

name to the already somewhat lengthy list of professors which Victoria University has given to the colleges of America. Though Mr. James is no longer upon our editorial staff, we shall, from time to time, be favored with articles from his graceful pen.

PHYSICAL EXERCISE.

THE term *physical exercise* has been employed in a limited sense to denote the modern system of *bodily exercise*. In another sense the term includes those manly and healthful exercises which have been encouraged by all high-minded nations as calculated to improve the physical strength and to keep alive the martial spirit of the people. In the general acceptance of the term, however, it denotes every exercise which tends to develop and invigorate the bodily powers. This will include athletic sports, sleep, diet and recreation of all kinds.

While endeavoring to treat of the subject in its most general acceptation, and apply it especially to students, I have been under obligations to Dr. Oswald for many of the thoughts herein contained.

Physical strength was indeed the god of antiquity, and we therefore find the elements of physical culture in most nations from earliest times. In the infancy of society, when the individual was valued according to his personal strength, it was quite natural that the utmost care should be bestowed on those arts which most surely lead to distinction. All education then consisted chiefly in the practice of such exercises as were estimated to be best for the development of muscular strength, and to make life as long as possible. These exercises were at a very remote period systematized and reduced to a science by the Greeks, and gymnasiums were built for the purpose of giving everyone a thorough physical training. It is well known that the Greeks provided for their children the most complete physical training the world has ever known. Women as well as men took pains and pride in the development of perfect