

fluence not only the health and strength, but also the growth and development of the whole body, and thus we find in various physical recreations, the secret by which any part of the physique may be strengthened and developed.

The rule of health which prescribes exercise is most easily transgressed, to violate it is only to disregard it, and a sin of omission is always easier than a sin of commission. All glaring sins of commission bring a direct and traceable result. Intemperance, gluttony, and dissipation of all kinds speedily bring a penalty with it, but the evils due to the want of recreation, though no less serious, are insidious and elusive, and, when we feel the result, in languidness, want of energy, etc., tonics, stimulants and drugs are generally called upon to produce results which would be far more radical and permanent, were we to follow out nature's method, and systematically and moderately indulge in suitable physical culture. We have in this the remedy for most of our ills.

While physical recreation is invaluable in regulating the system and preserving its tone and vigor, care is necessary in prescribing it, and indulgence must be tempered with wisdom and judgment or it is sure to defeat its own end. Our national sports are beneficial, and can only be recommended when participated in with moderation. The desire should be not to excel along any particular line of athletics, as excellence means over-development in this age of professionalism and should be discouraged. The professional athlete, while appearing to be a model in physique and the picture of health, is, as a rule, short-lived, owing to the vitality being consumed or the vital organs strained in the over-production of some particular set of muscles, rather than the moderate development of all the organs and muscles of the body.

There can be no fixed rule laid down for the taking of exercise, as each constitution differs in its demands, and it should be the aim of each individual to discover their physical weakness and to patiently and persistently endeavor to bring their debilitated organs or faculties up to the standard. Wonders can be accomplished by patience and perseverance. Sandow, Sampson and Cyr, men who have astonished the world with their feats of prodigious strength, are just as much marvels of patient, untiring effort in their training as they are marvels of strength. We do not make use of this illustration with any intention of its being an incentive to imitate these men, but mere examples of what can be accomplished in physical development, and that even the weakly and delicate may be sure of the result if they persevere in moderate exercise.

While there can be no hard and fast rule for our guidance in this matter a few general principles may be of service in bringing us to a decision as to what kind of exercise is beneficial in our case.