

amount of labor day by day during a long lifetime without the slightest apparent detriment, either to their bodily or mental powers. Lord Brougham is an eminent example of great endurance under an immensity of work. But this is not almost the case—the body and often the mind breaks down under the strain of continuous labor. We have many melancholy examples of this in history and biography, but perhaps none more so than in the lives of Sir Walter Scott and Hugh Miller—hence the necessity of relaxation.

“ A little nonsense now and then
Is relished by the wisest men.”

The relaxations of labourers vary much, according to their several tastes and dispositions. It matters little what they are, if they only are of an innocent character. Scott used sometimes to steal away from Abbotsford early in the morning, mounted on horseback, with a dog or two at his heels, to partake of the simple enjoyments found in Lockhart's cottage. It would have been well for him had he done it oftener. Pitt, who ruled England so long, used to play with young people like a little boy, defending his face as best he could from being blackened by the burnt cork with which his youthful antagonists were armed. Often relaxation can be obtained by varying the occupation. One wearied with the study of mathematics will often feel fresh for classical literature. One wearied with the study of disease will turn with zest to the study of insect or vegetable life; but a mind or body thoroughly worn out by incessant labour cannot safely be so treated. The spur may for a time enliven the jaded horse, but the temporary energy infused into him is dearly won; he wants the pasture field. Study or any form of nervous stimulant may for a time restore to the finely-balanced mind its wonted powers, but it is the green pastures and still waters that are required. Better, far better, would it be for such a one to be travelling the country like a mountebank, swallowing swords and vomiting forth the devouring element, than to be thus slowly but surely destroying the mind and body.

There is a matter to which I would shortly advert—it is universally acknowledged to be