

Few reflect sufficiently on the thousands of muscular movements required in rowing, riding, running, wrestling, dancing, &c., and of the great length of time that the human machinery can be kept in rapid motion, with but a painless degree of fatigue. The mind is brought to a dead lock in endeavouring to comprehend these motions, and their powers of endurance; bewildered in thinking of the voluntary and spontaneous action of nerves, muscles, and mind—the continued stream of healthful blood from the heart, as from an exhaustless fountain, so that the whole system may be sustained in strength and freshness. In the absence of some such exercises, Nature is called on for undue efforts in order to rid herself of the superfluous and decaying matter from the blood through the various secretory channels, which, if allowed to remain, would war against health, by impeding the transition of the material into muscular, nervous, and other fibre, necessary to invigorate the system. The universal desire in youth for joyous exercise; and the frequent involuntary stretching of the limbs in adults, are just so many monitory hints of nature's eagerness to throw off the lethargic burden, and give full play to the whole muscular powers. Great and beneficial changes, more especially in youth, may be effected throughout the entire system, by management carefully and judiciously continued.—Health is the weather of the body; and nothing tends more successfully to keep it up to a proper temperature, than a consistent indulgence in athletic sports.

Physical recreations with the nations of antiquity were ever matters of weighty consideration. Among the Grecians, the feats of their wrestlers brought out the pen of the historian, the verse of the poet, and the pencil of the artist. Nor was this all: the chisel of the lapidary was likewise summoned to assist in perpetuating their heroic deeds to after ages, by the elaboration of the choicest sculptures on the most enduring marbles. The Etruscans not only made their sports of the field objects of admiration, but they transferred them to the sepulchral chambers of departed greatness. They were also described in every variety of relief on the pots, vases, drinking vessels, urns, sarcophagi, &c., which formed part of the grave-furniture of the great; but now that the tombs have opened their marble jaws and cast them up again, the care taken to perpetuate the modes of wrest-