



He Cannot Sleep

It isn't the body that craves rest, but the mind. When you are bodily tired you can usually fall to sleep at the first opportunity.

But when the nerves are irritated by anxiety and worry rest and sleep seem to be impossible.

The mind seems to be most alert, and you are thinking, thinking—first of one thing and then of another—often matters of little or no importance. But you simply cannot sleep.

Sleeplessness is the most common and often the first indication of a breaking down of the nervous system.

The object of sleep is to allow the body to rebuild tissue and the nerves to recover tone. Sleep is the ideal condition for this process.

If you cannot sleep you worry, and worry breaks down nerve cells at a tremendous rate, so that instead of laying up nerve force for the demands of the day you are using up the reserve.

The nerve centres are sometimes likened to storage batteries. If you continue to consume the nervous energy in reserve, without paying back, these centres become sooner or later depleted, and you find yourself a nervous wreck.

After a sleepless night you get up

feeling tired and lacking in mental energy. Your day's work seems more than you can face, and you become down-hearted and discouraged.

The future is not bright, for you must realize that the natural result is exhausted nerves, paralysis, locomotor ataxia or some form of helplessness.

In Dr. Chase's Nerve Food is found the most natural and the most rational treatment for the nerves imaginable, because this food cure contains the vital substances which go to the building up of the blood and the depleted nerve cells.

Dr. Chase's Nerve Food does not induce sleep, but it does restore the nervous system, and after you have been using it for a few days you will begin to find yourself resting and sleeping naturally.

A little patience is necessary if your nervous system is greatly exhausted, but you will be encouraged by the benefits obtained to keep up the treatment until the exhausted nerves are fully restored, and you feel the energy and snap which means success and happiness.

Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto. To protect you against imitations the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are on every box.

REPORTS FROM GERMANY OF MORE HOPEFUL TONE

Copenhagen, Nov. 15.—(By the Associated Press.)—All reports reaching here from Germany are of a more hopeful tone. A great impression has been made by the Socialist Government's pronouncement concerning the constituent assembly. The Vorwarts declares that the pronouncement "makes the constituent assembly a certainty."

The Berlin correspondent of the Hamburg Fremdenblatt is encouraged by the events of the last few days. He reports that a large part of the members of the soldier's councils have removed the red hands from their sleeves. Not all danger for democracy has passed, the correspondent adds, but he says the government can rely on the soldiers who are the "real holders of power."

At a meeting of soldiers the withdrawal of the order for the formation of a civilian red guard was demanded. One socialist speaker who said: "But comrades, you are socialists." was answered with the shout: "We are soldiers."

The same socialist speaker's declaration that it was a duty to spread the revolution to England and France was loudly disapproved. A resolution was passed that the Berlin soldiers would view the arming of laborers with distrust as long as the government failed to declare expressly for the summoning of a constituent assembly as the sole basis for the adoption of a constitution.

A good impression has been created by the government's orders to the soldiers to obey their officers and maintain discipline.

The Prussian Government has announced that Prussia's future will be determined by a constituent assembly and the Württemberg Government has made a similar announcement. All the factories in Berlin have resumed operations.

London, Nov. 15.—A despatch to the Exchange Telegraph Company from Berlin saying that three civilian politicians will enter the German Cabinet, Herr Waldstein and Dr. Bernhard Dernburg, former Secre-

tary of State for the colonies to represent the progressive popular party and Matthias Erzberger, who will represent the Centrists.

The summoning of a constituent assembly is now being prepared for the correspondent says.

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SHOCKING CRIMES BY HUN OFFICERS IN CITY OF LILLE

Paris, Nov. 15.—(British Wireless Service).—As a result of investigations made in Lille and the region of the department of the north very precise charges have been made out against German officers guilty of having ordered or of having themselves committed shocking crimes.

In the presence of evidence, that has been revealed by a commission of inquiry, the Under-Secretary of State at the Ministry of Justice has ordered that criminal proceedings be instituted at once against the German officers in question. They will be tried by court martial in their absence if the Allies are unable to secure their arrest, but whatever sentence may be passed will remain valid.

CARRYING OUT TERMS OF THE TURKISH ARMISTICE

London, Nov. 15.—A war office statement in regard to the Turkish armistice says that the terms include the evacuation of Mosul Vilayet by all the military forces and the surrender of the artillery supplies. The town of Mosul must be cleared by November 15.

The Turks to evacuate the territory of the Caucasus and Persia and withdraw the Turkish forces behind the pre-war frontiers. In Syria and Cilicia, Turkish withdrawal to the westward of the Taurus mountains is to be followed by immediate demilitarization.

Alexandretta was occupied by Anglo-French forces on November 10, the announcement says. In Arabia, delays through difficulty in communicating with Turkish commanders in the hinterland are being overcome.

In the town of Mosul the local civil Turkish administration is to be controlled by British political officers.

100 PERSONS KILLED DURING FIGHTING IN BERLIN

London, Nov. 15.—About 100 persons were killed during the fighting in Berlin which marked the overthrow of the Imperial Government, according to a report from Berlin received by Exchange Telegraph Company. The dead were buried in the Friedrichstrasse Churchyard.

FRENCH HIGH COMMISSIONER TO TURKISH GOVERNMENT

Paris, Nov. 15.—(Havas).—Vice-Admiral J. P. C. Amet, commanding the Second French Squadron at Constantinople, has been appointed French High Commissioner to the Turkish Government.

New York, Nov. 15.—The Government intends to return to this country rapidly a large part of the American expeditionary forces, Edward N. Hurley, chairman of the United States Shipping Board, announced here to-night on the eve of his departure for Europe to arrange the details of their transportation.

To offset the loss of transport tonnage through the withdrawal of British ships hitherto engaged in carrying American soldiers overseas, Mr. Hurley hopes to utilize 25 or 30 German and American liners with accommodations for 4,000 men each. In compensation for the "loan" of these vessels, he said, food would be sent to the people of Central Europe on their return voyages.

Mr. Hurley said the Shipping Board would be able to bring troops back at the rate of three hundred thousand a month, "if the War Department wants them returned as fast as that." He would meet General Pershing at American Field Headquarters, he added, to discuss the details of the home-coming.

Berlin, Nov. 15.—A wireless despatch from Budapest says that Count Esterhazy, Count Stachem, Count Desffy and Baron Vlaszka have returned from Bukharas Castle where they conferred with Emperor Charles. The latter, they declared, has decided to renounce all participation in Austrian and Hungarian affairs.

The Hungarian National Council and the two chambers of parliament, the wireless message adds, will meet to-morrow to proclaim a republic, dissolve the two chambers and elect Count Karolyi, Governor of Hungary. It is also planned to proclaim universal secret and equal suffrage for both men and women. The message adds that all these resolutions will be come effectively immediately and that to-morrow will be made a holiday, enabling the population to celebrate the event.

BRITISH U-BOATS PLAYED BIG PART DURING THE WAR

Two Battleships, Four Cruisers, Seven Destroyers, Twenty Submarines, Fourteen Transports, 197 Sailing Ships Among Enemy Craft Sent to the Bottom.

London, Nov. 15.—(British Wireless Service).—Details can now be given of the part which British submarines played during the war. This service destroyed the following enemy warships:

Two battleships, two armed cruisers, two light cruisers, seven destroyers, five gun-boats, twenty submarines and five armed auxiliary vessels.

Other enemy craft destroyed were: Fourteen transports, six ammunition and supply ships, two store ships, fifty-three steamships and 197 sailing ships.

In no case was a merchant ship sunk at sight. Care was taken to see that the crews of all vessels got safely away.

In addition to carrying out their attacks on enemy war craft the submarines played an important part in convoy work.

In the third year of the war one of the British submarine commanders carried out twenty-four cruises totalling 22,000 miles which probably constitutes a record for any submarine.

In the first and second years of the war seven British submarine commanders carried out a total of 120 cruises, extending for 150 days, all of which were actually spent in the enemy theatre.

SAMUEL GOMPERS SERVES NOTICE ON LABOR EMPLOYERS

Laredo, Texas, Nov. 15.—Samuel Gompers, President of the American Federation of Labor, in the closing hours of the pan-American labor conference here to-day, served formal warning that no general reduction of wages or increase in working hours after the war would be accepted without a bitter fight by Organized Labor.

Mr. Gompers issued a statement inspired by a recent public utterance of William H. Barr, president of the National Founders Association that a reduction of wages and longer hours would be the only means to enable American manufacturers to continue to cope with foreign industries after the war. "Notice is given here and now," Mr. Gompers said, "that the American people will not be forced back by either Barr, his association, or all the Bourbons in the United States."

DEFAULTERS ARE NOT TO ESCAPE PUNISHMENT

What Form of Punishment Will Take for Those Who Refused to Come to the Aid of Their Country Not Yet Determined.

Ottawa, Nov. 17.—"Defaulters are to be punished." The Government declared in an official statement issued tonight that it has no intention of permitting these defaulters who refused to come to the aid of their country in the hour of their country's need to escape all punishment of any kind.

The statement reads: "The impression that the Government has decided finally to abandon all prosecutions of defaulters under the Military Service Act and to let them go free, is without any foundation. No such decision has been reached by the Government."

The whole question of how these defaulters should be dealt with is now engaging the serious attention of the Government in connection with other plans for demobilization. On the one hand the very heavy expense of maintaining a large force of military police over a long period to secure the apprehension of all defaulters must be considered. The military police have met with the greatest difficulty in ascertaining the whereabouts of these defaulters.

Various alternative suggestions have been made as to how these men should be dealt with. Among others is that they should be disfranchised for a definite period. The Government has no intention of permitting these defaulters who refused to come to the aid of their country in the hour of their country's need, to escape all punishment or penalty."

STRIKERS RETURN TO WORK AT HAVANA.

Havana, Nov. 15.—The harbor workers after the settlement of their last week's strike returned to work to-day and the situation rapidly is becoming normal. The convicts who took the places of the strikers and the soldier guards are being withdrawn.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of Dr. J. C. Fletcher, and has been made the standard of all Counterfeits, Imitations and "Just-as-good" are the experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Drops and Soothing Syrup. It is pleasant, it contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of
Chas. H. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

TIDAL WAVE SWEEP WEST COAST OF NEWFOUNDLAND

Curlew, Nfld., Nov. 16.—A south-east hurricane, blowing ninety-five miles an hour and accompanied by a tidal wave, swept the west coast of Newfoundland to-day causing heavy losses. Virtually all the water-side property in this vicinity, including that occupied by the Gorton Fisheries Company of Gloucester, Mass., was swept away. Huge seas swept over channel head causing a blinding light one hundred feet above the sea level. At Grand Bay the railway tracks were torn away. The damage is estimated at a quarter of a million dollars.

STATEMENT BY HOOVER ON FEEDING OF GERMANY

Problem Not One of Going to Their Relief, but of Relaxing the Blockade, Says U. S. Food Administrator.

New York, Nov. 16.—The problem of feeding Germany is not one of going to their relief but of relaxing the blockade, so that they may secure for themselves the bare necessities that will give stable government, said Herbert H. Hoover, Food Administrator, before sailing for Europe to-day to discuss food measures for the relief of starving populations.

In a formal statement on the food problems to be met in Europe, Mr. Hoover laid emphasis on the necessity of lifting the blockade so that the German people can help themselves.

The statement in part follows: "Our first and deepest concern now must be for the little allies who were under the German yoke. They are the Belgians, Serbians, Rumanians, Greeks, Czechs, Jugoslavs and others. There are some seventy-five million people in these groups and they must be systematically helped and at once. We have already doubled the stream of food flowing toward Belgium."

"Our next concern must be to relax blockade measures as far as possible in order that the neutral states in Europe who are now all on short rations, should be able to take care of their people and prevent the growth of anarchy. This is another group of about 40,000,000. Another problem lies in the 50,000,000 people in North Russia, a large part of whom are inaccessible owing to the break-down of transportation and through sheer anarchy. Millions of these are beyond help this winter. These groups are the ones that must enlist the sympathy of the American people and for whom we are prepared to make any necessary sacrifice."

There is a great problem in the situation of the enemy people—about 90,000,000. This problem is not one of going to their relief. It is a problem of relaxing the watertight blockade, which continues through the application, sufficiently so that they may secure for themselves the bare necessities that will give stable government. Unless anarchy can be put down and stability of Government can be obtained in these enemy states, there will be nobody to make peace with and nobody to pay the bill to France and Belgium for the fearful destruction that has been done. I would certainly approach this problem with mixed feelings, having been long a witness to the robbery of food from

MONUMENT AT OTTAWA FOR EDITH CAVELL AND NURSES

Who were Killed by the German in Raids on Canadian Hospitals.

Ottawa, Nov. 15.—A memorial monument to Edith Cavell and the Canadian nurses who were killed by the Germans in raids on Canadian hospitals, will be erected in Ottawa, in Major Hill Park. The monument will be erected by public subscription and grants from the Canadian government. The monument is being sculptured by Hamilton McCarthy, R.C., the well known Canadian sculptor.

Newcastle, Nov. 15.—S. H. Crawford, of Mount Clara, N.J., got a moose and a deer with Arthur Prince and Burt Bear last week.

F. M. Burditt and E. D. Leonard, of Newton Centre, Mass., have gone to the Northwest in quest of game.

women and children and the destruction of millions of tons of food at sea and in the misery under which the millions amongst the big and little Allies have suffered under the German yoke. Justice requires that government be established and that some amends for wrongs done and cannot be accomplished through spread of anarchy. Famine is the mother of anarchy."

Mr. Hoover said that he expected to be in London only a day or two. He will then go to Paris to attend the Allied conferences at Versailles. His work may take him into Belgium, but he does not expect to meet any of the German food administrators. He respects to return to America by Christmas to confer with the President before beginning his actual administration abroad in co-operation with the Allies.

YOU DONT NEED TO GO

on suffering with that obstinate skin if you will only use Zam-Buk. This great herbal skin cure. This salve owing to its unique composition, is the very thing for sores and skin troubles that have resisted ordinary treatments.

Mrs. Herbert Cox, of Port McNicoll, Ontario, writes: "For nine years I suffered with an abscess on my knee which was both painful and disgusting. I had the abscess lanced repeatedly, but it still remained. I also tried ordinary ointments, but without any permanent benefit. Finally the doctor told me I had a tumor on the bone, and would have to undergo an operation, which I did; but instead of improving, the wound only became worse. I was in despair when a friend got me to try Zam-Buk. I soon noticed marked improvement. Zam-Buk seemed to get to the very root of the trouble, and in the end the abscess was entirely cured—not even leaving a scar. This was a great ego, and there has been no return of the trouble."

Zam-Buk is not a mere skin salve, but a rich herbal balm. "Useful for external skin sores, ringworm, boils, bad legs, blood-poisoning, eczema, burns, sprains, cuts, and all skin troubles." Price, \$1.25, all druggists or Zam-Buk Co., Toronto. Send 10 stamps for sample on free trial box.

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Out in the Woods

In the biting cold, you must have good, heavy underwear, to keep you warm.

ATLANTIC UNDERWEAR

is made of strong, sturdy, Maritime Wool—without an equal for strength, warmth and wear. The stout weave and good weight keep the body comfortably warm under the worst conditions of climate and weather.

It's the Underwear for all men who work out doors, so well made too that it allows free play of the muscles.

This trademark on every garment, guarantees long wear. Look for it.

ATLANTIC UNDERWEAR LIMITED, MONCTON, N.B.

HUNGARY TO BE PROCLAIMED A REPUBLIC TODAY

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SCOTT'S EMULSION

has been helping to turn weakness into strength. For those who are delicate, with tender lungs, weak throats and a proneness to debility and anemia, the definite nourishing and tonic qualities of Scott's are of special value.

Scott & Bowne, Toronto, Ont.