

THE OBSERVER

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SLEEP.

By DR. T. ERIC MAPPLEBECK.

One of the most beautiful provisions made by Providence for man is that of sleep. Shakespeare calls it "Nature's sweet restorer," and no phrase could describe it more happily; without it, indeed, we would soon die; and unless we have a sufficiency of it the body will become emaciated, the spirits depressed, and the whole being entirely deranged.

The duration of sleep, as a general principle, may be set at eight hours. Invalids and old and young may require more, but for an adult in pretty robust health the above will be found ample rest, the hours, therefore, should be from ten till six.

There are a number of persons who are in the habit of lying awake for hours after they retire to rest, and falling asleep in the morning, when, under the circumstances, they should be about rising. This is a most wretched feeling, and is of itself sufficient to incapacitate any one from undertaking the business of the succeeding day. And yet, in the majority of these cases, no positive disease manifests itself to account for such a strange disinclination for sleep. It exists mostly with persons of a fretful disposition and excitable temperament; the former incessantly grieving over occurrences which have happened and which cannot be arrested, and the latter planning, scheming and building castles in the air which can never be realized. In both cases no good can possibly result, and yet this ridiculous habit is persisted in as obstinately as though good could arise from it. In a word, bed was designed for rest and sleep, and nothing else, all thinking should be got over before retiring for the night, and the mind dispose itself to rest as the body does.

The best kind of sleep, as a matter of course, is that where a person closes his eyes as soon as his head touches the pillows and never opens them again until it is time to rise. The phenomena of dreams induce more or less the benefit derived from sleep. Some dreams are so horrible as to wake persons in a fright from their sleep, and leaving a feeling of depression and terror for hours afterwards. We believe it to be a rule that the more vividly dreams are remembered the worse the state of the body, and the less distinctly they can be called to mind the better the state of the health. Nightmares are produced either through eating hearty suppers or lying on the back, and in either case may be speedily remedied.

There are many notions and ideas promulgated for obtaining a good night's rest. Some persons drink a class of cold water the last thing; others read a few pages of an interesting book, and others pace up and down the room for a specified number of minutes. Certain it is, that as all our temperaments vary, so there may be some mode of procuring rest adapted to each, and when by some happy chance the expedient is hit upon, it should be persisted in and adopted every night.

Optim, as a promoter of rest, should not be had recourse to expect as the last of all resources, the sleep produced by it is at the best unnatural and feverish, and the reaction creates a state of greater wakefulness than existed before it was taken.

Common sense tells us that our sensation at night depend on the actions of the day; the advice, therefore, that can be given to procure sleep is, to neglect no rule either in diet, exercise or the regularity of other proceedings, and the chances are that we shall enjoy a good night's rest. There are boasters who are bold enough to declare they are quite independent of sleep, that they keep awake any number of hours, and set up any number of nights without feeling fatigued; it is needless for me to say that all this is mere idle talk.

REPRESENTATIVE WANTED—at once for work in our locality. Will guarantee \$2.00 to \$3.00 per day. Opportunity to advance rapidly. Will pay liberally for spare time. Work not difficult. Experience not required. International Bible Press, Toronto, Ont.

Our Neighbours

COLDSTREAM

Perley Shaw is home from Florenceville. He intends starting in for himself at the end of the bridge. He is a good workman, if you want anything in the blacksmith line from welding a darning needle, to shoeing a horse, he can please you.

A party of five single teams, took advantage of the snow and drove up to Carlisle and surprised Mr. and Mrs. Walter Craig. They had a treat and a jolly good time.

C. E. Hayward is still shipping sheep.

Edd Smith and Rudd Craig are threshing out the grain at the rate of 400 bushels a day.

Dean Barnes who has been ill with pneumonia at his sister's, Mrs. A. S. Estabrooks is on his feet again; had a run of ten days, lost twenty lbs. of flesh, Doc. Curtis did the trick.

Mrs. Bridges has moved to the winter, Mrs. Sephenson's for the winter.

W. G. Craig and Owen Clark were at Peel this week, loading cars with lath.

We have a good school at Rockland since the two schools united, 37 names on the register. Allan Barter is teacher.

We have new neighbors, Mr. and Mrs. Wellington Craig.

A large amount of hay is being hauled to Hartland.

Farmers if you have beef cattle to sell don't be afraid to feed them a while, beef will be high price this winter.

ASHLAND.

Miss Della Boone was the guest of Miss Cassie Graham on Sunday.

Miss Reba McCollom and Bruce McLean, spent Sunday at her home.

Inspector Meagher visited the school one day last week.

Our school is progressing nicely under the management of Miss Neviers of Hartland.

The threshers are at W. D. A. Belyea's.

Arthur and Allison Brown were the guests of their uncle, George Brown, last week.

Miss Neviers was the guest of Violet McCollom on Monday.

A large crowd from here attended the service at Coldstream on Sunday morning.

Inspector Meagher, with the rate-payers of this district, met at the school house on Saturday last, and discussed the question of having a graded school at Coldstream.

Mr. and Mrs. W. Guy McCollom and their little daughter, Martha, called on C. E. Hayward on Sunday.

Mrs. Mary McCollom was confined to her bed a few days last week.

Parsons and Brown have almost completed their mill.

Misses Lydia Parson and Angelina Brown were the guests of Miss Josie Brown one day last week.

NEWBURG JUNCTION

Mrs. David Dickinson who has been seriously ill for some months, is slowly recovering.

Ethel Green of Fielding, is visiting friends at this place.

Mrs. G. W. Morehouse of Kilburn, is visiting her daughter, Mrs. James Thompson.

Quite a number of ladies spent the afternoon at the home of Mrs. Chas. Robinson on Thursday of last week at a knitting-bee. An enjoyable time was spent.

The death of Miss Rose Owens occurred at Newburg Wednesday morning, and the remains were taken to Johnville for burial Friday.

Mrs. Glasier Dickinson of High River, Alta, is visiting her mother, Mrs. D. Dickinson.

Miss Luella Brown has gone to Fredericton to attend business college.

Mrs. M. B. McCollom has returned home after spending some weeks at Avondale and Hartland.

BRISTOL

Mrs. Norman Gavel of Nova Scotia, is a guest at Rev. David Brooks'.

The friends of Mrs. Ernest Carey are grieved to hear that she is seriously ill, pneumonia being the cause, and hope for her speedy recovery.

W. K. Davis and Jack Simpson, formerly of Bristol, went west quite recently.

Miss Ethel Lamont spent Sunday at her home in East Glassville.

Rev. J. A. Cabill preached in the United Baptist church Sunday evening.

Mrs. L. L. Everett of Burnt Land Brook, has been visiting at Mrs. O. C. Boyer's.

Miss Jane Brooks of Gordonsville, spent a few days in town last week.

RIVER BANK

Mrs. John McClusky, Woodstock, is visiting a few days at Mrs. W. T. Hunter's and Mrs. R. Long's.

Mr. and Mrs. Charles Dyer of Bristol, spent Sunday afternoon at Mrs. B. E. Tompkins'.

Mrs. C. J. Smalley is coming home for a few days. She will be joyfully welcomed by friends here.

Mrs. J. Long went to East Florenceville one day last week to visit her nieces, the Misses Jameson.

Mrs. Alfred Ebbett has got home from Simonds where she was visiting Mrs. Edmund Ebbett.

Mrs. Edward Waugh spent a few days at home.

Miss Jennie Roberts has gone to Aroostook Junction.

I wonder what lode-stone Hartland has to draw the boys from River Bank down there so much? [The rink; let 'em come—they do no harm—Ed.]

Henry Bell and George Elliott are threshing.

Mr. and Mrs. McDermott have moved in the Nathaniel Tompkins' house.

Mr. and Mrs. Samuel Rideout went to Mount Pleasant Sunday, to visit relatives and friends. Mr. Rideout expects to start lumbering for himself this week. We wish him success.

Joseph B. Tompkins and wife of Stickney, and Dudley Rideout and wife of Oakland, were guests of Mr. and Mrs. R. Rideout, Sunday.

Mrs. H. C. Hunter is visiting at Hartland.

FORESTON

Not seeing any items from this place for quite a while thought I would write a few.

We have had a splendid fall, so far, with a little flurry of snow, which did not last very long.

Rev. O. S. Young preached his farewell sermon here on Sunday. We are all very sorry that Mr. Young is leaving us, but hope he may meet with success in his new field at Plaster Rock.

Rev. S. W. Schurman and J. H. Copeland, gave a lecture and views on Bunyan's Pilgrim's Progress, in the United Baptist church at Biggar Ridge, which was greatly enjoyed by all, and we hope they may come back at a future date.

David DeWitt, is working for William Crawford at Argyle.

Everett Grant who has been spending the summer in Uncle Sam's domain is visiting friends here.

The boy's appetite is often the source of amazement. If you would have such an appetite take Chamberlain's Tablets. They not only create a healthy appetite, but strengthen the stomach and enable it to do its work naturally. For sale by all dealers.

Bargain Indeed

Two cents a week is exactly what it cost to guarantee you the greatest treat you ever enjoyed. That small amount per week, or one dollar a year will secure you the greatest amount of newspaper reading to be had on this continent. We refer to The Family Herald and Weekly Star of Montreal, by long odds the best family and farm paper printed. In addition to the paper a most beautiful premium picture is included. It is entitled "Home Again" and is well worth the dollar alone. No home in Canada, be it ever so rich or ever so poor, can afford to be without this bargain.

W. C. T. U.

Conducted by the Hartland Union

The W.C.T.U. which has been somewhat dormant through the latter part of the summer is again becoming active. Meetings are being held regularly with increasing interest. At the last session, held at Mrs. D. H. Nixon's, one doz. "comfort bags" were made for the Seamen's Mission at St. John. The next meeting will be held at the home of Mrs. John T. G. Carr on Thursday evening, Nov. 30. The program for the evening will be under the direction of the Press Supt., Mrs. A. L. Baird.

This organization is expecting a speaker of prominence to address the people of Hartland on Temperance in the near future.

News We Swiped

With Apologies to the Press Correspondent

Madam Barteaux, who has been milliner for C. Humphrey Taylor for the past two seasons, left on Friday morning for her home in Harborville, N. S.

Misses Annie Davis and Mattie McCollom and Mrs. Moses Taylor were in Woodstock on Thursday.

Miss Minnie Dayton of St. Mary's spent last week with friends in Hartland.

W. R. Gillin left on Wednesday for Prince Edward Island on a business trip.

Rev. D. Jenkins was the guest of Mrs. J. W. Montgomery on Sunday.

Mrs. George Palmer and her daughter, Mrs. George Allen returned to Hartland on Thursday, after spending the past few months in Millville.

Coun. E. C. Morgan and wife left on Saturday for St. John to attend the Layman's Missionary Convention.

Rev. S. W. Schurman left on Monday for St. John, where he will attend the Layman's Missionary Convention.

Mr. and Mrs. J. F. McIlhinney and children left on Monday for Vancouver, B. C., where they intend making their home.

Don't waste your money buying strengthening plasters. Chamberlain's Liniment is cheaper and better. Dampen a piece of flannel with it and bind it over the affected parts and it will relieve the pain and soreness. For sale by all dealers.

Miss Helena Hayward is the guest of her sister, Mrs. Curtis.

Since the snow came a week ago the roads have been excellent, and great quantities of produce are being marketed.

Maplewood Rhode Island Reds!

Get into the 200 class by doing business where the goods are produced. A few Cockerels and Pullets to go. It's up to you.

CHAS. M. SHAW,
Victoria, N. B.

Men's & Boys' Sweater Coats!



A good Sweater Coat is almost an indispensable garment to the Man or Boy who is out of doors these chilly days. We are showing a fine assortment of Sweater Coats at prices from 75c. to \$5. in Men's sizes and from 50c. to \$3. in Boys' sizes with Low Collars or High Button-up-close Collars. In all the popular colors. Buy yourself or your boy a sweater coat and get the protection you or he should have.

JOHN McLAUCHLAN Co., Ltd.

HARTLAND AND WOODSTOCK
Boys' and Men's Outfitters.

Hartland Department Store!

John T. G. Carr, Proprietor

It is our desire to close our business here THIS MONTH. In order to do this we know we shall have to make

Sweeping Reductions

We can save you money if we never did before. Bring along your EATON'S Catalogues (or any others) and compare prices. Buying from us you see what you are getting; buying from them you don't.

Special values in Ladies' Cloth Coats, Men's and Boys' Suits and Overcoats.

FUR GOODS

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Mens' Coon, Wombat, Dog, Saskatchewan and other Coats.

LADIES' Fur and Fur-lined COATS, Astrachan Jackets, Boas, Stoles, Throwovers, Muffs &c.

Boots, Shoes, Rubbers, Mocassins, Shoe packs, Larrigans, etc.

In JEWELRY we have Watches, Clocks, Necklets, Breast Pins, Cuff Studs, Watch Fobs, Charms, Rings, (including solid gold Wedding Rings) Brooches, Badges for Masons, Oddfellows and other orders.

Remember the place UP STAIRS in the same building as formerly.

John T. G. Carr.

Hartland Woodworking Co., Ltd.

HARTLAND, N. B.,

Manufacturers of Doors, Shades, Blinds, Mouldings, Stair Rails, Newells, Ballusters, Brackets.

Doors and Window Frames,

Dressed or Tongued and Grooved

Birch, Ash, Butternut, Spruce, Basswood &c., for Flooring, Sheathing, Wainscoting, &c., Verandah Posts, Mantles, Dadoes of all kinds of interior and exterior house finish.

Let us quote you prices on large or small orders.

We can also furnish sketches and floor plans for any buildings.

Buy Presents For Christmas Now

DON'T wait until the season advances and the store is crowded and clerks are working overtime. While we have not yet placed our big line of Imported and Domestic Goods on Show, we can take you to our storage department and give you an opportunity to select what you want and we will keep it until you want to take it. In imported goods we lead all dealers. Our new quarters will enable us to make the biggest showing we have ever made. Don't forget our new store in Carr's old one—and it makes the finest Drug Store in the province.

ESTEY & CURTIS CO., Ltd.

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