

Moral Use of Physical Culture.

That a certain amount of exercise is needful for health is one of the few things on which all doctors are agreed, and one of the still fewer things as to which medical teaching is submissively accepted by the non-professional public. Unfortunately, intellectual assent no more implies practical performance in the domain of hygiene than in that of morals. It is by those "in populous cities pent," by professional and business men chained to the desk of the consulting room, and by women, that exercise is most apt to be neglected. With regard to young ladies, indeed, it is not so very long since nearly all exercise worthy of the name was tabooed by Mrs. Grundy as fit only for "tomboys," and as tending to give an appearance of robust health which was thought to be incompatible with refinement. More rational notions are now beginning to prevail, however, and the limp, anæmic maiden, with uncomfortable prominences, is rapidly giving place to a type more like the Greek ideal of healthy womanhood. The ruddy-cheeked, full-limbed girl of to-day, who climbs mountains, rides, swims, rows, and is not afraid of the health-giving kisses of the sun, is a living illustration of the value of exercise. She is healthier, stronger, more lissom, and withal more intellectual, more energetic and self-reliant, as well as more amiable and better-tempered than her wasp-waisted, be-ringed great grandmother, with her languid elegance and her Draconian code of feminine decorum. In the physical betterment which is so conspicuous in girls of the period, lies the best hope for the future of our race.—*Sir Morrell Mackenzie in the New Review.*

Enthusiastic Japs.

CHINESE CAPITAL IN DANGER.—IT COMPRISES FOUR CITIES WITH A MILLION AND A HALF PEOPLE.

Pekin, the capital of the Chinese empire and of the Province of Chihli on the Tunghui river, has a population estimated at 1,500,000. It stands on an extensive sandy plain, and consists of Kin-Chin, the prohibited city, containing only the palaces of the emperor and the dwellings of his immediate retainers; Hwang Ching, the imperial city, with a large number of court officials; Nui Ching, the Tartar city, comprising twelve square miles; and Wai-Ching, the Chinese city, with fifteen square miles of area. The Tartar city is surrounded by a wall 60 feet high and 50 feet thick, the Chinese city by one 30 feet high and 25 feet thick. They are built of stone and brick, and filled with earth. The suburbs include an area of twenty-five miles.

THE PROHIBITED CITY, two miles in circumference, is entered by four gates, each surmounted by a tower. The buildings are superior to any others in the empire. The meridian gate leads to the imperial buildings, and is reserved for the emperor solely. Five marble bridges, spanning a little stream, lead to a marble-paved court and the Gate of Extensive Peace, at which the emperor receives the homage of the courtiers on great fete days. Ascending the stair way, the tranquil Palace of Heaven is reached, into which none can enter without special royal permission. The number of people within the prohibited city is small, most being Mantchoos.

THE IMPERIAL CITY, surrounding the prohibited city has a wall 20 feet high, pierced by four gates, through which no one can enter save by special permission. It contains the tablets of the deceased emperors and empresses, and the altars of the gods. There are also the Russian college, military stores, and King-shan, the artificial mountain, with each of its five summits crowned by a pavilion.

THE TARTAR CITY surrounds the imperial city and contains the principal government offices and the hall of science erected in 1860. Near by are the Russian Church of Assumption and the temple where His Majesty and the princess worship their ancestors on the first day of every month. The city is in control of the general of the nine gates, near whose headquarters is the high tower in which are the immense drum and bell that proclaim the hour of midnight. Not far away is the white pagoda with its obelisk, erected by Kublai Khan in the thirteenth century, upon 108 pillars, about which lamps burn continuously in Buddha's honor.

THE CHINESE CITY is the most populous, but its structures are poorly built. The houses are of brick, one storey high, with roofs of tiles. It contains the altars to heaven, to winter, to agriculture, and the pool dedicated to the spirits of the waters, where his Majesty performs special supplications, whenever the country suffers from drought.—*Truth.*

THE DIET IN DIABETES.—*Articles permitted:* Almonds plain in rusks and in biscuits; bread toasted or stale macaroni; bacon, butter, cheese, eggs, fat and oils; beef-tea and soups: beef, mutton, fish, game, and poultry; cabbage lettuce, pickles, and spinach; custards without sugar, cream, jellies unsweetened, nuts; coffee, cocoa, sherry. *Articles forbidden:* Peas, beans, lentils, potatoes, sweet potatoes, celery, carrots, beets, radishes, mustard, oysters, arrow-root, buckwheat, sago, tapioca, and puddings generally; apples, bananas, and fruits generally, including raisins; milk, sugar, chocolate, ale, sweet wines.—*Journal of Reconstructives.*