

tion. Every chance I get,—say, every hour or so,—I sit back in my chair and rest and relax all over for about two minutes, closing my eyes and relaxing every muscle. It is surprising how this little rest refreshes and strengthens.

“I am a believer in mental hygiene, too, and I try to enjoy my work as much as possible. I do not allow it to degenerate into a dreary routine, as so many business women do. I say to myself that each piece of work, no matter how small and commonplace, is necessary, and is the right work for me to do at the time, or I would not be called upon to do it, and I do it the very best I know how, and put my interest into it, and enjoy it while I am doing it. I try, always, to keep a cheerful frame of mind and not to allow myself to be upset or worried by trifles or to lose my self-poise. I try to keep as happy as possible at all times, for I realize that a cheerful, contented disposition makes work much easier and life much happier.

“At noon I eat a very light lunch—a sandwich, and a cup of milk and some fruit, or a bowl of clear soup, or some toast and a glass of milk—always something simple and easily digested. I have the good fortune to belong to a woman’s club, where I get my lunch, and, afterward, go to the rest-room and take at least a fifteen minutes’ good rest on the couch. After this I take a brisk walk of fifteen minutes or so in the fresh air before I return to my afternoon duties.

“During the day I drink a glass of clear, cool water—not ice-water—every hour, between meals, and I always drink two glasses on rising and two on retiring.

“Our office closes at five in the afternoon, and then I leisurely walk home. I never hurry. I endeavour to dismiss from my mind completely the cares and incidents of the day, and to forget that I am a business woman, and have been in a rushing, busy office all day.

“When I reach home, I go straight to my room, take off all the clothes I have worn during the day, take a warm bath, and lie down in a loose robe, utterly relaxing every muscle, and rest for half an hour before dinner. Then I dress. I always keep one or two pretty, fluffy evening gowns, which I wear to dinner, even when I do not expect company and am not going out, for I find that a dainty, dressy gown refreshes me wonderfully, and I feel like a different person from the one who has been in the severe garb of the business woman all day.

“I eat a good, nourishing dinner, and enjoy it.

“My evenings I spend in utter recreation. I allow myself three evenings a week in which to ‘dissipate,’ as I call it—which includes attending a good lecture, or going to some congenial social function. I found that I simply could not keep late hours every evening in the week, and incur the consequent excitement and fatigue, if I wished to keep my health and be able to do my work properly. So I limit myself to three evenings a week. On the remaining nights I make it a point to retire early, not later than nine o’clock, and before I go to bed I read some light, entertaining book, or enjoy some music or conversation with the rest of the family; sometimes I make a short call in the neighbourhood, but always return before nine o’clock.

“On my half-holidays, and on Sundays, I try to spend as much time as I can in the open air, on the porch or walking or driving in the country.

“After long years of experience, I find that my way pays me. It keeps me strong and well and able to do my work, which is of the first importance; and it enables me to enjoy life as much as possible, for I have accepted the inevitable, and I do not allow myself to pine for any of the pleasures and privileges I am obliged to miss.”

(To be Continued.)