

CHRISTOPHER COLUMBUS.

The recent ceremonies at Seville, Spain, in connection with the re-interment of the remains of the discoverer of America after their removal from the Island of Cuba, now no longer a part of the Spanish Empire, has drawn attention to the career of this remarkable man, and we take pleasure in presenting to the readers of *Sunshine* an exceedingly good picture of the renowned navigator.

Born in Genoa in 1435, Columbus took to the sea at an early age, and passed an adventurous youth afloat, or ashore making maps and charts. He was not thirty years of age when he conceived the design of reaching India by sailing westward, and it took him seven years of persistent advocacy of the enterprise to at last secure from King Ferdinand of Castile the means to carry out his project. Setting sail in August, 1492, on a Friday, he pushed on due west until on Friday, October the 12th, the first landfall was sighted, being one of the Bahama Islands, thus showing that Friday was his lucky day. After visiting Cuba and Hayti, Columbus returned to Europe, to receive the highest honours from the Spanish Court in reward for the success of his undertaking.

SLEEP.

Much has been written lately concerning the phenomena of sleep. Many persons have aired their views on the subject. Some assert that people, as a rule, sleep too long, while others are of the opposite opinion. Dr. Andrew Wilson has recently made some apt remarks on the matter. He first cites instances of celebrated men who needed a small amount of sleep, and says: "Humboldt, who lived to be eighty-nine, is said to have declared that when he was young, two hours' sleep was enough for him and that the regulation seven or eight hours of repose repre-

mented an unnecessary prolongation of the time of somnolence. It is also said that Sir George Elliot, who commanded at the siege of Gibraltar, never indulged in more than four hours' sleep while the siege lasted, and that little affair occupied at least four years. Sir George died at the age of eighty-four. Dr. Legge, professor of Chinese at Oxford, who died the other day at the age of eighty-two, was declared to be satisfied with five hours of sleep only, and rose regularly at 3 A.M. What do such cases prove? Assuming the correctness of the details, they prove only that certain men (and very few men, I should say) are able to recuperate their brain cells more quickly than the bulk of their fellows. They are the exceptions which, by their very opposition to the common run, prove the rule that a good, sound sleep of seven or eight hours' duration represents the amount of repose necessary for the average man or woman. It would be a highly dangerous experiment for the ordinary individual to attempt to curtail his hours of repose, and it must not be forgotten that in this matter of sleep we have to take into account the question of the daily labor and the nature of the work in which the individual engages. In the case of Dr. Legge we have a picture of the student whose labor is solely of the intellectual kind, involving little drain on the muscular system. In the case of Sir G. Elliot we have an active commander, who, in addition to the mental anxieties involved in the conduct of a long siege, had no doubt a fair amount of physical exertion to undergo. But, while the case of the professor may be explicable on the ground that his five-hours' sleep compensated him for any wear and tear his quiet life presented, we may fall back in the instance of the general on the theory of a special organization, set, as it were, so as to satisfy itself with a limited amount of sleep. The personal equation, in short, plus the kind or character of a man's work, determines the duration of his repose; and that the average period required by the ordinary individual in health is from seven to eight hours is the one opinion confirmed by the collective experience of the civilized race."—*Medical Record*.