

Sleeplessness.

Habitual sleeplessness demands a thorough review of one's manner of living. If it be ascertained that the cause is mental worry, agitation, or overwork, the cure is carefully cultivated laziness. Care and culture will ensure a perfect balance, but it is too often the case that one chord is harped upon to the detriment of others; as a result the whole mental mechanism becomes impaired, very often destroyed. Reconstruct your habits as prudently and carefully as you would build your residence. Never suffer an exception to occur until the new habit is firmly rooted in your life. Each lapse is like letting fall a ball of string that you are winding up—so much time and labor are irretrievably wasted. Opium, chloral, and all artificial sedatives should be shunned and abhorred.

The healthy man, provided he has built good habits, will have gained the power of concentration, and by his will-power he will encounter still less difficulty in dismissing thought, and commanding sleep at pleasure. Napoleon and Napier are illustrious examples of such men; certainly their success was due in large measure to their good habits and consequent physical powers.

.. NORMAN'S .. ELECTRO-CURATIVE BELTS AND BATHS.

266 YONGE ST.,
FORMERLY OF 4 QUEEN ST. E.

In opening at the above address, MR. NORMAN wishes to announce to his friends and the general public that the new establishment is fitted up with an entirely new and complete set of Apparatus, Baths, Batteries, Electrical Machines, and Instruments, and he is prepared to treat, more successfully than ever, all those cases which are so hard to relieve by other methods of treatment.

Twenty years experience in the application of Electricity for curative purposes has convinced Mr. Norman that no remedy is equal to Electricity (when properly applied) for the relief and cure of Nervous, Rheumatic and Neuralgic affections.

Office hours, 9 a.m. to 6 p.m. Consultation free. Send stamp for illustrated catalogue of Electro-Curative Appliances for self-cure. Correspondence private.

N. B.—Medical men who have no electrical laboratory, or have not the time to give electrical treatment, are invited to bring their patients and have them treated under their guidance and instruction. In no case will their prerogative be interfered with.

Remember the address, 266 YONGE STREET, TORONTO.

HOMES MADE HEALTHY BY USING



Safford Patent Radiators

• FOR •

HOT WATER AND STEAM HEATING

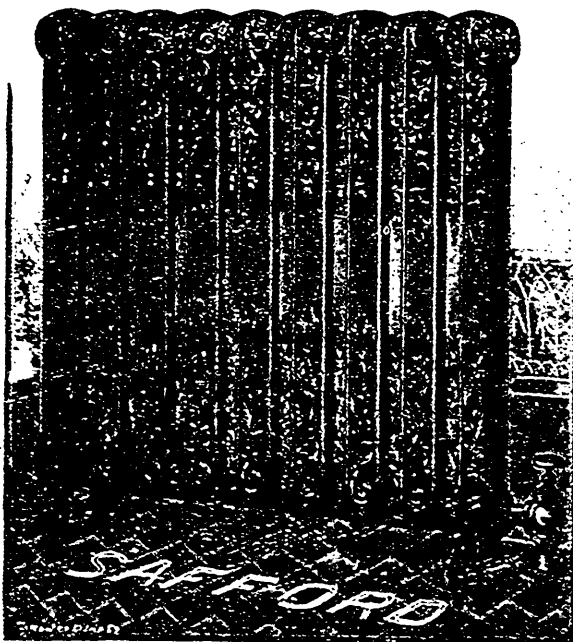
NO BOLTS
PACKING
LEAKY JOINTS

Largest Variety of Styles

Biggest Stock in Canada

Sole Manufacturers and Patentees:

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