

reared in ill ventilated apartments, in crowded buildings, in cellars, where the air he breathes is stagnant and loaded with obnoxious and poisonous substances, emanating from the decomposition of animal and vegetable matter, if every time he opes his little mouth to intrate that vital air so necessary for life, if he draws into his chest, into his blood along with that air, those poisonous substances those obnoxious gases, is it any wonder then that he should be pale and sickly and a fit subject for vomiting, convulsions, fever and cholera?

Not only should the child have good air, but he must also, as I have said, have exercise. Exercise is absolutely necessary. The more exercise we take, the better we are. The more exercise the child gets, the better he is.

What effect has exercise on the animal economy? This body of ours, as you all know, is continually changing. We are not the same to day as we were yesterday; we shall not have, in a year from this, the same body as we have now, it will be a new one bearing the same stamp. The work of creation and death is going on continually within each of us, as well as around us, every moment some portion of our system dies and is replaced by new tissue and so from day to day; we die and we come to life until that moment when, we can revive no longer—until death, poor exercise by its stimulating effect on the different functions hastens the casting out of this old and dead tissue and hastens the formation of new.

Exercise then, when it is reasoned and propor-