

*Riddell: Old Case of Insomnia.*

Staines. Using his own words, he "suffered for years from a nervous disease." He "guarded against the usual consequences by means not one in a thousand would have resolution for" He "by no means acknowledged insanity," but it was necessary in order "to save his reason" (he was "on the verge of madness") that he should break stones on the road, a pauper where he had been a farmer, thereby curing himself of the nervous disease which "for three years tore him to pieces"; he determined at one time, when suffering from this "nervous" disease, to commit suicide at the Lanark End. After returning to Canada, we find him crippled again and again. On returning to Scotland he feared he never would see Canada again by reason of his state of health.

Yet he did marvels in the way of walking, till forty years of age. Walks of thirty or forty miles a day never distressed him. On his return to the old land, in 1819, we find him at once making walking tours in Scotland, later in England. On release from Cold Bath Fields he walked in Scotland from morning till night without fatigue, and when again in Canada we find him walking on every opportunity. No doubt this exercise, coupled with a constitution physically sound and a temperament from infancy sanguine and enthusiastic, enabled him to live to the great age he attained, notwithstanding the rude buffetings of the world, bitter disappointments, and grievous sorrow.