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THE SONG OF THE PINES.

With branching arms and summits high,
We work the will of Heaven's King,
Though simple be our melody,
And round us sweeter voices ring,
Our murmurs rise, though our beads are gray,
Through gloomy night and cheerful day,
Till weary winds their wand'rings stay,
So long we e'er shall sing.

For many years we've whispered thus,
In days which now shall come no more;
Full many men have passed us by,
Whose earthly course hath long been o'er;
Yet still with voice unchanging e'er,
We bid the sons of men beware,—
Of future life to have a care;
This shall we say, and nothing more.

—Fisher.

BRAIN AND MUSCLE.

The recent annual sports of our University make a few remarks on the subject of physical exercise, as related to students and all whose bread is earned by the sweat of the brain, by no means out of place. There has been of late no inconsiderable writing and speaking as to the neglect which is bestowed upon the development of the body, and the insane struggle after mental culture which is made at the body's expense; and we know of no popular discussion which is more worthy of general attention and interest. The popular fallacy that associates pale faces and shrinking limbs with hardworking students is being exploded, and the world is beginning to see that it is quite possible for a medallist to graduate with a ruddy countenance, and that he who is skillful in the sports of the field is often the victor in the intellectual race. The day is gone when narrow chests and pale countenances were accounted genuine evidence of intellectuality, while broad shoulders and stout limbs are no longer considered incompatible with honors. The story of the past, too, has helped to correct misconceptions, and supplant ignorance. There can be no doubt, for instance, that the superior mental attainment of

the Greek depended in no inconsiderable extent upon his superior physical strength. Apollo, the god of poesy, was also the perfection of manly beauty. The Belvidere exhibits to us no abnormal developments of skull resting upon Lilliputian shoulders, drooping beneath their burden, but the head is held aloft, the noble chest expands with health, the attitude is of one who delights to be in the midst of action so that his powers may shine in use, rather than rust in sloth.

Of course brains are the chief thing. Old Fuller has said that "ofttimes such as are built four storeys high have little in their cockloft," and it is quite possible for your "two storey" man to strike, as Horace longed to do, the stars with his sublime head, but your little men, it has often seemed to us, are far too highly adulated if they happen to be but brisk and meddling. All men should aim high, however, be they great or small.

The rush and whirl of modern life makes a harmonious adjustment of the mental and physical absolutely necessary to him who expects to work in the world. All students in particular, should be diligent students of themselves, and make it their first business to place their minds in complete harmony with their physical environment.

The student of the nineteenth century should have a body which cheerfully and easily fulfils the requirements of his mind, and he will learn that just as he properly nourishes and cherishes his body, to the same, and to a greater, extent will his mind be quick, keen and bright. The student of the nineteenth century cannot afford to despise football, cricket, or the sports of the field, nor on the other hand, can he afford to use up his nervous force and strength so that he is unable to study with a mind strengthened and fit for work. The student of the nineteenth century should learn from the history of the last generations that the greatest men of modern times have been men who united sound mental culture with sturdy physical development; that the senior wrangler who graduated amid the plaudits of his friends with a heavy heart and a worn out body has been surpassed and distanced in the race of life by one burly bearer of meeker college honors, who receives the applause and admiration of his country, and works for greater triumphs unfettered by the gnawings of dyspepsia or the twinges of disease.

All who have aims in life should remember that man is a unit, and not a combination of contrivances—that when he studies or works in any way, the whole of him works, not his brain merely, but his body too, acting on the brain and giving it a keenness or a bluntness, an aptitude or a distaste, which the workmanship reveals.