

SAID HE COULD NEVER BE WELL

"Fruit-a-lives" Restored Him to Health

150 AVENUE PINE ST., MONTREAL.
"For three years, I was a terrible sufferer from dyspepsia and my general health was very bad. I consulted a physician and took his medicine but did not improve and finally he told me that I could not be cured.
At this time, a friend advised me to try 'Fruit-a-lives'. After taking two boxes, I was greatly relieved; and my fruit medicine made me completely well. My digestion and general health are now splendid!"
GASPARD DEBARDE.
Box a box, 6 for \$2.50, trial size 25c. Dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

SWANSON BAY MILL CLOSED

Expected to Shut Down Indefinitely on Account of Frost Affecting Water Supply.

The mill of the Whalen Pulp and Paper Company at Swanson Bay closed down about February 10 and will remain closed for an indefinite period until such time as a thaw comes. At the present time there is not water enough to run the plant on account of the recent severe frosts which have caused the water in the mountains to recede to a low level. There is approximately 10 feet of snow in the vicinity of Swanson Bay. There is not much right in the bay as there is in surrounding inlets.

The Man in the Moon SAYS:

AMONG the things that don't you anywhere is discussing the leadership of the proletariat.
.....
BREAKING records is all the just now. I often do it myself and there are still several records that will have to be broken.

.....
It is wonderful how quiet the moon has been since the Irish question was settled.

.....
THEY say Bessie Dollar did not very nice when she blew into her horn after her little fracas with the Pacific rollers.

.....
HOW I come to think about it, about the incinerator?

.....
PERHAPS you never heard of a man who thought a neighbor was straying verbally from the truth and who called him a "verbal incinerator."

.....
NOT now but soon" was the answer, and I often wondered what meant.

.....
HE difficultly with some of the humorists is they bury the humor so deep nobody can see it even feel it.

.....
someone tells you a joke, do feel the point or see it?

.....
SOMEONE called me "Shorty" yesterday, and then I realized it had been because I was out of cash.

.....
HE difficultly about a candied nut is that he may become soft and sticky.

.....
ONE of the most disappointing of the one who declares in love and then with an air of rigidity remarks that it is his love is in love with.

.....
HE most objectionable person in the world is the superwoman.

Advertisement in the Daily News

IN PROBATE.
THE SUPREME COURT OF BRITISH COLUMBIA.

NOTICE OF THE ADMINISTRATION of the estate of the late F. M. B. Young, deceased, in the matter of the ESTATE of F. M. B. YOUNG, deceased, and all parties having an interest in the said estate are hereby notified to appear before the 15th day of February, 1922, at 10 o'clock in the forenoon, at the Court House, Victoria, British Columbia, to show cause why the said estate should not be administered by the said F. M. B. YOUNG, deceased, and all parties interested in the said estate are required to pay the costs of the said administration to the said F. M. B. YOUNG, deceased.
JOHN H. McMILLIN,
Official Administrator.
Filed this 15th day of February, 1922.

Archbishop Du Vernet in Lecture on Psychology of Memory to Large Audience

"The law of the subconscious mind is suggestion," declared Archbishop Du Vernet in a lecture on "The Psychology of Memory" to a large gathering at the Anglican Church last night. "If we would bring out the buried memory," he said, "we must obey the law of the subconscious mind. Practice auto-suggestion in connection with memory. Suggest to yourself that at a certain time tomorrow you will do a certain thing and the probability is you will do it. Nothing is more sensitive than the subconscious mind. Many would rather trust it to wake them in the morning than an alarm clock. None of the artificial memory systems are equal to that of auto-suggestion."

In opening the Archbishop explained that this was one of four lectures he hoped to deliver. Three weeks from that night he proposed to speak on the "Psychology of Imagination and Dreams."

Spending of the Psychology of Memory the speaker suggested that while a man might be able to drive a car if he did not understand its mechanism, he would not be able to make adjustments to the machinery. So it was with memory. If a person did not understand the mechanism he could not get full power from it. If he understood the mechanism of the mind he would have a mastery over memory.

Mind and Brain.
The Archbishop said he wished them to distinguish between mind and brain. The brain was the physical instrument but the spiritual mind overflowed the physical brain. While the brain occupied limited space the mind was not bounded but radiated far and wide. Just at that time he hoped his mind was penetrating that of the audience and stirring them to mental energy.

The electric fan was given as an illustration. It may be right to speak of it as a machine but it would not be right to say the energy was confined to that machine. The part was not larger than the whole. The physical brain corresponds to the machine and the mind to the electrical energy, it was a part of the "infinite energy which we call God. The electric energy is not dead when the power is switched off the machine. When we die the brain ceases to throb and the body crumbles into dust but the mind is not ever dead.

"But while brain and mind are distinct they are closely related. The brain is a marvellously delicate instrument. Possibly in the higher plane of the future life there will be an organ just as well adapted for the spirit sphere as the brain is for the life here. The only way in which the mind can work here is through the brain."

Three Processes.
In order that memory be effective there were three distinct processes involved. The impression must be retained, reproduced and recognized. An article may be reflected in a mirror but it cannot there be touched, handled or felt. It was not the real thing but represented the real thing.

The speaker said there must be a perception in the mind, a memory image for future use. This was the first act in the drama of memory. The impression must be retained as the first step in the process.

The speaker went on to tell of three kinds of memory, physical, subconscious and conscious. The first was illustrated by the fossilized markings in the rocks, the reproduction of the photograph, the impression left on the finger of a string which had bound it and which yet had been removed. These were examples of physical memory. In each of these cases the mental process of recognition was necessary to make the operation complete. There must be a conscious mind to recognize.

Physical Basis.
The physical basis of memory was the brain. On this organ impressions were made but they were too minute to be seen with a microscope. They were probably nerve cells, negative electrons revolving around positive electrons, and the impression was recorded by modifications of certain vibrations. Every thought had its own rhythm, which causes to spring up in the mind memory of a past event. This marvellous adjustment was the nearest they could come to the solution of the mystery of memory.

The lecturer spoke of psycho-

GOOD START ON LIBRARY

Fifty Books Received and 115 More Promised—Meeting This Evening.

Fifty books have already been received by G. V. Wilkinson for the library which is being established in the city and 115 more have been promised. Tonight there will be a preliminary organization meeting in the police court of all interested. There seems to be a general response to the project and it is expected that there will be a good attendance at the meeting.

Following is the list of books received so far and the donors:
Miss B. Macdonald.
Prose Writings of Longfellow, by W. T. Higginson.
The Odyssey of Homer, Alexander Pope.
Harvest Home, E. V. Lucas.
Fox-Earrell, Quillen Couch.
Cupid in Oilskins, J. J. Bell.
F. E. Satcher.
There was a Widow, Mary E. Mann.
Red Court Farm, Mrs. H. Wood.
The Right of Way, Gilbert Parker.
The Shadow of a Vendetta, A. C. Gunter.
Bought and Paid For, Broadhurst and Hornblower.
The Barrier, Rex Beach.
John Shirley.
The Great Gold Rush, Jarvis.
Albert, Fourth Earl Grey, Harold Begbie.
The Captain of the Kansas, Louis Tracy.
Canada's Sons and Great Britain in the World War, Col. G. G. Nasmith.
G. G. Mackay.
Harmsworth Encyclopedia, eight volumes.
The Man of Iron, Richard Dehane.
Getting on in the World, Matthews.
Descent of Man, Darwin.
A Short History of England, Ramsome.
How to Speak in Public, Kleiser.
Strangers Within Our Gates, Woodworth.
My Neighbor, Woodworth.
Canadian Civics, Jenkins.
Julius Caesar, Shakespeare.
The World in Outline, Chambers.
Life of Nelson, Robert Southey.
Origin of Species, Darwin.
M. F. Pullen.
Year Book of British Columbia, R. E. Gosnell.
Woodman of the West, Grainger.
Two Jungle Books, Rudyard Kipling.
Kindred of the Wild, Charles G. D. Roberts.
Man's Place in Nature, Huxley.
Love of Life, Jack London.
James Gibson.
Tarzan and the Jewels of Opar, Burroughs.
Tarzan the Untamed, Burroughs.
The Belle Isles, Newman.
Light of Western Stars, Zane Grey.
The Lone Star, Pemberton.
Patrol of the Sun Dance Trail, Ralph Connor.
Moccas of the World, Warwick.
King James, Grady.

ABOLISH BOBBED HAIR.

CHICAGO, Feb. 16.—Bobbed hair has come into disfavor with University of Chicago co-eds. Members of two girls' clubs whose short tresses had been conspicuous on the campus Thursday appeared with the bobs done up in their nets. "The time for the bob is past," one of them explained. "The girl of today wants to look like she had plenty of pretty long hair."

ONE THING WE DO NOT DO

"Ah 'clares to goodness, ah just rubs the daylight out of dem tings, an' still de 're not clean," says the colored laundress. We've discovered a better way of cleansing—a gentle certain way that produces aseptic cleanliness without wearing or weakening the fabric.

How is this formula for the washing of your colored clothing?
First bath, warm water, run 5 minutes.
Second bath, warm water 120f. Soap, run 15 minutes.
Third bath, Repeat second bath, run 15 minutes.
Fourth bath, warm water, 4 oz. soda, run 10 minutes.
Fifth bath, warm water rinse, run 5 minutes.
Sixth bath, warm water rinse, run 5 minutes.
Seventh bath, warm water 4 oz. acetic acid, run 5 minutes.
Eighth bath, cold water rinse and blue, run 5 minutes.
Total time, 65 minutes.
This service is at your disposal.

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February Discount Sale

20 per cent. off all Wallpapers
10 per cent. off Everything else in our Store.
SILVERSIDES
BROS.
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Was Troubled With Her Stomach For Five Years

Mrs. Samuel Ward, Millersdale, Sask., writes:—"I feel that I must write to you before another day passes I am so happy and so grateful to your splendid medicine, Burdock Blood Bitters, for after an illness of five years I am better.
I had stomach trouble so bad, I could not bear the smell or taste of food of any kind, and got so thin and weak I could not work. I had four doctors attend me, but they did me no good. I was in no pain, but felt so ill, at times, I thought I would die, in fact, all my friends were sure I could not live many months.
This time last year I saw where a man was relieved of stomach trouble by Burdock Blood Bitters, so my husband got me two bottles, but I had no faith in it after all the different medicines I had taken, however he insisted, and after the first two days I must say I began to feel better, and after the first bottle I felt so much better I went out a little every day, but could not go alone I was so weak, but I soon got so I could walk and eat, and have got quite stout.
I am nearly seventy years of age and I feel better than I have for years, and can do all my household work.
You may make use of this letter if you wish, as it may be the means of making others as well as happy as I am."
B. B. B. is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

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For Vancouver, Victoria and Seattle—
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GRAND TRUNK PACIFIC RAILWAY

S. S. PRINCE RUPERT will sail 11 p.m. Wednesday for Anyox. Midnight Thursday for Swanson Bay, Ocean Falls, Powell River, Vancouver, Victoria and Seattle.

S. S. PRINCE JOHN—For all points on Northern and Southern Queen Charlotte Islands January 30, February 13 and 27. For Stewart, February 2 and 16.

Train Service.
Passenger MONDAY, WEDNESDAY and SATURDAY at 11:15 a.m. For Smithers, Prince George, Edmonton and Winnipeg, making direct connection for all points in Eastern Canada and United States.

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BAIT ICE

Our frozen herring bait is conceded by fishermen to be the finest procurable at any Pacific Coast Port—and it is "Fishy." Price, \$30 per ton.
The best way of insuring a good quality trip is to have plenty of our hard frozen ice. Price, \$4 per ton.
Our well-equipped store can supply fishing gear, fishermen's clothing, groceries and provisions and hardware.

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