

stomach must have some vitality or nerve force to do its work with, and if the body has been using this vigorously, with the muscles or with the brain, a little time should be allowed for gathering up its energies for the task of digestion.

BEEFSTEAK COOKING.—A person describes as follows how a gentleman, learned in the culinary art, cooked a beefsteak for breakfast :—“He took the thin, long-handled fryingpan from its nail, and putting it on the stove heated it quite hot. In this he put the pieces of steak, previously pounded, but to my surprise did not put a particle of butter in the frying-pan, and did not salt his steak. He allowed the steak to merely glaze over, and then turned it quickly to the other side—turning it several times in this manner until it was done. Four minutes were not employed on the operation, but I think I never ate a juicier piece of steak. It was when done laid on the platter, previously warmed, and was buttered and salted and set a moment in the hot oven. Allowing the steak to heat but a moment on each side helped it to retain all its sweet juices, and putting on the salt the last moment after it was on the platter drew out its juices.

SLEEP ENOUGH.—A writer on this subject says :—“If Benjamin Franklin ever originated the maxim, ‘Six hours of sleep for a man, seven for a woman, and eight for a fool,’ he ought uniformly to have practised by the rule of the last number. Young man, if you are a student, or engaged in any severe mental occupation, sleep just as long as you can sleep soundly. Lying in bed from laziness is another thing entirely. Sleep is a thing that bells have no more business to interfere with than with prayers and sermons. God is re-creating us. We arois unconscious as we were before we were born ; and while He holds us there, feeding anew the springs of life, and infusing fresh fire into our brains, and preparing us for the work of another day, the pillow is as sacred as a sanctuary. If any fanatic has made you believe that it is good for you to be violently wakened from your sleep at an early hour, and to go out into the damp, raw air, morning after morning, with your fast unbroken and your body unfortified by the stimulus of food, forget him and his counsels, and take the full measure of your rest. When you get your breakfast down, take your exercise if you have time, or wait until a later hour of the day. Just as much labor can be accomplished in ten hours as in fourteen, with more efficiency and less fatigue, when rest and bodily exercise are properly taken.”