

THE JANUARY WHITE SALE

Is Still Going Strong.

Great Enthusiasm. Wonderful Value Giving.
Additional Bargains in every Department.

All the goods offered are of dependable quality. The space at our disposal here will not permit anything but a bare mention of some of the goods involved in this great sale.

Ladies' Underwear,
Ladies' Knickers,
Ladies' Chemises,
Ladies' Corset Covers,
Ladies' Nightdresses,
Ladies' Corsets,
Ladies' Blouses,
Ladies' Costumes,
Ladies' Aprons,
Ladies' and Children's Coats,
Lawn & Cambric Embroideries,
Lawn & Cambric Insertions,
Lawn & Cambric Beadings,
Sideboard Cloths,
Tea Cloths,
Table Center Cloths,
Men's Shirts and Collars,
Net Laces.

English Shirting,
Hosrocks's Shirting,
Flannelettes,
Cotton Blankets,
Pillow Cases,
Bolsters,
Table Linens,
Apron Hollands,
Fronting Linens,
Linen Table Cloths,
Linen Napkins,
Pillow Shams,
Bureau Cloths,
Piano Cloths,
Sheetings,
Victoria Lawns,
Lace Curtains,
Turkish Towels

The Royal Stores, Ltd.

SLEEP,

THE GREAT VITALIZER

MORE SLEEP AND LESS FOOD
CONDUCE OF HEALTH—A
TIMELY HEALTH TALK ON
SOME SLEEP TROUBLES.

(By Dr. Andrew Wilson.)

The series of health talks which Maclean's Magazine is running cannot fail to be of much practical service as well as of timely interest. The outstanding object is to make the talks useful—to deal with medical problems in such a way that they will be understood by the average reader. In this brief article the importance of sleep is emphasized, and a course of remedial treatment prescribed for some of the more common sleep troubles.

Sleep is much more to all of us than food itself. We can do without food if we go to bed and rest and keep warm, because in this way we both make up for lack of food, pro-

ducing heat and for limiting the body's work. This is what the Lancashire wives did in the great cotton famine of old. They put their menfolk and children to bed, and thus made the food supply go further. But, on the other hand, no amount of food can ever replace sleep. However much nourishment we take, it is impossible for brain cells which are worn out—to say nothing of bodily organs, also, needing rest—to renew and repair their energies unless sleep comes to their floor. The high importance of a proper amount of rest is thus daily brought home to us, even if by experience we did not know how necessary for the maintenance of health sleep is. A man can live on a meagre diet; he may manage to get along fairly well on even insufficient food, and still maintain his health; but once he begins to lose his sleep and to pass disturb-

ed nights, then, no matter how well he may be nourished, clothed, and otherwise have his physical wants attended to, he is bound to sink into a state of ill-health.

Disorders of sleep are not limited to those cases in which extreme wakefulness keeps a person from getting his modicum of repose. We get instances of sleep which is of the disturbed type, where the person sleeps, but where his rest is very imperfect because he dreams incessantly, or because he gets short snatches of sleep between intervals of waking. I have often thought it is an easier matter to deal with cases of outright sleeplessness than with those in which repose is disturbed and of erratic and uncertain kind. The causes of the former are more readily discovered, as a rule, while the origin of the disturbed rest-conditions may be very difficult of determination indeed. No doubt certain causes are common to both. The most frequent sources of sleeplessness, apart from mental worry and brain irritation, are really to be found in some bodily state, such as is responsible for rendering our brain cells indisposed to accept the very rest they require. For example, the common habit of eating late at night, and what is more to the point eating heavily, is a cause of sleeplessness represented at both ends of the social scale. The fashionable person, who after a late dinner and the theatre, finishes with a supper which ends at half past twelve or one a.m., is very much in the same position as his humble neighbor, who after the play, or at any rate, late at night, tackles a heavy, indigestible meal, which may range from cold beef, pickled chicken, and beer to something hot, but equally heavy.

It is clear if we wish to have sleep come to us naturally, we must, above all things else, have the stomach clear and resting when bedtime

comes. One might make an exception here in the case of old people, in whose case a glass of warm milk, or a hot drink and a biscuit, given an hour or so before sleep-time, acts favorably in inducing rest. But in the middle-aged healthy person the stomach should be clear of all its duties when he goes to rest, for that organ itself demands rest, and an active stomach stirs up the whole nervous mechanism of the body to work. Again, digestive states where, say, the liver is not acting properly, when there is a deficiency of bile, and, as a consequence, constipation, illustrate causes both of sleeplessness and of disturbed rest, such as are well to be borne in mind. The influence of a loaded bowel in unsettling the nervous system is fully recognized by physicians, and many a case of restlessness at night has been cured when a proper diet has been taken, where less meat is eaten, more exercise daily, enured, along with an occasional dose at night of two compound cascara tablets, followed in the morning by a little Asenta water.

Clark's
A nourishing, healthy, economical meal.
A time and money saver.
Park & Beans

Of brain worries, family concerns, and business troubles as sources of sleeplessness, I can say but little. The worried man's rest becomes disturbed naturally enough; his brain-cells have become over-excited, and do not yield to the feeling of natural tiredness as do those of a healthy man. It is for him that medical aid desires to do its best, because brain-cells thrown out of gear, even for a short time, are apt to produce serious results on the whole system. Then comes erroneous habits, which may, and often do, need correction. Excessive smoking is a common cause of sleeplessness, and so is the excessive use of alcohol. Both causes send the nervous system into an unstable state, and so give rise to sleep troubles at last. Finally, we need to sleep in a quiet, dark place; the air of the sleeping room should be pure, any excess of bed-clothes is to be avoided, but the feet must be kept warm. Many a case of sleeplessness arises from chilled feet giving rise to disturbance of brain circulation, and so preventing repose.

One point I should like to make plain regarding sleep is that it represents a natural habit of body, just as sleeplessness, in its turn, represents an abnormal, or unnatural habit. Clearly, all we attempt to do—indeed, all we can do—in sleep troubles is to endeavor to abolish the unnatural state of things, and to replace it by the natural state. This, it is true, may be a difficult task, and in almost every case it is a slow proceeding. In fact, this latter which impatient people will do well to bear in mind. Unfortunately, it takes little to develop a bad habit, as a rule, while to restore the good habit may be, and often is, a slow and gradual process. Perseverance, with whatever remedies are used, is, therefore, an important point in connection with the work of cure.

Simple remedies should be tried first of all. A two-mile walk before bedtime is excellent, and a light meal—if food be needed late at all—taken not later than two hours before sleep may be found effective. No late smoking should be indulged in, and, above all, no late reading of any character such as tend to set the brain-cells reviewing the exciting incidents of the book. Sleeping or "napping" through the day must be forbidden. With regard to drugs, remember they are only useful to get the brain back into the "sleep-habit." To depend on any drug to procure sleep habitually is to defeat the very purpose for which it is taken. A simple remedy is twenty grains of bromide of sodium or of potash dissolved in water and taken at bedtime on an empty stomach. Two (or three) tablets of bromural dissolved in water and taken at rest-time for two or three nights should induce the return of the sleep-habit. These are harmless remedies, but even they must not be used continually. The real cure, as I have shown, is alteration of erroneous habits of living. All optimum and like narcotic drugs must be left for a doctor to prescribe them if he regards them as necessary.

Schr. Checkers Given Up.

Practically all hope of the return of the schr. Checkers, now 100 days out from Cadiz to this port, has been given up. Many conjectures are given in shipping circles as to the fate of the vessel. While some think she met her doom on the Newfoundland coast, it is thought by others that her cargo shifted shortly after leaving the other shore, and it is quite probable that the vessel was thrown on her beam ends and became a wreck in European waters.

Job's Bridge Strengthened.

The work of strengthening Job's Bridge against rafting ice is now nearly finished. The employees of the Council, under the direction of Engineer Ryan, are busy every day and expect to finish towards the end of next week if not seriously hampered by weather conditions.

T.A. Juvenile Dance.

The lazy friends of the Juvenile T.A. Society are busy making preparations for the dance to be held in the Armory on Wednesday next. The music for the occasion will be supplied by the T.A. Band.

Seaman Lost Overboard.

A message has been received by Haine Johnstone & Co. stating that the boat, Atilla, Capt. Marshall, had reached Pernambuco after a run of 42 days. The message also reported the loss of one of the seamen, named Hursey, who was drowned on the passage.

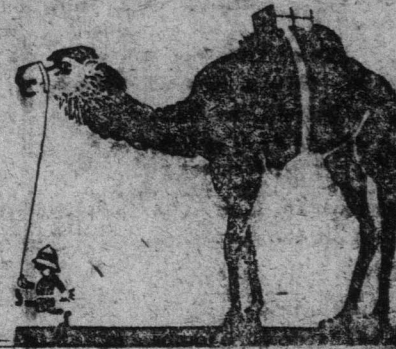
REWARDS LATEST CURES CAN GET IN COWA.

AS THE CAMEL

is indispensable to the traveller crossing the African deserts, so also is SUNLIGHT SOAP indispensable to a careful housewife. A Camel can go for several days without drinking, but a good housewife cannot afford to let a single day pass without putting SUNLIGHT SOAP to some use. The first duty of every housewife is to economise; the duty of

SUNLIGHT SOAP

is to help the housewife to economise. The daily use of SUNLIGHT SOAP is practical economy. It does the most washing in the shortest time, with least labour, and with no discomfort. Use a piece in your next wash, and you will be convinced as to its value.



Cable News.

Special to Evening Telegram.

CAPE HAITIEN, Jan. 23. Both Cape Haitien and Fort Liberte on the north coast, are in the hands of the revolutionist vanguard. The rebels under General Paul, entered Cape Haitien to-day without resistance.

RUBLIN, Jan. 23. The Nationalist member of Parliament for North Louth, Augustine Roche, challenged William O'Brien, who sits for Cork, to resign his seat to test his strength. O'Brien has accepted the challenge and resigned. He declares his readiness to meet any member of the Irish Party from Redmond down, to decide whether the Home Rule Bill, as it now stands, is acceptable to the Irish people.

TORONTO, Jan. 23. A meeting of unemployed men at the Labour Temple last night passed resolutions demanding that the \$35,000,000 to be voted for battleships Morgan, of the Gazette Press, will be expended in relieving distress.

among the unemployed, and that the State banquet held at the opening of Parliament and similar functions be abolished for all time, the money thus saved to be devoted to the purposes of relief for unemployed.

LIVERPOOL, Jan. 23. Mutiny broke out on board the steamer Devonian shortly after she left Liverpool yesterday for Boston, and she was compelled to put back to Holyhead, where nineteen of her crew were arrested. The outbreak of the trouble was caused by a dispute between union and non-union seamen, a few hours after the vessel left port. The union sailors refused to obey the orders of the ship's officers until the non-union men had been put ashore. The captain decided to run back to Holyhead.

ANNIVERSARY SERVICE. — The Cookstown Road Church will hold its Anniversary Service Sunday evening, a good program of music and recitation has been prepared. Mr. G. H. Morgan, of the Gazette Press, will occupy the chair.

A Gigantic Price-Smashing

SALE OF

FURS

Commencing WEDNESDAY Morning.
IF YOU DON'T BUY FURS AT
THIS SALE YOU LOSE MONEY.

Note the savings effected by buying from us.
LADIES' SQUIRREL FURS
in Necklets & Throwovers.

Regular prices . . . \$5.00 \$6.50 \$7.50 \$8.50
Sale prices . . . \$3.75 \$5.00 \$6.00 \$7.00

LADIES' BLACK HARE NECKLETS

Regular prices . . . \$1.80 \$2.30 \$3.80 \$5.50
Sale prices . . . \$1.30 \$1.90 \$2.90 \$4.00

Similar Savings in Child's Fur Sets.

HATS!

We offer the balance of our stock of Hats, both trimmed and untrimmed, at

SALE PRICES.

Felts. Regular 80c, 90c, \$1.00, \$1.20. Selling at one price, only 60c.

Black Velours. Regular \$3.50 for . . . \$2.00
Black Beavers. Regular \$3.00 for . . . \$2.00
Trimmed Hats. Regular \$3.00, \$3.50 and \$4.00 for only \$2.00.

BIG VALUES IN

Ladies' Tweed Coats,

Regular \$6.00, \$7.00 and \$7.50 Coats for \$4.00

Alex. Scott

THE BIG VALUE STORE.

A SURE CURE FOR WOMEN'S DISORDERS
Ten Days' Treatment Free

ORANGE LILY is a certain cure for all disorders of women. It is applied locally and is absorbed into the suffering tissues. It acts on the pelvic region, the blood vessels and nerves, the ovaries and uterus, and the entire system. It is a powerful and reliable remedy for all women's troubles, including delayed and painful menstruation, leucorrhoea, pain in the back, womb, and ovaries, and all other ailments of the female system. A Free Trial Treatment, with full particulars, will be sent free to any suffering woman. Write to: FRANCES E. CURRAN, Windsor, Ont.

For Sale by Leading Druggists Everywhere.