ing." But he gives "two important tests by which it can be determined, in any given case, whether hard mental toil is producing mischief or not. One of them is capacity for sleep, and the second, of subordinate, but nearly equal value, the state of the appetite and digestion. "If the sleep be normal in amount and refreshing in character, and if the appetite and digestion remain good, it is certain that no harm is being done. With regard to the quantity of sleep, it is impossible to lay down any hard and fast rule, but six or seven hours are generally sufficient [Eight seems better for readers of The Tech.] There is probably some truth in the old maxim that an hour's sleep before midnight is equal in value to two hours afterward, if only because its adoption encourages early hours.”

This is quite in accordance with the present writer’s experience, who has been at different times in his life both a late and an early worker, but who altogether prefers the latter system. The following is sound doctrine: "Most people allow that early rising is advantageous, but there are, it is to be feared, comparatively few brain-workers who adopt the habit. They allege, and with some reason, that they can work best at night, because their surroundings are quiet, and there is a freedom from disturbance. When they state, however, that they themselves feel better fitted for work, they are, as a general rule, misinterpreting their own sensation. They feel quiet because they are tired; one part seems fit to work because the other is too weary to protest. A recourse to tea, coffee, or alcohol helps the mind for a time, but the effect of these stimuli upon the wearied organism is only to increase the penalty that must sooner or later be paid in the form of sleeplessness and other evidences of nervous disturbance. Morning is the time for work; after a due amount of sleep the mind is more fitted to grapple with difficulties than after a long and fatiguing day. To those unaccustomed to the habit, a strong effort is necessary in order to begin the practice of early rising, and in winter the difficulties would doubtless seem great. Thanks, however, to modern contrivances, a small room can soon be made comfortably warm, and a cup of coffee can be prepared with a minimum of trouble. A man who has done two hours good work before breakfast, feels that he is to that extent, at least, in advance of the majority of his fellow-workers. Dean Hook, we are told by his biographers, considered his morning very short if he did not get to work before half-past five o’clock.” The present writer can boast that he is a little ahead of Dean Hook, for, when not obliged to sit up late the preceding evening, he is usually at his desk at five; and for work, the two hours from five to seven are worth more to him than any four of those that follow. But the cup of coffee (and a biscuit), or of “Whitman’s Instantaneous Chocolate” for those who cannot have coffee, is an essential. The objection to early work comes generally from those who attempt it without this necessary preliminary. A cup of hot drink can easily be prepared over the gas on one of the little contrivances the house-furnishers sell, or with a spirit-lamp. The writer’s remarks about food are sensible. A student’s, and especially a young student’s, diet should be simple, plentiful, nutritious, and digestible; and though there is truth in the maxim that what is one man’s meat is another man’s poison, yet physiology has something valuable to teach us nowadays, both as to the nutritive value and the digestibility of different kinds of food. “A man,” says Dr. Roose, “must be very unobservant or very foolish if he does not find out for himself what suits him and what does not; but few men realize the extent to which our sensations are influenced by the condition of our digestive organs, and what an effect indigestion often produces upon our views of things in general, and our own prospects in particular.” This is eminently true. What is much of old Carlyle’s philosophy but the gospel according to dyspepsia? and perhaps the gloom of Calvinism may be explained in part when we find it recorded that Calvin was also a dyspeptic.

The Doctor’s remarks on the necessity of air, and exercise, and recreation are equally good. “Reading offers the most available means of recreation. Dean Hook’s practice in this respect also is worthy of adoption. He tells us that he always had a novel on hand. It lasted him a long time, but when a man has much to do, a little time thus spent does the mind good.”

On the fruitful subject of “Reading,” about which Mr. Ruskin has lately delivered himself of some astounding nonsense, there is an entertaining and sensible paper in the April Macmillan, “General Readers, by One of Them.” It is suggested by a capital volume of essays just published by that vigorous writer, Frederic Harrison, entitled “The Choice of Books and other Literary Pieces,” a book that is well worth the small sum for which, in paper covers, it can be purchased. Our genial “general reader”