

by the nerves ; 2° coopération affected by the muscles and bones.

Q. Are there not movements in the body independent of the power of the will ?

A. Yes ; those of the heart, lungs and stomach are not subject to the will ; but, without muscular action, these organs so irregularly exercise their functions that they insensibly induce rachitis, atrophy, paralysis and death.

Q. Is motion necessary then to health ?

A. It is the most powerful auxiliary of health. By contraction of the muscles, the blood is aided in its course through the smallest channels to the extremities of the body, and thus prevents all noxious accumulation in the interior organs. Exercise favors the different functions of respiration, digestion, and blood circulation ; furthermore it contributes to development of the intellect and to the clearness of ideas. The Creator gave motion to every living being ; the bird leaps from branch to branch ; wild beasts roam over plain and through forest in quest of food ; the duty of labor imposed on all shows the necessity of motion.

Q. What voluntary movements are most favorable to health ?

A. Those which bring the greatest number of muscles into action, especially in children. Instinctively they feel the need of developing their