

refreshment following repose. The internal organs, and especially that great and ever-active hollow muscle the heart, and the muscles concerned in respiration, though not obtaining entire rest like the voluntary ones, or those of locomotion, are as little tasked as possible in the bath; and thus the general system is saved a great expenditure of excitement, and is prepared for subsequent renewed, and, if need be, violent exercise.

The more complete the repose or the approach to the lowest degree of excitement compatible with health, the greater will be the renovation of all the functions, and their ability to endure subsequent exertion and fatigue. Modern civilization, with its unceasing restlessness and fidgetiness, seems to have forgotten this wholesome principle of hygiene: it acts as if change of sensation, a continual lashing of the flagging faculties, by every variety of stimulus, diffusible and sensual, were the means of warding off and of removing fatigue when it does occur.

The dress and conventional postures of refined life are constrained and artificial, and are opposed to the easy play of respiration, and to the moderate action of the heart. The wild Indian and the wandering Arab of the desert, yielding to their instinct, which is but a modification of that of self-preservation, throw themselves prone on the ground, after the labour of the chase, or the day's journey through the desert is over—and even before they are overtaken by sleep: or if particular circumstances should prohibit this indulgence, they obtain refreshment from their fatigue by their very posture, which allows of the greatest rest to all the voluntary muscles, while, at the same time, it diminishes by many beats the contraction of the heart.

Even where civilization, so far at least as a formal ceremonial is concerned, becomes engrafted on the nomade life, we find all the ancient people of the East, and those who, from similarity in climate readily imbibed their practices, choose the recumbent or semi-recumbent posture, not only when alone but in their visits and festive meetings. Do we not see in their greetings of each other, and in their gestures of respect and devotion to their seniors and superiors, from the first graceful flexion of the head on the chest and folding of the arms, to kneeling and entire prostration, modifications of the same primary instinct—to cause as little strain as possible on the motor organs?

So far from admitting this instinct, which belongs to and is manifested by all animated beings, we who boast of our civili-