

## **The philosophy of sleep / by Robert Macnish.**

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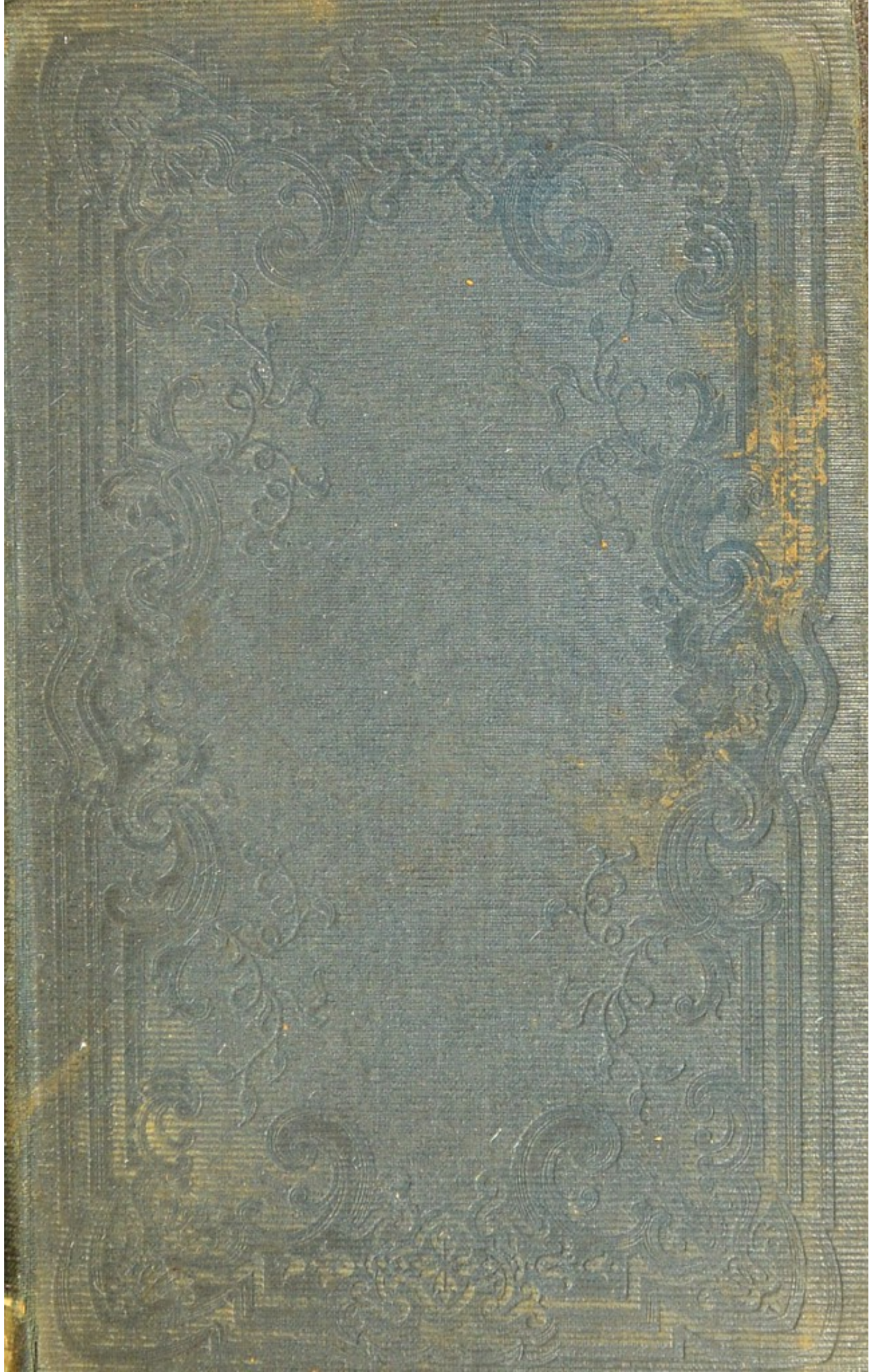








































age as other people, and under the same circumstances, although probably they were of so vague a nature, as to have soon faded away from the memory.

Dreams occur more frequently in the morning than in the early part of the night; a proof that the sleep is much more profound in the latter period than in the former. Towards morning, the faculties, being refreshed by sleep, are more disposed to enter into activity: and this explains why, as we approach the hours of waking, our dreams are more fresh and vivid. Owing to the comparatively active state of the faculties, morning dreams are the more rational—whence the old adage, that such dreams are true.

Children dream almost from their birth; and if we may judge from what, on many occasions, they endure during sleep, we must suppose that the visions which haunt their young minds are often of a very frightful kind. Children, from many causes, are more apt to have dreams of terror than adults. In the first place, they are peculiarly subject to various diseases, such as teething, convulsions, and bowel complaints, those fertile sources of mental terror in sleep; and, in the second place, their minds are exceedingly susceptible of dread in all its forms, and prone to be acted on by it, whatever shape it assumes. Many of the dreams experienced at this early period, leave an indelible impression upon the mind. They are remembered in after-years with feelings of pain; and, blending

































































































































































