

of antiquity loudly and constantly raised their voice. The literature of the Hebrews contains a mine, almost unexplored though it be, of unspeakably valuable constitutions on the subject of physical training,—and what the Greeks and Romans have said and done in this regard, I need not tell you. You know it, and you know that it was the neglect of physical training and of athletic exercises among the two last mentioned nations, and the spread among them of luxury and effeminaey, with their thousand attendant evils, that swept them out of existence. I will suppose, however, that you are thoroughly impressed with the importance of corporal health,—that you fully perceive its indispensableness to the proper exercise of the mental faculties,—that you well know genius, however brilliant, cannot long dwell in a sickly frame,—that bodily vigour is not less essential to success in the learned professions than in the paths of commerce and other yet more laborious fields of human industry and occupation. I will further suppose you to be fully aware that, by proper physical training, weakly organized forms have been strengthened, and an extraordinary degree of muscular activity attained,—that not only has such a training developed muscle, but has even altered and improved solid bone, while it has completely removed many painful nervous affections. Let me, however, remind you, and at the same time all our alumni present, that it will little avail you to know the theory, if you neglect the practice. The necessity for cultivating the physical powers has been recognized by this University in the establishment of a Gymnasium; but I am sorry to think that students do not seem sufficiently to recognize the importance of physical training, since it is not so commonly and frequently visited as it should be. But let me ask that its exercises be not disdained, as occupation only fitting for idle juniors,—and let it be remembered that busy Cæsar, grave Cicero, and other heroes and sages of antiquity, thought it of the first moment to cultivate such exercises. And although I may not expect that the instructing and other officers of this University may themselves frequently engage in throwing the discus and other feats of the ancient athlete, yet may I express the hope that such exercises may not only constitute an essential part of the regular duties of the student, but that preëminence in them may be deemed worthy of reward, as in other graver departments. I have enlarged somewhat on this topic; but when the press of a neighbouring people is so loudly raising the cry of physical deterioration, and propounds, instead of a proper system of physical training, schemes which are either ludicrous or