

SLEEP.

Dr. Cornell, of Philadelphia, contributes to the November number of the *Educator* an article on sleep, from which we make the following brief extracts:

No one who wishes to accomplish great things should deny himself the advantages of sleep or exercise. Any student will accomplish more, year by year, if he allows himself seven or eight hours to sleep, and three or four for meals and amusements, than if he labors at his books or with his pen ten or twelve hours a day.

It is true that some few persons are able to perform much mental labor, and to study late at night and yet sleep well. Some require but little sleep. But such individuals are very rare. General Pichegru informed Sir Gilbert Blane, that during a whole year's campaign, he did not sleep more than one hour in twenty-four. Sleep seemed to be at the command of Napoleon, as he could sleep and wake apparently at will.

M. Guizot, minister of France under Louis Philippe, was a good sleeper. A late writer observes that his facility for going to sleep after extreme excitement and mental exertion was prodigious, and it was fortunate for him that he was so constituted, otherwise his health would have suffered. A minister in France ought not to be a nervous man; it is fatal to him if he is. After the most boisterous and tumultuous sittings, at the Chamber, after being baited by the opposition in the most savage manner—there is no milder expression for their excessive violence—he arrives home, throws himself upon a couch, and sinks immediately into a profound sleep, from which he is undisturbed till midnight, when proofs of the *Moniteur* are brought to him for inspection.

The most frequent and immediate cause of insanity, and one of the most important to guard against, is the want of sleep. Indeed, so rarely do we see a recent case of insanity that is not preceded by want of sleep, that it is regarded as almost a sure precursor of mental derangement.

Notwithstanding strong hereditary predispositions, ill health, loss of kindred or property, insanity rarely results unless the exciting causes are such as to produce a loss of sleep. A mother loses her only child, the merchant his fortune, the politician, the scholar, the enthusiast, may have their minds powerfully excited. Yet if they sleep well, they will not become insane. No advice is so good, therefore, to those who have recovered from an attack, or to those who are in delicate health, as that of securing, by all means, sound, regular and refreshing sleep.—*Scientific American*.

LIBRARY HALL AT THE CAPE OF GOOD HOPE.

While at the Cape of Good Hope, Prince Alfred laid the foundation stone of the nation's home, and inaugurated a new library hall, where Sir George Gray delivered an address, which was approved of by the Attorney General.

INTERCOURSE AT THE TABLE.

To meet at the breakfast table father, mother, children, all well, ought to be a happiness to any heart; it would be a source of humble gratitude, and should wake up the warmest feelings of our nature. Shame upon the contemptible and low-bred cur, whether parent or child, that can ever come to the breakfast-table, where the family have met in health, only to frown, and whine, and growl, and fret! It is *prima facie* evidence of a mean, and grovelling, and selfish, and degraded nature, whoesoever the churl may have sprung. Nor is it less reprehensible to make such exhibitions at the table; for before the morning comes some of the little circle may be stricken with some deadly disease, to gather around that table not again forever.

Children in good health, if left to themselves at the table, become after a few mouthfuls, garrulous and noisy, but if within all reasonable or better bounds it is better to let them alone; they eat less, because they do not eat so rapidly as if compelled to keep silent, while the very exhilaration of spirits quickens the circulation of the vital fluids, and energizes digestion and assimilation. The extremes of society curiously meet in this regard. The tables of the rich and the nobles of England are models of mirth, wit, and bonhomie; it takes hours to get through a repast, and they live long. If anybody will look in upon the negroes of a well-to-do family in Kentucky while at their meals, they cannot but be impressed with the perfect abandon of jabber, cackination, glee and mirth; it seems as if they could talk all day, and they live long. It follows, then that at the family table all should meet, and do it habitually, to make a common interchange of high bred courtesies, of warm affections, of cheering mirthfulness, and that generousities of nature which lift us above the brutes which perish, promotive as these things are of good digestion, high health, and long life.—*Hall's Journal of Health*.

MEN OF LITERARY GENIUS.

Tasso's conversation was neither gay nor brilliant. Dante was either taciturn or satirical. Butler was sullen or biting. Gray seldom talked or smiled. Hogarth and Swift were very absent-minded in company. Milton was very unsociable, and even irritable, when pressed into conversation. Kirwan, though copious and eloquent in public addresses, was meager and dull in colloquial discourse. Virgil was heavy in conversation. La Fontaine appeared heavy, coarse and stupid; he could not speak and describe what he had just seen; but then he was the model of poetry. Chaucer's silence was more agreeable than his conversation. Dryden's conversation was slow and dull; his humor saturnine and reserved. Corneille in conversation was so insipid that he never failed in wearing; he did not even speak correctly that language of which he was such a master. Ben Johnson used to sit silent in company and suck his wine and their humors. Southey was stiff, sedate, and wrapped up in asceticism.

Addison was good company with his intimate friends, but in mixed company he preserved his dignity by a stiff and reserved silence. Fox in conversation never flagged, his animation and variety were inexhaustible. Dr. Bentley was loquacious, so also was Grotius. Goldsmith wrote like an angel, and talked like Poor Poll. Burke was entertaining, enthusiastic, and interesting in conversation. Curran was a convivial deity. Leigh Hunt was like a pleasant stream in conversation. Carlyle doubts, objects, and constantly demurs.

THE TEACHER.

The modern school-master is expected to know a little of everything, because his pupil is required not to be entirely ignorant of anything. He must be superficially; if I may so say, omniscient. He is to know something of pneumatics; of chemistry; of whatever is curious, or proper to excite the attention of the youthful mind; an insight into mechanics is desirable, with a touch of statistics; the quality of soils, &c.; botany, the constitution of his country, *cum nullis alii*.

All these things—these, or the desire of them—he is expected to instil; not by set lessons from professors, which he may charge in the bill, but at intervals, as he walks the street, or saunters thro' green fields (those natural instructors) with his pupils. The least part of what is expected from him is to be done in school-hours. He must insinuate knowledge at the *molliora tempora faudivi*.

He must seize every occasion,—the passing of the year; the time of day; a passing cloud; a rainbow; a wagon of hay; a regiment of soldiers going by—to inculcate something useful.—*Charles Lamb*.

ACADEMY OF ART, ST. LOUIS.

As showing the flourishing state of Art in the West, it may be stated that the Western Academy of Art, in St. Louis, has just completed a gallery for its accommodation, and opened an exhibition of nearly five hundred works of art.

CATALOGUE OF FRENCH MUSEUMS.

A catalogue is being made by authority, of all the objects of art in the numerous French museums and palaces. The number already reached amounts to 40,000. A second catalogue is to follow of the paintings and sculptures in the public buildings of France—churches, convents, hospitals, town halls, &c.

AGENTS WANTED

TO obtain subscribers for the "Educationalist." We are desirous of engaging men of the highest stamp to engage in this work and no others need apply. Testimonials of character will be required, unless we are personally acquainted with the applicant. This work is one which cannot fail to succeed if prosecuted with energy, and any enterprising Agent can render it more remunerative than the majority of such employments.