

HOW TO SLEEP IN A BARE ROOM



It is more a matter of SLEEP, than of bed or board.

Some people can sleep sitting up, leaning up, even while walking.

Many people can't sleep in the bed of downy beds; and all of suffer occasionally from nerve-racking, wearying, tiring wakefulness at night.

There is always a reason for sleeplessness. Usually, it is a "sour" stomach, a liver that has "lain down" on the job, congested lungs, or biliousness.

Then, just before retiring, take Chamberlain's Pills. They soothe an irritable stomach, encourage the organs of digestion and elimination to natural activity, and assure you a good sleep no matter what!

All Druggists—25c and 50c.

ARCHBISHOP IS BEFORE PUBLIC

Explains and Demonstrates His Method of Thought Transference at Vancouver

INTERVIEWED BY PRESS

Nothing Unusual or Supernatural About Matter, Just Scientific Proof

An interview with Archbishop Du Vernet, whose Du Vernet written by James Butterfield and published in the Vancouver Province will prove of interest locally. The interviewer says:

Archbishop Du Vernet, whose successful experiments in the realm of controlled thought transference over considerable distances have caused some up-roar in the scientific world, arrived in Vancouver from Prince Rupert late on Saturday night and I was fortunate enough to be accorded an interview with him on Sunday afternoon at the home of Mr. J. R. Seymour, where he is a guest.

I found the prelate an urbane, cultured and earnest cleric, who combined the qualities of an experienced man of the world with the authority derived from his office. Quiet and unassuming, but diffusing a sense of power and direction for which one was not prepared by his appearance, there is nothing of the trappings of the mystic about him, nor are there any indications of the psychological enthusiast apparent. In fact, it becomes immediately evident in conversation that he distinctly disclaims anything unusual or supernatural in the nature of his experiments. He is an ordinary man, who has conceived and pursued an idea until he has invested his views with a definite proof of their truth.

No Miracle About It

Of medium stature, he has a quiet but convincing voice as he states his points and conclusions in the simplest possible language. After giving me a brief resume of the extent of his work in the field of controlled thought transference he said in the manner of one offering the merest commonplace:

"But perhaps you would like me to show how it is done; you see, there is no miracle about the business, it is just an ordinary experiment that anyone may carry about in their living room."

The interviewer then told of taking part in a simple demonstration as described often before.

"Now I wish you to understand," said his grace, "that all this is only the mechanical part of the business; it is a crude apparatus by which we help to interpret the workings of the well-known scientific fact that the unconscious mind governs the workings of the body; any other arrangements of the letters would do just as well, and I am fully confident that there will some day be invented a delicate instrument that will record thought radiations with the greatest accuracy."

No "Crossed Wires"

"But what," I asked, "is there to prevent all thought from being received and recognized by all other minds if you prove that its transference is a matter of everyday significance?"

"Simply the fact," replied the archbishop, "that thought radiations are received by the unconscious mind and so are very rarely transferred directly to the conscious mind. This is, indeed, necessary, or the whole human thought and thinking would become a babel of what you might call 'crossed wires' and the whole race would run mad. The conscious mind acts as the governors of an engine, as a limited force and one that gives direction and restraint to the brain, which is an instrument of limited capacity."

"The thing I set myself to achieve was this: Being convinced of the universal radiation of thought between minds attuned to each other, it was obvious to me that a thought from one such mind was received unconsciously by the other mind or minds. The thing to do was to get it out, and for that purpose I devised these experiments that have been so successful."

"What I wish you to particularly note," continued the archbishop, "is this: The question of distance or direction does not enter in any way into this matter; the spiritual force of the

mind of mankind is universal and inter-receptive, but is clouded and hampered in its inter-communication by the conscious mind or the will. In order that these experiments may succeed it is necessary for the receiver to keep his mind in a receptive condition and not to consciously exercise his power of thinking in the slightest degree—if he should do so the experiment is spoiled because the thoughts recorded by the pendulum are his thoughts and not those of the sender."

His Study for Years

"How," I asked, "were you led in to this field of inquiry in the first place?"

"Several years ago," he replied, "I was led to notice a pronouncement by the great French philosopher, Bergson, made in an address before the Psychical Research Society, to the effect that he believed in telepathy on historical grounds as profound as he believed in the defeat of the Spanish Armada and for the same reasons, but that he lacked scientific evidence in support of any method of producing it at will. It was with the object of supplying that evidence that I undertook my experiments."

I then inquired what developments of these natural human faculties he looked for and noted certain difficulties occurring to me as being in the way of this method of communication becoming generally useful in every day life.

"I am not greatly concerned with that aspect of the matter," replied his grace, "my sole definite object is to prove beyond question that the fact that thoughts are definite things and that they really and actually are radiated into the general thought body of the unconscious mind and that they are re-registered in minds that are receptive to them. I wish to prove to people that when they think, they are not committing an individual act, but one which has its effect on the lives and happiness of others, just as surely as any definite act of the body or any spoken word has such effect."

"Whether it will become scientifically possible to detach the thoughts of another person and record them at will and without the knowledge of that person, I do not know, but I do know that even the most evanescent thought admitted into the mind or formulated by the mind is a thing that goes about its work for good or evil in the world with no uncertain steps."

Would Make Happy World.

His grace went on to declare that if he could convince the world of this great truth and thereby induce in people the habit of thinking good and beautiful thoughts, thoughts that make for happiness, thoughts as far removed from hatred, malice, jealousy and sin as day is from night, most of the great problems of civilization would be automatically solved and the reign of beauty, love and happiness would disperse the unhappiness, misery, deceit and distrust under whose dominion the world was groaning today.

Archbishop DuVernet, who has a sense of humor, has been rather perturbed and yet considerably amused by the attitude shown by the writers of a number of letters who regard, or affect to regard, his simple apparatus as a sort of "Ouija" board that can reveal the unknown.

Nothing he says can be farther from the truth and he desires to correct this impression definitely and at once. There is nothing miraculous in the matter and he was at very great pains to make me understand that thought transference into the unconscious mind is a matter of everyday occurrence, and it is on that definite fact that he bases his appeal for better and higher thinking."

hoof three times, Smithers three times and Quesnel four times. Smithers was the only team to get a tie out of the boys from the Fraser River town. Naturally, they are proud of their enviable record and would like to have action with some more prominent club before the winter is over. The trouble with the organization will have teams city.

Prince George is that the town has no recognized amateur affiliation and therefore it is not easy to get into play with the organized southern teams.

Roi Barnes, speaking for the Sons of Canada in regard to outdoor sports this year, states that the organization will have teams city.

Ten Years Ago in Prince Rupert

March 1, 1913.

Capt. McGee, who brought the trawler James Carruthers from England to Prince Rupert for the Canadian Fish & Gold Storage Co., sails this evening on the Princess May for Vancouver. He is returning to the Old Country to take a "deadweight" to the Argentine from its British builders.

Ald. Bullock-Webster is proving a thorn in the side of Mayor Pattullo. He has several questions on the notice board to be answered at the next council meeting regarding the doing of work by tender.

Rev. Charles R. Sing, Rev. W. S. A. Crux and E. L. Fisher had a clambake near Lionel Grippen's homeless herring plant at Digby Island.

Good Reasoning

Parent—What is your reason for wishing to marry my daughter?

Young Man—I have no reason, sir; I am in love.

—London Opinion.

Sport Chat

The Colts' Athletic Club and the Elks in conjunction are staging a smoking concert and boxing tournament in the Elks' home tomorrow night. There will be a good list of live bouts, calisthenic exercises and a snappy program of instrumental and vocal music. An abundance of cats and smokes is also assured.

Now that the basketball season is over and March is here, athletes and fans will commence to think of summer sporting prospects. There is little organization under way as yet but the annual meetings of the football, baseball and lacrosse associations will soon take place and then will come the assembling of teams. With many of the Senior players having left the city since fall, sport will be taken up more energetically than ever this summer by the Intermediates and Juniors and the prospects are bright for many interesting matches when the evenings are longer and warmer.

Of the eleven games played with outside towns this winter, the Prince George hockey team has won ten and tied one with a total of 71 goals as against 26 made by the opposing teams. Prince George has beat Vander-

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