

## Review

Sanitary Ret. Dr. Eassel.—Emiges uber den Schlaf im Kindesalter. Deutsche Medizinische Wochenschrift No. 36.

The writer of this article expresses the opinion that even physicians with a large clinical experience seldom require to give children hypnotics which is a proof that they usually enjoy a good sleep except perhaps for some slight indisposition causing temporary wakefulness.

The amount of sleep necessary for children is discussed. A new-born infant, if dry and warm and later if its hunger and thirst are satisfied, sleeps pretty constantly, being interrupted by short intervals only.

In the second three months the child's nervous system having been developed somewhat, it has longer waking intervals.

In the third and fourth quarters of the first year, the infant's voluntary movements are becoming gradually developed, also the power of seeing and hearing as well as some evidence of memory, and mental functions, therefore, the periods of wakefulness are longer. Still the greater portion of the twenty-four hours of the day are needed for sleep.

From the latter part of the second year until into the fourth year, twelve hours sleep at night and one and one half to two hours sleep in the day is needed for healthy developemnt.

As to when a child should cease sleeping in the day time, the author gives no definite answer but thinks, that if a child, after reaching four years of age has slept twelve to thirteen hours during the night, and is difficult to put to sleep during the day, it may be allowed to remain awake. He also advises that children should have nine to eleven hours sleep nightly until the beginning of puberty when they may remain normal with less sleep.

Causes of loss of sleep may be many:—

I. Affections associated with pain as traumata, painful inflamotary affections of the skin combined or not with itching, affections the bones, of organs of senses, respiratory, circulatory and digestive tract also peritoneum and pleura.

II. Special causes such as disturbed nasal breathing, as chronic coryza of syphilis, enlarged tonsils and adenoids.

III. Febrile affections, especially infectious diseases. Loss of sleep in this class due to fever and perhaps more to toxines. On the other hand some febrile children sleep very much.