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Keep, if possible, regular hours. Never suppose you have done extra work, when you sit up till midnight, and do not rise till eight or nine in the morning.

Abstain from ardent spirits, cordials and malt liquors. Let your drink be, like that of Franklin, when he was a printer—pure water.

Never use tobacco in any form. By chewing, smoking, or snuffing, you spend money which would help to clothe you, or would enable you, if single, to make a useful present to an aged mother or dependant sister; or, if married, to buy your wife a frock, or get books for your children. You also, by any of these filthy practices, injure your health, bringing on head-ache, gnawing at the stomach, low spirits, trembling of the limbs, and, at times, sleeplessness.

Be particular in preserving your skin clean, by regular washing of your hands and face and mouth, before each meal, and of your whole body at least once a week; and by combing and brushing the hair daily.

Always have fresh air in the room in which you work, but so that you shall not be in a draft.

Take a short time in the morning, if possible, and always in the evening towards sundown, for placing your body in a natural posture, by standing erect, and exercising your chest and limbs by a walk where the air is the purest.

If confined in doors let your food consist, in large proportion, of milk and bread, and well boiled vegetables. Meat and fish ought to be used sparingly, and only at dinner. You are better without coffee, tea, or chocolate. If you use any of them; it ought not to be more than once in the day.

Unseasonable and Dangerous Practices.—After a long and fatiguing walk, or laborious exercise of any kind, to throw off coat or outer garment, untie cravat, expose the neck and breast, and then sit down at an open window or door, in a current of air, in the evening.

To drink, after such fatigue or exposure, very cold or iced water; or to take iced punch, or iced cream, in place of a draught of clear river water, or that which has been exposed some time to the air.

To eat much of any kind of fruit, or any, at all, of that which is unripe, especially in the evening; or to suppose that the evil consequences are to be obviated by a glass of wine, or cordial, or spirits and water.