

all sorrowful remembrances and painful impressions should be shut out from our thoughts ; we should pray God fervently and consign ourselves to the care of His Providence. There should be an interval of a few hours between the last meal and bed-time, in order to avoid all ugly dreams, nightmares, and other accidents, which might result from laborious digestion.

Q. What are the effects of insomnia ?

A. Insomnia or want of sleep gives rise to varied maladies, chief among which are those of the brain.

When there is total absence of sleep, it is a torture to which the organism soon succumbs. In such a case a physician should be consulted. But if insomnia is occasioned by overwork or overeating, the cause thereof should be removed before it becomes chronic.

Q. Does not outward temperature exercise some influence on sleep ?

A. Excessive heat or cold bring on sleep. In the first case sleepiness is overcome by indulging in a siesta ; in the second case, it must be courageously resisted, sleep then bringing on death by paralysing the limbs. Most of those unfortunates, found dead in the snow, on mountains or in fields, during severe winters, were victims of a sleepiness which they could not resist.