

only 6 1/2 d a bottle - The new one - wh.
is stronger is more expensive & in smaller
bottle costs in fact 1/- a bottle - &
that I disapprove highly - He makes
me walk twice a day; never mind if
I'm very tired when I come in - Then
I am to lie down - The principle is to
produce appetite & sleep - & I must
say the result is - both in large
measure - But as soon as I am quite
myself again I can't carry on that
joke longer - as when I come home I
am seldom up to head work - What
he seems to think was very injurious
done was the practising 4 & 5 hours
a day. He says that the cerebral
excitement incurred by composition
& working theory - must tell upon you
physically - & that I ought injure
myself seriously by practising so
hard. I replied that nearly all com-
posers are virtuosi also - His reply
is that they being men that's quite
a different thing. So now I may
but practise 1/2 or 2 hours per diem -
I thought as I was there I might as
well be sounded - He says just
the same as Dr. Fry ~~says~~ said a year