

do it by resolutely keeping out the desire to eat, in the beginning ; and that after a few hours the desire is discouraged and comes no more.

Once I tried my scheme in a large medical way. I had been confined to my bed several days with lumbago. My case persistently refused to improve. Finally the doctor said to me : " My remedies have no fair chance. Consider what they have to fight besides the lumbago. You smoke extravagantly, don't you ? "

" Yes. "

" You take coffee immoderately ? "

" Yes. "

" And some tea ? "

" Yes. "

" You eat all kinds of things that are dissatisfied with each other's company ? "

" Yes. "

" You drink two hot Scotches regularly every night, I suppose ? "

" Yes. "

" Very well, there you see what I have to contend against. We can't make progress the way the matter stands. You must make a reduction in these things ; you must cut down your consumption of them considerably for some days. "

" I can't, doctor. "

" Why can't you ? "

" I lack the will-power. I can cut them off entirely, but I can't merely moderate them. "

He said that that would answer, and said he would come around in twenty-four hours and begin work again. He was taken ill himself, and could not come ; but I did not need him. I cut off all those things for two days and nights ; in fact, I cut off all kinds of food, too, and all drinks except water, and at the end of the forty-eight hours the lumbago was discouraged and left me. I was a well man ; so I gave fervent thanks, and immediately took to those delicacies again.

It seemed a valuable medical course, and I recommended it to a lady. She had run down and down and down, and had at last reached a point where medicines no longer had any helpful effect upon her. I said I knew I could put her upon her feet in a week. It brightened her up ; it filled her with hope, and she said she would do everything I told her to do. So I said she must stop swearing and drinking, and smoking and eating for four days, and then she would be all right again. And it would have happened just so, I know it ; but she said she could not stop swearing and smoking and drinking, because she had never done those things. So there it was. She had neglected her habits, and hadn't any. Now that they would have come good, there were none in stock. She had nothing to fall back on. She was a sinking vessel, with no freight in her to throw overboard and lighten the ship withal. Why, even one or two little bad habits could have saved her, but she was just a moral pauper. When she could have acquired them she was dis-