

SUFFERING SARNIANS

The Woes of the Excursionists Told in Detail.

Mr. Gorman, of the "Observer," and for some distance out on the lake was delightful.

A very happy and happy-looking party of about 400 citizens, of all ages, assembled on the splendid steamer United Empire, last Tuesday morning, Sept. 1st, bound on an excursion to Goderich.

The vessel was one of the finest that sails on the lakes, the morning looked bright and sunny, and for some distance out on the lake was delightful.

Everybody looked pleased and the passengers gathered in small groups enjoying the prospect and making arrangements for spending the time pleasantly.

Of Kettle Point, the swell on the lake began to make itself unpleasantly felt, and a few of the most susceptible ones here and there showed symptoms of sea sickness.

There was no apparent increase in the size or violence of the waves, the motion of the vessel sensibly increased, and with it there came frequent additions to the sick list.

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GOOD FOR ALL OF US

Hints as to How a Brain Worker

Edward Everett Hale's Suggestions and

From the Herald of Health. Roxbury, Mass., May 19, 1885.

Dear Sirs:—The business of health, for a literary man, seems to be largely upon sleep.

This means that the brain should not be excited or even worked hard for six hours before bed time.

Young men, who are generally largely upon sleep, should be light and pleasant, a music, a novel, reading aloud, conversation, the theatre, or watching the stars from the piazza.

I accepted, very early in life, Bulwer's estimate that three hours a day is as large an average of work as man of letters should try for.

I have, in old newspaper days, written for twelve consecutive hours; but this is only a tour de force, and in the long run you waste strength, if you do not hold, every day, quite closely to the average.

As men live, with the telegraph and telephone interrupting when they choose, or even less, I like to be at my desk before breakfast, as long before as possible.

I dislike early rising as much as any man; nor do I believe there is any moral merit in it.

But to secure an unbroken hour, or even less, I like to be at my desk before breakfast, as long before as possible.

I have a long list of coffee and soda biscuits brought me there; and in the thirty or sixty minutes which follow, before breakfast, I like to start the work of the day.

If you rise at a quarter past eight, there will be comparatively few newspaper editors, or book agents, or secretaries of charities, or jailbirds, who will call before eight.

The hour from 6:30 to 7:30 is that of which you are most sure. Even the mother-in-law or the mother of your wife's sister's husband does not come then to say she should like some light work with a large salary, as matron in an institution where there is nothing to do.

I believe in breakfast very thoroughly, and in having a good breakfast. I have lived in Paris a month at a time, and detest the French practice of substituting for breakfast a cup of coffee, with or without an egg.

Breakfast is a meal at which much time may be spent with great advantage. People are not apt to come to it too regularly, and you may profit by the intermission to read your newspaper and lecture on its contents.

No harm in spending an hour at the table. After breakfast, do not go to work for an hour. We sit on the grass, lie on our backs on a sofa and read; in general, 'loaf' for that hour, and bid the servant keep everybody out who rings the bell, and work steadily till your day's stint is done.

TERRIBLE TRAGEDY.

How Alexander Easterbee Murdered His Wife.

And was Aided in Killing Himself by His Brother John, Who Makes a Stunning Confession—An Awful Recital.

St. Catharines, Sept. 4.—The Kingston inquirer continues to excite tremendous interest here, which was intensified when it was learned that John Easterbee, now in jail for murdering his brother Alexander, had made a confession.

He said: "My brother Alexander told me he had put an end to his wife, but did not say why. He said he was sorry now, but that it was too late. He said he expected the rope would take him, and said he would put an end to himself. I told him he had better go away and stand his chances. He said he did not wish to disgrace his family. This was the last of October or November, and a few days after he had killed his wife. He wanted me to help him to

PUT HIMSELF OUT OF THE WAY. I would not consent at first, but afterwards told me that he had prepared a noose, and had a grave dug all ready; he said he was determined to commit suicide, and I consented to help him.

Before going into the bush we ate dinner together at home. He had a shovel in the bush. We talked about three hours in the bush before he decided to help him. Deceased had a revolver. I went into the bush with deceased.

SHOT DECEASED in the head. I lay behind a log while he laid the dead—about 20 minutes, I think. Then I came back to him; could not say whether he was then dead or not. After the deed was committed I took the revolver and threw it in a pond. After this

I CUT HIS THROAT to make sure, and then put him in the hole, but the coat over his head and covered him up. I took the shovel to the house. The knife with which I cut his throat I also took to the house. I could not say if I cut his throat or not, as I was excited at the time, and could not see exactly what I done. The knife had a good-sized pocket knife. Alex. told me to tell the folks he had been away. When they asked me where he was, I said last time I saw him he was going away. Folks made no further inquiries. I first told my brother Howard about two weeks ago what had been done. My brother and I had some trouble about a week after this. I have several times been to see the graves were discovered after his wife's murder. I did not know of this crime nor assist to bury or murder her. As far as I know deceased and wife lived peacefully together. Deceased told me he struck his wife in the stomach, and then choked her to death. He did not know of this different from his usual self at times.

When telling his awful story John Easterbee was cool, and all through he has talked freely of the crime. He offered to take a constable direct to where Alex. and I were, and asked me to think his part in the affair was all right. The coroner's verdict of guilty troubled him a little.

St. Catharines, Sept. 4.—At the inquest on the body of Alex. Easterbee, Howard, the brother of the man John Easterbee, now in jail for murder testified: I was at Alex's house on Monday night, and he told me that he had cut Alex's throat; he told me this about a week and a half ago. John told me that he did not kill himself; and if I told I would be laid in the grave. He said he buried Alex's body in the bush, about 400 yards from our house. He told me that he had cut Alex's throat; he told me this about a week and a half ago. John told me that he did not kill himself; and if I told I would be laid in the grave.

Howard, the brother of the man John Easterbee, now in jail for murder testified: I was at Alex's house on Monday night, and he told me that he had cut Alex's throat; he told me this about a week and a half ago. John told me that he did not kill himself; and if I told I would be laid in the grave.

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husband, quietly,

Saginaw, Bay City, Goderich, Detroit and Cleveland.

SEASON ARRANGEMENTS.

The Elegant and Commodious Steamer

"Saginaw Valley"

WM. ROACH, Master. Will run during the season of navigation, as follows:

Leaves Goderich every Thursday, at 10 o'clock P.M. for Bay City and Saginaw, calling at Sand Beach, Port Hope and Tawas, making connections with West Shore Road to Sand Beach for Huronville, Goderich, Mackinac Island and St. Ignace, and at Bay City with steamers for Harrisville, Goderich and Alpena, returning to Goderich on Sunday.

Leaves Goderich every Sunday, at 11 o'clock, noon for Port Huron, Detroit and Cleveland, returning to Goderich on Thursday.

This route will be continued during the season of navigation.

TICKETS for the whole ROUND TRIP (continues) will be issued as follows:

\$12.00, occupying 8 days, meals and passes included. For rates of freight and baggage, and all other information, apply to WM. LEE, Agent at Goderich.

The Saginaw Valley made to be by Special Arrangement for Short Excursions on the Lake any Thursday afternoon, on the 25th, 1885.

GRAND PLEASURE EXCURSIONS FROM GODERICH EVERY SUNDAY EVENING at 8 o'clock on the Commodious Steamer OCONTO, C. W. McCROGHER, Master.

To Detroit and return, touching at Sand Beach, Port Hope, Port Huron, Tawas, Alpena, St. Ignace, Mackinac, and all River, St. Clair ports, for the Regular Trip, \$10.00. Or One Week on Lake including meals and berth, \$10.00.

CONNECTIONS Made at Sand Beach with the Port Huron & Northwestern Railway for Saginaw and intermediate stations. Also with the Cleveland Navigation Co's boats for Oquema, Harrisville, Alpena, Alpena City, Mackinac, Cheboygan and St. Ignace, and all Lake Superior ports.

And at Detroit with all railroads and Cleveland Steam Navigation Co's boats for Cleveland.

Good Dancing Music on Board. T. N. DANCEY, Agent at Goderich.

July 2nd, 1885.

GRATEFUL—COMFORTING. EPPS'S COCOA. BREAKFAST. "By a thorough knowledge of the natural laws which govern the operations of digestion and nutrition, and by a careful application of the most scientific principles of selected Cocoa, Mr. Epps has provided our breakfast tables with a delicately flavoured beverage which may save us many doctors' bills. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to resist every tendency to disease. Hundreds of subtle maladies are floating around us ready to attack wherever there is a weak point. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame."

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