

DREAM SENSATIONS.

Cause of Some of the Feelings We Experience in Sleep.

Some of our common dreams seem to be directly traceable. Slipping down of the blankets is followed by dreams of arctic relief expeditions or falling into snowdrifts. A gas distended stomach, pushing up the diaphragm and compressing the lungs, produces dreams of "something sitting on your chest" or dramatic struggles against other forms of suffocation.

The common single dream, that of falling, falling, falling, from a great height, to wake with a gasp of relief just as you are about to strike and be dashed to pieces, is probably due to the general muscular relaxation and falling of the head, arms and limbs which accompanies settling down to sleep. Careful studies have shown that it almost invariably occurs during the first forty-five seconds of sleep. A slip, a change of position of a sixteenth of an inch, is enough to suggest the idea of falling to the brain. It "does the rest" and provides out of its swarming storehouse of images the precipitous, flights of stairs, giddy maddens and other scenic effects. If the impression is not vivid enough to wake you, you "strike bottom" with a delicious sensation of restful warmth and repose just such as your tired body is getting from its "downy couch."

The next common dream, which we have all had scores of times and which, as Dickens quaintly said, he was sure even Queen Victoria, with all her royal wardrobes full of clothes, must have also had, that of suddenly finding yourself in public half dressed, seems almost equally traceable.

The dream, and we can all recall its mortifying vividness, is usually associated with insufficient or displaced bedclothes. This gives our drowsy brain cortex the idea that we haven't sufficient clothes on. Our arms and shoulders being completely covered by the close fitting upper half of the nightgown, the impression of unprotection comes most vividly from our unencased lower limbs. Our well trained modesty takes furious fright, and hinc illic lachrymae (hence these tears). — Dr. Woods Hutchinson in American Magazine.

Practical. The great Marchesi, like other famous singers, was the recipient of valuable gifts from an admiring public. Many of these were of a perishable nature, and some were rich and rare. One only bore the character of absolute practicality. During a concert tour in Switzerland there was one concert in which the prima donna was especially brilliant. She sang a varied programme—a song from Handel, an Italian air, some German songs—and not only through the greatness but the diversity of her gifts roused the audience to a tremendous pitch of enthusiasm. Many persons crowded up to her when the concert was over, overwhelming her with the profusion of the flowers they brought. After the crowd had dispersed a bashful looking girl came up, holding a parcel in her hand.

"You delighted me so very much at your last concert," said she, "that today I should like to express my admiration for you in person. Flowers, however, fade. I therefore beg to offer you a lasting and practical souvenir which will keep me in your memory."

With these words she unwrapped a silver soup ladle, presented it and disappeared.

Japs Never Take Cold. There are many public baths in Japan, but nearly every private house has one either in the house itself or adjacent to it.

The ordinary bath consists of a large wooden tub, oval in shape and fitted with a cover. Before he enters the tub the bather thoroughly lathers himself from head to foot and washes the suds off by means of a wooden ladle or dipper. He then sits in the tub immersed up to his chin for several minutes, enduring a degree of heat by which a European would be well nigh parboiled.

When Japan first began to study the methods of western nations the excessive heat of the baths was strongly condemned, and a law was made that the water in the public baths should be only moderately heated, this caused great discontent, so a committee composed of European and Japanese medical men was appointed to decide the question. The verdict was in favor of the national custom, which was pronounced to be not only harmless, but beneficial.

The high temperature of the water was said to open the pores of the skin thoroughly, even without the use of soap, and a healthy action of the skin and cleanliness were secured which it was impossible to get with any amount of washing in cold or so called hot baths.

New Decoration. The pretty and ingeniously contrived doral "diabola" will appeal to numberless devotees of the new game as an item for table decoration. The body of the spoon—a large pastebord one will do—is covered with tiny yellow chrysanthemums, which, you know, do not easily wilt, and the three or four minnows. The spinning cord and wand are decked with any kind of bright flowers and foliage. It can be suspended from the chandelier over the table and further decorated with gauze butterflies.

The Right View. The San Francisco Chronicle makes reference to the outlook for fruit in California, and to some extent what it says is applicable to this part of the Pacific northwest. The comment of the Chronicle is as follows:

"All agree that the fruit crop of this state, except prunes, will be very large and of good quality. The abundance of prunes, is really fortunate. It will enable packers who hold stocks purchased at high prices last summer to unload without the losses at one time feared, and get into a position to buy this year's crop. All other fruits promise well. The prices to growers now spoken of, although naturally smaller than those received under the stimulus of the prosperity of last year, are far above the average of the last ten years, and are satisfactory. They will be profitable to growers, and afford a credit to those who buy them. And unless the buyers do make a profit the growers will soon be

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Keep Fighting. There is one serious trouble about the introduction of parasites to fight insect pests. That is that when such parasites are introduced a vast many people give up at once other methods of fighting these pests. These are being some trouble along this line in California at the present time. The parasite for the codling moth has not been introduced enough to become non-trivial already not a few orchardists have quit spraying their trees. Parasites are useful but we have not as much enthusiasm about them as we had fifteen years ago.—Agriculturist.

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