

good spirits for work. There is no use in making ready to be tired tomorrow. You may go out of doors now; you may read; you may in whatever way get light and life for the next day. Indeed, if you will remember that the first necessity for literary work is that you have something ready before you begin you will remember that most authors have thoroughly forgotten or never knew.

The business of writing is the most exhaustive known to men. You should therefore steadily feed the machine with fuel. I find it a good plan to have standing on the stove a cup of warm milk just tinged with coffee. Beef tea answers as well, and a bowl of chowder equally as well as either.

If this bowl of coffee or chowder or soup is counted as one meal, the working man who wishes to keep in order will have five meals a day, besides the morning cup of coffee or of coffee colored with milk, which he has before breakfast. Breakfast is one, this extended lunch is another, dinner is the third, say at half past 2, tea is the fourth, at 6 or 7, and, what is too apt to be forgotten, a sufficient supper just before bed time, is the fifth. This last may be as light as you medical gentlemen please, but let it be sufficient. A few oysters, a slice of hot toast, clam chowder again or a bowl of soup. Never go to bed in any danger of being hungry. People are kept awake by hunger quite as much as by bad conscience.

Remembering that sleep is the essential force by which the whole scheme starts, decline tea or coffee within the last six hours before going to bed. If the women kind insist you may have your milk and water at the tea table colored with tea, but the less the better.

Avoid all mathematics or intricate study of any sort in the last six hours. This is the stuff dreams are made of, and hot heads and the nuisance of waking hours.

Keep your conscience clear. Remember that because the work of life is infinite you cannot do the whole of it in any limited period of time, and that, therefore, you may just as well leave off in one place as another.

Pardon me that I have used so often the first person singular in giving this advice, but your letter asked me what my habits are, and does not ask for those of the Empress Semiramis.

Believe me, dear sir, very truly yours,
EDWARD EVERETT HALE.

A GREAT MAGAZINE EDITOR.

A prominent business man who uses a great deal of Edward Everett Hale's work is Mr. John Brisben Walker, editor of the Cosmopolitan Magazine. He has seen all sorts of ups and downs in business speculation and literature. He made a fortune in Denver and he promises to make another in the Cosmopolitan Magazine. He is a man perhaps forty-five years of age. He is a man of brain, push and intellectual vitality, and words that he writes are worth printing, though he does not seem to think the questions I have propounded by any means easy to answer. He says:

EDITORIAL ROOMS,
COSMOPOLITAN MAGAZINE,
New York, 1893.

My Dear Sir: You are a modern Ponce de Leon in search of the fountain of perpetual youth. You ask a busy man how he avoids worry. He is like

yourself seeking the clue to this secret and will doubtless some day have his body covered over by a Mississippi of care and anxiety and the secret be still a secret. Yet there are two or three things worth knowing. One is to aid digestion by plenty of out door exercise, walks brisk enough to bring out the perspiration. Another is never to worry at the result after you have done your best. These two will bring sound sleep and so next day's labor becomes a pleasure.

If you obtain the true solution to your problem please send it to me.

JOHN BRISBEN WALKER.

OLD STATESMEN ON INTELLECTUAL HEALTH.

Judge Holman tells me that the secret of his good mental condition is in a good diet and sleep. He believes in hard work, and says, "More men are killed by shirking their work than by doing it." He takes a cold bath every morning, and says he loses a great deal of intellectual vigor whenever he misses it. Gov. Curtin once told me that he thought his intellectual health came from his care in his diet. He said he could go all day without eating and not notice it. Henry B. Payne, the famous Ohio ex-Senator, told me that he owed his good mind to the fact that he was temperate in all things, and also to his habit of walking long distances every day. He believes that more men are killed by intemperance in work than by intemperance in drinking, and is an active advocate of short hours and long rest. Cassius M. Clay once told me that he could never get along on less than nine hours sleep, and that he did not believe that a man should be waked in the morning. He believes that a good mental condition can only be kept by daily exercise in open air and by cold baths. It was the same with a number of old men whom I interviewed. Of these men there were about a dozen famous octogenarians, and without exception they attributed their good mental condition to open air exercise, frequent bathing and moderate drinking. I knew George Bancroft well during the latter years of his life. He took a ride every day almost up to the day of his death, and he was in the saddle for hours every day between the years of eighty and ninety. He attributed his long life to his exercise and temperance.

ERASTUS WIMAN ON INTELLECTUAL HEALTH.

Among my letters from prominent brain workers is one from Erastus Wiman. He is, you know, a self-made man and has certainly had his share of ups and downs. His pen just at the present time is more interesting than when he was at the top of the swim as a Wall street millionaire. His letter reads:

New York, N. Y., Sept. 11, 1893.

My Dear Sir:

I wish I could give a recipe for intellectual health and freedom from worry. Worry and work ought not to be harnessed together so constantly as they are, but they travel in pairs to a far greater degree than is desirable. Intellectual work and worry make old men of the best and brightest of our race and I fear will do so to the end of the chapter.

Working at night is to me the worst thing that can happen. When darkness

comes all nature seems to be at rest and I don't believe it pays to labor after dark. In the morning before dawn darkness may be made available, but after the exhaustion of the day intellectual work is burning the candle at the other end.

In answer to your question as to my habits of work I beg to say that from 5 to 7 in the morning are my best working hours for reading and writing, and that the rest of the day is given to business, with a total cessation of work and worry at night.

Sleep is the best as you suggest and many a man can sleep at 9 or 9:30 till 3 or 4 a. m. that can't sleep from 11:30 or 12:30 to 7 a. m. My pull on good health and vigor of body and mind is in the ability to drop asleep at the plebeian hour of 9 o'clock. A snooze in the middle of the day after lunch on the ferry boat or in the train is the best of tonics in the middle of the day.

Strong cigars, cigarettes or nibbling at tobacco seems to me to handicap hundreds of nervous organizations. I found tobacco and tea so completely relaxed my nerves that I completely eschewed them and will never again indulge. Strong black coffee is equally hurtful. These are trying times and there is more to follow. To avoid stimulants, to live regularly, eat sparingly and sleep when you can will enable one to keep a cool head and get the most out of one's self. I wish I could do you some good and am,

Truthfully yours

ERASTUS WIMAN.

A WORD FROM W. D. HOWELLS.

W. D. Howells is one of the most conscientious workers in the United States as well as one of the most regular. I once asked him as to his manner of working and why he did not buy any books except those on money making. He replied, "I can answer that question best by quoting from one of the Italian poets, who says, 'Our work of making books is all in vain, if books in turn do nothing to make men.'" At this time Mr. Howells told me that he did all of his intellectual work in the morning and that he arose about 7 o'clock, had breakfast at eight and then worked until lunch time. He believed that he did his best work on a good American breakfast and he thought it stood him better than the European custom of taking only coffee and rolls. In the letter which I have received from him concerning the above customs, he says that the best recipe for intellectual health is a clear conscience. He deprecates his ability to throw aside his work when he leaves it. He says he nearly always sleeps well and that his advice to persons overburdened with work and worry is temperance and exercise.

HOW MRS. FRANK LESLIE WORKS.

Perhaps the most successful business women in the United States is Mrs. Frank Leslie. Her history is known to all. How she was left by her husband with Frank Leslie's newspaper, and a load of debts. How she borrowed \$50,000 to carry on the business and built it up until it brought her an income of more than \$100,000 a year. Everyone knows how she added to the establishment a dozen or half dozen other celebrated publications, and how today, though one of the richest women in the United States, she works on unaffected by the worries of a fortune and a big business. She has for years been ground