

He Cannot Sleep

T 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 he impossible.

The mind seems to be most alert, and you are thinking, 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 tre-mendous 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 liken-ed 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 treat-ment for the nerves imaginable, because this food cure contains the vital sub-stances which go to the building up of the 1 blood and the depleted nerve cells.

Dr. Chase's Nerve Food does not in-duce sleep, but it does reatore the nervous system, and after you have been using it for a few days you will begin to find your-self resting and sleeping naturally.

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

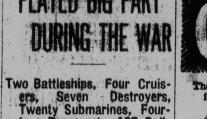
Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmanson, Bates & Co., Limited, Toronto. To protect you against imitations the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are on every box.

BRITISH U-BOATS PLAYED BIG PART

Alexandretia was overpied by Angro-French forces on November 10, the au-nouncement says. In Arabia, delays through difficulty in communders in the binterland are heing overcome. In the town of Mosul the local civil Turkish administratio n with be con-trolled by British political efficers. SERVES NOTICE ON

100 PERSONS

THE UNION ADVOCATE

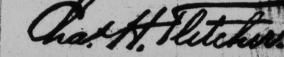


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London, Nov. 16—(British Wireless Service)—Detallas can now he given of the part which British subma-rines played during the war. This service destroyed the following en-emy warships. Two battleships, two armed cruis-ers, two light cruisers, seven destroy-ers, five gun-boats, twenty subma-rines and five armed auxiliary ves-sels.

GENUINE CASTORIA ALWAYS

LABOR EMPLOYERS



Children Cry

In Use For Over 30 Years The Kind You Have Always Bought

Bears the Signature of

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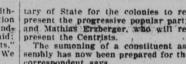
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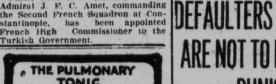
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FRENCH HIGH COMMISSIONER TO TURKISH GOVERNMENT. Paris, Nov. 18— (Havas)— Vice-Admiral J. F. C. Amet, commanding the Second French Squadron at Con-stantinopic, has been appointed French High Commissioner to the Turkish Government.



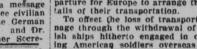
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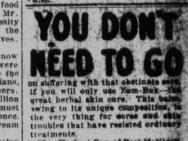
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is made of strong, sturdy, Maritime Wool-without an equal for strength, warmth and wear. The stout weave and good weight keep the body emfortably warm under the worst conditions of climate and weather. It's the Underwear for all men who work out-doors, so walkmade too that it allows free play of the muscles. Play of the muscles. This Trademark on source genment, genoratess long user. Look fur H. ATLANTIC UNDERWEAR LIMITED MONCTON, N.S. 14 ATLANTIC UNDERWEAR

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