

1. Individuals with weak heart, lungs, or, in fact, any of the vital organs, should not participate in any very violent or exciting recreation, or the result will be fatigue and weakness; much the same effect as is produced by overwork; mild exercise, gradually increased, must be the rule for such, if the effects are to be beneficial.

2. Those of strong physique demand more vigorous exercise, but their natural tendency is to develop along the lines they need it least; having strong arms and back they adopt rowing, weight athletics, etc., which further develop these already powerful sections of the frame instead of bringing the weaker portions up to this standard of excellence. Those with powerful lower limbs naturally take to walking, running, jumping, bicycling, whereas the muscles of the arms and chest should receive special attention.

3. Those of highly nervous temperament require plenty of sleep and abundance of fresh air. Sleep alone is said to be the secret of Gladstone's wonderful power of endurance; other instances are on record where people of great business capacity found one day each week spent in sleep necessary to keep the mind fresh and vigorous and the nervous system equal to the strain, and yet, if any part of the day has to be shortened to make more room for work it is generally the hour of sleep, but always to our injury.

4. Those having a natural fondness for athletics should be guided and even restrained, while those of more sluggish temperament and studious habits require to exercise will power and force themselves into a course of physical culture as the only remedy for a languid, listless frame; a renewal of our energies is not brought about by idleness, laziness or dissipation; it is use that hardens muscle, develops intellect and gives freedom from that sense of fatigue, that is the portion of those who lapse into indifference mentally and physically, or degenerate into mere "money makers."

Second only in importance to physical recreation is the culture and development of the intellect, and as physical activity is necessary to physical strength and endurance, so is mental activity essential to advancement in the realm of knowledge.

It is not enough that we should know a great deal about our profession; no matter how well posted or how perfectly developed we may be along one line or channel, we are of necessity narrow minded and somewhat of a bore to the society in which we are placed, unless subjected to the broadening influence of study and culture along other lines.

This can only be accomplished by those engaged in professional duties throughout the day by judiciously occupying their hours of recreation. It is this intelligent use of our spare time that constitutes the difference between the recreation of a man and the rest of