

## DIRECTIONS FOR THE MANAGEMENT OF SLEEP.

As nothing can contribute more to the healthy exercise of the faculties of mind and body, during the hours of labour, than a proper attention to the management of sleep, during the period allocated to repose, we are sure our readers will feel obliged by our laying before them the following remarks on this subject by the celebrated Dr. Abercrombie :

"The chamber in which we sleep should be always large, high-roofed, and airy. In modern houses, these requisites are too much overlooked; and the sleeping apartments sacrificed to the public rooms, which are of great dimensions, while the bed-rooms resemble closets more than any thing else. This error is exceedingly detrimental to health. The rooms wherein so great a portion of life is passed should always be roomy, and, if possible, not placed upon the ground floor, because such a situation is apt to be damp and worse ventilated than higher up.

"The next consideration applies to the bed itself, which ought to be large, and not placed near to the wall, but at some distance from it, both to avoid any dampness which may exist, and admit a free circulation of air. The curtains should never be drawn closely together, even in the coldest weather. Some space ought always to be left open; and when the season is not severe, they should be removed altogether. The Mattress, or bed, on which we lie, ought always to be rather hard. Nothing is more injurious to health than soft beds; they effeminate the individual, render his flesh soft and flabby, and incapacitate him from undergoing any privation. The texture of which the couch is made, is not of much consequence, provided it be not too soft: hence, feather-beds, or mattresses of hair or straw, are almost equally good, if they are suitable in this particular. I may mention, however, that the hair mattress, from being cooler, and less apt to imbibe moisture, is preferable, at least during the summer season, to a bed of feathers. Those soft yielding feather beds, in which the body sinks deeper, are highly pernicious, as they keep up an unnatural heat, and maintain, during the whole night, a state of exhausting perspiration. Air beds have been lately recommended, but I can assert, from personal experience, that they are the worst that can possibly be employed. They become very soon heated to a most unpleasant degree; and it is impossible to repose upon them with any comfort: the same remark applies to air-pillows, which I several times attempted to use, but was compelled to desist, owing to the disagreeable heat that generated in a few minutes.

"The pillow, as well as the bed or mattress, should be pretty hard: When it is too soft, the head soon sinks in it, and becomes very hot and unpleasant.

"With regard to the covering, there can be no doubt that it is most wholesome to lie between sheets. Some persons prefer having blankets next their skin, but this, besides being an uncleanly practice, is hurtful to the constitution, as it generates perspiration, and keeps up a heat which cannot but be injurious.

"A common custom prevails of warming the bed before we go to sleep. This, also, except with delicate people, and during very cold seasons, is pernicious. It is far better to let the bed be chafed by the natural heat of the body, which, in most cases, even in the very severe weather, will be sufficient for the purpose.

"We ought never to sleep overloaded with clothes, but have merely what is sufficient to keep up a comfortable warmth, and no more. When this is exceeded, we straightway perspire, which not only breaks the sleep, but has a bad effect upon the system.

"When a person is in health, the atmosphere of his apartment should be cool; on this account fires are exceedingly hurtful, and should never be had recourse to, except when the individual is delicate, or the weather intolerably severe. When they become requisite, we should carefully guard against smoke, as fatal accidents have arisen from this cause.

"Nothing is so injurious as damp beds. It becomes, therefore, every person, whether at home or abroad, to look to this matter, and see that the bedding on which he lies is thoroughly dry and free from even the slightest moisture. By neglecting such a precaution, rheumatism, colds, inflammations, and death itself may ensue. Indeed, these calamities are very frequently traced to the circumstance of the person's having incautiously slept upon a damp bed. For the same reason, the walls and floor of the room should be dry, and wet clothes should never be hung up, as the atmosphere is sure to become impregnated with a moisture which is highly pernicious. In like manner, we should avoid sleeping in a bed that has been occupied by the sick, till the bedding has been cleansed and thoroughly aired. When a person has died of any infectious disease, the clothes in which he lay ought to be burned; and this should be extended to the bed or mattress itself. Even the bedstead should be carefully washed and fumigated.

"On going to sleep, all sorts of restraints must be removed from the body; the collar of the night shirt should be unbuttoned, and the neck cloth taken off. With regard to the head, the more lightly it is covered the better:

on this account, we should wear a thin cotton or silk night cap; and this is still better if made of net-work. Some persons wear worsted, or flannel caps, but these are exceedingly improper, and are only justifiable in old or rheumatic subjects. The grand rule of health is to keep the head cool, and the feet warm; hence, the night cap cannot be too thin. In fact; the chief use of this piece of clothing is to preserve the hair, and prevent it from being disordered and matted together.

"Sleeping in stockings is a bad and uncleanly habit which should never be practised. By accustoming ourselves to do without any covering on the feet, we will seldom experience any uneasy feeling of cold in these parts, provided we have a sufficiency of clothing about us, to keep the rest of the system comfortable; and if, notwithstanding, they still remain cold, this can easily be obviated by wrapping a warm flannel-cloth around them, or by applying to them, for a few minutes, a heated iron, or a bottle of warm water.

"The posture of the body must also be attended to. The head should be tolerably elevated, especially in plethoric subjects: consequently, the bolster or pillows must be suitable to this purpose. The position, from the neck downwards, ought to be as nearly as possible horizontal. The half sitting posture, with the shoulders considerably elevated, is exceedingly injurious, as the thoracic and abdominal viscera are thereby compressed, and respiration, digestion, and circulation, materially impeded. Lying upon the back is also improper, in consequence of its bad effect upon the breathing, and tendency to produce night-mare. Most people pass the greater part of the night upon the side, which is certainly the most comfortable position that can be assumed in sleep. According to Dr. A. Hunter, women who love their husbands generally lie on the right side. On this point, I can give no opinion. I have known individuals who could not sleep except upon the back, but these are rare cases."

## THE PEARL.

HALIFAX, DECEMBER 2, 1837.

HUMAN LIFE.—The superlative excellency of the Christian religion forms a legitimate subject of eulogy, and admiration. To dwell upon its ennobling immunities, or to sketch its seraphic pleasures, is the work of the evangelist, and not the duty of the public journalist. Into the fair and beautiful garden of christianity, within whose limits we cannot move a step without plucking flowers and beholding fruits of immortal growth, it is not our intention, at present, to enter. We wish, however, to set before our readers a new and interesting confirmation of the scriptural declaration that 'godliness hath the promise of the life that now is.' Beyond all dispute it is evident that from the evil habits which plunge thousands into penury and want, the devout man will be preserved by the principles of his faith. He will not be slothful and inactive in his vocation, for his religion imperiously requires him to be diligent in business. Taught by the wisdom that is from above, to 'do justly,' vanity and ostentation will not induce him to follow those expensive practises which are above his situation and income. The gross injustice of affecting a station above him, and allowing his expenditure to exceed his means, the man of genuine piety will never be guilty of. Nor will he follow those lax and slovenly habits of management, or rather mismanagement, which bring so many into difficulties, for one branch of his faith will speak to him on this wise, 'Gather up the fragments that remain, that nothing be lost.' When in addition to all this we remark that the good man will be just and upright in all his transactions, we shall distinctly perceive that the natural tendency of godliness is to confer the blessings of the life that now is, to all its votaries. Without any miraculous agency on the part of the Deity, all the things of this life will be added to the man who seeks the kingdom of God and his righteousness. But our present object is to show that godliness has the fair prospect of long life—that religion is a friend to human existence. Of her it may well be said in the beautiful language of the wise man, 'Length of days is in her right hand, and in her left hand riches and honour.' The calmness and equanimity of mind—the temperate habits—and the sound moral conduct which christianity produces, are eminently favorable to a protracted existence. That these lovely fruits of religion do tend to prolong human life, has been satisfactorily proved by the amiable Society of Friends. They

have discovered that human life with those who are habitually temperate, mild and moral, is, on the average, ten per cent. longer in duration than with the mass of society. So convincing are the proofs which have been adduced in support of this position, that a Life Insurance Company has lately been organized in London, having for its leading object the insurance of the lives of religious persons, effecting their policies ten per cent lower than those of the public in general. So much for the simple and unsophisticated religion of the Bible. Although uttered by the father of lies, yet it is true that 'all that a man hath will he give for his life.' Christianity does not contradict this great principle of our common nature—she does not wage unnatural warfare with our constitution—she does not lessen the worth of the life of man. No, but she stamps an increase of value on it—makes it abundantly more effective—renders it more durable and happy.

## NEWS OF THE WEEK.

LATER FROM EUROPE. The N. Y. Journal of Commerce has received London papers to October 1 th, and Liverpool to the 12th inclusive. The returns of revenue for the quarter ending Oct. 10th, exhibited a nett decrease on the quarter of £1,187,702.

SPAIN.—Bayonne, Oct. 7. An expedition, which partly succeeded, left St. Sebastian on the 3d, in order to surprise Guetaria, and returned on the 4th with a considerable booty. Lord John Hay co-operated in this expedition with the naval forces under his command. It was stated at St. Sebastian that Don Carlos had re-entered Navarre.

PORTUGAL.—The infant prince of Portugal was christened on the 1st October by the name of Pedro d' A cantara. The Cortes had decided in favour of two legislative chambers. The capital remained quiet.

According to a Belgian paper, balloons will in future be steered as easily as ships, the art of directing them having at length been discovered by a William Von Eschen of Brussels.

## PROVINCIAL.

The version of the *Vindicator* and the *Minerve* on the late riot are directly opposite to those of the *Herald* and *Gazette*. According to this new version the Sons of Liberty while holding their meeting in a yard, were repeatedly assailed with stones from without by the Tories. Their business concluded, they left the yard, when a crowd of Tories attacked them in a furious manner with sticks, stones, and other sorts of weapons. Thus assailed, the Sons of Liberty defended themselves in gallant style, routed their opponents, and compelled them to beat a retreat. The conquerors are then represented as repairing peaceably to their dwellings. After this the routed Tories rallied, brave as lions, and in the presence of the Troops damaged the windows and window-blinds of Mr. Papineau's dwelling, and concluded their crusade against rebellion and anarchy by demolishing the printing apparatus of the *Vindicator* office to the amount of £500. The soldiers it is said were quiet spectators during all these ravages. Bewildered by such opposite accounts, a stranger may well ask, Where is truth? Where is even-handed justice?

Three persons of the Canadian party have been committed to jail—Messrs. Chasseur, Lachane and Legere.

Two of the regiments of Militia in Upper Canada have proffered their services to the Governor, "to serve against the revolutionists of Lower Canada."

At a public meeting of the inhabitants of the county of Middlesex, Upper Canada, it was resolved "that meetings of the people assembled with the avowed purpose of passing resolutions on abstract principles of government, instead of petitioning the Legislature, are contrary to the spirit of the British Constitution."