

Through Rockies

Provides Service for
Taking All-Can-
adian Pending Com-
of Big Bend
highway

of the most scenic
available to the motor
North America passes
heart of the Cana-
traversing the great
ground of Banff and
Parks. Providing an
all known beauty spots
M. Louise Lake, and
the Ten Peaks. Kinsale
Yoho Valley, the west
is highway is contin-
uncompleted section
sinks range. This last
work is known as the
way, is being jointly
the National Parks
Dept. of the Interior
Dept. of British Col-

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may bridge the Sol-
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Railway from Revel-
Golden, B.C. or vice
the exception of these
must be made by rail
and trip may be enjoy-

to the Prairies, and
vice providing for the
the connection between Re-
Golden will be inaugur-
and extending to
semi-weekly in each
passenger train service
stage cars will be at-
from Revelstoke on
Tuesdays and train
from Golden on
Wednesdays. This ar-
provide motorists with
to or from the Pacific
the Canadian Rockies
journey between Gold-
will be made by day
and will be no delay in
transit in motorists as
cars will be carried or
and made available
delivery on arrival at
stations.

entire coverage of automo-
the Pacific mountains,
ding to the distance, as
as shown up to 115 inches
more over 115 to 127
between over 125 inches
while must be accompa-
nied by a train by at least
one regular first-class
fare \$3.55. All other
the automobile travelling
at hold valid railway
to. Automobiles should
to the company's agent
at least one hour
minutes prior to departure
approximately 12.4.

pages of this service in
travelling either
with an all-Canadian
has as formalities will
be custom officials as
any.



...The first
...You haven't as
...a monkey?
...No, sir, I don't pre-
...my monkey as wanted?

GROWTH
...we rise the simpler
...There is a childhood
...now leave behind; a
...which is the highest
...and a childlike
...but few of those who
...the wisest among men
...themselves in their in-
...ness towards the real-
...tion, MacDonald.

LAND EFFORT
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...wittily, "men hit only
...lim at." Luck may play
...for a while with a life;
...and the aims and prin-
...man or woman come out
...opile of fortune. The
...life is a pathway of will

A FINAL AIM
...ect to any final aim or
...ater part of mankind by
...Archbishop Leighton.

Postal Bank Popular
Every fourth citizen in the
has become a depositor
Savings Bank, there be
on the books.

...ous people are sure to be
...Chamfort.

Health-Giving Sleep Is Best, Says Writer

No Drug Can Give Like Re-
sults As Naturally In-
duced Slumber

An editorial writer in The Journal of the Indiana State Medical Association (Fort Wayne), gives some pertinent advice on sleep which he says physicians ought always to furnish to their patients. He writes:

"The physiology of sleep is imperfectly understood, and it is doubtful if any drug can exactly reproduce the restful sleep that comes when sleep is really spontaneous. It is possible that there are other factors which influence the ability of a given individual to sleep, but certainly the following is of the greatest practical value.

"1. The Vasomotor System. During sleep the distribution of the blood is mainly to the skin, the muscles in case of fatigue, and to the digestive organs if digestion is going on. There is a condition of relative anemia in the brain, or rather the rate of flow of the blood is slower than usual. Chilling of the skin or feet makes sleep impossible. The value of the hot bath or hot foot bath is too well known to need more than mention. Persons who sleep with difficulty must be sure that they have enough cover. A warm bed with the head out in the cool or even cold air is a position which makes sleep almost irrealizable.

"2. The Digestive System. All of us are drowsy after a heavy meal. The hungry man who understands his physiology seeks the cupboard or icebox when he awakes at night. There is a current belief that it is well to eat and immediately go to bed. The fault is not in the eating, but in the choice of food. One of the best methods of inducing natural sleep is to make sure that the stomach has something to do and so requisitions a generous supply of food which might otherwise have gone to the brain and induced wakefulness. A glass of milk and a few crackers, a warm custard or potato puree, or a piece of milk-toast will serve the purpose.

"3. The Nervous System. The individual with a restless, 'nervous' disposition naturally will have more difficulty in sleeping than the quiet type. Deliberate inhibition of the impulse to fidget about and pull one's hair will often accomplish much. While something like eight hours of sleep per day is needed by most people, this does not mean that one will suffer severely if on a particular night much less than eight hours is obtained. The individual who tosses and worries because he can not sleep is making a big mistake. It really doesn't matter, and he may as well relax."

"Undoubtedly habit has very much to do with the ability of an individual to sleep, we are told. Habits of going to bed too early, or of eating irregularly and wrongly will complicate matters, and who is in the habit of waking at a certain hour and of thinking that he can not go to sleep probably will continue the habit. Not infrequently an entire change of scenery and of routine will aid in correcting the condition. To quote further:

"4. Psychological Attitude. A distinguished physiologist has told us that he rarely or never sleeps more than two hours in a given night. He, however, rests quietly in bed for five or six other hours. He says that he does not mind the hours of the night because he quietly and leisurely thinks about pleasant things that have occurred and are happening at the present time. He does not permit himself to brood over misfortunes or unpleasant situations. The lure of an attractive 'nesting thought' may enable one to pass hours almost as if they were minutes. The patient is not really asleep, but for all intents and purposes he is so. Probably his mind is no more or possibly even less active than in the case when he is dreaming a pleasant dream.

"Sleep is one of the very most important physiological states, and is always best when it is attained without the use of drugs. In case it will not come without drugs, they should be used, of course.

Gems from Life's Scrap-book

Happiness
"Happiness and comfort stream immediately from God himself, as light issues from the sun."—Aughey.

"He that upon a true principle lives, without any disquiet of thought, may be said to be happy."—L'Estrange.

"We cannot circumscribe happiness within the limits of personal sense."—Mary Baker Eddy.

"The happiness of the tender heart is increased by what it can take away from the wretchedness of others."—J. Petit-Senn.

"Happiness is no other than soundness and perfection of mind."—Antoninus.

"You traverse the world in search of happiness, which is within the reach of every man; a contented mind confers it on all."—Horace.

Remember: The happiness that Robert Louis Stevenson found in small things.

BETTER BE RIGHT
It is better only sometimes to be right than at all times to be wrong. Before I resolve to do one thing or the other, I must gain my confidence by my own ability to keep my resolve when they are made.—Lizbeth.

HAPPY TO BE 136 LBS.

Lost 38 lbs.—More to Follow
Most women would be alarmed if their weight showed 136 lbs. But not this one. You see she was 174 lbs., and she has found a way to take off that disgusting overweight.

She writes:—"Six months ago, when my weight was 174 lbs., I started to take Kruschen, and have gradually got down to 136 lbs.—and am still going down. I have altered my diet at all, and I only take a half-teaspoonful of Kruschen and a glass of hot water every morning. I also find Kruschen very good for biliousness, from which I used to suffer a great deal. But it has completely left me now—in fact, I feel a different person, and have only to thank those wonderful Kruschen Salts."—(Mrs.) M. K.

Taken every morning, Kruschen effects a perfectly natural clearance of undigested food substances and all excessive watery waste matter. Unless this wastage is regularly expelled, Nature will eventually store it up out of the way in the form of ugly fat.

One bottle is enough to prove to you that Kruschen will make you feel younger—spryer—more energetic—you'll enjoy life—every minute of it.

FREE TRIAL OFFER

If you have never tried Kruschen—try it now at our expense. We have distributed a great many special "GIANT" packages which make it easy for you to prove our claims for yourself. Ask your druggist for the new "GIANT" 75c. package. This consists of our regular 75c. bottle together with a separate trial bottle—sufficient for about one week. Open the trial bottle first, put it to the test, and then, if not entirely convinced that Kruschen does everything we claim it to do, the regular bottle will do you good as well. You have tried Kruschen free, at our expense. Your druggist is authorized to return your 75c. immediately and without question. Write to: M. Griffiths Hughes, Ltd., Manchester, Eng. (In Canada, 1756). Importers: McGillivray Bros., Ltd., Toronto.

FAULTS

You will find it less easy to uproot faults than to choke them by gaining virtues. Do not think of your faults, still less of other's faults. In every person who comes near you look for what is good and strong; honor that; try to imitate it, and your faults will drop off like dead leaves when their time comes.—Ruskin.

By the same means we do not always arrive at the same ends.—St. Real.

New Baby?
Send for FREE Book
"Baby's Welfare"
New mothers! Expectant mothers! See for yourself how helpful our baby care book is. It tells you what to do before baby comes. It tells you about baby's bath, sleep, clothing, feeding, and what to do when baby is sick. It tells you about baby's teeth, and how to care for them. It tells you about baby's eyes, and how to care for them. It tells you about baby's ears, and how to care for them. It tells you about baby's nose, and how to care for them. It tells you about baby's mouth, and how to care for them. It tells you about baby's skin, and how to care for them. It tells you about baby's hair, and how to care for them. It tells you about baby's feet, and how to care for them. It tells you about baby's hands, and how to care for them. It tells you about baby's nails, and how to care for them. It tells you about baby's fingers, and how to care for them. It tells you about baby's toes, and how to care for them. It tells you about baby's legs, and how to care for them. 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