"COMFORTABLE SLEEP."

Several Different Kinds of Remedies for Sleeplessness.

From Good Housekeeping.

It will be interesting to collect the many remedies that have been suggested for sleeplessness. A hot shower-bath at bedtime cleanses the skin and predisposes to sleep, it is claimed. The one "sure and safe way" is to take a brisk walk of a mile or two before going to bed, and then, after the walk, holding the head under a stream of cold water. This, however, should be done when the habit of sleeplessness first begins.

A business man with a mechanical turned mind should fix up his attic as a carpenter's shop, and spend an hour therein after supper. A walk of two or three miles a day is sufficient, says one writer, while another maintains that nothing will do but horseback riding. Again, relief for sleeplessness can be found by wetting a linen kerchief, folding it and placing it under the back of the neck, with a dry cloth underneath the kerchief to protect the pillow. Still again, warm the feet by friction, extra wrappers, etc., and cool the head, either in a draught, or with cold water or ice. One sufferer has palliated the distress of his vigils by leaving his bed, lighting a fire and sitting in a chimney corner, reading and eating by turns until the demon intimated a desire to depart.

A physician writes that the evening should be a period of relaxation and recreation, relief from care and anxiety to be found in cheerful conversation, pleasant games and light reading, while persons of sedentary occupation are to take plenty of open air exercise. A feeble circulation is to be overcome and cold feet are to be warmed. The stomach is to be attended to if the digestion is not good. If it is overloaded easy and refreshing sleep is impossible. Weakly persons and invalids often find a cup of hot broth or gruel, or some other light and easily digestible food taken on retiring to be the best promotive of sleep. The bed should neither be too hard nor too soft, nor the clothing too abundant nor too scanty. All unpleasant sights, sounds and smells should be excluded. Regular and early hours of retiring are essential. No victim of insomnia can with safety burn the midnight oil or engage in evening dissipation. The man who observes these precautions and adds thereto a clear conscience and a sound mind has the promise of unfailing sleep.

A student troubled with insomnia discarded his feather pillow for one of hair with wonderful effect. The hair pillow does not get warmed up to an uncomfortable degree, because it rapidly conducts away the heat imparted to it by the head. The same person found that sleep could be brought on by simply warming the body, especially the feet, or by taking a walk, or by a cold shower or sponge bath, followed by rubbing with a coarse towel. Getting out of bed for a few minutes when the air was cool often brought relief. He had lain awake half the night, and then, after being up long enough to mix and drink a lemonade, had fallen asleep at once on going to bed. This student found that a light lunch just before going to bed relieved his brain by drawing the blood to his stomach.

Another victim of sleeplessness found that a continuous low noise favored sleep. The sound of water dropping on a pan has been prescribed by a physician. The explanation seems to be that a simple monotonous impression quiets the brain by occupying it, to the exclusion of more varied and interesting, and therefore stimulating, impressions. On the same principle are the devices of counting backward or forward, imagining sheep jumping one by one, through a gate, etc., but they are open to the objection of causing one portion of the brain to be exerted in order to control the rest of it.

A man who has "struck upon the right plan at last," and who opens up to the world something that is calculated to make mankind rejoice and do away with all drowsiness, writes that all you have to do is to imagine yourself going on a long journey. Think over the details of it every night when sleep lags. The plan made him healthy and happy.

A physician has one simple remedy, which requires no medicine. Compose the mind as much as possible and confine the thoughts to one object, or a number or individual, and close the eyelids, rolling the eyes continuously in one direction. In a short time consciousness will be lost, and you will be in the blissful land of dreams. After an experience of two years, another man found that he was always able to go to sleep very shortly after retiring to rest by keeping his eyes looking down; he found that they turned up when he was sleepless and was cogitating something that kept him awake.

An editor finds relief by wetting a cloth with cold water and binding it across his forehead. Another plan is to draw in a long, slow breath by the mouth and to force the breath out through the nose, imagining that the currents can be seen. An attempt may also be made to read an amusing novel in bed or to repeat a familiar poem, but all study or serious reading should be stopped half an hour before going to bed. In a paper read by a physician before the Boston Society for Medical Improvement, he said that sleeplessness is often caused by starvation, and that a tumbler of milk drank in the middle of the night will often put people to sleep when hypnotics would fail of their purpose.

Prohibition in the United States.

From Bradstreet's, Jan. 21.

Few questions of sociological politics possess a more immediate interest for the people of the United States than that as to the success or non-success of the experiment of Prohibition, so far as tried. The opponents of prohibitory legislation continue to assert its failure, but the advocates of the system persist in declaring the contrary, and they seem to have grown in number of late years. Such evidence as is at hand, however, seems to show that the system is not at any rate a pronounced success. The latest statement regarding the efficacy of prohibitory legislation comes from Rhode Island. It is made in the Governor's message to the State Legislature, and it is unfavorable to the claims of the Prohibition advocates. The Governor declares that the prohibitory law is sadly inefficient, and that it is so for want of a sufficient public sentiment to support it. The Governor finds the attempt to enforce the law a thankless one, and he throws out the suggestion that while laws may represent public opinion "their enforcement is dependent almost wholly upon the public will as contradistinguished from public opinion, and without a will the way will not be found." This is an experience met with everywhere by the authorities charged with the enforcement of legislation. It seems to be felt to some extent in Maine. According to statements made by a clergyman in Portland, in a sermon on Sunday, the arrests for drunkenness are on the increase, there being an increase of over 50 per cent in the last six months of 1887 as compared with the same period in 1886.

A Terrible New Year's Day.

A terrible New Year's surprise was suffered by a married couple at Paris, France. Their only son, a little fellow of 6, hid in the safe which the father had in his office in the family dwelling, expecting that his mother would miss him and look for him. The father, being suddenly called away, locked the safe. All night the parents searched in vain for the child. On the morning of New Year's Day when the safe was opened the child was found in it suffocated.

They Died Together.

Jules Donat and the little Franciska lived on the same flat in Champoinnet-street at Paris. They first met some eighteen months ago, when he was near 18 and she just past 14. They liked each other, and the parents allowed Jules to visit their daughter every evening and stop till late. It was in the first week of the month when the couple went into the country and did not get home until next day. On their arrival the girl's parents proceeded to have Jules arrested for leading astray a girl under age. Then the lovers met and took poison. In the morning the old people found two corpses.

A Desperate Boar.

A carpenter went with a younger brother of his to the forest near Soudernach, Germany, to hunt the wild boar. Finding a large beast, the younger brother shot it and the boar hid in the bush. The elder brother, more impatient and careless than the younger, entered the thicket and began teasing the wounded animal, trying to make it leave its hiding place. Suddenly the boar sprung on him and with one blow of his powerful tusk ripped the man open to the chest. Upon his screams two other hunters came to his assistance and rapidly finished the boar. The carpenter is in a precarious condition.

MEXICO'S OFFICIAL NEW YEAR DINNER.

The Custom of Starting the New Year With a Festival Introduced Successfully by President Diaz—Glimpses of Mexican Society.

From The Mexico Nacional.

Although in the traditions of our Government, as we have understood, there never was the pleasing custom of beginning the new year with an official banquet to the members of the diplomatic corps, this year it has appeared in the most delightful manner, and last Thursday there took place in the President's apartments of the Capitol the festival which we take the occasion to announce to our readers.

The invitations were sent on the last day of the year, printed upon a card of very delicate vellum, and read thus:

THE PRESIDENT OF THE REPUBLIC *has the pleasure to invite Senor R. de Z., Minister-Plenipotentiary of N——, and lady, to dinner at the Palace on the fifth of January next, at 7 o'clock.*

Mexico, December 31, 1887.

Reply to the Bureau of Foreign Relations.

At the appointed hour the drawing rooms of the Presidency were profusely illuminated with Edison's incandescent lamps, as, also were the broad hall leading to the Presidential ante-rooms and the stairway. There was no other decoration than the illuminator, but the splendor of that was indeed notable. At the doors of the Presidency the invited guests were received by Gen. Agustin Pradillo, Governor of the Palace; Jose Rio, introducer of the ambassadors, and a young adjutant of Gen. Diaz, in full uniform. First of all there appeared in the salon Senor Salazar, the new minister of the Republic of Guatemala, and a few moments afterward came the Minister of Her Britannic Majesty, Sir Spencer St. John; the other guests entered at intervals of a few moments. When there were in the salon as many as eight guests of the Chief of the Government, from a side door came President Diaz and his wife, Senora Carmen Romero Rubio de Diaz.

We repeat that the illumination of the grand drawing-room of the Presidency was superb, but—what always happens in Mexico—about half the guests had arrived when suddenly the electric light went out completely, leaving those elegant cavaliers and ladies in the most mortifying and perfect obscurity. Then there was scurrying about and hurried orders to bring candlesticks. The lackeys brought lights, but at the same instant that they appeared on the threshold of the door the electric light blazed out again and shone anew as if laughing at the little trick which it had just played upon the whole group of serious diplomatists. At 7.30 the dinner, who had accepted had all arrived.

Regrets had been received from Baron and Baroness Daelman of the Belgian Legation, Commander Viviani, Minister from Italy; the Baroness de Waecker Gotter, wife of the German Minister, and the Secretaries of State, Gen. Hinojosa and Gen. Pacheco. At the official announcement, "la table est servie," the company proceeded in the following order:

The President of the Republic giving his arm to Mme. Pariot, wife of the French Minister.

Sir Spencer St. John, Dean of the diplomatic corps, accompanying Mme. Diaz.

Senor Manuel Romero Rubio, Secretary of the Government, escorted Mme. Mariscal.

Senor Cercera Sanchez, Minister from Spain, and Mme. Romero Rubio.

Senor Mariscal and the wife of the French Secretary of Legation.

Senor Joaquin Baranda, Secretary of Justice, and Senorita Connery, daughter of the Charge d'Affaires from the United States.

Senor Pariot, the French Minister, and the wife of the Minister of Domingo.

Senor Connary, Charge d'Affaires from the United States, in the pleasing company of the Baron de La Barre, Secretary of the Spanish Legation.

The menu cards were exactly the same as those used at the banquet of Chapultepec; the exterior of pasteboard, folded in the middle, and the list of dishes inside upon white satin. Above was the monogram P. D., and the name of the guest written on diagonally.

This is the text of that gastro-diplomatic document:

MENU.

Consomme a la Royale.
Potage a la creme solaille.

MADERE.

Poisson en sauce d'ecrevisses.

HAUT-SAUTERNES.

Alogan braise a la Flamande.
Timbale a la Napolitaine
Epinards gras maitrotel.

BORDEAUX.

PUNCH A LA ROMAINE.

Roast beef, gaillet soite.
Asperges a la Milanaise.
Haricots verts a la Lyonaise.

BEURGOGNE

Parfait Glace.
Petits fours—Bonbons riches.
Fruits.
Cafe—The—Liqueurs.

Palacio Nacional, Enero 5 de 1888.

In treating of a banquet in which ceremony and length are understood, we would expect to see something terribly cold, heavy, and formal. There was nothing like that. One could have believed that this was a family reunion. Everybody was as though in his own house, and with the most enchanting freedom that one could imagine. The conversation was animated generally even to brilliancy. There was no dullness of spirit, each as he spoke and ate making one thing as agreeable as another, and in this agreeable state of things, the hour of champagne was reached.

The President, Gen. Porfirio Diaz, rose from his seat, and in phrases as short as they were cordial expressed the satisfaction it caused him to see assembled in that place the honored representatives of the nations with whom Mexico had the satisfaction of cultivating pleasing and friendly relations. He congratulated those present upon the new year, and he prayed during it for the same protection over all friendly peoples and governments and over the worthy representatives, and and all accredited to the Mexican Republic. The Dean of the diplomatic corps, Sir Spencer St. John, in a short but expressive toast, spoken in irreproachable Spanish, gave the health of the President of the Mexican Republic, giving thanks in the name of the representatives united there for the good wishes expressed in favor of the friendly nations, and responding in the most cordial manner, with the sincere wish for the safety of the Mexican people and their Government. There were no more toasts.

For coffee the guests returned to the salon in the same order in which they had entered the dining hall. There were served the fragrant Cruapam and the exciting the Mandarin. They sipped these two refinements of modern gastronomy and the gentlemen assembled smoked the aromatic Azores and the unrivalled Tuxeta, and after the most delightful moments had been greatly prolonged, the worthy representatives of our friendly countries courteously returned thanks to the magistrate of the republic for his charming invitation, and retired one after another to their carriages of state, which awaited in the courtyard of the palace.

It was 11 at night when the last guest left.

Bucket Shops, Puts and Calls.

From The New York Herald.

Senator Murphy's friends explain that the act in regard to the stock exchange was intended to suppress bucket shops. With this understanding business men advise its adoption. Why should not an act be passed to suppress dealing in puts and calls? Custom accepts it as a legitimate phase of Wall-street business, but it is as bad as bucket shops or dealing in faro, and should be as rigidly suppressed.

The Man of It.

Wife—What do you mean, John, when you say that my studying German is a real act of kindness?

Husband—I mean, my dear, that it will give the English language a little needed rest.

Mine.

From The Yankee Blade.

I always write my name upon
My various possessions,
With stamp, or dye, or pen, I make
Ineffaceable impressions.

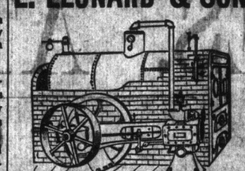
My linen has besides the marks
Of Chinaman (Ching Lee),
The name that doth exclusively
Belong to none but me.

My dog, so black that contrast makes
All other black seems white,
Has my name on her collar, too,
Beside the name of "Night."

In all the volumes that are mine
Upon the first blank page
In black and white is writ my name—
My only, lasting, age.

Than I've a nice umbrella, too,
Of silken fabric fine—
And on that, also, is a name—
But that name isn't mine.

E. LEONARD & SONS



ENGINES AND BOILERS, LONDON.

Some of the Firms Now using the "Leonard Ball Engine":

J. Calkins' Electric Light, St. John, N.B.
Windsor Gas Co., Electric Light, Windsor, Ont.
H. Walker & Sons' Distillery and Electric Light, Walkerville, Ont.
Canada Bank Note Co., Printers and Lithographers, Montreal, Que.
J. McLaren's Grist Mill, Renfrew, Ont.
Wm. Abercrombie's Planing Mill, Parkdale, Ont.
Henderson & Potts' Paint Mills, Halifax, N.S.
John Elliott & Sons, Agricultural Implements, London, Ont.
Barnum Wire Works Co., Windsor, Ont.
W. F. Maclean, World, Toronto.

THE BRANDON M'F'G CO., C.F. TORONTO

Over 60,000 sold in one year.

All Grocers Keep it.

THE LEADING CH AP WASHBOARD

ROYAL MILITARY COLLEGE OF CANADA KINGSTON, - ONT.

The Royal Military College is established for the purpose of imparting a complete education in all branches of military tactics, fortification, engineering and gunnery, scientific knowledge in subjects connected with, and necessary to, a thorough knowledge of the military profession, and for qualifying officers for command and for staff appointments.

(a) In addition, the course of instruction is such as to afford a thorough practical scientific and sound training in all departments which are essential to a high and general modern education.

(b) The Civil Engineering Course is complete and thorough in all branches.

(c) The obligatory course of surveying is such as is required for the profession of Dominion Land Surveyor; the voluntary course of surveying is that which is required for Dominion Topographical Surveyors.

Matriculation Examination takes place in June each year. Candidates must be over fifteen and under eighteen years of age on preceding 1st of January.

Length of College Course, four years.

Four commissions to the Imperial Regular Army are awarded to graduates annually.

Board and Instruction $100 for each term, consisting of ten months' residence.

For particulars apply to the Adjutant General of Militia, Ottawa. 36

TROWERN FOR Good Time-keeping Watches AND WATCH REPAIRING. 36 171 YONGE-ST., Next Door to the Imperial Bank.

NEW DESIGNS IN BRASS FIRE SETS, IMPERIAL KNOFE CLEANERS, Also splendid Christmas assortment in Toys, Sleighs, Rocking Horses, Dexters, Bicycles, Skates, etc., etc. Our prices are lowest in the city. I. A. WHATMOUGH, 125 KING-STREET EAST. 63

GENTS' SUITS DYED OR CLEANED, And pressed in a superior manner at Stockwell, Henderson & Blake 86 KING-STREET WEST. Telephone No. 1253. Goods sent for and delivered. 136

BUILDERS Requiring Doors, Sash, Blinds, Casing, Base, Flooring, Sheeting, Lath And other finished wood goods, also Napanee Cement, will find a large stock at HALL & SON, 249 King-st. W. Agents for the Kalthum Company, Deseronto. Telephone 1379.

RUSSILL'S IN THE MARKET Is the cheapest place in the Dominion for anything in china, crockery, lamps and glassware.

4 piece Toilet Sets	- -	$ 75
44 " Tea Sets	- - -	2.00
44 " China Tea Sets	-	3.75
6 Medium Lamp Chimneys		25
4 Large " "		25

Hotel, restaurant and boarding house goods at lowest prices. Goods delivered. 246 RUSSILL'S IN THE MARKET

ILLUMINATING AND LUBRICATING OILS

OFFICE: DUNDAS STREET, BROCKTON

THE RED STAR POWDER. CLEANING

TRY OUR Indestructible Fire Kindler THAT KINDLES 100 Coal Fires FOR $1.

IS THE FINEST Powder In the world TO CLEAN SILVERWARE WITH.

A big discount to the trade. Send for circular. The Indestructible Fuel & Kindler Co. 181 QUEEN-ST. W. TORONTO. 36

DR. W. H. GRAHAM'S British American Medical and Surgical INSTITUTE, 170 KING-ST. WEST, TORONTO, ONT.

Treats and cures Chronic Diseases and Deformities, Consumption, Catarrh and all diseases of the Throat, Lungs and Heart.

Diseases of the Brain and Nervous Diseases, as indicated by Headache, Dizziness, Sleeplessness, etc.

Diseases of the Stomach and Liver, Skin Diseases as Pimples, Ulcers, etc., Diseases of the Blood, Diseases of the Bowels and their consequences as Diarrhœa, Costiveness, Piles, Tumors etc., Diseases of the Urinary and Generative Organs.

Diseases of Women, including painful profuse or suppressed Menstruation, Leucorrhœa (Whites), Ulceration, Displacements and all Afflictions of the Womb.

Private diseases and diseases of private nature as Sterility, Impotency, the result of youthful folly and excess, receive special attention.

Tape Worms removed in an hour.

If you can't call write for particulars.

Office hours—9 a.m. to 8 p.m. Sunday 2 to 4 p.m.

We employ no traveling doctors. Parties pretending to represent us are frauds.

ASK FOR HOLLAND & CO'S FERGUS XXX ALE AND XXXX PORTER The Best in the Market. Our Bottling Vaults are No. 1 Globe-lane, Toronto. All letter orders promptly attended to. 36 G. FRYER, Agent

Street Lamps Three Cornered and Square Lanterns, Hand Lanterns best kind for coal oil, railway patterns. NOAH L. PIPER & SON, Manufacturers Railway Supplies 90 York-street.

CALL UP TELEPHONE NO. 3384 For any quantity of NEW MILK. Double Extra Cream, Creamery Butter and Buttermilk. Semi-Centennial Dairy Co., 616 YONGE-STREET. 624624

OAKLANDS JERSEY CREAM CHEESES. 131 Yonge Street. 246

A. W. HOLMAN 36 HACKS, COUPES, ETC. Telephone 3336. 427 GERRARD - STREET, EAST.

GAS FIXTURES. The Cheapest And Largest Assortment of goods in this Market. We ask you to call and examine our stock. We are offering cheap and fine goods at special discount this month. Keith & Fitzsimons, 246 109 King-street West, Toronto.

Received the Highest Awards for purity and Excellence at Philadelphia, 1876; Canada, 1876; Australia, 1877, and Paris 1878.

Prof. H. H. Croft, Public Analyst, Toronto, says:—"I find it to be perfectly sound, containing no impurities or adulterations, and can strongly recommend it as perfectly pure and a very superior malt liquor."

John B. Edwards, Professor of Chemistry, Montreal, says:—"I find them to be remarkably sound ales, brewed from pure malt and hops."

JOHN LABATT, London, Ont. JAS. GOOD & CO., Agents for Toronto.

Received the Highest Awards for Purity and Excellence at Philadelphia, 1876; Canada 1876; Australia, 1877, and Paris, 1878.

Rev. P. J. Ed. Page, Professor of chemistry, Laval University, Quebec, says: "I have analysed the India Pale Ale manufactured by John Labatt, London, Ontario, and have found it a light ale, containing but little alcohol, of a delicious flavor and of a very agreeable taste and superior quality, and compares with the best imported ales. I have also analysed the Porter XXX Stout of the same Brewery, which is of an excellent quality; its flavor is very agreeable; it is a tonic more energetic than the above ale, for it is richer in alcohol, and can be compared advantageously with any imported article."

JOHN LABATT, London, Ont. JAMES GOOD & CO., Agents, Toronto.

PROHIBTIOIN EXPLODED! Temperate People say they cannot do without it.

CELEBRATED

ALES AND STOUT

HIGHLAND SPRING BREWERY PORT HOPE. 246

Dominion Brewery! ROBT. DAVIES, Brewer and Maltster, QUEEN ST. EAST, TORONTO. When ordering your Ale and Porter ask for the DOMINION BREWERY BRANDS OF India Pale Ale, Amber Ale and XXX Porter. which were awarded Gold Medals at the North, Central and South American Exposition, New Orleans, La., 1885 and 1886.

SPECIALTIES. Warranted equal to best brewed in any country. ENGLISH HOPPED ALES in wood and bottles XXX STOUT in wood and bottle. 363 PILSENER LAGER. O'Keefe & Co., Brewers and Bottlers

RUBBER CUSHION Weather Strip Will save half your Fuel. P. PATERSON & SON, 77 King-st. East.

HEADQUARTERS! BOOTS AND SHOES. Toronto Shoe Comp'y RUBBERS, FELTS AND OVERSHOES. Largest Stock in Canada. MEN'S BUCKSKIN OVERSHOES. HEADQUARTERS. BOOTS AND SHOES.

ELIAS ROGERS & CO.

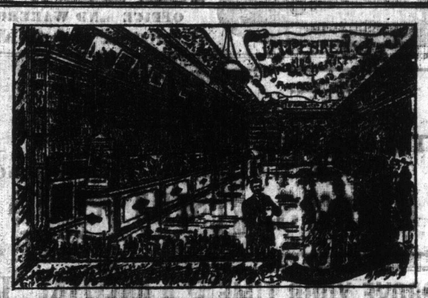
BEST QUALITY COAL & WOOD—LOWEST PRICES. OFFICES: 20 King-street west. 409 Yonge-street. 765 Yonge-street. 552 Queen-street west. 244 Queen-st. east. Offices and Yard: Do. do. Do. do. Cor. Esplanade and Princess streets. Bathurst-street, nearly opposite Front-st. Fuel Association, Esplanade-st., near Berkeley-st. ed ELIAS ROGERS & CO.

P. BURNS & CO. ARE NOW IMPORTING BY CARS THE Celebrated Scranton Coal! Fresh mined. Also by cars for steam purposes Sunday Creek and Streitsville Soft Coal, the best in the market. Best quality Cut and Split on hand. HARDWOOD AND PINE Always on hand. All delivered to any part of the city at the Lowest Rates. OFFICES: Cor. Front and Bathurst, 546 Queen West, 51 King East, 390 Yonge. Office and Yard—Yonge-st. dock. Orders promptly attended to. Telephone communication between all offices. 246

OFFICE: NO. 6 KING-ST. BRANCH 678 YONGE-ST DOCK AND SHEDS: FOOT LORNE-ST Quality and Weight Guaranteed. CONGER COAL COMPANY SHIPPER AND MINER. Best Grades Anthracites & Bituminous Co WHOLESALE AND RETAIL. 36

S. CRANE & CO. COAL AND WOOD BEST QUALITY. LOWEST PRICE. HEAD OFFICE—118 Queen-st. West. BRANCH OFFICE—427½ Queen West. DOCK—Foot of Church-street. Telephone 270.

J. M. PEAREN, DRUGGIST



Cor. CARLTON AND PARKER STS. Telephone 3416. Toronto.

LADIES, Owing to the very close prices at which we are selling our FURNITURE AND CARPETS! and General Household Goods we cannot afford to give away bedroom outfits or write poetry by the yard. CERTAINLY NOT. We have purchased a fine selection of goods in each department and are selling at such low prices that we are too busy. R. POTTER & CO., Cor. Queen and Portland sts. Telephone 1384. 36

THE ACME SILVER COMPANY 246 MANUFACTURERS OF Finest Quality Quadruple Plated Ware. TORONTO, . . . CANADA.