

ercise, according to the taste and ability of the devotee. Should this not appeal to many who find it too much trouble or who like a more leisurely fascinating indoor recreation—one that would provide mental and physical relaxation, with a minimum of effort, I strongly recommended Bowling.

As a devotee of bowling, with a thorough knowledge of the benefits in healthful recreation and pleasure, I was pleased to find that many present favored bowling, both indoor and outdoor or Lawn Bowling.

Particularly so as, in the past few years, there has come into being all over the United States, many sumptuous and palatial recreation establishments featuring bowling, and many Lawn Bowling greens were built, where the benefits can be enjoyed in full measure at a very small cost of time and money and the beauty of which is—it can be enjoyed at any time, night or day, without in any way interfering with a man's work or business. "Bowling one hour a day will keep the Doctor away." This is an assured fact—try it.

• • RECREATION • •

America is the greatest country in the world for the fostering of sports and sport activity. In every hamlet, village, town and city in every State of the Union, some form of sport and recreation has gained favor with the public, attracting to it hundreds of players and thousands of fans. All this is well enough but in most of the games being sponsored, one discovers, sadly enough, that only a small proportion of the people actually participate—in some cases less than 1% of the total number of people interested in the particular game—while the great majority are merely "fans" or enthusiastic onlookers whose sole enjoyment rests in witnessing the victory of the particular individual or team in which they are interested. Why pay to see others play?

People who are daily working and engaged in the task of earning a livelihood require some form of recreation and exercise in which they can actually indulge, a game in which they can "relax" their mind and play with the knowledge that they are combining recreation with exercise and enjoyment with a degree of skill. In so many games, it is requisite that the contestant be young or be particularly skilled in order to face competition; quite frequently it is necessary that the beginner devote a considerable amount of time to practice and secure expen-