

to arrange his romps to the best advantage. In after years his children will rise up in the health which their early environment has given them, and call their parents blessed. Consequently, no parent who gives a thought to the future and health of his children should omit to get a fair practical knowledge of the best method of exercise.

In conclusion: Early training has the greater effects on after life. Educate the brain to reason, and so-called cramming for examination will be a simple matter in comparison to what it is. Build and nourish the brain by systematic exercise, which is a law of life. Better late, however, than never; therefore, even if late in life, you may yet better your mental and physical condition; even if past the three score years and ten.