

tioned to our strength and state of health, has the most salutary effect on the constitution. It not only increases the appetite and activates digestion, but it encourages every organ to act with greater force and regularity. All the vital functions are stimulated and work with increased ardor. The body gains in health and strength, the muscles increase in size and consistency, all superabundant fat disappears and not only is the body thus benefitted but also the mind, it becomes clearer and more susceptible of comprehension and retention. The individual who takes sufficient out-door exercise is very seldom sick, you will hardly ever see him suffering from gravel never from gout. Nay favorite of the pampered and idle. You will not hear him complaining of his weak stomach his dyspeptic symptoms, his lassitude.

You will not see her teasing doctors with her pain in the side, her weakness, her mysteria.

The inhabitants of our country parishes, why are they so strong, so healthy, so robust? On account of the good air they breathe their regular habits but principally because they take plenty out-door exercise.

The citizen, the inhabitant of towns and cities cannot be expected to take as much out-door exercise; cannot be expected to have good health as he of the country; his occupations generally being in-door, such as that of the Lawyer, Merchant, Clerk and Tradesman.

But the evil of these in-door occupations would be to a great degree mitigated, if, instead of spending all our leisure hours at home, in