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## HINTS AND WARNINGS FOR HOLIDAYS.

THE almost universal practice of taking a summer holiday is a comparatively modern habit, but the practice had its type in ancient times. The Roman noble delighted to remove from the heat and bustle of Rome to Baiæ or Valerium. Horace used to spend the dog-days in the comparative cool of his upland Sabine farm. That the habit is on the whole a wise and salutary one we need hardly stop to insist, as its utility is generally recognized and seldom questioned, nevertheless, as the *Lancet* in a recent editorial on the subject says, it is possible to make too much of a fetish of even a good practice, to ignore its dangers, and to be indifferent to the rules by which it must be regulated if benefit is to result. Travel and change of air are not to be recommended, haphazard even for the healthy, still less for the ailing. "Experiences show that, while benefit is often obtained, it is not rare to meet with persons who return from a holiday wearied rather than refreshed in body, and mentally exhausted rather than recreated." The most common errors in this respect are either to plan a holiday without regard to the individuals peculiar needs and capabilities, or to carry it out with infringements of the general laws of health and common sense. "If an individual who pursues a strictly sedentary life for eleven months in the year spends his holiday month in climbing the Alps or the mountains of Norway, in severe rowing or prolonged pedestrian excursions, he need hardly be surprised if he overstrains his soft muscles and flabby heart, and returns worse rather than better for his trip."

He must learn that violent physical exercise requires training, and is not to be attempted with impurity by persons unaccustomed to it. It is a serious error to suppose that the man who was a vigorous swimmer in his youth, that, after perhaps years of disuse of the practice, he can with impunity attempt great swimming feats in his maturer years. It is now generally recognized that many of the cases of sudden collapse while swimming which are usually reported as "death from cramp" are really due to syncope from cardiac failure. "Errors in diet are another fruitful source of a spoiled holiday," continues the *Lancet*. "The absolutely eupeptic individual, the man who can eat anything and everything with impunity, is rare; and most of us have at some period in our lives to put ourselves under dietetic rule." It often happens, however, that the man who is a prudent eater at home throws all rules to the winds when upon his holidays. Sometimes, such is the effect of change, fresh air, and unwonted exercise, this ignoring of accustomed rules is followed by no penalty; but this is a result that cannot be reckoned upon. The overworked and physically exhausted man must remember that rest should be his watchword; the man of sedentary habits must realize that he cannot safely adopt the practices of the trained athlete simply by exchanging the city for the country; the dyspeptic must bear in mind that while travelling he still carries with him his functional weakness; the man on the distant side of fifty must lay aside the enterprises of his youth.