

moves the sensation of fatigue. Lessen the tension in the legs by flexing the feet and ankles, rotating them, or bending the feet up and down. Take the movements very gently and deliberately. Perhaps you will unconsciously or instinctively change your position to one more comfortable. Decrease the tension further by raising first one arm and letting it fall perfectly free and limp. Offer no resistance; then the same with the other arm, and with the legs. Try to make the movements, as unconsciously as possible, as a conscious movement with tense muscles is the reverse of what is required.

Having freed the body from all tension, rigidity, or strain, and placed it in a comfortable position, turn your thoughts gently, not abruptly, or with sudden transition, to the mental state.

The condition of mental relaxation is not an easy one to explain, nor when explained always easy to comprehend. We have become so accustomed to the idea of "Keeping hold" of ourselves, that it is difficult to realize the necessity and importance of "letting go." To some the art of resting is a gift, with others it must be acquired. First of all endeavour to detach yourself from everything external. Free your mind as far as possible from any definite idea. When a thought arises, do not drop it suddenly or expel it, or retain it, just let it have its course. Let the mind be calm and placid. Endeavour, not strenuously or violently, to induce a condition of mental inactivity; a state in which the mind withdraws into itself, tranquil, calm, isolated, under the control of the will. Be entirely negative. Make no effort; do not trouble about the progress you are making; have no thought as to the result of your experiment.

Gradually you will develop a feeling that you are quite detached from your surroundings; that you are looking at them, but that they have no connection with you. You will feel that your mind, as well as your body, is in a state of absolute repose, a semi-comatose, trance-like condition productive of perfect rest. When this point is reached, sleep will generally ensue, of a kind which will store the body with energy and strength. The same method may be employed to advantage in recuperating, if but for a few minutes, at intervals during the day. Assume a comfortable posture and follow the plan already indicated.

The supreme test of having reached the point of complete repose, of "letting go," is the sensation, on resuming the normal condition, of a change of consciousness, corresponding exactly with the waking from deep sleep with a feeling of again taking up ordinary waking life, with its restless, rushing mental activities.

The Eastern people have cultivated and developed this faculty to a high degree, and are able to exercise it so fully that animation appears to be entirely suspended.

The question of food is a most comprehensive and important one. Most people would benefit greatly by reducing the amount of food they use, one half. It is surprising how little food is actually necessary. The vast majority of people eat more than they require at practically every meal, and a very deleterious feature in connection with this over eating, is the many varieties of food consumed. It takes a strong stomach to withstand the abuse of a complicated dinner. It is the mixing of many kinds of food at one meal that does the injury. Make