

## PURE COUNTY BOTTLED WATER



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may be ordered directly  
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or emailing [ksbc@sprint.ca](mailto:ksbc@sprint.ca).

Free delivery locally can also be arranged.  
Karen I. Smith

*Sleepless in Milford - Continued from page 13*

peaceful one before you turn in for the night, perhaps listening to some light music.

If during the night you start to dream these silly dreams again, waken immediately, clear your mind, and try again. If it happens a second time then remember, *'neither an egg nor an ego is any good till you break it.'* Hit the kitchen and (the frying pan. Make yourself a sandwich and a cup of tea.) read a few more chapters on breaking the grip of the ego. That should do it, and you can do it.

Shalom,  
Pastor Ian

p.s. Dear Sleepless in Milford, in all seriousness, poor sleep habits will sap your energy the following day, and if this continues over a period of time, a visit to the doctor is in order. Most of the time, taking action in the way I have described will do the trick. Understanding the nature of your dream machine (your ego), is halfway to curing the problem.

Pastor Ian ☺  
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