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till nine at night, which is when I usually turn in. What many people say is true, however, that you can do with less sleep than you get. It is only a matter of getting used to it. A long sleep does not banish tiredness either, it only induces a feeling of lassitude when you wake up. The Yogis, who are a religious sect in India, maintain that one hour is enough in the twenty four, and they seem to get away with it too. It is very interesting to read about them as their cult is based on the fact that bodily perfection will admit them to the after life. The highest of them can do pretty marvellous things as well. By cutting the ligament holding the tongue to the floor of the mouth, a gradual process taking three years to complete, they can finally touch their brows with the tongue. They also curl it back in their mouths and ~~the~~ by blocking the entrances to the nostrils with it go into a trance which they can maintain for days on end without food or water. If you are interested in life out here, especially the religious side, read the book called "A Lancer at Large" by F. Teats Brown, that's where I got the above information. I remember once in Edinburgh I saw one of these Yogis on the stage of the Empire. So far I have not seen one out here. (I can just imagine Maud saying "Ugh" and making faces while you were reading out that bit).