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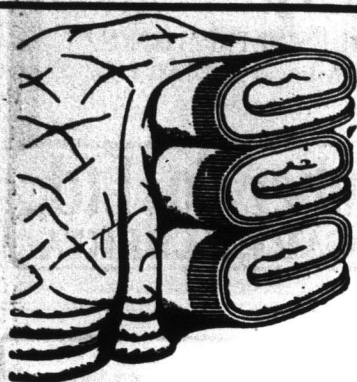
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in its circulation, but also because they contain a network of the minute blood-vessels known as capillaries, in which the blood current tends to stagnate. When this happens the nerves, unwarmed by fresh blood ache in consequence.

The small boy who leaves a warm house on a cold winter morning usually starts on the run, or romps about for a while in the snow. This activity gives such an impetus to his circulation by the rapid breathing which it necessitates that the boy is soon in a glow. Not every one can imitate the boy's activity or enjoy his fun, but all can imitate his breathing.

Breathing completes the circulation. The heart pumps the blood out through the arteries, which become smaller until they are microscopic. This may be in the wall of the heart itself or in the great toe, but wherever it is the blood current there becomes almost stagnant. It is as if a river had debouched into a broad lake. On the other side of the lake are the venous capillaries with which the arterial capillaries connect, and which carry the blood back to the heart. The question whether the blood shall stagnate here or be frequently renewed is, then, a matter of providing

Accidents of Athletics

Games and athletic sports may, first and last, be responsible for so many kinds of bodily injury that it would be impossible to enumerate them; but they may be divided, for convenience, into two groups.

There is first the kind of injury that results from external violence or from incorrect use of the body in the immediate game. Under this head would come all cases of bruises, sprains, contusions and strains. The second group would include all functional troubles, such as heart-strain, insomnia, or impairment of function in any of the organs of the body.

In the first class, where the bruises and sprains are the direct result of the inevitable rough-and-tumble of the game, as in football, there is nothing to be done about it except to draw up and abide by rules which eliminate unnecessary violence, and then meet the fortunes of war. On the other hand, there is an immense amount of bruising and spraining which might be avoided by proper training and proper care.

Proper training—gradual training—means as much as anything else. Muscle



After the Story was Finished

for its speedy entrance into the venous capillaries and its subsequent movement through the larger veins to the heart. This in turn is a matter of breathing, because breathing by its suction-like action, —the so-called aspiration of the thorax,—accelerates the speed of the blood on its return to the heart. A deep breath thus makes its influence felt at those distant points where blood is halting and nerves are tingling.

The rule for keeping warm is, therefore, first to clear the nose and then to breathe well, both deeply and rapidly.

Indigestion

When the food does not digest properly the fowls become very thirsty, so that they will drink water until it runs out of their mouths, if they put down their heads to peck up some corn from the ground. When birds are observed to be in this condition they should be caught and held downwards and their crops gently squeezed with one hand, when the liquid will come away.

When all the liquid is removed, give them some salad oil, as there is always an amount of inflammation in cases of stoppage; the oil relieves it very much, more particularly in the gizzard.

Sweet peas set under the shade of trees are sure to disappoint the planter.

and tendons will not submit to insult with any better grace than the rest of the body, and when they are called upon to perform tasks they have had no preparation for, they will almost certainly rebel.

A physician who speaks from the enormous experience in this line of work gained in a large college town, makes the interesting statement that, in his experience, there are more strains and sprains occurring in the first few weeks of the October term than at any other time of the year. He argues that in the long vacation the average undergraduate is not calling upon his muscles for any very violent exercise, and that on his return to college he demands too much of them too suddenly.

Temperature also makes a great difference to the athlete. In warm, damp weather, movements may be made with impunity which would result in trouble in dry, frosty weather.

The trained athlete will take care to have his limbs sponged with warm water before he starts, and the sophomore who stands round the field half-dressed and getting chilled through is doing a foolish thing.

The other group of cases mentioned—the dilated hearts, irritable hearts, and so on—is usually the direct result of overdoing. They are generally only temporary, if discovered in good time and properly treated, but they may lead to much trouble, and materially shorten life, if ignored. Rest will always form the basis of their treatment.