

tain vegetables which stimulate taste and digestion ; as garlic, onions, parsley, caper, pickles, &c.

Q. How should condiments be used ?

A. With moderation. Abuse of condiments gives rise to inflammation of the stomach which is very often fatal. Many young girls have destroyed their health by an immoderate use of salt, mustard, and vinegar ! Excess in all things indicates a sketch of madness, cure of which depends on our own will.

ARTICLE IV

HYGIENE OF THE ORGANS OF MOTION AND EXERCISE.

Q. What are the organs of motion in man ?

A. The organs of motion are : 1° the bones ; 2° the muscles ; 3° the nerves.

Q. What is the function of bones in the body ?

A. They serve to support all the other parts of the body ; they constitute the frame of the human structure, called skeleton. There are short and long bones. Some are movable, others