

best type; always entering into the game with zest, and enjoying it without reference to any prize or reward held out.



“More men in the past generation have been injured through over-exercise than from under-exercise,” writes Dr. William Lee Howard in the September *Munsey's*. “If you will take notice, you will observe how common it is for former athletes to succumb to some germ disease. It is not because they were athletes, but because, as athletes, they expended energy instead of making and storing it. I do not believe that any contestant in that heart-breaking stunt, the Marathon run, will ever have in him reserve force to withstand a good attack of disease-

germs. At an age when he needs force and cell endurance it will be found wanting. The heart has expended much of its intended reserve force. When called upon at forty-five years of age to put out latent energy, it will not be able to do so; it was stretched and enlarged so much at its growing period that it has become soft and inelastic. “The man who has led a sedentary and careless life, and who, when told he is getting too fat, at once jumps into some form of violent exercise, is injuring himself—throwing away all chances of making himself germ-proof. What such a man needs is slow, comparatively effortless exercise, such as walking or moderate swimming. But it must be kept up systematically—as regularly as his him.

Some pointers from Belgium for the P. O. Department.

Under the scheme of departmental organization which obtains in Belgium, the administration of the railways, posts and telegraphs of the country is vested in a single minister. Some recent developments in this department, of which an account appears in the British *Postmen's Gazette* just to hand, are of general interest to civil servants.

The first point of importance is that a general increase of wages has recently been granted to all grades of postal employees. To mark the occasion, a number of the men organised a banquet, which the minister of the department attended on invitation, and was specially thanked for his kindness. As this banquet was got up purposely to thank the minister, a good many protested against it on principle, saying that it was not advisable to thank the minister for increases in wages, etc., because, if ever again they asked anything, the Government might answer that they considered the men satisfied because they had openly

thanked the Government by offering a banquet to the minister. This objection was not held by all the men, for about 500 attended the function. Speaking at the banquet, the minister said that he was very pleased to be with his postmen, as they were the class which he liked best of all his employees. He also said that every time wages were increased, he noticed it was the youngest servants especially who gained immediate benefit, and he was studying the question how to give some advantage to the senior men, and that this matter would have his kindest consideration.

A most significant outcome of this occasion was the interest which it evidently awakened in the organizations of the Belgium service and their potentialities for assisting the minister in the practical work of administration and especially in the work of improving the service. Shortly after the banquet aforesaid the minister sent a circular to all the societies formed by officials belong-