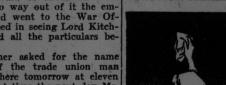
MC 2035 POOR DOCUMENT



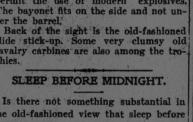


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than a dozen native names, different, designations being given at different called it the Meche Sebe, other tribes termed it Chucagua, Mico, Tulmalasen, Tapala Ri and other names. The Al-gonquin name was finally adopted by the whites for the whole river. The meaning is "father of waters," or "the whole river." Twenty-seven spellings are noted in the writings of early explorers.



Cleaned



SLEEP BEFORE MIDNIGHT. Is there not something substantial in the old-fashioned view that sleep before midnight carries a special and particular merit? There may be, says the "Hos-pital," a simple and obvious explanation of this creed, but we are satisfied that, in any event, the practice it proposes is beneficial. To take a single illustration —it is widely known by medical prac-titioners that anaemic girls may long be treated with want of success until they are compelled to cultivate the habit of early to bed. And though strong and vigorous young men may with apparent impunity continue to hear the chimes at midnight, middle-age announces itself by some dullness of the faculties on the days following such experiences. That different individuals need different amounts of sleep is certain, and it is perhaps true that sleep, like other habits, may be carried to excess; yet once the elasticity of youth is gone most of us are better and more fit when we avoid late hours.

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