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ecrets of Sleep.

WORE IMPORTANT THAN O THE HUMAN BODY IS

alar hobby, but few people iven a thought to the conbe asleep to be able to

all-except day-dreamsd of sleep we enjoy has an he dreams we experience. dream is closely associated ion it is interesting noticed.

changes affected in our

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R STREET.

essure with which his blood pass through his body drops. It remains at this low pressure until sleep actual-

ly begins, when there is a further OUR SELF-WINDING BODIES.

Throughout the night, however, as we continue to sleep, our blood pressure gets stronger, until it rises to a point slightly below the normal. It is then we wake up of our own accord, feeling "bright and fresh"; and at the moment of waking there is a sharp rise in our blood pressure, and our heart is working strongly and well. In a very similar fashion the temperature of uor body falls with the

owering of the blood pressure. In the early morning as our hearts re feeling the benefit of rest through sleep, the temperature of our bodies rises, and regains its normal value at the moment of waking.

The effect of sleep is to make our reathing slower and deeper. When we are awake we take approximately the same time in inhalation as in exhalation; but whilst we are asleep inhalation is much slower, and in comparison exhalation is quicker.

During sleep our muscles are great-WHICH WE KNOW SO ly rested, because we relax them thoroughly. The pores of the skin are cleaned, for the output of perspiration is almost doubled.

The bodily energies, released from other duties, turn their attention to digestion, and that function is expedited to a considerable extent. It is not generally known how sight, smell, hearing, taste, and touch are you must say "California" or you may of sleepiness sets in.

HOW IT AFFECTS US.

Contrary, perhaps, to general belief, a sleeping person is not easily brief spell of rest, until just before dreams. The awakened by a light thrown on the eyes. A less bright light would affect n his first realisation on the eyes if the person were awake and slight reduction of susceptibility, but with some had merely closed, his eyelids. The ef- only for a short duration. dream. An explosion in fect on a sleeping person's sense of eyes. A smell has to be stronger to be

Our ears are rested after only an

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MOTHER!

Open Child's Bowels with "California Fig Syrup"



Even a sick child loves the "fruity" taste of "California Fig Syrup." If defiance of all sound medical principthe little tongue is coated, or if your les, as it aims merely at the eliminachild is listless, cross, feverish, full tion of the symptoms, not at the reof cold, or has colic, a teaspoonful moval of the cause of sleeplessness. will never fail to open the bowels. In a few hours you can see for yourself od he has found that most people adhow thoroughly it works all the con- mit that, at one time or another durstipation poison, sour bile and waste ing the evening, they feel "sleepy,"

point very close to normal after that waking it again rises slightly. In the case of touch, too, there is a

get an imitation fig syrup.

So it will be seen that sleep reduces pends with a door smell is similar to the effect on the the general activity of the body, which becomes less affected by its surroundings until "rest" is received.

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stripes, also regular py-

jama stripes; washes soft

and thick; unequalled in

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The effects of deprivation of sleep hour's sleep, and our hearing (as also are more likely to be fatal than de-"sleepy" the our sense of touch) recovers to a priving the body of food for the same

more than a month are on record, but it seems that seven days and seven nights is the longest period the human body can endure without sleep.

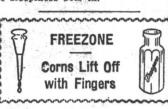
Many instances, where people have tried to refrain from sleep for longer than this period, have ended in either serious illness or even death in quite strong ,healthy people on or before the ;

seventh day. A person deprived of sleep loses weight, and some authorities state that there are microscopic changes in ertain brain cells.

EAT WELL, SLEEP WELL.

The usual treatment nowadays for nsomnia is a sleeping draught. A well-known doctor, however, who has himself been a victim to this distressing complaint, has made a study of it. He derides the practice of the sleeping draught. In his opinion it is in Of the many cases he has investigat-

from the tender, little bowels and but add that "the feeling passes off." give you a well, playful child again. His advice was to urge them to go Millions of mothers keep "Califor- to bed whenever they feel sleepy-no nia Fig Syrup" hand. They know a matter at what hour. He does not adteaspoonful to-day saves a sick child vise them to make their last meal of to-morrow. Ask your druggist for the day a light one. A good solid meal genuine "California Fig Syrup" which is the best preparation for sleep; but has directions for babies and children it should be followed by a short walk of all ages printed on bottle. Mother! afterwards, continued until a feeling



Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. It doesn't hurt a

Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient | 6 to remove every hard corn, soft corn. or corn between the toes, and the i calluses, without a particle of pain.

The Long Arm of the N. N. W. M. P.

Every little while the pages of the newspapers are brightened by the recital of some romance of the Far North that contains all the elements ful to be true. Occasionally, as a grim variant, a tragedy of the frozen wilds intrudes itself upon the public. They read, comment, and forget, a thought to the men who are most vitally concerned in these outcroppings of human nature on the edge of the Arctic-the Royal Northwest Mounted. Yet it is to the Mounted Police that the task is invariably entrusted of inquiry, praise or blame.

punishment or acquittal. Five Eskimos have been murdered as the result of an astounding tangle the world could provide. An Eskimo after that it seems to have developed into a general killing all round, culminating in the strangling of a poor little four-year-old girl who had been orphaned in the proceedings. Now the Mounted Police are out hunting for the entire gang, who have disappear-

It may be weeks, it may be months or it may be years, but the North West Mounted will get those Eskimos in the end. Men may die in the rigors of the hunt, others may succeed those now in command, but the order has gone forth, and the North-West Mount **Boxed Shaped** Hand Bags.

Ladies' Box Shaped Hand Bags, four fittings with full size mirror \$1.25, \$1.95

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those of us whose lives are cast in sleep on your right side, and to the If you sleep on your left side, your plain sailing, he was himself shot, and They are the visible and practical em- comment, and go on our way. The heart does not have enough space in North-West Mounted goes its way, which to beat, and if you lie on your too, but always in silence and alone. back your circulation is ruined. Also It is perhaps the most efficient your tongue falls back in the mouth, devoted, and self-effacing service the prevents proper breathing, and causes

Empire knows to-day.—Family Her-snoring. The best position is on the Piling up the streets with snow, ald and Weekly Star.

right side, with the body kept straight. And the wind goes shricking past

How You Sleep

our mouth droop, for all the time you

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of romance, such as no other part of carries on his mission until it is bodiment of the law, of that imple- are massaging your face in the wrong whose wife had been "annexed" by a annual report from the Commissioner, peace and equal rights to all under If you sleep curled up like the letter trader went to look for a wife whom filled every year at Ottawa, contains the British flag. Their arm is long, but C you will soon begin to stoop, while the trader might marry in order that the material for a hundred novels untiring. It stretches forth to seize if you have a large pillow your head the Eskimo woman might return to more thrilling and more sensational the evildoer, to right the wronged, will bend to one side. A high pillow him. He found such a woman, but as than any evolved by the imagination and to uphold peace. Meanwhile, bends the nose to the left, if you there was the trifing incubus of a of the professional novelist. husband already existing, he shot the These men work in silence, amid less strenuous places read the mere right if you sleep the other way round. latter, in order to make everything the great silences of the frozen North. details of such a tragedy, voice a brief

ed never fails. If one dies, another

achieved and the indictment filled. The ment of justice which guarantees direction.

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According to a doctor, if you sleep with one hand under your cheek your eyes will slant and the corners of

right side, with the body kept straight.

-By Bud Fisher.

Tell you what, it's fun to be When the blizzard starts to blow. Doors and windows bolted fast, And you can't go out, and you Wonder what you're going to do-If your father says: "We might Pop a little corn to-night." Then we gather 'round the fire

With the popper made of wire, And we shake and never stop Till the corn begins to pop, Dancing up and down and back With a fast and furious crack Till it can't hold any more; Then Pa just unlocks the door And he flips it with a swish Into Mother's baking dish.

Sometimes Pa he lets me take Hold of it and help him shake, And I watch the pop corn swell Till it bursts just like a shell. And he says: "Now don't you stop Shaking there to watch it pop! Keep it moving to and fro, Till it's all as white as snow, When it's finished, if you wish You can put it in the dish."

You can bet it's fun to be Just a little boy like me When the wind begins to moan And the doors and windows groan, If your father looks about, Knowing that you can't go out, Yawns a bit, and says to you: "Tell you, Sonny, what we'll do, We can have some fun all right, We'll just pop some corn to-night."



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