

**SLEEP AND
DREAMS:
TWO LECTURES**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649433100

Sleep and Dreams: Two Lectures by John Addington Symonds

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JOHN ADDINGTON SYMONDS

**SLEEP AND
DREAMS:
TWO LECTURES**

SLEEP AND DREAMS;

TWO LECTURES

DELIVERED AT THE

BRISTOL LITERARY AND PHILOSOPHICAL
INSTITUTION.



BY

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GENERAL HOSPITAL.*

LONDON:

JOHN MURRAY, ALBERMARLE-STREET.

BRISTOL:

EVANS AND ABBOTT, 29, CLARE-STREET.

1851.

270. a. 73.

TO THE
RIGHT HONORABLE LORD TEIGNMOUTH.

MY DEAR LORD,

I venture to inscribe these Lectures to your Lordship, because the publication of them was requested in a resolution which you proposed to my audience, and to which, after it had been kindly seconded by Mr. SUTHERLAND GRÆME, and accepted by the meeting, I could not but feel myself bound in gratitude to accede.

I am glad to have this public opportunity of expressing the deep respect and regard which I entertain towards your Lordship, and my admiration of the untiring activity with which you devote your high talents and attainments to the furtherance of the intellectual elevation, as well as of the moral and religious improvement of your fellow-creatures.

I remain, my dear Lord,

Your obliged and faithful Servant,

JOHN ARDINGTON SIMONDS.

P R E F A C E .

It is easy to spare books in these days of prolific authorship; and I fear it will hardly be considered a sufficient apology for my offering a superfluous book to the public, that I was impelled to do so by the request of partial friends. Yet I wish to say, that these Lectures, composed under many interruptions, were not designed for publication.

As I am fully conscious how imperfect has been my discussion of their topics, I cannot do better than point out a few works which the reader who is interested in such subjects may consult with profit and amusement. A large collection of facts will be found in Dr. MACNISH's "Philosophy of Sleep," and a still larger number, intermingled with ingenious speculations, in a work by Dr. BINNS, entitled "The Anatomy of Sleep." The physiological relations of the subject are admirably treated by Dr. CARPENTER, in an article on Sleep in the Cyclopaedia of Anatomy and Physiology. The philosophical reader will consult, with great satisfaction, a chapter on "Dreaming, Insanity, and Intoxication," in Dr. HOLLAND's "Medical Notes and Reflections," and he will also read with pleasure Mr. DENDY's very elegant volume, entitled the "Philosophy of Mystery." Those who wish to view dreams in their moral and religious aspects, should peruse a little work by Mr. JOHN SHEPPARD, who brings to this subject the same intellectual refinement, conjoined with the same earnestness of moral purpose, which characterizes his other writings. To the lovers of the marvellous, I recommend Mrs. CROWE's "Night-side of Nature," which abounds in striking and well-told stories; more especially as the following pages will be found to be very sparing of such recitals.

Whether my investigation of the order and relations of the phenomena in sleep and dreams has at all furthered the elucidation of them, I must leave my readers to determine.

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LECTURE I.

OBJECTS of study may be arranged under two great divisions; one consisting of those which must be sought in a wide investigation of external nature; the other of such as are at all times, and in all places within our reach. The former are spread as far as our bodies, or our senses, aided, or unaided, can extend; the latter we carry about with us. The one class are objects of sensation, or outward observation; the other of consciousness and internal reflection;—the world without, and the world within; this embracing the workings of our minds, our emotions, sentiments, affections, and propensities; the other, all the domain of matter and its attributes,—all that exists, whether we are living to observe it or not. Reviewing these two classes, we cannot help being struck with the overflowing provision which they present to our mental cravings; for while, on the one hand, the perceptive faculties have unbounded and delightful exercise amid the sublime and beautiful objects which the Creator has presented to us, in what we call the realms of Natural History, and Physical Philosophy; on the other hand, when by accident confined to narrow limits of space, deprived of one of our senses, or excluded from the objects of these senses, as in the shades of night, or in the solitude of sickness or captivity, we may turn inwards the mental eye, and see the wonders which the same Almighty Hand has fashioned in the mind and heart of man.