

or rather amused, in some way. This point cannot be too much insisted on, for upon it depends in great measure whatever attempt to restore health to the body shall be successful or the reverse. Bodily exercise without amusement is mere drudgery—it tires, but does not lead to a restoration of power; whilst if given with some mental excitement, the fatigue is scarcely felt; and what little is experienced is speedily followed by a reaction which asks for more work of a similar character and tendency. Let anyone contrast the effects of a walk or ride without object or companion with either the one or the other, when taken for the purpose of making a call, or with any other specific object, especially in company of an amusing companion. From the former (called 'a constitutional' because it does not benefit the constitution) he has returned jaded and out of spirits, whilst from the latter he has experienced an amount of exhilaration varying, of course, with the nature of the object and the agreeability of his companion. Nothing conduces more to a successful prosecution of this plan of self-treatment than the mutual agreement of two persons whose object is the same to assist one another by their example. Let two persons agree in earnest to restrain one another when tempted, and also to amuse one another by sparring or fencing, or riding, or walking together, or, indeed, any kind of gymnastic exercise. This will aid the purpose of both, as far as the restoration of health is concerned, and they will also find it much more easy to 'put the stopper' upon each other than upon themselves, the grand object in all cases being to leave off injurious food and drinks, to avoid smoking and venery, and to take sufficient exercise, conjoined with amusement, to tire without prostrating the muscular system.

During this period the diet should be plain, but varied. Roast beef and mutton, or chops and steaks, with any vegetables that agree with the individual, may be indulged in. Poultry, game and fish are not injurious; and even pastry, if good and plain, will do no harm whatever. In the present day it is scarcely necessary to inculcate the free use of cold water every morning. It is not desirable to bathe during this time, though in warm weather a mere plunge into a river, or, better still, the sea, is very serviceable; but at all seasons the whole body should be sponged every morning, using in very cold weather water at the temperature of sixty or sixty-five degrees of Fahrenheit. The body should be well rubbed with a rough towel until a glow is produced; and the aid of an assistant is here

very beneficial. Such is the comparatively easy task of those who have continued to take strong exercise, concomitantly with their free indulgence in wine, tobacco, and all their little etceteras.

REBUILDING THOSE BROKEN DOWN BY LITERARY AND SEDENTARY PURSUITS.

Persons who are desirous of excelling in literary pursuits must bear in mind that; without bodily health, the mind is unfitted for exertion in acquiring knowledge. It is true that many men who have already stored their brains with facts are enabled, even after becoming complete valetudinarians, to impart knowledge to others; but no one can grapple with difficulties for himself while in that state; much time is often lost and strength squandered through over-anxiety in reading; but if eight, or, at most, ten hours a day, are well employed—that is to say, if any man really works hard during that time—he will have done all of which his mental powers are capable. This will leave him seven or eight hours for sleep, and six or seven for meals, exercise, etc. Few men, however, of ardent temperaments and studious habits, are capable of thus portioning their time; but they may depend upon the fact that, beyond the hours named, they will gain nothing by poring over mathematical problems or classical authorities. It is needless to remark that, in a mind upset by literary study or mercantile accounts, the best plan, if practicable, is to give up reading and writing entirely for a time; but this is seldom to be effected; and, if not, all that can be done is to improve the health of the body as much as possible whilst the strain upon the mind continues. In the case of a man who can arrange his own hours of study, and has only a certain object to effect by a given time, he ought in no case to exceed eight hours a day, and, if possible, not more than six. This will leave him ample time for the prosecution of any bodily training which he may require; and, if the health has not been much impaired, and the constitution is naturally strong, he will find that, in proportion as he is able to increase the amount of bodily exercise, so will his mental powers recover their tone. Few reading men determine upon preparing for a course of training until they are a good deal upset by confinement, and in them some little care is necessary. First and foremost, they must give up smoking, green tea, and coffee, except at meals. There should be no over-

stimulation done should stimulus. vided into mending the second this way a given up t and the fo though of to suit p fast at 8; on biscuit sherry an 4.30; dinn and mind of coffee three, or f stances; t hours are a gentle and horseback, are able to advantage speaking, i mouth feel palpitation good rather sleep after everybody that it sold sleep we kn and, if it c chance of i it altogether rather more found to ag the mind w body; after dies may i gour.

The regu the hours a must be do the summer best course will be posi wards and f morning. T ing a walk w by devoting ing to a fou ness, suffici tained to ke ing this sea third or one first, and th swallowed t to take thei to be very a but even th the assistant