

EXERCISE IN WALKING

How good it is for most people to know that "There is no form of muscular activity which brings into full play all the benefits to the body that exercise can confer like that of walking. It calls into play the greatest number of muscles, leaving none outside the range of its influence we may say, except those of the upper extremities. The action of the muscles appropriate to it is regular and methodical, not sudden nor spasmodic. It implies no undue strain upon any organ, supposing of course that it is not unduly prolonged; and it is suited to all ages, except, of course, the very youngest." We cannot all ride on horseback or in automobiles. This is good, obviously good. It is well that we have to earn our bread by the sweat of our brow, and that walking, best of all forms of exercise, is within the reach of all. We need not envy our rich neighbours. We should the rather pity them for being so ill off. Science has given a new meaning to the old words—"I have seen servants upon horses, and princes walking as servants upon the earth."

If then we would not get old, the muscular system must have exercise, neither defective nor excessive. Temperance in all things is the iron rule. Dr. Parkes says that "we can perhaps say, as an approximation, that every healthy man ought, if possible, to take a daily amount of exercise in some way, which shall be not less than 150 tons lifted 1 foot. This amount is equivalent to a walk of about nine miles; but then, as there is much exertion taken in the ordinary business of life, this amount may be in many cases reduced. It is not possible to lay down rules to meet all cases." A man, business or professional, may plead want of time, but he will call upon Wisdom some day when she will not hear. If he calls early she will answer. If he would gain time he must lose it. Exercise is a duty. A writer on athletics, himself an athlete, says—"Structures can go on performing their functions only so long as the functions are regularly demanded of them. Let the demand diminish, and first the function and then the structure will diminish. . . No exercise or sport should be given up at any particular time of life; but the exercise in its intensity and amount should be diminished as one's feelings prompt. Thus an old man may row, though not so hard as a younger man. He may play cricket or lawn tennis till he tires. He may swim easily,

walk, ride a bicycle, or run slowly. But that he must eschew all active games simply because he is past thirty-five is blatant nonsense."

EXERCISE AFTER FORTY

"Most men do not attain their full strength until they are forty; whence it would seem that they should ease up when about sixty-five. And after that age they should work, though not so strenuously. A man does not really begin to live until he is thirty or thirty-five. It is then that he should have the most physical stamina; it is then that his thirst for knowledge is greatest, when his matured mind can grasp intricacies which it could not have grasped at an earlier stage. Then judgment and experience amount to something, and wondering and trifling yield to work. Few men have made their mark until after maturity. We have many remarkable instances of strength and endurance in old men. We have the case of the pedestrian, Weston, who recently walked ninety-six miles in less time than he had made the same distance forty-three years ago. This feat he would certainly not have accomplished had he stopped taking long, fast walks when thirty-five. F. J. Furnivall, now eighty-five, still sculls on the Thames for exercise. When one hundred, Henry Jenkins swam the Yorkshire Swale with ease!"

Be young. It is a good thing to make the acquaintance of little children, all children, even strange children on the street as you pass them by. There is a great charm in their trustfulness. They will shake hands with you, smile, and converse with you as if you had met them before. One bright, bracing morning, I came across a little girl skipping briskly on the sidewalk. I did not know her but I halted and spoke to her about her pastime. Then I enquired if her father could skip. "No," was the innocent reply, "but my grandfather can." Well, this was fine. I never forgot it. It puts grandfatherhood in a new light. It is usually viewed across the years with gloom. But this must be all a mistake. For to be a grandfather is to be linked to the skipping rope with all its buoyancy and fun. Hail to grandfatherhood! All hail! But why couldn't the little girl's father skip? I don't know. Probably because he was old.

GRANT BALFOUR.

Toronto, Can.

Campaign Against Tuberculosis in Spain in the Seventeenth Century

The records of the city of Valencia bear a decree dated 1698 demanding that physicians must inform the municipal authorities when they encounter a case of consumption, and that the clothing and bedding used by a consumptive shall be burned after his death, with the exception of metal articles. A large fine is imposed for buying articles known to

have been used by deceased consumptives, and also for neglect to declare the cases to the authorities. The decree provides for the public proclamation of its provisions in all parts of the town by the town crier. The facsimile of the quaint wording and seal is given in the "Siglo Medico," No. 2641, 1904.