. Crockett	5.00
Mrs. J. W. Crockett	5.00
P. D. Crosby	15.00
J. J. Crossman	3.00
Georgia Crossman	2.00
Bruce Curtis, Wilton	2.00
Mrs. Harry Curtis, Wilton Valley	1.00
Mr. Cunningham	1.00
H. MacCaull	5.00
Mrs. J. E. Dalton	5.00
Miss Kate Darby, St. Eleanor's	5.00
Ralph Dawson	5.00
Stanley Dawson	5.00
Merrick Dawson	5.00
Patrick Daly	5.00
Carl R. Dickie	5.00
Mary Dobson	4.00
Carrie Dobson	4.00
R. T. Dodds	6.00
Lenora Duncan	1.00
Miss Elzo Dunn, St. Eleanor's	6.00
Mrs. James Dunn, St. Eleanor's	1.00
Daniel Dunning	5.00
D. Macdonald	5.00
C. M. Donald	15.00
J. B. Macdonald, Kensington	30.00
Mrs. Jane Macdonald	2.50
Miss M. L. McDonald	10.00
Mable McDonald	3.00
John A. McDonald	18.00
R. E. Ellis	25.00
Miss Lorna Ellis	5.00
Wm. G. Ellis	6.00
Mrs. J. England, Travellers Rest	1.00
P. J. Enman	12.00
N. N. Enman	15.00
Mrs. Frank McEwen	10.00
Frank McEwen	10.00
Arthur McEwen	2.00
Mrs. J. R. Forbes, Lower Bedeque	4.00
Mrs. Clayton Forbes, South West Lot 16	5.00
Albert Fraser, Belmont	5.00
M. A. MacFarlane	4.00
Silas MacFarlane, Freetown	2.50
George MacFarlane, Fernwood	5.00
Edwin MacFarlane, Fernwood	5.00
J. Harrison MacFarlane, Fernwood	5.00
David A. Manson, Sherbrooke	5.00
Leslie MacFarlane, Lower	5.00
Mrs. Percy Marchbank, New	5.00
Bedeque	5.00
Alex. B. MacFarlane, Bedeque	75.00
Friend	5.00
Friend	5.00
Friend	5.00
Friend	2.00
Friend	1.00
Friend	10.00
Matthew Gamble, Rose Hill, Lot 16	6.00
Frank Stanton	6.00
Mrs. Stanton Gay	6.00
Janet Gay	10.00
Fannie L. Getson	1.00
Mrs. B. H. Godkin	5.00
Mrs. Geo. Godkin	6.00
H. Heartz Godkin	15.00
Mattie Gordon	5.00
R. A. Gordon	15.00
Joan Gordon	10.00
Willard Gordon	2.00
Beatrice Gordon	5.00
J. L. Gorrill	10.00
Robert Goull	5.00
Mrs. Sam Grady	1.00
Sampson Grady	30.00
Mrs. F. R. Green	5.00
Miss Sarah Green	5.00
Mrs. Eleanor Green	5.00
Georgie Green	5.00
Alfred Groom	5.00
Dougald Gunning, Sherbrooke	30.00
John Gunning, Sherbrooke	18.00
Sandy McGregor	5.00
W. H. McGregor	2.00
Mrs. W. K. McGougan	12.00
Mrs. M. K. McGougan	12.00
Mrs. B. F. McKee	5.00
Mrs. John Hall, Sherbrooke	5.00
Emma J. Hall, Sherbrooke	5.00
J. W. Hall	5.00
Hugh Hanna	10.00
Mrs. Harkness	3.00
A. E. Harris	9.00
C. W. Harris	10.00
A. P. Harvey, Linkletter	12.00
Harry S. Harvey, Linkletter	2.00
James Heckbert	2.00
Earl Heckbert	2.00
Miss Constance Heckbert	1.00
Wm. Heffell, Travellers Rest	2.00
A. K. Herman	20.00
C. Hensley	25.00
Geo. Henderson, Fernwood	5.40
Albert Boswell	30.00
James Higgins, Belmont	10.00
Ella M. Hinton, Calgary	5.00
Alta	50.00
W. Hogg	6.00
Mrs. W. D. Hogg	2.00
Mrs. Geo. Hogg	2.00
Mrs. Robt. W. Hogg, Wilmont Valley	5.00
L. A. Hogg	5.00
Arthur Holland, St. Eleanor's	5.00
Ellen Holman	42.00
R. C. Holman	5.00
Constance Holman	30.00
J. LeRoy Holman	25.00
Carrie Holman	30.00
Gladys Holman	30.00
H. T. Holman	25.00
Mrs. Fred Hooper, Searle's town	5.00
Mrs. Annie S. Horns	15.00
A. B. R. Horne	30.00
H. Stewart Horton	10.00
Mrs. Hubert Howatt, St. Eleanor's	20.00
C. S. Howatt	10.00
Gordon Huestis, Wilmont Valley	5.00
Wm. Huestis	2.00
Jesse Huestis	15.00
W. N. Huestis	25.00
Major Huestis	3.00
Misses Mary F. & Flossie H. Hunt	15.00
R. R. Hunt, St. Eleanor's	5.00
Mrs. L. B. Hunt	20.00
A. J. Jardine, Wilton	5.00
Thos. J. Humphrey, Wilton	5.00
N. S.	5.00
J. J. Inman	1.00
Mrs. Fred Inman	1.00
Mrs. Major Inman, Belmont	2.00
Sue MacLennan	3.00
Mrs. C. W. Ireland	3.00
Wm. H. S. Jackson, Linkletter	5.00
Geo. A. Jardine, Freetown	5.00
Geo. A. Jeffrey	6.00
Mrs. C. B. Jelly	6.00
C. B. B. Jelly	6.00
Geo. A. Jelly, St. Eleanor's	1.00
A. Bruce Johnston	5.00
W. P. Johnston	9.00
Nelson B. Johnston	5.00
Frank A. Johnston	60.00
Mrs. Basil Kelly	4.00
T. C. Kenny	6.00
Frederick Kerr	6.00
George Kay	2.00
E. C. MacKay	15.00
A. Stirling MacKay	75.00
Mrs. J. MacKay	15.00
A. MacKevie	10.00
Colin MacLennan, South West. Lot 16	1.00
E. A. Large	10.00
Rueben Large, Wilmont	2.00
M. E. Lavers	3.00
Viola C. Lea	25.00
Mrs. Lewis Leard	2.00
Mrs. Holland Leard	5.00
Wm. Leard	30.00
A. W. Leard	12.00
J. Prince Leard	10.00
W. J. Lecky	20.00
Mrs. John Lecky, Bedeque	5.00
H. H. Lefursey	15.00
Walter Lefursey	5.00
Lloyd G. Lefursey	5.00
Winslow J. Lidstone	15.00
Dan E. Lidstone	6.00
Lloyd Linkletter	5.00
Archie Linkletter	5.00
W. Wanfield Linkletter	12.00
Amy W. Linkletter	6.00
Edgar Linkletter	25.00
Hopewell Linkletter	5.00
Mrs. Brewer Linkletter	2.00
Travell Rest	4.00
Major Linkletter	10.00
W. K. Klewellyn	10.00
J. H. Locke	18.00
A. Lockhart, St. Eleanor's	15.00
E. M. Lockhart, St. Eleanor's	12.00
R. C. Lockhart	5.00
W. Warren Lorr	25.00
Fred B. Lowthor	10.00
Mrs. Lyle, North St. Eleanor's	1.00
Mrs. P. H. Lyle, Central Lot 16	1.00
Horace L. Lyle	6.00
E. James McLean, Lot 16	10.00
A. E. McLean	40.00
E. Blanche McLean	2.00
Roy E. McLean, Central Lot 16	2.00
Roy F. McLean, South West Lot 16	2.00
Ella McLean	4.00
M. D. MacLeod	5.00
Miss Ruth McLeod	1.00
Murdoch McLeod	10.00
John McLeod, Belmont	20.00
Norman McLeod	10.00
Mrs. Neil McLeod	10.00
Neil McLeod	15.00
Mrs. Mann	1.00
E. W. Manson	30.00
David A. Manson, Sherbrooke	5.00
Mrs. Percy Marchbank, New	5.00
Mrs. R. T. Morrison	5.00

## That Tired Feeling

Condensed from The American Magazine (September '24) (Frank B. Gilbreth)

(FRANK B. GILBRETH was one of the first to apply scientific methods in office and industrial management. For years, while installing management systems in plants employing from 500 to 12,000 persons each, he made special studies of fatigue and its causes. His article, prepared a short time before his recent death, presents the result of these studies.)

If you are "all tired out" as the end of the day, or even before, do you know why. Most of us think it is our work that has exhausted us, but in nine times out of ten this is probably not true. Very often this fatigue is caused not by the work itself but by the conditions under which the work is done. Even misfit shoes are such an important factor in causing fatigue and under-mining efficiency that some big factories have found it paid to the expense of providing properly fitting canvas shoes for their employees. . . . The shoe should be long enough so you can put a good-size almond in the toe. Even with the almond in the toe, you ought to be able to wear the shoe for an hour or so without real discomfort. If you cannot do this, your shoes are almost certainly too short. Wear them a year and you will pay in fatigue many times the original cost of such misfits.

An office manager was subject to daily headaches and fatigue, when in his office. A brief study disclosed the cause: His desk and chair were so placed that when he was dictating he looked out the window into the light. When engaged in other duties, he faced a gray dark wall. His eyes were constantly adjusting themselves to these extremes of light and dark. It was a simple matter to arrange his office so that he escaped both the unnecessary fatigue and the headaches.

The abuse of the eye by badly arranged lights and work probably causes more unnecessary fatigue than any other thing. Looking far off occasionally after confining yourself to close work, is another matter. That rests the eye. The eye has a lens which changes its shape, its convexity, so that you get the right focus. If, while you are reading something at a distance of 12 to 15 inches, you have to fix your eyes at frequent intervals on a copy, or a chart, two feet or a yard away, this change in the shape of the lens is just as frequent. An hour or two of it may drain you of so much energy that you will be conscious of fatigue the rest of the day.

You probably have no conception of the price you pay in fatigue for letting the bright reflection from highly polished surfaces reach your eyes. The glare from the nickel on a typewriter or from an ink bottle leaves a record in fatigue. . . . We have even found that it aids production in a factory to give the machinery a bright finish. . . . If you are getting enough light for your work, be sure there is no light shining into your eyes. When reading, have your book or paper placed so that no reflected light shines from the page. If your desk has a brilliant finish, cover it with green, blue or white blotting paper. Place your desk so that the light comes over your left shoulder.

Any kind of distraction, whether you are conscious of it or not, increases the fatigue of your day's work. Many of the distracting things that needlessly tire us are the result of bad habits or thoughtlessness. If you have the habit of keeping your finished and unfinished papers heaped in confusion on your desk, you are certainly adding to your fatigue. Have the tools you use—whether briefs, books, or charts and dies—in the most handy place, arranged so that you don't have to look for them. Make a practice of getting everything in readiness for doing your work before you begin. And clean up afterwards, so that you are ready for the next job. And see that you get enough fresh air and light. Avoid having your home and your work place over-heated.

Much of your fatigue and annoyance in the course of a day may come from the habit of trying to carry too much in your head. If you haven't the habit of using a notebook, you are probably forgetting two or three things a day; and the failure to do them when you should gives you a sense of uneasiness and exasperation. That is another kind of distraction to be avoided.

One of the most important facts established by scientific investigation and exact records is that a little fatigue is easily overcome if proper rest is taken immediately; but twice the amount of fatigue requires more than twice the amount of rest. Four times the amount of fatigue requires, by a still greater margin, more than four times the amount of rest. In other words, if day after day, you are spending more energy than can be restored by the rest you get at night, serious consequences may follow.

Do you get up early in the morning feeling fresh and energetic? Do you feel fatigued after working two or three hours? The symptoms of fatigue are irritability, depression, inability to concentrate. Are you doing less work, or work of poorer quality, than you should? If so, why?

Whether your job is brain work or manual labor, you should have frequent intervals of rest during the day. From scientific observation, experts know almost exactly how many short rest intervals will enable a man to work year in and year out with maximum efficiency. In your own case you may not hit the result with exactness; but if your position, and of allowing yourself a brief rest at frequent intervals, you will make your work more enjoyable and increase the amount you can do. . . . When you hold yourself long in one position with your back bent over a desk, or with your arms unconsciously elevated because of the high arms of your chair—an over-fatigue of tissue results. The longer you hold the position the more fatigued you get.

Especially at times of intense concentration are you subject to this kind of fatigue. Becoming interested in your work, you hold yourself as rigid as though you were spellbound. After an hour or two of it you may find yourself so flagged out that you will feel it for the rest of the day. The longer you have held yourself in one position the longer it will take to recover from the fatigue. You should teach yourself the habit of changing your position frequently without breaking in on your thought.

Intense concentration, the kind a man achieves when he is doing his best work with all his skill, is a joy. With the men who have accomplished great tasks it has amounted to a passion, a sort of creative intoxication. And I suppose the real thrill of concentration seldom or never comes to the man who has no definitely recognized purpose for which he is ready to spend himself. . . . Whatever a man's purpose, it seems to lead him to the use of his best energies if it is kept constantly before him. Have a definite program for your work.

If you realize in advance that interruptions are coming, you