

which is esteemed a day's labour, by weakly persons in the field and in the shops, and by weakly women who spin and knit in the manufactories, they often pass through weariness; and many sighs I believe are uttered in secret, unheard by some who might ease their burdens.

Labour in the right medium is healthy, but in too much of it there is a painful weariness; and the hardships of the poor are sometimes increased through want of more agreeable nourishment, more plentiful fuel for the fire, and warmer cloathing in the winter than their wages will answer.

When I have beheld plenty in some houses to a degree of luxury, the condition of poor children brought up without learning, and the condition of the weakly and aged, who strive to live by their labour, have often revived in my mind, as cases of which some who live in fulness need to be put in remembrance.

There are few, if any, could behold their fellow-creatures lie long in distress and forbear to help them, when they could do it without any inconvenience; but customs requiring much labour to support them, do often lie heavy on the poor, while they who live in these customs are so entangled in a multitude of unnecessary concerns, that they think but little of the hardships which the poor people go through.

C H A P.