habits of carriage and movement, and for securing the most complete and harmonious development of which an individual is capable.

As regards the most suitable time of day for exercise, it must depend largely on how one is situated. The afternoon is undoubtedly the best, next the forenoon, then the early evening, and last the early morning, before breakfast. This last statement is not intended to dissuade any one from four to five minutes limbering up in connection with the morning bath; but a considerable amount of work before breakfast cannot, in the majority of cases, be very beneficial, for much the same reason that a very cold or lengthy bath is not so. A brisk walk soon after breakfast is an excellent way of getting the vital machinery started. Hard physical work immediately before or after meals is not conducive to the best digestion, because the large blood supply needed by the digestive organs is diverted to the muscles.

The amount of work should not be so great that excessive fatigue results. For students, who must be in condition for two to four hours mental work in the evening, it is not of advantage to spend more than an hour daily at most, or four to five afternoons a week, in vigorous work at the gymnasium, particularly if this can be supplemented, as is very desirable, by an equal amount of more moderate exercise in the open air, such as walking, occasional bicycle riding, or skating.

It remains, finally, to answer the oft-repeated question as to what kind of exercise is best. This cannot be done without first qualifying it by stating the purpose. Outdoor recreative exercise is of course the most valuable when the aim is health and general well-being. Everyone ought to put in at least an hour a day in the open air, even if the exercise be simply walking. All-round training in athletic games and sports is of great advantage to every healthy boy and young man, and no opportunity of obtaining it should be lost. This gives strength, endurance and control, besides developing many valuable moral qualities. Gymnastic work finds its opportunity for usefulness, when for various reasons sufficient outdoor activity cannot be had, and at all times as a powerful corrective for deficiencies of development. Athletic and gymnastic training should go hand in hand, each supplementing the other.

In gymnastic work there is opportunity to exercise those parts of the body which are used least in the ordinary activity of daily life or used in a manner which is not to their advantage. Thus, for instance, the upper back muscles are all day long under a passive tension, the weight of the head and shoulders, tending forward, suspended, as it were, on those muscles, which rarely are made to contract to the maximum extent. As a result they become relatively longer and more lax than their antagonists, the front chest muscles. These latter do what little active work is required, being mostly of a prehensile character. The same is true of most athletic games, swimming and rowing being notable exceptions. The last-named set of muscles are therefore usually better developed, relatively shorter and more tense than the upper back and shoulder muscles. What such a state of things leads to will readily be seen.

Another common faulty attitude, the exaggerated forward curve in the lower part of the back, often associated with a protruding abdomen, depends on the laxity and imperfect control of the abdominal muscles. Strong contraction of this group producing retraction of the abdomen and a straightening of the lumbar spine, is rarely called for in our ordinary life; but here, too, the condition of passive tension is habitual. All this is reversed in gymnastic work, if intelligently carried on. Such work also fulfils admirably the purely hygienic purpose of general exercise. It is for these reasons that both the immediate and remote effects of gymnastics are so beneficial.

Book Review.


Professor Bates in his preface says: "This book is made up from material used in a course of lectures given in the Lowell Free Classes as supplementary to my previous 'Talks on Writing English.' It takes up many of the more delicate matters of composition which would have been out of place in the earlier and more general course." The book is written with a studied precision of style, but with an apparent deliberation which is admirable. An essay on "The Literary Life" concludes the work. Throughout it is brightened by touches of mild humor, and for one who cares for the study of English it is most desirable reading.