

exercise he needs. If he isn't active, he needs medical attention. The young boy and girl should not be allowed to shirk school athletics, but should be encouraged in every form of outdoor-play-ball, tennis, all running games, bicycling, swimming, coasting and skating. The young adult should use his big muscles, those of the back, chest, shoulders, hips and thighs.

After thirty, speed and hard endurance trials aren't quite so desirable, but camping, hiking, golf, swimming and skating are still good.

In middle age, exercise is most valuable in holding off deterioration, and those activities which are moderate and not over-straining, may be indulged in with profit and safety.

As far as sex is concerned, up to the eleventh year there need be no difference in the games or activities of the boy and girl. After this age there is and should be a separation in type and form. The best authorities agree that competitive athletic games between adolescent boys and girls are inadvisable. Especially advised against for girls are broad jump, high jump, pole vaulting, weight throwing, and running in competition of more than 100 yards. Most other games are safe.

And now one final thought. If you are going in for a recreation of your body, make a call on your doctor and ask him to examine you. He will be able to advise you how far you can go, and what you can do with safety. Then, go ahead and do it. But remember this: exercise with a common sense.

In one of the best gymnasiums in the city, there is posted a big sign, printed in large letters and placed so that whoever comes in must see it. And on this