

SECRET OF SLEEP NOT YET SOLVED

All Scientists Know Is That It Recharges Brain.

NOISE ARCH ENEMY OF SLEEP

An American doctor has been trying to find a substitute for sleep. He has calculated that we spend about one-third of our lives in more or less complete unconsciousness and that the average man of fifty has been asleep for seventeen years, says a specialist in an article in the Central China Post.

The idea is that this is a great waste of life, and that if one could take a pill or a dose of medicine instead of going to bed he would really have added many years to his allotted span.

But the research for such a substitute failed utterly and hopelessly. There is no substitute for sleep. Not one of the limitations is even "nearly as good."

Some discussing these experiments and their author with a French doctor at the top of a high mountain in Switzerland recently. We began to speak of sleep because some people who go for the first time to great heights complain that they are too wakeful. All around us were the great silent mountains, with their robes of pine trees and their crowns of snow.

The French doctor said: "For my part, I always sleep best on the mountains. The silence seems to wrap itself around my brain."

He lives in Paris in a noisy part of the city.

Noise Arch Enemy of Sleep.

I reminded him that people often say that absence of a noise they are used to wakes them up. But he shook his head. That might happen, of course, but all the same, noise and sleep are not good companions.

"We hear noise even when we are asleep," he said, "and it hinders our refreshment. Noise is always a tax, great or small, on human strength."

The American doctor who wanted to abolish sleep found out exactly the same thing. He discovered that the same amount of sleep was more beneficial in silence than in a noisy place. By some means or other noise uses up the good which sleep does us.

What is that good? Hundreds of explanations of it have been given in the past. We have been told that a sleeping man is like an engine in the sheds, he is being cleaned and overhauled. But that explanation is not the whole truth. The new knowledge about sleep puts its value far higher than a kind of human polishing brush.

It was only when the brain itself came to be studied that the real meaning of sleep was found. The brain contains vast numbers of cells, each of which is related to some part of the body, just as an electric switch is related to some lamp or bell. The whole power and strength of the body depends on the brain cells.

What is the Mystery Substance?

Up till a short time ago we knew very little about these strange structures. We were able to look at them with a microscope, and we could stain them with various dyes so that they showed up quite clearly against the rest of the brain matter.

And then one doctor, more observant than his fellows, noticed a strange thing. Sometimes the brain cells did not stain so well or so darkly as at other times. The little, vital cells were pale and indistinct instead of being clear and dark.

What had happened to rob them of their staining power? Evidently some substance which the cells that stained well contained was absent from the cells that stained badly and indistinctly.

A great many people began to try to find out what this mystery substance of the brain was. All kinds of strange experiments were carried out. For example, if the brain of a hare which had been coursed was examined, the brain cells were empty of the mystery substance. The brain cells stained poorly and indistinctly.

The brains of men worn out in battle, or killed in condition of great strain, were also empty. And if a man had had no sleep for long periods, his supply of mystery substance was very, very low.

Gradually the knowledge came that during all efforts, both of mind and body, we use up this strange substance until at last our brain cells are empty of it. And then we can do no more. Unless we can get a new supply we perish.

Sleep the Restorer.

It is sleep which brings the new supply. It is sleep which fills the brain cells afresh with their vital mystery substance. It is sleep which saves us from utter exhaustion, and even from death. By no other means can we make our brains fit to work again.

And nature sleep is by far more useful in this respect than the sleep of drugs.

Sleep is thus the giver of life. Noise, which causes even resting brain cells to work, is the enemy of sleep.

So if you wish to give your children the greatest gift of all, see that the room they sleep in is the quietest in the house. See that you do not rouse them, not even to kiss them good-night.

And for yourself, try to shut out noise, and to get enough time for sleep. It will pay you over and over again. Our life of nightly entertainments means starved brains and so

weak and unresponsive bodies. Exercise without sleep is expenditure without income.

If sleeplessness threatens, do not force the pace; that falls. Go to bed and read and then take a series of long, quiet breaths, and so far as possible relax all muscles.

In a few minutes, in most cases, sleep will come of itself. A hot-water bottle in cold weather is a great help.

8,000 CATS SING SWAN SONG

Overseerened Public Reduces Brooklyn's Transient Feline Census.

Cat serenades are getting scarcer and scarcer in the Greenpoint and East New York district of Brooklyn. The crusade started a month ago by the Society for the Prevention of Cruelty to Animals, with co-operation of an overseerened public, has attended to that.

Cages have been placed in McCarran park, Greenpoint, and Betsy Head park, East New York, where stray cats and dogs are turned in and then collected daily by Society for the Prevention of Cruelty to Animal wagons. Since June 1, 1,200 animals, mainly cats, have been rounded up by thirty men.

Dogs get a few hours' grace to see if anyone will claim them, but cats are hustled into a tank of carbon monoxide. Bodies are removed to Barren island and turned into fertilizer.

COLUMBIA STUDENT WINS PRIZE FOR ARCHITECTURE

Arthur J. Dean of Springfield, O., who worked his way through Ohio State university and through Columbia university, where he recently received the degree of bachelor of architecture, has received the coveted award which entitles him to \$1,000 a year for three years, with residence and studio in the American academy in Rome.



TURKS RENAME GREEK SHRINE

St. Sophia in Constantinople to Be Called Mosque of Mahomet.

In order to remove all vestiges of Greek domination of Constantinople, the Turks intend to change the name of the historic mosque of St. Sophia to Mehmedie mosque, that is, the Mosque of Mahomet.

Founded by the builder of Constantinople itself, Constantine the Great, who dedicated it to "Eternal Wisdom," St. Sophia mosque is one of the most famous religious buildings in the world. For more than a thousand years it was one of Christianity's most cherished shrines. It was built in the year 326. It was destroyed by fire in 404, restored, and again destroyed. Under Theodosius it was rebuilt into a magnificent church in 415, and 150 years later was further embellished by Justinian.

After the capture of Constantinople by the Turks in 1453 the church was converted into a mosque.

By the Turks St. Sophia mosque is held in a veneration second only to that which surrounds the famous Kaaba, or Sacred house, at Mecca. The Greeks regard it with equal sacredness.

PREMIER SPURNS NECKTIE

Polish Leader Goes Without Cravat to Accentuate Peasant Origin.

Premier Witos of Poland never wears a necktie. This, it is said, is in order to accentuate his peasant origin.

A Warsaw newspaper recently opened a subscription to buy a tie for Mr. Witos. In a few days the funds collected amounted to 1,700,000 marks. Mr. Witos would not accept the money, however, and at his request it was handed over to the Red Cross society as a donation to be known as "The Necktie of M. Witos."

Sought Love, Not Money.

Money without love was valueless to Joseph Becker, who told the court in Los Angeles, Cal., he burned \$8,500 he had saved after he had shot and killed Miss Jane E. Kelso. He pleaded guilty to the murder and was sentenced to imprisonment for life.

Legal Notices

AMOS P. SCRUGGS, Lawyer, 220 1/2 S. 24th St. **NOTICE TO THE DEFENDANT.** To Lora Dean Hayes, defendant: You are hereby notified that on the Twenty-seventh day of March, A. D. 1923, Henry Hayes, as plaintiff, filed his petition against you in the District Court of Douglas County, Nebraska; the object and prayer of which is to obtain a divorce from you upon the grounds of cruelty and adultery.

You are required to answer said petition on or before the Fourth day of September, A. D. 1923.

HENRY HAYES, Plaintiff.

H. J. PINKETT, Attorney. **NOTICE OF PROBATE OF WILL.** In the County Court of Douglas County, Nebraska, in the matter of the estate of Alfred G. Marshall, deceased.

All persons interested in said estate are hereby notified that a petition was filed in said Court, praying for the probate of a certain instrument now on file in said Court, purporting to be the last will and testament of said deceased, and that a hearing will be had on said petition before said Court on the 15th day of August, 1923, at 9 o'clock A. M., to contest the probate of said will, the Court may allow and probate said will and grant administration of said estate to Alfred G. Marshall or some other suitable person, enter a decree of heirship, and proceed to a settlement thereof.

BRUCE CRAWFORD, County Judge.

ED. F. MORREARTY, Attorney, 709 Peters Trust Bldg. **NOTICE OF SERVICE BY PUBLICATION.** To Alberta Crossley, non-resident defendant: You are hereby notified that Homer Crossley, your husband, and the plaintiff herein, filed his petition in the District Court of Douglas County, Nebraska, on the 19th day of February, 1923, to obtain a divorce from you on the grounds of willful desertion for more than two years past. You are required to answer said petition on or before the 17th day of September, 1923.

HOMER CROSSLEY, Plaintiff.

H. P. PINKETT, Attorney, Room 12, Patterson Block. **PROBATE NOTICE.** In the Matter of the Estate of Alfred G. Marshall, deceased.

Notice is hereby given that the creditors of the said deceased will meet the executor of said estate, before me, County Judge of Douglas County, Nebraska, at the County Court Room, in said county, on the 26th day of October, 1923, and on the 26th day of December, 1923, at nine o'clock a. m., each day, for the purpose of presenting their claims for examination, adjustment and allowance. Three months are allowed for the creditors to present their claims, from the 22nd day of September, 1923.

BRUCE CRAWFORD, County Judge.

LE BRON & GRAY ELECTRICAL WORKS Expert Electrical Engineers. Motors, Generators, Electric Elevators, Repairs, Armature Winding, Electric Wiring. PHONE JACKSON 2019. 116 South 13th St., Omaha

EMERSON'S LAUNDRY The Laundry That Suits All. 1301 No. 24th St. Web. 9820

HOME LANDSCAPE SERVICE CO. Phone JA ckson 5115. 911 No. 24th St., Near Cumings

SEEDS OF KNOWN QUALITY Flower, Grass and Garden Seeds. Bulbs, Hardy Perennials. Poultry Supplies. See Us for Your Fresh Cut Flowers Always on Hand. **Stewart's Seed Store** 119 No. 16th St.—Opposite Postoffice—JA ckson 0977

FRANKLIN THEATRE 24th and Franklin. THE BEST PICTURES AT ALL TIMES

FOR RENT ROOMS FOR RENT—Garage. 2530 Maple St. Reasonable rent. Webster 6876.

FOR RENT—One furnished room on car line for a gentleman. Webster 3567.

FOR RENT—Neatly furnished room, suitable for couple, with conveniences of kitchen. Mrs. J. A. Drake, 1823 North Twenty-third street. WEB. 5372. At. 7-22-23.

FOR RENT—Modern furnished rooms. Steam heat. Close in. On two car lines. Mrs. Anna Banks, 324 North Twentieth street. Jackson 4379.

FOR RENT—One large front room. Call evenings. Webster 4432.

FOR RENT. Neatly furnished room. Gentleman preferred. One block from North Twenty-fourth and Dodge car lines. Webster 5652.

FOR RENT. Nicely furnished front room for gentleman, with meals. Webster 3105.

FOR RENT—Modern furnished room in private family. 2870 Corby street. Webster 5853. —5-18

FOR RENT—Nicely furnished modern rooms, one block from car line. Webster 3567.

Help Wanted

WANTED—Colored men to qualify for sleeping car and train porters. Experience unnecessary, transportation furnished. Write T. McCaffrey, Supt., St. Louis, Mo.

Miscellaneous

FOR SALE—Five-chair barber shop. Well equipped with electrical appliances. Strictly modern. Reasonable terms to right party. See P. H. Jenkins, 2122 North 24th Street.

Madame A. C. Whitley, agent for the Madam South and Johnson hair system, wishes to announce to her many friends and patrons that she has moved to 2724 Miami street. Tel. Webster 3067.—Adv.

THOROUGHLY worthy used furniture of every description is offered for sale at very reasonable prices in our warehouse, between the hours of 1 p. m. and 5 p. m. week days. 8th and Capitol Ave.—Orchard & Wilhelm Co.

WILL CARE FOR CHILDREN during day. Webster 5660.

Use DENTOL for the teeth. Large tube 25c.—Adv.

Have you paid your subscription for The Monitor?

Why Not Let Us Do Your SHOE REPAIR WORK Best material, reasonable prices. ALL WORK GUARANTEED. **BENJAMIN & THOMAS** Phone Web. 5084—1415 No. 24th

Allen Jones, Res. Phone WE. 204 JONES & COMPANY FUNERAL PARLOR 2314 North 24th St. Webster 1160 LADY ATTENDANT

Have Your Work Done by Experts

We are better prepared than ever to take care of any work pertaining to the beautifying of your home. Watch your poplar trees for the first appearance of borers. Most poplars are subject to this pest which if left to do their work will soon destroy the trees. We do all kinds of TREE SURGERY and PRUNING OF TREES. Our SPRAYING OUTFIT is ready to answer any calls for spraying.

We carry a full line of hardy TREES, SHRUBS, PLANTS and SEEDS at reasonable prices. Free advice on the care of your trees, shrubs or lawn.

SEEDS OF KNOWN QUALITY

Flower, Grass and Garden Seeds. Bulbs, Hardy Perennials. Poultry Supplies. See Us for Your Fresh Cut Flowers Always on Hand.

Stewart's Seed Store 119 No. 16th St.—Opposite Postoffice—JA ckson 0977

FRANKLIN THEATRE 24th and Franklin. THE BEST PICTURES AT ALL TIMES

LE BRON & GRAY ELECTRICAL WORKS Expert Electrical Engineers. Motors, Generators, Electric Elevators, Repairs, Armature Winding, Electric Wiring. PHONE JACKSON 2019. 116 South 13th St., Omaha

EMERSON'S LAUNDRY The Laundry That Suits All. 1301 No. 24th St. Web. 9820

HOME LANDSCAPE SERVICE CO. Phone JA ckson 5115. 911 No. 24th St., Near Cumings

SEEDS OF KNOWN QUALITY Flower, Grass and Garden Seeds. Bulbs, Hardy Perennials. Poultry Supplies. See Us for Your Fresh Cut Flowers Always on Hand.

Stewart's Seed Store 119 No. 16th St.—Opposite Postoffice—JA ckson 0977

FRANKLIN THEATRE 24th and Franklin. THE BEST PICTURES AT ALL TIMES

FOR RENT ROOMS FOR RENT—Garage. 2530 Maple St. Reasonable rent. Webster 6876.

FOR RENT—One furnished room on car line for a gentleman. Webster 3567.

FOR RENT—Neatly furnished room, suitable for couple, with conveniences of kitchen. Mrs. J. A. Drake, 1823 North Twenty-third street. WEB. 5372. At. 7-22-23.

FOR RENT—Modern furnished rooms. Steam heat. Close in. On two car lines. Mrs. Anna Banks, 324 North Twentieth street. Jackson 4379.

FOR RENT—One large front room. Call evenings. Webster 4432.

FOR RENT. Neatly furnished room. Gentleman preferred. One block from North Twenty-fourth and Dodge car lines. Webster 5652.

FOR RENT. Nicely furnished front room for gentleman, with meals. Webster 3105.

FOR RENT—Modern furnished room in private family. 2870 Corby street. Webster 5853. —5-18

FOR RENT—Nicely furnished modern rooms, one block from car line. Webster 3567.

Special Offer!

YOUR CHOICE OF

THE FOLLOWING BOOKS

Regular \$1.25 and \$1.50 Sellers Beautifully Bound in Cloth

FREE!

WITH ONE YEAR'S SUBSCRIPTION TO

The Monitor

By B. M. BOWER

Cabin Fever. Chip of the Flying U. Flying U Ranch. Flying U's Last Stand. Good Indian. Gringoes. Happy Family. Heritage of the Sioux. Her Prairie Knight. Jean of the Lazy A. Lonesome Land. Lonesome Trail. Long Shadow. Lookout Man. Lure of the Dim Trails. Phantom Herd. Quiet, The. Ranch of the Wolverine. Range Dwellers. Rim of the World. Sky Rider. Star of the Desert. Thunder Bird. Uphill Climb.

By HAROLD BELL WRIGHT

Calling of Dan Matthews. Eyes of the World. Re-creation of Brian Kent. Shepherd of the Hills. That Painter of Udells. Their Yesterdays. When a Man's a Man. Winning of Barbara Worth.

By ZANE GREY

Betty Zane. Border Legion. Desert Gold. Desert of Wheat. Heritage of the Desert. Ken Ward in the Jungle. Last of the Great Scouts. Last of the Plainsmen. Last Trail. Light of the Western Stars. Lone Star Ranger. Man of the Forest, The. Rainbow Trail. Red-Headed Outfield and Other Baseball Stories, The. Riders of the Purple Sage. Short Stop. Spirit of the Border. U. P. Trail, The. Wildfire. Young Forester, The. Young Lion Hunter, The. Young Pitcher, The.

By GENE STRATTON-PORTER

At the Foot of the Rainbow. Daughter of the Land. Freckles. Girl of the Limberlost. Harvester. Laddie. Michael O'Halloran. Song of the Cardinal.

By JAMES OLIVER CURWOOD

Back to God's Country. Bared, Son of Kazan. Courage of Captain Plum. Courage of Marge O'Doone. Danger Trail. Flower of the North. God's Country and the Woman. Gold Hunters, The. Golden Snare. Grizzly King. Honor of the Big Snows. Hunted Woman. Isobel. Kazan. Nomads of the North. River's End, The. Steele of the Royal Mounted. Wolf Hunters.

By EDGAR RICE BURROUGHS

Beasts of Tarzan. Gods of Mars. Jungle Tales of Tarzan. Mucker, The. Princess of Mars. Return of Tarzan. Son of Tarzan. Tarzan and the Jewels of Opar. Tarzan of the Apes. Thuvia, Maid of Mars. War Lords of Mars. Tarzan the Untamed.

I. Levy, Druggist

24th and Decatur Streets WEBSTER 5802. We are as near as your telephone. **HARDING'S ICE CREAM**

New Central Cafe

1916 Cumings St. Special Chicken Dinners on Sunday 35c. Meals and Lunches at all Hours. Open 5:30 a. m. to Midnight. F. M. McCORLEY, Prop.

SEEDS OF KNOWN QUALITY

Flower, Grass and Garden Seeds. Bulbs, Hardy Perennials. Poultry Supplies. See Us for Your Fresh Cut Flowers Always on Hand.

Stewart's Seed Store 119 No. 16th St.—Opposite Postoffice—JA ckson 0977

FRANKLIN THEATRE 24th and Franklin. THE BEST PICTURES AT ALL TIMES

LE BRON & GRAY ELECTRICAL WORKS Expert Electrical Engineers. Motors, Generators, Electric Elevators, Repairs, Armature Winding, Electric Wiring. PHONE JACKSON 2019. 116 South 13th St., Omaha

EMERSON'S LAUNDRY The Laundry That Suits All. 1301 No. 24th St. Web. 9820

HOME LANDSCAPE SERVICE CO. Phone JA ckson 5115. 911 No. 24th St., Near Cumings

SEEDS OF KNOWN QUALITY Flower, Grass and Garden Seeds. Bulbs, Hardy Perennials. Poultry Supplies. See Us for Your Fresh Cut Flowers Always on Hand.

Stewart's Seed Store 119 No. 16th St.—Opposite Postoffice—JA ckson 0977

FRANKLIN THEATRE 24th and Franklin. THE BEST PICTURES AT ALL TIMES

FOR RENT ROOMS FOR RENT—Garage. 2530 Maple St. Reasonable rent. Webster 6876.

FOR RENT—One furnished room on car line for a gentleman. Webster 3567.

FOR RENT—Neatly furnished room, suitable for couple, with conveniences of kitchen. Mrs. J. A. Drake, 1823 North Twenty-third street. WEB. 5372. At. 7-22-23.

FOR RENT—Modern furnished rooms. Steam heat. Close in. On two car lines. Mrs. Anna Banks, 324 North Twentieth street. Jackson 4379.

FOR RENT—One large front room. Call evenings. Webster 4432.

FOR RENT. Neatly furnished room. Gentleman preferred. One block from North Twenty-fourth and Dodge car lines. Webster 5652.

FOR RENT. Nicely furnished front room for gentleman, with meals. Webster 3105.

FOR RENT—Modern furnished room in private family. 2870 Corby street. Webster 5853. —5-18

FOR RENT—Nicely furnished modern rooms, one block from car line. Webster 3567.

Special Offer!

YOUR CHOICE OF

THE FOLLOWING BOOKS

Regular \$1.25 and \$1.50 Sellers Beautifully Bound in Cloth

FREE!

WITH ONE YEAR'S SUBSCRIPTION TO

The Monitor

By B. M. BOWER

Cabin Fever. Chip of the Flying U. Flying U Ranch. Flying U's Last Stand. Good Indian. Gringoes. Happy Family. Heritage of the Sioux. Her Prairie Knight. Jean of the Lazy A. Lonesome Land. Lonesome Trail. Long Shadow. Lookout Man. Lure of the Dim Trails. Phantom Herd. Quiet, The. Ranch of the Wolverine. Range Dwellers. Rim of the World. Sky Rider. Star of the Desert. Thunder Bird. Uphill Climb.

By HAROLD BELL WRIGHT

Calling of Dan Matthews. Eyes of the World. Re-creation of Brian Kent. Shepherd of the Hills. That Painter of Udells. Their Yesterdays. When a Man's a Man. Winning of Barbara Worth.

By ZANE GREY

Betty Zane. Border Legion. Desert Gold. Desert of Wheat. Heritage of the Desert. Ken Ward in the Jungle. Last of the Great Scouts. Last of the Plainsmen. Last Trail. Light of the Western Stars. Lone Star Ranger. Man of the Forest, The. Rainbow Trail. Red-Headed Outfield and Other Baseball Stories, The. Riders of the Purple Sage. Short Stop. Spirit of the Border. U. P. Trail, The. Wildfire. Young Forester, The. Young Lion Hunter, The. Young Pitcher, The.

By GENE STRATTON-PORTER

At the Foot of the Rainbow. Daughter of the Land. Freckles. Girl of the Limberlost. Harvester. Laddie. Michael O'Halloran. Song of the Cardinal.

Bonds Furnished to Reliable Persons

NOTARY PUBLIC IN OFFICE PHONES: Res. Web. 6613; Office, At. 5164. Res. 2863 Binney St.

NOAH W. WARE

ATTORNEY and COUNSELOR AT LAW. HOURS: 9 A. M. to 12:00 Noon; 1:30 P. M. to 5:30 P. M. 111 So. 14th Street Omaha, Nebr.

PATRONIZE THE STATE FURNITURE CO.

Corner 14th and Dodge Streets Tel. JACKSON 1317. Headquarters for **BRUNSWICK** Phonographs and Records

DeLuxe Cafe

JIM BELL, Proprietor. Has Removed from 2120 to 2202 North 24th St.

A Nice Complexion

Is a great asset to any woman. You can have one at a nominal cost. To be sure, use only the original and genuine ROBINSON'S Skin Whitener and Freckle Remover. Sold at the Liberty Drug Company, 1904 North 24th Street. Web. 0386.

FOR SALE—6-room modern house, half block from Twenty-fourth street car line. For information call WE bster 2179, until 9 p. m., after that WE bster 1373.

FOR SALE—Rooming house by owner. Strictly modern with hot water heat. Price reasonable. WE bster 4769. Mrs. Lena Eris, 1762 No. 24th St. 2-4-9-17

ROOMS FOR RENT—1406 North Twenty-second street.—(2t-8-17-23)

FOR RENT—6-room house, \$25.00 per month, 2862 Ohio street. Near car line. Call Mrs. Lee, WE bster 6493, 2809 Grant street.—(11-8-17-23.)

WANTED TO RENT—Two or three furnished rooms for light house keeping. Tel. WE bster 4584.

Why Not Let Us Do Your SHOE REPAIR WORK Best material, reasonable prices. ALL WORK GUARANTEED. **BENJAMIN & THOMAS** Phone Web. 5084—1415 No. 24th

Allen Jones, Res. Phone WE. 204 JONES & COMPANY FUNERAL PARLOR 2314 North 24th St. Webster 1160 LADY ATTENDANT

No Waiting! No Red Tape! No Delay! Call us up, ATLANTIC 1322, tell us the name of the book you desire and we will bring it to you at once and collect for the subscription or if you are out of town send your subscription by mail, telling us the book that you want and we will mail it to you by return mail.

This is a good chance to get a start on a library of good books. Get your friends' subscription. You can get as many different books as you get subscriptions. This offer is good on new subscriptions or renewals.

The Monitor Every Week for