

Ability to Relax Lengthens Life

At the monthly meeting of the Toronto Liberal Women's Association held in the Margaret Eaton Hall, Mrs. Beaton, president, was in the chair. It was reported that membership had increased by 124 since the last meeting.

A delegation was appointed to wait on the School Board to protest against the proposed discontinuance of manual training and domestic science classes.

In regard to a recommendation for changes in the guardianship law, Premier Drury sent word that the Government proposed to take this up, but thought the time had not yet come for the introduction of a law requiring a medical examination before marriage. He thought, however, that educational propaganda along this line would be of advantage. Election of officers will take place at the next meeting of the association, and Mrs. Howard Stowe was made chairwoman of the nominations committee. Vocal selections were rendered by Miss Elsie Charlton.

Dr. George D. Porter addressed the meeting on health topics. The avoidance of worry, he said, was one of the most important things to observe if good health and long life was to be retained.

Some form of relaxation was necessary as a preventative and the best form of relation was work. Sleep was a beneficial form of relaxation, and of that each normal human being required eight hours.

Abraham Lincoln, he said, never relaxed and would have gone mad at 52 years of age had he not taken to light reading. Sir Walter Scott overworked himself during the

Winter time, and so killed himself, although his Summers were spent in hunting and fishing. Prince Albert, consort to Queen Victoria, never relaxed, and died at 42. Lloyd George relaxed frequently and was pointed to as the ideal public man in this regard.

A healthful hobby, which would take a person outdoors, he approved of. So a boy collecting bird's eggs was on a surer road than the one collecting stamps. Dancing, if not carried on too late, was good, and bridge had its advantages as a relaxation, if not developed into a dissipation. Sensible walking shoes were good. For the business man a walk home in the evening instead of the morning was advocated. Golf, tennis, swimming and skating were beneficial if pursued moderately.

Cigarettes to excess were injurious. Early in the day they may prove stimulating, but gradually as evening comes on they dull the mind. Women, not having to use their heads in the same way as business men, were at liberty to smoke or not, as they liked. Women, he said, reacted less to heat and cold than men. If men attempted the light attire of women during the cold weather they would not live.

Dr. King Put Up Strong Fight

In the fight with disease which ended last week, Dr. King, brother of the Premier, wrote a book on "The Battle With Tuberculosis and How to Win It," a remarkable instance of courage and energy under the drawback of physical weakness.