

common round and daily task engage human interest. The prizes of life, other things being equal, fall to the man who has the most vitality. This being the case, the question naturally arises, can the amount of vitality of the individual be increased? In nine-hundred and ninety-nine cases out of one thousand the answer is emphatically in the affirmative. As most of the readers of this article will belong to the student class the writer will direct himself to the task of suggesting the means of building up life force which lie within the reach of by far the greater number of his fellow students.

"But," you say, "I have not the time!" What, do you mean to say that you have not the time to be as nearly perfectly well as possible! Then you had better stop studying for you are not at all likely to accomplish much by your study. Think of the men who have done the world's great tasks—whether clearing the forest, doing pioneer missionary work, federating the Dominion, preaching good sermons, building railways or canals, teaching school successfully or building up colleges, and in nearly every case they have been men of abounding vitality. On the other hand, talk with a graduate of some years' standing of our own University and ask him about those students who persisted, during the College course, in burning their candle at both ends, *i.e.* in hard study and no recreation, and he will name over a couple of dozen who are now beneath the sod as a result of their suicidal course. What caused their relapse will ruin you, and unless you are willing to keep yourself well you had better pack your trunk and leave for other fields where you may hope to be of some use.

Supposing then that you value good health you ask what you are to do. Your question is a good one, for even vitality must be worked for. Remember that hard study will do you no harm. If rationally done it will actually add to your days. Gladstone's study has been a potent factor in bringing him so merrily to a hale old age. Well, the first thing for you to do, if you are a little out of sorts, is to consult a good doctor, (avoid an inferior doctor as you would a plague) and ask him to tell you how to get well and to keep well. He will tell you, and you will wonder how simple those rules are. When you have got into a condition in which you are ready for exercise, get a physical examination, try a competent physical director, in order that you may find out what exercises will develop your weak or deficient parts, and more particularly those exercises that you *must not* attempt. He will direct you and if you will follow his directions for six months you will be a new man.

I make no apology for recommending the consultation of the physician and the physical director, for

*injudicious and improper* exercise does infinitely more harm than good. Granted that you are ill and need medicine. What would you say of the doctor who would say, "Oh, it doesn't matter what medicine you take. Just get a barrel of quinine and take a handful every day." Irrational as such a prescription would be, it is not a whit more irrational than taking exercise, leaving out of the question the constitution, temperament, need and occupation of the individual. Perhaps you need relaxation. Perhaps you need toning up. Your deficiency may be a tendency to waste your nervous energy; but depend upon it, whatever *your* need, your physician or physical director will be your best friend. A few dollars *invested* spent in in this way will be the most paying investment of your life. Above all things, beware of under doing. An hour spent every day in *brisk* walking, not in dawdling or lazy strolling but at a four to five mile an hour pace—better still if some of it be up hill—and half an hour spent in *conscientious* indoor work with a pair of dumbbells weighing from three to five pounds, will be all that you need for keeping up your physical condition, provided you keep the air of your room sweet and pure and eat only nourishing food.

Remember that you need rest. Name if you can any animal that can get along without rest. You need sleep and lots of it. I doubt if a student can do his best work every day if he does not get eight hours sleep each day. When your hour for sleep comes, go to bed and go to sleep. The pure heart and clear conscience and a little will power are the best night-caps in all this wide world. During sleep what forces will be at work with busy fingers getting you ready for to-morrow's toil!

A word about recreation and amusement. Who can guide you in this matter? Will you try this test? Ask yourself does your amusement entail your going into impure air, loss of sleep, nervous exhaustion? Do you wake up next morning with crazy nerves, a rebellious stomach and an utter distaste for the duties of life? If your answer to these questions are in the affirmative depend upon it that you are paying too dear for your fun. Recreation should bring you rest and make you strong and *hungry for work*. The plow-boy will not find much recreation in walking, and the student should shun all forms of amusement which involve additional strain upon brain and nerve.

There is no royal road to health, but there is no reason in the world why the average student should not be a much stronger man than he is. At present the student must learn how to take care of himself. The ideal University will have as one of its faculty a physical director who is an educated, enthusiastic physician, and will demand of its graduates that the body develop *parri passu* with the mind.