

Cannot Get Asleep.

There is a difficulty in such weather as this to get asleep at night. When the usual hour for retiring arrives, instead of tuckering under the sheets and falling into gentle slumber—such as would be unbroken till morning, the average man spends countless moments experiencing to find the coolest side of his bed. He raps his toes against the headboard and bends his head against the headboard; alternately he hangs his leg over the edge of the bed and scrapes it along the wall at an angle of sixty degrees from the horizontal. If he has been at a political meeting in the evening, he reviews the arguments of the several speakers, blaming them for not having said something which sounds exactly as the speaker, which sounds exactly as the slightly trend of a burglar upon the stairs ought to sound, and when so careful an investigation has proved the non-existence of burglar within the house, she bed seems more uncomfortable than before he left. This early tickles the nose, and the milkman is sure to awaken him, in spite of the fact that the bell is beginning to be attracted by the sleeplessness of the night. What is the explanation of these phenomena? Is it true that one needs sleep to restore exhausted nature in summer than in winter? The stimulation appears to lie in the cessation of disturbing our sleeping hours fairly through the twenty-four in warm weather. To enter a man can work hard in daylight, and when the time comes for sleep he is ready to welcome its arrival. But not so in summer. Necessary work is performed in a drowsy manner, and between the calls of duty the body is almost too tired as if the subject was actually dead. Hence, when night comes there is not the same measure of exhaustion and not the same inclination for sound slumber. If one has a preference for doing all the sleeping at night and keeping wide awake in the daytime, it can be indulged by doing the matutinal fly. Let the victim of a sleepless night take the perch of the first fly up on his nose as a signal that he must get up. He will find the cool of the morning a good time for a brief respite of hard work, and after rising at four in the morning he will not have to coax sleep to his eyelids when he retires at ten in the evening.—*Hannibal Spectator*.

It is no longer an idle dream or妄想 to affirm that *Fellows' Hypnotophiles*, who are united nature's forces, will strengthen man and make his life not only endurable, but sparkling with radiance and youth; this then we recommend where vitality is on the wane, or when the organism becomes enfeebled.

A CARD.

TO all who are suffering from the excess and indiscretions of youth, nervous weak ness, early debility, infirmities, &c., I will send you a remedy that will cure you. FREE OF CHARGE. The great remedy was discovered by a missionary in South America, and is sold by a small addressed envelope to the Rev. Joseph T. Lomax, Station D, Bible House, New York City.

HOTEL GUIDE

BRITISH AMERICAN HOTEL

THIS WELL KNOWN HOTEL is very popular with the traveling public, and the only First Class Hotel in the city.

Rooms—First-class, Living, conser vative.

TERMS moderate. W. D. DUNN, Proprietor.

CITY HOTEL—No. 90, 101 and 102

Princess Street, the principal Hotel in the city.

Conveniences—Accommodation for Guests and Apartments Sample Rooms for Commercial Travellers.

Wells and Baggage Wagons to all Trains.

Livery Stable attached.

J. S. JOHNSON, Proprietor.

GRAND TRUNK RAILWAY.

Hours of Arrivals and Departures from King station Standard Montreal Time.

GOING WEST.

Arrive Depart.

Express..... 4:45 a.m. 4:45 a.m.

Express..... 4:45 p.m. 4:45 p.m.

Mixed..... 1:10 a.m. 1:10 a.m.

TREMAN, J. & JOSEPH HICKSON,

Station Master. G. M. Manager

CITY FIRE ALARM.

No. 1, St. Lawrence Ward.

2, Ontario Ward.

3, St. Paul's Church.

4, St. James' Ward.

5, All Saints' Church.

6, G. Newlands' Princess Street.

7, Corner of Dorcas and Princess Streets.

8, Queen's College Gate.

12, Downing's King Street.

13, Strange's King Street.

KINGSTON POST OFFICE GUIDE

MAIL. CLOSE DELIVERED

Eastern per G.T.R. in

including the Maritime 1:00 p.m. 7:30 a.m.

Provinces..... 9:00 a.m. 6:30 p.m.

Western per G.T.R. 3:00 p.m. 6:30 p.m.

United States, via C. 1:00 p.m. 7:30 a.m.

Vincent..... 2:00 p.m. 7:30 p.m.

Pector..... 2:00 p.m. 7:30 p.m.

Peterson Edward Ross, Jr. 7:00 a.m. 5:30 p.m.

Newbury and Chelmsford 3:00 p.m. 7:30 a.m.

Barnsley and Leigh 10:00 a.m. 1:30 p.m.

Portsmouth—Close at 7 a.m. delivery 4:45 a.m.

Bathurst—Close at 2:30 p.m. arrive at 11:15 p.m.

Bathurst and Sunbury—Mondays—Weekdays

days at 3:30 p.m.; arrive at 11:30 a.m.

Antrim Island and St. John—Tuesday Thursdays and Saturday—Close at 7 a.m. arrive at 11:30 a.m.

Inverary—Tuesdays, Thursdays and Saturday—Close at 7 a.m. arrive at 11:30 a.m.

Portsmouth—Close at 7 a.m. delivery 4:45 a.m.

Bathurst—Close at 2:30 p.m. arrive at 11:15 p.m.

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