

strength and of expanding in leaping about and gesticulating the exuberance of animal spirits with which they are endowed.

Ordinary gymnastics, such as leaping and running, skittles, ball playing, lawn-tennis, battledore and shuttle-cock, trundling a hoop, croquet, are especially adapted to youth; for aged persons nothing is more beneficial than a daily walk.

Q. Can all children take part in the same exercises?

A. There are children of such a weak constitution from their birth that they should be forbidden all violent exercises. Easy games and agreeable distractions should be provided them, such as the cultivation of flowers, short but frequent walks. Delicate young girls develop their strength by discharging the duties of the household, and by helping their mothers in the care of their younger brothers and sisters.

Q. What do you think of dancing?

A. Night dances in closed rooms, where the air is vitiated by the light and respiration, are far from being a hygienical exercise. They are even oftentimes dangerous on account of the fatigue they occasion, and of the sudden changes of temperature which bring on chills and chest diseases. Consequently it is wiser to abstain from dancing.