the Humorist Has Jotted Down in this Little Health Book-One of the Mys

" for sleeplesenes; which have been is-of cases, most of which were the in farthest, circle of immediate friends,

Hat nothing within three hours before

just before going to bed. Nature abhors vacanna. (This is one of the prescriptions

as le in the open air just before bedtime. Go to your room an hour before retiring

et ring will soothe and tranquillize your

Resolutely resolve, as you lie down, that Ton will go to sleep, and sleep will come

into hed.

and you'll be asleep before your head touches the pillow.

heur.

Drink mille (This, according to my

With Clever Vision.

So strong, so true, so wire; He had a lefty marble brow.

Was so intensely Greek

So very much. Ah, me!

I only wish I knew

complished.

Total.

