

valescence, exercise should be taken gradually, and too violent and too prolonged exercises should be avoided.

Q. What should furthermore be observed?

A. The season should be taken into consideration for walks and games. During summer it is better to walk in the morning or evening; in winter time towards mid-day is preferable. When a forced walk must be taken after a meal, that meal should be light. Want of exercise in winter renders one more sensible to cold, and necessitates too great a heating of rooms; the heat thus obtained weakens the body and makes it liable to suffer from the slightest variations of temperature. Hence colds, sore throats, inflammation on the chest, which in our country create so many victims. Loud reading, and singing without excess, greatly strengthen the chest.

Household occupations are conducive to health, by exercising body, mind and even heart. The cultivation of a garden is greatly recommended as a means of health.