

especially young girls to be content with the amount of exercise they receive by a walk or drive to and from their school, it is almost certain to result in disaster, or at best, in feeble development which may and often does end in serious and permanent injury. What would be thought of the stock breeder who fearful of his young animals breaking their legs or getting into some mischief in the field, was content in driving them to water and back again to be shut up in a close stall for the rest of the day? Man is, after all, but an animal, subject to the same laws and having the same beneficent hand to guide him, and it is absurd for him to carve out a way of his own, as regards the nurture of his offspring, at once in direct violation of the most apparent truths. We regard exercises similar to those which we witnessed the other evening, of greater importance in a moral sense, as it will be found that those who freely indulge in athletic sports, are less liable to give way to temptation and seek amusement in the various debasing passions of which man became heir at the fall. It is aptly said by Rousseau that "the weaker the body the more it encumbers and weakens the soul." Gymnastic exercises ought to be an essential and indispensable part of education for both sexes; in speaking of gymnastics it is not to be understood we refer to the converting oneself into a whirligig or catherine-wheel, these are feats which answer for the sterner sex, but free and beneficial exercises can be indulged in without any apparatus whatever.

The benefits to be derived by a steady course of exercise are incalculable, but to be indulged in at all it is necessary that a competent instructor should be in attendance.

These benefits may be thus hastily summed up.

Frequent exercises render the muscles firm and increase their developments; they render more active the general circulation, so that each portion of the body receives its due amount of nourishment.

They render the muscles more subservient to the will, so that the movements of the body are more graceful, the various extremities acquiring a pleasing firmness, steadiness and dexterity in motion.

Gymnastic exercises develop the capacity of the chest, giving increased capacity for the free play of the lungs, they tend to the symmetric development of the body as a whole, so that no one portion increases in size at the expense of other parts.

They prevent occurrence of obesity, which is an evidence of a feeble state of repair of certain portions, most frequently the result of excesses in alimentation.

The healthful tone of the skin is promoted by free gymnastics, thus rendering it less liable to the injurious influences and alternations in temperature—a common source of ill health.