

while as the daylight faded a white mist rolled up from the valley, and the rush through the damp air brought the blood mantling under the runner's skin. He was a clean-limbed, vigorous English boy, with muscles suppled and strengthened by many a swim from the pebble beach and exercise in the open air ; for they were taught at Firdene that a healthy body means a healthy mind, and that laziness and uncleanness, with the habits they breed, formed a millstone which might hang about a boy's neck during the rest of his life. So, very few among them slunk off into the fir-woods to smoke, as unfortunately some school-boys do, and, when caught red-handed it was bad for those who did ; while it was currently reported that the head of the school once checked an indignant parent who complained about her son getting kicked at football and tearing his clothes in the paper-chase : " Madam, you should be thankful you boy takes an innocent pleasure in these desirable things," he said. " If he doesn't lose his temper, a few kicks may even be good for him."

Charley, however, had his failings, and one of them was a conviction that only the best of every-