

used as a cure for sleeplessness: "Wet hair  
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it upward toward the base of the brain, and  
then the dry half of the towel over so as to  
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**HOW TO OBTAIN SLEEP.**—The following is recommended as a cure for sleeplessness: "Wet half a towel, apply it to the back of the neck; press the towel toward the base of the brain, and repeat the dry half of the towel over so as to prevent the too rapid exhalation. The effect is simple and charming, cooling the brain and inducing calmer, sweeter sleep than any narcotic. Warm water may be used, though most persons prefer cold. To those who suffer from over-exhaustment of the brain, whether the result of overwork or pressing anxiety, this simple remedy has proved an especial boon."