

seven to eight o'clock ; grown persons may prolong their sitting until ten o'clock, at the latest.

Q. What should be the duration of sleep ?

A. This depends on the age, constitution and state of health. Children need more sleep than adults ; persons of weak constitution more than robust people ; during sickness and convalescence, prolonged sleep is necessary. Thus ten hours for children ; 6 or 7 for healthy persons ; 8 or 9 for delicate persons ; this approximates the hygienic rule. Some there are who sleep only three or four hours, without feeling any inconvenience.

Q. What are the effects of too prolonged slumbers ?

A. Idleness, indolence, weakening of the body, of memory, of intellect. Late rising, when one is not sick, impairs the health, and is opposed to spiritual as well as to material interests. " He who riseth late, " says Franklin, " can never overtake his work. "

Q. What precaution must be taken to induce peaceful sleep ?

A. Given a day employed in useful work, during which moderate exercise has been taken ; the body should be stripped of all uncomfortable clothing and sufficiently covered ; because natural heat is reproduced with less activity during sleep ; the head should be slightly raised ;