

I did not admire, and that was a sort of fence about six feet high encircling a piece of ground large enough to hold a billiard table. You could not see through the fence as it was covered with matting of some kind on the inner side. Supposing it to be a shelter for some trees or shrubs I thought no more about it until one day I saw my brother-in-law go there in his dressing-gown. I was dressing at the time, so did not watch to see if he came out again, thinking that he had just looked in on his way to bathe to see how the trees were doing.

At breakfast I asked him how far it was to the river.

"About a mile, Hannah."

"But, my dear George, you surely don't walk a mile to bathe in your dressing-gown?"

"Oh dear no, I never bathe in the river. Why did you think I walked to the river in my dressing-gown?"

"Only because I saw you in the garden, and supposed you were going to bathe."

"So I was, but it was a sun bath, not a water bath. You saw that screen I have had made in the garden? We use it for a sun bath."

"I don't understand. How can a screen be a sun bath?"

"Oh, you just go in there, take off your things, and walk about in your bare feet in the sunshine. It does you a world of good. The screen is only to make it private. Louisa and I always do it, she takes hers after breakfast."

I fairly gasped. Imagine, if you can, two fat, sensible, middle-aged people running about with bare feet and no clothes on out of doors!

"Whatever do you do it for, and what about your neighbours and the servants? Are you not afraid of being thought lunatics?"

"Oh, that's all right, we all do it down here, it keeps us 'fit' you know; and as to the servants I think they do it themselves when we are away from home. You try it while you are here; you will be surprised at the difference it will make to you. It will do you no end of good."

"I'll take your word for it, George; I should certainly be surprised if I did it, for nothing on earth would persuade me to run about out of doors with no clothes on. I am surprised at Louisa doing it."

Here Louisa chimed in for the first time.

"You see, Hannah dear, I was ordered by the doctor to go to the one of those foreign places and have sun baths, and we thought it would be the same thing if I did it at home. Of course, we don't get so much sun, but the air does one good."

Well, Louisa always was a queer person, fond of anything new. She certainly looked very

well on it; still, I don't think it a seemly thing to do.

From there I went to Cambridge, to see Catherine Grey. She is Mrs. Wood now, having married a Professor of something or other. She is twenty years younger than I, but we were always great friends in spite of that. I had not seen her since her marriage and had never met the Professor. I arrived in time for tea, which we had on the lawn. The tea was very weak, and there were only four small pieces of bread and butter and a very small piece of cake. The Professor was a large man, rather thinly covered as to flesh and very loosely as to clothes.

I ate two of the pieces of bread and butter and half the cake before either Catherine or the Professor had eaten half one slice, and yet any other man would have taken the whole slice at one mouthful. Catherine asked me to have some more tea and cake, which I did, but the tea was just as weak, and I was still hungry after the cake. They munched on at their silly little bits of bread and butter. Surely, I thought, they have lost their teeth; but no, they appeared to have very good teeth. At last they finished, each asked the other to take some more tea, but neither took any. We then went to evensong in the College chapel, and I forgot my unsatisfactory tea while listening to the glorious choir. Afterwards we examined the Chapel, which, I believe has no ventilation whatever. Mercifully, it is large and very lofty and has two enormous doors, one on the South and one on the West. I am told it would spoil the windows to make them open, and the walls are so thick it would be a great piece of work to put ventilators in them; and besides, it has stood so for some hundreds of years, and what was good enough for our forefathers is good enough for us; and so we went home to our dinner. And what a dinner!

I could have eaten it all and more besides. I could stand it no longer, so asked if it were a fast day, or if they were ill that they were not eating anything. Then the Professor explained that most people eat too much, and all eat too quickly. The only sensible and right way was to eat a small amount and masticate it well. You should, he said, at least take between thirty and forty bites to each piece of food, and that piece should not be large.

Nothing irritates me more than to see people finnick over their food; also I was very hungry, so I said:—

"My dear Professor, that may do for young people, like you and Katherine, but not for me, and I must ask for something more to eat. Anything, I don't care what, only let there be

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