THE EVENING GAZETTE SAINT JOHN N. B., FRIDAY, SEPTEMBER 6, 1889.

TO GET A GOOD SLEEP.

A BOON FOR WHICH MANY WOULD

will fail in nine cases out of ten. But what, then, is to be done? This is what thousands of sleepless persons have asked. There are many sure and simple remedies.

The most celebrated remedy was that of a Mr. Gardner, of England. It was known to the entire reading world about thirty years ago, but having been out of print in recent years only older people remember it. Physicians who make a specialty of nervous diseases are familiar with it, and recommend it in nearly all cases where a patient suffers from insomnia.

Mr. Gardner was a man of wealth and culture, and had accumulated a number of remedies, such as for allaying thirst where liquids could not be procured, for temporarily appeasing the pangs of hunger, and for improving the cycsight yarious ingeniously contrived glasses. He became a great sufferer from insomnia, caused by an injury to his spine from falling out of a chaise.

The sufferer who wishes to sleep must lie on his right, so that respiration will not be hindered in the least. Fee lips are then to be closed slightly and a full inspiration taken, the lungs are obe left to their own action. Attention nust now be fixed upon the respiration. The person must imagine that he sees be breath pass from his nostrils in a ontinuous stream, like steam from an xhaust pipe. The instant he brings his sind to conceive that he thus sees his reath, and grasps this idea apart from li others, consciousness leaves him and a falls asleep. If this method does not once succeed it is to be persevered in, and, if properly carried out, is believed be infallible. It is founded on the rinciple that monotony or the influence a the mind of a single idea induces eep.—Chicago Times.

This last statement called ferth a loud gut-wf from Saul.

I AM CONTENTED.

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MONTREAL, "via Short Line," 8,30 p. m. daily, except Saturday, Canadian Pacific Sleeping Car attached.

VANCEBORO VI.115, 10,55 a. m. 7,10 p. m.; WOODSTOCK 7,50, 10,30 a. m., 8,30 p. m.; HOULTON 7,40, 10,30 a. m., 8,30 p. m.; ST. ETEPHEN 9,00, 11,40 a. m., 3,20 p. m.; ST. ANDREWS 7,55 a. m., 3,25 p. m.; FREDERICTON 6,00, 11,20 a. m., 3,20 p. m.; ARRIVE AT ST. JOHN VS.45, 8,20 a. m., 2,10, 7,10, 10,30, p. m.

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CONFUSION
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