

the body required periods of rest to alternate with periods of activity, and what was true of each part of the body was true of the body as a whole. There might be local exhaustion, or general exhaustion. There might be local restoration, as resting an exhausted arm not able to lift a weight ; or there might be a general restoration, as in the effects of sleep. Part of the body being exhausted, and the whole of the body not so far exhausted as to require sleep, recreation was affording local sleep to the exhausted part by transferring the activity from it to some other part. The term 'recreation' was thus singularly happy, pointing to the rebuilding up, reforming, or recreation of organs and tissues which had become partly exhausted by work. In this sense sleep was universal recreation. It would be seen, then, why in recreation there must be a variety. So the student found recreation in rowing, to give the brain time to recuperate, and the historian and the man of science got recreation because each required different functions for their pursuits. Dealing next with the practical aspects of the question, the lecturer said the emotions were a great influence. It must ever be remembered that the influence of all others most detrimental to recreation was the absence of agreeable emotions or the presence of painful ones. There was little use in taking so-called constitutional exercise at stated times if the mind at these times was emotionally colourless, or, still worse, if it was jaded by anxiety and care. Recreation of good quality should stimulate cheerful emotions and vigorous consciousness. The most recreative form of recreation for those whose labour was not of a bodily kind was muscular exercise. Ladies, much more than any other class of the community, had fallen into the habit of neglecting exercise. Among ladies there was no one source of disease more prevalent than this neglect. He contrasted the life of a lady in town with that of a country girl with her bloom of health, and said he should like to see this matter of recreation more attended to in girls' school. He spoke against imprisoning children during playtime, to deprive them of recreation, as something worse than cruel. At the close a vote of thanks was accorded to the lecturer.—*Sanit. Rec.*

DRINKING BLOOD.—Fresh blood (*National Med. Review*) has been often drank in the Abattoirs as a remedy in debility, etc. Its value is doubtful. According to Dr. J. Jeannel, it is difficult of digestion, slow of assimilation, imparts a fetid odor to the faces, and is in every way inferior to rare or raw beef, or beef tea.