

There are exceptions on the physical side. Men whom nature has endowed above others may say, "Oh! I'm strong enough." This doesn't alter the fact that special exercise can bring extraordinary results on such—the matter of not needing it cannot refute a physiological law, and at that the need may be arguable.

Now that which can serve the mental worker also serves the *manual worker*, for exercise, judicious exercise of course, acts as a balance not only between the mental and physical, but also between the physical and physical.

Overused muscles may be relieved of congestion, and those underused may be toned up, so that an accurate body balance is obtained, not only in muscular balance but in circulation, excretion, and so on. If any muscle or group of muscles have been held in a state of continued contraction by any form of labour, the only means of relieving them of the sense of binding is a series of full movements, employing the opposer groups or muscle with full mind effort, and the tired muscles with the minimum of effort. The proof of a pudding is in the eating, so try this if there is a "doubting Thomas."

In the same way if whole groups of the body muscles are always used in any labour to the neglect of others, not necessarily opposers to these, it is essential that the under-exercised muscles should be exercised somewhat to correct the over-circulation to any others.

Here it may be seen how exercise may be more effective than almost any other mechanical treatment to draw blood from inflamed parts—where necessary, by exercising other parts, for you can draw the blood in an increased stream to any one