

this view may be accepted as the correct one, is determined from analogy;—it being true that animals accept any act upon it in the temperate latitudes, which are supposed to be the most favorable for the development of the human organism in its highest proportions. Take the year together, day and night are about equal; and were mankind within these latitudes to live according to the laws of life and health in other directions, they would sleep while darkness is on the face of the earth, and be active only during the time in which light was abundant. As a habit and fashion with our people, we sleep too little. It is admitted by all those who are competent to speak on the subject, that the people of the United States, from day to day, not only do not get sufficient sleep, but they do not get sufficient rest. By the preponderance of the nervous over the vital temperament, they need all the recuperating benefits which sleep can offer each night as it passes. A far better rule would be at least to get eight hours' sleep, and including sleep, ten hours of incumbent rest. It is a sad mistake that some make, who suppose themselves qualified to speak on the subject, in affirming that persons of a highly-wrought, nervous temperament, need—as compared with those of a more lymphatic, or stolid organization—less sleep. The truth is, that where power is expended with great rapidity, by a constitutional law, it is regathered slowly;—the reaction after a while demanding much more time for the gathering up of new force, than the direct effort demands in expending that force. Thus a man of the nervous temperament, after he has established a habit of overdoing, recovers from the effect of such overaction more slowly than a man of different temperament would, if the balance between his power to do and his power to rest; is destroyed. As between the nervous and the lymphatic temperaments, therefore, where excess of work is demanded, it will always be seen that at the close of the day's labour, whether it has been of muscle or thought, the man of nervous temperament, who is tired, finds it difficult to fall to sleep, sleeps perturbedly, wakes up excitedly, and is more apt than otherwise to resort to stimulants to place himself in conditions of pleasurable activity. While the man of lymphatic temperament, when tired, falls asleep, sleeps soundly and uninterruptedly, and wakes up in the morning a new man. The facts are against the theory that nervous temperaments recuperate quickly from the fatigues to which their possessors are subjected. Three-fourths of our drunkards are from the ranks of the men of nervous temperament. Almost all opium-eaters in our country—and their name is Legion—are persons of the nervous or nervous-sanguine temperaments. Almost all the men in the country who become the victims of narcotic drug-medication, are of the nervous or nervous-sanguine temperaments. That the very general habit of dependence upon stimulants, or stimulo-narcotics,

is almost entirely confined to persons of the nervous temperaments, shows that the taxations to which they subject themselves, are not readily reacted from; and that under their methods of living, they find it difficult to depend upon the natural force to make good their losses within the time they allot for that purpose. The rule therefore, should be the other way from that which it is supposed to be—namely, that persons of highly wrought nervous organization need but little sleep. It should be the habit of such persons to sleep largely, and to insist upon such freedom from exercise, both of body and mind, and such external conditions of repose, as gradually to bring the brain to acknowledge such relations to the general structure, as will enable its various organs to become so refreshed, that they may, when duty is resumed, perform it with accustomed yet healthy vigor.—*Dr. J. C. Jackson*

EARLY RISING.—In New York there has been formed a Young Men's Early Rising Association, all the members of which are obliged to be up at a certain hour. It originated with about half-a-dozen men, who, having kept up this habit for some years, were surprised at its beneficial effects, and at the marked success in life of their associates.

THE VICTORIA FALLS IN AFRICA.—Some very interesting news has been received from Dr. Livingstone. His description of the Victoria Falls is worth quoting. He says: "After a second visit, I am inclined to believe that the Victoria Falls are the most wonderful in the world. It is the only grand sight the gentle Africans have to show, I tried to get them taken by an artist, but, to my regret, I failed. The breadth is not one thousand yards, as I conjectured, but between one statute and one geographical mile—we say eighteen hundred and sixty yards, by way of assisting the memory, but it is a little more. Then the river of this breadth leaps down, not one hundred feet, but three hundred and ten feet, *i. e.*, if my memory deceives me not, double the depth of Niagara. It is a few feet more, as the weight attached to our line rested on a slope near the bottom. Then the fissure into which it falls, though, when seen from Garden Island, looks like the letter L, is prolonged in the most remarkable zig-zag manner. The promontory formed by the zig-zag enabled me to see the falls on the east side as well as from the island, and being level, and of the same altitude as the bed of the river above the falls, you can walk along and see the river some three hundred feet before you, and on both sides of you, jammed in a space of twenty or thirty yards. The base of one promontory is only one hundred and thirty paces from a dry fissure, and the base of another is only four hundred paces broad, measuring from the fall fissure to it. Nothing but several oil paintings could give an idea of the wonderful scene; and it was sorely against my will that I had to forego this, which would have