

tained. The complete cessation of vital decay and renewal is death, the partial cessation of these is disease. After death, the body decays as it does during life, but renewal is at an end. In disease, both these processes are slow and imperfect. The removal of chronic disease, therefore, demands that the means employed be capable of bringing about the rapid decay and complete renewal of the body.

THE EFFECTS OF EXERCISE ON HEALTHY PERSONS.

The beneficial influence of exercise on health is universally admitted. Infinite Wisdom has inseparably connected physical toil with man's earthly existence. Early in the history of the race, the Creator said: "By the sweat of thy face shalt thou eat bread." The riches of the wealthy do not exempt them from the common lot. This truth is tersely embodied in the proverb: "The poor man must work to find food for his stomach; the rich man must work to find a stomach for his food." The superior health enjoyed by those accustomed to active life, often, in spite of many injurious habits, conclusively proves the value of exercise for the preservation of physical vigor. The toil of a healthy man deepens his breathing, strengthens his muscles, sweetens his rest, purifies his blood, and secures a vigorous circulation, —in short, it keeps up in his system all those vital and chemical changes, the perfection of which is essential to health and strength.

THE EFFECTS OF EXERCISE ON INVALIDS.

The above universally recognized truths frequently induce physicians to prescribe exercise for consumptive and other invalids, without instructing them as to the kind or quality adapted to their condition. They seem to forget that exercise has its laws that cannot be disregarded with impunity, at least by invalids. It would be almost as wise to expect good results by ordering a sick man in need of medicine to enter a drug-shop and