### HOW TO LIVI ON TWENTY-FOUR HOURS A DAY

VI Tennis and the Immortal Soul

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bored; that is to say, he is not living.
But remember, at the start, those ninety nocturnal minutes thrice a week must be the most
important minutes in the ten thousand and eighty.
They must be sacred, quite as sacred as a dramatic rehearsal or a temis match. Instead of
saying, Szery I can't see you, old chep, but I have
to run off to the temis chib," you must say, "...but
I have to work," This, I admit, is intensely difficult to say. Tennis is so much more urgent than
the immortal soul.

#### \ \ |

# Remember Human Nature

## I have incidentally mentioned the vast expanse of forty-four hours between leaving business at 2 p.m. on Saturday and returning to business at 10

a.m. on Monday. And here I must touch on the point whether the week should consist of six days

or of seven. For many years-in fact, until I was approaching forty-my own week consisted of seven days. I was constantly being informed by older and wiser people that more work, more genuine

living, could be got out of six days than out of

And it is certainly true that now, with one day in seven in which I follow no programme and make no effort save what the caprice of the moment dictates, I appreciate intensity the moral value of of a weekly rest. Nevertheless, had I my life to arrange over again, I would do again as I have done. Only those who have freed at the full streetle seven days a week for a long time can appreciate the full

beauty of a regular recurring idleness. Moreover,

ever but your taste and natural inclination.  It is a fine thing to be a walking encyclopaedia of philosophy, but if you happen to have no liking for philosophy, and to have a like for the natural history of street-cries, much better leave philosophy alone, and take to street-cries.  This is the Project Gutenberg eBook. How to Live on 24 Hours a Day, by Arnold Bennett.  This eBook is for the use of anyone anywhere at no cost and with almost no restrictions whosoever. You may copy it, give it sway or result inder the terms of the rollier as www.gatenberg.20 August 20. How on 24 Hours a Day  Author Amold Bennett.  Posting Date August 23. 2008 (aBook Number 2274)  Release Date: August 23. 2008 (aBook Number 2274)  HTML version by: All Haines  The original ASCII document and all associated files of various formats can be found in:  http://www.gatenberg.2010.	XIII Dangers to Avoid 70	simment. And you do. Then you smoke, seriously; you see friends; you potter, you play carks; you it it is conceivable; you note that old age is creeping on; you take a stroll; you caresa the pino By one system of the stroll; you note that old age is creeping to it, you take a stroll; you care as equanted with a post; you note that old age is creeping to it, you note that old age is creeping to it, you not bat a stroll; you are acquained with a pressive that you go to bed, each forty minutes to thinking about going to bed, and a quarter past eleven. You then devote quite a great is forced, and a recent generally and evening, and you when you not take. A man is thred. That is a fair sample case. But you say: "It's all very well for you to take. A man is thred. That is a fair sample case. But you say: "It's all very well for you to take. A man is thred. That is a fair sample case. But you say: "It's all very well for you to take. A man is thred. That is a fair sample case. But you say: "It's to the theather (sepecially with a pretty woman).  It is not really any our take yourself glorious in fine rainnent; you take home; you take yourself glorious in fine rainnent; you take home; you ta	
appear, I will continue to chat with my companions in distress-that imnumerable hand of souls who are haunded, more or less painfully, by the feeling that the years slip by, and slip by, and that the years slip by, and slip by, and that the years slip by, and slip by, and that the years of the proper working order.  If we analyse that feeling, we shall perceive it to be, primarily, one of unessiness, of expectation, of looking forward, of aspiration. It is a source of constant discomfort, for it behaves like a skelenon at the feast of all our enjoyments. We go to the heater and laugh: but between the acts it raises a skimy finger at its. We rush violently for the last train, and while we are cooling a long age on the platform waiting for the last train, it promenades its bones up and down by our side and inquires: 'O man, what hast thou done with thy youth? What art thou doing with thine age?'' You may urge that this feeling of continuous looking forward, of aspiration, is part of life itself, and inseparable from life itself. True!  But there are degrees. A man may desire to go to Mecca. He canse forth, either by the aid of Cook's, or unaxisted; he may probably never reach Mecca; he may drown before he gets to Port Said; he may perish ingloriously on the coast of the Red Sea; his desire may remain eternally frustrate.	III The Desire to Exceed One's Programme 18	Unfulfilled aspiration may always trouble him. But be will not be tormerted in the same way as the how lin to the tormerted in the same way as the how lin to the desirated in the same way as the how lin to the desirate to nead, Mecca, and harried by the desire to nead, Mecca, and harried by the desire to nead, Mecca, never leaves Brixton.  It is something to have left Brixton. Most of care a quarter us have not left Brixton. We have not even taken a cab to Ludgate Circus and inquired from Cook's the price of a conducted tour. And our excuse to courselves is that there are only twenty-four hours in the day.  If we further analyse our wage, uneasy sapiration, we shall, I think, see that it springs from a fixed idea that we ought to do something in addition to these things which we are toyally and morally obliged to do. We are obliged, by various codes written and unwritten, to maintain ourselves and our families (if any) in health and confort, to control to mal way for the desired and of the shall we sometimes of we are not saisfacted. A task collection of the shall with us, and we when we realise that the task is be-have equally.	=
ginings) of systematic vitalising knowledge in other arts, the materials for whose study abound in London.  "I hate all the arts!" you say. My dear sir, I respect you more and more.  I will deal with your case next, before coming to literature.	X Interest in the Arts 55	ous groups of members each have a different and an indispensable function. You would styp out the instruments, and isten for their respective sounds. You would show the gulf that separates a French born from an English born, and you would protective why a player of the huntrop gets higher wages than a fiddler, though the fiddle is the more difficult instrument. You would fire at a promenable concert, in a state of beatific coma, like a haby gazing at a right object. The foundations of a genuine, systematic knowlingth object. The foundations of a genuine, systematic knowlingth object. The foundations of a genuine, systematic knowlingth object. At the end of a year of forty-eight edge of mass might be laid. You might specialseyout inquirie either on a particular from of music (such as the symbiony), or on the works of a particular compose. At the end of a year of forty-eight weeks of three brief evenings each, combined with would really know something about music, even would really know something about music, even "But I hat music" you say. My dear sir, I respect you.	

"How to Listen to Music" (which can be got at of all the orchestral instruments and plans of the arrangement of orchestras) you would next go to at the Alhambra, and which contains photographs any bookseller's for less than the price of a stall Now, if you have read, say, Mr. Krehbiel's

it is-a marvellously balanced organism whose vari mass, the orchestra would appear to you as what sification of interest in it. Instead of a confused a promenade concert with an astonishing inten-

symphony. It has thrilled you. It will thrill you that it is a "jolly fine thing." nor symphony is that Beethoven composed it and And all you can positively state about the C misive mood, to that lady—you know whom I mean again. You have even talked about it, in an expanfor your life's sake. Yet you admire the C minor the C minor symphony you could not name them which play the great theme at the beginning of

your ears to listen to details. listen for details because you have never trained a confused agreeable mass of sound. You do not as a heterogeneous mass of instruments producing As things are, you probably think of the orchestra couple of nights a week during a couple of months! struction of the orchestra to which you listen a you from making yourself familiar with the con-If you were asked to name the instruments

Nothing in Life is Humdrum

Art is a great thing. But it is not the greatest. The most important of all perceptions is the continual perception of cause and effect—in other words, the perception of the continuous development of the universe—in still other words, the perception of the course of evolution. When one has thoroughly got imbued into one's head the leading truth that nothing happens without a cause, one grows not

from causes of heredity and environment which are as interesting as they are scientifically comprehensible; and one buys another watch, if not with joy, at any rate with a philosophy that makes bitterness impossible. One loses, in the study of cause and effect, that absurd air which so many people have of being always shocked and pained by the curiousness of life. Such people live amid human It is hard to have one's watch stolen, but one reflects that the thief of the watch became a thief nature as if human nature were a foreign country only large-minded, but large-hearted.

improve one's self-to increase one's knowledgeof knowledge, and that the disturbing thirst to exceed formal programmes takes a literary shape who have intellectual curiosity—the aspiration to conscious of the wish to live—that is to say, people may well be slaked quite apart from literature literature by no means comprises the whole field and more literary. But I would point out that Decidedly the British people are becoming more They would like to embark on a course of reading I imagine that in the majority of people who are

of inquiry. often forced by it into agreeable little backwaters my opinion the greatest mind that ever lived, was of still more knowledge. Even Herbert Spencer, in overstep the limits of their programme in search quirement of knowledge have been driven by it to whole lives have been given to the systematic acfor knowledge. And it is so strong that men whose many names. It is one form of the universal desire peace of the soul. That wish has been called by which has not started will remain to disturb the the sense of uneasy waiting for something to start

of evolution have risen past a certain level gramme is common to all men who in the course Until an effort is made to satisfy that wish,

accomplish something outside their formal pro-And such is, indeed, the fact. The wish to

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The Desire to Exceed One's Programme

disregard of everything except the point, "what is he driving at with his twenty-four hours a day? I have no difficulty in living on twenty-four hours time to go in for newspaper competitions. Surely it is a simple affair, knowing that one has only twenty-four hours a day, to content one's self with 'But." someone may remark, with the English a day. I do all that I want to do, and still find

To you, my dear sir, I present my excuses and You are precisely the man that I have been wishing to meet for about forty years. Will you kindly send me your name and address, and Instead of me talking to you, you ought to be talking to me. Please come forward. That you encountered you is my loss. Meanwhile, until you state your charge for telling me how you do it? exist, I am convinced, and that I have not yet twenty-four hours a day!" apologies.

you feel as if you could sit up and take a little nour on your arrival home. But in about an hour or so of London like a virtuous and melancholy cloud particularly in winter. You don't eat immediately tired feeling hangs heavy over the mighty suburbs been gradually working up the tired feeling. you are tired. During the journey home you have you are pale, and you give her to understand that You are pale and tired. At any rate, your wife says I meet you again as you emerge from your office

yourself, say, from 9 to 11.30 for your task of ninety of accidents. Remember human nature. And give work of an hour and a half. Remember the chance more than an hour and a half in which to do the That is, as regards the evenings, to allow much cated hours, I have one final suggestion to make

> your newspapers then. a half) in the midst of the day, less than half of nominally an hour (often in reality an hour and there till six o'clock. I am aware that you have all that to spend as you choose. You may read which time is given to eating. But I will leave you Now you reach your office. And I abandon you

you are capable of doing.

sing louder and tell yourself what wondrous things vitality for three months—then you may begin to hours and a half a week to the cultivation of your and reiterate: Start quietly, unostentatiously. perate wound at one's self-respect. Hence I iterate in an enterprise deliberately planned deals a desis at the root of all purposefulness, and a failure You must safeguard your self-respect. Self-respect that I earnestly advise a very humble beginning disastrous effect of failure in such an enterprise, know the difficulty, it is because I know the almost of volition, will be necessary. And it is because I I repeat that some sacrifice, and an immense deal fort, and still live your old life, you are mistaken hours and a half a week to serious, continuous ef-

When you have conscientiously given seven

Before coming to the method of using the indi-

three-quarters of an hour for use.

of time. Let me respectfully remind you that you reading in trains! I have already "put by" about have no more time than I have. No newspaper such Oriental lavishness. You are not the Shah allow you to scatter priceless pearls of time with ing males) is to me repugnant. I cannot possibly in a compartment full of silent, withdrawn, smokmore perfectly immerse one's self in one's self than utes of wonderful solitude (for nowhere can one devoting to them thirty or forty consecutive min-

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it may be said that a constant breathless hurry is better than an eternal doze.

In any case, if the programme exhibits a tendency to be oppressive, and yet one wishes not to modify it, an excellent palliative is to pass with exaggerated deliberation from one portion of it to another; for example, to spend five minutes in perfect mental quiescence between chaining up the St. Bernard and opening the book; in other words, to

waste five minutes with the entire consciousness of The last, and chiefest danger which I would indicate, is one to which I have already referred wasting them.

the risk of a failure at the commencement of the

I must insist on it. enterprise.

A failure at the commencement may easily kill outright the newborn impulse towards a complete vitality, and therefore every precaution should be observed to avoid it. The impulse must not be over-taxed. Let the pace of the first lap be even absurdly slow, but let it be as regular as possible. And, having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self-confidence of having accomplished

Finally, in choosing the first occupations of those evening hours, be guided by nothing whata tiresome labour is immense.

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patent. This idea is one of the oldest platitudes, but it is a platitude whose profound truth and urgency most people live and die without realising. eople complain of the lack of power to concentrate, not witting that they may acquire the power, And without the power to concentrate-that is to say, without the power to dictate to the brain its task and to ensure obedience—true life is impossible. Mind control is the first element of a full existence. Hence, it seems to me, the first business of the day should be to put the mind through its paces. if they choose.

You look after your body, inside and out; you run

odd moments. But I do read them. The idea of

Now surely your inability to perform "The

change from the old Covent Garden days!).

Maiden's Prayer" on a piano need not prevent

What does that matter? That you have a genorder to fill his hall with you and your peers, the conductor is obliged to provide programmes from which bad music is almost entirely excluded (a

know nothing of music.

People say: "One can't help one's thoughts." But Controlling the Mind

one can. The control of the thinking machine is perfectly possible. And since nothing whatever nappens to us outside our own brain; since nothing hurts us or gives us pleasure except within the brain, the supreme importance of being able to control what goes on in that mysterious brain is

unsuspected and ridiculous tragedy of a career. solute finality in that plaintive voice reveals the XIII Dangers to Avoid

On the other hand, a programme is a pro-

and more obsessed by what one has to do next veloping a policy of rush, of being gradually more appear to the inexperienced. little elasticity, is scarcely the simple affair it may And still another danger is the danger of de-

the programme, and to attempt less. at tempting too much, from filling one's programme in what one has attempted, but from originally evil springs not from persisting without elasticity programme will not help to mend matters. The must not be rate. begin to read at a quarter to nine, and that one meditate the whole time on the fact that one must and one's life may cease to be one's own. One may till it runs over. The only cure is to reconstitute take the dog out for a walk at eight o'clock, and In this way one may come to exist as in a prison, And the occasional deliberate breaking of one's

But the appetite for knowledge grows by what it feeds on, and there are men who come to like a constant breathless hurry of endeavour. Of them

> personal fact lest I should be accused of a prejuknow you have at least half an hour of security in front of you. As your glance lingers idly at the advertisements of shipping and of songs on the wealthy in time, of a man from some planet where weeklies, regularly. I am obliged to mention this with rapidity. There is no place in my daily programme for newspapers. I read them as I may in You get into the morning train with your newspaper, and you calmly and majestically give yourself up to your newspaper. You do not hurry. You outer pages, your air is the air of a leisured man, there are a hundred and twenty-four hours a day instead of twenty-four. I am an impassioned reader newspapers. I read five English and two French dailies, and the news-agents alone know how many dice against newspapers when I say that I object to the reading of newspapers in the morning train. Newspapers are produced with rapidity, to be read

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Preface to This Edition

daily time-expenditure.

has led me to the minute practical examination of which, by the way, I have not discovered) that

a stranger in a strange land!

The study of cause and effect, while it lessens

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deference, to live with not too much and not too one's programme with exactly the right amount of it ceases to be anything but a poor joke. To treat gramme. And unless it is treated with deference

dence concerning this small work, and many reviews of it—some of them nearly as long as the preface must be, should be read at the end of the This preface, though placed at the beginning, as a I have received a large amount of correspon-

of the comment has been adverse. Some people book itself-have been printed. But scarcely any

which protests have been made is as follows:-"In the majority of instances he [the typical man] does teared this disapprobation. The sentence against ence to page 43 will show that I anticipated and correspondents—and I must deal with it. A refernot in the press, but by sundry obviously sincere more serious stricture has, however, been offeredbeen persuaded that the volume was flawless! A reproach been put forward I might almost have jection did not impress me; and had no weightier tone is not, in my opinion, at all frivolous, this obhave objected to a frivolity of tone; but as the

not scientifically put two and two together and see in the (once) Two-penny Tube the cause of a clerk lunching at a Lyons Restaurant who did students of cause and effect, and there was not Bush. But to a certain point we are all scientific and shocking that rents should go up in Shepherd's Rents went up in Shepherd's Bush. It was painful of this. It is the end of all science.

Cause and effect are to be found everywhere

Here I merely point out to those who have no natural sympathy with literature that literature is

There are enormous fields of knowledge quite

make Tschaikowsky's "Pathetic Symphony"?

sults to cultivators. For example (since I have just mentioned the most popular piece of high-class them. You smoke your cigar or cigarette (and I regret to say that you strike your matches during the soft bars of the "Lohengrin" overture), and you enjoy the music. But you say you cannot play the piano or the fiddle, or even the banjo; that you uine taste for music is proved by the fact that, in

not the only well.

With the various ways of slaking I shall deal later.

III The Desire to Exceed One's Programme

not to love literature. It is not a sign of imbewho does not comprehend, say, the influence of requested to explain the influences that went to outside literature which will yield magnificent remusic in England to-day), I am reminded that the Promenade Concerts begin in August. You go to

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cility. The mandarins of literature will order out instant execution the unfortunate individual Wordsworth on Tennyson. But that is only their impudence. Where would they be, I wonder, if

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of life. Nothing will afford a more durable satisfacon its way to be solid, and he is penetrated by a day-before-yesterday of geology was vapour, which tion than the constantly cultivated appreciation sense of the tremendous, changeful picturesqueness inevitably be ice. yesterday was boiling, and which to-morrow will effect, perceives in the sea an element which in the the idea of development, of continuous cause and He perceives that a liquid is merely something

third-class return. The man who is imbued with at the sea as a grandiose, monotonous spectacle

which he can witness in August for three shillings The man to whom evolution is but a name looks the painfulness of life, adds to life's picturesqueness maturity, one ought surely to be ashamed of being full of awful foreign customs. But, having reached

This seems obvious. Yet I know men whose lives are a burden to themselves and a distressing burden to their relatives and friends simply because they have failed to appreciate the obvious. "Oh. no." I have heard the martyred wife exclaim. "Arthur always takes the dog out for exercise at eight o'clock and he always begins to read at a quarter to nine. So it's quite out of the question that we should..." etc., etc. And the note of abis not a religion.

out of every day, and therefore never really living. It will be found, ultimately, that in taking care of Another danger is the danger of being tied to a programme like a slave to a chariot. One's programme must not be allowed to run away with one. It must be respected, but it must not be worshipped as a fetish. A programme of daily employ one's self one has quite all one can do.

tigued at the end thereof.

tools required! Not even a book. Nevertheless, the street again?" on the platform, in the train, and in the crowded of arriving at your office. the moment of quitting your door to the moment craft of living that I have reserved the time from traneous aid? It is for this portion of the art and of the mind, especially as you will require no exlittle attention to the far more delicate machinery stomach into decent behaviour. Why not devote a man to the pig-killer, to enable you to bribe your employ a whole army of individuals, from the milkgrave danger in hacking hairs off your skin; you VIII Controlling the Mind "What? I am to cultivate my mind in the street Precisely. Nothing simpler! No

into the train

later on I will justify myself.

Now will you kindly buy your paper and step

mind on a subject (no matter what, to begin with) affair is not easy. You will not have gone ten yards before your mind When you leave your house, concentrate your

has skipped away under your very eyes and is

Bring it back by the scruff of the neck. Ere

you received a disquieting letter which demanded tion. Do you not remember that morning when pretend that your mind is incapable of concentraby any chance fail if you persevere. It is idle to tinue. Keep it up. You will succeed. You cannot it back about forty times. Do not despair. Conyou have reached the station you will have brought larking round the corner with another subject.

else will ever find it. It is undiscovered. When I expect to find it, nor do I expect that anyone

I have found no such wonderful secret. Nor do

that one's own time, and not other people's time, is the material with which one has to deal; that the earth rolled on pretty comfortably before one began to balance a budget of the hours, and that it will continue to roll on pretty comfortably whether or not one succeeds in one's new role of chancellor of the exchequer of time. It is as well not to chatter too much about what one is doing, and not to betray a too-pained sadness at the spectacle of a whole world deliberately wasting so many hours XIII Dangers to Avoid force into their day's work and are genuinely faam ready to believe it. I do believe it. I know it. I always knew it. Both in London and in the not escape me that a certain proportion of my peers showed what amounted to an honest passion for their duties, and that while engaged in those duties these fortunate and happy individuals (happier perhaps than they guessed) did not and do not constitute a majority, or anything like a majority. provinces it has been my lot to spend long years in subordinate situations of business; and the fact did they were really living to the fullest extent of which they were capable. But I remain convinced that

he does not dislike it. He begins his business funcengines, while he is engaged in his business, are am assured, in accents of unmistakable sincermuch better off-who do enjoy their business functions, who do not shirk them, who do not arrive not precisely feel a passion for his business; at best tions with some reluctance, as late as he can, and he ends them with joy, as early as he can. And his ity, that there are many business men-not merely those in high positions or with fine prospects, but modest subordinates with no hope of ever being at the office as late as possible and depart as early as possible, who, in a word, put the whole of their seldom at their full 'h.p."

V The Cause of Troubles

robs him of five minutes twice a day. the equivalent of what the company does when it what would my typical man exclaim? Yet that is

You say I am dealing with minutiae. I am. And

of things left undone will be got rid of! that haunting, unpleasant, daily disappointment arrangement of the day, and by which, therefore, you may at any rate approach the ideal of a perfect me to let you into some wonderful secret by which you already have all the time there is—you expect truth that you never will have "more time," since have drawn your attention to the glaring, dazzling do when you have "more time"; and now that I do, and which, indeed, you are always hoping to leaving undone something which you would like to and that the primal cause of that inconvenient distion with your own arrangement of your daily life are constantly haunted by a suppressed dissatisfacsatisfaction is the feeling that you are every day

tinguish between literature, and books treating of subjects not literary. I shall come to literature in

Let me now remark to those who have never

on bridge or boat-sailing. We must, therefore, dis-

interest in literature from reading the best books sailing you would not be deterred by your lack of understand the deeper depths of bridge or of boatout the aid of printed books. But if you desire to difficult, properly to study anything whatever with have a taste for literature. This is a great mistake the study of literature; and they do not happen to think that there is no alternative to idleness but course of idleness in the evenings because they Many people pursue a regular and uninterrupted

Of course it is impossible, or at any rate very

due course.

Phillips is or is not a true poet, that they are read Meredith, and who are capable of being un-

perfectly within their rights. It is not a crime moved by a discussion as to whether Mr. Stephen in persuading you to admit to yourself that you

Now that I have succeeded (if succeeded I have)

Precautions Before Beginning

Interest in the Arts

and we have always had, all the time there is. It is the realisation of this profound and neglected truth

result of cause and effect, the longest straight street

You would arrive at more difficult problems. And you would be able to tell us why, as the natural in London is about a yard and a half in length, while the longest absolutely straight street in Paris

whole life?

We never shall have any more time. We have, muddles through." Which of us is free from that uneasy feeling that the "great spending departments" of his daily life are not managed as they ought to be? Which of us is quite sure that his fine suit is not surmounted by a shameful hat, or that in attending to the crockery he has forgotten the quality of the food? Which of us is not saying to himself—which of us has not been saving to himself all his life: "I shall alter that when I have a And when I say "lives," I do not mean exists, nor little more time"?

If one can't contrive to live on a certain income of money, one earns a little more-or steals it, or advertises for it. One doesn't necessarily muddle one's life because one can't quite manage on a thousand pounds a year; one braces the muscles and makes it guineas, and balances the budget. But if one cannot arrange that an income of twentyfour hours a day shall exactly cover all proper items of expenditure, one does muddle one's life definitely. The supply of time, though gloriously Which of us lives on twenty-four hours a day?

est thing there is. It encumbers the earth in gross

Bush, and in the excessive demand for wigwams

the cause of the increase in the price of wigwams. whole complex movement of the universe-is as

an excessive demand for wigwams in Shepherd's "Simple!" you say, disdainfully. Everything-the simple as that-when you can sufficiently put two and two together. And, my dear sir, perhaps you happen to be an estate agent's clerk, and you hate

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regular, is cruelly restricted.

The tremendous, changeful picturesqueness of life is marvellously shown in an estate agent's office. What! There was a block of traffic in Oxford Street;

the arts, and you want to foster your immortal soul, and you can't be interested in your business

because it's so humdrum. Nothing is humdrum. that isn't picturesque! Suppose you were to study, an hour and a half every other evening. Would it not give zest to your business, and transform your

to avoid the block people actually began to travel under the cellars and drains, and the result was a rise of rents in Shepherd's Bush! And you say in this spirit, the property question in London for

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I Preface to This Edition

ing to satisfy that curiosity which means life, and The whole field of daily habit and scene is wait-

the satisfaction of which means an understanding

I promised to deal with your case, O man who

something about something? co-ordinate the knowledge thus obtained and build slippers, to the nearest gas lamp of a night with literature, in order to live fully. a superstructure on it, and at last get to know mon and rare moths that is beating about it, and a butterfly net, and observe the wild life of com-You need not be devoted to the arts, not to

sure, money, content, respect, and the evolution don't you walk out of your house door, in your lite-certainly a heart-enlarging diversion. Why sions to the country and the observation of wild You are "penned in town," but you love excur-

daily time. Out of it you have to spin health, pleadebt! You can only waste the passing moment cannot draw on the future. Impossible to get into income is not affected by Sundays. Moreover, you It is more certain than consols, and payment of not deserve time; he shall be cut off at the meter.' say:-"This man is a fool, if not a knave. He does be withheld from you. No mysterious power will You cannot waste the next hour; it is kept for you. You cannot waste to-morrow; it is kept for you. You have to live on this twenty-four hours of said the affair was a miracle. Is it not? nature. much more clearly you would understand human enthralling your business would be to you, and how sir, if you had begun with that, and followed it up for ninety minutes every other evening, how Walter Bagehot's "Lombard Street"? Ah, my dear

as much as you will, and the supply will never ment. Waste your infinitely precious commodity that specially favours my theories. breathless romance (disguised as a scientific study) You are a bank clerk, and you have not read that

estate agent's clerk I have not chosen an example extends for miles. I think you will admit that in an XI Nothing in Life is Humdrum

II The Daily Miracle

even an extra hour a day. And there is no punish-

tocracy of intellect. Genius is never rewarded by

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IX The Reflective Mood

ive mood naturally follows the exertion of having attending to an elementary and profoundly important duty, you prefer to read the paper (which you might just as well read while waiting for your dinsome time of the day you must. I now come to the

earned the day's living. Of course if, instead of

was a resurrection of hope in your breast. Perhaps you said to yourself, "This man will show me an you first began to gather my drift, perhaps there easy, unfatiguing way of doing what I have so long in vain wished to do." Alas, no! The fact is that IV Precautions Before Beginning

there is no easy way, no royal road. The path to Mecca is extremely hard and stony, and the worst

ner) I have nothing to say. But attend to it at

evening hours.

of it is that you never quite get there after all.

comfortably within one's daily budget of twenty-The most important preliminary to the task of arranging one's life so that one may live fully and four hours is the calm realisation of the extreme difficulty of the task, of the sacrifices and the endless effort which it demands. I cannot too If you imagine that you will be able to achieve strongly insist on this.

your ideal by ingeniously planning out a time-table with a pen on a piece of paper, you had better give up hope at once. If you are not prepared for discouragements and disillusions: if you will not be content with a small result for a big effort, then do not begin. Lie down again and resume the uneasy It is very sad, is it not, very depressing and doze which vou call vour existence.

sombre? And yet I think it is rather fine, too, this necessity for the tense bracing of the will before anything worth doing can be done. I rather like it myself. I feel it to be the chief thing that

to live." At any rate during their official day of day. The former are less in need of advice "how go half-heartedly and feebly through their official live on a given income of time," instead of "How up-to-date as they are, are not full of "How to Strange that the newspapers, so enterprising and are all clutching for, my friends!—depends on that that. Your happiness—the elusive prize that you of the most thrilling actuality. All depends on tective use, is a matter of the highest urgency and of your immortal soul. Its right use, its most ef-

nority, who throw themselves with passion and less deplorable than the case of the majority, who programme,' but allow me to tell you that when keen as anyone on doing something to 'exceed my gusto into their daily business task, is infinitely get home at six thirty p.m. I am not anything Now I must point out that the case of the mi

like so fresh as you seem to imagine.

Hence, when one sets forth on the enterprise of using all one's time, it is just as well to remember consciously to become a prig is an easy and a fatal he is capable of being gravely displeased because a discovery, is so impressed by his discovery that A prig is a tedious individual who, having made tant part of his attire, namely, his sense of humour walk, and without knowing it has lost an imporpompous fool who has gone out for a ceremonial gives himself airs of superior wisdom. A prig is a ot persons-a prig. Now a prig is a pert fellow who becoming that most odious and least supportable rant towards life. The first is the terrible danger of tain dangers which lie in wait for the sincere aspifrom vegetating) without briefly referring to certime to the great end of living (as distinguished didactic and abrupt, upon the full use of one's I cannot terminate these hints, often, I fear, too

working hours of their day may be badly organ-

perceives that money is just about the commonfar commoner than time. When one reflects, one to live on a given income of money"! Money is

neart.

are giving the full indicated "h.p." The other eight say, eight hours they are really alive; their engines the entire world is not also impressed by it. Un-

one of my correspondents. He wrote: "I am just as

minority was put in a single colloquial sentence by did do. The whole difficulty of the hard-working I ought not to have ignored it so completely as I

sufficient importance to merit attention, and that

Nevertheless, I admit that the minority is of

than interests them.

livelihood, and that their vocation bores rather as they conscientiously can into the earning of a they put not as much but as little of themselves a night genuinely tired. I remain convinced that

aspirations and ideals) do not as a rule go home of average conscientious men of business (men with remain convinced that the majority of decent

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think he ought not to do, postponing my suggestions for "planting" the times which I shall have merely indicate things which he does and which I

method of employing the sixteen hours that are

V The Cause of Troubles

entirely his, beginning with his uprising. I will

In justice to him I must say that he wastes very cleared—as a settler clears spaces in a forest.

little time before he leaves the house in the morning at 9.10. In too many houses he gets up at nine, breakfasts between 9.7 and 9.9 1/2, and then bolts. But immediately he bangs the front door his mental faculties, which are tireless, become idle. He walks to the station in a condition of mental coma. you see men calmly strolling up and down platforms while railway companies unblushingly rob them of time, which is more than money. Hun-Arrived there, he usually has to wait for the train. On hundreds of suburban stations every morning dreds of thousands of hours are thus lost every day simply because my typical man thinks so little

of time that it has never occurred to him to take quite easy precautions against the risk of its loss. He has a solid coin of time to spend every daycall it a sovereign. He must get change for it, and in getting change he is content to lose heavily. Supposing that in selling him a ticket the company said, "We will change you a sovereign, but we shall charge you three halfpence for doing so,"

Dangers to Avoid

a very carefully-worded answer? How you kept your mind steadily on the subject of the answer, VIII Controlling the Mind

without a second's intermission, until you reached your office; whereupon you instantly sat down and wrote the answer? That was a case in which you were roused by circumstances to such a degree of vitality that you were able to dominate your mind like a tyrant. You would have no triffing. You insisted that its work should be done, and its work By the regular practice of concentration (as to which there is no secret—save the secret of perseverwas done.

ance) you can tyrannise over your mind (which is not the highest part of you) every hour of the day, and in no matter what place. The exercise is a very convenient one. If you got into your morning train with a pair of dumb-bells for your muscles or an encyclopaedia in ten volumes for your learning, you would probably excite remark. But as you walk in the street, or sit in the corner of the compartment behind a pipe, or "strap-hang" on the Subterranean, who is to know that you are engaged in the most important of daily acts? What I do not care what you concentrate on, so long as you concentrate. It is the mere disciplining asinine boor can laugh at you?

of the thinking machine that counts. But still, you may as well kill two birds with one stone,

ment; you can't satisfy it at first; it wants more a treacherous thing. It cries out loudly for employardour. Ardour in well-doing is a misleading and words of warning in your private ear. Let me principally warn you against your own plished? The solitude of the evening journey home appears to me to be suitable for it. A reflec-(disconcerting though the sight may be) to do-of a steady looking at one's self in the face what one has recently done, and what one is about the place of a daily, candid, honest examination of are valuable. But not reading of books will take When shall this important business be accom-

will be warmer next week. It won't. It will be But before you begin, let me murmur a few

object is served in waiting till next week, or even until to-morrow. You may fancy that the water

a new leaf every hour if you choose. Therefore no very gratifying and reassuring. You can turn over

a single moment in all your career. Which fact is

cus Aurelius and Epictetus. Certain even more

elling without my Marcus Aurelius. Yes, books Emerson. For myself, you do not catch me travory. I may also mention Pascal, La Bruyere, and widely known works will occur at once to the memand upwards). I mentioned in my last chapter Marrived from printed books (issued at sixpence each and the practice of conduct, much help can be dekindly spirit, and politely insist on having a fresh steak. The gain will be obvious and solid. waiter as a fellow-creature, remain quite calm in a more your steak is over-cooked you will treat the which she makes no charge) will be that when once producing no effect whatever on the steak. eyes of sensible men, and soured the waiter, while you merely lost your dignity, looked a fool in the you accomplished nothing good by getting cross the steak; and that even if he alone was to blame

unspoilt, as if you had never wasted or misapplied the next hour are lying ready for you, as perfect, as

waste it in advance. The next year, the next day,

a private income. This must be his attitude. And upon what his executors will have to pay estate (much more important than the amount of estate his attitude is all important. His success in life

monetary cares; he is just as good as a man with is not a wage-earner; he is not preoccupied with do but cultivate his body and his soul and his fellow men. During those sixteen hours he is free; he all these sixteen hours he has nothing whatever to

duty) depends on it.

What? You say that full energy given to those

at 10 a.m. It is a day of sixteen hows; and during larger Chinese box, must begin at 6 p.m. and end

next morning. You will see.

Yes, my friend, it is useless for you to try to

chapters!—in the evening and concentrate on it the tus. Read a chapter-and so short they are, the and nonsense) than Marcus Aurelius or Epicteplain persons like you and me (who hate airs, pose, plain common-sense, applicable to the daily life of know nothing more "actual," more bursting with

a day. And this inner day, a Chinese box in a pletely he must, in his mind, arrange a day within

hand. And see how the process cures half the evils it you at second-hand. Try it. Get your mind in headed men who have walked the earth. I only give suggestion of the most sensible, practical, hardoffered to you. It is not my suggestion. It is the away the most precious suggestion that was ever Indeed, you are the very man I am aiming at. well enough for some folks, but it isn't in my line. concentration, and so on, is not for me. It may be But what he says about thinking in trains, and enth chapter. He had begun to interest me faintly "This fellow was doing pretty well up to his sevtelephone at my ear. You are saying to yourself: disguise the fact. I can hear your brain like a

or a leg. All they want is change-not rest, except

I shall now examine the typical man's current

tinuous hard activity; they do not tire like an arm is that the mental faculties are capable of a conthe chief things which my typical man has to learn increase the value of the business eight. One of eight? Not so. On the contrary, it will assuredly sixteen hours will lessen the value of the business

Throw away the suggestion, and you throw It is for you, I passionately repeat; it is for you

on the edge of a swimming-bath and wanting to jump into the cold water should ask you, "How do

the constant supply of time is that you cannot jump. Take hold of your nerves, and jump." I begin to jump?" you would merely reply, "Just no magic method of beginning. If a man standing do I begin?" Dear sir, you simply begin. There is and comprehended your ponderous remarks; how the battle. Assume that I have carefully weighed differentiates me from the cat by the fire

As I have previously said, the chief beauty about

steak.

In the formation or modification of principles

The result of this consultation with reason (for

he hope to live fully and completely? He cannot tedly he has no absolutely feverish zest, how can If my typical man wishes to live fully and com-

Aurelius or Epictetus.

VIII Controlling the Mind

it is only a suggestion—a little chapter of Marcus and concentrate on something useful. I suggest-

Do not, I beg, shy at their names. For myself, I

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existence subservient to one-third, for which admit-

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IX The Reflective Mood

"Well," you say, "assume that I am braced for

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question whether a woman can exist nicely in the country on L85 a year. I have seen an essay, "How to live on eight shillings a week." But I have never seen an essay, "How to live on twenty-four hours a day." Yet it has been said that time is money. That proverb understates the case. Time is a great deal more than money. If you have time you can obtain money-usually. But though you have the wealth of a cloak-room attendant at the Carlton Hotel, you cannot buy yourself a minute more time Philosophers have explained space. They have not explained time. It is the inexplicable raw material of everything. With it, all is possible; without it, nothing. The supply of time is truly a daily miracle, an affair genuinely astonishing when one

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XI Nothing in Life is Hundrum

hates art and literature, and I have dealt with it. I now come to the case of the person, happily very

common, who does "like reading."

motion. They will tell you how many books they Unless you give at least forty-five minutes to careful, fatiguing reflection (it is an awful bore at first) upon what you are reading, your ninety

have read in a year.

day; it is better to have lived a bit than never to more fortunate man, "although my ordinary proised, or even frittered away; but it is less disastrous to waste eight hours a day than sixteen hours a of the man who is braced to effort neither in the office nor out of it, and to this man this book is have lived at all. The real tragedy is the tragedy primarily addressed. "But," says the other and

gramme is bigger than his, I want to exceed my programme too! I am living a bit; I want to live more. But I really can't do another day's work on the top of my official day."

The fact is, I, the author, ought to have foreseen that I should appeal most strongly to those who

already had an interest in existence. It is always

the man who has tasted life who demands more of it. And it is always the man who never gets out the intensity of your daily money-getting will not the following pages. Some of the suggestions may

Well, you of the minority, let us assume that allow you to carry out quite all the suggestions in yet stand. I admit that you may not be able to use the time spent on the journey home at night; in the morning is as practicable for you as for anybody. And that weekly interval of forty hours, from Saturday to Monday, is yours just as much as

> of vour life! It is vours. It is the most precious of possessions. A highly singular commodity, showered upon you in a manner as singular as the For remark! No one can take it from you. It is unstealable. And no one receives either more or time there is no aristocracy of wealth, and no aris-

examines it. You wake up in the morning, and lo! your purse is magically filled with twenty-four hours of the unmanufactured tissue of the universe

than I have, or the cat by the fire has.

of bed who is the most difficult to rouse.

but the suggestion for the journey to the office

Talk about an ideal democracy! In the realm of

less than you receive.

commodity itself!

Never mind.

a lovely town on a hill.

minutes of a night are chiefly wasted. that your pace will be slow.

country; and after a period, perhaps when you least expect it, you will suddenly find yourself in

Forget the goal; think only of the surrounding

it is the pride of the moment. Newspapers are full We are nearly all chancellors of the exchequer: So we have most of us criticised, at one time or

another, in our superior way.

half of it! I'd show him-"

is that he fritters his income away. Wish I had the

cup! He can't understand it. Explanation simply

culties. Somehow he gets nothing out of his money extravagant. And yet the fellow's always in diffienough for luxuries as well as needs. Not really manage. Good situation. Regular income. Quite 'Yes, he's one of those men that don't know how to

deciding to devote ninety minutes three times a

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Serious Reading

cent necktie-baggy trousers! Asks you to dinner: had the brokers in. New suit-old hat! Magnifi Excellent flat-half empty! Always looks as if he'd

do so would upset the entire household. I do not

impossible for you to go earlier to bed of a night-to

on the programme itself. Briefly, get up earlier in programme before, and not after, you employ them Employ your engines in something beyond the

the morning. You say you cannot. You say it is cut glass-bad mutton, or Turkish coffee-cracked

think it is quite impossible to go to bed earlier at

night. I think that if you persist in rising earlier

will soon find a way of going to bed earlier. But my and the consequence is insufficiency of sleep, you

a matter of habit–and of slackness. I am convinced growing stronger every year, is that sleep is partly a sum, and these articles provoke a correspondence whose violence proves the interest they excite. Reof articles explaining how to live on such-and-such

will not be an insufficiency of sleep. My impression. impression is that the consequences of rising earlier

that most people sleep as long as they do because

cently, in a daily organ, a battle raged round the

to shirk; and that feeling cannot be got in facing a ious to achieve and another part of you is anxious difficulty, of a task which one part of you is anxportant factors is precisely the feeling of strain, of the cultivation of the mind one of the most im-The best novels involve the least strain. Now at the end, perhaps breathless, but unexhausted forward like a skiff down a stream, and you arrive novels that are difficult. A good novel rushes you the reader. It is only the bad parts of Meredith's any appreciable mental application on the part of not to be read, and that good novels never demand prose fiction—the reason is that bad novels ought the great literature of the world is in the form reason is not that novels are not serious—some of Dickens will be well advised to alter his plans. The week to a complete study of the works of Charles the man who, bent on self-improvement, has been Novels are excluded from "serious reading," so that

bread-and-butter. They take to reading as better read. I know people who read and read, and for all the good it does them they might just as well cut The second suggestion is to think as well as to

being a specialist.

literature on a motor-car, their sole object being men take to drink. They fly through the shires of choice. There is much pleasure to be derived from to be settled beforehand, confine yourself to your works of John Keats." And during a given period French Revolution, or the rise of railways, or the Say to yourself: "I will know something about the period, or a limited subject, or a single author. rection and scope of your efforts. Choose a limited certain importance. The first is to define the dimand. But I have two general suggestions of a attempt would be futile in the space of my comare so astonishingly lucid. I suggest no particular work as a start. The

The great convenience of masterpieces is that they the supreme masterpieces of history or philosophy after a year of continuous reading, be fit to assault

why any man of average intelligence should not

for a tyro in mental strains. But I see no reason not suggest that either of these works is suitable most majestic product of any human mind. I do poetry and refuses to be accepted as aught but the

"First Principles" simply laughs at the claims of

ardour for your ordinary day's work by a ruse The obvious thing to do is to circumvent your

ordinary day's work. What, then, is to be done? man's powers ought not to be monopolised by his

the other man's, though a slight accumulation of

day's work is thus exhausting, then the balance

do anything outside your programme at night. In fatigue may prevent you from employing the whole of your "h.p." upon it. There remains, then, the reply to which I tell you flatly that if your ordinary week. You tell me flatly that you are too tired to important portion of the three or more evenings a

of your life is wrong and must be adjusted. A

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V The Cause of Troubles

and more; it is eager to move mountains and divert the course of rivers. It isn't content till it perspires. And then, too often, when it feels the perspiration on its brow, it wearies all of a sudden and dies, without even putting itself to the trouble Beware of undertaking too much at the start. Be content with quite a little. Allow for accidents.

> Do not fear that I mean to thrust certain principles upon your attention. I care not (in this place) what your principles are. Your principles may induce you to believe in the righteousness of burglary. don't mind. All I urge is that a life in which conduct does not fairly well accord with principles is a silly life; and that conduct can only be made to accord with principles by means of daily examination, reflection, and resolution. What leads to the permanent sorrowfulness of burglars is that their principles are contrary to burglary. If they genyears for them; all martyrs are happy, because their As for reason (which makes conduct, and is plays a far smaller part in our lives than we fancy. more instinctive than reasonable. And the less we time you get cross with the waiter because your steak is over-cooked, ask reason to step into the cabinet-room of your mind, and consult her. She

necessary to the attainment of that thing.

IX The Reflective Mood

Now, shall I blush, or will you?

IV Precautions Before Beginning

typical man makes in regard to his day is a mistake of general attitude, a mistake which vitiates and weakens two-thirds of his energies and interests. In the majority of instances he does not precisely

Now the great and profound mistake which my

feel a passion for his business; at best he does not dislike it. He begins his business functions

with reluctance, as late as he can, and he ends them with joy, as early as he can. And his engines while he is engaged in his business are seldom at their full "h.p." (I know that I shall be accused

> Allow for human nature, especially your own.
> A failure or so, in itself, would not matter, if it did not incur a loss of self-esteem and of

of saying, "I've had enough of this."

self-confidence. But just as nothing succeeds like success, so nothing fails like failure. Most people who are ruined are ruined by attempting too much. Therefore, in setting out on the immense enterprise of living fully and comfortably within the narrow limits of twenty-four hours a day, let us avoid at agree that, in this business at any rate, a glorious failure is better than a petty success. I am all for the petty success. A glorious failure leads to So let us begin to examine the budget of the day's time. You say your day is already full to overflowing. How? You actually spend in earning your livelihood-how much? Seven hours, on the

uinely believed in the moral excellence of burglary,

penal servitude would simply mean so many happy

not unconnected with the making of principles), it We are supposed to be reasonable but we are much reflect, the less reasonable we shall be. The next

conduct and their principles agree.

any cost the risk of an early failure. I will not

nothing; a petty success may lead to a success that

is not petty.

average? And in actual sleep, seven? I will add

will probably tell you that the waiter did not cook the steak, and had no control over the cooking of

I am pretty thoroughly acquainted with the City, Yet in spite of all this he persists in looking upon the ten hours preceding them and the six hours by angry readers of traducing the city worker; but those hours from ten to six as "the day," to which following them are nothing but a prologue and epilogue. Such an attitude, unconscious though it and I stick to what I say.)

waste them, he does not count them; he regards This general attitude is utterly illogical and unhealthy, since it formally gives the central promibe, of course kills his interest in the odd sixteen hours, with the result that, even if he does not nence to a patch of time and a bunch of activities them simply as margin.

which the man's one idea is to "get through" and nave "done with." If a man makes two-thirds of his

of life—especially worry, that miserable, avoidable,

shameful disease-worry!

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XII Serious Reading

If poetry is what is called "a sealed book" to you, begin by reading Hazlitt's famous essay on the nature of "poetry in general." It is the best thing of its kind in English, and no one who has read it can possibly be under the misapprehension that poetry is a mediaeval torture, or a mad elephant, or a gun that will go off by itself and kill at forty paces. Indeed, it is difficult to imagine the mental

to read poetry before anything.

minutes the tea is infused. You can begin your day while drinking it. These details may seem trivial seem trivial. The proper, wise balancing of one's whole life may depend upon the feasibility of a cup to the foolish, but to the thoughtful they will not of tea at an unusual hour. A. B.

form of pleasure, and teaches the highest form

poetry.

severest strain of any form of literature. It is the highest form of literature. It yields the highest of wisdom. In a word, there is nothing to compare with it. I say this with sad consciousness of the fact that the majority of people do not read I am persuaded that many excellent persons, if they were confronted with the alternatives of reading "Paradise Lost" and going round Trafalgar Square at noonday on their knees in sack-cloth, would choose the ordeal of public ridicule. Still, I will never cease advising my friends and enemies

On that tray two biscuits, a cup and saucer, a box of matches and a spirit-lamp; on the lamp, the saucepan; on the saucepan, the lid-but turned the wrong way up; on the reversed lid, the small teapot, containing a minute quantity of tea leaves. You will then have to strike a match—that is all. In three minutes the water boils, and you pour it into the teapot (which is already warm). In three more

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the other eight hours.

to account to me on the spur of the moment for two hours, and be generous. And I will defy you

and who spends fifty minutes morning and night in an office, whose office hours are from ten to six. is special. in travelling between his house door and his office the average man. Every man and every man's case the average case, just as there is no such man as the average case, because there is no such case as only deal with one case, and that case cannot be choose an individual case for examination. I can of time-expenditure in all its actuality, I must In order to come to grips at once with the question But if I take the case of a Londoner who works

not interest us here; for our present purpose the the millionaire in Carlton House-terrace. clerk at a pound a week is exactly as well off as Fortunately the financial side of existence does

novel. You do not set your teeth in order to read 'Anna Karenina." Therefore, though you should read novels, you should not read them in those fmaginative poetry produces a far greater mental strain than novels. It produces probably the

ninety minutes.

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IX The Reflective Mood

consulted a doctor on this point. He is a doctor who for twenty-four years has had a large general

much sleep do you think is daily obtained by the street in charge of Carter Patterson's van? I have

they are at a loss for any other diversion. How powerful healthy man who daily rattles up your

He is a curt man, and his answer was curt:

inhabited by exactly such people as you and me. 'Most people sleep themselves stupid."

He went on to give his opinion that nine men

practice in a large flourishing suburb of London,

out of ten would have better health and more fun

by a woman, than anything by George Eliot or the Brontes, or even Jane Austen, which perhaps you have not read. Its title is "Aurora Leigh," and its author E.B. Browning. It happens to be written in verse, and to contain a considerable amount of genuinely fine poetry. Decide to read that book through, even if you die for it. Forget that it is

fine poetry. Read it simply for the story and the social ideas. And when you have done, ask yourself honestly whether you still dislike poetry. I have known more than one person to whom "Aurora Leigh" has been the means of proving that in ing they hated poetry they were entirely Of course, if, after Hazlitt, and such an experiment made in the light of Hazlitt, you are finally assured that there is something in you which is antagonistic to poetry, you must be content with history or philosophy. I shall regret it, yet not inconsolably. "The Decline and Fall" is not to be named in the same day with "Paradise Lost," but it is a vastly pretty thing; and Herbert Spencer's

which, of course, does not apply to growing youths. Rise an hour, an hour and a half, or even two hours earlier; and-if you must-retire earlier when you can. In the matter of exceeding programmes, you will accomplish as much in one morning hour as in two evening hours. "But," you say, "I couldn't my dear sir, in an age when an excellent spirit-lamp including a saucepan) can be bought for less than a shilling, you are not going to allow your highest co-operation of a fellow creature! Instruct the fellow creature, whoever she may be, at night. Tell her to put a tray in a suitable position over night.

Other doctors have confirmed this judgment,

out of life if they spent less time in bed.

begin without some food, and servants." Surely,

welfare to depend upon the precarious immediate

state of the man who, after reading Hazlitt's essay, is not urgently desirous of reading some poetry before his next meal. If the essay so inspires you would suggest that you make a commencement XII Serious Reading

with purely narrative poetry.

There is an infinitely finer English novel, written

unless one profits to the furthest possible degree it to the yoke. Useless to possess an obedient mind one's complex organism, one has naturally to put acquired power over that most unruly member of mere preliminary, like scales on the piano. Having at least half an hour a day should be given) is a The exercise of concentrating the mind (to which

The Reflective Mood

I blush to write them. Yet they must be written thyself. These words are so hackneyed that verily SCIETICE. is it any other art, nor is it history, nor is it any are agreed upon it. And it is not literature, nor any question. All the sensible people of all ages there cannot be any question; there never has been study is indicated by its obedience. A prolonged primary course of Now as to what this course of study should be It is the study of one's self. Man, know

it out loud. The phrase is one of those phrases being ashamed of it.) Man, know thyself. I say for they need to be written. (I take back my blush

facts permit. There are men who have to work door, I shall have got as near to the average as

not have to work so long. longer for a living, but there are others who do

to deny this. And if you admit it, and still devote no part of your day to the deliberate consideration reason and the adjustment of conduct to principles or mental pleasure, but from the development of ness does not spring from the procuring of physical And they have attained it by realising that happi-

not? Have you discovered it?

The chances are that you have not. The chances And yet you are in search of happiness, are you between our principles and our conduct. in determining our actions, and upon the relation us, upon the share which reason has (or has not) in which we are going, upon what life is giving to problem of our happiness, upon the main direction intentioned man of to-day is the reflective mood. anything else lacking in the life of the average well-I am entirely convinced that what is more than sagacious put into practice. I don't know why acknowledges the value, and which only the most with which everyone is familiar, of which everyone

piness is unattainable. But men have attained are that you have already come to believe that hap flect upon genuinely important things; upon the

We do not reflect. I mean that we do not re-

are regularly leaving undone the one act which also that while striving for a certain thing you of your reason, principles, and conduct, you admit I suppose that you will not have the audacity