

Sleep.

What is more refreshing than sleep? To be clasped in the folds of god Morpheus? To be passing the dreary hours of night away in sweet, quiet, and peaceful slumber? The man who has to work hard all day for food for his family comes home tired, and after partaking of a scanty meal retires to his room ^{lies} down upon his couch, and before many minutes knows nothing. On the other hand the rich man comes home, eats a costly meal, retires late and does not fall asleep in ~~some time~~ ^{hours perhaps}. He is awakened two or three times by visions which come before his sight, and the next morning does not feel any better than when he went to bed, his sleep does not refresh him, because he is kept awake by these ugly dreams. People require a certain time for sleep in order that they may be able to perform the labors that is allotted to them in this life. A great many people do not retire until the late hour of twelve o'clock. Those that do so generally sleep until a late hour the next morning. A person that deprives himself of sleep when young feels it in the way of aching pains, severe headaches and a bad health when he becomes old. Sleep is one of the gifts of nature and if we violate it we must expect to suffer the consequences; for we cannot violate any of the duties of nature and enjoy good health. God has given us the night that

we may enjoy rest and we must conform to this rule. Young persons should be in bed at ~~eleven~~^{ten} o'clock; if earlier better, if later injurious. Early to bed, and early to rise, makes a person good, healthy, and wise."

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4 hrs

Composition

June 19th 1863.

(head)

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Cover

Composition

A. Driscoll

June 19th 1863

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