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How That Tired Feeling Plays Havoc With the Body If Allowed To Prevail as It Should Not Do

Mental fatigue can be loosely defined as a "tired mind." The mind controls us in various ways but mainly in our feeling,, in our thinking and in our acting. When these get into disorder (although not diseased), we have that tired feeling, or mental fatigue.

Of course physical, or bodily fatigue is closely linked with mental fatigue, and it is hard to draw the line between them. Mental fatigue can "knock us out" physically or can make us feel as if we were physically ill, even though there is nothing wrong with our body. All of us experience it, in everyday life and work, and it cuts down our efficiency and spoils our happiness. Some are born tired, others attain it, and others have tiredness thrust upon them by a nervous and emotional civilization. Physical fatigue will cause mental fatigue, but it is not the most important cause of it.

If our work does not have a pause all day or if it is monotonous, we become worn out more quickly than if our occupation is interesting. The factory worker has a tired mind early on the job; his production falls off and accidents occur, if his job is not changeable or interesting. When a student takes an examination, he often becomes exhausted, although little physical energy is used. This is because the emotion of fear is attached to the work. A stock broker hardly having sufficient exercise during the day, may be "all in" at night, because of his load of worry over the fall in the market. Depressing emotions of all sorts are costly activities; and we must gain a knowledge into our own adjustment to the world about us and to the people in it.

Power of Emotion

The power of emotion can hardly be measured but it seems unlimited. A football team, whipped at the end of the first half, shows complete fatigue. But after a stimulating talk from the coach, the fatigue disappears, even though the boys have had little physical rest. After any sort of a hard day, we may feel incapable of further effort. But if the news came that the Prince of Wales would be in town to shake hands with everybody, how quickly we would dash down to be the first in line.

Some may wish to know what the signs of mental fatigue are. The signs depend upon the person and the way in which he reacts. Mild symptoms would be irritability, restlessness, loss of interest, headache, inattentiveness, inefficiency, and a tired feeling. If the condition is not relieved or corrected, more severe signs may follow, such as inability to fix the attention, insomnia and an inability to concentrate and solve problems. This may start one to worrying even to the extent that a fear of mental disease may follow. The attention may become fixed on a neck pain, a headache or a rapid heart. In other words, purely local symptoms may become the natural expressions of an emotionally irritated and exhausted nervous system.

Nature's Sign

Mental fatigue is nature's sign for us to watch out. If this disorder is present, we want to eliminate it, and then use preventative measures to keep it from recurring. The treatment (or elimination) and the prevention of mental fatigue are based on the same principles. The average person's life is made up of eight hours' work, eight hours sleep and eight hours' play. The wisely planned day is the one in which work, rest and play are proportioned. Work is healthful, but it should not have depressing, wearisome, monotonous associations. The working conditions and the working man should have a proper adjustment to each other. Then the mental reactions of the workers will be happier and healthier, and trouble, inefficiency accidents and discontent will be reduced. Pauses or changes in monotonous work will serve to cut down boredom and monotony. Pleasant interests associated with the work must be stimulated to serve the same end. Rest periods may be established, not for rest, but for active relaxation in diversions and recreations.

A mental interruption is more important than the muscular relaxation, as it interrupts morbid preoccupation. If we cannot be happy with our work, it is drudgery, and not work, and should be changed. It does not matter so much what we do, but how we do it. This is true also in playing or in resting. We can play and rest even while we are eating, reading, thinking or doing anything for a good time.

Relaxation

Our play must do us good by giving relaxation, or its benefit is lost. If we use a muscle without resting it, it will become weaker; if it is never used, it loses its strength; if we exercise it and relax it, it gains in both use and strength. The same principles are true in the use of our minds. Our attention must be on our recreation when we play, not on some worry or problem, or its value is lost.

Our present life, with its high-powered speed in work is exciting and progressive, but we try to cram too much excitement into our play also. Then it becomes work, not relaxation. Evening used to fall with a hush, and tired men came home to rest in contentment. Evening now falls like a ton of bricks. If the house is quiet before midnight, the evening is considered a failure. Are we going to give ourselves play, or is it to be frenzy? In order properly to gain play and rest, we must use our time-savers to get ourselves more peaceful leisure rather than more excitement.

Not many of us like to follow rules, such as the six given with this article. But if a constant and sincere effort is made in this direction, the practice of this method will soon become a habit. By using such a habit we can enjoy the fullness of a wholesome, happy life.

Six Rules

1.—When we work, let us keep our interest in it and make it pleasurable.

2.—When we play, let us enter into it for all it is worth without regard for anything else.

3.—When we rest and sleep, let us turn the mind and body loose and let them do what they will. Learn to rest the mind by leaving the mind alone.

4.—When we think, let us make a decision and carry it out. If we decide incorrectly, it can be reconsidered later.

5.—When we are very tired, let us not permit a temporary or extreme emotional reaction to drive us into an act that will have permanent results.

6.—We must keep our attention on one thing at a time. In the end, skill counts more than hurry in saving energy.

BURNS LAKE

Loui Jarvis opened his new cottage at Ootsa Lake last Wednesday night with a banquet at which he entertained old time residents of the Lakes District. He was assisted by Charles Henson and Charles Lindquist. Among the speakers, besides Mr. Jarvis, were Harry Morgan, Norman Schreiber, Chas. Lindquist, J. E. Bostrom and P. L. Mulville. Fiddle music for dancing was furnished by F. R. Keefe and Charles Rommer.

J. H. Johnson, manager of the Johnson Fishing Co., is leaving in a few days for New York where he will spend a couple of months. Ole Johnson will be in charge here during his absence.

A successful novelty sale was held on Saturday afternoon here in aid of the Burns Lake Hospital.

BOUQUET FOR DAD

Teacher (looking over Teddy's homework)—I don't see how it is possible for a single person to make so many mistakes.

Teddy (proudly)—It isn't a single person, Teacher. Father helped me.—Brooklyn Eagle.

Vancouver Is Not Concerned About Outlet

Movement to Secure Western Railway From Peace But Route Left to Experts

The following letters have been received from Vancouver in reply to a letter written them by George Bushby, on behalf of the Peace River outlet committee:

Dear Mr. Bushby,—I acknowledged your letter of November 20 re Peace River, and also letter addressed to Mr. Woodward and Mr. R. D. Williams, the vice-president, and wishes to inform you that it will be read to our council at its next meeting which takes place on Thursday, December 5.

In the meantime, permit me to assure you that the attitude of our board and the attitude of the Peace River Association is distinctly and solely an advocacy for an outlet from the Peace to the coast and, so far as I am aware, this will continue to be the policy of those organizations who are interesting themselves in this movement.

It is our present opinion that in the last analysis the decision in regard to routes must rest in the hands of the engineers of the respective authorities and they, no doubt, will recommend the most economical route to be followed.

Just as soon as the council considers your communication I will advise you.

Yours very sincerely,
W. E. PAYNE,
Executive Secretary.

Second Letter

Dear Mr. Bushby,—Your letter of November 20 addressed to the president and members of our board was read to our council at its meeting yesterday.

My letter to you of November 26 was also read.

The council wish to inform you that the views expressed in my letter of the 26th coincide entirely with the views that our board hold.

We are certainly interested in the development of the Peace and are concerned only in the fact that the Peace desire an outlet to the coast. Where that outlet will be is a matter for those in charge who have the authority to decide as to which is the most economical route.

W. E. PAYNE,
Executive Secretary.

DUNNING IS ENGLISHMAN

New Finance Minister Only Man of Non-Canadian Birth to Hod Office

TORONTO, Dec. 14:—Under the caption: "A Canadian Finance Minister Born Out of Canada," the Toronto Mail and Empire says editorially:

Hon. Charles Dunning is Canada's new finance minister. This means the crowning of a remarkable personal career in Canadian politics, that of a man whose ascent of the ladder to one high public trust after another has been exceedingly rapid. Mr. Dunning cafe to Canada from England, an immigrant boy, at the age of 17, just 27 years ago. Fourteen years later he was a member of the Saskatchewan government, and three years after that he became prime minister of the province. From Saskatchewan he was called to hold office in the Dominion Government in the year 1926, and now at 44 he is chosen as the man to fill the late Mr. Robb's shoes as finance minister, the most important office under the premiership in the Dominion cabinet. His example will turn the thoughts of many other promising youngsters to the openings public life presents, to men of talent and force of character. Of course, every career in which shining success has been attained has had its favoring conditions and opportune moments as well as stiff difficulties to overcome. There are doubtless many other young men as gifted and as resolute as Mr. Dunning, but the golden opportunity never came to them. The achieving of success and the gratifying of ambition are not wholly a matter of fighting against adversity. The smile of Fortune now and then brightens and hastens the upward struggle.

Mr. Dunning is the only man of non-Canadian birth to hold the office since the days of the Dominion's first cabinet. In that original cabinet Sir A. T. Galt was the first finance minister. He held office but a short time, giving way to Sir John Rose, who likewise soon retired and was followed by Sir Francis Hincks. All these men were born in the Old Country. Sir Frances Hincks' short tenure of office was succeeded by that of Sir Leonard Tilley, who was born in New Brunswick. In the Mackenzie cabinet, which displaced the first government of Sir John MacDonald, Sir Richard Cartwright, a Canadian, was the finance minister. When the Mackenzie government was defeated and Sir John Macdonald formed his second administration, Sir Leonard Tilley was once more selected for the office of finance minister. When he retired, owing to ill-health, another Canadian, Hon. A. W. McLean, took over the department.

Other Ministers

Shortly afterwards came Sir Charles Tupper's brief term. Sir George Foster began his administration of the finance department in Sir John Macdonald's third cabinet and continued it from 1888 to 1896, when he retired upon the defeat of the Tupper Ministry. Then began Hon. W. S. Fielding's long service at the post. The first break in that service came in 1911, when the Laurier Government was defeated. In the Borden Government, which succeeded, Sir Thomas White was finance minister and held the office until his retirement from politics at the close of the war, when his place was taken by Sir Henry Drayton. When the Meighen Government was defeated in 1921 and Mr. King was called into office, Mr. Fielding was brought back to the finance department. For a few weeks after the resignation of the King Government in 1926, Mr. Meighen was prime minister and Hon. R. B. Bennett was finance minister. After the general election of 1926, which brought Mr. King back into the premiership, Mr. Fielding was once more put in charge of the finance department and continued therein until he became too ill to attend the duties of the office He was succeeded by Mr. Robb whose place has now been filled.

All these men were Canadians. In the beginning of the Dominion's history the country was more dependent upon ripe politicians whose lives had begun in the Old Country, than it is now. All our finance ministers in the last 57 years of the Dominions' 62 years of existence have been Canadians. We have no lack of native-born Canadians fit for any task of government. The opportunities for men born in the other parts of the Empire to take part in the directing of Canada's affairs will tend to be fewer as time goes on.

The Christmas Gift Store
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Here is your greatest choice of Gifts for Him. Let Santa Claus bring him something which will make him think of you for long afterwards. Get it at the Acme. And at sale prices.

Handkerchiefs
Make an Ideal Christmas Gift
Pure Irish Linen Handkerchiefs for men. Half dozen in box. Excellent value.
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A REAL PRESENT FOR THE LADY
Silk and Wool Hose
In all shades and in all sizes. In Christmas box. Temptation Sale Price, 2 pairs for $1.25

Men's Shirts
Tooke's, Arrow and Lang's Shirts—the finest made. In broadcloths with fancy stripes and plain shades. Each one in a Christmas box. Temptation Sale Price $1.85

Men's Slippers
A pair of slippers makes a comfortable, thoughtful present. We have a large variety in Vici kid, Romeo style. Temptation Sale Price $2.95

Men's Socks
The famous St. Margaret's Men's Socks. Pure wool. Regular value up to $1.25. Temptation Sale Price... 95c

Men's Bathrobes
The German Emperor never wore a bathrobe and see what happened to him. Here is a fine variety to choose from.
Temptation Sale Price $5.95

FOR CHRISTMAS BUY THE BOY THE
Latest in Sheik Pants
Broadway style, in fancy Velvet Corduroys. Temptation Sale Price $5.50

Men's Neckties
Some men prefer to choose their own neckwear; but no man would object to anybody's choice in our store. In beautiful patterns and plain shades. Regular values to $1.75. Temptation Sale Price... 95c

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SAYS HINCHLIFFE WOULD BE CANADIAN BIG BILL THOMPSON

(Vancouver Sun)

As a nice sweeping gesture of friendship towards Canada's nearest neighbor, Hon. Joshua Hinchliffe said in Vancouver yesterday:

"The only difference between "George Washington and Louis "Riel is that Riel was unsuccess-"ful and was hanged."

Mr. Hinchliffe is an important and voluble member of that Provincial Government which proposes to spend the money of the taxpayers of British Columbia on a road to Alaska for the convenience of the countrymen of that same George Washington who should have been hanged.

It seems that he also has ambitions to be British Columbia's "Bill Thompson."

There was one Joshua who made the sun stand still. To reconcile his words with his policies, our own Joshua would have to perform a feat almost as astounding.

ALMOST IN SOLITUDE

The road show was playing a poor town.

"We are alone?" hissed the villain.

"Almost," rejoined his partner, looking sadly at the rows of empty seats.—Schnectady Union-Star.

Urges Value of Reduction Plant

George Bushby Asks General Support For Dogfish Bounty

"In the first place, there is an almost universal belief that reduction plants are merely fertilizer factories," said George G. Bushby at the Fisheries Association dinner Saturday night. "In reality there is very little fertilizer made these days, for there is a growing demand for edible fish meal for poultry and stock feed, this material being acknowledged to be a most valuable ingredient as the protein element in feeds.

"The products of the reduction plants are indirectly used for human consumption, for feeding poultry and cattle, and, in the case of fertilizer, producing food from the ground, are certainly means of feeding human beings. Provided fish are abundantly available there can be no possible objection to their use in reduction plants.

"The other item which interests us is the necessity of endeavoring to procure a bounty from our governments on the catch of dogfish. It would take up too much time to go into details showing the tremendous losses caused by these wolves of the sea. The main point at issue is that, owing to prices of oil and meal being fixed by markets beyond our control, we are not able to pay fishermen sufficient for their dogfish to make it profitable for them to fish for dogfish if there is anything more remunerative in sight.

"The governments which are interested in conservation of our fisheries and which are also interested in deriving revenue from our fisheries should pay a bounty of at least $10 per ton to the fishermen for all dogfish caught and landed. By means of a bounty the entire fishing industry would benefit and every effort should be put forward to secure this bounty."

Unemployment To Be Checked Prairie Cities

EDMONTON, Dec. 16:—That as much winter work be undertaken at once and in the near future as can be provided by the dominion, provincial and city governments was decided upon as an objective at a conference of Edmonton and Calgary city officials with Acting Premier R. G. Reid at the parliament buildings.

The railroad companies it was also decided, will be asked to make immediate provision whereby the men now laid off will be put back to work. In the case of the federal government, it will be urged that all work within the province for which appropriation has already been made shall be proceeded with at once.

A Daily News want-ad will bring results.