



Synopsis of Canadian North-West Land Regulations.

THE sole head of a family, or any male over 18 years old, may homestead a quarter section of available Dominion land in Manitoba, Saskatchewan or Alberta. Applicant must appear in person at the Dominion Lands Agency or sub-Agency for the district. Entry by proxy may be made at any Dominion Lands Agency (not sub-Agency), on certain conditions. Duties—Six months residence upon and cultivation of the land in each of three years. A homesteader may live within one mile of his homestead on a farm of at least 80 acres, on certain conditions. A habitable house is required except where residence is performed in the vicinity. In certain districts a homesteader in good standing may pre-empt a quarter section alongside his homestead. Price \$2.00 per acre. Duties—Six months residence in each of three years after earning homestead patent; also 50 acres extra cultivation. Pre-emption patent may be obtained as soon as homestead patent, on certain conditions. A settler who has exhausted his homestead right may take expurchased homestead in certain districts. Price \$3.00 per acre. Duties—Must reside six months out of three years—cultivate 50 acres an acre a house worth \$300. The acreage cultivated is subject to reduction in case of rough, hilly or rocky land. Cultivation may be substituted for cultivation under certain conditions.

W. W. COREY, C. M. G., Deputy of the Minister of the Interior

Fertilizer

It is hard to make most of the farmers realize that there is a great possibility of them not being able to get what commercial fertilizer they will require this spring. But never the less it is an absolute fact and the wise farmer will take home his fertilizer soon. As if you wait till spring you may not be able to get any. As even now it is very hard to get what you want as transportation is so bad we have only a few more cars of Basic Slag to sell.

C. O. COOK & SONS, Waterville

Farmer's LOOK HERE!

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F. G. NEWCOMBE & SON, Sheffield Mills



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The figures in the following table, show what percentage the actual cost of insurance has been of the expected cost during the last few years in the two classes of insurers in this Company in Canada.

Table with 5 columns: Year (1911, 1910, 1909, 1908, 1907), Abstinents Sec. (44.87, 32.30, 34.65, 38.22, 39.00), General Sec. (79.59, 51.28, 15.11, 82.11, 72.75)

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ALL GOES WELL ALONG THE CANADIAN FRONT AFTER MUCH MAGNIFICENT WORK.

Minister of Militia Sees Conditions for Himself—Hail Compliments Canadian—Minister Talks With Officers and Men and Finds All Hands in Fine Spirits.

Canadian Headquarters in France, Jan. 20.—(By W. A. Willison, special correspondent to The Canadian Press)—Sir Edward Kemp, the overseas Minister of Militia, on a trip to the front, visited two Canadian general hospitals. He was later the guest of Field Marshal Sir Douglas Haig, who spoke highly of the Canadian military achievements. On the arrival at the corps, where Sir Edward was the guest of General Currie, he met the divisional brigade commander and made a hasty trip to the front.

Next to the splendid temper of the men, Sir Edward Kemp was most impressed with the Canadian achievement of winning Vimy Ridge. Only those who have seen the Ridge and have studied the German positions, can appreciate the magnitude of Canada's work in these desperate battles in April last. Sir Edward visited the ridge and eagerly followed the explanation of the situation preceding the attack.

"The work of our men was magnificent," he declared, "as magnificent as their work at Passchendaele, of which I have heard much during this short visit. I find the same high spirit animating the Canadian troops in all the services."

Sir Edward, during his brief stay of less than twenty-four hours, has talked not only to Generals and other officers of high rank, but to non-commissioned officers, and men, many

of them known to him personally before the war.

"I find the men cheerful and in fine spirits," he told me. And this, in spite of a week's thaw which has turned the frozen ground into mud in the low-lying areas to the marsh.

The greater part of our line is high, however, and the trenches in good condition, whereas the Bosche, having lost the advantage of the position which he held so long, in this area, has been driven to the lower levels and is enduring conditions worse than ours. Our patrols have heard the enemy walking through water balling out their trenches.

The front has been generally quiet since the raids of a week. There have been numerous brushes between our own and the enemy in which we had the best of the argument. Last night there was a brisk exchange between one of our battle patrols and an enemy party of almost equal strength. The Bosche attacked. He was forced to take cover, and sent two runners back for help, both of whom were killed. Then he sent up the S. O. S. In reply our trenches were subjected by the enemy to an artillery barrage. The miniature battle ended with no casualties to us, while the enemy had at least eight killed or wounded.

An unprecedented catch of 22,000 cod in three days in January is reported from North Bay, Inglish, by S. S. Burke, one of the best fish dealers in Cape Breton. He states that the fish run at North Bay for this time of the year is marvelous, and that his fishermen have reported unusual catches. The quality of the fish was excellent.

Austrians are feeding or horse soap. It gives them some horse sense it may bring peace nearer.

HOW TO SECURE SLEEP

It is with many persons a very important question as to how to get to sleep. The following articles by Prof. Warman is taken from the magazine, Health and Culture.

I will give you, first, a method of going to sleep in two minutes at any time, anywhere, without lying down. This is especially recommended for the nervous overworked person. If you eat a hearty noon meal let this period of rest immediately follow. If you eat breakfast and omit luncheon you cannot better employ the luncheon hour than by taking a brisk walk or some other form of exercise, and then reserving 15 or 20 minutes for this period of perfect rest and mental and physical relaxation. The Spaniard takes his siesta (afternoon nap) quite regularly, but owing to the climatic conditions and methods of doing business in the tropical countries, he prolongs that nap from two to four hours. In our northern climate (or even semi-tropical) 15 minutes a day will suffice to produce almost marvelous results.

Whenever mind, body or nerves are in need of rest this simple remedy will prove very efficacious. The time given to it, though very short, may seem too previous to the average business man, but it will be more than compensated for by the better mental and bodily condition that follows: If a teacher cannot take this relaxation at noon, then she (I say she, because she, as a teacher, is in the majority) should take it at the close of her day's work before eating her 6 o'clock dinner (never eat when tired). By giving but 15 minutes at this time and for this purpose she will renew her strength, will be in better condition, mentally and physically, for her dinner, not only for its enjoyment, but to get the needed nourishment therefrom.

Do not lie down to take this rest. Sit in a reclining chair or on a rocker. Tip the chair to a comfortable angle for the body (not enough to have the weight of the body on the back), then rest the head in a comfortable position also. Place the feet on a chair as high as the one on which you are sitting, or a trifle higher. Cross the limbs at the angles joints this closes one end of the circuit, then put the hands together by interlacing the fingers (this closes the other end of the circuit). Close the eyes. Let go. Relieve yourself of all nervous and muscular tension. Relax body and mind. Think of nothing. If you find the mind wandering in strange and forbidden paths bring it back and quietly concentrate it on deep slow, rhythmic breathing and the desire for restful sleep.

If you desire to awaken in fifteen minutes—or at whatever time—charge your mind, your subjective mind (which never sleeps), to arouse you to consciousness at the desired time. It will do it to the minute.

To sleep at night: When you retire you must also relax—let go, mentally and physically. But do not try to hold the bed up, but let it hold you up. If there is undigested food in the stomach, lie on your right side when you go to sleep. A lawyer can lie on either side.

This is self-inflicted curse through the violation of Nature's laws. The cause may be over-anxiety, thinking and planning for the morrow, worrying over yesterday and today. My advice is, command yourself. If you fail to do this and resort to an opiate there is something wrong above the eyes (in the vicinity of the will.) No opiate can remove the cause, even though it may produce sleep. A good, sound whack on the head with a club will do the same. An opiate never brings the restful, refreshing sleep of nature.

Rising on the toes forty or fifty times will draw the excessive blood from the brain. Then jump into bed, shut your mouth, shut your think-box, lock it up and put the key under the pillow.

If you are averse to exercising then sip—not drink—a bowl of very hot milk—but eat not a morsel with it. This is a better sleep-producer than any opiate known to materia medica. It will cause an increased activity of the blood vessels of the stomach—a harmless temporary congestion which relieves the blood vessels of the brain. For very obstinate cases I submit here with a positive but strenuous remedy:

To be taken in bed, just after retiring. Lie flat upon the back. Remove the pillow if the bed is level. Practice each exercise slowly:

- 1. Raise the head and lower it fifty times.
2. Same for left shoulder muscles, (right) with the left hand. Swell and

relax it fifty times.

- 3. Same for left shoulder muscles, fifty times.
4. Grasp the large muscle (triceps) on back of upper right arm (right). Swell and relax it fifty times.
5. Same for the left arm, fifty times.
6. Grasp the large muscle (biceps) on front of upper arm (right). Swell and relax it fifty times.
7. Same for left arm fifty times.
8. Grasp the forearm muscles (right with left hand). Open and close hand forcibly fifty times.
9. Same with left arm, fifty times.
10. Grasp the large flat muscle (right side of the chest). Swell and relax it fifty times.
11. Same for left side, fifty times.
12. Grasp the large under-thigh muscle (right). Swell and relax fifty times.
13. Same for left side, fifty times.
14. Grasp the large upper-thigh muscle (right). Swell and relax fifty times.
15. Same for left thigh, fifty times.
Note—The last two (12-13, 14-15) may be taken without the grasping, just contracting and relaxing at will.
16. Exercise calf muscles (right) by extending ball of foot, then heel (ankle movement, fifty times.
17. Same with left calf, fifty times. Do not raise the leg.
While practicing the foregoing you cannot worry over any business or other cares and, in addition to fine muscular development as a result, you will be drawing the blood from the over brain. For this reason I advise the stronger muscular movements to begin at the head, working downward.

"The drastic order for the restriction of the consumption of coal in the United States has raised a hornet's nest around the head of the Fuel Administrator. But evidently Dr. Garfield believed that the situation demanded heroic treatment, and he had the courage to apply and the determination to carry out the order. We want some of the same kind of backbone in dealing with war problems in Canada.—Morning Chronicle.

"President Wilson has given his approval of the Daylight Saving bill," says a Washington report.

HORSES FOR SALE

One pair of Clyde horses 4 years old next May weight about 1250 lbs each. These horses are guaranteed to be absolutely sound and all right in every particular. They are well broken to work or drive either double or single, and be used by any person capable of driving any young horse. They are well proportioned and evenly matched and altogether a good team. sw 3 ins Apply to ALLEN BROWN, WATERVILLE.

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