



Excerpt from, "Thesis on Sleep" by Barent A. Mynderse, AMC
Class of 1853

"The proximate cause of sleep, has been supposed by some authors, to be a collapse of the laminar of the brain, by others on the contrary; an influx of blood to that organ. But that sleep is produced by fatigue, and long activity of the body and the mind, which when overdone ceases to act; seems to be sufficient cause for this condition of the system so necessary for the preservation of the health of the body and so grateful a repose to the mind."