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.

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

DREAMS—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 conscience.

Scientific men do not accept any of thees 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 a shock is indicated by the fact that even at the first movement of waking consciousness we never realize that a moment ago we were asleep."

He goes further, accepting the view of such scientists as Foucault, Nocke and Sir Arthur Mitchell, and holds that the mind is active while the body sleeps—dreaming is only one of its processes. The dream the mind really experiences is different from what it records when the body becomes conscious. Even in somnambulism it is unusual for men and women to have any recollection on awakening. This is because thinking done when the body rests is different from what it is when the body is active—the one is spontaneous attention and the other is voluntary attention. These are as different as the north pole is from the south.

Voluntary Attention Restorative.

Ribot thus explains the difference: "Voluntary attention is restorative and is used in sleep and dreams, while artificial attention exhausts and demands a change. The basis of dreaming is a seemingly spontaneous procession of dream imagery which is always undergoing transformation into something different, yet not wholly different from what went before. It seems a mechanical flow of images regulated by associations of resemblance which sleeping consciousness recognizes without either controlling or introducing a foreign element."

It resembles a cinematograph picture which is made up of many different pictures, but which are all related. They pass in quick succession without one word of explanation. Long before cinematograph pictures were invented children discovered how to make these pictures both when awake and on going to sleep. Most children love to close their eyes and to let a series of strange pictures pass on the curtain of the closed eyelids. They get their most interesting and unusual pictures in this way.

De Quincey speaks about these pictures in his "Impressions of an Opium Eater" in these words: "Most children have the power of painting as it were upon the darkness all sorts of phantoms; in some that power is simply a mechanical effect upon the eye; others have a voluntary or semi-voluntary power to dismiss or to summon them as one child once said to me: 'I can tell them to come and go, but sometimes they come when I don't tell them to come.'"

Day Dreaming Hypnotic State.

What children do is to create a hypnotic state known as day dreaming. This kind of picture making is supposed to be the germ of dreaming. Therefore children, along with artists, writers and poets, can actually dream when awake. Elmer Jones not only agrees on this point, but he goes one step farther and argues that dreaming 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 band. 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 as 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 tonsilitis.

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 awaking 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 pie, 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."

Madame Merri's Advice and Suggestions

Regarding Leap Year Parties.

There have been some adverse criticisms on leap year parties, but I do not see why the right kind of boys and girls cannot give such an affair with just as much propriety as any other novel entertainment. Whatever is done depends entirely upon the characters of the individuals participating and this is true at all times. I am very glad to comply with the request of one who says she always reads the department and relies upon its opinion and who ask about the leap year problem.

I will tell about a party that was given in a city suburb at the clubhouse to which most of the guests belonged. It was a delightful affair and other similar evenings may be given at private homes or in school assembly halls. The invitations were sent out by the young women in the most correct style, asking the pleasure of the young men's company, saying who were to be the chaperons, so that each man's mother felt assured that her son would be in proper society. Flowers were sent, in most instances bunches of violets. Two girls took one carriage or automobile and called for their respective boys. The chaperons were paid due attention, each man being returned to his watchful mother or aunt, whoever it happened to be.

Several of the boys were attended by valets, in lieu of maids. The girls wore stiff collars and white lawn ties, and some wore white vests. The boys wore soft lace collars or jabots, carried fans or wore them on long chains. All had on gloves, both girls and boys.

The men "poured" coffee and chocolate, which was served with sandwiches and small cakes. A large bowl of frappe was conveniently placed where the young women saw to it that the thirst of their partners was duly quenched. Promptly at 12:30 'Home Sweet Home" was played.

The 29th of next month is oftentimes selected for a "Leap Year" function, as it makes it more novel, the date coming only once in four years. I hope the many letters I have received regarding this subject will be satisfactorily answered in the above.

A Crowned Head Dinner Party.

A hostess renowned for her ingenuity in getting up and carrying out unique entertainments scored a great success when she issued invitations for her "Crowned Head" dinner. There were 20 guests seated at five small tables. The usual evening gown was worn and the head and shoulders were in exact imitation of some royal personage. Men wore just the conventional evening dress. Just imagine your best friend with her hair dressed "a la Mary Queen of Scots, or as Marie Antoinette. One quite stout round-faced matron went as the late Queen Victoria. It was a remarkably interesting study to see the transformation made by costuming the head in an entirely different mode from the present. Tiaras and crowns were constructed from the "Five and Ten" store jewels and one clever matron built her enormous emeralds, rubies and diamonds from big gum drops; the effect was really fine.

Every one said it was just the jolliest kind of a dinner. Most of the heads were copied from histories with colored illustrations, and the public library furnished excellent books on costumes of the different periods. It was a source of pleasure to all who participated—as one young woman remarked, "she felt on quite intimate terms with royalty."

Party Pastimes.

I am going to give a party to a number of girl friends and want to ask you to tell me of some game we can play after supper. We have no music, so I thought some game on the order of "pinning the head on a donkey." Also say what are three nice prizes for girls fifteen to seventeen years old, something for first, second and third prizes. Hope I am not asking too much.

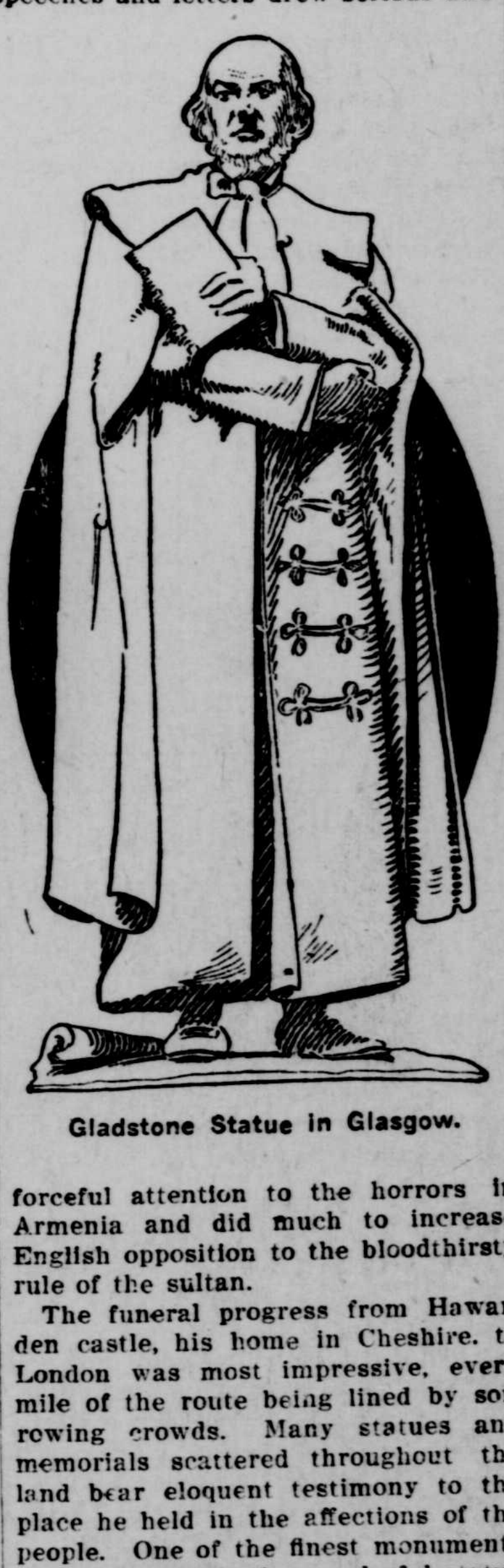
Did you ever try having funny stunts to do, like sewing buttons on squares of cloth, stringing beads, picking up beans with toothpicks and even bean bags? See who can do the best in each test in a given space of time, and then award prizes as follows: Pretty cup and saucer, plate and china candlestick; or perhaps you would rather give a box of stationery, a fine handkerchief and a dainty silk bag.

MADAME MERRI.

HONOR GLADSTONE BIRTHDAY

Natal Day of England's "Grand Old Man" Always Appropriately Observed in Great Britain.

Glasgow.—The anniversary of the birth of William Ewart Gladstone, England's "Grand Old Man," is the occasion of celebrations throughout Great Britain to the memory of the statesman who was five times prime minister. He was born on December 29, 1809, and died in 1898, with mental powers still unimpaired, and fighting to the last for the cause of liberty. In the last few years of his life his speeches and letters drew serious and forceful attention to the horrors in Armenia and did much to increase English opposition to the bloodthirsty rule of the sultan.



Gladstone Statue in Glasgow.

The funeral progress from Hawarden castle, his home in Cheshire, to London was most impressive, every mile of the route being lined by sorrowing crowds. Many statues and memorials scattered throughout the land bear eloquent testimony to the place he held in the affections of the people. One of the finest monuments to his memory is the wonderful statue by Thorneycroft which stands in George square, Glasgow.

VERDICT A FAVORABLE

Small Girl's Pretty Answer to Stupid Question of Inquisitive Busybody.

She was a pretty little tot, and everybody who knew her took pleasure in pausing to ask her some kind of a question, merely to show an interest and for the pleasure of hearing the musical cadence of her voice. Some of the questions were what might be termed leading, but for all she invariably had some kind of an answer. Among these latter inquiries was one from an intrusive busybody who was old enough to know better, but who belonged to a class of persons who never learn. Knowing that the little girl had only recently become the possessor of a young and attractive stepmother, with a curiosity inborn she asked her very frankly:

"Well, Pollykins, how do you like your stepmother?"

The child raised her blue eyes gravely, and with her face glowing with happiness replied:

"Oh, very much, indeed, Mrs. Skillington. We fit very nicely, considering that she got us ready made."—Judge.

HOW TO SUCCEED

During the last few years, cond tions in all lines of business, even pro fessional life, have changed so com pletely that every man is waking u to the fact that in order to win suc cess he must specialize and learn t do some one thing and do it well.

So it is with any article that is sol to the people. It must have genuin merit or no amount of advertising wil maintain the demand for the article.

For many years we have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great Kidney, Liver and Bladder Remedy. From the very beginning the proprietors had so much confidence in it that they invited every one to test it, free of cost, before purchasing.

It is a physician's prescription.

They have on file thousands of le ters received from former suffere who are now enjoying good health a result of its use.

However, if you wish first to t sample bottle, address Dr Kilm Co., Binghamton, N. Y., and m this paper. They will gladly to you a sample bottle by mail, lutely free.

Regular sizes for sale at al gists—fifty cents and one-doll

Felt He Had Known the

Pat O'Shaunessy had been the doctor that he could live but hours, and his wife and assemble atives and friends asked him whe there was one last wish he would to have gratified? "There is," Pat, "I'd like to hear the village play once again." Accordingly th village band gathered. When at last it had played, "Say Au Revoir But Not Good-by," and had taken its own departure, Mrs. O'Shaunessy, kneeling at her husband's bedside, asked: "Can ye die aisy now, Pat." "Yis," replied Pat. "I can die aisy now. Hell has nothing worse than that."

No Claim for Reciprocation.

Jack Reeves tells this on Felix McCarthy, who used to drive a night hack before he retired to the presidency of a refectory, where the goods are sold from the wood:

"I didn't see you at Murphy's funeral," said an acquantance to Mc Carthy. "What's the reason you go?"

"Why should I?" returned Carthy, somewhat touchily. Murphy niver attended my funeral New York Telegraph.

Was Testing the Baby.

Little Phil Warriner, of Addison road, was detected in the act of pulling out the baby's hair despite her frantic protest.

"I just wanted to see," he said in explanation, "whether she was cold storage baby. Teacher told us that's the way you can tell a chicken. If the feathers come out easily the chicken has been in cold storage."

Needless to say, Phil is doing penance.—New York Times.

Woman's Way.

"A woman's convention, eh do women know about enth Now at the last national co we men cheered our candi an hour."

"That's all right," said "We threw kisses at ours seven minutes by the clock."

IN MATCHTOWN.

Fortunately no Faith Was For She Had None.

"I had no faith whatever, advice of a hale, hearty old who spoke from experience use Grape-Nuts about 2 y writes an Ohio woman, is 40, is known to be that she is growing diet.

"I shall not try fered for years ach that rej food, and dig ed upon it distress an

"I was doctors a ent medi al years j

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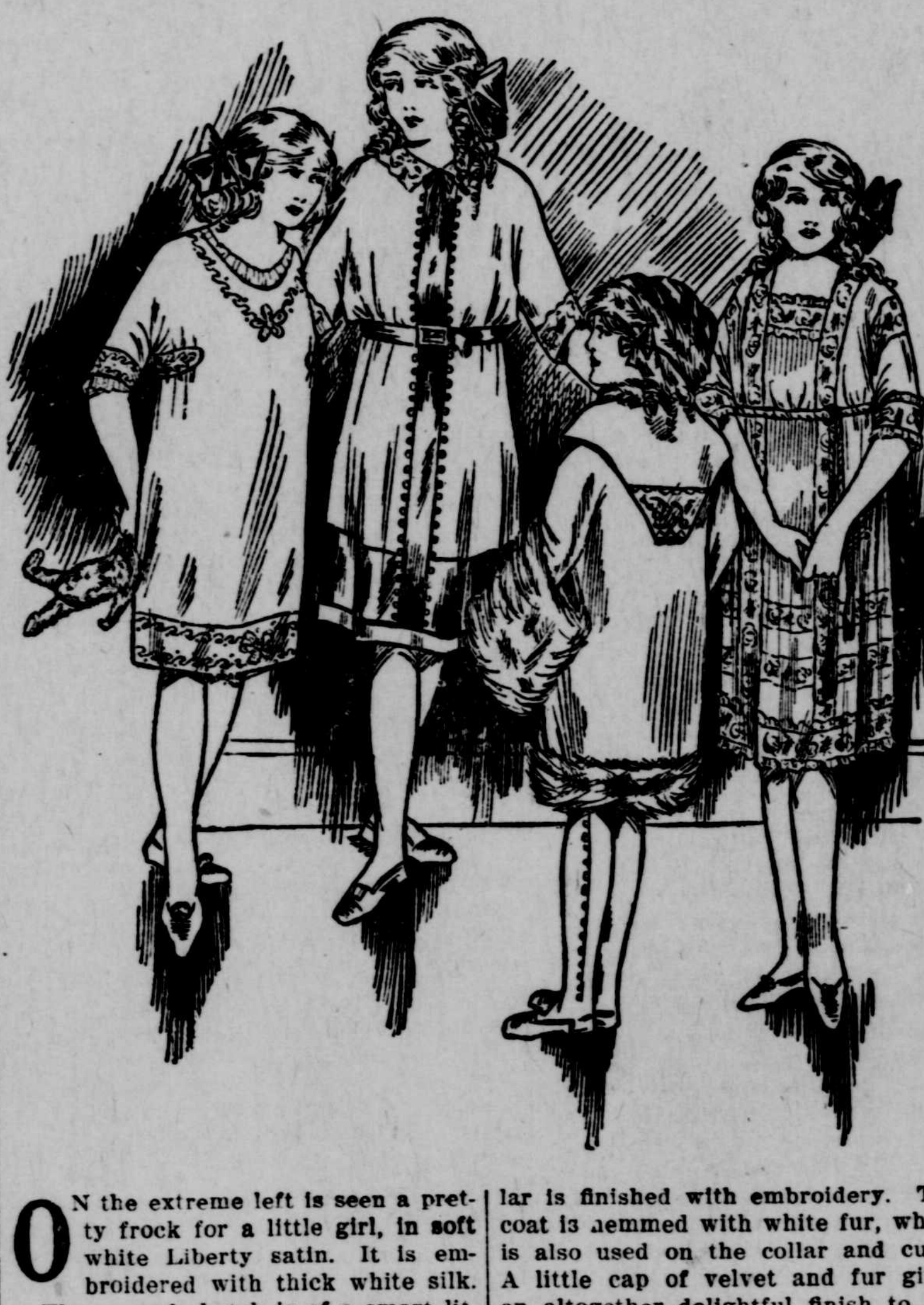
Frocks for Children



ON the extreme left is seen a pretty frock for a little girl, in soft white Liberty satin. It is embroidered with thick white silk.

The second sketch is of a smart little frock in a pretty shade of blue, with bands and buttons in a deeper shade of satin. The Puritan collar and cuffs are of lace. A soft leather belt encircles the waist.

Next is shown a smart little coat of white ratine. The deep sailor collar is finished with embroidery. The coat is hemmed with white fur, which is also used on the collar and cuffs. A little cap of velvet and fur gives an altogether delightful finish to the scheme.

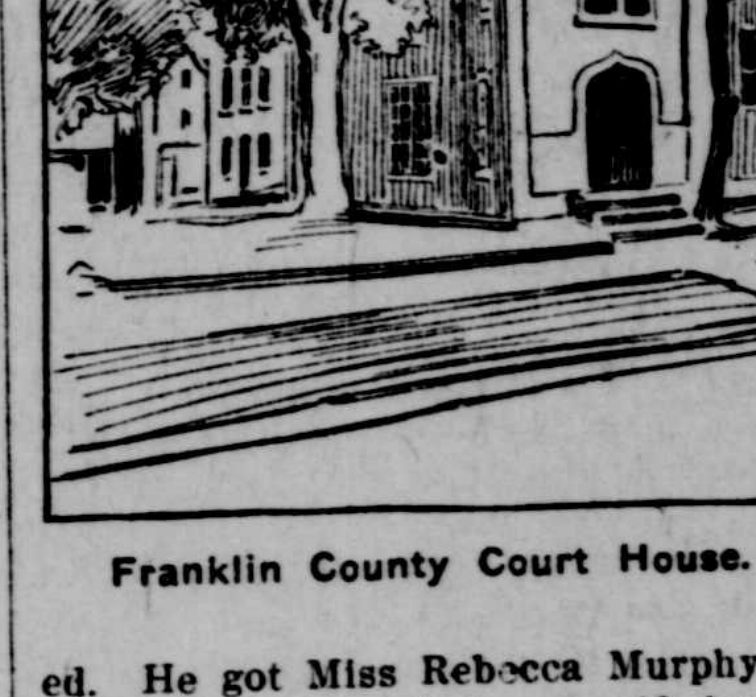
On the right is a dainty party frock in palest pink ninon, with lace. In place of a waist-band there is simply a thick satin cord wound around the waist, and falling in tasselled ends at the side.

AN HISTORIC SOUTHERN SPOT

Louisburg, in the State of North Carolina, Is Also a Center of Sentimental Interest.

Louisburg, N. C.—Considerable sentiment and historic interest are connected with this town, which is the county seat of Franklin county. It is the birthplace of the Stars and Bars and it is there the Methodists held their first conference in America, a century and a quarter ago.

A picture of the court house at Louisburg is presented herewith. It was upon this court house green that the first Confederate flag was unfurled. A request had been sent out from Montgomery, Ala., by some one in authority, urging that models of the flag be sent in. O. R. Smith of Louisburg, now living, though eighty-five, sent the model which was adopted. He got Miss Rebecca Murphy to make the flag, which was 12 by 15 feet.



Franklin County Court House.

As the Widow Winborne she is still living at the age of eighty-one. March 18, 1861, before North Carolina seceded, the accepted flag, first to be flung to the breeze by the Confederates, was raised on the court house green as stated.

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 pc sons or poisoned apons shall be used for war purever, a spy cannot be punished without trial. Soldiers in uniform who succeed in entering the lines of the enemy to obtain information cannot be punished as spies.

Aviators who reconnoiter the enemy's position by means of balloons or aeroplanes are expressly exempted from being classed as spies.

If a spy succeeds in getting away and is subsequently captured after rejoining his army, he is treated as a prisoner of war, and not as a spy.

The commander of an attacking force must give formal notice of his intention to bombard a place, so as to give non-combatants the chance to escape.

An attacking force must spare, as far as possible, all buildings devoted to religion, art, science, charity, and especially those places where the sick and wounded are collected.

Hospital ships are exempt from capture. They must, however, fly the Red Cross flag s well as their national f ital ships are painted d green band run-ligious 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 its 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 n each had to take a teaspo to get baby tc

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IN VOGUE

There seems to be no deviations from the straight, slender lines in dress.

The rage for brilliant oriental coloring is expressed in the new evening dresses.

The waist line is getting back to its normal place, and the sleeves are a trifle wider at the elbow.

The high waist and the draped bodice are two striking notes in the full swing of the winter styles.

In thin materials the skirts are cut a trifle wider at the base, but in tailored costumes the skirt is still conspicuously narrow.

There seems to be no end to the designs in scarfs just now and the materials used also—satin, velvet and fur, as well as lace and batis

Some of the new coats a ightly double-breasted at the w and have only two buttons to keep them in place. While they open far down over the figure, they do not give that appearance because they have immense double revers or sailor collars that lap over the bust.

Embroideries.

The craze for wool embroideries seems to be in imminent danger of being overdone, although it is undeniably effective when artistically applied.

Especially in millinery one must be careful in selecting a hat showing flowers or garlands of wool.

Hatbands or crocheted ornaments of wool are popular. They are used on every kind of hat, beaver, fur, felt and velvet. The most attractive are wreaths of small blossoms crocheted from various brightly colored wools and interspread with green satin leaves.

Be careful in selecting a hat with large wool flowers on it, for unless they are very carefully worked, and in only one color tone, they are generally bizarre.

ARE LEARNIING HOW TO COOK

Kansas Brides-to-Be Preparing to Fight the Divorce Evil With the Frying Pan.

Topeka, Kan.—One thousand young women in Kansas, who will become brides during the coming spring and summer, are preparing to make better wives and mothers, better housekeepers, more helpful helpmeets than their mothers were when they were led to the altar. They are spending the winter months in state colleges where they will be taught how to be good home makers as well as good cooks, good seamstresses and good housewives.

Governor Stubbs is the prime mover in the installation of these home courses. In a speech at the state school for manual training teachers he asserted that the majority of divorces in Kansas were caused by poor home surroundings. He urged the girls to become better cooks and better home-makers, as he felt sure that home improvement would reduce the divorce evil.

The university and agricultural college boards saw the wisdom of th remarks and last winter made plans for the establishment the schools especially for brides-

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