

cial, yet, by keeping on Nature's lines, and using the very means she herself makes use of for the maintenance of life, the continuance of health, and for rendering innocuous the products of the functions of life, we are more likely to effectually attain the object in view than by making use of any other means whatever. The always and everywhere present oxygen needs no expensive process for its production, while its conversion into its most active condition, in the shape of ozone, may be arrived at by means so simple and so inexpensive that on these grounds, if on no other, it stands, at least in my estimation, as the best, the safest, and the least objectionable of all disinfectants. Lastly, ozone admits of being administered as a remedy for disease, and is, indeed, so administered in the form of ozonized oil, ozonized ether, and ozonized water. Here it ranks with remedies containing chlorine, bromine, and iodine. Whether in any respect it may, as a remedy, prove to have greater advantages than any, or all, of these agents, must be arrived at by determining whether it will do what the others cannot do. This, of course, can only be clearly and decisively made out by applying to it the test of an inductive philosophy—a rigid exclusion of all that is ineffective.

—*Sanitarian.*

LABOR AS A FORM OF EXERCISE.

Open-air labor is the most effective cosmetic, an almost infallible panacea against all kinds of bodily deformity. But the remedial virtue of labor, *i. e.* sound bodily exercise, is greater than that of open-air life *per se*; for among the rustic population of Scandinavia, Scotland, and Northern Germany, who perform a large portion of their hard work in-doors, we frequently find models of health and vigor; far more frequently than among the inhabitants of Italy, Spain, etc., who pass the greater part of their indolent lives in the open air.

But, besides all this, athletic exercises have a moral value, which our social reformers have strangely failed to recognize; they afford a diversion and a vent to those animal energies which otherwise are sure to explode in debauch and all kinds of vicious excesses. The sympathetic thrill by which the mind accompanies a daring gymnastic feat and the enthusiasm of athletic contests form the most salutary and, perhaps, the only normal gratification of that love of excitement which is either the legitimate manifestation of a healthy instinct, or else a wholly irremediable disease of our nature. The