HOW SLEEP MAY BE WOOED

Movements of the Feet Will Quiet the Nervous Brain.

Most of the mental devices for wooing sleep have failed because they have nearly always tried to resort to "local treatment." In other words, they have made a homeopathic attempt to stop thinking by thinking about something else, a process which might also be called "elimination by substitution." But all thinking, spontaneous or forced, draws more or less blood to the brain, prevents deep inhalations and bars the gate to the kingdom of dreams. Any device, on the other hand, which will make one take deep, long breaths spontaneously, the invariable forerunner of sleep, may be counted upon as a genuine remedy for insomnia. Even deep breathing which is forced is better than any purely mental attempt to win sleep, but if the deep breathing can be produced involuntarily one is sure of a passport to Nodland.

After several nights of experiment to this desired end the writer decided to apply the principle adopted by the masseurs, who begin their manipulations "at the point farthest from the seat of difficulty," which in the case of insomnia would be the feet. Lying on the right side, with the knees together and considerably flexed, the victim of insomnia should begin to pedal both his feet slowly up and down, with the movement entirely in the ankles. The pedaling should keep time with the natural rhythm of respiration and be continued until it is followed by deep and spontaneous breathing.

Several people who have tried this remedy report that involuntary deep breathing invariably begins before they have pedaled up and down a dozen times. In obstinate cases of insomnia the patient may need to keep up the pedaling two or three minutes or even more, with intermissions, if necessary. The treatment may also be varied by moving the feet alternately instead of simultaneously, though the latter method has proved the more speedily efficacious in the cases known to the writer. The explanation of the result obtained is probably simple. The blood is pumped from the head, and with the removal of brain tension a general relaxation follows, with a sequent deep respiration and its resulting sleep.—Good Housekeeping.

WHAT THE MOON CAN TELL

A clear moon indicates frost.

A dull looking moon means rain.

A single halo around the moon indicates a storm.

If the moon looks high, cold weather may be expected.

If the moon looks low down, warm weather is promised.

The new moon on her back always denotes wet weather.

A double halo around the moon means very boisterous weather.

If the moon changes with the wind in the east, then shall we have bad weather.

If the moon be bright and clear when three days old, fine weather is promised.

When the moon is visible in the daytime, then may we look forward to cool days.

When the points of the crescent of the new moon are very clearly visible, frost may be looked for.

If the new moon appear with its points upward, then will the month be dry, but should the points be downward more or less rain must be expected during the next three weeks.—American Queen.

Confounding a Doubter.

"This paper says thet they have jest deescovered the reemains of a twenty foot saurian on th' banks of th' Penobscot river."

"What's a saurian?"

"I dunno. Guess mebby it's one o' them misprints fer a sardine."

"There ain't no twenty foot sardines."

"Well, there might be the reemains of one."

"I don't believe it. Do you suppose anybody 'd want ter buy a box of sich sardines? I guess not."

"You're too dern critical. Ef there is th' reemains o' any twenty foot sardines on th' Penobscot don't you suppose there might also be th' reemains of men big enuff to buy 'em by the box? You're a atheeist, thet's what you are."—Cleveland Plain Dealer.

A Menace to Society.

The Colonel—Well, boys, this is my last night at the club. I've got to be a fearful menace to society, so there's nothing left for me to do but go away and be a hermit for the rest of my life.

The Chorus—Why?

The Colonel—Because I've lived here so long I know everybody's family history.

The Chorus—What of that?

The Colonel—And, confound it, I've got into the habit of thinking aloud.—New York Times.

St. Dunstan and the Devil.

One of the most famous smiths of the Weald was St. Dunstan, archbishop of Canterbury. Mayfield, in Sussex, is the site of an ancient archiepiscopal palace, and here, according to some, took place the terrific encounter between St. Dunstan and the devil. At any rate, the anvil, hammer and tongs which are alleged to have belonged to the saint are still preserved at Mayfield palace.—Gentleman's Magazine.

His Outing.

"Were you out driving yesterday?"

"Yes, out $6 for the rig. The girl told me she was engaged to another fellow."—Exchange.

Infancy is the germ period of man's existence; it is the springtime of the year, the time of seed sowing.—Young.

INSTRUCTION TO VOTERS.

How to Proceed to Cast a Ballot Under the New Election Law.

Attorney-General Isidor Raynor has prepared the following instructions to voters as directed by Article 33, Code of Public General Laws, and amendments thereto:

1. To vote, Enter room, step up to guard rail, give name and registered residence to Judges. Wait until your name is found upon the registry, then get ballot from Judge in charge of ballots. See that he has written your name and number on the coupon attached to the ballot and his own name or initials on the back of ballot itself.

2. Upon receiving your ballot, retire to one of the booths or compartments and prepare your ballot by marking with an indelible pencil after the name of every person or persons for whom you wish to vote and to the right thereof, in the blank space provided therefor, a cross for example (X) and in case of a question submitted to a vote of the people, by marking likewise in the appropriate space a crossmark (X) against the answer you desire to give. If you wish to vote for some one whose name is not printed on the Official Ballot, you can write the name of such person in the blank space upon the ballot provided for that purpose.

3. In marking the ballot you may take with you into the polling place any written or printed memorandum or paper to assist you in preparing your ballot, except a fac simile of the ballot to be voted. You must prepare and deposit your ballot without undue delay.

Before coming from behind the curtain in front of your compartment you must fold your ballot in the same way as it was folded when you received it, so that the marks you have made upon it shall be entirely concealed.

You then hand your folded ballot to the Judge at the ballot box, give him your name and registered address, and wait until he tears off the coupon containing your name and number and strings it, and deposits your ballot in the ballot box. You must then leave the polling room and cannot again go behind the guard rail during the day.

4. A voter must not go into any compartment occupied by another, or converse with any other voter while engaged in a compartment more than seven minutes, if others are waiting.

5. You must not take any ballot outside the guard rail. If you spoil a ballot you must deliver the spoiled ballot to the Judge in charge of the ballots, and you can receive another from him. IF YOU SPOIL THREE BALLOTS YOU LOSE YOUR VOTE.

6. A voter who is physically disabled from marking his ballot must make an affidavit to that effect if he desires assistance. The two polling clerks, after such affidavit has been made, can accompany him into one of the compartments and there mark his ballot as he instructs them, marking only the names of the candidates whom he shall name. The clerks are not allowed to read the ballot to him.

7. Any voter who shall allow his ballot to be seen by any person with the apparent intent of letting it be known how he is about to vote, or place any distinguishing mark upon his ballot, or who shall make a false statement as to his inability to mark his ballot, or who shall interfere, or attempt to interfere, with any voter when inside the enclosed space in the polling room, or when marking his ballot, or who shall endeavor to induce any voter before voting to show how he marks or has marked his ballot, shall be punished by a fine of not less than five ($5) dollars nor more than one hundred ($100) dollars, or by imprisonment in jail for a period not exceeding sixty days, or by both fine and imprisonment, in the discretion of the court.

J. RAYMOND BOWERS,
D. J. McCAULEY,
JOHN C. DAVIS,
Supervisors of Election for Kent Co
JOSIAH MASSEY, Clerk.

Judges and Clerks of Election.

THE Supervisors of Elections have appointed the following to serve as Judges and Clerks at the election to be held November 3d, 1903.

JUDGES.

First District, First Precinct—P. W. Duling, D.; Willard England, R.
First District, Second Precinct—Jacob T. Shallcross, D.; Irving L. Dempsey, R.
Second District, First Precinct—William T. Hague, D.; Hervey D. McClary, R.
Second District, Second Precinct—Ellsworth Bowers, D.; Samuel S. Comly, R.
Third District—James G. Harris, D.; William A. Crew, R.
Fourth District, First Precinct—Joseph N. Wheatley, D.; M. W. Thomas, R.
Fourth District, Second Precinct—Wm. E. Valliant, D.; Wilbur Eliason, Jr., R.
Fifth District, First Precinct—E. E. Leary, D.; Samuel C. Willis, R.
Fifth District, Second Precinct—Edgar H. Strong, D.; C. Harry Hudson, R.
Sixth District—R. C. Morgan, D.; Purnell Jump, R.
Seventh District—George Beck, D.; James T. DeCorse, R.

CLERKS.

First District, First Precinct—Leonard Wilson, D.; Robert E. Porter, R.
First District, Second Precinct—Edward C. Walters, D.; Wm. Heverin, R.
Second District, First Precinct—W. H. Minner, D.; George H. Brinsfield, R.
Second District, Second Precinct—G. Spencer Boulden, D.; Leonard Pennington, R.
Third District—J. E. C. Biddle, D.; Harry Willis, R.
Fourth District, First Precinct—John G. Roland, D.; W. J. Morrison, R.
Fourth District, Second Precinct—M. Ellwood Baker, D.; R. F. Elburn, R.
Fifth District, First Precinct—S. B. Collier, D.; Romie Stevens, R.
Fifth District, Second Precinct—Luther C. Francis, D.; Richard P. Crouch, R.
Sixth District—A. E. Nicholson, D.; Henry Reed, R.
Seventh District—Wm. D. Maslin, D.; Marshall Pinkind, R.

J. RAYMOND BOWERS,
D. J. McCAULEY,
JOHN C. DAVIS,
Supervisors of Election for Kent Co.
JOSIAH MASSEY, Clerk.

Betting on Election.

The attention of all persons is particularly called to the following sections of Article 35, Code of Public Laws of Maryland.

SECTION 45.—No person shall make any bet or wager on the result of any election to take place in this State.

SECTION 48—Any person offending against the last preceding section shall be liable to indictment to the Circuit Court, if the offense be committed in any county, or in the Criminal Court of Baltimore, if the offense be committed in Baltimore; and on conviction, shall be fined not less than fifty nor more than five hundred dollars, to be paid to the State for the use of the School Fund.

SECTION 48—Any deposit of money in any part of the State as a wager or bet upon elections in this State or elsewhere shall be forfeited and paid over to the County Commissioners of the county where deposited for the use of the county, and if deposited in the city of Baltimore, to the Mayor and City Council.

THOMAS J. FLETCHER, Sheriff.

NOMINATIONS

Which Have Been Filed With the El

Published by Authority of Election and Reg

SAMPLE

Make a X mark entirely within the box opposite to the name

FOR GOVERNOR. VOTE FOR ONE.		
SILAS M. CRABILL, WASHINGTON COUNTY,	SOCIALIST.	
WILLIAM GISRIEL, BALTIMORE CITY,	PROHIBITION.	
EDWIN WARFIELD, HOWARD COUNTY,	DEMOCRATIC.	
STEVENSON A. WILLIAMS, HARFORD COUNTY,	REPUBLICAN.	

FOR COMPTROLLER OF THE TREASURY. VOTE FOR ONE.		
GORDON T. ATKINSON, SOMERSET COUNTY,	DEMOCRATIC.	
LEMUEL E. P. DENNIS, SOMERSET COUNTY,	REPUBLICAN.	
DANIEL W. MILES, SOMERSET COUNTY,	PROHIBITION.	
GEORGE L. WILD, BALTIMORE CITY,	SOCIALIST.	

FOR ATTORNEY GENERAL. VOTE FOR ONE.		
CHARLES B. BACKMAN, BALTIMORE CITY,	SOCIALIST.	
WILLIAM SHEPARD BRYAN, JR., BALTO. CITY,	DEMOCRATIC.	
FRANK HIGGINS, MONTGOMERY COUNTY,	PROHIBITION.	
GEORGE WHITELOCK, BALTIMORE CITY,	REPUBLICAN.	

FOR STATE SENATOR. VOTE FOR ONE.		
JAMES H. BAKER,	REPUBLICAN.	
GEORGE W. COVINGTON,	PROHIBITION.	
GARRETT FOXWELL,	DEMOCRATIC.	

FOR THE HOUSE OF DELEGATES. VOTE FOR TWO.		
CECIL R. ATKINSON,	DEMOCRATIC.	
ISAAC GIBBS,	DEMOCRATIC.	
CHRISTIAN B. KRUSEN,	PROHIBITION.	
BENJAMIN F. RASH,	PROHIBITION.	
WILLIAM G. SMYTH,	REPUBLICAN.	
THOMAS W. TREW,	REPUBLICAN.	

FOR CLERK OF CI VOTE FO	
JAMES T. DIXON,	
WILBUR ELIASON,	
THOMAS RASIN,	

FOR COUNTY T VOTE FO	
WALTER H. HADAWAY,	
FRANKLIN H. HARPER,	
EDWIN W. SPEAR,	

FOR REGISTER VOTE FO	
SAMUEL W. BROWN,	
JOHN C. DAVIS,	
JAMES E. MORRIS,	

FOR JUDGES OF OR VOTE FOR	
JAMES E. APSLEY,	
JOSHUA R. JARRELL,	
AZARIAH M. KENDALL,	
EDWIN S. MORRIS,	
JOHN. P. NICHOLSON,	
GEORGE E. OWENS,	
JOHN H. SIMPERS,	
WILLIAM J. VANNORT,	
JOHN H. WEIST,	

Josiah Massey, Cle

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