

4. But, further, systematic exercises assist in the control of the feelings and appetites—(a) *By exhaustion*. It is clear that by expending a certain amount of nervous energy in a definite direction, which must be given off in some way or other, the tendency to take any other direction is greatly diminished. (b) *By habit*. By degrees exercises become so much a part of the individual that they are performed as a matter of course. Early rising, for instance, is usually an act for many years of self-denial, but by frequent repetition the effort is reduced to a minimum. Is it not reasonable to suppose that an active vigorous condition of muscle is of material assistance not only in taking the final leap, but in forming the resolution to do so. After a time, indeed, may there not be a certain amount of automatic action about it?

5. Of course, it is not by any means a universal fact, but it is a matter of observation that the woman is more emotional than the man. Has muscular development any share in the production of this difference?

6. Almost every practitioner knows that an individual who has been suffering from acute disease has not that control of the feelings which is natural to him. Has the wasting of muscle anything to do with this?

Now, if excessive selfish indulgence has the morbid influence which I have ascribed to it, then it follows that an increased power of the will, and a more constant and regular exercise of it, must of necessity prevent such disease. It has been shown that some of the more important physical phenomena accompanying states of feeling are directly and powerfully, I do not say solely, influenced by the will; in other words, the muscular movements at any rate may be checked, or almost extinguished, by volitional control. This control is strengthened, facilitated, and made more efficient by systematic physical exercises. Following the same line of argument, I believe that mental exercises of a suitable kind are second only to physical exercises in importance. If this be so, there remains this question, which is well worthy of the serious consideration, not only of each individual member of the medical profession, but of every reformer, statesman, and philanthropist. In what manner, when, and how long should these systematic exercises be employed? Without attempting to give even a sketch of a complete answer, I would merely venture to mention one or two points which have occurred to me:—

1. That systematic physical exercises should take a very prominent place in the training of our youth, irrespective of rank, in both sexes, and they should form a very much larger share of the instruction given in our board schools than they do at the present time.

2. That during the first ten years of life, systematic mental exercises over and above reading and writing should be of a moral nature. The beauties and advantages of truthfulness, temperance, and honesty should be impressed upon the youthful mind, and contrasted in their results with the hideousness and degradation of dishonesty, intemperance, and deceit. Without a shadow of a doubt,