POOR DOCUMENT

MC2035

...IER WHOLE WORLDLY POSSESSIONS A COW

Old French refugee safe behind the lines after losing her lifelong home to the Huns. Everything was destroyed except the cow and all her family were murdered or carried away captive.

Philosophy of Sleep

Suggestion For Those Who Often Have Wakeful Nights

However busy and restless the days may be, however driven and tormented the hours of labor, the night for most of us is a time of quiet, a time dedicated to restoration of body and mind. It is a duty we do not always use the night for this great purpose. How many tired and distracted people carry to their beds the "cares that infest the day!" How many nights that should be calm and serene are torn and distressed!

Sometimes in the stress of life we may not hope for sleep. Some great anxiety, some great loss, pain or sorrow, preclude sleep and we must lie awake with our unhappy meditations.

All medical men are besieged by patients who beg for something to make them sleep; and all medical men who are wise are very cautious, very loath to dispense the care-dispelling drugs which excuse our faulty living and give us sleep. For they know that except where there is some great and special need it is wrong, or positively harmful, to induce sleep by artificial means. I think I may say truthfully that with rare exceptions sleep will come to "bless the tired eyes" if we live our days consistently and wisely; if we do not abuse the privilege of life.

I find that many of those whom I am tempted to drug to sleep are out of tune with life; are so restless and turbulent, or so depressed and unhappy, that sleep is impossible. I am not thinking now of physical pain—that is another matter—but of the mental and spiritual suffering which comes from maladjustment, from rebellion or the deep unhappiness which is too often our human lot.

The sleepless patient must, first of all, be studied physically. We must find, and correct if we can, any cause of physical restlessness or pain. We must correct bad physical habits so that the night may be approached with the best possible bodily conditions; then we must attempt the more subtle readjustment of mind and spirit.

It is easy enough to say to the overworked and sleepless business man, "You must leave your cares behind you when you go home." But how can he when they are so insistent; when fortune or wreck wait upon his judgment; when the worry and uncertainty of business calls insistently for twenty-four hours of thought and judgment? You may even make him see that his judgment will be better if he gives up to relaxation and diversion for a little while. He can rarely follow your advice unless he acquires a superiority which is greater than business.

There must be background and justification in life if there is to be tranquility and peace. The tired men of affairs or the weary and distracted society women must get behind the details of life, must see life whole and not in restless parts, if they are to find restoration in sleep. We are so much absorbed with the material that we get quite out of touch with the great serenity which surrounds us and of which we were meant to be a part. We put the affairs of life and they overcome us.

...w many of us are aware of the ...; how many of us look out of our windows at the moonlight and the trees with a sense of their beauty, an appreciation which is worship? How many of us feel behind the loveliness that thrills us, the staying, supporting spirit of God: of a God so great and so wise that we may safely leave in His hands all the issues of life? Ah, if we only could feel that faith there would be fewer sleepless nights.

We sleep and dream, and the night is hideous with phantoms and terrors. It is almost better to lie awake. There are theories about dreams; ingenious explanations. They express the hidden desires and wishes: well, perhaps. I do not believe much in that, but I know that if we treat our bodies well, if we do not strain and tax our minds with needless worries, if our lives are clean and good, if they are surrounded and inspired by something deeper than life, we may dream but the dreams will not hurt us.

It seems that the mind is what we call suggestible. We all know that the thoughts we take to bed with us are very apt to recur in the morning or in wakeful hours. Most of us have had the experience of waking as though roused by an alarm clock at some hour we had chosen for the beginning of a journey. If it is so that the sleeping mind is sensitive to suggestion, that it is enriched or wearied by unconscious thinking, what a field for education and development is here. The poet or the musician wakens in the night to find he has elaborated some new and beautiful idea. We may not all do this, but we are badly off if we cannot go to sleep with large and inspiring thoughts, some tender or loving feeling which shall live on through the hours of sleep, making us finer, better men and women, more and more sensitive to the beauty and significance of life. I know of nothing more charming in literature than the dream trysts of Peter Ibbetson. True or not, they are symbolic of what may happen in sleep to enrich and develop our lives, and which may save them from the dreariness and unhappiness that must so often persist for years.

"Oh, now you are dreaming true. It's quite easy—my father taught me. You have only to go to sleep with your feet crossed and your hands behind your head. You must never leave off thinking where you want to be in your dreams, and when you fall asleep you will get there."

But those who lie awake must not wish too much for sleep. Sleep will always elude us if we seek too ardently. The wearying devices which are recommended will usually fail to produce sleep, and the man who reads until dawn or who looks anxiously at his watch every hour is sure to suffer more than one who takes the night as it comes. If there is no actual pain, it should be possible to lie awake successfully, which is almost as good as sleep.

I do not believe that the mind need always be active. It is quite possible to lie for hours almost unthinking and so virtually sleep. If life has become bearable; if the tired mind at last understands why it is living—that some great purpose underlies the complexities and distractions of the day; a purpose which reaches back, far back beyond our sight and understanding, into the heart and life of God; if we can feel that our living is not in vain, that our successes, our failures, our happiness, and our sorrow, are all known and understood in some way far beyond our ken, there will be no fear of the night, but only a great understanding which makes it almost a matter of indifference whether we wake or sleep.—Herbert J. Hall, M. D., in The Bellman.

In the Military Hospital, Fredericton, on Friday, Sergeant F. T. Manderson of Loggieville, son of Mr. and Mrs. Alexander Manderson of that place, passed away. He served almost four years overseas, leaving this country with the 6th Mounted Rifles. He was put at the head of his sniping section and finally became an instructor in sniping. He was about thirty years of age and is survived by his parents, four sisters and three brothers. Sergeant Manderson was home on a furlough at the time of his death.

On Friday Mrs. Martha J. Elliott, widow of Robert Elliott, died at the home of her daughter, Mrs. Ernest Chase, North Devon. She leaves five sons, John, Roy and Robert Elliott, of Kingsclear, and Wilbur and Harry, of North Devon. She also leaves five daughters: Mrs. Alex. Finlayson of Clinton, Iowa; Mrs. George Jackson of Norwich, Mass.; Mrs. Harry Coles, of Situate, Mass.; Mrs. John Dickey of Oakfield, Me.; Mrs. Ernest Chase, of North Devon.

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WHEN your constitution is undermined by ill-health—when your home duties become burdensome—when your pleasures pall—when you are Weak, Anemic, Nervous, or Run-down—then it is that Wincarnis proves its power in promoting new health and new vitality.

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Wincarnis contains the very elements of which our bodies are composed and it has these wonderful properties in their most assimilative form. Every ingredient of Wincarnis is endorsed and recommended in the daily practice of the members of the medical profession the world over.

Let Wincarnis give you the new health you need. Will you try just one bottle?

Proprietors: Coleman & Co., Ltd., Wincarnis Works, Norwich, Eng. Canadian Office, 67 Portland St., Toronto; Frank S. Ball, Resident Director.

Sales Agents for the Dominion: Ralph J. Parsons & Co., Foy Building, Toronto.

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Large Size $1.75 — WINCARNIS — Small Size $1.00

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LOCAL NEWS

Private class instructions in modern dancing. Miss Alice Green, Main 2380-11. 8479—9—16

Five and seven passenger cars to rent. Central Garage, 60 Waterloo street. 'Phone Main 2846. e. o. a—t. f.

HOME COOKING.

Miss Campbell, 255 Charlotte street, has again started home cooking.

Splendid opportunities for young men with technical training. The I. C. S. trains young men for high-grade positions as mechanical draftsmen, designers, toolmakers. Ask or write for information. The International Correspondence Schools, 8 Sydney street, St. John, N. B.

Special sale of men's sweaters Saturday night at Corbet's, 194 Union street.

ONLY TWO CENTS A DAY

for rental of the latest books from the McDonald Lending Library. Here are some of the newest and best:—"The Light Above the Cross-roads (Rickard); "The Man From Bar 20, (Mulford); "The Rough Road," (Locke); "A Daughter of the Land," (Porter); "Victory," (Conrad); "Greatheart, (Dell).—McDonald Lending Library, 7 Market Square.

Special sale of men's pants Saturday night at Corbet's, 194 Union street.

Wanted—Girls to feed mangle and fold in flat wash department, Royal Hotel. T.F.

Men's union made overalls and jumpers at Corbet's, 194 Union street.

For good work, try Victory Laundry Wet Wash. 'Phone 890. tf

Special sale of men's heavy working shirts Saturday night at Corbet's, 194 Union street.

CANADIAN PACIFIC SUBURBAN SERVICE.

Train 123, leaving St. John 9.15 a. m.
Train 125, leaving St. John 1.10 p. m. (Wednesday and Saturday only.)
Train 129 leaving St. John 10.15 p. m.
Train 124, arriving St. John 11.50 a. m.
Train 126, arriving St. John 4.00 p. m. (Wednesday and Saturday only.)
Train 128, arriving St. John 9.15 p. m. will be discontinued commencing Sept. 19. Last trip of all these trains on Sept. 18.

Train 127, leaving St. John 6.10 p. m., and train 130 arriving St. John 7.45 a. m., will be continued, if travel warrants, until general change of time, Sept. 29, on which date they will be cancelled. 9—16

Men's union made working gloves at Corbet's, 194 Union street.

A Sample Cipher Letter to Germans

Pennsylvania Car Company Used Subterfuge in Writing to Berlin Owners—Decoded by Authorities

Deputy Attorney-General Alfred L. Becker told the other night in New York the story of how the Pennsylvania Car Company of Pittsburg tried to communicate, after the United States entered the war, with the German concern of Ornstein & Koppel, which, Mr. Becker said, was the parent organization of the Pennsylvania corporation. He cited the case of the concern as showing the method by which enemy-owned concerns in the United States sought to communicate with Germany by means of apparently harmless letters addressed to persons living in neutral countries.

"At the present time it would not be consistent with the interests of justice to make public most of the apparently harmless communications under investigation, but by way of illustration one may be cited," Mr. Becker said. "A letter was written on stationery of the Hotel Schenly of Pittsburg, under date of April 30, 1917, which reads as follows:

Mr. Erich Rothenberg.

Dear Mr. Rothenberg.—I trust that this letter will reach you promptly and find you well and happy. Undoubtedly you have received the various letters of our friend Penaco, and I write you up to the end of March and the first of April.

Mr. Penaco has not written you lately, although he is so far very well and active. It is, however, not desirable, according to physicians' advice, that he should exert himself to write letters. You must, therefore, not worry if you do not hear from Penaco. He is all right and I understand quite prosperous.

As to myself and our other friends, I can only report the best. We are busy, as usual, and as to my private and business life there is nothing special to report, as you are familiar with the quiet and satisfactory routine of life in this city. We have very nice weather for the last few weeks and it is a genuine pleasure now to have the rain rides every day, and to enjoy the springtime resurrection of nature.

There is not much new to report, and we can only hope that everything will come out to the best. I am very anxious to hear how you are getting along and am quite sure that married life agrees with you very well. I want to avail myself of the opportunity of asking you to convey my best respects to Mrs. Rothenberg, and with very best wishes I remain,

Very sincerely yours, ———.

"This letter is a typical example of the use of cover names and of the length to which this pre-arranged system can be carried. An analysis reveals the fact that the letter comes from the Pennsylvania Car Company of Pittsburg, U. S. A., and is intended for Ornstein & Koppel of Berlin, of which the Pennsylvania Car Company is a branch. On account of the break with Germany, which occurred on April 7, 1917, the Pennsylvania Car Company adopts this method of advising its head office, Ornstein & Koppel of Berlin, that they are still doing satisfactory business; that they have taken legal advice (according to physicians' advice) and must stop sending details of business to Berlin.

"Such a letter should excite suspicion, first, because the envelope is addressed 'Care of A. Bruce, Stockholm,' and addresses in Scandinavian countries were favored by Germans as cover names. Second, because written from a hotel address. Third, the unsual name 'Penaco,' which is made out of a combination of the words 'Pennsylvania Car Company.' Fourth, a careful reading of the fourth paragraph should immediately suggest to the mind some form of business.

"With the exception of the first, none of these reasons may seem very strong to the ordinary layman, but when comparison is made of the tenor of this communication with the forms used by Hugh Schmidt to communicate with the Deutsche Bank, and other forms used by scores of Germans and German-American houses, and investigation into thousands of cover names and cover addresses, after all it is not so difficult to decipher this seemingly harmless social communication."

Produce Prices.

Hartland Observer Only a few potatoes are coming in this week, the farmers being still busy with their grain crops. Next week digging will commence in earnest. Price paid this week is $2.50. Turnips have slacked off in price, bringing now from 75 to 90 cents. Other produce prices are: Hay pressed $12, oats 80c., eggs 45c., butter 35-38c.

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ACADIA UNIVERSITY
WOLFVILLE - - Nova Scotia.
Departments
Arts and Sciences, Applied Science. Theology.
Degrees
B.A., B.Sc., B.Th., M.A., and certificates admitting to the best technical schools. First two years in Agriculture given as electives in B.Sc. course. First year in Medicine, Law, and Theology given as electives in B.A. course.
Special Courses
Courses in Surveying, Draughting, Shopwork, Chemistry, Electricity, and Bacteriology, for returned soldiers and men anticipating military service.
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Largest undergraduate faculty in the Maritime Provinces. Three new and splendidly equipped Science Buildings.
Expenses
Expenses light, and over $1,000.00 given in prizes and scholarships yearly. Send for calendar to
Rev. George B. Cutten, Ph.D., D.D., LL.D., President.
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The Aim.—To prepare Girls and Young Women for complete living.
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The Faculty.—Twenty-four Teachers of fine personality and Special Training.
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A Residential School for Boys and Young Men.
Ninetieth Year
Courses.—Collegiate, Manual Training, Business, Special Courses.
Features.—Modern Residence, Good Equipment, Ideal Location, Splendid Environment. Experienced Teaching Staff. Moderate Cost.
For illustrated Catalogue of information apply to
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A RESIDENTIAL COLLEGE FOR WOMEN STUDENTS ATTENDING McGILL UNIVERSITY
Founded and endowed by the late Rt. Hon. Baron Strathcona and Mount Royal.
Courses leading to degrees in Arts, separate in the main from those for men, but under identical conditions; and to degrees in music.
Applications for residence should be made early as accommodation in the College is limited.
For prospectus and information apply to THE WARDEN.

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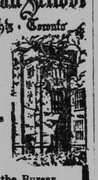
A Church, Residential and Day School for Girls.
Established over fifty years
All Departments from Kindergarten to University Matriculation.
For Calendar apply to the Bursar.



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Call at S. Goldfeather's, 146 Mill Street. 'Phone 3604.
Out of the High Rental District.

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Onions	5 lbs. for 23c.
Choice Delaware Potatoes, Only 30c. pk.	
24 lb. bag Ogilvies Flour	$1.60
24 lb. bag Purity Flour	$1.65
24 lb. bag Star Flour	$1.65
24 lb. bag White Wheat Flour	$1.60
California Sliced Peaches (2½s.),	Only 35c.
Lipton's Jelly	10c.
Spinach	22c. tin
2 tins Egg Powder	25c.
2 tins Custard Powder	25c.
4 rolls Toilet Paper	25c.
2 lbs. Prunes	25c.
1 lb. can Baking Powder	25c.
2 tins Baked Beans	25c.
3½ lbs. Oatmeal	25c.
3½ lbs. Corn Flour	25c.
Rye Flour	9c. lb.
2 tins Vegetable Soup	25c.
3 bottles Vanilla	25c.
2 pkgs. Bran	25c.
2 pkgs. Cornflakes	25c.
3 tins Cocoa	25c.
4 cakes Laundry Soap	25c.
4 cakes Lifebuoy Soap	25c.

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CARLETON'S GROCERY
'Phone W 513 — 134 King St. West
FRIDAY AND SATURDAY SPECIALS

24 lbs. Royal Household	$1.60
24 lbs. Purity	1.65
24 lbs. Five Roses	1.65

25 CENT SPECIALS.

3 1-2 lbs. Oatmeal	25c.
3 or 6 lbs. Cornmeal	25c.
3 1-2 lbs Corn Flour	25c.
2 1-2 lbs. Barley	25c.
2 1-2 lbs Split Peas	25c.
2 1-2 lbs Rice	25c.
6 lbs. Onions	25c.
6 cakes Goblin Soap	25c.
4 Rolls Toilet Paper	25c.
2 Cans Vegetable Soup	25c.
3 Bottles Lemon or Vanilla	25c.
3 Cakes Infant's Delight Soap	25c.
6 Pkgs Cow Brand Soda	25c.

WITH ORDERS ONLY.

1 Peck Potatoes	28c.
Cukes, per dozen	30c.
Apples, Squash, Beets, Carrots, Pumpkins, Turnips and Cabbages at lowest market prices.	
Fresh Beef, Fowl, Chickens, Lamb, Pigs' Hawks and Pork.	

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113 Adelaide St. Phone 962
East St. John Post Office
Phone 279

Brown Sugar	11 lbs. for $1.00
Orange Pekoe Tea	55c. lb.
Fresh Ground Coffee	40c. lb.
Onions	5c. lb., 6 for 25c.
Tomatoes	7c. lb., 4 for 25c.
Potatoes	35c. peck
Oatmeal	3 lbs. for 25c.
Cornmeal	3 lbs. for 25c.
Corn Flour	3 lbs. for 25c.
Cosmas Soap	4 for 25c.
White Beans	30c. qt.
Yellow Beans	32c. qt.

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9-17.

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High Grade American Tubing, 42 inches wide, Selling for 37c yard
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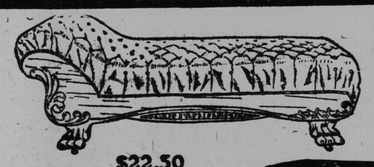

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We have on our floors a few Refrigerators and Couches which must be sold at once in order to make more room for Fall goods.
COUCHES—Strongly made, upholstered in velours, leatherette, etc., from $12.00 up to $60.00.
REFRIGERATORS at Lowest Prices
Don't put off your buying while prices are going higher.
AMLAND BROS., LTD.
19 WATERLOO STREET.

Heavy Frosts Kill The Apple Trees

Fruit Men Declare Last Winter Was a Disastrous One For Many

(Montreal Herald.)

Heavy and severe inroads were made into the number of Fameuse, MacIntosh Red and other valuable species of apple trees by the long and heavy frost of last winter, over fifty per cent having fallen victims to the cold, which caused extensive mortality among fruit trees that, according to compiled figures, ten to fifteen years of the most diligent industry would be required to repair the damage. These facts were brought out at the annual meeting of the Pomological and Fruit Growing Society of the province of Quebec, which was held yesterday and Monday at the provincial government nursery, near Bertierville. Further damage also, it was shown, had been done which could not be ascertained for another year, while severe losses, almost as great as in the apple trees, had been caused to the plum and cherry trees, to currant and raspberry bushes and to all of the smaller fruit.

The damage had not been restricted to the province of Quebec, however, but had taken place not only in Ontario but in the maritime provinces and in Manitoba, although the British Columbia orchards had shown an increased output.

After the report of these rather discouraging conditions, the meeting of the Quebec growers immediately turned cheerfully to the work of repairing the damage, and commenced plans for replanting the devastated areas. It was shown by Professor W. T. Macoun of Ottawa that little could be undertaken until next year, as the total extent of the damage done could not be seen until then. It was further determined that a number of Fameuse and other kinds of apples be given to the convalescent hospitals in Montreal and to the Y. M. C. A. hut. The matter was brought up by Robert Brodie of Montreal, and in a short time more than twenty barrels of apples had been donated.

As the mortality among trees had been so heavy, and as the plans for replanting were so extensive, a petition was decided upon, to be sent to the Dominion government, providing that dealers in young trees must be licensed and that all nursery stock must be identified by labels. This move was taken to protect growers from the unscrupulous dealer, who sell trees of inferior grade under the name of the better species. It was also urged that the government replace the office of fruit commissioner, left open by the death of Mr. Johnson. The association recommended Mr. Baxter, chief inspector of the fruit department, to that position.

A large number of members attended the meeting, and some interesting papers were read. F. H. Grindley, acting fruit commissioner, warned the Quebec fruit growers against neglecting their orchards because of poor selling conditions, and thus jeopardizing the industry.

READING HISTORY ARIGHT.

(New York Outlook.)

"In order to understand the British we must understand some of the reasons why we have not fully understood them.

"One of these reasons is to be found in our history. We think of George III., against whom we revolted, as an English king, whereas in fact he was a German. We think of our revolution as a struggle with the English people, whereas it was a struggle of the English people against an un-English government. One reason why we have misunderstood the English is that we have misread our own history."

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86 Brussels Street	'Phone M. 2666
267 King Street, west	'Phone W. 166

24½ lb. bags Quaker Flour	$1.59
24 lb. bags Ogilvie's Flour	$1.59
24 lb. bags Purity Flour	$1.65
3 lbs. Oatmeal	23c.
3 lbs. Cornmeal	23c.
2 lbs. Split Peas	23c.
2 lbs. Rice	23c.
3 lbs. Barley	23c.
2 cans Vegetable Soups	23c.
2 pkgs. Cornstarch	23c.
3 cans Evaporated Milk (small)	23c.
2 lbs. Prunes	23c.
3 bottles Vanilla Flavoring	23c.
1 can Auto Brand Salmon	23c.
3 pkgs. Bee Jelly Powder	23c.
2 cans Custard Powder	23c.
2 cans Egg Powder	23c.
2 cans Peas	33c.
2 cans Campbell's Soups	33c.
1 pkge. Tillson's Oatmeal	33c.
1 large bottle Monarch Pickles	33c.
3 tins of 2 in 1 Shoe Polish	33c.
1 qt. Hand-picked Canadian White Beans	33c.
1 peck Choice Delaware Potatoes	33c.
5 cakes Fairy Soap	33c.
1 lb. Choice Country Butter	47c.
9 lbs. Finest Granulated Sugar (with order only)	$1.00
10 lbs. Light Brown Sugar	$1.00
5 lbs. Onions	25c.
1 gal. Cider Vinegar	37c.
1 gal. White Vinegar	37c.
2 pkgs. Macaroni	25c.

Apples, Cukes, Tomatoes, Fresh Eggs at Lowest Market Prices
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Largest Canadian Silver Skin Onions,	5c., 6 lbs. for 25c.
Best Pickling Vinegar	35c. gal.
Pure White Mixed Pickling Spices,	25c. lb.
Pure Apple Cyder Vinegar or White Wine Vinegar, large bottle	19c.
Preserving Plums, ½ qt. basket,	$1.25
Pint Preserving Jars	$1.20
Quart Preserving Jars	$1.30 doz.
Best Potatoes	30c. peck
Chase & Sanborn's Coffee	40c. lb.
2 cans Kkovah Egg Powder	25c.
2 cans Kkovah Custard Powder,	25c.
Lipton's Tea	60c. lb.
Macaroni	12c. pkge.
Toasted Cornflakes	12c. pkge.
Quaker Oats, large pkge.	32c. pkge.
2 large Bottles Lemon or Vanilla,	25c
Lipton's Jelly Powder	25c.
3 pkgs. Bee Jelly Powder	23c.

Yerxa Grocery Co.
Cor. Main and Simonds Streets
'Phone Main 2913
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Potatoes (with orders)	28c. peck
Onions (with orders)	6 lbs., 25c.
Carrots	4c., 3 bunches, 10c.
Choice Ripe Tomatoes	29c. basket
24 lbs. Wheat Flour	$1.55
98 lb. bag Wheat Flour	$5.90
3 lbs. Graham Flour	25c.
4 lbs. Rolled Oats	30c.
35c. pkge. Quaker Oats	28c.
35c. pkge. Wheat Flakes	25c.
2 pkgs. Corn Starch	25c.
2 pkgs. Seeded Raisins	25c.
White Beans	15c. and 29c. quart
Yellow Eye Beans	33c. quart
Finest Old Cheese	20c. lb.
Standard Peas	15c. tin
Sugar Corn	20c. tin
Tomatoes, 3s	22c. tin
Pumpkin, 3s	15c. tin
Canadian Peaches, 2s	20c. tin
Canadian Peaches, 3s	30c. tin
Large tin California Peaches	29c. tin
Libby's Sliced Pineapple, 2½s,	39c. tin

THE 2 BARKERS, Ltd.
100 Princess St. 111 Brussels St.
Canada Food Board License Nos. 8-1433, 8-1434