

PREFACE

My main object in compiling this book has been to enable the English, under certain conditions, to speak French fluently, and the French,—English in five or six months, instead of so many years, and even a lifetime, as has hitherto been generally the case; also, to put clearly before all, the essence of astronomy, hygiene, physiology, voice-culture, etiquette, etc., etc., as well as general subjects, and the best of the anecdotes usually found in books and papers. The reader is also reminded of the great risk incurred in using stimulants and narcotics whose abuse sends so many to prison, the gallows, insane asylums, and a premature grave. We also try to impress upon all, the necessity of observing rules of health, which cannot fail to result in the highest possible physical and mental development, while enjoying life to the utmost limit.

These departments have at last received their due share of attention in the study of the two principal languages of the world. In preparing these subjects for the press, I have steadily borne in mind their