

SLEEP OF GREAT MEN.

"FIVE hours' sleep is sufficient for men," declared Napoleon, "Seven for women, children and fools."

History hardly bears out the great Corsican's dictum, although there have been some notable advocates among the world's great men of the theory generally regarded as "burning the candle at both ends." Men, however, undoubtedly differ fundamentally in regard to the need of sleep as they do in other respects, and, whether great or little, each one must work out from experience a schedule of rest, as he must of diet and exercise. One fact, however, may be predicted of almost all great persons; whatever their habits as regards retiring they have been early risers. During the years of Daniel Webster's greatest congressional activity it was remarked of him that no one ever saw him reading or preparing for his speeches. This was done, according to his own confession, at an hour when other men were still enjoying their morning slumber. Webster possessed in a high degree what is known as the "morning temperament," as distinguished from the "night temperament," and he found, consequently, that his mind manifested greatest clarity and productivity during the early hours of the day.

Balzac, that titan of the nineteenth century, was accustomed regularly to arise at midnight, and after enveloping himself in his monk's habit, to seat himself at his desk, and force his weary brain to its task of creation. Carried away by admiration of the "master," Theophile Gautier and a number of other ambitious youths of the day, undertook to imitate this peculiarity of the "father of realism," with the result that very soon they were forced to take to their beds in earnest to make up for the hours stolen from slumber. Doctors, doubtless, would point to the early taking off of Balzac, who died when 51 years of age, as proof of the deleterious effects of such a regimen. On the other hand, it may be questioned whether his exhaustion was not due to the privations and financial troubles of his early years, rather than to work at ill-advised hours. It is as illogical to attribute his early death to the abnormality of

his habits of labor as to attribute the long survival of Voltaire and the explorer and traveller, Alexander Humboldt, to a like cause.

On one occasion Max Muller, as related in his autobiography, was returning from an evening entertainment in Berlin with Humboldt, who was then 80 years of age, and the conversation turned upon the latter's "Cosmos." Bitterly the savant complained that he was no longer able to accomplish as much as previously, since he now required four hours' sleep instead of two, as in earlier years. "When I was your age," he remarked to the philologist, "I would simply turn down my lamp, and, after a nap of two hours, would be as fresh as ever."

The sleeping room of Voltaire's secretary at Ferney was directly beneath that of the author, and at any hour of the day or night when moved to composition, the great Frenchman was accustomed to stamp upon the floor of his chamber and summon the unfortunate scribe to take down his thoughts.

When once under way it was no unusual thing for him to continue working sixteen hours at a stretch.

Certainly for the non-genius there can be little doubt as to which of the two "temperaments" it is wise to cultivate. Goethe, despite his habit of early rising, was wont to arise in the night to scribble down a poem or song, and Emerson's wife was subject to the danger of being aroused by the philosopher in his search for writing materials. "Only a thought, my dear," he would reassure her, as he seized the fleeting inspiration. Those of us, however, who are not blessed or cursed with genius can echo Sancho Panza's fervent prayer: "Blessings on the head of him who invented sleep!"

During the time when suspicion pointed strongly to Sir Walter Scott as the author of the Waverley novels, the closest watchfulness of his guests at Abbotsford failed to detect signs of literary activity on their host's part, the reason being that his pen had always completed its daily labours by the time the amateur detectives had arisen from their beds.—*Selected.*

A CALL FOR HELP FROM FAR SASKATCHEWAN

A. M. MATHESON. Arcola, Sask. A young girl of about 21, who recently came out from Scotland to work for me, has, I am advised by the local doctors, developed consumption. She has no friends or relatives in this country, and I believe has practically no funds. If you could take her in I would be willing to pay her transportation down. The girl is quite able to do general housework and could, and I think would be glad to endeavor to earn her keep while in the institution. I would be glad if you would advise me as early as possible whether you would take her in. I believe that if she went at once that there would be a good chance of a cure.