

alongside of the water, afraid to go in, but dash right in, and immerse your whole body quickly two or three times, so that you may have the shock quickly distributed over the whole surface. To prevent headache dip your head several times as well.

6. When your bath is finished, dress quickly after having a good rub down with a rough towel; a regular curry combing, it should be.

Do not loll about after this, but take some exercise, a short sharp walk; or if it be before breakfast, with the precaution stated, get it immediately. If your bath has been properly taken, and you have been in condition for it, you will find your appetite has been increased.

7. When in the water, keep in motion, by swimming, if you are a swimmer. I am surprised there are so few young men able to swim, as it is one of the best of exercises, for all the different sets of muscles must act in concert. I hope, some day, we will have well-established bathing houses in the city, where a man can learn to swim and have elbow-room to do it in, instead of being content with a sponge-down.

In the art of swimming man does not compare favorably with most animals. If a dog falls into the water, he swims at once, perhaps, awkwardly at the start off, if he has not been often in the water, but he is in no danger of drowning. Put his master ignorant of swimming in the same position; what would become of him. He would soon drown. Every young man and young girl should learn to swim. Putting aside the question of health and the pleasures attached to it as an exercise, it should be the duty of every parent to see that their children are taught swimming. Lives have been saved by it, and history is only too full of sad accidents, even when close to shore, where the inability to swim has resulted in great loss of life.

Another item, Mr. Chairman, that may be spoken of in connection with camping out and the other out-door sports is the use of alcohol. This is a subject of burning interest to the community, and one doubly so to physicians who are acquainted with the inner life of society. They see every day of their lives fine young men with splendid prospects ahead of them going to ruin, and prosperous men of business becoming beggars, but more than this, they see also the slow insidious inroads of disease making havoc of strong constitutions by the immoderate use of alcohol. What a man has to say upon this subject should be said

with deliberation and judgment, to give no uncertain sound as to his meaning, and at the same time abstain from the rantings of some paid temperance lecturers. Now, I am speaking to young men to-night, and I can honestly say that no young man in health, and capable of indulging in out-door sports, requires alcohol any more than he requires castor-oil. I am quite certain you do not like the latter, nor will you the former unless you give yourselves the appetite for it. Alcohol is a stimulant only to be used when occasion requires it.

The medical profession are blamed for prescribing it wholesale in almost every case that comes under their notice, thereby aiding and abetting drunkenness. This, gentlemen, is hardly the case, as medical men are as careful in prescribing alcohol, when necessary, as they are of any article in the *Materia-Medica*, you will hear, however, of tipplers, of people who are fond of their glass, excusing themselves for their indulgence on the plea that they were advised to do so by their physician, who more than likely was quite innocent of any such instruction; in this way telling a falsehood to shield a sin. I repeat, young men in health do not require alcohol at all. It will not give you strength, it may stimulate you for a few minutes, and then you feel the worse for it afterwards. A little bit of personal experience will make this better understood. A few years ago, when the Canada Central Railway went no further than Renfrew, I started on my usual Autumn trip for the woods. I arrived at Renfrew late in the evening, and found the stage did not leave for Eganville, 26 miles distant, until 3 o'clock next afternoon. As I did not care to loiter about the village three-quarters of a day, next morning I unpacked my gun, put some cartridges in my pockets, and started to foot it, leaving instructions for my baggage to be sent by the stage. It was in October, and the roads were muddy. When I had made about 8 miles, I found I was not so fresh as when I started, and just at this place there was a tavern. I thought I would have a smile. I went in and did take a smile, and I felt good all over. I had still 8 miles to make to reach Douglas, where I intended to get my dinner. The first two miles I made in splendid style, and I congratulated myself upon my prudence in smiling, but after this I began to fag rapidly, and anyone to have seen me toiling up the steep hill entering Douglas, would have seen a most forlorn, tired-out individual without any trace of a smile about him. I am positive that that glass