



name of "Purr Corner" "to the nook in the east front of the palace, on the right hand side of the gate as you come out from the cloister into the garden." There was a seat in this sheltered corner where the old ladies used to bask in the sun and enjoy their gossip. The Marchioness Wellesley also came to reside at the palace, in February, 1843, after her husband's death.

Professor Faraday lived at the Crown House on the Green, which, by the Queen's special orders, was made ready for him, so that the great philosopher incurred no personal expense. It was a generous deed, which

showed how much her Majesty and the Prince Consort esteemed the unassuming scientist. He died there on August 27th, 1867, after nine years' happy residence. Two doors away Sir Christopher Wren spent his last days, "free from worldly cares, in contemplation and studies, and principally in the consolation of the Holy Scriptures, cheerful in solitude, and as well pleased to die in the shade as in the light." His old house and garden, Mr. Law says, are little changed. His terrace by the river, his toolhouse and his rooms, still remain much in the state the great architect left them more than a hundred and fifty years ago.

Mrs. Sheridan, daughter-in-law of the great dramatist and orator, had apartments in the Palace in 1820. Her daughter, the Hon. Mrs. Norton, who was married in 1827, passed some happy years here, as also did Lord Dufferin's mother, who was married in 1825. As a boy Lord Dufferin was much with his grandmother. He wrote to an old friend whom he had first met at Hampton Court: "I cannot tell you what an affection I have for that place, and what tender memories it brings back to my recollection."

There are many other names connected with the palace on which we must not be tempted to linger. The apartments are not undesirable residences. Some suites have as many as forty rooms, others not more than ten or twelve. The average is from fifteen to twenty. Some rooms are large and lofty, others small and low. Some suites are like separate houses, with front and back doors, staircases and entrance halls; others resemble "flats." Inconveniences and anomalies, which arose from the haphazard way in which the rooms were allotted, are gradually disappearing. In one suite every dish has still to be carried to the dining-room across an open court, to the great discomfort of all concerned. Such things will no doubt soon be matters of the past.

## THAT HORRIBLE NIGHTMARE!

BY A FAMILY DOCTOR.

"A light dinner, a less supper, sound sleep, long life."—*Iago ab Dewi.*



"H! I have passed a miserable night!" is what we often hear people say, though they have no intention of quoting Shakespeare. And possibly the dreams which have caused their misery have been as terrible as those which disturbed the last night of the guilty Duke of Clarence. Few of us, however, would be able to describe them in such vivid language as he does. Strictly speaking, even dreams, where a succession of terrors fills the night, do not

merit the title of nightmare. This is generally used to denote a feeling of actual physical oppression, a common form being some heavy body compressing the chest, causing a feeling of suffocation. Many varieties of this suffocating sensation are experienced in dreams. Thus, I have heard people describe it as if caused by thick clouds of vapour or smoke which closed densely about them. But although this feeling of oppression is the real true nightmare, it will be better for the purposes of this paper to consider all dreams of a terrifying or painful nature as of the same family, since in them similar causes are at work, and if the milder form can be prevented, so can the other.

Almost everybody dreams, more or less. Some have thought it would be a positive loss if we did not do so,

and have been ready to accept the saying of a great philosopher, "Without this wearying and salutary pain of dreams, sleep would be death."

As long as dreams are of an indistinct, vague character, leaving no impression at the moment when we awake, we can be sure that they are quite harmless; but a man is a fit subject for a doctor's care when he repeatedly wakes up to find his heart beating like a steam-hammer, or his limbs bathed in sweat as a result of the vivid horror he has just imagined. Such a dream may be an indication of unsuspected organic disease, and in every case denotes that "something is wrong," though the source of the ill may be not more serious than an indigestible supper or too heavy a bed covering. Still, it is wise to investigate the cause at once if the dreams become frequent, and to endeavour to find a cure, because much of the refreshing influence of sleep is lost if bad dreams are frequent. It is commonly supposed that a late supper is almost certain to cause nightmare, but it is still more certainly true that if we go to bed hungry we shall pass a very disturbed and troubled night. Here, as is generally the case, we should strive after the golden mean, and take some light refreshment some time before going to bed. No absolute rule can be laid down on this point, and each one generally knows what suits him best.

It is a matter of common observation that what we dream about has often close connection with whatever causes the dream. Thus a cold draught in the bedroom will cause us to dream of Arctic exploration or cold damp dungeons, while many of us can recollect an occasion when, as a result of getting some part of the bedclothes twisted about our neck, we have dreamed very realistically about an execution, in which we played the part of the principal character.

In such cases as this the cause is easily removed, and a person who has suffered from a succession of bad dreams is relieved by some simple change, such as an alteration in the height of the pillows, which, it may be remarked, are often piled up far too high (though the head ought not to be on the same level as the rest of the body), or they may cease if the bedroom be warmed somewhat in the winter. Again, relief is often gained by using a harder bed, too soft a bed being a frequent source of dreams. One of the best forms of bed is the spring mattress, which remains perfectly level, and yet yields easily to every movement of the body, preventing that feeling of soreness which is often caused by the hardness of an ordinary mattress.

But in many cases the cause of the nightmare is within, and not something outside ourselves. Here

the cure is not quite so obvious, but an intelligent application of simple rules will often effect a cure. Regularity ought always to be carefully observed. It is astonishing how the body becomes accustomed to appointed times, and how readily refreshing sleep is obtained if we give ourselves the means of taking it at regular intervals. Some irregularity in the bowels is often a cause of nightmare and should be removed, if necessary, by medical advice. Much harm is often done by neglecting this simple matter.

Children are particularly subject to nightmare, and when they wake, terror-stricken, they need all the kind and soothing care possible. Effectual methods ought to be taken at once to prevent a repetition. Every kind of butcher's meat should be avoided, and a plain simple diet, consisting largely of milk, should be given, and personal hygiene strongly insisted upon.

Family nervousness predisposes to nightmare, which thus becomes related to the thousand and one ills which we inherit from our ancestors.

The most potent cause of bad dreams has yet to be mentioned. This is worry, which is one of the most fatal disorders which attack mankind. For one who is injured or killed by hard work, a hundred are struck down by worry. Girls who are preparing for examinations often worry themselves into a fever which prevents sleep, or else causes it to be broken by horrid visions of unsolvable problems or impending failure. Remember also that we go to bed to sleep, and not to review the events of the day.

Don't think in bed. This may seem to be impossible advice in many cases, but it is certain that we can dismiss thought if we make a sufficient effort to do so. Reading in bed is a very bad habit, which ought never to be contracted, or if it has been contracted, it ought to be given up resolutely. It is a habit sanctioned to some extent by the example of many eminent people, but it is radically wrong, for all that.

Finally, no words are strong enough to point out the danger of slow poisoning by drugs which are often taken to procure sleep, whether it be an alcoholic night-cap, morphine, opium, chloral, or any other. The medical man has recourse with reluctance to these as a last and temporary resort, and only he can tell how many lives are wrecked by the ill-timed use of them and their subsequent abuse. And of all horrible dreams, none are so awful as those which assail people who habitually use these false comforters. Better than all the drugs in the world for procuring sleep are simple food, a regular life, and a calm mind.

