

# Osler's Notes

## **Exercise is valuable**

*Within the past quarter of a century, the value of exercise in the education of the young has become recognised. The increase in the means of taking wholesome out-of-door exercise is remarkable, and should show in a few years an influence in the reduction of the nervous troubles in young persons. The prophylactic benefit of systematic exercise, taken in moderation by persons of middle age, is very great.*

