

## ① Human Body (1)

Do people who are born blind ever dream?

*(To sleep, perchance to dream.)*



People who are blind from birth do dream, but they do not have visual images as we do. In fact, it's difficult for blind persons to describe their dreams because they have a different frame of reference. You can't ask them, "What did you see in your dream?"

One man who has been blind since birth said, "My dreams are never with shapes or colors. I dream about touching things. Once I dreamed I was being chased by someone with a gun. I heard the horrible blasts from the gun and felt as if the bullets were actually piercing my back."

So blind people do dream, but rather than "see"

*Human Body (1)*

shapes, textures, and colors, they “hear” and “feel” the dream. Because of this, their dreams probably are much more real than those of sighted people.

It is also interesting that people who can see and  
5 become blind later in life will still see images in their dreams. However, the images tend to fade the longer they remain blind.

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Dreaming is often called a paradox because the body becomes inactive, almost corpselike, but the mind  
10 produces the sensation of unlimited freedom of movement. Aside from hallucinations or insanity, dreaming is the only experience we have of living fully in a world without limitations. We may have a dull, boring, routine life but when we dream we can partake of high adventure.

15 There are many types of dreams. Some are simply “venting” dreams that allow the mind to purge most of the countless images that bombard us daily. Bizarre dreams that make no sense are often venting dreams.

Another type of dream is the “prophetic” dream,  
20 which tells us something about the future, often a warning. Although scientists do not understand how a dream can predict the future, there are countless examples that suggest this occurs. One such example comes to us from history.

25 Augustus Caesar was ill and resting in his tent. A friend had a troubling dream and persuaded Augustus to leave his tent, which he did. Just a few hours later the area was captured by his enemies and the bed on which Augustus had been sleeping was pierced with their

swords.

The Bible also has many examples of dream prophecies, such as the impending famine of Egypt revealed to Joseph in a dream about fat and lean cattle.

Whether we believe in dream prophecy or not, it would not be a bad idea to pay a little closer attention to some of our dreams.

### ● Do You Know? ●

- 現代人の睡眠は平均9時間、チンパンジーは10時間。現代人もストレスを取り除くと、チンパンジー並みに平均10.3時間眠るそうだ。
- 睡眠中は、脳が指令して身体の筋肉が動かないようにしている。この指令が働かなくなるのが夢遊病。眠っているのに歩いたり、しゃべったり、食べたり、時には暴力的な行動もしてしまう。
- 悪夢を見て「金縛り」になったら、瞬きをするか舌を動かすと身体が自由になる。
- 宇宙飛行士は無重力状態では、膝を曲げて胴体に引きつけ、腕を軽く胴体につけて眠る。この状態だと背骨が安静で自然のカーブを描くので、最適の睡眠姿勢である。
- どんなに疲れていても、午前9時から11時と午後7時から9時はなかなか眠れない。