

soning and conduct of men on ordinary occasions, have been originally deduced by each individual from much of what has been long forgotten.

It has been asserted by persons<sup>c</sup>, whose intellectual powers were of the highest order, and whose industry was as remarkable as their abilities, that more than six or eight hours in each day could not be employed effectively by the generality of young men for the purpose of mental improvement. If this however be the case, and as a general position it probably is not very far from the truth, in vain does the ambitious student rob nature of that sleep which Providence has made necessary for the renovation of the exhausted powers of our mind, as well as of our body; and in vain also does he attempt to combine simultaneously the efforts of mental attention with bodily exercise, or to pursue his severer studies during the hour of meals: in both which cases, they, who adopt the custom, not only err in employing too continuous an application of the powers of the mind; but in impeding to a certain and often very inconvenient degree the process of natural respiration; and, consequently, of other functions of the body, particularly of digestion. How main a point

<sup>c</sup> Lord chief justice Hale; (see Boswell's Life of Johnson, vol. ii. p. 511, 4to. London, 1791;) not to mention living authorities.