

with energies unimpaired, and working powers as good as ever, I also see that they are those who do not add a day's play to a day's work, but men who, after a severe day's toil, take their dinner quietly—not bolting it to rush off to the theatre or billiard rooms; but who spend a quiet evening in intellectual pleasure, unbending the bow while adding to their stores of knowledge.

The form of brain failure arising from excessive mental strain is not due to the mere fact of working the organ, but from working it in some occupation attended with worry and anxiety. The exercise of the mental powers is bracing and health-giving. It becomes an evil when there is a deficiency of proper rest, or too persistent application in one line of thought. Long continued mental exercise in that *ungenial* form of the acquisition of knowledge called *cram*, weakens the brain. "Be not wise overmuch; why should'st thou die before thy time?" If the brain be immature, as it is in young persons, this over-work is most disastrous. The repeated fatiguings to which the brain is subjected not only produce disease, but actually arrest the development of the organ. Should the diseased or fatigued condition be thoroughly recovered from, the person is still left brain wearied; in so far as brain development has been arrested. No one organ can be developed at the expense of the others without entailing a weakening of the whole. In this connection it is proper to note that much of the evil arising from the student life is not so much in what is done, as in what is left undone. Every student should make a sacred resolve to move about in the open air at least two hours every day. If he does not, cold feet, weak digestion, headache, torpid liver, and a general clogging of the internal wheels, are sure to inform him that he has been violating the laws of nature, and

is now reaping his reward. This brain failure is not so much in the work, however severe, as in the neglect to give the brain sufficient rest. The time requisite for the brain to obtain nourishment for fresh periods of work is not allowed, and it fatigues earlier than it did on the previous day. The man, feeling this failure, and not rightly grasping his situation, adds the further evil of worry to that of over-work. He looks forward with fear to his coming examinations, attempts to mend matters by increasing his hours, and speedily becomes a mental and physical wreck.

Many of the diseases that might arise from injudicious mental strain I shall omit, and pass to those arising out of over physical strain. No one will deny that to die in the performance of the severest form of toil, or while enduring the greatest hardships, is a virtue, if such a death be in the path of duty. But remove the doctrine of duty or necessity, and the picture is completely changed. No sane man would grant his praise to a man who dies from the effort to walk a thousand miles in as many hours, or to the oarsman who bursts a large blood-vessel in the mad attempt to defeat his opponent, and win a few dollars. The universal testimony of the best observers of the Greek, Roman, Italian and Arabian schools is that excessive physical exertion perceptibly shortens life. The statistics of Germany, France and Britain clearly show that the health and longevity of the people are favourably influenced by everything that reduces the amount of physical over-strain. Many great and powerful nations have passed away, among whose people the greatest physical strength and athletic achievements were ranked as the highest of virtues. On the other hand the Jewish race, ever since the dispersion, has never had any system of physical training; the development of