

by the exercise. Neither hot nor cold water should be used exclusively.

The body should be cleansed internally by drinking copiously of water *at the right times*. Drink absolutely nothing with meals. Drink immediately upon rising, and after exercising in the morning, and before and after exercising in the evening, and frequently during the day between meals. Use plenty of water. At least two or three quarts should be drunk every twenty-four hours. It is well to take an internal bath, thoroughly flushing the colon with warm water, occasionally, to cleanse the alimentary canal, and avoid the baneful effect of food stuffs fermenting and putrifying in the gastro-intestinal passage and generating poisonous matter to be absorbed into the system. The internal bath should be used where there is a tendency to constipation.

In the morning the nasal passage should receive a thorough cleansing with warm salt-water. For this purpose a nose cup is a great convenience. The tonsil trouble is a far more common one than is generally supposed, in fact it is frequently overlooked altogether. The secretions from the tonsils become thick and viscid and harden into lumps, which, unless softened and removed by the daily nose bath, set up inflammation and cause much trouble. Or, one or both of the nostrils may be so obstructed as to leave an unventilated space behind, where excretions collect, decompose, give rise to foul emanations which pollute the breath, and result in chronic catarrh.

REST, OR RELAXATION.

The average man feels inclined to ridicule the statement that he needs to be taught how to rest. He considers that he possesses that knowledge

by the light of nature. But is this the case? Doctors who treat nervous diseases will tell us that probably nine-tenths of such complaints result from inability to rest.

The knowledge of how to rest is not in these days of unnaturalness entirely inherent, and practice is needed just as in walking, weight-lifting, or any other work. The art of relaxing, or placing the body in a condition of complete repose is possessed by few. It requires considerable cultivation. The methods of attaining it are various, but there are certain general principles. The man who can do it most is the man who can rest best while he is at it. By the proper development of this faculty it is possible for a person to obtain a great deal of rest, to recuperate, during the few minutes which he may have from time to time during the day.

Suppose we leave that aside, however, and deal with the method of getting a proper rest during the usual resting hours. The difficulty of going promptly to sleep, and procuring restful sleep is a common one.

Relaxation is the secret of rapid recuperation and rest, but there must be both physical and mental relaxation to insure a proper rest. Physical relaxation, or repose may, by some, be induced by the direct application of mental force. With others this method would fail. Certain movements may be necessary to secure physical ease and tranquillity. In the first place, assume a comfortable position, whatever that may be, preferably on the right side with the under arm to the rear. Take deep regular breaths. Yawn if a thought can induce a natural one. Without trying to force matters, see if you can stretch naturally several times. This re-