

Moreover, attention to all the laws of health, individually, requires a certain amount of time. Personal cleanliness demands it. Taking the various meals demands much more than is usually appropriated by the masses to this important process. Health, too, demands a certain degree of happiness, and some change and recreation appear to be indispensable to happiness. Idleness certainly does not beget it, and it is generally believed to be better for mankind to be constantly employed in some way. Probably considerable happiness is experienced at the plough, at the bench, at the anvil, but in the case of those labouring by the day or the hour for their food and their raiment, one can hardly conceive it to be very high in degree or exalted in character; and such as it is, it will be found in a great part to arise through a hope of leisure, of ease, of recreation, some time in the future. And why should not the poorer classes as well as the richer, the artisan as well as the professional man, the labourer as well as the employer, have a little time every day in which to share somewhat in that higher civilization which is steadily and gradually spreading its elegant mantle over almost every country? A little time to have their minds elevated and invigorated by a walk in the fields, or the woods, or the park, among the beauties of nature; time to enjoy the fellowship and society of their fellow creatures in toil; time to attend to their mental and physical culture and health? Who could doubt that they would thereby be rendered more happy, and healthy and useful?

If we add to the time now commonly demanded as a day's work—ten hours—the time absolutely necessary for sleeping and eating and for religious observances, the time for change, recreation or enjoyment, for improving the mind or attending to the health of the body, will be found to be very limited indeed, too limited to be employed in this way with any degree of comfort, satisfaction or profit.

It has been estimated, even before so many labour-saving machines were in use, that if every able-bodied man were engaged in some useful and profitable employment, a very much shorter labour period than the present would suffice to