

afterward (June 16th), he obtained two hours' sleep, but no more for a month or more when we have the last account of the trouble.

At no subsequent date does Gourlay recur to this affliction. It is therefore to be presumed that he was quite cured of it.

This extraordinary story there can be no doubt Gourlay implicitly believed. He was, it is certain, incapable of misstating a fact, however wrong his inferences might be; but it is equally certain that he was in error. It is by no means an uncommon circumstance that one believes he has not slept a wink all night, when those occupying the same room, or perhaps the same bed with him, have been kept awake for an hour or more by his snoring. Every one must have had experiences of whole nights passed, as he thinks, in sleeplessness, when it has been made quite certain that he did in fact sleep. No medical man could be found who believed that Gourlay could pass years without sleep, even if he did nothing but rest; not to mention the fact of his being mentally - physically active during practically the whole period.

No doubt he was a light sleeper and did not require many hours of sleep. This seems a part of his general ill health. When he says that his "constitution, naturally strong and vigorous, was till forty years of age sustained by healthy exercise as a farmer, riding and walking much," this must be taken *cum grano salis*. In 1809, he was advised to move to England on account of his health "rendering a change of climate necessary." In the summer of 1815 he had to go to Cheltenham to take the waters there on account of ill health. On coming to Upper Canada, he was confined to the house for two months by sickness. All this was before the confinement in Niagara jail. Thereafter, his frequent attacks of erysipelas indicate an undermined constitution; but the most noticeable illness is of a "nervous" character. The rheumatism may perhaps be fairly accounted for by a wetting he got near