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The Post

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NO. 14.

Farm, Household &c.

How to Sleep. The Science of Health says: "The very best method we have yet discovered is that of counting. Breathe deeply and slowly without any straining effort, and with expiration count one, two, three, etc., up to a hundred. Some will be asleep before they can count fifty in this manner, others will count ten, twenty or thirty, and then forget themselves and cease counting."

Trouble. Trouble is the foe of a man's peace of mind. But half of our troubles are imaginary, the creation of our brains.

Importance of the Bath. Now that the excessive heat of the weather is upon us, to plunge into the cool water and there indulge in a refreshing bath is greatly to be desired.

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