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Your Health

It is a rare day in your experience when nobody says, "I am so nervous" No doctor ever kept his office hours without being told a long tale by somebody about nervousness.

I have before me as I write, a letter from "A Daily Reader" in Milwaukee, asking "what causes nervousness and what must one do to overcome it?" She wants an article on this subject.

There are almost as many causes for nervousness as there are apples on a tree. Almost every such cause is a thing neglected, or a wrong thing done.

Loss of sleep, indigestion, worry, headache, eye strain, rheumatism, heart disease, Bright's disease, diabetes, undernourishment, discontent, self-abuse, overwork—almost all the uncomfortable things in the world may produce nervousness.

Nervousness is not a disease. It is a symptom. It is merely a sign of something wrong with you. It is Nature's way of warning you that you are not living as you should.

I am practical enough to know and to admit that it isn't easy and, indeed, it is not always possible to get rid of nervousness. It isn't easy to do it, because it is difficult to remove some of the causes of nervousness. It is utterly impossible sometimes to get rid of the exciting cause.

Fortunately for the distressed, a careful study of the individual is likely to determine what is wrong and then it is a simple matter to make correction of the evil.

I cannot hope to deal today with all the causes of nervousness. But I wish to tell you something about sleeplessness as a common cause that it deserves particular consideration.

You cannot feel right, or think or act right if you can't sleep. When you find the cause of sleeplessness and remove it, you will go far toward getting rid of nervousness.

The most common reason for not sleeping well, is some disturbance of the digestive organs. Constipation, intestinal fermentation, gas formation in the stomach, overeating, eating quantities of indigestible food, and failure of digestion because of shallow breath and lack of exercise—in this, you will usually find the cause of sleeplessness and, at the same time, the cause of the nervousness.

The mental condition is important but, in my opinion, the mental condition is more likely to be the product of physical causes, rather than vice versa. There is no doubt however, that worry, unhappiness, discontent and all forms of mind consciousness are responsible for the

Parker House To be Demolished

Boston, Mass., Nov. 24—The historic Parker House, birthplace of the famous "Parker House Roll" and since 1854, one of Boston's most celebrated hosteleries, has served its last breakfast. When the last guest had departed yesterday steps were taken for the demolition of the building to make way for a modern structure of 700 rooms.

The name of Charles Dickens is prominent on the list of celebrated persons who at one time, or another made the Parker House, their home. Dickens spent a winter there, and recently the Dickens Fellowship in Boston paid a farewell to the rooms which he occupied and which have been kept since as a literary shrine.

Here and There

During 1924 the 1,800 bee-keepers of Manitoba marketed 1,302,000 pounds of honey, valued at \$195,000, according to official returns by the Provincial Apiarist.

Prof. J. A. Allen, Provincial Geologist of Alberta, declares in an official statement that sixty-two billion tons of coal, half of which is recoverable, lie beneath the surface of Alberta soil.

Seymour Backus, Vice-President of the Backus-Brooks Company, of Winnipeg, states that the largest producing pulp mill in the world will be in operation at Kenora, Ont., before the end of 1925.

It is estimated that Vancouver will ship approximately 25,000,000 bushels of grain of the 1924 crop. Shipments already total 21,188,000 bushels. Commitments for almost 1,000,000 additional bushels have been made.

The special train operated by the Canadian Pacific Railway and known as The Trans-Canada Limited, which makes the journey across the entire country in eighty-eight hours, recently commenced its season, the seventh since its inception.

According to a bulletin issued by the Bureau of Statistics Alberta's foreign population is in excess of 180,000 with approximately 100,000 American included in the total. About 5,000 Americans reside in Calgary.


When Their Majesties King George, and Queen Mary paid their official visit to the British Empire Exhibition at Wembley shortly after the reopening, they boarded the miniature Canadian Pacific train and made a trip around "Treasure Island" and expressed great interest in all they saw.

An effort will be made this year to transplant Swiss mountain roses in the Canadian Rockies. These roses, which were brought from Switzerland by Dr. Huebscher, late Swiss Consul at Montreal, are extremely hardy and only thrive above elevations of 3,000 feet. They will be planted in the gardens at Lake Louise and Banff.

The first trip of the Canadian Pacific S.S. Princess Kathleen from Vancouver to Seattle via Victoria was recently made under most successful conditions. The people of Seattle are so enthusiastic over the increased coastwise service that they have tendered an address of thanks to Captain Troup, manager of the Canadian Pacific Coastal service.

There is every possibility that the Provincial Government of British Columbia may this year complete the construction of the scenic highway connecting Golden on the main line of the Canadian Pacific Railway with the summer resorts of Banff and Lake Louise. When this link, much of which was built during the past two seasons, is completed it will make one magnificent triangle through the heart of the Canadian Rockies.

Building permits issued in Canada during the first quarter of 1925 were 10.2% and 1.2% greater than in the first three months of 1924 and 1923, respectively. There were also 5.2% greater than in the first quarter of 1922, 25.5% higher than in 1921 and 2.2% above the 1920 total. The aggregate value of building permits issued for the first quarter of 1925 was \$14,000,000, compared with \$12,500,000 for 1924 and \$11,000,000 for 1923.



Pimples and Eczema Disappear the Skin Made Soft and Smooth by Using
Dr. CHASE'S OINTMENT

Potato Bugs Hibernates In The Winter

The Colorado beetle or potato bug, is a most persistent insect. It is able to hibernate in August, September or early in October, and is ready for business in the spring. In Ottawa, as told by the Entomological Branch in Bulletin 52 of the Dominion Department of Agriculture on "The Colorado Potato Beetle in Canada," tests have been made as to length of life of the creature and under what circumstances it will retain vitality. In wintering cage test with beetles in New Brunswick several lots were forced into liberation at an early date by confining them in wire cages on the soil with only enough food for one day. All had burrowed within three days after the food had gone. From three lots put in the cages August 30 and Sept. 5, 205 beetles of 600 emerged the following spring. Out of 200 put in September 10th, 42 emerged and out of 3,320 put in the cages on Sept. 13 and later only 360 emerged in the spring. This would seem to indicate as the bulletin says, that the earlier the pests hibernate in the autumn the better they survive. The beetles commonly go into the soil immediately below the place where they last fed. In a damp, cold clay loam they have been found within six inches of the surface and none at all below 3 inches, while in a loose, sandy soil only a few hundred feet away none were found at less than 14 inches and some at 17 inches. In a dense gravel-loam soil, only an occasional beetle was turned out when the pough was cutting 5 inches deep, but a number could be found by digging 3 inches more in the bottom of the furrow.

Stopping The Paper

On the average of at least once a week the editorial mail contains an epistle from an individual with a hobby or a grievance. Part of the time these epistles emit wrath about something that has been printed in the newspaper; part of the time about something that hasn't been printed. But they have an unvarying conclusion which is a threat to "stop the paper."

Of course every editor respects who her they chance to be readers of his particular paper or not; if he didn't he couldn't expect his fellow men to respect his opinions. But the editor who undertook to vary the policy of his newspaper to suit every complaint, would soon find himself in the poor house or the padded cell division of the lunatic asylum. For this reason an editor with a mind of his own and a certain amount of work to perform every day is obliged to keep a special corner of his waste basket ready for the communications of heated individuals who feel the impulse to "stop the paper."

People have been "stopping papers" for a great many years, but for some inexplicable reason newspapers continue to be published.

The answer probably is that where one individual with narrow conceptions and hidebound prejudices takes offense at some truthful article several hundred more are inclined to applaud it. Another reason why editors are more or less contemptuous of the "stop-the-paper" bulldozers is that the great bulk of

Canadian citizens respect a newspaper which is frank and courageous, even when they disagree with its policies, while they have only disgust for one which trims its sails to catch every passing breeze. This is a free country, and nothing is freer than the privilege of taking a newspaper or leaving it alone. Editors would be the last of all persons to wish it otherwise. But the dear reader who imagines that "stopping the paper" also stops the presses is the victim of a childish illusion. He hurts himself far more than he hurts the standing editor or newspaper.

Croup and Whooping Cough

Guard your children from the dangers of winter weather. Check their first cough with Buckley's "Modified" Mixture. Pleasant to take and brings instant relief.

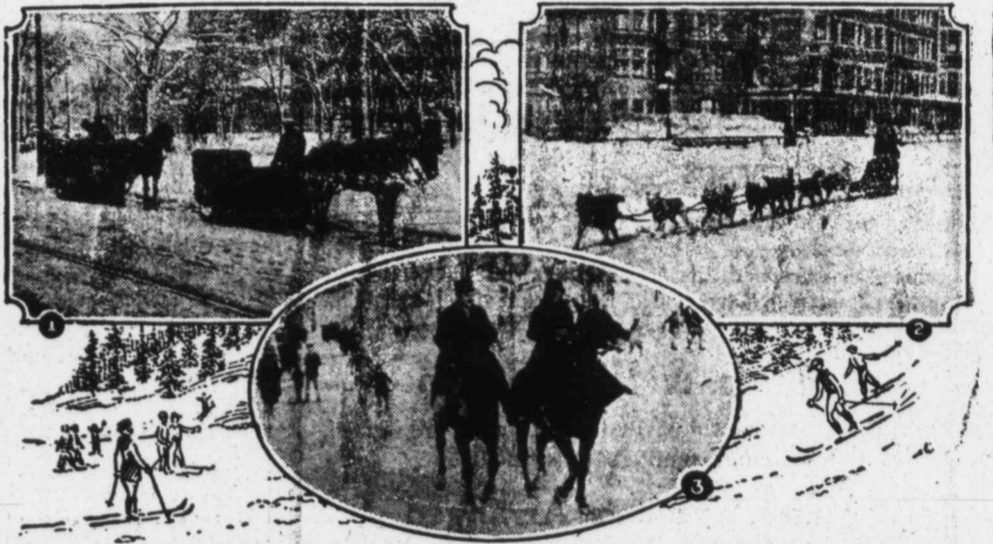
Buckley's Mixture "Strong" or "Modified" acts like a flash on Croup and Whooping Cough or any affection of throat, chest and lungs. Keep a bottle handy. Wonderful at night. A dose stops coughing.

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Tide of Christmas Traffic Flows East



Ever since that time, some years ago now, when the West was discovered by the East as the most likely place to amass a fortune in the briefest possible time, and the simple words, "Go West, young man!" were the best advice a parent could give a son; well, ever since that time, the young man who heeded the advice has been coming back East at least once a year, and that once is generally Christmas.

and if he has brought friend wife, there are the shops to visit, though many a man has found this a costly pastime, more so perhaps, than poker or the races. However, from every angle, the season in the East is rich and pleasant. That side of the continent is a magnet for holiday seekers and it is at that particular time that the ancient provinces reclaim their sons, if only for the briefest of visits. This year it will have visitors galore.

Wish to the Scarle... Baron with Bar... the Eng... Capt. E. W. Baron to ass... here.
Mot... States... to es... cials... quart... Domin... imates... mining... and... More... autom... cross... They... of 9,0... equal... Canad...
C... states... in the... money... stimu... and t... the e... traffic... will... Decem... the co... ing fr... John... dates... passer... Britis... in ple...
Tal... moose... to a... Esroy... Heir... mann... owner... and... Cains... spent... time... fifteen... cover... foot... they... went... Queb... aluiv... home... liner...
A... dents... night... prove... lowing... Mon... of as... care... par... Can... car... accid... accid... pler... give... to sh... balls... are a... gates... the... try... mafe... prop... happ... alar... ident... though... be di... mistic... collect... like...
CA... in U... always... gues...