

which are but slightly worked in the ordinary avocations of life, and in those of sedentary habits and leisurely lives, exercise is undoubtedly a prophylactic against disease. Such exercise should be incorporated not only in the training of youth, irrespective of sex, but should be strongly recommended to all whose avocations do not call for much muscular exertion. Its effect is, moreover, salutary, in that it conduces to a healthful restraint to passion and appetites whose indulgence is fostered by lives of indolence. Every observer must have noticed the diminished power of self-control in those leading such lives, as well as in those who have been depressed by disease.

The danger arising from athletic sports lies in the physical exhaustion which follows an excessive indulgence in them. Natural pride has very often prevented the youth from submitting to his rival until compelled to give in from sheer exhaustion, and he has regretted his indiscretion for years, if not for the remainder of his life. The oarsman who breaks down in a race, or the pedestrian in a match, never fully recovers. This is a fact which it is the duty of medical men, as hygienists, to impress on the public mind.

A noteworthy fact is the influence which mental training has on muscle. The finest athletes are those whose attention has not been given solely to physical training. In the tests adopted in the British army this fact has been conspicuous. On the authority of the Duke of Cambridge, Viscount Bury, and Lord Cardwell, the men who now enter the army under these tests, while, for the most part, remarkable for their physical, are also remarkable for their high average intellectual qualifications. It is true, instances of great strength may be pointed out among those of low mental calibre, but that "staying" power which is the best evidence of a sound constitution, and which is of so much importance in the soldier, is found, under the tests adopted, to much the largest degree among those who exhibit evidences of mental training. The superior efficacy of an educated soldiery is therefore owing to other causes than the intelligence which they bring to bear on the discharge of their duties. The Greeks combined great physical strength with great mental power, and though it is usual to regard the latter as due to the former, it is more than probable that the relations of dependence were just the reverse. It has been well said, if you train a man's body only you make a magnificent brute; but train his body and mind and heart, and you have a magnificent specimen of humanity.—*Mich. Medical News.*