

civilization, there was a nobility, sprung from necessity, which richly deserved the name. But now to live for nothing but hunting fishing boating, and athletic sports—now, when these arts have degenerated into childish imitations, *to live* for them is simply ignoble. The cultivation of human muscle, of brawn without brain, of professional athletes, for gamblings and public struggles for money or fame, is degrading—a crime against humanity.

Physical exercises subsequent to the schooling period, however symmetrical the education, should be employed with the same regularity, if not to the same degree, as mental activities. Let the fact be fully recognized and acted upon, that training alone insures retaining, that length of life and prolonged happiness depend on the continued cultivation of mental and physical existence beyond all else. Ceasing to learn is beginning to die. Schooling is not only needed for girls and boys, but for men and women through every phase of life, if they would complete their career. The early interest and enthusiasm awakened in gymnastics, and the skill acquired by systematic training, may easily be perpetuated. In this respect the maxim, "The child is father of the man," is no less true than the proverb, "Train up a child in the way he should go, and when he is old he will not depart from it."

In conclusion, permit me briefly to refer to two results, "devoutly to be wished," which must inevitably follow the perfect consummation of physical training. First, the practical knowledge of the mechanism of God's crowning work, the human body, of the wonder-working hand, the source of man's supremacy, is such a personal revelation of aptitude as must tend to a diversity of callings, thus supplying from the yearly graduates of educational institutions, who now crowd the professions, the intelligent, trained and cultured recruits so

greatly needed in all human occupations. Second, this knowledge should awaken such a genuine admiration and reverence for the human body as shall tend to shield it from intemperance, fashionable folly, sad sins of omission and commission, gross immorality, and criminal violence. It also should aid us to discern in this body God's living temple, whose open portals must be guarded day and night from every approach of evil—a temple to be cleansed, garnished, beautified, and made meet for the indwelling of the Holy Spirit.

SEWER-SMELLS.

(From *Med. Times and Gaz.*, Lond., Eng.)

Whenever there is a rise or fall of the mercury—if not indeed at other times—the ventilators and manholes of all but the best-laid sewers always give off a sickening stench. Many expedients have been tried in different towns to prevent or to conceal these exhalations from the nether world, but, if the sewers have been imperfectly constructed, invariably without success. Trays of charcoal have been fixed in the openings, but the charcoal becomes rapidly moist in the damp air of the sewer, and soon gets choked with fine dust from the roadway, so that unless the trays are daily replenished, at a ruinous expense, they do more harm than good, by preventing the ready ingress and egress of air which is necessary for the proper ventilation of the sewer. Moreover, even if charcoal is successful in deodorising the sewer-air—as to which the evidence is very contradictory,—it probably has little, if any, destructive influence on the germs which that air may contain. In many places, shafts have been utilised, with or without an artificially produced current. In either case they ventilate the sewers more efficiently than openings flush with the ground; but they are very unsightly, and as, if they are to