

bushes should then be avoided. Neither should one sit on stone benches or in any other place in which the temperature is much lower than that of the body.

Q. What rest is most natural and salutary ?

A. Sleep, which all the better exercises its reparatory and beneficial action, when begun and finished at the same hours, night and morning.

Q. What time is most favorable to sleep ?

A. Night : man is so made that he must work by day and rest at night ; our eyes see nothing in darkness.

Animals for the most part and plants obey the same law. The serenity, calmness and silence of night have been ordained by Providence to this end.

Q. What must be thought of those who invert this order, and change day into night and night into day ?

A. It must be said that they either ignore the dire consequences of such disorder, the sad results of which they will sooner or later experience ; or that they care nothing for the loss of their health.

Q. At what hour should one retire for the night ?

A. For children the hygienical hour is from