

REST.

This is also a condition which is requisite to good health. Many people become diseased through want of rest; yet the same individuals might accomplish more than they now do if they only knew how to rest to the best advantage.

Rest does not consist in idleness, but chiefly in change of employment. The individual who lies in bed for forty-eight or sixty hours, thus becoming weary, will find rest by rising and engaging in labor. The same is true with the student. He, too, finds rest in manual labor, in walking, or in almost any kind of physical exercise. It is when labor is constant, and is all performed through one set of organs, that it becomes wearisome. What is required in the matter of exercise and rest is that when one set of organs have become weary, they should be allowed to rest, another set being called into immediate action.

Man is a being whose organism demands that he should manifest vitality in a diversity of ways. He requires physical, intellectual, and moral exercise, and **he can act in no one of these directions continuously, or uninterruptedly, for any length of time, without positive injury to his health**; neither can he possess good health unless he does, at regular periods, take exercise in each of these three ways.

Man's organs of physical action can only be used in physical exercise; his intellectual organs in intellectual exercise; and his moral organs in the manifestation of moral attributes. **Each of these classes of labor must be performed daily to insure the most perfect health.**

TAKING EXERCISE AND REST.

If we would enjoy the most perfect health, we should be occupied from **six to ten hours daily in physical labor**, from **two to four hours in intellectual labor**, and from **one to three hours in meditation and moral reflection**, **three to five hours in social intercourse**, during which time the meals should be taken, and the remaining **six or eight hours in sleep**.

When the organs of voluntary motion have performed their allotted task, they should rest, and the mental organs should, for a time, be called into action by meditation upon those things which relate to the development of moral character, after which they may be exercised by investigating, for a time, some subject relating to literature, science, or social or political relations, and thereby develop the intellect. In so doing, time is afforded each part and organ for rest. Recreation should usually be taken in a social manner, since much more pleasure, and consequent benefit, will be thus derived from it than when taken otherwise. The same is equally true of eating, since cheerful conversation and association are promotive of digestion.

SLEEP.

As has been already intimated, sleep is highly essential to health. In fact, without regular periods for sleep, there can be no health, as it is during those periods that the tissues of the body are most perfectly built up. While the individual is awake, he is more or less active, especially his sensory and motor systems of nerves. **Sleep is simply the resting of the brain from all mental exercise, and the consequent cessation of the above-mentioned nerves from all labor**. The amount of time required for sleep varies with different individuals. A person who is sluggish in all his habits requires more hours for sleep than a person possessed of greater activity, for the reason that he sleeps slower; that is, the reparation of his tissues is carried on less actively, He consequently requires more sleep— more time to repair and build up the various tissues of the body. It is for this reason that a man of nervous temperament requires much less sleep than others.

In order that we may derive the greatest benefit from sleep, it is essential that it should be undisturbed. When this is not the case, the work of changing the blood into the solid tissues is also disturbed, and,

consequently, the body is not maintained as it should be. We should endeavor to form the habit of sleeping during the whole period allotted to rest, without waking. To do this, these three things are quite essential:

1. We should not eat late suppers, for in so doing we place in our stomachs food that must be digested, and **this work of digestion disturbs the brain and keeps it partially active**, causing unpleasant dreams. **To insure sound sleep, no food should be taken into the stomach later than three o'clock in the afternoon.**

2. We **must not become over-exhausted physically**, for if we do we cannot sleep soundly; but we should perform our heavy labor in the forepart of the day, and as the day declines, should moderate our labor by changing from heavy work to lighter, or by doing less.

3. We should always retire for sleep with our minds free from care and anxious thought; otherwise, our slumbers will be broken. Many persons take their business cares and anxieties to bed with them, and study and worry until they fall asleep. As a consequence, they dream of their business affairs and transactions, and pass the night in a half-wakeful condition, deriving but little benefit from their sleep. The person who would possess health of body and strength of mind must be regular in all his habits. He should attend to business only during business hours. He should retire early and rise early. **Nature indicates the time for retiring by hiding from our eyes the orb of day**, thereby obscuring from our vision things that would excite wakefulness and mental activity, and by hushing all animate nature into stillness and quietude, thus bidding man also to seek repose. There is nothing that will serve the purpose of drawing our minds from the labors, cares, and business of the day as will a pleasant social interview of two or three hours, and an additional hour spent in silent meditation and communion with the Being; that formed us. Children require much more sleep than do adults, for the reason that they have much more building up of tissue to do while growing than after having attained to full stature. Infants require to sleep most of the time, and children of three or four years should sleep at least one-half of the time. After children have reached the age of four or five years, they should be encouraged to rise early, and to insure sufficient time for sleep they should retire early. Habits thus formed in childhood are generally life lasting. Many parents allow their children to keep late hours, to be from home late in the evening, etc.; this is all wrong. There is liability of their children being injured morally by associating with the vicious; and there is also danger of their ruining their physical health by forming irregular habits.

While children are young, and their minds and judgments are immature, the parents are responsible for not only the health, but also for the habits and education of their children. There are many children whose minds naturally incline to study, and who will be very liable to deprive themselves of necessary sleep that they may have time to do so. Parents of such children should give them time for study at proper hours, and should see that they do not rob themselves of sleep. Let all such parents remember that if they have a child whose organism is such as to cause him to thirst for knowledge, they do violence to his nature either if they deprive him of the means of acquiring knowledge, or if they keep him so employed by day that he feels compelled to rob himself of sleep to satisfy the yearnings of his nature.

BEDS AND BEDDING.

The health of many people is most seriously, and often permanently, injured by inattention to their beds and bedding. **Feather beds are very prolific sources of disease and hence ought not to be used**. The feathers, being animal matter, are constantly undergoing decomposition, which is increased by the heat and moisture transmitted to them from the body, which causes them to send off noxious and poisonous gases, the result of putrefaction. These gases are absorbed and taken into the system, thus engendering disease. Hair, straw, husks, shavings, cotton, or wool, is much better than feathers. Very soft beds are also objectionable. They should be as hard, and the bed-clothing should be as tight, as may be with proper

regard to comfort. **On rising, in the morning, the bed should be left open for a few hours, exposed to the air,** as it is filled with organic impurities that have passed off from the body with the insensible perspiration.

Beds should always be kept scrupulously clean by frequent change of the clothing. Mattresses, quilts, and blankets, as well as sheets, should be frequently cleansed. **The practice of many people in allowing the same mattress to be slept up on for years without cleansing is a most filthy and disease-producing one.**

Many people have taken colds that have resulted in death, while others have laid the foundation of a life-lasting disease by sleeping in damp, close rooms, or damp beds. If a room or bed has not been used for some time, both should be thoroughly aired before being occupied.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 36-42 by M. G. Kellogg