29 DEC 1921

PART OF THIS PAGE MISSING

...rvals fro...
...es, and so on, ...
some comparativ
"deepness" of sleep.

Another way is to t
with an electrified
tensity of the c
experiments, ho
tude of the su
taken into considerat...
one who is expecting to...
will awake at the least touch

The mother, for instance, wi
at the slightest movement of th
by her side because, before allow
herself to "fall asleep" she has,
were, "set" her under-mind
does not sleep at all), warnin
be ready to call her.

Some people can "set" thei
minds to call them at a certain
as surely as an alarm clock.

Safeguards Against Insomnia.

We have no reliable record as to the length of time a man can go without sleep at all. There are plenty of stories of centuries ago, when a favorate method of torture was to keep a prisoner awake till he died, but it is, of course, impossible to check any of the details.

We do know, however, that continued sleeplessness will bring on a sort of delirium. One experiment was made within the last few years. Some members of a university staff were kept awake for ninety hours. One quite unexpected result was that when they were allowed to go to sleep, they made a perfect recovery after only a quarter of the sleep they had lost.

That is, supposing that in an ordinary ninety-hour period they would have taken thirty hours' sleep, at the end of the exceptional strain they only required the usual eight hours—for all that they had lost—to bring them back to the normal.

Quite probably this ninety-hours was getting on to something like the limit of absolute sleeplessness, often say they have ...s and nights without a ...it isn't true. They have slept, perhaps very badly, and only for a minute or two at a time, but they have slept.

Probably the record for this sort of sleeplessness was that of a woman ... for two whole ... well ... not ... only ...us at a time. As a ...e got into such a ter... all the time, day and ... "awake sleep."

Battle in the Brain.

...ne very common thing that starts ...nnia is this: For some quite good ...on—toothache or trouble or some... —you miss your night's sleep. ...ably you did sleep a little, but ...ell yourself you did not "sleep a ...e."

...next night you begin thinking how dreadful it would be if you didn't sleep that night either—how you wouldn't be able to do your work next day, and so forth.

If you remind yourself that, even though you are not actually asleep, you are getting as much good out of just lying in bed resting, and that it ...

...ool- ...conscious ...t, acts as a ...ends to gratify ...u tries to soften things.

Dreams are never prophetic except by accident. To dream the winner of a horse-race no more proves the prophetic value of your dream than the chance picking of a winner in your waking consciousness proves the prophetic value of your conscious thought. It is merely a coincidence.

Nor is that horse's victory the origin of your dream beforehand. More likely the origin is a—possibly unconscious—wish that something like that might happen.

The meaning of a dream is seldom what it appears to be on the surface; the obvious interpretation is not often the correct one. And for that reason the attempt to interpret dreams by people other than those who have qualified by long and patient study on scientific lines is likely to result in nothing but ignorant and totally misleading guesswork.

NOTHING TO EQUAL BABY'S OWN TABLETS

Mrs. Alfred Naud, Natagan River, Que., writes:—"I do not think there is any other medicine to equal Baby's Own Tablets for little ones. I have used them for my baby and would use nothing else." What Mrs. Naud says thousands of other mothers say. They have found by trial that the Tablets always do just what is claimed for them. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus banish indigestion, constipation, colic, colds, etc. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Women and Tree Planting.

The women of the Prairie Provinces have energetically taken up the subject of tree planting, which is one of the reasons for the steady development of this work. Aside from the cash returns which shelter-belts give on prairie farms they add much to the appearance and comfort of the home and this side appeals especially to the home-makers.

There are still 20,000,000 square miles of the earth's surface that have not been explored.

Minard's Liniment for Garget in Cows.

Surnames and Their Origin

LIVINGSTONE

Variations—Livingston.
Racial Origin—English.
Source—A place Name.

Here is a family name which is likely to throw you off the track, first by its final "e," and secondly by the element "living."

...ould be explained at the outset ...e final "e" does not belong in ..., except as it has been sanc... long usage, for the original ...on was "ton," "don" or "tun," ...of the same old Anglo-Saxon ...ch has given us our modern ...wn," and which in those days ...a fortified place. The evolu... meaning to "town" was a natur... for the towns of early days ... of course, fortified. In fact, it ...he necessity for mutual defense ... first drew men together in ... and fortified places.

...family name, therefore, belongs ...ches of those which have been ...upon place names, indicating ...idence or former home of the ...ers of them.

...one, or Livingston, is a ...est Lothian, Scotland. The ...orm of the place name was ...iston" or "Livingusdun," made ...the ending already referred to ...the given name of the feudal chief... under whose leadership the town was built. This chieftain, "Livingus," lived about the year 1124.

BALDWIN

Racial Origin—English.
Source—A given name.

If you're given to poetic flights of fancy you may find much symbolism in the fact that it is the family name of Baldwin which the locomotive has made famous from one end of the world to the other, provided, of course, you know what the name of Baldwin means.

It means "swift conqueror."

It was, of course, in the first place, a given name. It was of Teutonic origin, and was brought into England by the Norman conquerers, who were Teutonic in blood and who, for the most part, retained their Teutonic nomenclature even after they had adopted their own language the Celtic-influenced Latin spoken by the natives of Northern France in the days when they first settled in Normandy; which was, roughly, the same period in which the Saxons of England at the time when the Normans arrived there.

"Bald-win," is a simple combination of ancient Teutonic words which are to be traced in so many of our given names to-day. "Bald" meant "swift" or speedy" and "win" meant conqueror. Our own modern word "winner" and the verb "to win" come from the same root.

...s their ... nerves. If y... or unhealth... Pills and not ... You can ... medicine ... a box or ... Dr. Williams Medicine Co., Brockville, Ont.

BITS OF HUMOR FROM HERE & THERE

Kind of Kind.

Old Scot—"Dinna cry, ma wee laddie. If ye dinna find yer penny afore dark here's a match."

Embarrassing Moment.

Podger (to new acsuaintance)—I wonder if that fat old girl is really trying to flirt with me?"

Cooler—"I can easily find out by asking her. She is my wife."

The Other Way.

The teacher had been talking about a hen sitting on eggs and, with the incubator in mind, asked if eggs could be hatched in any other way.

"Yes, sir," said an experienced person of nine. "Put 'em under a duck."

Quite True.

"Dolly," said her father, "your young man stays until a very late hour. Has not your mother said something to you about his habit?"

"Yes, father," replied Dolly, sweetly. "Mother says men haven't altered a bit."

Exciting.

Betsy's grandmother had been reading to her the Bible story of the Creation. When asked by her mother how she liked the Bible so far, she exclaimed:

"O mother, I love it. It is so exciting. You never know what God is going to do next."

Playful Firemen.

"These firemen must be a frivolous set," said Mrs. Dumpling.

"Why?" asked her husband.

"I read in the paper that after the fire was under control the firemen played all night on the ruins. Why didn't they go to bed like sensible men, instead of romping about like children?"

Retort Courteous.

Counsel for the prosecution had been bullying the witness for an hour, when he asked, finally:

'Is it true that there are traces of insanity in your family?"

"Very likely," answered the witness. My grandfather, who was studying for the ministry gave it up to become a barrister."

Unpropitious Setting.

"Hum," said the magazine editor, "this is going a bit too far."

"What's the trouble?"

"A chap who says he has received fifty rejection slips from me in the last twelve months states in this note that he'd like to meet me."

"Well, you might grant the poor devil an interview."

Poor Bride.

At the wedding breakfast the bridegroom, an exceedingly bashful young man, was called upon to speak.

Blushing to the roots of his hair, he rose, intending to say that he was no speechmaker. But unfortunately, he placed his hand on the bride's shoulder and stammered these opening (and closing) words:

"This—er—this thing has been thrust upon me—"

Clever Willie.

The teacher's patience was almost exhausted.

"Willie,' she said, angrily, to a small boy at the foot of the class, "have I not told you before that you cannot take mules from oranges, or dogs from

"Look here, ... ed the French teacher, ... hours trying to drum this lesson into that thick head of yours, but it seems to be hopeless! On the top of this I have just seen your homework. Your French is disgraceful. I shall have to write to your mother about it!"

"Mamma will be very angry," replied Elsie calmly.

"I'm afraid she will," said the teacher; "but you deserve it."

"I don't mean with me," retorted Elsie; "I mean with you. You see, mother does my French lesson for me!"

Fireside Joys.

Now stir the fire, and close the shutters fast,
Let fall the curtain, wheel the sofa round,
And while the bubbling and loud-hissing urns
Throws up a steamy column and the cups
That cheer but not inebriate wait on each,
So let us welcome peaceful evening in.
O winter, ruler of the inverted year,
I love thee, all unlovely as thou seemst,
I crown thee King of intimate delights,
Fireside enjoyments, homeborn happiness,
And all the comforts that the lowly roof
Of undisturbed retirement, and the hours
Of long uninterrupted evening know.
How calm is my recess. and how the frost
Raging abroad, and the rough wind, endear
The silence and the warmth enjoyed within!

—William Cooper.

Mother! Move Child's Bowels With California Fig Syrup

Hurry mother! Even a sick child loves the "fruity" taste of "California Fig Syrup" and it never fails to open the bowels. A teaspoonful to-day may prevent a sick child to-morrow. If constipated, bilious, feverish, fretful, has cold, colic, or if stomach is sour, tongue coated, breath bad, remember a good cleansing of the little bowels is often all that is necessary.

Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

Feigns Death.

The death-feigning instinct is largely developed in some birds. The corncrake, for instance, has often been put in a sportsman's pocket, apparently quite dead, and, when his chance came has got out and escaped.

MONEY ORDERS.

Send a Dominion Express Money Order. They are payable everywhere.

Minard's Liniment for Distemper.

The Severn tunnel, the longest in England, is to have a new system of ventilation, one feature of which is a fan 27 ft. in diameter and 9 ft. in width, which will revolve one hundred times a minute.

The first printed advertisement was in an English newspaper, April, 1647. It advertised a book. To-day everything is advertised and, what is more, every advertisement is read.

The first envelope ever made is kept in the British Museum.

RHEUMATIC ACHES QUICKLY RELIEVED

THE racking, agonizing rheumatic ache is quickly relieved by an application of Sloan's Liniment.

For forty years, folks all over the world have found Sloan's to be the natural enemy of pains and aches.

It penetrates without rubbing.

You can just tell by its healthy, stimulating odor that it is going to do you good.

Keep Sloan's handy for neuralgia, sciatica, lame back, stiff joints, sore muscles, strains and sprains.

At all druggists—35c, 70c, $1.40.
Made in Canada.

Sloan's Liniment (Pain's enemy)

...Your Consciousness

...usness as you would your life, for every... ...ou in life must come through your con... ...allow anything opposed to your ideals, to the ... to realize in your life, to obtain lodgment in your ...ant health, hold the health consciousness; if you ...y, hold the prosperity consciousness, the opulence ... if you want success, hold the consciousness of suc... ...ould be happy, hold the consciousness of happiness; ...be efficient, hold the consciousness of efficiency, of ... executive ability. In other words, whatever ideals ...realize, whatever qualities you wish to establish, to ... your life, hold the consciousness of these things in ... is the doorway to all attainment. This is the only ...them yours. Your consciousness is the sum of ... or can be, or can achieve.—Success.

...from cork... ...elprit, ...our ... ...nim... ...ent

Handy Tommy.

Two Hibernian ladies stopped to chat in the village street, and one of them presently began on the topic of her young son.

"Shure, my Tommy's the fine boy, Mrs. Casey, and a great comfort to me, he's that handy about the house. Phwat d'ye tink he did yesterday?"

"I dunno, Mrs. Ryan. Phwat did he do?"

"The Cuckoo-clock was broke, and he fixed it."

"Well, now, isn't he the smart lad! And does it go now?"

"It does that, Mrs. Casey. Only it 'oo's' before it 'cucks.'"

Brazil Rich in Minerals.

The mineral wealth of Brazil is known to be very great, and there are large tracts of the country which have yet to be explored.

RESULT WAS A BIG SURPRISE TO HER

MONTREAL GIRL SAYS TANLAC IS SIMPLY WONDERFUL.

Hasn't a Trace of Former Trouble Left and Feels Like a New Person.

"It was certainly a happy surprise to me when I saw Tanlac was restoring my health," said Mis... Roy, 3 Hotel de Villex St., M...

"For a year and a half befo... Tanlac my health was simply ... slept so fitfully I gained no re... and I woke up mornings feel... tired out. My nervous system ... collapsed and I would jump at a... tle noise. I frequently turned so... and sick I could hardly stand ... smell of food cooking. My cond... seemed to get worse constantly ... I worried all the time.

"Well, the first thing Tanlac ... for me was to give me a splendid ... petite. Then all my troubles gra... ly disappeared, my nerves got ... and I could enjoy a good night's ... My whole system is now in exc... condition and I'm enjoying the ... of health. Tanlac is certainl... derful medicine."

Tanlac is sold by leading ... everywhere.

THIN, FLAT HAIR GROWS LONG, THICK AND ABUNDANT

"Danderine" costs only 35 cents a bottle. One application ends all dandruff, stops itching and falling hair, and, in a few moments, you have doubled the beauty of your hair. It will appear a mass, so soft, lustrous, and easy to do up. But what will please you most will be after a few weeks use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. "Danderine" is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. This delightful, stimulating tonic helps thin, lifeless, faded hair to grow long, thick, heavy and luxuriant.

Cuticura Shampoos Mean Healthy Hair

Especially if preceded by touches of Cuticura Ointment to spots of dandruff, itching and irritation. This treatment does much to keep the scalp clean and healthy and to promote hair growth.

Soap 25c. Ointment 25 and 50c. Talcum 25c. Sold throughout the Dominion. Canadian Depot: Lymans, Limited, 344 St. Paul St., W., Montreal. Cuticura Soap shaves without mug.

Classified Advertise...

BELTING FOR SALE

ALL KINDS OF NEW AND USED belting, pulleys, saws, cable, hose, packing, etc., shipped subject to approval at lowest prices in Canada. YORK BELTING CO. 115 YORK, STREET, TORONTO.

HELP WANTED.

LADIES WANTED—TO DO PLAIN and light sewing at home, whole or spare time; good pay; work sent any distance; charges paid. Send stamp for particulars. National Manufacturing Co., Montreal.

For Sore Throat, Cold in the Chest, Etc.

MINARD'S "KING OF PAIN" LINIMENT

YARMOUTH, N. S.

COARSE SALT LAND SALT

Bulk Carlots
TORONTO SALT WORKS
C. J. CLIFF - TORONTO

You're Constipated! Take "Cascarets" For Liver, Bowels

Sick headache, biliousness, coated tongue, or sour, gassy stomach—always trace this to torpid liver and delayed, fermenting food in the bowels. Cascarets work while you sleep. They immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels. Get a 10-cent box now and let "Cascarets" straighten you out by morning.

America's Pioneer Dog Remedies
Book on
DOG DISEASES
and How to Feed
Mailed Free to any Address by the Author.
H. Clay Glover Co., Inc.
118 West 31st Street
New York, U.S.A.

Genuine

BAYER

ASPIRIN

Never say "Aspirin" without saying "Bayer."

WARNING! Unless you see name "Bayer" on tablets, you are not getting Aspirin at all. Why take chances?

Accept only an "unbroken package" of "Bayer T... Aspirin," which contains directions and dose wor... physicians during 21 years and proved safe by ...

Colds	Headache	Rheum...
Toothache	Neuralgia	Neuri...
Earache	Lumbago	Pain, Pa...

Handy tin boxes of 12 tablets—Bottles of 24 and 100—A...

Aspirin is the trade mark (registered in Canada) of Bayer Man... ...aceticacidester of Salicylicacid. While it is well known that Aspirin m... manufacture, to assist the public against imitations, the Tablets of Bayer ... will be stamped with their general trade mark, the "Bayer Cross."