

should look to the walls of the temple, in order to preserve it in that sound and weather-proof state that its Grand Designer intended it to be.

Nearly every lecture this season has had something bearing on this question; and there is in the press a mighty surging, that indicates truly the waves of argument that are to come, and wash muscle, bone, and sinew into the American child. On every hand we see it exciting good men's attention; and even from the pulpit we have heard, so to speak, muscular Christianity, preached. Pure health in a normal man is more the natural balance of thought, feeling and bodily vigor than the mere absence of disease, and with us this balance has been somewhat impaired, and would we keep that power to go a head as we wish—would we show that our thoughts are good or great, our principles noble or sublime—we must keep in healthy action and perfect tune the instrument through which they reveal themselves to the outer world. This is the body (the frame-work) that contains our individuality—"the house we live in."

That pleasant philosopher, Dr. O. W. Holmes, says in a recent number of the *Atlantic Monthly*, "—the strong hate the weak. It's all right. The arrangement has reference to the race, not the individual. Infirmary must be kicked out, or the stock run down." Harsh as this may appear, it is true; for we cannot afford, our bodies being necessary agents to effect the objects of our wills, that they be constitutionally weak, and incapacitated for the labor they have to do, and that the will commands, or the thought inspires them to perform. There is a bodily insanity as well as a mental one; and an excess of any kind induces the one so does want of air, exercise, and equalizing action produces the other.

There is another grand cause of bodily infirmity in this country, and that is, the vast amount of quack medicines which are annually swallowed

by persons, for purposes honest and dishonest, and which, if they do not inflict punishment on the partaker of them, yet surely stamp upon the offscoring—our future greatness—the mark of a father's folly or a mother's weakness.

We have no fear, however, that there will be a sufficient number to look on the melancholy side of the question; therefore let us prefer, as pioneers, to show the road to health and national *physique*. This physical education must begin with the young; and to their improved condition, the result of training, must we look for an athletic American people. The first grand necessity of life is fresh air; and we can assure many persons who act as if they thought the reverse, that fresh air will not ordinarily kill babies, in fact, the youngest child should have as much fresh air as possible, should be loosely clad, and allowed to crawl about a great deal. The educational system should include the gymnasium, and regard the art of calisthenics as a very fundamental part of learning. Boys, and even girls should be encouraged in vigorous sports—flying the kite, bowling the hoop, or similar games. We sometimes count, in one day, half-a-dozen or more target companies passing our office, to shoot for prizes at some suburban lager bier garden; and we have thought how much better it would be, and how much more good it would do the country, were those young men to try their skill at leaping, vaulting, throwing the hammer, or anything that called forth muscle, rather than shooting at a painted board. And it would be more patriotic, too, for the use of the gun is quickly acquired, should it ever be wanted for war; the muscle and strength to use that gun are not to be had quickly, but are the results of constant activity and exercise.

Our habits are, also, altogether too sedentary, and the ladies, we say it respectfully, are too much within doors, and know too little of rustick