

are known to be twenty-eight lepers in Porto Rico. In Hawaii and the Philippines the disease constitutes an important public health problem. In the Philippines about 6,000 lepers have been transferred to Culion. Cebu, an island with one-tenth of the Philippines' population, furnished one-half of the cases. On this island many instances indicate that leprosy is a so-called house disease. The Treasury Department recently amended the interstate quarantine regulations to the effect that common carriers may not transport a leper except under specified restrictions, and a special permit from the Surgeon-General of the Public Health and Marine Hospital Service. A leper who violates this regulation is to be returned to the original State or to a designated federal quarantine station.

Physical Development for City Man.

"The physical development for city man" is treated of at some length in an article on "The Role of Exercise in the Prevention of Tuberculosis," by Dr. Henry M. Friedman of the United States Public Health and Marine Hospital Service, published in the *Journal of Outdoor Life*.

In this article Dr. Friedman treats of the different forms of exercise that are most valuable for building up and preserving a healthy body and lays down the broad proposition that exercise prevents disease. He especially recommends short, brisk walks.

Under the caption "Physical Development for City Man," the writer says:

"The need for a greater physical development and vitality in the civilized and citified person, as a means of preventing disease, is emphasized by the fact that he is subject to greater physical hardships than primitive man or animals known for their strength. Man really has greater physical power than animals and can, and does, stand greater and more diversified hardships. All animal or primitive energy is expended on the muscles. Hence, while they have a greater intrinsic muscular power, relatively when compared with man's, it is in fact smaller, because they are "muscle specialists." Man, of the civilized type, however, spends a great deal more energy on his nervous and mental faculties than would be enough, if ex-

pended on muscle only, to make him far stronger than animals or primitive man of far greater size."

The human being "wastes" a great deal of energy in the exercise of his mental capacities. We know the mental fatigue, commonly known as "brain fag," is far more exhausting and far harder to repair than muscular fatigue. It can almost be said that man requires a great deal of muscle, used in the sense of energy, for his brain. Moreover, it is highly important that the human being cultivate a physical power or energy large enough from which the nervous energy needed may be drawn, otherwise there will be exhaustion, wasting and disease. With a mental and physical stress of normal intensity, and a normal physical development and strength, the body manages to keep well and free from disease.

"But with an increase in the mental and physical stress or a lowering of the degree of robustness, the balance is broken and there is a proneness to disease. The body should be kept in at least a state of physical strength as is in keeping with its needs. Furthermore, in harmony with the doctrine of over-correction of a defect, the system should be maintained in just a little better shape than its particular need, so that it will be prepared to meet any extra demand on it.

"The human system is, however, a great conservator even where its muscles are concerned, as is shown by the physical development of various races and peoples. Where, from the mode of living, the people are subjected to great physical hardships, we find them well developed. Where they do little work of the manual kind their physiques are poorer. For example, people who live on the coast engaging in trade, are not so well developed, as the farmers of the interior. Mountaineers, who in their daily occupation encompass great heights, are better developed than the farming people. People living in warm climates who do very little manual labor are accordingly poorly developed.

"The average city habitat can come in none of these classes. His need for physical strength and development is greater than the mountaineer's, because of the various demands made on him, yet he has