

sleep at will; fourth, the never losing a night's sleep in my life; fifth, two violent fevers and two deep consumptions (these were rough medicines, but they caused my flesh to come again as the flesh of a little child); lastly, evenness of temper. I feel and grieve, but, by the grace of God, I fret at nothing."

When he was seventy-five years of age, he records how he outwalked the stage coach for five miles on the deep Kentish roads. His record in 1781 is:—

"This day I enter into my seventy-ninth year, and by the grace of God feel no more of the infirmities of age than I did at twenty-nine. I have now preached thrice a day for seven days following, but it is just the same as if it had been but once."

From what strange fountains of strength had this amazing old man drunk!

In 1784 Wesley was in Scotland, in wild weather, and beaten upon by the bitter moor winds. He records that he walked twelve miles without a sense of fatigue—and he was eighty-one years of age! In 1785 he writes:—

"It is now eleven years since I felt any such thing as weariness. Many times when I speak my voice fails, and I can speak no longer. Frequently when I walk my strength fails, and then I can walk no longer. Yet even then I feel no sense of weariness, but am perfectly easy from head to foot."

In June 1786, when he was eighty-three years old, Wesley travelled seventy-six miles in one day, and preached three times; and he declares that at the end of the day "I was no more tired than when I rose in the morning."

These remarkable entries need perhaps to be slightly discounted. Wesley's memory sometimes failed him. He describes, for example, as one of the causes of his marvellous health, "the never losing a night's sleep in my life." On July 5, 1773, he writes: "This is the first night I ever lay awake in my life, though I had ease in body and mind." "In seventy years," he says, "he had never lost one night's sleep." But his Journal contradicts these statements. Thus on September 10, 1759, he records: "Feverish at night, could not sleep a quarter of an hour, till between two and three in the morning." On July 27, 1767, the entry is, "My cough is so violent at night I could not sleep a quarter of an hour together."