

It should be entertaining and instructive, something for which we have a natural inclination, and which attracts us toward it rather than requires compulsion on our part, for anything that becomes a labor adds to the fatigue of the day rather than an aid in recuperation.

Another essential in our choice should be the value of the subject as an education. It is a very easy matter to fritter away our spare moments in a light, frivolous kind of reading or other pursuit, perhaps pleasurable in its character, and, to a certain extent, restful from our daily toil, but from which we obtain no lasting benefit, and which is in reality injurious in that it dissipates the mind, makes it less retentive, and destroys a taste for that which is weightier and worthy of our consideration.

Still another object should be to pursue each subject chosen (and they should be limited to correspond with the time at our disposal), until we acquire more than a passing knowledge of those undertaken that we may fit ourselves for usefulness outside our profession as well as in it. Great good has been accomplished, and many men made famous by properly used hours of recreation.

All of our possibilities do not lie in the one sphere that we have chosen for our vocation. We should not narrow ourselves down to the one idea of life; we are gifted with many capabilities, and we are not filling the place in the world that we were designed to occupy unless we develop and then use, as far as possible, our various talents with the ultimate end in view of doing good.

We can only make mention of very few of the many subjects that, in our mind, might be pursued with profit and pleasure during our hours of recreation. These, of necessity, must vary with the tastes and capabilities of the individual, and, as no definite rule could be laid down in the realm of physical culture, neither can we in the mental: any and all, when properly used, may be, and, no doubt are, beneficial to a certain extent, but our aim should be to pursue those which yield the greatest amount of good.

Music, I consider an ideal recreation; it is always pleasurable and restful, refining in its influence, elevating in its character, and boundless in its possibilities, a knowledge of which might well be coveted by all.

Botany, with its health-producing rambles through wood and meadow, in search of rare plants, is a pastime worthy of consideration, instructive and interesting, with the double advantage of being both a physical and mental recreation.

Amateur photography is still another recreation that, at the present time, is already a great favorite—and justly so in cultivating a desire for art, in enabling us to see beauties in both art and nature, to which we were formerly blind, in adding still another ray of pleasure to our lives.