

to make its pupils circus-actors, prize-fighters, nor even champion cricketers or oarsmen. Nor is it to the advantage of the student that he should have a good digestion, a brawny arm and a power of physical endurance—it he have nothing else. “You cannot stand on one leg as long as I can,” proudly said a dancer to the Spartan legislator, Lycurgus. “No,” was the reply, “but any goose can.” When a man cultivates only his physical powers, he enters into fruitless rivalry with the brute creation.

It will be a wise conclusion reached, however, when men of business, and everybody else, as well as students, believe that the mind, in order to increased usefulness and power, requires the aid of a healthy body; and that physical exercise is a prominent aid by which to obtain such an end. But let it be understood, that exercise cannot be taken like a dose of medicine with much benefit. Taking a “constitutional walk” is not so valuable as some people think. The proper way to exercise is to do it as a means to some other end than mere motion. Have some object in view; walk to your place of business, or to some appointment, or home to dinner. Walk not for mere walking, but to do your business, or for some purpose of amusement. Or cultivate a piece of ground, or saw wood, or play ball, or hunt, fish, or something else, in which you will forget yourself and not feel that you are only taking a dose of exercise. Playing work, or playing walk, as you would swallow a pill, is not the thing.

---

### Work and Rest.

---

IN these days of fast living and hard working, when every nerve is strained to get the most done in the shortest time, it is well to remember that the

“Sweet vicissitudes of rest and toil make easy labour.”

It is not so much for physical toil that the present day is noted; though there is abundance of that. The heaviest strain is upon the nervous system. We multiply our engagements, increase our business, and often introduce an element of labour into our very amusements. The best workers will be found to do a few things thoroughly, and things of so opposite a nature that the very change of work becomes a relief.

But absolute rest is a necessity; and that is obtained in sleep. Good workers have a faculty of sleeping well and soundly. Some of them may only sleep for a short time, but it is thorough. They enter