

GREAT POWERS OF SLEEP

MEN GO UNDER ITS SPELL REGARDLESS OF RESULTS.

Instances When They Fall Asleep While Holding Very Responsible Positions.

There are numberless cases of sentries who have slept at their posts under the influence of cold and fatigue, of men who have fallen asleep though they knew that sleep would be the immediate and inevitable forerunner of death. But in these cases the men have usually lain down to sleep, or at least have settled to a posture of repose.

Other cases show that men may fall asleep and yet retain possession of a number of their powers. Foot-soldiers and cavalry have alike slumbered on the march. Men have slept when riding on camels, or have been able to preserve their balance while sleeping as they bicycled along the road, but the most remarkable are cases quoted of individuals.

Of the famous father of medicine, Galen, the rather mild feat is reported that he walked over 200 yds. asleep along a rough road, and only woke up because he knocked his foot against a stone; while the Abbe Richard walked over half a league along an

UNEVEN, CROWDED ROAD.

There are cases of the lawyer who wrote out a brilliant judgment in his sleep and forgot where he had placed it, till it was shown him by his wife, who had watched the whole proceeding; of the student who went to bed tired out, but got up in the middle of the night, joined his friends at supper, played the piano, sang a song, and on waking up next day knew nothing of what he had done.

There is the well-known instance of the cure who used to write sermons in his sleep and read them over critically, correcting his mistakes. He appeared to use his eyes but he was quite unconscious of a card being held between his eyes and the manuscript which he was writing.

Gassendi quotes the example of a patient who would get out of bed, put on stilts, cross a stream in the darkness, and eventually return to bed in perfect ignorance that he had ever left his room.

Another doctor has described how a certain count whom he attended would rise from his bed, leave his

house, unlock the stable door, saddle and bridle his horse, go for a gallop, and again undress and return to bed; while the case is quoted of a young chemist who would, in his sleep, translate from Italian into French, looking out the words that he did not know in a dictionary. These cases might be multiplied indefinitely without a reference to the

MARVELS OF HYPNOTISM.

The difficulty is increased by the fact that no one knows the cause of sleep. It has been attributed to the storing up of the acids in the brain and to half-a-dozen other cau-

An Interrupted Dinner

AFTER pausing at Cape Town to take on a last consignment, the animal ship left the shores of Africa behind and turned its prow toward America. Housed securely on the deck and in the hold were its queer freight—lions, leopards, dromedaries, giraffes, ostriches, emus, chimpanzees, monkeys, birds, serpents, an elephant and a rhinoceros—destined for zoos and menageries in the United States. Many of the cages were fastened to the deck and had a shelter built over them.

"I'll walk the plank before I ever again ship on such a floating zoo!" petulantly exclaimed Bill Barker, as he



complained about not having been able to sleep a single wink after he had turned in from his watch the night before. In truth, with the roaring and the howling and the jabbering and the shrieking, there were few among the sailors who could find rest in their bunks.

any cause for alarm as to his safety. Surely none of the animals could break loose from their strong cages. It was in a cheerful spirit, therefore, that the men resolved to celebrate Day in royal style. The cook promised to do his best, and all sorts of preparations were made for a meal which the sailors would long remember.

The day arrived. It lacked but an hour to dinner—the chief event of the celebration, when suddenly there came from the galley below cries of rage mingled with excited chattering. Rushing down the ladder to investigate, the sailors were met by a troop of monkeys, who dodged by them in a hurried scamper for the deck.

hungry if they depended on the efforts of their chopsticks, and he fetched some knives and forks. Then they drank one another's health. The very small basins were filled with tea, instead of spirits. Following Wong's instructions, all but the host rose, and dipping their cups into a large basin containing hot tea, held them toward the host, grasping his hand in turn. The host, filling a similar cup, would exclaim at a moment for that extended toward him. In this way he drank much more than any other of the party. After fruit was served the four chatted for a time, while the guests related some of the Thanksgiving customs of their own country.

Clara's Party in China

IT REALLY wasn't Clara's party in the sense that she herself gave it. As a matter of fact, she and her brother Harry had come to the sad conclusion that this year they would have no Thanksgiving dinner such as they used to eat in their own country, before they came to Hong Kong.

Wong Kee was the host at Clara's party—he and his brother, Kow. Wong had heard Clara telling how disappointed she was at not being able to dine with friends on this day, so the prospect looked very blue, indeed.

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so the invitation was gladly accepted. At noon on Thanksgiving Day Clara and Harry betook themselves to the residence of their hosts. They were greeted with much ceremony by Wong, while

ses, while every mother who has watched her sleeping child knows that the presence of sleep is accompanied by a shrinkage of the skin that bridges over the gap in the skull-bones of the newborn babe. This shrinkage of the skin is merely the outward expression of the fact that in sleep the brain is at once deprived of the rich, red blood that brings it the life-giving oxygen.

THE JAPANESE WRESTLERS have applied this knowledge to animals, and was seen to be true of man some fifty years ago, when a soldier lost a patch of 18 square inches from his skull, through a sabre cut 6 inches long and 3 inches wide. As the man slept his brain grew pale and shrank within the skull, but as soon as he awoke it flushed with blood and bulged out through the open wound. With

their consummate ingenuity bring about anaemia of the brain by pressing on the arteries in the neck to induce unconsciousness in rival wrestlers.

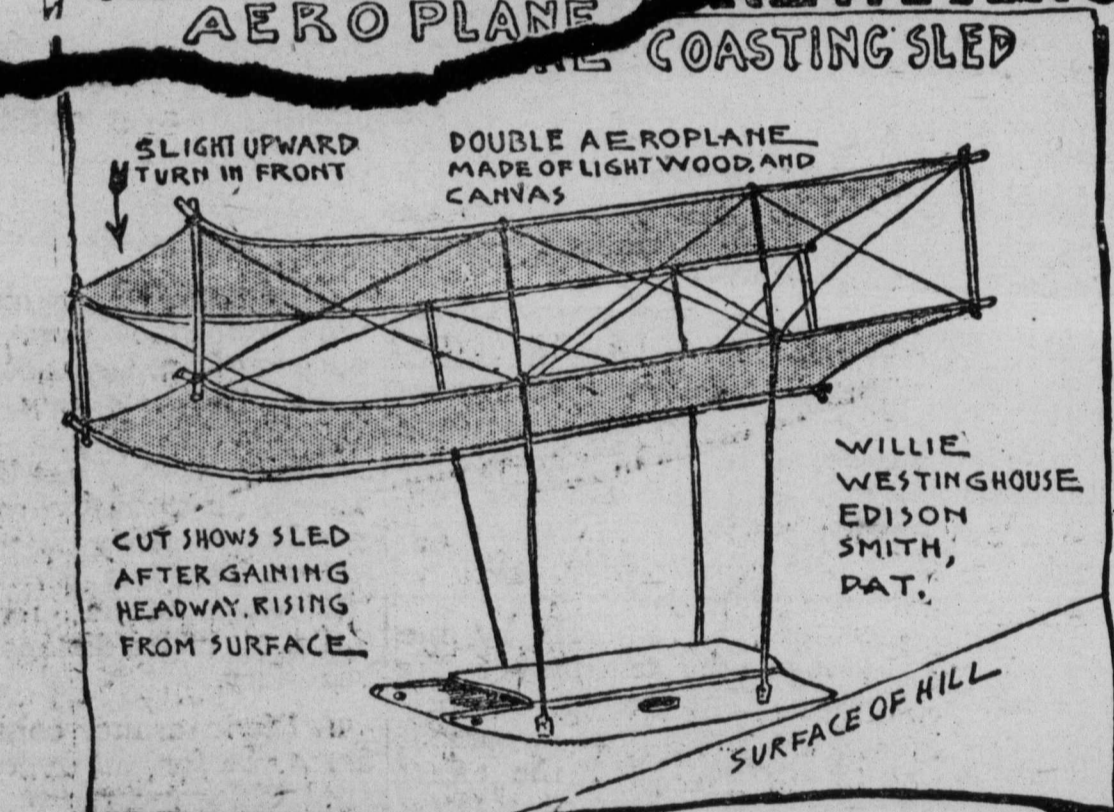
The cause of sleep may be obscure, but it is known that it follows as a result of certain antecedents. Want of sleep to "ravel up the knotted sleeve of care" is the most important of these. Cold and exposure to the wind comes next

in the category. Straining of the attention, as in attempting to work an elaborate sum to cure insomnia, is a further factor, and monotony induced by the dull mechanical tedium of machinery and the constant rhythmic reputation of a sound acts further as a soporific.

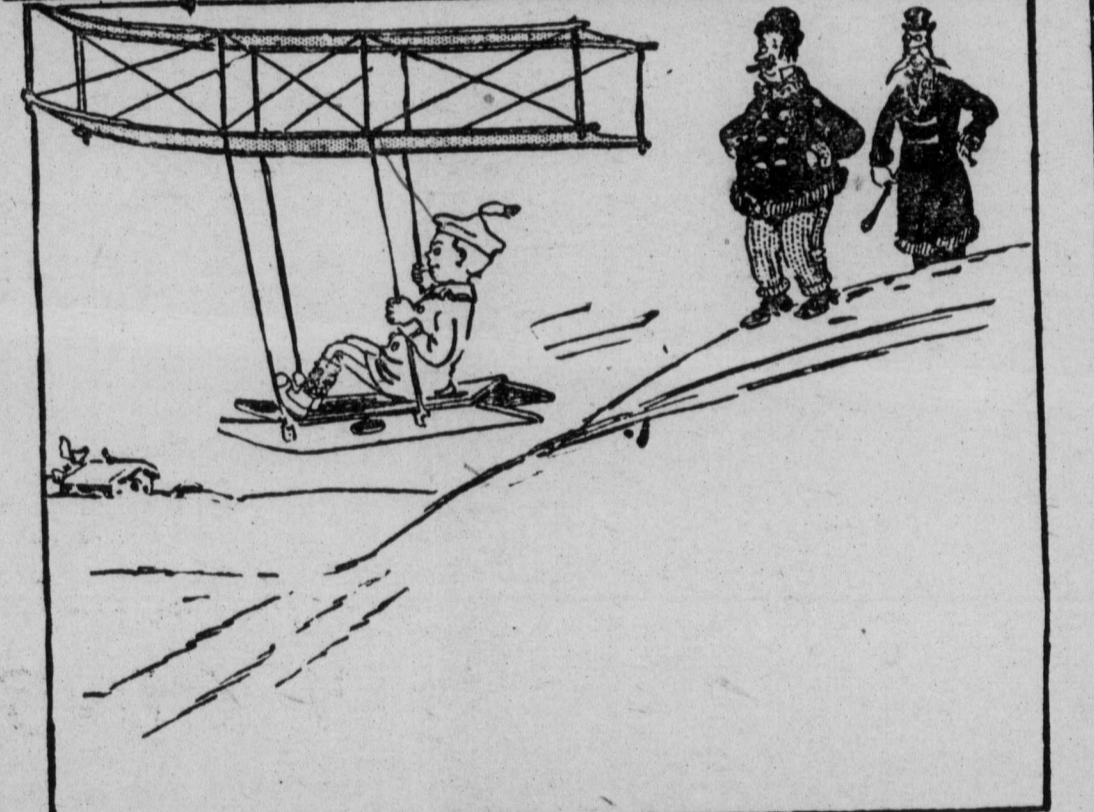
All these causes may have been brought to bear on the unhappy man, who, if he fell asleep, was almost certainly unconscious of his

Every German Prince is required to learn a trade. The German Emperor was taught cabinet-making.

WILLIE'S NEWFANGLED SLED LANDS PAPA IN A SNOWDRIFT



Dear Tommy—This is a diagram of a new coasting scheme. It works just like a flying machine.



When I tried it, it sailed about a hundred yards without touching the surface.



Then Papa tried it. He started off fine—



But when it left the surface he got rattled.



Just then a gust of wind struck and he slipped off the sled.



He landed on his head in a big snowdrift, and got real mad about it.

HUSBAND

Both Restored Williams

"Both myself truthfully say that Pink Pills have done for us, and we commend them. Thus writes Mr. bald, Truro N. says: 'In my subject to dizzy a year, and three completely cured. About a year ago complain. She is pretty run down and weak; she stairs without to get breath, grew so weak she floor without general tonics benefit. Then I p Dr. Williams' ber a half dozen had used a couplette began to color to return continued using had taken the day she is p stronger and lo has done for so she was taking twelve pounds i Dr. Williams' bles like these rooted in the b the cause of a like anaemia, r tion, neuralgia, general weakn ments that only with their att backaches and Williams' Pink when given a they enrich th reach the root ly all medicine a \$1.50 cents a b \$2.50 from the dicine Co., Bro

FROM ERIN

NEWS BY M LAND

Happenings in Inter

Eighty per emigrants com The Countess arrived in Bell Scotland. A cattle dri Brodford, Co. cattle being di Hill estate. The body of rural postman was found in Tyholland. As a feature made, a gene conducted by th in Belfast. A large numbe of different va Third's time. Clondorhid Ho The Early Cl to force in En shops to which closed at 2 o'c A vein of iron to have been lands of a farr Upper Drumr vady. The death of Mr. William over a quarter stationmaster Co. Clare. A payment of warded to the fast as the fi grant towards the city. The Bangor passed a vote Clannorris, w to them of the grounds. A considera reported in th partment of th gan, one of the Irish linen tra The Glasgow ferd, while on South Wales, night ago, was at Cloughy. The report of of lunatics for of lunatic of the ye 718, compared end of 1908. Up to the p have applied in the Castle

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WILLIE

Black Water
Chewing Tobacco