

THE MYSTERY OF SLEEPING

MR. BIGELOW SEEKS TO REMOVE WHAT HE DEEMS TO BE A POPULAR DELUSION.

Claims That All Functions of Body and Mind Are Active in the Hours of Sleep.

A German version of Mr. Bigelow's "Mystery of Sleep" has just been published by the Deutsche Verlagsanstalt of Stuttgart and Leipzig. Following is a translation of the introduction prepared specially by the author for the German edition. It stands well by itself as a condensed statement of the philosophy of the book.

"The primary purpose of the work here submitted to the public is to correct what seems to be practically the universal impression, that sleep is a condition of absolute repose; a state of physical and psychical inertia of which for one-third of our lives we can never be required nor able to give any account.

"The notion of sleep, I think, is a grave popular delusion. I contend and think I have demonstrated that there is no function either of the body or of the mind that does not give as abundant evidence of activity in our hours devoted to sleep as at any other time, although that activity may be variously directed. To those who may be prepared to accept my conclusions, questions of inculcated moment immediately present themselves, about which no human being can afford to be indifferent.

"There can be no activity without a purpose. What is the purpose of activities which are not prompted by our will, and of which we are not conscious except through results manifested only on our waking, is a question of supreme importance.

"For these activities must have, for no waste of divine energy is conceivable; and if nothing about us is divine, it is most certainly that which is being brought in us while we are unconscious and in no way responsible for it.

"To these questions I have submitted what I esteem to be an answer, though in the language of science I suppose it would be termed a theory. Whether an answer or a theory, it is based mainly upon the teachings of what purports to be the Word of God, whence we derive more reliable information about the uses and purposes of sleep than from any books purporting to give the conclusions of science.

"In my answer to these questions I have tried to give sufficient reasons for my conviction that no part of our lives is consecrated to nobler uses, more indispensable to our symmetrical spiritual development, than that portion of it usually spent during the interruptions of our intercourse with the phenomenal world.

"As a corollary to this conclusion I have also been impressed by the abundant evidence that many of the events which occupy more or less of the waking hours of our life also seem to be obedient to the same laws and to serve in a degree the same recondite and mysterious purposes as sleep. This has seemed to me especially apparent when, for any reason, the privilege of sleep has been more or less neglected.

"Following this course of thought, I have become impressed with the conviction that we may find in lunacy, idiocy, as well, indeed, as in the flesh, the same explanation and the same providential use of that which illustrates to my apprehension the divine economy of sleep, that all of them are providential interventions to compel a relaxation of the too strong hold which the natural world may have secured or threatened to secure upon our affections.

"To those, and there may be many who will say that my theory of the purpose of sleep depends too largely for its support upon the Bible, I have only to answer, Give us a better one, if you can, without the Bible.

"The notion that sleep is a condition of physical and psychical inertia being no longer tenable, to what purpose the activities of the sub-conscious of our lives are devoted becomes a problem about which the world must and will insist upon having a theory or at least

CAN MAKE MEN SOUND AND STRONG.

Detroit Specialist Discovers Something Entirely New for the Cure of Men's Diseases in Their Own Homes.

You Pay Only if Cured

Expects No Money Unless He Cures You—Method and Full Particulars Sent Free—Write For It This Very Day

A Detroit specialist who has 14 certificates and diplomas from medical colleges and boards, has perfected a startling method of curing the diseases of men in their own homes; so that there may be no doubt in the mind of any man that he has



DR. S. GOLDBERG, The Possessor of 14 Diplomas and Certificates Who Wants No Money That He Does Not Earn.

both the method and the ability to do as he says. Dr. Goldberg, the discoverer, will send the method entirely free to all men who send him their name and address. He wants to hear from men who have striven to cure themselves but have been unable to get cured, prostatic trouble, sexual weakness, varicocele, not married, blood, poison, hydrocele, venereal disease, etc. His wonderful method not only cures the condition itself, but likewise all the complications, such as rheumatism, bladder or kidney trouble, heart disease, nervous debility, etc.

"The doctor realizes that it is one thing to make claims and another thing to back them up, so he has made it a rule not to ask for money unless he cures you, and when you are cured he feels sure that you will willingly pay him a small fee. It would seem, therefore, that it is to the best interests of every man who suffers in this way to write the doctor confidentially and lay out his case before him. He sends the method, as well as many booklets on the subject, including the one that contains the 14 diplomas and certificates, entirely free. Address him simply.

Dr. S. Goldberg, 208 Woodward Ave., Room G, Detroit, Mich., and it will all immediately be sent you.

This is something entirely new and well worth knowing more about. Write at once.

a working hypothesis. The one here submitted I trust will serve in that, if in no other capacity. A useful purpose, until a better is found to take its place. "I should be sorry to incur the suspicion of having sought to penetrate mysteries which are meant to be impenetrable; but I can imagine no reasons why the mystery of sleep should be any more impenetrable than the mystery of zodiacs, of charity, or of any of the domestic affections. I believe that if the were studied with the like incentives and by the same order of minds as the mysteries of nature or the laws are studied, the one might seem no more mysterious than the other, though the result might be far more surprising.

"It scarcely requires prophetic vision to foresee the time when the art of sleeping will be studied as systematically as the physiology of our nutritive or nervous systems, and then much of the vogue relating to both will find their way into the wallet wherein Time puts aims for oblivion."

"JOHN BIGELOW."

CORNS CAUSE INTOLERABLE PAIN. Holway's Corn Cure removes the trouble. It is what it is and what amount of pain is saved.

INHERITED TRAITS. As the result of investigations made in England, Prof. Karl Pearson claims that, as a rule, ability, proclivity, gentility and other physical characteristics are inherited from parents, just as truly as physical characteristics are. He concludes, therefore, that intelligence may be trained and aided by education, but that the school cannot create it. It is a product of breeding, and no nation that finds itself falling behind in the intellectual race can save itself through educational machinery. It must go back of the schools and look out for the quality of its human stock.—Philadelphia Record.

Interesting Gossip About Notable Men and Women.

BY THE MARQUISE DE FONTENOY.

The great London banking house of Coutts, where British monarchs and the members of their families have banked and kept their private accounts since the reign of King George II., is about to move from 59 Strand, where it has been established since 1862, to a handsome building which has been completed for its accommodation a little farther west on the opposite side of the same thoroughfare. The date of the removal is being kept secret, in view of the enormous value of the treasures to be transferred, and will, it is said, be done entirely underground by means of a tunnel constructed for the purpose.

In olden times safe deposit vaults, as they now exist, were unknown in England, and whenever great people went abroad, sometimes merely when they left town, they were wont to send their valuables, especially their jewels and their plate, to their bankers for safe keeping in the vaults of Coutts, many of them presented to him by foreign rulers, so did the great Duke of Wellington and the famous Marchioness of Conyngham, upon whom King George IV. is known to have bestowed many of the crown jewels, some of which were recovered from her with great credit after her death, while others have never been seen since.

There are numerous strong rooms at Coutts, some of them guarded by iron doors weighing nearly a ton each, full of trunks, chests, and plate, some of which have been there undisturbed for 150 years and more. Years of litigation would be probably required to ascertain who are the legal owners of these old and long-kept treasures. In many cases there are no claims, and the owners have never disgraced their original trust as mere custodians, and keep the boxes undisturbed without even attempting to examine their contents.

Some of the cases in the huge, subterranean, cloister-like vaults of the old Coutts bank are known to contain not merely the personal effects and deeds but also the confidential papers of the oldest and grandest houses of the European aristocracy and of old world royalty. It is there that have been lying for more than a century the documents relating to the secret marriage of King George IV. with Mrs. Fitzherbert, and also to the union of one of his brothers to Mme. de St. Laurent, with whom he lived for years in Canada.

It is there, too, that lies concealed in a strong box, the key to the mysterious tragedy through which the late Duke of Aumale became possessed of the colossal fortune of the last of the Comte de Montebello, and of the magnificent palace of Chantilly, now owned by the Institute of France. The Duke de Comte, it may be remembered, was found hanging from a tree, that his death could not have been possibly self-inflicted, and while the Duke of Aumale was much too young at the time to have been a party to a crime—he was a mere boy then—yet the fact remains that the Prince's alleged suicide was his intention to alter his will, and to make Duc d'Aumale his heir instead of the Duc de Nemours, his brother-in-law. It is believed that if the Duc d'Aumale left Chantilly to the nation it was because he was aware of the popular impression that he owed his possession to a crime of which he himself was wholly and entirely innocent.

Emperor Napoleon III. kept all his most important papers at Coutts's bank, and so, too, did the late Prince Bismarck, who, in writing his memoirs, pronounced hatred for England, sent all his private papers as well as a quantity of official documents of which he possessed, to the bank. It is a product of breeding, and no nation that finds itself falling behind in the intellectual race can save itself through educational machinery. It must go back of the schools and look out for the quality of its human stock.—Philadelphia Record.

Now that the stories of the frightful barbarities perpetrated by the officials and employees of Leopold's great African dependency on the Congo River are substantiated by King Edward's consul at Rome, Mr. Roger Casement, who, by order of the Duke of Lansdowne, has been during the last three months making a most thorough investigation of the conditions of native life in the Congo Free State, it will no longer be possible for the Belgian authorities to ascribe the bloody deeds of the natives to discharged officials and disgruntled missionaries. Mr. Casement's report, a copy of which has been forwarded to the state department at Washington, has been presented to Parliament in the form of a long and interesting and corroborative letter from the Earl of Cromer, who gives an account of his personal investigation of Belgian rule on the Upper Nile.

Mr. Casement's report is sickening reading, and among the most horrible cases of mutilation which he describes as having been brought under his personal notice were those of several ladies, owing to their failure to bring in the required amount of rubber, had their hands, not cut off, but used by a knife or sword, but clubbed off against the trunk of a tree by the Cutt ends of the rifles of King Leopold's soldiers.

A heavy burden of responsibility rests for these crimes upon the shoulders of those great powers who by the so-called Congo treaty at Berlin invested Leopold with the sovereignty of what is now known as the Congo Free State, making certain stipulations with regard to the freedom of trade and the humane treatment of the natives, which they have permitted to be defied by the King in the most flagrant manner. In fact, the only one of the signatory powers that has been true to its step to King Leopold to account and to criticize his failure to observe the obligations which he assumed as sovereign of the Congo is the English Government, which did not move in the matter until compelled to do so by the overwhelming force of outraged public opinion.

King Edward has, by means of a royal warrant, addressed to the Duke of Norfolk as earl marshal, settled once and for all time the much disputed question as to the precedence of the lords lieutenant and high sheriffs of the counties of the United Kingdom. The warrant gives on all occasions "place, precedence, and precedence" to the lords lieutenant as representatives of the sovereign in the county over the high sheriff of the latter, who, however,

ranks before all other noblemen of the shire. The other title of the high sheriff is that of "keeper of the King's peace" in the county. It is the lord lieutenant, however, who is the head and general of the county militia and the chief of the county magistracy.

That the lot of a queen or of an empress is as attractive to those who are born on the steps of a throne, and who are acquainted with the drawbacks and miseries that fall to the share of the consorts of monarchs, is shown by the large number of princesses who have rejected the suits of crowned heads. One entirely new precedent at the wedding of Princess Alice of Albany and Prince Alexander of Teck the other day at Windsor—namely, the Princess's refusal to accept the hand of a duke in marriage by the late King of Holland. But she declined his offer on the ground of his age and character, whereupon he married instead her sister, Princess Emma, who was less than 16 years of age.

Princess Clementine of Belgium might have been queen of Italy in the place of Helene of Montenegro had she been able to claim her as his bride. The offer of marriage made to her by King Victor Emmanuel while still crown prince, nearly every royal princess in Europe between the ages of 20 and 30 had the opportunity of becoming the consort of the late King Alexander of Serbia, who was indeed actually affianced to Princess Xenia of Montenegro. The latter, however, insisted on breaking off the match when he arrived at Cetinje to claim her as his bride.

Princess Mary of Cambridge, who died as Duchess of Teck, refused the hand of the late King of Holland, and also that of the late Prince of Orange, popularly known as "Citron," while Napoleon III. as emperor did not wed Eugene of Teba until he had been rejected by every marriageable princess in Europe, the two most notable cases where his suit was declined being those of Princess Carolina of Vasa, now widowed Queen of Saxony, and Princess Louise of Orléans, niece and ward of Queen Victoria, and mother of the present German empress. Princess Pauline of Waldeck, after rejecting the late King of Holland, followed the dictates of her heart and in due course married the Prince of Bentheim-Steinfurt, with whom she has led a happy life.

It is Edmund Gosse, who has frequently lectured in the United States on English literature, and who is one of the best known Englishmen of letters of the present day, who has been appointed librarian to the House of Lords in succession to the late Arthur Strong. It is a most desirable appointment, carrying with it a salary of \$5,000 a year, as well as an official residence in the houses of parliament, the library itself being located on the main floor of the palace of Westminster, overlooking the river, and in line with the Commons dining-rooms and library. The collection contains some 30,000 volumes, an immense number of valuable papers, and some rare historic objects, including the death warrant of King Charles I.

Edmund Gosse is, I believe, of Scandinavian origin, although his father, the famous novelist who spent so much time in the United States and Canada, where he made some of his principal researches, was born at Worcester, Edmund Gosse was for some ten years or more assistant librarian of the British Museum, a post which he gave up in order to accept the post of official translator to the government department known as the board of trade, which is the English equivalent of the ministry of commerce in continental countries.

He has been engaged in many literary controversies in his day, one of which, with the Duke of Devonshire, that eminent lawyer to write "The literature of England is a fair and spacious domain, and it does not become the duty of the public to govern it. It is the intelligent reader whose business it is to open one of the gates. It is a useful and a noble thing to do, and it is a representative of literature, in having an opinion and in actually venturing to express it."

Plus X, in pursuance of his reforms, the majority of which have the object of economizing the resources of the church, has decided upon reducing the number of the papal household, and does not go to the extent of the Prince of Monaco, who recently disbanded his entire army of eighty men, but has cut down the Swiss guard to fifty men, the Palace guard from 200 to 100 men, while 25 men of the Noble guard have had their services dispensed with.

Could Not Lie On Her Left Side.

WAS TROUBLED WITH PAIN IN HER HEART FOR SIX YEARS.

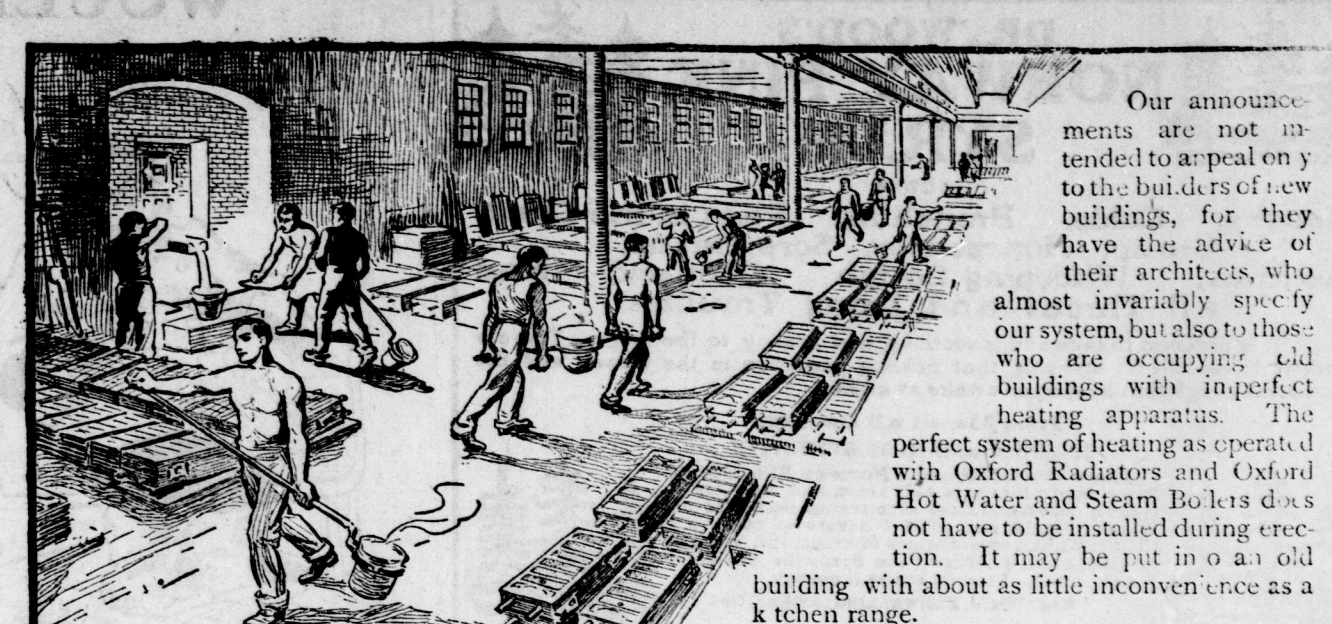
Expected Her Friends Would Find Her Dead.

Mrs. C. Bondrean, Campbellton, N.B., was completely cured by

MILBURN'S Heart and Nerve Pills.

She tells of her experience in the following letter: "I was troubled with a pain in my heart and weakness for six years. Most of the time I could not lie on my left side, I consulted a doctor but got no relief and was completely discouraged. I did not think I would live long and expected my friends would find me dead. A friend brought me a box of Milburn's Heart and Nerve Pills and I took them to please her, not thinking they would do me any good. I had used half the box when I commenced to feel myself getting better and by the time I had taken two boxes I was completely cured and can now do anything I wish to do without feeling any pain."

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The Oxford Radiator is constructed of the very best grades of iron and cast in such mechanically exact moulds that there is absolutely no variation in thickness. Each individual loop and afterwards each assembled radiator is subjected to a test of one hundred and twenty pounds cold water pressure, which absolutely insures against accidents. There is no packing of any kind used in the

connections are made by our exclusively controlled Oxford Push Nipple—the only iron-to-iron radiating connection on the market. We can supply the screw nipple as used on other radiators, but strongly advise against it as its life depends on the paper gasket or washer which it necessitates.

The Oxford Hot Water and Steam Boilers are constructed to meet every demand that may be made on a heating system. The draw-out grate makes it possible for you to make repairs to the grate without the assistance of a mechanic. The construction of the firepot is such as to waste a minimum of coal, and this slight waste is taken care of by the ash sifter in the base of the boiler, which is as easily operated as the shaking of the grate. The low height of the Oxford Boiler makes it suitable for low cellars, and thus bringing the water sections closer to the fire, economizes fuel and keeps the building at an even high temperature.

Our entire plant at Toronto Junction, covering many acres of ground, is devoted entirely to the manufacture of Oxford Hot Water and Steam Boilers and Oxford Radiators.

We would like to send you some of our booklets about the Oxford System of heating—they tell the whole story.

The GURNEY FOUNDRY CO., LIMITED

Toronto Montreal Winnipeg Vancouver

Our announcements are not intended to appeal on y to the builders of new buildings, for they have the advice of their architects, who almost invariably specify our system, but also to those who are occupying old buildings with imperfect heating apparatus. The perfect system of heating as operated with Oxford Radiators and Oxford Hot Water and Steam Boilers does not have to be installed during erection. It may be put in on an old building with about as little inconvenience as a kitchen range.

The economy of fuel is not the only practical advantage to be derived from the use of this system of heating, but also in the healthful, comfortable atmosphere, and the convenience, cleanliness and safety in operating it.

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