**Dreaming - Stories, Illustrations, & Studies**

**Cold-blooded animals do not dream. *(Russ Edwards & Jack Kreismer, in The Bathroom Trivia Digest, p. 48)***

**Am told all warm-blooded animals dream. *(L. M. Boyd)***

**Future dreams: Some people believe that if you dream of climbing up a ladder or stairs, you will be successful. Dreaming of going downstairs means your future will be full of failures and disappointments. (The Diagram Group, in Funky, Freaky Facts, p. 49)**

**Researchers say evidence indicates a person tends to dream more in sleep during electrical storms. *(L. M. Boyd)***

**Your dreams fragment sometimes. You may see yourself fighting off a dog one moment, then playing a kazoo the next. That’s how the minds of some schizophrenics work, says a psychiatrist. As though in dream sequences without transitions. (L. M. Boyd)**

**Mel Gibson's early years were spent in Peekskill, New York, where -- by his own admission -- he was into "dreaming." The star of Franco Zeffirelli's screen version of Hamlet was not a joiner: no Boy Scouts, no team sports. What Gibson remembers are the sweet sensations of family life. "Dairy Queen. Climbing trees. Lump-jumping -- jumping on the lumps of earth in the muck of the back paddocks, a lowland with big hillocks. I used to hang out with my brothers because there were four of us who were really close in age." (Gibson is the sixth of 11 children.) "I knew I'd find my own way and be good at something," the actor says. He considers this startling equipoise to be one of the benefits of a big, sprawling family. "It's fantastic," says Gibson, himself the father of six. "You realize that it doesn't all get handed to you. You always get what you want. And you learn not to get too special with yourself. (John Lahr, in Fame)**

**Some people's hearts stop beating when they dream. This cessation may last for as briefly as a few seconds or as long as nine seconds. (Marc McCutcheon, in The Compass In Your Nose)**

**As far as they can tell, experts say the average dream, even though it may seem to encompass a person’s whole life, lasts only a second or two. *(Bernie Smith, in The Joy of Trivia, p. 19)***

**One afternoon in 1865, President Lincoln’s Cabinet entered a council room for a meeting and found the President seated at the head of the table, his face buried in his hands. Presently he raised his head. His face was grave and worn. “Gentleman,” he said, ‘before long you will have important news.” Someone inquired, “Have you bad news, Mr. President? Is it something serious?” “I have heard nothing; I’ve had no news,” he replied. “But last night I had a dream. I dreamed I was in a boat, alone. I had no oars, no rudder. I was helpless in a boundless ocean.” There was silence for a moment. Then the President added: “I have had that dream many times during the war. And each time, some great battle came within a day or two. Yes, gentleman, perhaps tomorrow, perhaps in just a few hours, you will have important news.” Five hours later, Abraham Lincoln was assassinated. *(Lord Halifax’s Ghost Book)***

**Bad week for: Living your dreams, after John C. Hughes of Butte, Montana, led police on a wild, 100-mph chase that ended only when police blew out his tires. When asked why he baited cops into chasing him, Hughes – who was sober and had committed no crime – responded, “I just always wanted to do that.” *(The Week magazine, February 17, 2012)***

**Somehow I can't believe there are many heights that can't be scaled by a man who knows the secret of making dreams come true. This special secret, it seems to me, can be summarized in four C's. They are Curiosity, Confidence, Courage, and Constancy, and the greatest of these is CONFIDENCE. When you believe a thing, believe it all over, implicitly and unquestioning. *(Walt Disney)***

**A Good Buy: Comedian "Professor" Irwin Corey, interviewed on the syndicated TV show "Tom Cottle: Up Close," told of the time his six-year-old grandson found a penny. The boy proudly showed it to his grandmother. "What's so great about finding a penny?" she asked. "You can't buy anything with it." "Oh yes, you can!" he said. "You can buy a dream in a wishing well." *(Reader's Digest)***

**To dream, perchance to learn: A good night’s sleep and even a nice nap can boost your brain’s ability to remember and learn new information. But dreams can help even more, a new study suggests. For the Harvard study, 100 volunteers were asked to take a test on a computer that involved finding their way around a maze. After a five-hour break, they took the test again. Those who had stayed awake in the interim improved their time by an average of 26 seconds, while subjects who took a 90-minute nap did much better, improving their time by 188 seconds. But the most dramatic improvements were among the four who actually dreamed about the test; their performances improved 10 times as much as the nondreamers’. “I was startled by this finding,” Harvard neuroscientist Robert Stickgold tells Science News. “This study tells us that dreams are the brain’s way of processing, integrating, and really understanding new information.” Researchers suspect that dreams don’t directly improve memory; rather, they’re byproducts of a deeper thought process in which memories are being integrated. In any event, “if you’re studying something tough, get the basics down and take a nap,” says sleep researcher Michael Breus. “If you dream about it, you will probably understand it better.” *(The Week magazine, May 14, 2010)***

**The secret of recalling dreams: Why do some people remember their dreams while others almost never do? The answer may depend on both how soundly you sleep, and on differences in brain function. French researchers at the Lyon Neuroscience Research Center previously found that so-called high dream recallers experience twice as much wakefulness during sleep as low dream recallers; their brains also react more to sounds both when sleeping and awake. In a new study, the team wanted to understand how the brains of each type of dreamer differed. Using a specialized imaging technique, researchers measured the spontaneous brain activity of 41 volunteers during wakefulness and in sleep. Twenty-one were high recallers, who remembered their dreams an average of 5.2 mornings per week; the rest were low recallers, who reported two dreams per month on average. Whether awake or asleep, the high recallers showed stronger activity in the temporoparietal junction, an area of the brain involved in directing attention toward external stimuli. The researchers concluded that this increased activity likely leads to more-frequent awakenings, creating more opportunities to encode dreams in memory. "The sleeping brain is not capable of memorizing new information," lead researcher Perrine Ruby tells ScienceDaily.com. "It needs to awaken to be able to do that." *(The Week magazine, March 7, 2014)***

**In ancient Greece, sick people slept in medicine temples to dream about how to get better. *(Uncle John's Slightly Irregular Bathroom Reader, p. 17)***

**Sleepwalkers cannot hear sounds, taste, or smell anything. They only remember what they have done as if they have dreamed about it. (The Diagram Group, in Funky, Freaky Facts, p. 55)**

**A humble soldier named Romanus dreamed in 1065 that he was sitting beside the Byzantine empress Eudokia. He told the dream to a guard and was arrested and sentenced to death, but the empress pardoned him! Two years later, when Emperor Constantine X died, she married the soldier – and he became Emperor Romanus IV! (Ripley’s Believe It or Not!: Book of Chance, p. 241)**

**Do you daydream as much as 35% of your waking hours? Researchers say most do. (Boyd's Curiosity Shop, p. 140)**

**In the movie Mr. Holland's Opus, a high-school music teacher dreams of writing a symphony. He has the passion to create a world-class symphony, and he hopes his music will one day earn him a great deal of money. He never realizes his dream, and finally he retires from teaching. Feeling dejected and lamenting his lost dream, he prepares to leave the building for the last time and walks into the school gymnasium., He stumbles upon a surprise party in his honor, where hundreds of his former students have gathered. The master of ceremonies is a woman who once lacked self-confidence and considered herself a failure. But through the encouragement of her former teacher, she found value in herself and went on to become governor of the state. She speaks before all those gathered: "We are your symphony, Mr. Holland. We are the notes of your opus. We are the notes of your life." (Mary Manin Morrissey, in Building Your Field of Dreams, p. 275)**

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