

objections. The healthy mind in a healthy body is not easily ruffled even by unintelligent opposition.

While exercise is certainly not more important than food, clothing, and fresh air, it is as important; while it is capable of being overlooked and neglected in a way of which none of the other sources of life and health at all admit. A man who goes without his dinner is soon made aware that there is something amiss; an insufficiency of clothing, again, soon makes itself felt: intentional faults in these particulars are not often committed; but an insufficiency of exercise, although the punishment is as severe, is not always as clearly traceable to the transgression. Error here, in a great majority of cases, may arise from actual want of knowledge. A vague feeling may be entertained that exercise is a thing to be taken; but to what extent, at what time, or in what manner, are points on which few really consider it necessary to possess any adequate information. The regular urgent reminders which follow on the neglect of the other agents are missing here, or if they do occur, it is only as they affect some one of them. For want of exercise, appetite fails; comfortable bodily warmth is not sustained; refreshing sleep is not obtained; but these, reminders though they be, come indirectly, and, as it were, incidentally only.

All the tonics, beef-tea, and good food in the world will not add a half-inch to the narrow chest of a sickly boy. All the "airing" he may get from morning to night in southern climes will not infuse stamina and real improvement into him, unless intentionally or otherwise exercise happens to be combined with them. No marvels are pretended to. The weakly offspring of unhealthy parents will never, under any training, become an athlete; nor does he want to become one. But it is simply certain that if he takes proper exercise in the proper way he will become a healthy, serviceable man, instead of passing through a delicate youth into a valetudinarian manhood.

What modern men in civilized countries want is not strength but health, which is indeed a general and equally diffused strength over all the organs and functions of the body. Disproportioned strength, whether centred in the arms, or the legs, or the trunk, or generally in the muscular as compared with the other systems, is to be held in reprobation, though regarded by many as the highest result of gymnastics. Men go about fancying they are strong because they have big biceps, whereas, taken as a whole, they are as feeble as infants. It is tone, stamina, endurance, which modern conditions attack most, and these it should be our chief aim to maintain or increase. From the nursery to the school from the school to the college, or to the world beyond, the brain and the nerve strain goes on continuous, augmenting, intensifying. These are the exigencies of the campaign of life for the great bulk of our youths, to be encountered in the school-room, in the study, in the court of law, in the hospital, in the asylum, in the day and night visitations in court and alley and lane; and the hardships encountered in these fields of warfare hit as hard and as suddenly, sap as insidiously, and destroy as mercilessly as the night-mare, the scanty ration, the toil, the struggle, or the weapons of a warlike enemy. It is not the power to travel great distances, carry great burdens, lift great weights, or overcome great material obstructions, which we now require; but simply that condition of body and that amount of vital capacity which shall enable each man in his place to pursue his calling and work on in his working life with the greatest amount of comfort to himself and usefulness to his fellow-men.—*Educational Gazette.*

The Educational Importance of History.

A child, reared in some "happy valley" beyond whose boundary his infantile footsteps have never been permitted to wander, and, unlike *Rasselas*, deriving no knowledge of the outer world from books or instruction, would be apt, as far as he may be supposed to reason at all, unconsciously to conclude that those rocky summits and verdant slopes which circumscribe his vision,

are the limits of the actual world; that the impassable circle of cloud-piercing mountains on which he has gazed from infancy, include within their impenetrable zone all that is to be seen, felt, or enjoyed; that the trees, plants, flowers, and animals of his narrow world are of vegetable or animated nature that creation has produced; that the people amongst whom he finds himself placed, with their toils and their pleasures, their wants and their luxuries, their loves and their hates, and all their small ambitions and petty interests, circumscribed by, and centred in, this narrow spot of earth, form the sum total of that great human society for whom the sun and moon were made to shine, and for whose benefit rains are sent in due season. Here, in short, is his universe; and confined within its narrow bounds, his intelligence can scarcely be expected to attain to much higher development than that of the animals which he tends or with which he gambols. But when advancing years have given strength to his limbs and vigour to his frame, and impelled by growing curiosity, he on some happy day climbs to the summit of one of those giant peaks surrounding his childhood's world, almost fearing to complete his venturesome task, in dread of the scene of blank vacuity or wild desolation that is to meet his bewildered gaze; how he stands entranced at the prospect that presents itself to his enraptured view! Other valleys teeming with busy life and a different people; immense and fertile plains stretching out and abounding in cultivation and industry as far as his gaze can pierce; magnificent cities, nurseries of the arts and elegancies of life; the blue ocean spreading away in the distance like the crystal floor, and bearing on its glittering surface those white and vision-like objects, which he is told, flee on their snowy wings across that vast deep as mediums of communication between the land and people on which he looks, and other lands and peoples far away beyond the rising or the setting sun. What a different being is that youth descending from his lofty eminence! Morally and intellectually he is changed, and like Plato's captive returning to his dungeon after having gazed on the realities of the glorious world, his mind can never again return to the contemplation of shadows, or be again circumscribed within the narrow limits to which ignorance, prejudice, or selfishness would confine it.

And such an awakening and expansion does an extensive and judicious study of history exercise on the human mind; for if, as the poet sings,

"The proper study for mankind is man,"

history must be regarded, at least in the moral sense, as the most pregnant of all the sciences in the elements of such study, as being the exhibition of man and the display of human life in all the ages that have rolled by and under all the diverse circumstances through which our race has passed. The study of history enlarges the mind, expands the ideas and eradicates those narrow and illiberal prejudices which dim and warp the understanding. By developing the causes which influence and direct the opinions and conduct of men in the several ages and countries, and under the different social and political circumstances that have existed, it tends to inspire liberality of sentiment and to foster a spirit of toleration and universal benevolence. In perusing the history of nations we have an opportunity of investigating the circumstances which gave rise to their existence, conduced to their grandeur, or precipitated their fall. But the most rational entertainment and valuable instruction afforded by the study of history, are to be drawn from the opportunity it affords of tracing through succeeding ages the origin, progress, and influence of arts and sciences, literature and commerce, and the progressive advancement of man from a savage state to the culminating points of learning and civilization; as also the frequent instances of retrogression in these respects which history discloses, with the remote or immediate operating causes of such advancement or retrogression. History is so essential a part of a good education that no literary or in many cases even scientific acquirements can be complete without it; the orator, the poet, the divine, and the professor,