

a dreamless land almost the moment their heads touch the pillow. For such, a shorter period of sleep may be sufficient than for others. But every man has to be a rule for himself, provided he has sense enough not to stint himself of "Nature's sweet restorer." Eight hours will meet the necessities of most people. Those, however, who do the most mental work need the most sleep; and it is too often the case that they are the very ones who allow themselves the least.

But, apart from sleep, we need more quietness in social life. Our evening gatherings are too numerous, and partake too much of the nature of public meetings, with this difference, that they are protracted to a much later hour. The object of a social gathering is supposed to be enjoyment and relaxation. But when it extends so far into the night as to rob us of our needed rest, it becomes a labour in itself, and leaves behind it a weariness of soul and body.

LIFTING CHILDREN BY THE WRIST.—A French surgeon, commented at some length in one of the journals, not long since, on an accident which occurs from the sudden raising of young children by the wrists. Great pain follows the accident, and the child's arm hangs by its side. Supported in a sling the pain gradually subsides, and in the course of a few days the normal movements of the arm are recovered. We have seen some cases of this description, but many occur to which the attention of the surgeon is never called.

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