

trition, excretion, or a normal nervous system. In no other way are all the activities of the body so greatly stimulated as by muscular exercise, for it increases the oxidative changes of the body, helps the flow of blood through the organs and the tissues, and by stimulating the heat regulating mechanism makes the body better able to adapt itself to changing conditions of temperature. Properly regulated muscular exercise also increases the muscular strength of the heart, and the depth and rate of respiration. The latter is very important in stimulating the lymph flow.

Muscular activity is so necessary to the health of the individual that any tendency to neglect it is regrettable. Automobile riding seems to be taking the place of exercise in many cases, and the habit of walking is not indulged in to the extent it should be. The great interest in sports which has been awakened in late years is a good sign, but far too few are able to take advantages of the opportunities these offer. Walking is the one great exercise open to all, and it is as good a form of exercise as any if properly engaged in. The brisk walk, with shoulders thrown back, respirations deepened, and the arms swinging, brings every muscle of the body more or less into play. Moreover, walking can be engaged in every day in the year, whereas golf, tennis and other forms of exercise can be taken only at intervals.