

WONDERS OF SLEEP.

The Effects of Slumber Upon the Brain and the Heart.

"Shakespeare," said a scientist, "called sleep the ape of death. That is a striking name for a striking thing. Sleep is a wonderland. Let us explore it."

"Self hypnosis is a mysterious force that we can exercise on ourselves in sleep alone. We are all self hypnotists. We all, on certain nights, tell ourselves firmly that we must not oversleep, that the next morning—at 4, at 5 or 6 precisely—we must wake up. And we do wake up. Our sleeping selves respond to the hypnotic suggestion made the night before by our waking selves. That is mysterious and striking, isn't it? Still more mysterious and striking, though, is the fact of our keeping track of the time somehow in our slumber. How on earth do we do this?"

"It is impossible to do without sleep. Men have slept standing, walking, even running. They have slept in battle, under fire, with guns roaring on all sides. They have slept in unendurable and deadly pain."

"There is no torture equal to that which the deprivation of sleep entails. The Chinese are the cruellest folk on earth and the most ingenious of torturers. Well, the Chinese place the deprivation of sleep at the head of their torture list."

"Sleep is a state of rest. The heart rests in sleep. The heart is a rhythmic muscle, not one that never ceases, but one that works at short shifts, like a puddler, a moment on, a moment off. Well, when we sleep the heart's shifts of rest are redoubled. It works, then, one on, two off, getting, indeed, pretty nearly as much repose as we do."

"The brain in sleep becomes pale and sinks below the level of the skull. When we are awake the brain is high and full and rosy."

"Not only the brain and heart, but even the tear glands, rest in sleep. That is why when we awake we always rub out eyes. The rubbing is an instinctive action that stimulates the stagnant tear glands and causes them to moisten properly our eyes, all dried from their inaction."—Buffalo News.

THE ENGLISH PARLIAMENT.

Why Its Houses Were Built Upon the River Bank.

Wellington once declared that the most exciting moment of his life was not in any of his great battles, but that in which he had to forbid William IV to attend a public banquet in the city during a time of great national excitement. Of the millions of people who every year see the English houses of parliament, how many imagine that their position was determined by strategic considerations? No one nowadays can think of the palace of Westminster in any other position than that which it occupies. But when the old houses were burned down and the task of rebuilding faced there was a proposition to establish them on or near the site of St. James' palace. Wellington resolutely put down his foot on the proposal.

The site suggested, its advocates pointed out, would be better as regards centrality and convenience than any other. But to the argument of the duke there could then be no answer. "With a vast and growing population, such as yours in London," he said, "you must never make it possible that you can be surrounded. You must build your houses of parliament upon the river, so that the means of ingress and egress are safe and that the populace cannot exact their demands by sitting down around you." Sir William Fraser, in whose memoirs the story is recalled, mentioned it to Napoleon III just before the death of the latter. "What wisdom!" he said. "What wisdom!" And it set him musing upon the different turn which the history of France might have taken if in other ways as great precautions had been observed in his own case.—St. James' Gazette.

Hard Luck.
"Last night I dreamed I died and went to heaven," said Toot. "St. Peter met me at the gate, and I ax him if I could come in. He sees he hatter weigh me 'ginst mah sins fur, an' wid dat he git out a big pair ob balances an' put me in one pan an' a great big bag in de udder. De bag out weigh me way yondah, so he ses I can't come in. I ax him fob ter tell me whut's in dat bag, an' he bus' it open fo' me. Well, sub, it wus plumb full ob watahmillions an' chickens! An' I ses, ses I, 'Ef yo'll leabe mah sins out yere wid me,' ses I, 'I won't ax ter come in.' Ses he, 'All right.' But, doggone mah skin, I wake up 'fo' I could git ter dem t'ings!"—Judge.

Tough.
"You should have heard Bangs roast ing Goodley last night. He used some pretty hard words."
"Yes, but they didn't seem so hard to Bangs last night as they did this morning."
"How do you mean?"
"He had to eat them this morning."—Philadelphia Press.

Discouraging.
Gaston—I tell you, old man, Miss Watkins is a mighty sensible girl—the most sensible girl, I think, I ever knew. Alphonse—I think you're right, my boy. I wouldn't advise you to propose to her.—Somerville Journal.

The thieves who stole the Dante relics at Florence do not seem to fear that they may take up their quarters in the seventh pit of Malebolge, once upon a time visited by the poet.

ITCHING SCALP
FALLING HAIR

Came Out Constantly—Hair Finally Had to Be Cut to Save Any—Scalp Now in Good Condition and No More Itching—Another Effective

CURE BY THE
CUTICURA REMEDIES

"I will gladly give you all the information concerning my case. I used the Cuticura Soap and Ointment for a diseased scalp, dandruff, and constant falling of hair. Finally I had to cut my hair to save any at all. Just at that time I read about the Cuticura Remedies. Once every week I shampooed my hair with the Cuticura Soap, and I used the Ointment twice a week. In two months' time my hair was long enough to do up in French twist. That is now five years ago, and I have a lovely head of hair. The length is six inches below my waist line, my scalp is in very good condition, and no more dandruff or itching of the scalp. I used other remedies that were recommended to me as good, but with no results. If you wish to publish any of what I have written you, you are welcome to do so. I am, respectfully, Mrs. W. F. Griem, Clay Center, Neb., Oct. 23, 1905."

FROM THE HOUR OF BIRTH
Mothers Should Use Cuticura
Soap, the World's
Favorite

Mothers are assured of the absolute purity and unfailing efficacy of Cuticura Soap and Cuticura Ointment, the great Skin Cure, in the preservation and purification of the skin, scalp, hair, and hands of infants and children. For baby eczema, rashes, itches and chafings, as well as for annoying irritations and ulcerative weaknesses, and many sanative antiseptic purposes which readily suggest themselves to mothers, as well as for all the purposes of the toilet, bath, and nursery, Cuticura Soap and Cuticura Ointment are priceless.

Dr. Reed's
Cushion Sole
Shoes
are
Death on
Corns.

Easiest Thing You Ever Put
on Your Feet. Sold by

S. A. GIMRE,

AGENT FOR THE DOUGLAS SHOE
543 Bond Street Opp. Ross Higgins & Co.

"PaleBohemian
Lager Beer"

THE
BEER
FOR
THE
HEALTHY
WEALTHY
AND
WISE

on draught and in bottles
Brewed under sanitary conditions and
properly aged right here in Astoria.

North Pacific
Brewing Co.
ASTORIA, OREGON.

Our Great Removal Sale of
High Grade Wall Paper
Is a Phenomenal Success.

Now is the best opportunity to secure bargains as we will move to our new location January 1st, and in the meanwhile we are selling wall paper at prices lower than you have ever seen it before. Call and inspect our elegant lines.

B. F. Allen & Son, 365-367 Commercial St.

ASTORIA IRON WORKS

JOHN FOX, Pres. and Mgrt. F. L. BISHOP, Secretary
A. L. FOX, Vice Pres. ASTORIA SAVINGS BANK, Treas.

Designers and Manufacturers of

THE LATEST IMPROVED

Canning Machinery, Marine Engines and Boilers,
Complete Cannery Outfits Furnished.

CORRESPONDENCE SOLICITED.

Foot of Fourth Street.

Are You Planning to Remodel?



If you contemplate remodeling your present home now or in the near future, you should study the subject of Planning.

A little knowledge on the subject will be beneficial to you in the selection of the best material and fixtures and in their proper location throughout the home.

If you will call and consult us, we will give you attractive literature on modern sanitation and will show you the samples of "Standard" Ware we have in our showrooms.

J. A. Montgomery, Astoria

HERE YOU ARE
Morning Astorian Every
Day in the Month For 65c

The Astorian Wants 500 New Subscribers

And in Order to Do This the Price Has Been

Reduced From 75c to 65c a Month

Be Loyal to Your Town and Begin the New Year by
Taking Astoria's Greatest Paper The Astorian

DELIVERED BY CARRIER TO ANY PART OF THE CITY
FOR 65 CENTS