

Active exercise in the open air is a medicine, not patented, which far surpasses most medicines compounded by our most skilful physicians. Air is a part of our daily food, and by far the most important. Every breath we draw is a draught of fresh oxygen, every emission of breath is an evacuation of gaseous recrements. The purity of our blood depends largely on the purity of air we breathe, and perfect health depends upon a daily supply of fresh air. The desire for physical exercise is natural. The prejudice against all natural propensities is strikingly refuted by a young child's love for outdoor exercise. A healthy boy prefers even the hardships of our northern winter sports to the atmosphere of a room comfortably heated, and in the summer-time the paradise of childhood is a shady bower in the open air, or perhaps the scorching sun is preferable to the shade.

*Sleep.* Let us consider in brief the part sleep plays in physical exercise. We will ask ourselves the question, "What is the necessity of sleep; in what way does it develop and invigorate the bodily powers?" We answer as follows: Sleep promotes digestion, repairs the waste of the muscular tissue, favors the process of cutaneous excretions, and renews the vigor of the mental faculties. During sleep the organ of consciousness, though never fully at rest, is comparatively so, and the energies of the system seem to be concentrated on the function of nutrition and the renewal of the vital energy in general. Or, to use the figurative sentiment of Dr. Oswald, during sleep "the cerebral workshop is closed for repairs, and the abused and exhausted body commits its organism into the healing hands of Nature."

To us it seems that the amount of sleep required by man is generally proportionate to the waste of vital energy, whether by muscular exertion or mental activity; but, under favorable conditions, eight hours of undisturbed sleep would almost suffice to counteract the wear and tear of the sixteen hours that one is awake. In order not to appear to be laying down a fixed law for length of time for sleep, we might just here