1.—In London you will see on the street. an aggregation of the best horses of any town in the world, and there are companies there that own and work. thousands of horses. Statistics of horse work and value are therefore abundant, exact and obtainable. It is now an ascertained fact that when horses have been used all the seven days of the week as I have indicated, week in and week out, consecutively for a lengthened period, the work of these horses was unsatisfactory and their lives shorter than when the horses were worked only six cays a week and rested one day in seven—a decided loss resulted by working the horses the seven days of the week continuously.

## THE RESTERS WON.

2.—History records that in 1849 and 1850 upwards of 50,000 persons crossed on foot the American continent, a distance of over 2,000 miles, in varying companies of from 500 to 1,000 persons. "Some of these companies travelled seven days a week, and some rested on the Lord's Day. It was invariably found that those who travelled only six days a week got to their journey's end several weeks earlier, and in much better condition than those who travelled seven days a week."

3.—History also authentically records that "during the war when it was proposed to work all Sunday in one of the royal manufactories for a continuance, not for an occasional service, it was found that the workmen who obtained Government consent to abstain from working on Sundays executed in a few months even more work than the others."

## LOGICAL INFERENCE AND "ECONOMIC" REA-SONS DEMAND THE "DAY OF REST."

It would appear certain, therefore, that within definite conditions and circumstances, vitality and the repose of sleep and the sweet influence of rest at night, the balance of power (and power saved is power gained physiologically considered) seemingly can or may be sustained, yet, as I have shown in the examples given, the rest from diurnal sleep, etc., alone does not adequately or sufficiently restore the balance for prolonged and sustained effort, hence, by a won-

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