

Strange But True

By F. H. MacArthur

While adequate sleep is a must, there are time-saving tricks to that too. By catching a few cats through the day Thomas Edison, who was always pressed for time, got along on five hours sleep a night. Sir Winston Churchill has been able to accomplish prodigious tasks by sleeping an hour at midday.

We grow tired by the repeated use of the same sets of muscles over a period of time. To rest, all one has to do is to change the group of muscles—that is, try doing something entirely different. For example, to switch to gardening or mowing the lawn will set another group of muscles in action, thus giving complete relaxation to the cramped fingers and eye muscles.

I once heard one of my former neighbors observe that milking his cows gave him a rest. At the time I considered his remark quite a joke. Now, however, I know what he said contained much truth. The milking chore helped him to avoid fatigue.

There is a whole set of other tricks to avoid fatigue. If you happen to be one of those persons who can't grab "forty winks" during a busy work day.

Just as there are simple rules for promoting a sense of physical well-being, so there are simple rules, too, for beating fatigue.

If you like statistics, here are a few: Hypertensive diseases take a ten-to-twenty year toll from the service life of thousands and thousands of business and industrial workers over forty-five.

Hardening of the arteries is said by medical men to open up some 625,000 new graves every year. This may be good business for casket makers but it is a little tough on Mr. and Mrs. John Citizen.

If you eat ample amounts of good food don't run off with the idea that you are being well-nourished. You must eat the right food. Remember that scores of \$50,000 a year executives are suffering from malnutrition. The M. D.'s discovered that.

Milk and pickles will agree with you (if you have a normal stomach) just as well as toast and Lobsters and milk also make a good combination in spite of all that has been said to the contrary. So long as the food is fresh, you can mix practically anything and your tummy won't know the difference.

But you can eat grass for all I care. It's good for sick dogs and cats and you'll probably be just as healthy as the rest of us. So don't swallow all the strange tales you hear about this or that food not mixing and remember that Methuselah ate what he found on his plate and lived nearly one thousand years.

One month after her first calf was born a cow owned by Frank Barkley, of Winchester, Ont., gave birth to a second calf. This phenomenon is rare and when it does happen the offspring are usually abnormal and die shortly after birth.

Not so in this case. Both calves are normal, of average weight and doing fine, thank you.

Many a good dairy cow has been turned over to the butcher after she lost her molars and could no longer stuff her paunch with lush meadow grass.

If you possess such an animal, Mr. Farmer, here's the cue: get bossy a set of store teeth. Where? From the Jacksonville Florida Dental Lab. Have your dentist make the dentures. The Lab people will do the rest—no there's more

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Maj.-Gen. Sven Grafstrom, left, Col. Ernest Asper, chief of the Swiss delegation. They are members of the Swedish truce supervisory team talks things over with of Neutral Nations Repatriation Committee handling truce problems from their headquarters in Panmunjom.

to it than that. Mr. Farmer's part of the job is to put the teeth into Bossy's mouth and secure them with a pair of vitalium screws, not a particularly hard thing to do, especially to an animal which has put many shakels into his pocket during her most productive years.

Bossy will then thank you with a "moo", move along to the pasture, fill her paunch and produce her quota of milk.

The idea of putting store teeth in old cows is the brain-child of Dr. Emerson, a dentist. Dr. Emerson made the experiment on his own cow, Ma, and strange but true it worked as slick as a whistle.

You may believe it or not, but tourist travel like hot dogs and soft drinks, is hitting new records in the garden of the gulf every summer. More and more Americans, each year, spend at least part of their vacations on the Million Acre Farm, visiting our bathing beaches, or driving over our numerous secondary roads—drinking in what a recent tourist from Vancouver told this scribe "is the most magnificent pastoral scenery here.

And just before she left the airport on her return flight to the Pacific coast she, turned to me and said, "How thrilled I shall be to see the Island from the air again! Why don't you speak to your Travel Bureau Manager and have him make arrangements with your government to put on 20 minute flights during the tourist season."

Well why don't we? Obviously, others would enjoy it as much as my friend did. That's her cue. You take it from here.

Taft's Body Returned To Home Town

CINCINNATI (AP)—The body of Senator Robert A. Taft was returned to his home town of Cincinnati Monday.

Accompanying the body here aboard a funeral plane were Lloyd and Robert Taft, Jr., sons of the

Republican leader, and their wives and Jack Martin, the senator's executive secretary.

Earlier Monday, in Washington, Taft received a last full measure of homage from United States leaders at a state funeral beneath the capitol dome.

A Congress in which the Ohioan became almost a one-man institution paused in its adjournment rush and gathered with President Eisenhower, high dignitaries of government, the Taft family and friends for solemn memorial rites in the vast circular rotunda.

Prayers, a single warm tribute,

the national anthem—that was all. Yet in this simple service, Taft was honored as only 12 of his countrymen have been before him.

After it was over, the unopened bronze casket was carried slowly down the massive front steps of the capitol to the plaza where hundreds of ordinary folk were assembled. It was then taken to the National airport.

The Senate Republican leader died of cancer Friday in New York. Sunday his body lay in state in the centre of the capitol rotunda while tens of thousands passed by to honor him.

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