

HOW TO KEEP WELL.

Dr. Lyman Abbott writing on health gives the following five laws, which are reasonable and good :

1. Eat well. The body is a machine, and food is fuel. As every activity destroys some tissue



of the body, so, if the body is to do good service, it must be furnished with new tissue. All furnaces will not burn the same fuel, nor all stomachs digest the same food. Each man must find by experience what is the best adapted for his condition. My friend cannot eat meat and thrives well on a vegetable diet. I should starve on vegetable diet, and when I am hard at work need meat at least twice a day. Good food, plenty of it, fitted for one's own physical temperament, is the first condition of health.

2. When the fuel has been burned the ashes must be taken away, otherwise the furnace is clogged. The skin is the great organ for removing dead tissues. Its pores should be kept open by frequent bathing. For brain workers, fifteen minutes vigorous exercise, followed by a bath, either at night before retiring or in the morning when getting up, is a great promoter of vigour, both of mind and body. One effect of alcohol is to check the removal of dead tissues—the beer drinker's fat is ashes. *Stoutness so produced is no sign of health, but the reverse.*

3. The burning of carbon in the body takes place at many points, but chiefly in the lungs. On those depends the heat of the body, and on the heat of the body, life. For this consumption plenty of oxygen is as necessary as carbon. In

other words, fresh air in the lungs is as necessary to health as good food in the stomach.

4. Rest well is a cardinal law of health. It is reported that a great doctor once said, "I never stand up when I can sit down, and never sit down when I can lie down." There are lazy people to whom this doctor would be a poor example, but he is a good example for hard workers. Sleep is the great nerve restorer, but there are other nerve restorers which also need to be used. The man who keeps his brain always occupied over the same problems, and in the same forms of activity, is preparing himself for an early softening of the brain.

5. Exercise, that is athletics—is the last, but not the least of the five commandments. For it is the exercise that promotes digestion, helps keep the pores of the skin open, compels the lungs to fill themselves with air to the bottom chamber, and gives that healthful vigour which is a *sine qua non* of healthful repose. Man is more than muscle, health is more than athletics, physical Christianity is better than muscular Christianity. But the wise man will make the muscular health promote the health of every other organ of the body, and so athletics serve the whole man.

The cold, cold world is warm enough when a person has money. Pitiably beyond expression is the sight of helpless children facing a cold world penniless; a little forethought would have remedied it all. A life assurance policy would have bridged the chasm between want and comfort. The Sun Life of Canada has the best there is in life assurance.

What the name of Westinghouse is to air brakes, and Pullman is to sleeping cars,—The Sun Life of Canada is to Canadian life assurance.