

among the cells of the brain and spinal-cord while the real master, the "Mind" is "absent?" Are they the faint echoes of the waking scenes, the products of the brain machinery run "at a minimum?" Or, are they simply illustrations of the universal properties of matter, to retain and repeat under changed conditions, the impressions imparted to it at others? In a general sense, these questions cannot be answered, any more than we can say why we are conscious at all. Consciousness is a term of absolute unity. It can be defined only in terms of itself. Why we should experience states, called dream-consciousness, is as inexplicable as that we should be conscious at all. So that our query must narrow itself to the conditions of dream consciousness, that is, the incitements which may occasion this or that dream, rather than another. Thus defined, our topic becomes a fruitful one.

The first determiners of dreams are those sensations arising from the vital organs, the heart, lungs, stomach, etc. The curve of consciousness drops so low in sleep that these organic processes stir a sort of "cord" consciousness, directing its ebb and flow. Nightmare is doubtless caused by the obstructed action of one or more of these vital organs, giving rise to the dream attacks of giants and demons. During the Middle Ages, such was actually thought to be true, so that the Pope of Rome "deigned" to issue a bull against the visitations of his satanic majesty in the guise of nightmare. Degrees of hunger and thirst are powerful incitors of dreams. Indigestible food taken in quantities before retiring is sure to produce characteristic dreams, and novelists have resorted to this "novel" method for the discovery of their plots. Nor do we know how much of the world's great poetry, music and song we owe to the author's dissipation at some "swell reception" with all its late and sparkling excitants. Michael Angelo is said to have sketched some of his masterpieces in his dreams, while to an Italian artist, the devil appeared one night and played a beautiful strain, which was reproduced on the succeed-

ing day and named, "The Devil's Sonata." Reinhold testifies that the chief idea of the categories was elaborated in a dream. Certain forms of stimulant act in similar ways and the man filled with new wine, well-nigh bursts with the joys of this "too utterly utter world" as Prof. James says, in which he finds himself. In my youthful days, the festive peanut always had its peculiar dream, and who has not heard of the proverbial "grandmother" and the "half mince pie?"

A second group of dream excitants cluster about the muscles, joints, tendons, etc. The recumbent position causes them to relax, thus furnishing to the sub-conscious synthesis, materials for the construction of its fairy world. It is well known that we are taller in the morning than at night, showing the expansive result of the stated rest. So the lessening of pressure upon any of the bodily members by numbness, occasions a feeling of lightness which is expressed in the dream of flying. Many a person has mounted upward in the night with the steeds of Queen Mab, because the normal circulation of the blood had been altered suddenly. Prophetic dreams are likely thus caused. For example, a person dreams of the bite of a serpent; the fact being that a deadly disease had begun to fasten itself upon him. So Aristides in a dream "encounters a bull and receives an injury in the knee," the truth being that a tumor is forming on his knee. A careful record of my own dreams for a year has given several cases of a "pure prophecy," but they are too lengthy to detail at this time.

A third series of causes are those springing from external stimulation of any sort. Noises, changes in temperature, the moonlight or morning sun, are all responsible for portions of our dreams. This is a field for direct experiment and much has been done. I quote but two examples. M. Maury found that when his lips were tickled, his dream-fancy interpreted it as a plaster being torn off his face; while a warm iron placed near his feet, gave rise to the impression of walking over the hot lava of Mt. Vesuvius. Anyone may