

Q. Does not want of work and exercise also affect the nervous system ?

A. The nerves deprived of motion undergo considerable changes and bring painful disorders into the organism. Hence habitually originate hypochondria, and those nervous attacks which do not imperil life, but which are a source of annoyance and uneasiness in the bosom of families. There is no better preventive and curative medicine for these disorders than exercise and application to useful labors.

Q. What should persons do who are unable to take exercise ?

A. They should instead have dry rubbings with a piece of flannel or rough cloth. These rubbings enliven circulation, irritate the skin, and are especially beneficial to aged persons who suffer from rheumatism.

Q. Can every species of exercise be indulged in without reserve ?

A. Moderation must be observed in everything. Excess is as prejudicial as insufficiency ; thus an upward, long and tiresome walk ; rapid running, any violent exercise continued for a time without interruption, &c., trouble digestion, obstruct respiration, give rise to excessive perspiration, and occasion lumbago, chills, inflammation, &c. After a certain time of inaction and repose, as during the period of con-