

note that the requisite amount of sleep depends on temperature, occupation, and age, but in most persons seven hours should be the minimum.

Nothing can be more injudicious than to rob ourselves of sleep in order to gain a few hours more for study. The plan defeats its own purpose, for such persons are never wide-awake; and though they may prevent themselves from actually sleeping, they can not prevent themselves from dozing with their eyes open. It has been said, and with much truth, taking all things into consideration, that "a wide-awake student will learn more in one hour than a day-dreamer in ten."

Habitual deficiency in sleep will undermine even the strongest constitution. It is a curious fact, that compulsory wakefulness combined with mental activity often induces a state of morbid *insomnia*, an absolute inability to obtain the sleep which it was at first so difficult to resist. We might just here note, that in such cases the only remedy is fresh air and a complete change of occupation. Sleeplessness may lead to chronic hypochondria and even to idiocy.

In closing, we wish to say that whatever is done in our day to make the men and women more athletic, should have the support of every good citizen as well as of every Christian. There is no reason why physical exercise should not be positively religious. We are sometimes too apt to ascribe to a wicked heart what ought to be ascribed to some physical weakness. The body and the soul are such near neighbors that one often, as it were, catches the disease of the other. Those who do not know what it is to be sick have more for which they must answer than those who are subjects of lifetime infirmities. He who can lift twice as much as another, and walk twice as far, and work twice as long, will have a double account to give in the judgment, for it is our belief that we must be brought into judgment for the use we have made of our physical organism; that we must answer for the use of every talent, whether it be of physical energy, or mental acumen, or spiritual power. How often one finds