

some physical culture bu to. Bathing is strictly emperament. Study care-ning question and find out wit of bathing and how best with you. Then fol-your experience has best for your health. "On exercise, select the ise that affords you most you don't like it it be-ff you are going to work, d shovel. When you find hat is a pleasure to you, it is not a pleasure to you ou any good physically. mjoy wrestling, nor wres-s a rule. Take delight in d charts of the planet

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is injurious. Smoking and ery bad habits. Most pos-se tobacco in any form. while asleep is an abso-Always sleep in a well-

n. minutes worry is worse rs hard work. Worry is of all physical ills. Rest of all physical lils. Rest as you work. a and inwardly digest." of place to apply a scrip-to such a concentrated aufity and wisdom. And le point of view, it comes covering the whole sub-ks of moderation, which httributes in man or any-earth, and it points a reasonably sure path to of the universal desire, as hard as you work." note, is the sentence upon ble structure of rules is well. Here is the sec-ack of health. We over-t does not mean sitting ting the past or plan-ing for the future. It lute abandonment of all te abandonment of all brain. It means the to-of the whole being to and enjoyable form of ething one does because and happiest in the doing lar thing. It is a most of this matter this matter of rest. nealth on such a fo

