

There must ever be a balance between mental and physical activities, and if the proper equilibrium is maintained, mental overwork cannot occur. The man with nervous prostration is usually suffering from poor digestion and a rapid, weak heart. If these are corrected, his nervous symptoms often disappear. No hard and fast rule can be given in regard to the amount of mental and physical work and rest a person should have. Each must decide this for himself, and in deciding should consider the health as of equal importance to work or pleasure. Mental rest and relaxation are as necessary as physical rest. Changes from the regular occupation provide a vacation suited to the needs of many individuals; thus, a man engaged in physical work might take his vacation improving his mind, while a professional or business man might benefit most by spending his spare time working in the open. If the elements of sleep, rest, play, nutrition and work are properly blended, no one need fear a mental or physical breakdown.

The greater mental activities of recent years have added to the use of the eyes. When a person is engaged in out-of-door work or in work which does not demand the close attention of the eyes, the muscles of accommodation are little used, but in work such as reading and prolonged near work, eye strain is likely to occur. Especially is this true if the eye has some optical defect. If vision is not distinct and the eyes tire quickly, they should be examined by an expert.

The researches of lighting engineers have determined that the best method of artificial lighting for general purposes is by the use of ceiling lights. For close work dully shaded lights about nineteen inches above the work and of sufficient intensity to reflect light equal in power to that of eight candles from each square foot of white surface to be illuminated are considered best.

**The Hygiene of the Muscular System.**—Bodily activity is as necessary for the well being of an individual as is proper nu-