

physical energy not indicative of spiritual power! There are many who realize they ought to use their money and intelligence aright; but how few there are who are aware of the fact that they should use their physical organism aright! If a clear head is of more value than one dizzy with perpetual vertigo; if muscles flourishing with health are of more value than those shrunken by chronic rheumatism; if an eye quick to catch passing objects is better than one with vision dim and uncertain, then God will require of us efficiency in proportion to what He has given us.

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FLASHES FROM THE DISCUSSION.

THE essayist was criticized for placing sleep under the head of physical exercise.

The foundation of national greatness is to be found in the soundness of the constitutions of the people.

The best gymnasium in the world is the harvest field.

"A man cannot be a good liver unless he has a good liver."

The criminality of slow suicide by overwork and underwork was strongly emphasized.

Health is what the student needs, not great strength; harmonious development, not immense muscular development; agility, not superabundant power. The heavy lifters of a circus are never so healthy as the trapeze actors. To supply a great mass of muscles with nourishment leaves the brain unnourished.

We have just so much energy to be spent in work. Too much used up in physical exercise leaves the brain weak.

The figures of Dr. McCosh on the college standing of athletes were quoted. Students at Princeton are graded in six groups. All the athletes stand well down. Out of a total of twenty-seven athletes, fifteen are in the two lowest grades. All but seven are below the middle; only two stand in the second grade. "Bodily exercise profiteth little" when excessive.

Exercise must be accompanied by careless, cheerful thoughts. Walk with cheerful companions, with Nature, with God. Rule—breeziness and briskness. There can be no arbitrary rule