

With regard to Diet, he advises, above all other meals, to eat a hearty breakfast; it is the first meal after a long fast, the system requires it. "Suppers," he says, "are an abomination," and he is not far wrong. He gives minute and valuable instruction as to diet, which should be read by men as well as young wives. "But," he adds, "be temperate in all things." Wine he only advises if weakness is great, and then only to be taken if a medical man orders it. He says, "Gin-drinking nursing mothers, it is well known, have usually puny children; indeed the mother drinking the gin is only another way of giving gin to a babe—an indirect, instead of a direct route, both leading to the same terminus—the grave." He continues by quoting from Dr. Parkes, "If alcohol were unknown, half the sin and a large part of the poverty and unhappiness in the world would disappear;" also he agrees with Shakespeare when he said, "O thou invisible spirit of wine, if thou hast no name to be known by, let us call thee Devil."

In speaking of sleep he advises early retirement and consequent early rising. Young wives should endeavor to keep themselves always in bloom, which he says cannot be done unless they have the full benefit of their "beauty sleep," for "one hour's sleep before midnight is worth two after." He asserts, and with truth, that "sleep is of more consequence to the human economy than food." All these important points are touched upon and handled with care. They will all conduce to make a happy home. The wife will be good-tempered and happy, and always endeavoring to cement her husband's affection more closely to her as did Peggy in Allan Ramsay's "Gentle Shepherd:"

"Then I'll enjoy wi' pleasure a' my art
To keep him cheerfu', an' secure his heart.
At e'en, when he comes weary frae the hill,
I'll hae a' things made ready to his will.
In winter, when he toils thro' wind and rain,
A bleezing ingle an' a clean hearthstane;
An' soon as he flings by his plaid an' staff,
The seething pots be ready to take aff;
Clean hag-a-bag I'll spread upon his board,
An' serve him wi' the best we can afford;
Good humor and white bigonets shall be
Guards to my face to keep his love for me."