

their powers in athletics of all kinds. The most marvellous powers of all are those of endurance and of recuperation. And what is true of young men is true in its own way of young women. Yet, strange to say, during these years the system is most amenable to the ravages of disease. In this respect it is as if the ages from 6 to 8 were being lived over again.

Mental Characteristics.—It has been said of adolescence, that it is a new birth. Nothing better illustrates this than the fact that independence of thought so powerfully manifests itself. At the age of nineteen we begin to philosophize. As a result, the conventional forms and beliefs are subjected to scrutiny. doubts of all kinds arise. Religious customs and practices are the first to be attacked. Yet, because reason has not perfected its work, the mind oscillates between conflicting views. As a rule, it is impossible to expect consistency of belief and action.

This oscillation manifests itself in a score of ways. Sometimes there is a yearning for society, the next day for solitude; sometimes for rivalry, and sometimes for co-operation; sometimes there may be marked egotism, and this may be followed by equally marked altruism; a fondness for the opposite sex may be followed by a marked antipathy. And so it goes—periods of exaltation are followed by periods of depression. A pupil who is an interested leader may suddenly become a non-attendant at class; or, he who is a zealous champion of doctrine may suddenly become openly antagonistic. All this is because feeling, at the time, is vigorous and must find expression in some form. What an ally is a young person of this age, if his sympathies are only wholly for the truth and right!

The will is just as vigorous as the intellect, and indeed more so. It is not enough that beliefs should be fixed. They must be acted upon. A class of young people at this stage should be organized primarily for service. The study should be but a means to this end. It is