

of sleeping or of waking. It is the senseless clod of the field which must lie fallow for an entire year at a time, in order that it may be capable of its best productiveness at other times. No such necessity is laid on the throbbing heart or the busy brain. And that man keeps himself at his lowest plane of possible efficiency who seeks his needful rest after the pattern of the corn-field, or of the tortoise, or of the Arctic bear, instead of after the pattern of the tireless symbol and centre of personal human life. He has risen highest in the scale of being, who is able to rest efficiently between his heart-beats.

There is always a loss of power to those persons who can obtain rest only by a prolonged season of intermission from their ordinary activities of body or of mind. There is always a gain of power to those persons who can snatch rest in the quickly passing seconds which intervene between their successive duties of action. A mother who can never sleep refreshingly unless she can have an unbroken night of rest, bears no comparison, in the power of a mother's ministry, with one who can catch little naps in the momentary intervals of her sick baby's wakeful worrying. On a night march, the soldier who would drop himself on the ground and catch a few minutes' sleep whenever the column was halted because of some obstruction to its advance, would find himself fresh and strong when the morning came; while the soldier at his side, who would make no attempt at sleep until he could have several continuous hours for sleeping, would be unfitted for his new day's duties, and would even gain less from his unduly postponed sleep when at last it came to him in its order.

It was said of Napoleon, that he had the power of dropping asleep at any time and at any place without a moment's delay, and of gaining rest in a few seconds of snatched sleep when he was unable to get more. This was in itself one element of Napoleon's pre-eminence, and the man who more nearly approaches the high plane of Napoleon's possibility of intellectual achievement is almost always the man who can thus, as it were, gain his rest between heart-beats.