

of the legislature. So great is this power that it triumphed over a financial combination of fifty slaughter-houses, and converted these health and life-destroying nuisances into sanitary blessings; it made war in Boston on the pestilence breeding 'houses of the poor,' and thus so alarmed the politicians, who, loving their country much, love votes, even of the sick pauper, more, that the board summoned to its support a mass meeting of the people, and was sustained.--Dr. Chaille, on State Medicine, at a meeting of the American Medical Association, from *Sanitarian*.

ADVICE TO PROFESSIONAL MEN.

To professional men (*Scientific American*), men of business, and, indeed, all who are engaged in pursuits requiring more or less severe mental work, coupled with more or less confinement, exercise is, of course, the *conditio sine qua non* of the recreation to be recommended. The fact is so obvious (says a writer in the *Nineteenth Century*) that I need not dwell upon it further than to make one remark. This is to warn all such persons that feelings are no safe guide as to the amount of muscular exercise that is requisite for maintaining full and sustained health. By habitual neglect of sufficient exercise, the system may, and does, accommodate itself to such neglect; so that not only may the desire for exercise cease to be a fair measure of its need, but positive exhaustion may attend a much less amount of exercise than is necessary to long continuance of sound health. However strong and well, therefore, a man may feel notwithstanding his neglect of exercise, he ought to remember that he is playing a most dangerous game, and that sooner or later his sin will find him out—either in the form of dyspepsia, liver, kidney, or other disease, which so surely creep upon the offender against nature's laws of health. According to Dr. Parkes the amount of exercise that a healthy man ought to take without fatigue is at the least that which is required for raising 150 foot-tons per diem. This, in mere walking, would, in the case of a man of ordinary weight, be represented by a walk of between eight and nine miles along level ground, or one mile up a tolerably steep hill, but it is desirable that the requisite amount of exercise should be obtained without throwing all the work upon one set of muscles. For this reason walking ought to be varied with rowing, riding, active games, and, where practicable, hunting or shooting, which, to those who are fond of sport, constitute the most perfect form of recreative exercise.