

posing themselves to sleep, as at the regular period of sunset. If it should be said that this does not more serve to prove a connexion between darkness and sleep with reference to these animals, than to prove the effect of a long continued association resulting from their habit of going to roost at sunset; it may be asked, why should darkness, unless from some inherent cause, lead them to compose themselves to sleep at the hour of noon, instead of the usual hour of evening; since, on the one hand, periodical states of the animal system do not usually recur before the termination of the habitual period; and, on the other hand, the individuals cannot at so early an hour have experienced such a degree of exhaustion as would of itself invite to sleep?

In stating that the voluntary action of the muscles ceases during sound sleep, we ought not to omit the remarkable fact that those muscles which are not under the empire of the will continue their action uninterruptedly through the deepest sleep. Of all the muscles of involuntary motion, this observation holds most remarkably with respect to the heart; the continued action of which organ during sleep is a phenomenon worthy of the deepest attention of a philosophical mind. All other organs of the body have their periods either of absolute or comparative rest; the senses are in a measure periodically locked up by sleep during one quarter at