TO HEAD OFF WAKEFULNESS

Here Is a Method Which Is Said to Be

Infallible for Securing Sleep. The good old cure for sleeplessness holds good through all changes, an easy conscience and a healthy body. A due portion of fatigue and quiet surroundings may be added as also necessary to induce refreshing sleep, and sleep which is not refreshing is about as unsatisfactory as wakefulness. Nevertheless, to people of a nervous temperainent some strictly material rules for courting the balmy god with success are not to be despised Many little things conduce to sleeplessness, the avoidance of which will remove that trouble.

Indigestion, cold feet, overfatigue, tea and coffee taken in excess, excitement generally, all tend to a restlessness of the brain, which prevents calm sleep. Many devices are resorted to to expel such nervousness. The old suggestion, made in ridicule originally, to read some very dry book or to have some one talk you to sleep is really excellent in practice. The dull monotony of a prosy book, and even more the dull monotone of a prosy talker, usually produces just the dull impressions on the brain which are required to induce sleep. A monotonous train of thought often serves.

An eminent student of brain disorders prescribed the constant dripping of water on a metal pan. The regular ticking of a clock frequently sends sleepless persons into the desired state of brain inaction, though in fact all these processes may serve to drive a very nervous person into a wild hysteria of wakefulness But an old and most curiously recommended physical process comes to us in old books

It was announced many years ago as a great discovery in England by a Mr. Gardner, and most commendatory testimonials as to its effectiveness were given by the late Prince Albert, Sir Fowell Buxton, Sheridan Knowles and other eminent persons. It was considered so valuable that a large sum had to be paid for it for publication by Mr. Binns in his quaint book, now almost unknown, entitled "The Anatomy of Sleep."

The prescription as therein printed is as follows: The person who after going to bed finds himself sleepless is to lie on his right side, with his head comfortably placed on the pillow, having his neck straight so that respiration may be unimpeded. Let him then close his lips slightly and take a rather full inspiration, breathing through the nostrils unless breathing through the mouth is habitual. Having taken the full inspiration, the lungs are to be left to their own action; that is, expiration is not to be interfered with. Attention must now be fixed upon the respiration.

The person must imagine that he sees the breath passing from his nostrils in a continuous stream, and at the instant that he brings his mind to conceive this, apart from all other ideas, consciousness leaves him and he falls asleep. Sometimes it happens that the method does not at once succeed. It should then be persevered in. Let the person take thirty or forty full inspirations and proceed as before; but he must by no means attempt to count the respirations, for if he does the mere counting will keep him

It is certainly to be said of this plan that it is safe and can easily be tested. The other prescriptions, such as a good conscience and a well earned fatigue, need not be set aside on account of it. -New York Tribune.

A nount of Sleep Required.

cuperation. The amount needed is different for different persons. For the ordinary worker from six to eight hours is ssary; yet how often, in the battle for existence, is the desire for sleep forcibly suppressed and the night's rest foolishly shortened. Sooner or later insomnia wreaks its vengeance on the physiological sunner. Many a person who once robbed himself of the necessary amount of sleep would now gladly sleep.

Many nerve troubles first develop into disease when joined with sleeplessness. It appears as a symptom of a long standing nervous disturbance, but to many it appears as the first signs of disorders, when it is only a result of causes in operation long before. - Herald of Health.

Storks' Nests.

Sparrows and wrens not unfrequently build in the stork's huge pile of sticks, a nest within a nest, which we rarely see in England. In Holland and Denmark a common mode of inducing storks to take up their abode is to fasten a cart wheel on the top of a tall pole erected in some field. At the village of Luitsedam, near the Hague, there is one of these, which is regularly tenanted.

Closer to the town, in the plantations around the house of one of the gentry, there is an enormous nest. It is placed at the top of a large silver fir, the leading shoot of which has been broken by the wind. At Wassenaar, a village some miles off, where immense quantities of bulbs are grown, a pair yearly rear their young ones on the church tower. - Chambera' Journal.

The widow of Booth, Sr., gave Edwin her husband's wardrobe after a time, and with occasional twisting we made that serve for everything. We used to sew the ermine cap of Richard onto Richelieu's robe, and then ripit off againwhen the crook back monarch had to have it. In Memphis we met Ada Menken, who conceived a violent attachment for Ted, but he did not reciprocate. The women were always going wild over him, yet he shunned female society.—

Throat Distemper in Pigeons.

In The Journal of Laryngology and Rhinology Dr. George Turner states that a pigeon that had died of the throat distemper was brought to him for dissection, and he for the dissection, and he for the dissection and the dissection dissection, and he found a pseudo mem-brane covering the whole windpipe. With this he inoculated other pigeons, and produced in them a similar disease, which extended up the nostils to their eyes

Little five-year-old Arthur had been sent into the country to stay three months at his grandpa's. It was bitter March weather, too cold even for the lad to see out of doors, for the windows were coated with thick white frost.

"Can I go outdoors today, grandma?" bravely asked the lad, as he came down stairs the second morning after his arrival. "No, of course not. You must stay right here by the fire, where it is

The boy sighed and began playing with the cat. "Arthur," commanded one of the three maiden aunts, "get up, quick; you will soil your stockings." The young nephew obeyed without protest. But it was rather lonesome, and pretty soon he tried the organ.

"Arthur," commanded aunt No. 2, stop that noise immediately. Your grandpa wants to read." Again the youthful visitor obeyed. This time he went to the window and began scratching the frost off with a pin so that he could see out. "Arthur," instructed aunt No. 3, "stop that! Come away from the window.

Arthur stepped back from the window. put his hands in his pockets, looked first at the spectacled grandparents, then at at the three aunts poised about the room like statues on a pedestal, and said, "If I didn't have to live here Pd be glad."-New York Recorder.

Wealth and poverty are relative terms, as almost every one must have learned by his own experience. Many a man who now thinks twenty dollars a week pretty small wages can remember the time when he felt rich with half that

A citizen of Westerly, R. L., says the historian of the town, enlisted as a privateer during one of the early wars of the country It was perilous business, but patriotic feelings and visions of gold carried the day with him.

His cruise was long and eventful, but at last he returned home and received an appropriate welcome. As soon as the first greetings were over, his mother inquired:

"Well, Harry, how have you made out? Did you get much money?" "Oh, yes, mother: good luck. 4 am rich. I shall have enough, with prudence in the care of it. to carry me

through life, I hope." "I am glad, my son; but how much did you get?"

"Well, I don't know exactly, but I think when we settle up I shall have as much as thirty dollars.

Seemed Like Amos.

Silas Rodes was a strong, hard working farmer; his brother Amos was a confirmed invalid who, three or four times a year, had "spells" of expecting to die, but, nevertheless, always managed to live. Still, he was really ill, and many thought him to be in considerable danger.

But, while Amos was sick and expecting to die, it chanced that the strong Silas did actually die very suddenly. A messenger carried the sad news to his sister Elvira, a grim spinster, who lived in a distant part of the town.

She heard the message with some incredulity "Taint Silas ye mean: it's Amos," she

said in reply.

"Why, no," answered the messenger, 'I mean Silas. Amos is all right. It's Silas that is dead.'

"Wal, p'r'aps it's so," was the reluctant rejoinder, "but I wouldn't ha' b'leeved it o' Silas; 't seems a good deal more like Amos."-Youth's Companion.

In the old days when water was car-

ried around on carts the price per barrel was nine cents. That price did not seem exorbitant: was thought cheap. Now the cost to the consumer is about onethird of a cent per barrel-thirty barrels for ten cents. And at that rate the city makes large profits Out of these profits is paid the cost of pipe extensions and renewals and of various other matters, and still there remains untouched revenue amounting to nearly \$600,000. The rate of profit will rapidly increase in the future, inasmuch as a great deal of piping has been done in advance of population. Vacant spaces will henceforth be filled in with improvements and people rather than new spaces acquired. Extensions of the water service in many directions and to extreme distances are therefore nearly complete and permanent. - Chicago Herald.

Why Oysters Have to Be Cuitivated. The oyster, though a very prolific shellfish and widely distributed, has so many enemies and is so helpless to defend itself when young and tender, that its chance of escaping extinction rests almost wholly upon its cultivation and care by artificial methods. This fact has come to be so generally recognized in recent times that all nations on whose shores this delicious bivalve grows have legislated on its behalf and made many experiments for increasing its numbers. In spite, however, of all that has been done for it, there is still a curious di-versity of opinion as to its nature and habits. Whether it is bermaphroditic or bisexual has been warmly discussed, each contention having earnest adherents.-Joel Benton in Drake's Magazine.

Repulsed.

A clerical tramp, one of the begging letter Pecksniffs so often met with in London, called at Spurgeon's house, but refused to give his hame. "Say, if you please," said the tramp with upturned eyes, "a servant of Christ asks for a few moments of his precious time."

told him by Lady Salisbury of a house keeper who, on going around with a party, pointed out a portrait as Catherine de Medici, siater of Vanus de Medici.

—London Spectator. The Fate of War.

The Duc d'Aumale once went to the tent of the dashing Marbot during an African campaign, in which he had received his thirteenth wound. The old baron was found grumbling after this fashion: "To be a lieutenant general, a baron of the empire, a peer of France, a grand officer of the Legion of Honor, have 80,000 francs a year, and be hit by the ball of a filthy Kabyle who has not four sons in his pocket!"-San Francisco

Bad Blood.



Impure or vitiated blood is nine times out of ten caused by some form of constipation or indiges tion that clogs up the system, when the blood naturally becomes impregnated with the elfete matter. Theold Sarsaparillas attempt to reach this condition by attacking the blood with the

drastic mineral "potash." The potash theory is old and obsolete. Joy's Vegetable Sarsaparilla is moders. It goes to the seat of the trouble. It arouses the liver, kidneys and bowels to healthful action, and invigorates the circulation, and the impurities are quickly carried off through the natural channels Try it and note its delightful

action. Chas, Lee, at Beamish's Third and Market Streets, S. F., writes: "I took it for vitiated blood and while on the first botthe became convinced of its mering a change. It cleaused, puri-fied and braced me up generally,

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A Revelation.



Few people know that the bright bluish-green color of the ordinary teas exposed in the windows is not the natural color. Unpleasant as the fact may be, it is nevertheless artificial; mineral coloring matter being used for this purpose. The effect is twofold. It not only makes the

tea a bright, shiny green, but also permits the use of "off-color" and worthless teas, which, once under the green cloak, are readily worked off as a good quality of tea. An eminent authority writes on this sub-

ject: "The manipulation of poor tens, to give them a finer appearance, is carried on extensively. Green tens, being in this country especially popular, are produced to meet the demand by coloring chearer black kinds by glazing or facing with Prussian blue, tumeric, gypsum, and indigo. This method is so general that very little genuine uncolored green tea is offered for sale."

It was the knowledge of this condition of

affairs that prompted the plac ng of Deech's Tea before the public. It is absolutely pure and without color. Did you ever the any genuine uncolored Japan ten? Ask your grocer to open a package of Beech's, and you will see it, and probably for the very first time. It will be found in color to be just be-tween the artificial green ten that you have been accustomed to and the black tess.

It draws a delightful canary color, and is so

fragrant that it will be a revelation to teadrinkers. Its purity makes it also more economical than the artificial tens, for less of it is required per cup. Sold only in pound

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