

fast; hunt with the local harriers for three hours; home to a late luncheon; then drive a wagonette to show some visitors the beauties of the neighbouring Ashburnham Park; afternoon tea; after dinner, a rehearsal of some music with the various young ladies and gentlemen who were to form her party on the morrow. Or, as an illustration of a day in the London season: Down to Chatham (or some such port) in the morning to launch a vessel; to the East End in the afternoon to distribute prizes at a training-



HOW THE JOURNAL WAS WRITTEN.

ship, and to make a speech to the pupils; and, in the evening a reception at her own house.

Undoubtedly she now and then overtaxed her strength by such exertions, the more so from the fact that she had a delicate chest, and was extremely susceptible of bronchial ailments. During the last few years her medical advisers had insisted upon her wintering in warm climates for this very reason. With all her labours of literature, society, and public functions, she always found time to superintend her own household. Guests at Norman-