

Prolonged work, without the constant relief of due rest between heart-beats, may, indeed, bring the necessity of prolonged rest—like a long summer vacation—with a corresponding intermission of normal heart action. But, if the proper rest were taken between heart-beats, there would be no need of any such abnormal suspension of life-supplying and life-diffusing heart-activities. If a man needs a vacation of months at a time, it is because he has not rightly improved his privilege of resting between heart-beats. He has failed to pause after one heart-beat before attempting another. He has not fully let go of one absorbing thought or duty when, in a moment, he must lay hold of a different one. He has not slept in the hours of nightly sleep, or recreated in the hours of daily recreation. He has overtaxed his heart by refusing it due rest in its intervals of pulsation, until now that overstrained heart can regain its vigor only through a season of enforced and unnatural inaction; the uncalled-for excess on the one hand being a cause of the called-for excess on the other. Prolonged vacations are a natural consequence of an unnatural use of one's vital powers—where, indeed, a prolonged vacation is in any sense a necessity to an able-bodied man or woman.

Those persons who obtain their due rest between heart-beats can use their hearts at their ordinary occupation, waking and sleeping, twelve months in every year. *They* need no annual vacation. Those persons, on the other hand, who really must have a vacation, are persons who have, for some reason, failed to obtain a fair amount of rest between heart-beats; accordingly, they are necessitated to live on, with their invalid lives, estivating in mental inaction, as the tortoise and the bear hibernate in physical torpidity. But such persons, one and all, ought to know that in their two-fold excess they can never hope to accomplish as much good work, or to do their best work as well, as if they were to keep their hearts steadily in action all the year through, and were to take their rest between heart-beats.—*S. S. Times.*