

to sleep soundly, and to feel rested and refreshed when you wake up of a morning, four things are essential—

1. Go to bed with feet thoroughly dry and warm.
2. Take nothing for supper but some cold bread and butter and a single cup of weak warm tea of any kind.
3. Avoid over fatigue of body.
4. For the hour preceding bedtime, dismiss every engrossing subject from the mind, and let it be employed about something soothing and enlivening in cheerful thankfulness.—*Ib.*

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#### THREATENINGS OF DISEASE.

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All serious diseases give their far-off warnings. Intelligence and careful observation would make a doctor's calling almost a sinecure. A gradual failure of the memory is a sure indication of approaching bodily infirmity or decay. Another important fact is, if any set of muscles are unduly exercised, they will lose their power; so also, if any function of the mind or brain is unduly stimulated, the result is temporary prostration or permanent destruction, according to the intensity and duration of that stimulus. Thus it is, that the young, who learn by memory, if highly stimulated to learn, become precocious, and either die early, or disappoint the expectations of their friends by settling down into mortifying mediocrity. Hence

1. Let the young learn slowly.
2. Under intense bodily or mental application, if you find your memory failing you, as you value bodily health, and the mind itself, break away at once from all your engagements, and spend weeks together in out-door recreations.—*Ib.*

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#### SLEEP.

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The unwise of all economies is time saved from necessary sleep, for it begets a nervous irritability, which masters the body and destroys the mind. When a man becomes sleepless, the intellect is in danger. A restored lunatic, of superior mental endowments, said: "The first symptom of insanity, in my own case, was a want of sleep; and from the time I began to sleep soundly, my recovery was sure."

Let this be a warning to all who are acquiring an education. Every young person at school should have eight hours for sleep out of every twenty-four; for, as the brain is highly stimulated all the time, in the prosecution of study, it will break down, just as any other part of the frame, unless it have time for full recuperation. Better a thousand times to give another year to specified studies, than by curtailing sleep, to endeavor to get through that much sooner, at the risk of madness.—*Ib.*