

# At Last! The Stuff of Which Dreams Are Made.



## What Dreams Are

By HAVELOCK ELLIS.

THE mind is active while the body sleeps. Dreaming is the plainest indication of this fact. The dream the mind really experiences is much different from what it records when the body becomes conscious. Even in somnambulism it is unusual for men and women to have any recollection upon awakening. This is because thinking done when the body rests is different than that done when the body is active. The unusual pictures and objects seen in dreams have made some of the great pictures, poems, musical compositions, and books of the world.

**D**REAMS—the day kind and night kind—are being studied by scientific men. Many have given the dream question much thought. Havelock Ellis has found, as have many other experts, that dreams are merely the period of existence of another personality. In other words, when you are dreaming of murdering relatives, scaling mountain precipices, eating wooden spinach, or doing any other odd and abnormal thing, you are actually doing this thing so far as your inner being is concerned. Of course your body doesn't move, but your mind is having its "day." The bad side of your character, say students of dream philosophy, is apt to be shown in your dreams, or vice versa. This may be regulated by what you eat to some extent before retiring.

Work and play teach men what they do when they are awake, but most of us know little about what we do in those seven or eight hours when we sleep and dream. Some people consider dreams as truthful oracles revealing happenings that are sure to follow. Others say that dreaming means one of two things, either a bad case of indigestion or a worse condition.

Scientific men do not accept any of these explanations as satisfactory, though there may be a grain of truth in all. They find sleeping and dreaming interesting, but a most complex state of being. The most advanced students say that people think and live as much when they sleep as when they are awake, and that dreaming is one manifestation of this fact.

**Dreams Play Important Part.**  
Havelock Ellis, in "The World of Dreams," states that sleeping and dreaming play a more important part in our lives than most of us imagine. The importance of sleep and dreaming is unappreciated because it is difficult to catch a dream and therefore to analyze it. The dream realized is only a fringe of the experience we have known and never embraces the whole consciousness we get in sleep. Dreams are irrelevant, for so much is forgotten and omitted, and then the logic of the mind tries to patch it together after we awake.

As he explains: "We never catch a dream in course of formation. As it presents itself to consciousness there may be doubtful points or missing links, but the dream is once for all completed, and if there are doubtful points or missing links we recognize them as such. I believe that there is always a gap between sleeping consciousness and waking consciousness. The change from the one kind of consciousness to the other seems to be effected by a slight shock and the perception of the already completed dream is the first effort of waking consciousness. The existence of such

## MODERN RULES OF WARFARE

Conduct of Campaigns Must Be According to Rigid Regulations Agreed to by Nations.

War is waged nowadays according to certain rules drawn up at the various international conventions held at The Hague and elsewhere.

The commander of a hostile army may not attack towns, villages or buildings that are not defended.

Unfortified places may not be bombarded. Brighton, for example, being unfortified, could not be attacked according to the law of nations, if England went to war.

Quarter must be given if asked for. To declare that no quarter will be given before delivering an assault is not allowed.

A victorious army is not allowed to pillage a captured town or fortress.

Nations have agreed among themselves that no poisons or poisoned weapons shall be used for war purposes.

Spies formerly received short shrift when caught red-handed. Now, how-

"You Are Only Thinking and Living in Another World -- You Are Another Being," Says Havelock Ellis in His Book on Dreams

ing can be aroused by opium and chloroform, for under chloroform the vision is stimulated first.

In all these dreams, whether created awake or asleep, the pictures are as normal as when the individual is awake, excepting that there is little color, the color field fading in a gray hand. But they have qualities that the images created when awake lack. Many things we cannot recall when we are awake are born once more in our dreams. Scientists and inventors often come to a standstill with their powers of reason, they do not know how to move on with their investigations and experiments. The more they worry the more difficult the problem becomes, when suddenly their difficulties are cleared up in their dreams.

This is explained by Ellis and others by the fact that a large part of the psychic life of sleep is outside our power and some of it is even beyond our sight. The unusual pictures seen in our sleep and dreams have made some of the great pictures, poems, stories and plays of the world. It is only the man of genius who can bring these strange and irrelevant pictures together in a relevant way. To him acting and life, the picture and the reality, are no longer distinct; they flow in the same channel.

**Normal Mind Has Two Intelligences.**  
This is not so strange as it looks, for every normal mind has at least two intelligences, one conscious and the other subconscious. One might almost say that in dreaming the subconscious intelligence is playing against the conscious intelligence. This shows why great people often act on the results of their dreams, though they do not always know why. This also explains why we remember things we had forgotten and often reason more clearly when our bodies are at rest.

Because of this larger field of vision men often prophesy things that are to take place. Dr. Hammond, a well-known physician, knew a man who before an attack of paralysis repeatedly said that he had been cut in two down the middle line, and could only move on one side, while a young woman who had swallowed molten lead in her dreams, on awakening was attacked by tonsillitis.

The mind is so active when it is supposed to be asleep that if the motor co-ordinates are not cut off somnambulism takes place, the body responds to the command of the brain, without the person ever realizing it.

It is rather startling to hear that man thinks as intelligently asleep as awake, but no less an authority than Sir Arthur Mitchell admits that thinking is essential to life. Thinking when we sleep may be different than when we are awake, but the process goes on just the same. Man cannot think unless he is alive, and he cannot be alive without thinking.

**Dreams Confused in Memory.**  
Dreams are not as confused as we think. They become confused from the standpoint of memory, but are not from the point of the dream organ. Memory half-blurred in trying to recall them makes dreaming seem confused. Dreams born under normal conditions are normal, it is only those that are created under abnormal conditions that are strange. For as Cicero said: "It cannot be doubted the number of true dreams would be greater if we were to fall asleep in a better condition; filling ourselves with wine and flesh obscures our dreams."

Carl du Prel holds that every individual has two consciousnesses rising and sinking like the weight of the scale. These are in alternation waking and sleeping. "Potentially the dream consciousness is present even in waking," he says, "and the waking consciousness in dreams, just as the light of the stars is present when the sun shines, but is first visible when the sun sets. Were the light not so weak in most of us it would never have been necessary to have written on the temple of Delphi, 'Know thyself,' and Plato would not have said that 'Most men only dream, the philosopher alone strives to be awake.'"

Mozart more than any other musician said that he was at his best when dreaming or in this stage of thinking. As he once told a friend: "When I am all right and in good spirits either in a carriage or walking and at night when I cannot sleep thoughts come streaming at their best. The things which occur to me I keep in my head and hum them to myself. If I stick to it there soon come one after another useful crumbs for the poet, according to counterpoint, harmony, etc. This now inflames my soul, which keeps growing and expanding, and all the invention and construction go on as in a fine, strong dream."

religious staff of any captured ship cannot be made prisoners of war. Nor may ambulances be fired upon.

The person of the bearer of a flag of truce is sacred, as well as the bugler and interpreter who may accompany him.

Civilians caught bearing arms, as well as soldiers not in uniform, are liable to be shot after trial by court-martial.

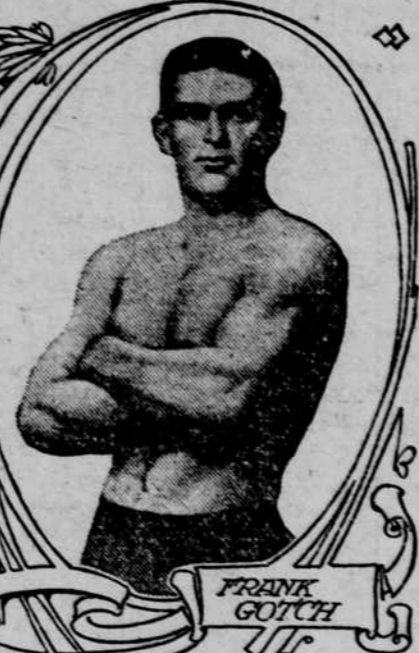
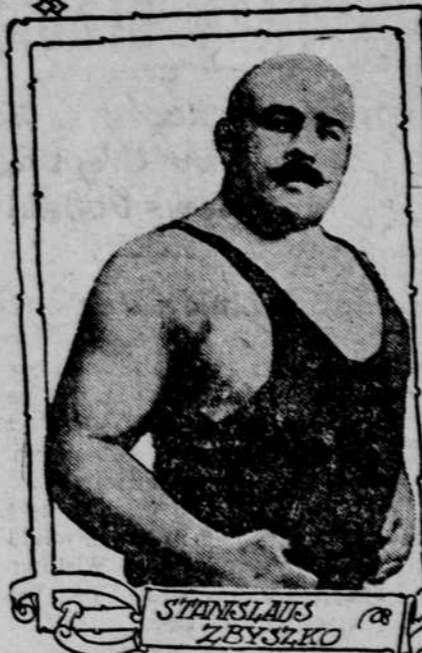
The people of a conquered country must be allowed to retain their private property intact. Their family honors and rights, religious convictions and liberties must be respected.

**Devotion.**  
When the doctor called to see the baby his mother informed him that the medicine left for the infant the day before was all gone.

"Impossible!" declared the surprised physician. "I told you to give him a teaspoonful once an hour."

"Yes, but John and mother and I and the nurse have each had to take a teaspoonful, too. In order to get baby to take it."—Youth's Companion.

## HOW FAMOUS ATHLETES DETERIORATE



"A man attains his greatest strength between the ages of twenty-seven and thirty-two. Then he begins to go back. He does not necessarily lose his strength, but he is not as agile as formerly and he tires more quickly."

Such was the remark made by Frank Gotch, the world's wrestling champion, while in Cleveland on an exhibition tour recently. Continuing, he said:

"That fits my case exactly. I am as strong, perhaps stronger, than I ever was before, but I am getting slower. The 'old get-there' spirit is not present. In the old days when a man tore into me I would have torn right into him. But now I merely sidestep and bide my time."

"That is why I have made up my mind to quit the game in the near future. If I keep at it long enough some man will come along who will down me. Of course, if some logical opponent shows up in the next few

months, I will take him on, but it will have to be soon as I intend to quit a champion. I shall not meet with Jim Jeffries' fate. Jim lost because he was a mere shell of his former self. He had the strength but not the speed nor the ability to withstand punishment that he had had once. In his former fights he was always punished severely but he could stand it. When he fought Johnson he couldn't, and that is all there was to it.

"But that never will be my fate. Not for every cent that Jeffries got at Reno would I go through what he did before and after that fight, particularly afterward. I intend to quit with the respect of the public and settle down and live the simple life. I have enough money laid aside now and do not need to wrestle any longer. Why should I continue? Zbyszko? No, I will not meet him. Why should I? I tackled him once and made him look cheap, and he has done nothing since to entitle him to a return bout."

## IS GREATEST PITCHER

Christy Mathewson Has Made Great Record.

"Big Six" Bids Fair to Win His 500 Games—Will Retire From Baseball When He Has Finished His Task With Giants.

Careful examination of the performances of major league pitchers for the last ten years is not needed to show that Christopher Mathewson is the greatest pitcher of the day.

"Peerless Matty," the title which was bestowed on the big fellow when he won the world's championship for the Giants in 1905, does not seem to have been misplaced. At the present Mathewson is the dean of National league pitchers. Without taking any credit away from the grand old man of baseball, Denton Young, the assertion that "Matty" is dean of them all, American and National included, would not be without foundation. Young is one of the best preserved athletes now in the big leagues. He has twirled in both the National and American leagues ever since the year 1890.

At the end of the 1910 season Young had won 506 games. Imagine it, at least 200 more victories than has been scored by any pitcher now with a major league club.

Few doubt that Mathewson also has it within his ability to win more than 500 games before he retires. He has already won close to 280, and who knows that he may not win the other 220 before his pitching days are over? If Mathewson were to enter another

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## SYSTEMIC CATARRH RELIEVED BY PERUNA.

My Husband Also Uses Peruna.



Mrs. Della May Samuels, whose picture accompanies this testimonial and who resides at 338 N. Conde St., Tipton, Ind., writes: "The Peruna Co., as follows: 'Eight bottles of Peruna completely cured me of systemic catarrh of several years' standing, and if my husband feels badly or either of us catch cold we at once take Peruna.'

**Stomach Trouble**  
Mrs. Wilson Robinson, 704 Nessel St., Toledo, Ohio, writes: "I feel like a new person. I have no more heavy feelings, no more pain, don't belch up gas, can eat most anything without it hurting me. I want to be working all the time. I have gained twenty-four pounds."

"People that see me now and say me two months ago seem astonished. I tell them *Peruna did it.* I will say it is the only remedy for spring and all their ailments."

Ask Your Druggist for a Free Peruna Almanac for 1912.

## PUBLIC FUNDS AID THE WORK

Gratifying Sign That the People Are Awake to Value of Fight Against Tuberculosis.

Compared with the expenditures for tuberculosis work in 1910, those of the past year are practically the same in the aggregate, but they are almost double those of 1909. The National Association for the Study and Prevention of Tuberculosis, in its third annual statement, points out, however, what it considers more significant than the aggregate expenditures, namely, that the percentage of money spent from public funds is greater in 1911 than ever before, being 66.2 per cent. of the total. In 1909 only 53.5 per cent. of the total expenditures was from public funds, and in 1910 it had increased to 62.6 per cent. In 1911 over \$9,600,000 of the \$14,500,000 spent was from federal, state, municipal or county funds. Since the chief work of the anti-tuberculosis associations is to urge the public authorities to provide for tuberculosis patients, and thus to assume the responsibility for stamping out this disease, the increased percentage of public money is regarded as a very favorable sign of progress.

Appropriations of over \$10,000,000 for tuberculosis work in 1912 have already been made by state legislatures and municipal and county bodies. Of this sum about \$4,700,000 is from state appropriations, and about \$5,700,000 for county and municipal purposes. In addition to these sums, the federal government spends about \$1,000,000 every year, supporting its several special tuberculosis sanatoria.

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Lord Guilford tells a story of a young lady's resources at a bazaar. Business was in full swing when a young man strolled around the various stalls, with no intention of purchasing anything. As he passed a large, beautifully decorated stall the young lady seller detained him. "Won't you buy a cigarette holder, sir?" she asked. "No, thank you, I don't smoke," was the curt reply. "Or a pen writer worked with my own hands?" "I don't write." "Then do have this nice box of chocolates." "I don't eat sweets." The young lady's patience was exhausted. "Sir," she said grimly, "will you buy this box of soap?"

The young man paid up.

It is difficult for Mme. de Stael "to grow old gracefully." It is more difficult to grow old cheerfully.

## All-American Track and Field Team for 1911

100-yard dash	.....	Gwyn Henry, unattached, Eden, Tex.
200-yard dash	.....	Ralph Craig, University of Michigan.
400-yard dash	.....	E. F. Lindberg, Chicago, A. C.
800-yard dash	.....	Melvin Sheppard, Irish-American A. C.
One-mile run	.....	J. P. Jones, Cornell University.
Two-mile run	.....	Baker, Oberlin.
Five-mile run	.....	George Bonhag, Irish-American A. C.
Ten-mile run	.....	Louis Scott, South Paterson A. C.
150-yard high hurdles	.....	George J. Chisholm, Yale.
200-yard low hurdles	.....	John J. Eller, Irish-American A. C.
Running high jump	.....	Harry Grumpoff, New York A. C.
Running broad jump	.....	Platt Adams, New York A. C.
Shot put	.....	Pat McDonald, Irish-American A. C.
Javelin throw	.....	Martin Sheridan, Irish-American A. C.
Hammer throw	.....	Matt McGrath, unattached, New York.
56-pound weight	.....	Matt McGrath, unattached, New York.
Running hop, step, jump	.....	Dan Ahearn, Irish-American A. C.
Javelin throw	.....	Otto Smedgar, Olympic A. C., Frisco.
Pole vault	.....	Harry Babcock, Columbia.
Cross-country	.....	William J. Kramer, Long Island A. C.
All-around competition	.....	Fred Thompson, Princeton Theological.
Team showing	.....	Irish-American A. C., New York.

## GOSSIP AMONG SPORTS

Harry Howell will umpire in the Eastern League in 1912.

New York State Baseball league has reduced the salary limit from \$3,000 to \$2,500.

The Louisville club has sold infielder Howard Baker to the Hartford (Conn.) League club.

A Cuban baseball team whipped the New York Giants and, strange to say, nobody was spiked.

Playing managers in the major leagues may soon be an extinct species of the "early days."

A Nashville writer says meeting Ty Cobb is like drawing off a real tight shoe—it feels so comfortable.

Ottawa, Ont., admitted to the Canadian league, promises Sunday balling at a park across the river in Hull.

Frank Owens, catcher for Minneapolis, was married recently to Miss Helen Winslow in Toronto, his home town.

San Francisco does not think it will miss Tom Tennant on first base, since it has Jackson, the Texas recruit to fill his shoes.

Summer baseball in north and winter baseball in the south is a platform that seems the part of a winner for some.

Fielder Jones has received his annual appointment—by western newspapers—as chief mogul of the Northwestern league.

Walter Slagle, recently purchased by Los Angeles, has bought a farm near Glendale, Cal., and will make his home on it.

A London fight club has barred the kidney punch, but the Olympic club of New York got a scoop on that several days ago.

Only nine football players are reported killed this year, thus demonstrating that football is not as great a game as deer hunting.

It is told in Minneapolis that the Cantillons have reasons to believe they can get Long Tom Hughes back from Washington next year.

All two fighters have to do nowadays is to take different sides of the continent and fire broadsides at each other until the promoters take notice.

James O'Brien, better known as Skimmer O'Brien, who pitched for Lawrence a part of last season, has been signed to play with Worcester.

If Walter Camp is prejudiced toward the east he didn't let it enter his family. Walter Camp, Jr., wasn't included among the all-star selections.

An Illinois boy proved himself game by playing a football game with a plaster cast on his rib, and now perhaps we shall see how game that rib is.

Mr. Wolgast has come to the conclusion that a kink in his little inside is worse than a jolt on the jaw, and a surgeon's knife is more deadly than a left hook.

With baseball, football and golf nicely tucked away for the season, there still remains a barrel of opportunity to keep busy. There is bowling; there is skating; there is curling; and a lot of things. Don't be discouraged.

## CALLAHAN TO STAY IN GAME

New Manager of White Sox Not Ready to Pilot Team From Bench—Will Listen to Bleacherites.

Jimmy Callahan's bat will figure in next season's chase for the American league pennant. The veteran player and new manager of President Comiskey's White Sox the other day put at rest rumors that he is to be a bench manager.

"I'll go to the bench when the boys in the bleachers behind me tell me to take off my uniform. The bleacher boys are the barometer of baseball, and when they say you've played your



Manager James J. Callahan.

best game, then, like a good soldier, I'll stand at third base like Hugh Jennings and say, 'I guess the bleacher boys were right.'"

Feared She Would Lose Game.  
Mrs. A. R. Martin of New York and Thelford mines, Ont., lost a diamond brooch valued at nearly \$1,000 while on her way to the Yale-Princeton game at New Haven.

She discovered the loss at 1:45 in the afternoon, but fearing that she would be late reaching the field she waited until after the contest was over before reporting the loss to the police. It is believed the brooch was stolen.

Germany Has Good Swimmer.  
Germany has developed a breast-stroke swimmer, G. Barthe, who promises to be a formidable contender for international honors at next summer's Olympic games in Stockholm, Sweden. Barthe is credited with covering 200 meters in two minutes and thirty-five seconds and 400 meters in six minutes and forty-five seconds.



Christy Mathewson.

league after his National league days are over it is likely that he would be as effective for six or eight seasons against a new set of clubs as he was during the prime of his career. The trouble is that "Matty" will retire from baseball when he is finished with his task as a Giant, but that day is still at the end of a long lane.

Young benefited by such a change. He pitched the first eleven years of his baseball life in the National league. Then for ten seasons he served his batters to American league batters, and now he is back in the National league again. Those who have seen both Young and Mathewson work for the last ten years claim that if Mathewson were to start today as an American league pitcher he would more than equal Young's half-thousand victory mark, and that his life as a major league twirler would be extended several years. It stands to reason that the batters of the National league are bound to have become accustomed to Mathewson's service after batting at it for so long, but even at that, judging from Mathewson's recent work and the futile attempts of some batters to gauge his delivery, "Big Six" still maintains most of his cunning.

Comparing the records of Mathewson and Young for the first ten seasons of their respective careers, it is found that "Cy" won 263 games and lost 146 games, while Mathewson captured 262 and lost 120 games. Young's average of victories was 64.7 per cent., Mathewson's, 68.

Included in "Matty's" record are two games which he lost as a Giant in 1900. The other 113 games he lost in the ten complete seasons from 1901 to and including 1910. Thus it will be found that for eleven complete years his average would be slightly better than .686. For his entire life Young has an average of .629 per cent., but it wouldn't be exactly fair to compare Mathewson's ten years' work to that of Young, who has done duty for twenty-two seasons.

Old Ruling Recalled.  
The literal interpretation of the football rule governing drop kicks, which enabled Princeton to defeat Dartmouth on a kick that bounded along the ground before crossing the bar, recalls to baseball fans the fact that Pitcher Radbourne of the 1884 Providence team insisted that if he delivered a ball that struck the ground in front of the plate and then bounded over it at the legal height, a strike should be called.

Radbourne backed up his contention with the rules, which did not specify that the ball must be delivered from the hand over the plate, being always in the air.

The rule subsequently was changed to prevent further controversy. The rule makers said they did not want to bowling, as in cricket, but straight away pitching.

## The Promise Of a Good Breakfast

is fulfilled if you start the meal with

## Post Toasties

Sweet, crisp, fluffy bits of toasted corn—ready to serve direct from the package with cream and sugar

Please Particular People

"The Memory Lingers"

Postum Cereal Company, Limited, Battle Creek, Mich.