

take ; that most of us live to eat, or at least treat eating as a pleasure irrespective of nourishment ; and that we shall be healthier, happier and better when we eat to live, is the sum of Dr. Dio Lewis's preaching. His arguments are wholly rational, and have nothing to do with asceticism or with any superstition, ecclesiastical or moral. The Tanner experiment seemed to indicate, at all events, that life was capable of being preserved without three full meals a day. A London footman, when boarded by his employer, insists on having five meals, with meat at each. We think it was Sir Benjamin Brodie who used to tell the story of a butler who, when he was sick, being recommended by the doctor to confine himself to three meals a day, indignantly exclaimed, "And pray, sir, who is to make up to me for the loss of the other meals?" The Comtists, we believe, look forward to a time when, under their social training, human nature shall have been so refined and have become so ashamed of its animal part, that people when they feel hungry will retire to take food in secret. The mission of Jesus was opened at a marriage feast, and a long course of education will be required before most of us can feel ashamed to sit down with a happy party at a Christmas dinner. But in the United States, the teachings of Dr. Dio Lewis have told, and the effects are beginning to appear.

—After all Toronto has had a visit from Sara Bernhardt. Of the performance we cannot speak, our theatrical critic not having been there. Mr. Matthew Arnold, who is the Grand Connoisseur, says that Sara Bernhardt leaves off where Rachel began. It would be misleading to say that Rachel left off where Ristori began, because they were in different lines ; but we should say that Ristori, at her best, reached a higher point than Rachel, and that she reached it in virtue of a superiority of character which made her capable of nobler emotions. The pieces were of that Parisian class which cleanly minded English people cannot thoroughly appreciate, though it must be owned