HOW LONG TO SLEEP.

Some Popular Ideas of This Important Subject.

OLD SAWS AND SAYINGS.

Rest as It Should Be Taken and Rest as It Is Taken.

Most people seem to be of the opinion that early rising is conducive to good health and mental vigor. An old saying is quoted as conclusive proof of the correctness of this popular idea—"Six hours for a man, seven for a woman, and eight for a fool." That this popular idea is like almost all others, entirely erroneous, can be easily demonstrated. A worm-eaten proverb is no proof of anything, and most such proverbs are utter rot. The men whose minds are the clearest, whose expressed thoughts are read with eagerness by the intelligent world, whose words rule nations and whose brains are like gigantic thought factories—these men all take plenty of sleep, and most of them are very bad hands at getting out of bed in the morning. People who never think deeply on any subject, whose work is manual and whose brain-power is limited, may not need more than six or seven hours' sleep. A few samples may be interesting.

Brindley, the celebrated engineer, always betook himself to bed when he was puzzled by some intricate problem, and usually solved it there.

Lord Melbourne, when premier of England, used to lie in bed till a very late hour, taking his breakfast, and reading letters and dispatches there.

The poet Thomson cultivated laziness as a fine art, and composed most of his great poems in bed. In this he was not singular, as almost all the poets have been incorrigiby lazy.

Pope was worse than Thomson. When he had an inspiration he remained in bed until it was thought out.

King George III. said: "A fool may get on very well with eight hours' sleep, but a philosopher needs ten;" and King George, with all his faults, was considerable of a philosopher.

Sir Walter Scott never slept less than ten hours, and often extended this time to twelve.

Napoleon Bonaparte and his opponent Wellington could drop off to sleep whenever they wanted to, and did so at all hours of the day and night.

Lord Palmerston, one of the greatest minds who ever had a hand in ruling Europe, used to sleep in his seat in parliament, and his valet had instructions not to wake him under any circumstances until he had had eight hours' sleep. This rule was so strictly adhered to that the prince consort was obliged to wait two hours until the statesman's eight hours were up on one occasion when he called to see him on important business connected with the Crimean war. Lord Palmerston generally took ten hours' sleep, but never less than eight, and added an hour or two during the day when possible. This probably accounted for the advanced age at which he died and the clearness of his faculties up to the last.

Prince Bismarck is also a great sleeper. Mr. Motley says that the Iron Chancellor rarely rises till 11, and is not particularly late in going to bed.

Waiters in restaurants and men who work long hours almost invariably spend the greater part of the day in bed when they get a day off.

A little thought on the subject of sleep will easily explain, why the more of it a person gets, the better are they bodily and mentally. Sleep recuperates the system, and there is no medicine like it. The more sleep the brain gets, the better it does its work. All the wheels of life are oiled and eased by sleep. A whole day in bed gives a man an extra stock of sleep, which goes to the credit side of his sanitary account. The theory that a man should get up the instant he wakes is a pestilent heresy. True, the early bird catches the worm, but there is just as much chance of a man being the worm who is such an idiot as to be an early riser. After waking up, the most delicious sleep is obtained. It is verily treasure-trove.

In the mere fact of lying in bed, whether sleeping or not, there is something healthy. Bavard, the eminent French physiologist, says in one of his medical works: "Man is an animal who exercises his thinking faculties best in a horizontal position." Thus it will be seen there are highly artistic, social and intellectual uses connected with an occasional day in bed. These elements claim respect.

As a rule, what is pleasantest is best, provided that the mind is rightly constituted. What can be pleasanter than those delightful little snoozes in the morning after the regulation time for getting up? Oh! that last turn! What bliss! That semi-conscious state between waking and sleeping is not usually recognized as the most beneficial part of the whole night's rest, but it is a fact, nevertheless. Every minute of such time prolongs a man's life hours. Therefore, let us all reform and lie in bed as late in the morning as possible.

A. B.

The Origin of Visiting Cards.

Toronto Times.

As is the case in many other instances, we owe the invention of visiting cards to the Chinese. So long ago as the period of the Tong dynasty (618-907) visiting cards were known to be in use in China, and that is also the date of the introduction of the "red silken cords" which figure so conspicuously on the engagement cards of that country. From ancient times to the present day the Chinese have observed the strictest ceremony with regard to the paying of visits. The cards which they use for this purpose are large and usually of a bright red color. When a Chinaman desires to marry his parents intimate that fact to a professional "matchmaker," who thereupon runs through a list of her visiting acquaintances and selects one whom she considers a fitting bride for the young man; and then she calls upon the young woman's parents, armed with the bridegroom's card, on which are inscribed his ancestral name and the eight symbols which denote the day of his birth. If the answer is an acceptance of his suit the bride's card is sent in return; and should the oracles prophesy good concerning the union the particulars of the engagement are written on two large cards, tied together with the red cords.

He Charged, That's All.

Lewiston Journal.

Capt. Whitmore, of Bowdoin ham, who was in town this week, was the famous sailor captain of the Nineteenth Maine regiment who answered "Aye, aye, sir," when a superior officer addressed him.

After Col. Heath, of the Nineteenth, was knocked over at Gettysburg an orderly from headquarters rode up and found Capt. Whitmore in command of the regiment.

"Where's the colonel?" the orderly asked.

"Knocked over," said Whitmore.

"Where's the lieutenant colonel?"

"Killed."

"Where's the adjutant?"

"Killed."

"Who's the senior captain?"

"Don't know."

"How do you happen to be in command of this regiment?"

"Don't know."

"Well, Gen. Gibbon orders you to charge."

"Aye, aye, sir. How far shall I charge?"

"How far should you say you had better charge?"

"To h—— if it's necessary," said the captain.

FACTS AND FANCIES.

Gas Fishing Torches
At Robert Seeger's 260 East Seventh st.

Why Not Get Your Dresses
Cleaned and Dyed at the only reliable house in the Northwest, the City Dye House, 136 East Third street, St. Paul, and 244 Nicollet avenue, Minneapolis, Minn.? A. Hornung, proprietor.

Iron and Rustic Vases.
De Cou & Co., 21 West Third.

An Expensive Dream.
Pittsburg Dispatch.

Mrs. Younglove—My dear, what do you think of my spring bonnet; isn't it a perfect dream, and it only cost $40, too?

Mr. Younglove—It is very pretty, sweetness; but hereafter you must take something that will make you sleep like a top.

Mrs. Younglove—Why?

Mr. Younglove—Because your dreams come too high for my pocket.

Gold Fish. Gold Fish.
Globes, Aquaria and Fish Food. North Star Seed Store, 21 West Third.

Grote's Tivoli.
Concert this afternoon and evening.

Choice Figs, 15c Per Pound.
Regelsberger Bros., 219 East Seventh.

The Largest
And only reliable place in the Northwest is the City Dye House, 136 East Third street, St. Paul; 244 Nicollet avenue, Minneapolis, Minn. A. Hornung, proprietor.

Floral Designs for Decoration
Day. May & Co., Florists, 5 West Third street, St. Paul.

A WOMAN'S DREAM.

Within most houses in the land
Dirty walls before you stand,
And people come and people go,
And gossips chatter, here's a go:
Why, Mrs. Jones seems quite refined,
But in her house she takes no pride.

Now if she were only to go
To the Michaud Carpet company,
Where prices are low,
And inspect their wares.
She surely could see
Goods from the North, West, South and East;
Some Oriental, some from below (Chinese matting),
And some that are English,
"Quite English, you know."

Do you think for a moment
She would remain in this state?
No, she would call on the firm
Which takes the cake,
Having the only new line of Carpets, Drapery, Wall Paper and Window Shades in the Northwest.
The Michaud Carpet Company, 417 Wabasha.

Carpets and Feathers Cleaned
By Dickenson & Gross, 6th & Cedar sts

Pool Balls Re-Turned.
$4 per set. Seeger, 260 East Seventh.

A Brave Man.
Chicago Herald.

"So Miss Brown has married Jackson. He's one of the umpires in the base ball league, I believe."

"Yes, and if the poet is right he will make her an excellent husband."

"How so?"

"Why, the poet says the bravest are the tenderest."

Parlor Furniture.
We are making low prices on Parlor Sets. It will pay you to buy now. G. F. Benedict, 176 West Seventh street.

Amber Mouthpieces
Made to order. 260 East Seventh.

Imported Sardines, Two Cans
For 25c. Regelsberger Bros.

The Most Reasonable
Place to buy Furniture and Carpets is at G. F. Benedict's, Forepaugh block, Seven corners.

Decoration Day.
Finest Plants and Cut Flowers in the city. May & Co., Florists, 5 West Third street, St. Paul, Minn.

Birds and Bird Cages.
De Cou & Co., 21 West Third.

Furniture and Carpets.
We have the lowest rental of any Furniture and Carpet house in the city, and the lowest prices. G. F. Benedict, 176 West Seventh street.

He Fatigued Her.
Pittsburg Chronicle-Telegraph.

"When people are very much fatigued," remarked Ethalinda De Wiggs to Fitzpercy, "they can usually sleep, I believe?"

"Invariably, I should say," replied Fitzpercy. "Why do you ask?"

"Oh, I thought that when I heard of another case of insomnia I would recommend you as a remedy."

The Bankrupt Stock
Of John W. Enright, merchant tailor, consisting of the best English and French makes of Cassimeres and Suitings, will be sold at 193 East Third street. Purchasers can save from 30 to 50 per cent by buying these goods and having them made up.

Mocha and Java Coffee,
30c per pound. Regelsberger Bros.

Refrigerators.
First-class Refrigerators at right prices. G. F. Benedict, Seven corners.

Vases and Lawn Mowers
Sold at cost this week. May & Co., 5 West Third street.

Cincinnati Shoe Co., 173 East 7th,
Have on sale 2,000 pairs Ladies' Kid and Dongola Oxford Lace Slippers at 75 cents; well worth $1.25.

June Millinery—Enell's.
Ladies in need of millinery are invited to call at their earliest convenience to inspect some late novelties in Hats and Bonnets, special efforts having been made for this week. You will find the best assortment of select Summer Millinery to be found anywhere in this part of the country. Enell, 31 West Third, St. Paul.

An Important Step.
Epoch.

"Do you realize, darling, the importance of the step you are about to take?" inquired her mamma of a girl who was to be married.

"I should say I did," was the answer. "Ain't I going to wear a dress from Paris?"

Strawberries.
The finest in the land. If any lady who prides herself on her table and quality of her eatables desires to get the best and freshest in Fruits and Vegetables, call on Michaud Bros., corner Seventh and Wabasha, headquarters for everything in that line.

Best Bargains in St. Paul
In new Carriages, Buggies, Phaetons and Wagons of all descriptions. First-class goods.

	Price.
Fine Leather-Top Buggies	$65 and upwards
Elegant Leather-Top Ladies' Phaetons	100 and upwards
Surreys, with and without tops	110 and upwards
Extension Top Carriages	175 and upwards
Road Carts	20 and upwards
Newport Village Carts	90 and upwards
Open Wagons	55 and upwards
Park Wagons	70 and upwards
Concord Wagons	90 and upwards

Pony Carts, Jump Seats and Coupe Rockaways; also Second Buggies and harness. These goods must be sold. King's warerooms, corner Fourth and Minnesota streets.

Special Sale.
Great sale of Hats, Bonnets and Toques on Monday; also the Ribbon Sale continues at Mrs. H. A. Nichols', Dickinson's block.

Lawn Grass Seed.
North Star Seed Store, 21 West Third.

Genuine Closing-Out Sale.
Retiring from business. The entire stock of fine Boots and Shoes to be closed out strictly at cost, at Bradley's, 225 East Seventh street. These are the greatest bargains in fine footwear ever offered in St. Paul, as the entire stock is made by leading manufacturers in the East to my order with my name on, and every pair warranted. Not a pair of cheap or shoddy Shoes, and not a pair bought especially for this sale, as it often is in closing-out sales; but every pair fresh and new and of latest styles. Remember the place—225 East Seventh street, between Sibley and Wacouta streets. Alfred Bradley.

French Peas, 10c Per Can,
At Regelsberger Bros., 219 East Seventh.

All Kinds of Upholstering to Order
Peter Eiswirth & Son, 82 W. Seventh.

The Beautiful White Bear.
Odin G. Clay & Co., Room 97, Globe building, have about ten beautiful lots 50x100 feet, near White Bear lake, to give away. Call at once.

An Honest Man.
Epoch.

Claude—Did you ever cheat at cards?

Richard—No; I am near-sighted.

"A Nite With the Yumerists"
Will be the subject at the regular meeting of the St. Paul Liberal society, Sunday, 8 p. m., at 533 Broadway. Papers will be read on Bill Nye, Mark Twain and Artemas Ward. All are invited.

Wire Railing and Fences.
St. Paul Wire Works, 21 West Third.

The Standard Shoe Co.,
423 Wabasha street, make to order Ladies' and and Gents' Fine Shoes. E. Treasure, president; J. W. Hovelsrud, manager.

The St. Paul Retail Shoe Dealers'
Association will meet Monday evening, May 27, at 8 p. m., at the Grand Central hotel, corner Wabasha and Seventh streets. A full meeting is requested, as business of vital importance to every dealer in St. Paul will be brought before the meeting. J. H. Hillen, President of Association.

Happy by Comparison.
Chicago Tribune.

"Hello, McGinnis, you look blue. What is the matter?"

"Matter enough. Boil on the back of my neck."

"By George, old fellow, I sympathize with you!"

"But you are not looking remarkably cheerful yourself, Whackster. Anything wrong with you?"

"My wife is cleaning house."

(Fervently) "Thank heaven for my boil!"

Ladies of St. Paul
Who appreciate fine and tasteful Millinery will find their wishes best served at Vose's, 522 Nicollet avenue, Minneapolis. The Finest Goods and Choicest Novelties received every week.

This Is the Last Week
That Wallblom & Thoorsell, at 330 East Seventh, corner of Pine, will give 25 per cent discount on all Parlor and Bedroom Suites above $100. Call early and save the rush.

Too Polite to Get Rich.
Lawrence American.

Employer—Late again, Mr. Widepants.

Clerk—Yes, sir; but it was unavoidable. Lord Chesterfield prescribed that a sound-limbed man should never pass a lame man on the street, and I was unfortunate enough to be behind one all the way down.

Refrigerators! Refrigerators!
At H. H. Schroeder's, Sixth street, below Wabasha.

After Many Days' Waiting
Seventh street is again open for traffic, and the retail merchants on this thoroughfare and their many patrons are highly pleased thereat. Habighorst & Co. have concluded to celebrate the same by offering unusual inducements in summer goods. They are showing beautiful 45-inch embroidered flouncings at 50 cents and upwards. Narrower widths in proportion. The finest quality of American sateens (such as have been sold elsewhere as imported), at 15 cents per yard. A good quality of American sateens at 10 cents, and still another in a good variety of patterns at 8 cents per yard. Habighorst & Co., 233, 235 and 237 East Seventh street.

Choice Dairy Butter, 15c, 18c, 20c,
At Regelsberger Bros., 219 East Seventh.

Does it Pay
To buy Furniture from H. H. Schroeder? Our customers say that it does. Give him a trial.

Sizing Them Up.
Philadelphia Record.

Mrs. Gadd—That new family next door to you must be purty well off; they've got a pianer.

Mrs. Gabb—Huh! They don't own it. It's rented.

"How d'ye know?"

"By they way they bang on it."

Here Is a Bonanza.
One hundred packages of fine Creamery Butter to be sold at 20 cents. Also 100 packages of fine Dairy Butter, sweet and fresh, to be sold at 17 and 18 cents. Call at once and secure part of this extraordinary bargain. Michaud Bros., corner Seventh and Wabasha.

BARGAINS IN BEAUTIES.

G. W. Smith, St. Paul's Interior Decorator, Will Inaugurate a Grand Reduction Sale of Remnants Next Tuesday.

Owing to the arrival of new and novel goods, daily, Mr. S. has decided to reduce his accumulation of remnants in wall papers and other adornments for the wall by commencing, Tuesday morning, to dispose of all remnants at half their usual price. As this house handles everything imaginable in material for beautifying the interior of your home, it behooves you to visit this establishment and secure one of the many prizes in bargains that will be offered to all. This is the only house in this city that makes an exclusive specialty of interior beautifying, and if you are in need of anything in this line you should look over their replete stock at 243 East Third street. For by so doing you can surely find numerous novelties; also some pointers on handsome and appropriate decorating; and, whether you intend purchasing anything in this line or not, you are always welcome at 243 East Third.

Imitating Nature.
Omaha World.

Miss Carmel—You promised me the set of teeth you made me would be just like natural teeth, but they are just horrid. They hurt me and give me lots of trouble.

Dentist—Well, isn't that just the way natural teeth do?

DIED.

EDDLEMAN—In St. Paul, Miss Mary A. Eddleman, at 199 South Oak street, May 25, 1889. Columbus, Ind., papers please copy.

FOR FUNERALS—Carriages for $2 and hearse $3. E. W. Shirk's livery stable, 284 East Ninth street, corner Rosabel street.

ROYAL BAKING POWDER

Absolutely Pure

This powder never varies. A marvel of purity, strength and wholesomeness. More economical than the ordinary kinds, and cannot be sold in competition with the multitude of low test, short weight, alum or phosphate powders. Sold only in cans. ROYAL BAKING POWDER CO., 106 Wall st., N. Y.

AMUSEMENTS.

NEWMARKET THEATER.
L. N. Scott, Lessee and Manager.
TO-NIGHT AT 8! THIS SUNDAY NIGHT!
SID C. FRANCE,
To-Night and Monday Night and Wednesday Matinee, "Jesse James." Tuesday and Wednesday nights, "Marked for Life."
Reduced prices, 15c, 25c, 50c and 75c.

NEWMARKET THEATER.
Four Nights and Saturday Matinee, Commencing Thursday, May 30,
GEO. H. ADAMS ("Grimaldi"), and the Singing Phenomenon, TOMAHANLON,
In the Spectacular Speaking Pantomime,
HE, SHE, HIM, HER!
Sale of Seats Tuesday Morning.

Kohl, Middleton & Co.'s DIME MUSEUM
POSITIVELY THE LAST WEEK!
COMMENCING MONDAY, MAY 27.
A LIVING MAN Turning to BONE.
Learned Scientists, the Noted Physicians and Erudite Medical College Professors of the East say that
THE OSSIFIED MAN
IS THE WONDER OF THE AGE.
Never Before Never Again

Have you seen a man that is almost solid bone from the soles of his feet to the crown of his head; yet such is the case of John R. Bass, of Lockport, New York.

Will you have an opportunity to see this, the greatest of curiosities, as other cities are waiting to see him, and in a short time he must be removed to fill other engagements long since entered into.

THEATER NO. 1—The Edwards, in "Is Marriage a Failure?" THEATER NO. 2—Waller & Forrest's Specialty Co. Open from 1 to 5 and 6:30 to 10 p. m., Daily.
ADMISSION TO ALL. - - ONE DIME.

CRETIN HALL
CORNER OF SIXTH AND FORT STREETS, ST. PAUL.
MONDAY EVENING,
—MAY 27—
MUSICAL AND LITERARY
ENTERTAINMENT
FOR THE BENEFIT OF
Cretin High School.
Misses LODUSKI YOUNG and SALLY WILLIAMS, of the People's Theater, who have kindly tendered their services, will take part.

BASE BALL!
TO-DAY, SUNDAY, MAY 26.
St. Paul vs. Des Moines!
Game called at 3:30. Special Motor leaves foot of Jackson Street at 3:15.

IS YOUR HAIR COMING OUT?
We can stop it at once, and put your scalp in good, healthy condition.
ARE YOU WHOLLY OR PARTIALLY BALD?
We can produce a new growth of healthy young hair for you, which will be permanent, if proper care is taken. We will give to any persons interested,
City References!
To establish the truth of the above assertions, and PROVE the efficacy of our remedies.
Address **BERNARD F. ZAHM, Mgr.**
Or call at 384 St. Peter Street, Office.
Mrs. Dodge's Hair Remedies

AMUSEMENTS.

PEOPLE'S THEATRE
To-Night, J. Sheridan Knowles' Great Play,
"THE HUNCHBACK!"
MONDAY NIGHT,
And all the week, the Great English Melodrama,
THE ROMANY RYE.
NEW FACES.
First appearance of MISS ELEANOR MORETTI, Leading Lady; MISS KATHERINE FLORENCE, Juvenile Lady; LUKE MARTIN, Comedian. Magnificent Scenic Effects. Great Transformation Scenes, and a Great Cast.
Tickets at Mussetter's drug store, corner of Fourth and Wabasha, and Finch's jewelry store, 155 East Third street.

NEWMARKETS

GUSTAVE HEINEMANN!

Northwest Corner Seventh and Jackson Streets, St. Paul.

SPRING AND SUMMER
LONG GARMENTS!

THE GREAT SALE
—OF—
High-Class Long Garments
WILL TAKE PLACE
To-Morrow! TO-MORROW To-Morrow!
COMMENCING AT 9 O'CLOCK A. M.

Newmarkets! Ulsters! Peasant Cloaks!
Manufactured of the Finest Corkscrews, Diagonals, Broadcloth! Tailor-Made! Black and Colored.

All Will be Sold — **At $8.75** — Worth from $20 to $45.
All Will be Sold — **At $5.00** — Worth from $12.50 to $20.

ALL SIZES--30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50.

The Following Explains Itself:

Form No. 2.
THE WESTERN UNION TELEGRAPH COMPANY.

Receiver's No.	Time Filed.	Check.

Send the following message, subject to the above terms, which are hereby agreed to.

New York May 22 1889
Gustave Heinemann
St Paul Minn.
Tremendous Sacrifice
However, We Accept Your Offer
One Hundred and Seventy Long
Ulsters New Market and Peasant
Cloaks by Express To-Day, Balance
To Morrow There are in all
Hundred and Ninety Black
Ulsters
C.B.K.

READ THE NOTICE AND AGREEMENT AT THE TOP.

The above-referred-to Garments are OF THE HIGHEST CLASS, ranging to sell for $20 to $45, but all will be sold at one price, viz:

$8.75 EACH! For Your Choice.

Another lot, ranging to sell for $12.50 to $20, will be offered at

$5.00 EACH! For Your Choice.

The garments (all long ones) are manufactured of Finest CORKSCREW, DIAGONALS and FINEST BROADCLOTH. Plain and Trimmed. Foreign and Domestic Garments of the latest styles. BLACK and COLORS. WHAT A BARGAIN!

BEADED WRAPS!
In large assortments. Black and Colored.

SUN UMBRELLAS
In beautiful assortments, all sizes, 24, 26, 28, all at $3.50.

RAIN UMBRELLAS!
In superb assortments, all sizes, 24, 26, 28, all at $3.50.

IN OUR
MILLINERY
DEPARTMENT
WE WILL SELL
TO-MORROW!
TO-MORROW!
TO-MORROW!

MODENA HATS
MODENA HATS
MODENA HATS

Modena Braid Hats at 25 CTS

Kindly call early, as they naturally will not last long at that price.

Pattern Hats!
—AND—
BONNETS!
Of the latest designs. All leading shapes for Summer, in Open Lace Braids.

THE SALE OF
MILAN HATS!
—AT—
69 CENTS!
Continued During This Week.

Will Display Novelties
—IN—
Dress Goods
—AND—
Tea Gowns
—TO-MORROW.—

Just Opened!
A LARGE LINE OF
SATEENS
SATEENS
SATEENS

Beautiful French Sateens!
Beautiful French Sateens!
Beautiful French Sateens!
All at **15 CTS. PER YARD.**
Beautiful French Sateens!
Beautiful French Sateens!
Beautiful French Sateens!

GUSTAVE HEINEMANN, N.W. Cor. 7th & Jackson, St. Paul