

Facts Concerning Dreams.

A French physician, Dr. Delauney, tells some interesting facts about dreams. These are embodied in a communication to the Societe de Biologie de Paris. It is well known, that when a person is lying down, the blood flows most easily to the brain. That is why some of the ancient philosophers worked out their thoughts in bed. Certain modern thinkers have imitated this queer method of industry. During sleep, so long as the head is laid low, dreams take the place of coherent thoughts.

There are, however, different sorts of dreams; and Dr. Delauney's purpose, in his original communication, is to show that the manner of lying brings on a particular kind of dream. Thus, according to this investigator, uneasy and disagreeable dreams accompany lying upon the back. This fact is explained by the connection which is known to exist between the organs of sensation and the posterior part of the brain.

The "most general method of lying, perhaps, is on the right side; and this appears to be also the most natural method, for many persons object to lying upon the side of the heart, which it has been more than once asserted, should have free action during sleep. Nevertheless, Dr. Delauney's statements hardly harmonize with this opinion. When one sleeps on the right side, that is to say, upon the right side of the brain, one's dreams have marked and rather unpleasant characteristics. These characteristics, however, are essentially those which enter into the popular definition of dreams. One's dreams are then apt to be illogical, absurd, childish, uncertain, incoherent, full of vivacity and exaggeration. Dreams which come from sleeping on the right side are, in short, simple deceptions. They bring to mind very old and faint remembrances, and they are often accompanied by nightmares. Dr. Delauney points out that sleepers frequently compose verses or rhythmical language while they are lying on the right side. This verse though at times correct enough, is absolutely without sense. The moral faculties are then at work, but the intellectual faculties are absent.

On the other hand, when a person slumbers on the left brain, his dreams are not only less absurd, but they may also be intelligent. They are, as a rule, concerned with recent things, not with reminiscences. And, since the faculty of articulated language is found in the left side, the words uttered during such dreams are frequently comprehensible.

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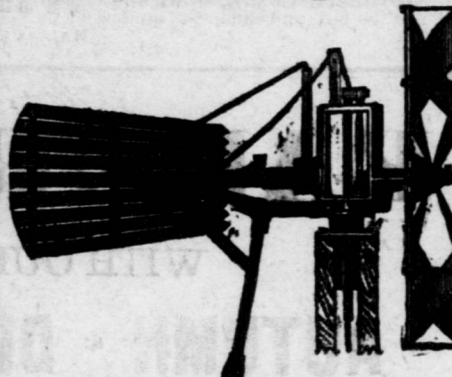
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