

cumulation of those powers, which are necessary for the purposes of active and intellectual life.

In order to dispose us to yield to the sensation of approaching sleep, the periodical succession of night to day has been ordained by nature. For, with the approach of darkness cease all the usual stimuli of that sense, which is accommodated to the impulse of light, and which calls our faculties into action more frequently than any other: nor is the intention of nature less evident, because, either from avarice or the dissipation of luxury, some individuals protract the labours or the pleasures of the day beyond the natural period assigned for those purposes; since these are unnatural exceptions to the observance of the general law.

Although it would be difficult to prove directly that there is any necessary connexion between darkness and sleep, yet this connexion is rendered at least highly probable by the effect usually produced on the approach of darkness upon animals in general, but more remarkably on birds; for, with the exception of those whose habits are nocturnal, all birds betake themselves to sleep as soon as night approaches: and if darkness should anticipate night by many hours, as happens when any considerable eclipse of the sun takes place in the middle of the day, we still find the birds of the field as well as our domesticated fowls give the same indications of com-