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## KEN DOWN DENTARY

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stimulation of the brain; but what work is done should be done without any unnatural stimulus. The hours of study should be divided into two equal periods—the first commencing immediately after breakfast, and the second immediately after supper. In this way all the middle of the day may be given up to recreation, dinner and exercise; and the following hours are the most proper, though of course they may be slightly varied to suit particular circumstances: breakfast at 8; reading, 8.30 to 12.30, light lunch on biscuit or sandwich, and a glass of ale or sherry and water; exercise, from 12.30 to 4.30; dinner at 4.30; relaxation of body and mind till 6.30; then take a cup or two of coffee or black tea; then read for two, three, or four hours, according to circumstances; then go to bed. When first these hours are adopted the exercise must be very gentle and of an amusing character; if on horseback, so much the better. Many men are able to indulge in a nap after dinner with advantage to themselves; but, generally speaking, it is prejudicial. If, however, the mouth feels moist on waking, and there is no palpitation of the heart or flatulence, it does good rather than harm. The reason why sleep after dinner is said to disagree with everybody is, that it is so often interrupted that it seldom has fair play. Now, disturbed sleep we know to be prejudicial at any hour; and, if it cannot be obtained without much chance of interruption, it is better to avoid it altogether. If, however, an hour, or rather more, can be devoted to a nap, and it is found to agree with the individual trying it, the mind will be refreshed as well as the body; after a cup of tea or coffee, the studies may be prosecuted with renewed vigour.

With regard to the counting-house clerk, the hours are fixed, and all that can be done must be done before 9 or 9.30 a.m.; or, in the summer season, after office-hours. The best course to pursue is to arrange so that it will be positively necessary to walk backwards and forwards to the office night and morning. This is much better than attempting a walk without any special object. Thus, by devoting only one hour, night and morning to a four-mile walk to the place of business, sufficiently bodily exercise may be obtained to keep the health tolerably good during this season. It is the custom for one-third or one-half of the young men to dine first, and then, as soon as they have hastily swallowed their meal, for the next division to take their places. This plan is supposed to be very advantageous to the proprietors—but even this fact is very doubtful—but to the assistants it is very injurious. In many

cases ten hours a day (in some few, even a longer period) are given up to work, interrupted only by a scramble for a meal. This is more than the human frame is calculated to bear; even the farm labourer, or the 'factory hand,' is allowed his breakfast and dinner hour, after which he returns to his work, having laid in a fresh stock of nervous excitability. The consequence of the long strain upon the mind and animal spirits is, that at times they are overpowered, and that errors occur which do more harm to the parties interested than is counterbalanced by the apparent saving of time.

## ADVANTAGES OF PEDESTRIANISM.

By a strict attention to exercise, the tone and vigour of the moving powers are wonderfully increased; the nervous energy and circulation of the blood are materially accelerated; and this increased impetus of the blood through the whole system produces an effectual determination to the surface of the skin, and free perspiration is the consequence. By the same means, the body is disposed to sleep, the appetite increased, and the blood is determined from the internal viscera, which prevents as well as removes obstructions, and powerfully obviates the tendency to a plethoric fullness of the system. By exercise the spirits are enlivened and the body refreshed; it gives strength to the body and vigour to the mind, and it is an irrefragable truth that, where it is improperly neglected, the energy and strength of the whole machine fails to decay. Exercise on foot is allowed to be the most natural and perfect, as it employs every part of the body, and effectually promotes the circulation of the blood through the arteries and veins. Walking, the most salutary and natural exercise, is in the power of everybody, and we can adapt its degree and duration to the various circumstances of health. By this means the appetite and perspiration are promoted, the body is kept in proper temperament, the mind is enlivened, the motion of the lungs is facilitated, and rigidity of the legs, arising from too much sitting, is relieved. The most obstinate disease and the most troublesome hysterics and hypochondriacal complaints have been completely cured by perseverance in walking. Pedestrian feats, even when carried to excess, are seldom attended by any pernicious effects. The exhaustion occasioned is only temporary, for the wearied frame is speedily recruited by the luxury of rest and refreshment. But certain rules may be observed which will render walking both