

by continuous and methodical work, there can be no question of failure. There will be times when wearied and fatigued you may give way to despondent feelings and if you be not strictly on your guard there exists a danger that you may either become careless and indifferent or give up study altogether. Rather than this it would have been better had you never commenced the study; for, as Lord Bacon observes, "a man is an ill husband of his honour that entereth into any action, the failing wherein may disgrace him more than the carrying of it through can honour him." It is not necessary, moreover, to apply yourselves so closely and unremittingly to study as to seriously encroach on the time required for rest and bodily exercise. By so doing you may induce disordered states of the system; and, it is beyond doubt that diseased conditions of the body react with varying degrees of intensity on the mental processes. You may thus be rendered incapable of accomplishing as much work as if you were in perfect health. In the language of Shakespeare "the body and the mind are like a jerkin and a jerkin's lining—rumple the one and you rumple the other." If you consider the extensive ramifications of the nervous system and the important part which it takes in all the vital actions—its subservence at once to the higher mental operations, and to what we regard as the simplest and least important of the functions performed by the economy, you will readily understand the workings of the laws of sympathy, and why man's nobler part should be so much influenced by deviations from the physiological conditions of the meaner organs—those which are concerned in the building up and sustentation of his physique. The most distant parts of the periphery are united by nervous mediation with the cerebrum the admitted organ of the mind and the seat of reason. Strange as it may appear, nevertheless daily experience proves its truth, our feelings of pleasure or pain, happiness or misery, contentment or dissatisfaction, &c., depend, in a measure, upon the healthy performance of the functions of the diges-