

season of life is, however, particularly favourable to such cure. Nature will never again present so valuable an opportunity of remodelling the constitution. A doctor of health or preventive medicine, who shall become acquainted with the constitution of each student and determine how far exercise must be modified to meet individual peculiarities, is an indispensable member of the faculty of any college that undertakes to educate in Health. With this observation and caution modern gymnastics and exercise in various forms will become an invaluable part of education. The muscles of the body are capable of the same careful training as the senses. As the eye and hand in painting, or the ear and hand in music, require long and careful practice to acquire skill, so the great variety of delicate or powerful muscles in the human body require careful exercise to draw forth the varied powers that belong to them. The ordinary movements of life do not call forth half these powers. As the large majority of people go through life with only an imperfect use of their lungs, from the constraint of clothing and sedentary habits, which weaken the thoracic muscles, so it is with other organs, and imperfect muscular action and weakened health is the result.

The principles of education which are thus laid down are the following, viz.: a constant observance of the order of human growth, the selection of studies that will carry out this order, habits and arrangements of college life that will enforce it,