

WHY CAN'T I GET TO SLEEP?

Thousands of people all over the country ask this question, but still continue to toss night after night on a sleepless bed, and it is impossible for them to get a full night's refreshing sleep.

Some constitutional disturbance, worry or disease has so debilitated and irritated the nervous system that it cannot be quietened except by the pernicious use of opiates or narcotics. Or again, you have heart palpitation and sensation of sinking a feeling you are going to die, or perhaps you wake up in your sleep feeling as though you were about to choke or smother, and the only way you can get relief is to sit up in bed.

To all who suffer in this way, Milburn's Heart and Nerve Pills offer an inestimable boon. They bring back the much needed night's rest by improving the tone of the nerves, strengthen the heart, enriching the blood and making the whole organization act in harmony—then you sleep as peaceful as a child.

Mrs. Jas. Latimer, 39 Leinster St., St. John, N. B. writes:—"At night I could not sleep. I had to sit up in bed my heart beat so fast, and when I walked up stairs I would get all out of breath. A friend recommended Milburn's Heart and Nerve Pills and after using two boxes, I can sleep all night and am not out of breath after walking."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

MANY NOTABLES AT BANQUET TO SIR AUCKLAND GEDDES IN LONDON

New Principal of McGill University Honored by Many Notable Persons—Declared His Faith in Canada Knows No Limit—Praise for the Men of McGill Who Went Overseas.

London, April 5.—At a dinner given the world than the development of last night by W. M. Birks in celebration of the acceptance by Sir Auckland Geddes of the Principalship of McGill University, and attended by Right Hon. A. Bonar Law, Premier Borden, Lord Milner, Sir Eric Geddes, Sir Edward Kemp, Sir George Perley, Donald McMaster and others, Lord Milner, proposing the toast of the evening, said:

"My faith in Canada knows no limit and is the faith of a lifetime." His Lordship professed to speak for Canada not only as a great architectural country, but as a great industrial country. We read of great unrest where the truth is that the events of the past four years have given a tremendous shock to the whole world. Seriously, everywhere the world is rocking. It would be foolish to under-estimate the danger, but I believe we shall keep our heads. Canada will have troubles without having regard to the generosity of her policy, her vast resources and power of expansion, I do not think any country less likely to be swept off its feet."

Premier Borden, responding, paid tribute to Principal Peterson's services at McGill University. He continued to speak eloquently of Canada's success during the last hundred days of the war.

Sir Auckland Geddes, responding, spoke of the men of McGill who went overseas and who thus maintained the traditions of hundreds of years.

"I think," he said, "there is no fact of more importance for the peace of

SAYS THE HUNS WILL FACE THE BOLSHEVISTS

Berlin, April 5.—There is no danger of a Bolshevik invasion of Germany, in the opinion of Prof. Hans Delbrueck of the history department of the University of Berlin.

In discussing the situation in Germany he expressed the belief that Germany would unite to face the Bolsheviks if the Bolsheviks menace them. In his statement the professor said:

"The strike in the Ruhr district and the labor unrest in other sections of Germany are a serious menace to our economic situation. I am confident that the Danzig and Polish issues will find satisfactory solutions."

I do not fear a Bolshevik invasion, as I doubt the ability of the Russians to muster sufficient forces for a successful attempt. Should the Bolshevik danger creates an acute military situation, then a union of the Germans and Poles is bound to result because their mutual interests would be jointly endangered. Such a coalition, however, would hardly find the unqualified support of the Allied powers."

FIRST AMERICAN WOMAN TO CROSS THE RHINE

Brings Home Stories of Humor and Pathos—A Pair of Worn Baby Shoes Found on Argonne Battlefield by Miss Frances Marion, Who Worked for the Committee of Public Information, but in Peace Times Writes Your Favorite Screen Dramas.—The Noblest Task of the Red Cross.

(New York Sun)

The very first American woman to cross the Rhine—that is the record held by Miss Frances Marion, who in every day life is a writer of artistic scenarios for Mary Pickford, Sessue Hayakawa, Douglas Fairbanks and other film stars at a salary approaching that of the President of the United States, but during the war was a propagandist for the Committee of Public Information.

Miss Marion went to France last fall with the purpose of filming the activities of women in the war also of doing some secret propaganda work for the Government. She was in the midst of this when the armistice was signed. It was the desire of the committee that she get to Germany as quickly as possible. The Red Cross following its usual custom of sending supplies and comfort ahead of the troops, began loading its camions and ambulances soon after Nov. 11. And so, at the request of the Committee of Public Information, the Red Cross always ready to cooperate, took Miss Marion as far as Treves, from whence she secured passage with an advance supply camion into Coblenz five days ahead of the army.

Upon this part of her trip and the reason for it Miss Marion prefers to remain silent, but she has many interesting things to tell of her ride through the battle-scarred fields and cities of northern France.

"Since my return," she said, when interviewed in her apartments at the Algonquin, "I happened to remark that I had written a screen comedy while I was in the devastated country. A woman said to me, 'You heartless creature! How could you possibly write a comedy or even think in terms of humor in the face of such misery and destruction?' It was difficult to make her see that it was the only thing I could write at such a time. When one's imagination has been stirred by scenes too big for words, one turns by a strange quirk of human psychology to the opposite extreme for sheer relief."

"It was only two days after the guns had ceased firing that I was driven over the battlefield of the Marne. At Verdun the German objective of this battle, and where a company of our boys were then salvaging the village and No Man's Land beyond, the Red Cross camion in which I was a passenger stopped over night. Naturally there was no place for me to stop, so the boys fixed up a tent for me, lighting a circle of bonfires around it to keep the rats away."

"That night I sat out in the moonlight, the bonfires lighted up the devastation all about, and listened to the story of the old bell ringer of Verdun. For fifty years he had rung the chimes in the church tower at Verdun, and when the Boches came, he was determined not to desert his post, so hid first in the cellars then in the under-

ground city. When Verdun was free they found him, bereft of his reason, almost starved from living on roots and herbs and whatever else he could find to keep life within his body. Bent gray, tattered, his face as devastated by hunger and fear as the town itself he had lost all consciousness of time and no longer knew there was a war."

All he remembered was his record of the past, the proud record of never having been absent from his post, never having been late with his bell ringing. And so, day after day, just as if there had been no war, he climbed the tower going through the motion of ringing the chimes."

Realistic and touching is Miss Marion's description of her ride through the Argonne. "It was a misty day when I whirled through the Argonne, with its terrible sweep of shell shot forest and meadow land, the gray fog had descended like a pall, helping to make more desolate the ruins that lay close up to us on every side. Suddenly the sun broke through and there sprang up before us, just as suddenly as if they were the resurrected spirits of our dead, the white crosses, lined in light, which marked the graves of our American heroes."

It was here that Miss Marion felt as if she must write something though she could summon neither the heart nor the words to put down the deep emotions the scene aroused in her. And then, just on the edge of the battlefield, untouched by war and looking almost as if one were leaning against the other, she came upon a pair of baby's shoes. It must have been that some mother, when getting ready to fly from the Germans, had set the shoes on the window sill and had gone away, forgetting in her terror so small a consideration as her child's shoes. These little left-behind shoes furnished the basis for a comedy drama which will shortly appear upon the screen.

Armistice night in France is one of the poignant memories brought back from France by Miss Marion. "I was in Maxine's that evening," she relates, "when Nungesser, the greatest of all aces, entered. Immediately he was pounced upon by the crowd and lifted to the table. A glass was placed in his hand and the women leaped upon chairs and leaning over poured their wine into his glass, begging him for a toast. There was a heavy silence. There he stood, the butcher boy who helped to save France stocky, muscular, his entire chest covered with medals and decorations. As his glass was filled to the brim, he raised it high in the air and then, in reverent tones proclaimed 'Au mort.' Not a sound was heard while the silenced crowd drank reverently to their dead. But when the last drop in the last glass had been drained, the music started up again, two excited French companions pulled Nungesser down from the table and danced away with him into the middle of the whirl."

In Paris Miss Marion worked for a while in the studio of Anna Coleman Ladd, the noted American sculptor, who under the auspices of the American Red Cross passed the four years of war in helping the face maimed back to a condition where they could walk among men. "To my mind," declares Miss Marion, "this is one of the noblest works of the many noble ones indorsed and aided by the American Red Cross."

"I have seen men come in there with their faces injured beyond all recognition. Some of them had actually been going about with black bags over their faces, because women, seeing them faint, or children, fascinated, followed them as if they were circus freaks. In a few days they would go forth with masks, so lifelike and so much like their old selves, that it was as though they had come back to life after a nightmare."

"One man I know of, a hero of the Marne, whose face was awful to look upon went forth actually the handsome boy that he had been before he had run up against a German machine gun. In a few weeks he came back with a wife. And he was only one of two thousand French soldiers that this wonderful woman has resurrected into a new wholeness after having faced the living death of being a horror among men."

Peace is in sight, but it is considerably emaciated.

NOTICE OF SALE

NOTICE is hereby given that there will be sold at public auction in front of the Post Office, in the City of Fredericton, in the County of York, on SATURDAY, the nineteenth day of April, at the hour of twelve o'clock noon, all the farm lands and premises situate in Campbell Settlement, in the Parish of Southampton, in the County of York, formerly occupied by George Marsten, deceased, described as:

"Beginning at a maple tree standing in the southwest angle of Lot 'Number 24, granted to Hugh Munroe, in Range Two, Campbell Settlement; thence running by the magnet of the year 1832, south twenty chains to a spruce tree; thence west fifty chains to a beech tree standing on the east side of a reserved road; thence along said road north twenty chains or to the south line of Lot 'Number 24, granted to Hugh Munroe aforesaid, and thence along the said line east fifty chains to the place of beginning, distinguished as Lot 'Number 23, in Range two of Campbell Settlement, and more particularly described in the grant thereof from the Crown to Jacob Hickey."

Possession given at once.
Dated this second day of April, 1919.
MCLELLAN & HUGHES,
Solicitors.

IN THE MINORITY

(Montreal Star.)

To the average farmer the daylight saving scheme, as tried out last summer, made little real difference, if it made any at all. His summer day was, as it always has been, regulated by the sun and not by the clock. The dairy farmer and the truck farmer were the only one of the class materially affected, and there is no reason in the world why the whole of the urban population of this country should be denied the great advantage which the plan brings with it because of a certain inconvenience it will cause to a very small proportion of the population.

NOTICE OF SALE.

NOTICE is hereby given that there will be sold at public auction in front of the Post Office, in the City of Fredericton, in the County of York, on FRIDAY, the Twenty-fifth day of April, 1919, at the hour of twelve o'clock noon, the farm lands and premises situate in the Parish of Petersville, in the County of Queens, owned by the undersigned, John P. Burns, described as:

"All that certain piece, parcel or tract of land situated, lying and being in South Enniskillen, in the Parish of Petersville, County of Queens, and Province of New Brunswick, mentioned and described in the deed thereof from James Donovan and 'Eunice Donovan his wife to Patrick Burns as 'All that certain piece or parcel of land situated, lying and being in South Enniskillen, in the Parish of South Enniskillen, in the County of Queens, and Province aforesaid, and bounded as follows, namely, commencing at a spruce tree along the side of the road leading to Friendship Hill; thence running south along said road till it strikes the north line of land owned by Daniel Sweeney; thence west until it strikes the east line of land owned by Patrick Byrnes 'Senior; thence north until it strikes the south line of land occupied by 'John Byrnes, Senior; thence east along said line and to the corner of said land; thence north along the east line of said John Burns, Senior's land, till it strikes the south line of lands owned by William O'Neill; thence east along said line to the place of beginning, containing eighty-five acres more or less."

Possession given at once.
Dated April 5th, 1919.
JOHN P. BURNS.

BETTER THAT WAY.

"You don't seem to mind when your wife scolds you."
"Not a great deal. If she didn't scold me I'd think she was ill."

Fond parent, don't hasten to name your offspring for your favorite war hero. Wait until the investigating committees have gone over their records. We must make heroes safe for the future generation.

SEEDS

No. 1 Timothy, No. 2 Timothy, Red Clover, Mammoth Clover, Alsike Clover. [At lowest market rates.

G. W. HODGE

SWEET PEAS

CANNAS PAEONIES ROSES
Our list of the above embraces the finest named varieties in cultivation. A postal will bring our descriptive price list by return mail.

Farm and Garden Service

LEONARD C. BOX, F. R. H. S. - - - - - Manager
P. O. BOX 937, FREDERICTON, N. B.

Canadian National Railways

OPERATING ONE HOUR EARLIER

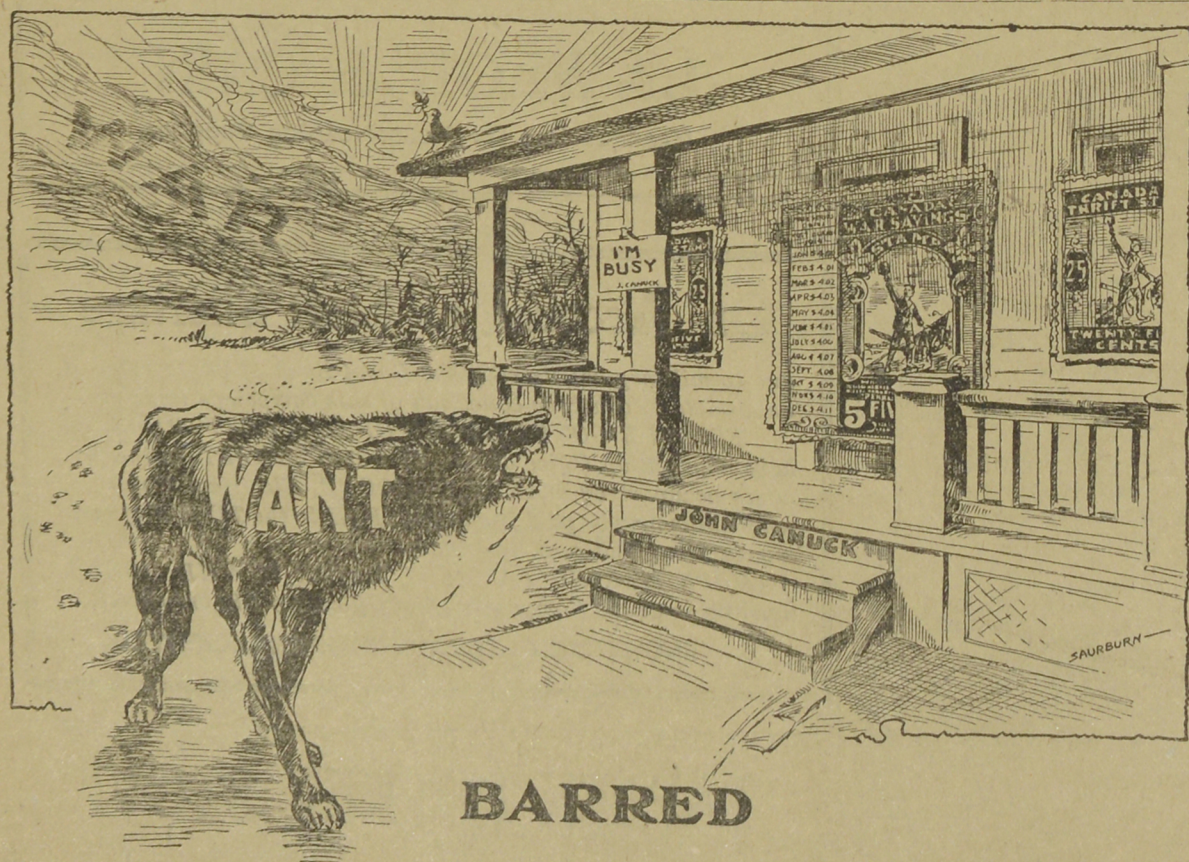
Important Daylight Saving Change of Time at Two a. m.
Sunday, March 30th, 1919.

All clocks and watches used in operation of Canadian National Railways will at 2 a. m. Sunday, March 30th, be advanced one hour. To prevent serious confusion and inconvenience to the public the attention of all concerned is directed to the following conditions resulting from the important change of time.

If cities, towns, villages and other municipal bodies do not change their local time to correspond with the new railway time, all concerned should keep in mind that while trains continue to leave railway stations on present schedule, such schedule will be operated one hour ahead of present local time.

Therefore, any municipality where local time is not changed to correspond with the new railway time, passengers must reach railway stations one hour earlier than shown in current folders and public time posters.

Where municipal time is changed to correspond with the new railway time, passengers will not experience difficulty growing out of the change.



This is a reproduction of the prize drawing, submitted by C. F. Saurburn, of Montreal, in the War Savings Cartoon contest. It sets forth in a very striking manner some of the salient features in the War Savings Plan, which has recently been introduced in Canada.