

though there is abundance of that. The heaviest strain is upon the nervous system. We multiply our engagements, increase our business, and often introduce an element of labour into our very amusements. The best workers will be found to do a few things thoroughly, and things of so opposite a nature that the very change of work becomes a relief.

But absolute rest is a necessity; and that is obtained in sleep. Good workers have a faculty of sleeping well and soundly, some of them may only sleep for a short time, but it is thorough. They enter a dreamless land almost the moment their heads touch the pillow. For such, a shorter period of sleep may be sufficient than for others. But every man has to be a rule for himself, provided he has sense enough not to stint himself of "Nature's sweet restorer." Eight hours will meet the necessities of most people. Those, however, who do the most mental work need the most sleep; and it is too often the case that they are the very ones who allow themselves the least.

But, apart from sleep, we need more quietness in social life. Our evening gatherings are too numerous, and partake too much of the nature of public meetings, with this difference, that they are protracted to a much later hour. The object of a social gathering is supposed to be enjoyment and relaxation. But when it extends so far into the night as to rob us of our needed rest, it becomes a labour in itself, and leaves behind it a weariness of soul and body.—*Canada Health Journal*.

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## CORRESPONDENCE.

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SIMCOE, May 3, 1870.

*To the Editor of the "Canada Journal of Dental Science."*

SIR:—Dean Trench, in lectures on the study of words, gives some notable examples of human perversity, ingratitude, and the like, indicated by words and expressions which have come down to us from other days. Some future philologist will, no doubt, find enough in some of the expressions now current, to lecture his audience upon the mental and moral peculiarities of the present generation. When he finds the words *ulla bona* upon a return writ, he will be able to say that they do not necessarily mean *no traps*, but that they have a deeper significance; he will be enabled to say such an expression in-