

ARTICLE V

ON REST.

Hygiene of sleep.

Q. Could the body be always in motion or occupied in working ?

A. No ; work and fatigue, either of the body or of the mind, necessitate repose. In establishing the succession of days and nights, the Author of all things seems to have subjected entire creation to alternate periods of activity and rest. Were we to continue moving, the time would soon come when every action would become painful and even intolerable.

Q. What precaution should be taken before rest, after too brisk a toil or violent exercise ?

A. Howsoever great be the want of rest which may be experienced, care must be taken, if the body be perspiring, to slowly diminish speed, while walking, to gradually lessen the rapidity of motion, when too rapid, and to cease all activity only when the great heat of the day will have been diminished. Otherwise sudden chills may follow which induce grievous perturbation in the entire system. The seductive attraction of cool and damp places, of shady