

fellow-citizens will have the commonsense to get the habit of their daily use. *Pro bono publico*. You will get as good results, and probably better, from them, as by foolishly paying several pounds for what you can easily acquire with will power and stick-to-it-iveness. This, of course, refers to any ordinary person. In any chronic trouble, a letter or a visit to a competent man does no harm, anyway. Personal advice is always an advantage; it seems to supply faith, if you haven't enough will power. If I could be sure that some few, or many of our prominent men, on whom so much depends in so far as the future of this, our Empire, is concerned, had taken up daily exercise, as a result of what I have written, I should be well repaid. We all have our part to play, and this is my only apology for writing.