
VALUE OF PLAY.

Play is essential to proper physical development, and moral growth depends to a large extent on free and healthy exercise. It is the right of childhood and it is only reasonable to ask that all the necessary facilities should be provided. To be beneficial it should be wisely encouraged and directed and the undesirable elements eliminated. There should be swings,



EXERCISE DISPELS HEADACHES.

see-saws, sand piles, wading pools and gymnasia in addition to grounds for baseball, cricket, football and tennis. These playgrounds should be numerous enough to be within easy reach of every city child, and amateur athletics should be given a high place in public estimation. In this way stamina may be acquired that will carry many a youth safely through the stress and strife of dawning manhood.