

the most robust if not checked. And, worse than all, it is a prolific source of madness. To become unable to sleep soundly or even reasonably well is cause for serious alarm; it is also a source of great suffering. Any remedy, therefore, which will induce sleep to kiss the eyelids which have wooed the drowsy god in vain will prove a boon to everyone. The causes of insomnia are legion, but outside of general nervous debility and chronic disorder of the nervous system, whether caused from mental or nervous disease, or from some injury to the nerve centres, the causes of sleeplessness may be put down to anything that causes the blood to flow to the brain in increased quantities. Strong physical exercise, rapid breathing or deep thought will, according to the best authorities, conduce to bring about a state of sleeplessness. And unless checked it will grow until it becomes very serious.

It may be stated, as a fact overlooked by many who find themselves unable to sleep, that their insomnia arises from carelessness on their part in failing to observe certain easily ascertained rules in regard to sleeping.

The body cannot sleep while the brain is excited. Anything which will diminish the flow of blood to the brain will allay excitement. Very deep, slow and quiet respiration will soothe the brain to a great degree, and, at the same time, serve the purpose of detracting the attention of the mind from the matters which may disturb it.

Moderate heat, monotony of sound and darkness tend to make one sleepy. The only effect of darkness is to shut out external objects and thus assist in quieting the mind. The notion that sleep obtained in the daytime is not beneficial has no reason to support it. Sleep is sleep, and in one can sleep soundly and well in the day time it serves the same purpose as sleep obtained at night. But few people can do this on account of the light and noise. Hence the old but erroneous idea that only sleep at night could thoroughly rest and recuperate the body and mind after their labors. This is abundantly proven in the case of infants and convalescents. Both sleep in the day time equally as well as at night, and both grow more while sleeping than while awake.

Cool, fresh air is the best to sleep in. Extreme heat and closeness of the air tend to prevent sleep, as does profuse perspiration. The teeth should be well cleaned and the mouth rinsed before going to sleep. After all these necessary rules have been observed, and still sleep refuses to come at the bidding of the pleading eyelids, one may be sure they are suffering from insomnia, and should seek to induce sleep by any means. But how to do this has been the question with many, and physicians are called in and soothing potions taken, all of which 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 eyesight by various 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 side, with his head placed comfortably on the pillow, having his neck straight, so that respiration will not be hindered in the least. The lips are then to be closed slightly and a full inspiration taken, breathing through the nostrils only if possible. The full inspiration taken, the lungs are to be left to their own action. Attention must now be fixed upon the respiration. The person must imagine that he sees the breath pass from his nostrils in a continuous stream, like steam from an exhaust pipe. The instant he brings his mind to conceive that he thus sees his breath and grasps this idea, apart from all others, consciousness leaves him and he falls asleep. If this method does not at once succeed it is to be persevered in, and, if properly carried out, is believed to be infallible. It is founded on the principle that monotony or the influence of the mind of a single idea induces sleep. —*Chicago Times.*

A FATAL RAVINE.

"In Yellowstone Park there is a ravine that proves as deadly to animal life as that Death Valley of Java, where wild beasts perish by the score," said Henry W. McIntyre at the Palace Hotel the other night. The gentleman was connected with the party who surveyed the reservation, under the leadership of Arnold Hague, the park geologist. While following the streams to trace the extinct hot springs the explorers reached a ravine in which the bones of many animals, bears, deer, rabbits, and squirrels, were found. The presence of the remains caused the party much wonder, and the solution of the strange affair was found only when a crow that had been seen to fly from the side of the valley to a carcass that was yet fresh lit on its prey, and almost immediately fell to the ground.

"The death of the bird," continued Mr. McIntyre, "was caused by gaseous exhalations, whose presence in the park had been before unsuspected. The larger game also met its death by inhaling the deadly gas. The ravine is in the north-eastern part of the park, in the vicinity of the mining camp of Cooke

creek, and not far from the line of the mail route. All about this region gaseous exhalations are given off, which form sulphurous deposits. In the almost extinct hot spring areas of Soda Butte, Lamar River, and Cache and Miller creeks the ravine was found. This region is rarely visited, although it is an admirable spot for game, which, however, goes unmolested by man, the laws against hunting being very severe. The road to the valley has few attractions, and the visitors to the fossil forests and Hindoo basin seldom make the trip.

"In the centre of a meadow, reached by an old elk trail, is a shallow depression that was once the bed of a hot spring pool. This is now dry and is covered with a slight deposit of salt, and that is a bait that attracts the elk and other game of that region. The 'jick' extends for seventy-five yards up the ravine, and is thicker and more palpable toward the upper end. The creek runs past along the side of the valley and boils and bubbles as if it were the outlet of a hot spring. But the water is cold, and the disturbance on its surface is caused by the emission of gas, mainly carbonic acid. It also contains sulphur, as particles of that are seen on the side of the creek. As we went up the stream the odor of sulphur became very strong and caused irritation of the bronchial passages. About eighty yards above Cache Creek were the bones of a large bear, and near by was a small grizzly decomposed, but with the skin and hair yet fresh. Only a short distance farther on were the skeletons of many more animals, such as elk and deer and other large game. Squirrels, rabbits, birds, and insects were lying about in quantities, and the ravine looked as if it had been the 'scoop' of a drive into which the animals of the park had been hunted and had been left there to die of hunger out of mere wantonness. There were no wounds apparent on the bodies before us; all the animals had been asphyxiated by the deadly gases that hung a few feet from the surface of the gulch.

"The first bear we saw was a good way down the gulch, where a neck is formed. To that point the gas must have been driven by the wind, and its deadly nature may be easily guessed when it is remembered that the slightest motion causes a diffusion of ether that would tend to decrease its noxious properties. Here is the explanation of the oft-repeated assertion that game was being exterminated by hunters in the Yellowstone, notwithstanding the stringent laws that had been passed for the protection of animals there. I had seen it noted that each year bears, deer, mountain tigers and other wild animals were disappearing from the reservation, and it was asserted that friends of the people who had charge of the park were allowed to hunt there in defiance of the law. There were probably 150 bodies of wild animals in the gulch when I was there. But although there were skeletons entire