

passions. Manual labor requires intellectual aid. Intellectual work dignifies man and directs his existence towards his Creator.

Q. What are the principal hygienic conditions of labor ?

A. To know how to work is not so easy as we think. The proper disposal of the hours of labor greatly benefits health. Hygiene cannot establish one uniform rule for all workers ; but it recommends that due attention be paid to the digestion of food and sleep, which are natural wants. All excessive or exhaustive labor is injurious. In brief, the mind and body should always work together and lend each other a helping hand.

Q. What manual profession is the most hygienic ?

A. The agricultural profession. To-day, the farmer with improved farming implements, accomplishes his task under conditions most favorable to health. As a consequence, the prudent farmer's life is the longest and happiest.