HOW DREAMS ARE MADE.

Benerally a Repetition of Thoughts Un guided by Reason.

Dreams are generally a repetition of thoughts unguided by reason. Those caused by internal action or brought about by action within the body are due entirely to the action and state of the stomach, which in turn is affected by the quantity and quality of food consumed.

The first ends or feelers of the nerves draw up the nourishment and distribute it throughout the nervous system to replace the waste that has taken place during the day. If the stomach be surcharged with an abundance of heating food, too much nourishment by expanding them, bringing them in touch with others, and causing the channels. Whenever the fluid traverses a channel more or less forcibly the thought which originated that passage is reproduced more or less vividly. Hence ensues the general mixing up of thoughts which originally had no connection with each other.

AN OVERLOADED STOMACH

also causes a flow of blood to the brain, sent there by nature to assist in as-similating the extra nourishment, and pain, the moment that the sleeper the overcharged blood vessels, pressing upon the nerve channels near the brain, cause even more turbulent disturbances. This accounts for the advice of so many medical men that no considerable quantity, especially of animal food, should be taken immediately before bedtime. The crossing reprossing and touching of these thought channels, brought about in this way, produces the absurd mixtures of fancies that often come to us when we sleep.

fore, there is nothing between them, or, in other words, when the stomach is empty, one wall grinds upon the other, causing an irritation of the nerves which produces that peculiar sensation of falling from some great height.

To understand how external action will affect the dream of a sleeper it must be borne in mind, that those dreams, which seem to take hours, and even days, in passing, really occupy but a minute fraction of a second. If, but a minute fraction of a second. If, therefore, we are awakened, by some loud, strident noise, say by the crack-ing of a whip, then between the time that the sound strikes the ear, while we are yet asleep, and the time that we are fully awake to realize what has caused the sound a faw moments only caused the sound, a few moments only have elapsed, but these few moments were sufficient to allow of a dream of apparently several hours' duration.

As an example: A milkman, driving up beneath an open bedroom window cracks his whip smartly. Immediate-ly the thought produced by the sound causes a dream. The sleeper imagines all of the older bungalows in Manila himself a soldier who has fallen into the hands of the enemy.

HE IS LED OUT TO BE SHOT. He stands blindfolded with hands tied before the platoon of soldiers. He

A CITY CASE.



hears the click-click-click as the rifles are located in the walls of the stom- are cocked. He hears the word given ach, and as the food is digested they and the noise of the volley rings out on his ears. Then he awakes with a start, to hear the rumble of the milkman's wagon as he cracked his whip and drove off over some rough cobblestones.

A blow, a cut or a sensation of pain will operate in the same way, and awaken certain channels of thought is forced upon the brain, causing an connected with pain just as the noise sbnormal filling of the channels, there- awoke those connected with the

sound. For instance, a sleeper dreams that touch with others, and causing the he is closed up in some close travelling matter from one to overflow into or carriage and is being driven rapidly to mix with the fluid of neighboring off in an unknown direction by a man who has designs upon his purse and life. He tries to shout, in vain he struggles to get free and in the tus-sel drives an arm through the glass window of the carriage. The hand is cut and bleeding. It smarts fearfully, and he awakes to find that in his sleep occas he had carelessly thrown out an arm and his hand had smashed some fine medicine glass on a stand by the bed-side. The whole dream passed between the time that the hand first struck awoke to realize the fact.

> . . FAST MOTOR CAR.

It Recently Ran Nearly Sixty-Six Miles an Hour in France.

A motor car in France lately attained the marvelous speed of nearly 66 miles an hour. A Belgian inventor, M. to carry. Camille Jenatzy, in April, this year determined, if possible, to break the La Toscana, 10c. RELIANCE CIGAR FACTORY, Montreal kilometer record of 38 3 5 seconds, made by Count de Chasseloup Laubat. The The stomach, too, is a mill which course was a perfectly straight and keeps on forever grinding, the walls level road running through the new acting as the grindstones. When, there-"Jamais Content," which is built of boil. Then let the glassware remain sheet iron, and is torpedo-shaped so in the water until it becomes cold as to offer as little resistance to the wind as possible. The first kilometer was ridden in 47 4-5 seconds, and the second in 34 seconds, which is equiva-lent to 105 692 kilometers of miles 1 lent to 105,882 kilometers, 65 miles 1,-404 yards, in the hour. "La Jamais Contente" is not even yet satisfied, for Jenatzy thinks that he will be able to do the flying kilometer at the rate of about 120 kilometers, or about 75 miles an hour.

CALLA LILY CREAM

emsures a youthful complexion. Send 25 cents for trial bottle, or post card for droular on skin and complexion Address W. T. URQUEART, 489 Queen St. W., Toronto.

SNAKES AS RATTERS.

Snakes are the professional rat-

oatchers in the Philippines. Nearly

-huge reptiles, generally 12 or 14 feet long and as thick as a fire engine

hose—that permanently reside up in the roof and live on rats. These big creatures are harmless and rarely, if

When Adam was a Boy.

ever, leave their abodes.

WOULD OUTGROW IT.

Yes, I want a salesman. said the manager of the store, but you are too old. If you were 25 years younger I would give you the place in a minute.

Shall I come again, asked the gray haired applicant, with fine irony, when I am in my second childhood?

DISCRETOIN.

Which would you rather do, fight or apologize?

I'd rather meet him with pistols. answered the Parisian journalist. If I go near enough to him to apologize, we might suddenly lose our tempers and do damage.

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All araggists refund the money if it fails to cure. Ec. E. W. Grove's signature is on each box.

THE WITNESS'S RETORT!

The present Lord Chancellor was cross-examining a shrewd bucolic wit-ness some years ago, who rather "had"

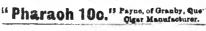
him They sometimes call you a Devonshire Dumpling, don't they ? asked the genial advocate.

I believe they do, replied the witness But you are not a Devonshire Dump-

The witness waited till the laughter

occasioned by this inquiry subsided, then he slowly drawled out: Hey, but if I hod been a doompling,

you lawyers 'ud a' gobbled I up afore nowl



THE GREEN-EYED MONSTER. Policeman-Why did your husband

kill that young man? Mrs. Peanutti-He maka love toa

Policeman-What did he say? Mrs. Peanutti-He say that a cookastove and two beds too heavy for mea

HARDENING GLASS.

Thin and valuable glass can be hardsewage farm lying off the highway be ened after this fashion. Tie it around tween Saint Germain and Constance. with hay, place over a fire in cold wa-The car which Jenatzy rode was the ter and allow the water to come to a

The "Balmoral," Free Bue Am. Plan. Hotel Carslake, European Plan. Room G.T.R. Station, Mourreal. Goo. Catalake & Co., Prop. AVENUE HOUSE MoiGH College Avenue. Family Hotel rates \$1.50 per day.

ST. JAMES' HOTEL-. Oppesite G.T.R. Depot Railway. First-class Commercial House. Modern im-provementa-Rates moderate

FAST COLORS.

Knitting wool can be made a fast color by soaking it in a strong solution of salt and water, taking it out after a few minutes' immersion and hanging to dry in the open air.

O'KEEFE'S LIVID, MALT Invigorates and Strengthons. LOYD WOOD, Toronto, GENERAL AGENT.

COLORS IN FLOWERS.

The colors of flowers, even the most deicate, can be preserved by drying, says a German chemist, by pressing them between sheets of paper that have been saturated with a solution of 1 per cent of oxalic acid in water



One of a Thousand Such Come to Light in the Queen City.

Mr. John Blow, 67 Princess St., Toronto. Cured of Lumbage and Diabetes-An Interesting Letter-High Praise for

Dodd's Kidney Pills. Toronto, Oct. 2.—This city is one of the finest in Canada and among the healthiest on the continent of Amer-ica, but like everywhere else it has its victims of kidney disease. Never-theless, it is safe to say, however, that these cases are seventy-five per cent. less common now than ten years ago, and but few of those that do exist are anything like so severe as formerly. This is due wholly and solely to the popular use of Dodd's Kidney Pills. Dodd's Kidney Pills have been found

both is highly medicine that will cure Bright's Disease, the only cure for Diabetes, the only radical cure for Rheumatism, Lumbago, Sciatica, etc., and equally efficacious for Heart Disease, Dropsy, Paralysis, Bladder and tle pail. Urinary Troubles, Women's Weakness, Blood Disorders and any other form of Kidney Disease.

Concerning their virtue for Lum-bago and Diabetes, Mr. John Blow, 67 Princess street, Toronto, says:--"I have been a great sufferer with Dia-betes and Lumbago for years. Every remedy I could hear of was given a fair trial in hopes it would help me. But until I began to use Dodd's Kid-ney Pills my hopes were all in vain, and my torture night and day unbear-able. No one could imagine the suf-ferings I endured; night and day my pains kept me in misery. It seemed as if there was neither relief nor cure

"When I began using Dodd's Kid-ney Pills I had lost faith in all medi-cines. But from the first one of these Heaven-sent Dodd's Kidney Pills, I experienced relief. Every succeeding dose hastened my complete cure. "I have used in all five boxes and

am thoroughly cured-a strong, healthy, hearty, vigorous man, whereas be-fore I started to use your Dodd's Kidney Pills 1 was a constant and miser-ble sufferer. 1 cannot find words to xpress my ontire confidence in Dodd's idney Pilla."

2

This was years ago, for Adam has been dead quite a while, though to be sure he has left a progeny that keeps up pretty well the family characteristics. There are wise men to-day who delve into the misty past and tell us all sorts of things, but they are silent on those events that would make Adam interesting to the modern man. What did Adam do when he ran a sliver under his finger nail? Had he take measels and whooping cough? If he had corns did he cut them with a razor or did he stretch forth a hand in the future and get a bottle of Put-

nam's Painless Corn Extractor? Put-nam's is the best, is sure, safe, pain-

less, and acts in twenty-four hours.

HER LIMIT.

She hesitated. Dying was out of the question, but under the circum-

stances she might throw a counterfeit-

ing faint. In other words, thogh she could not

kick the bucket she might turn a lit-

UBY'S Gives new life to the Hair. It makes it grow and restores the color.

Sold by all druggists, 500. a bottle.

THE MAN AND THE EGG.

is fit for.

FOR OVER FIFTY YEARS

MRS. WINSLOW'S SOOTHING SYRUP has been need by mother for their children teething. It soothes the child, softens the gums, allays pain, cures wind cells, and is the best remedy for diarrhosa. 25c. a bei-tle. Bold by all druggists throughout the world. He sure and sax for "Mrs. Winslew's Soothing Syrup.

THE COST.

Wigwag-My wife is the dearest lit-Watson-I don't know about that. How much does she cost you?

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years dectors pro-noun sel it a local disease, and prescribed local remedies, and by constantly falling to cure with local treatment, pronounced it incurates and disease, und therefore requires constitutional disease, and therefore requires constitutional disease, and therefore requires constitutional disease, und therefore requires constitutional disease, and therefore requires constitutional disease, the catarrh to be a constitutional disease, and therefore requires constitutional disease, and therefore on the market. It is taken internally in doses from 10 drops to a terspoon-ful. It acts directly on the blool and mucous surfaces of the system. They offer one hund-red do lars for any case it fails to cure. Send for circulars and testimonials. Address, F. J. CHENEY & CO., Toledo, O. Sold by Druggiste, 75c. Hall's Family Pills are the best.

THE LOST AND FOUND.

There is a difference between a Madge-Did Ethel find a husband mian and an egg, said the Casual Rewhile she was away? Dolly—Yes, but unfortunately she discovered later that he belonged to marker. When a man gets old, he is no longer fit for the scramble, and when an egg gets old that is all it another woman.

"There is no new thing under the sun" but there are many good things and one of the best is Blue Ribbon Cerlon Teas