

that the brain works very much better at some times than it does at others, I can declare, without reservation, that no man who depends upon moods for the power to write can possibly accomplish much. I know men who rely upon their moods, alike for the disposition and the ability to write, but they are, without exception, lazy and inefficient men. They never have accomplished much, and they never will accomplish much. Regular eating, regular sleeping, regular working—these are the secrets of all true literary success. A man may throw off a single little poem by a spasm, but he cannot write a poem of three thousand lines by spasms. Spasms that produce poems like this, must last from five to seven hours a day, through six days of every week, and four weeks of every month, until the work shall be finished. There is no good reason why the mind will not do its best by regular exercise and usage. The mower starts in the morning with a lame back and with aching joints ; but he keeps on mowing, and the glow rises, and the perspiration starts, and he becomes interested in his labor, and, at length, he finds himself at work with full efficiency. He was not in the mood for mowing when he began, but mowing brought its own mood, and he knew it would when he began. The mind is sometimes lame in the morning. It refuses to go to work. Our wills seem entirely insufficient to drive it to its tasks ; but if it be driven to its work and held to it persistently, and held thus every day, it will ultimately