

who rejoiced in the name of Paolo Moccia is reported to have weighed less by 30lbs. than his own bulk of water, and therefore could not sink in that fluid, he was water-proof, as light as a cork and could not drown. M. Blainville is reported to have remarked, after a tour across the channel: "We have seen many individuals of the English nation whom embonpoint had rendered almost monstrous; and I remember, among others, a man exhibited in the Palais Royal, who weighed 500lbs.; he was literally as broad as he was long." From the correspondence of weight, the fat man here alluded to must have been Mr. Bright, a tallow chandler and grocer of Malden in Essex, who died in the 24th year of his age. Seven persons of the common size were with ease enclosed in his waistcoat, and a stocking which when sent home to him was found too little, was large enough to hold a child four years old. Mr. Bright was esteemed an honest tradesman and a facetious companion. He was comely in his person, and affable in his manners. Heavy though he was, he fell short of the weight of Daniel Lambert who exceeded him by 10 stone, and died after living through 40 years, leaving behind him the posthumous fame of being the most ponderous or colossal man that has been ever authentically known. In him mice might possibly have nested, if it be true that a Bishop of Mentz, or as Hudibras has it,—

"A Saxon Duke did grow so fat,  
That mice (as histories relate)  
Ate grots and labyrinths, to dwell in  
His postique parts, without his feeling."

Polysarcia may be repressed and lessened by systematic exercises—living on sixpence a day and earning it; by sleeping little, and only indulging in food of sparing quantity and a dry kind; by fretfulness of temper, or real anxiety of mind. These will prevent any one from getting fat, and make the fattest man thin. If we are to trust Shakespeare, the great Julius Cæsar had a keen perception of the causes and indices of meagreness. He says to Antonius:

"Let me have men about me that are fat;  
Sleek-headed men, and such as sleep o' nights:  
Yond' Cassius has a lean and hungry look:  
He thinks too much: such men are dangerous."

Antony, in reply, beseeches Cæsar to fear him not, as there is no reason, and he is a noble Roman; but Cæsar again returns to the charge:

"Would that he were fatter,"

and so enters on his monologue. Examples of extreme attenuation are now and then observed. An American named Calvin Edson, shewn