

such interference, at such a time, is that the evil then done can not be wholly remedied, and the power lost to body and brain can never be entirely regained.

Now, at the time of life when young men come to our colleges, when, in many cases, all their bodily organs are approaching maturity, ought this body brain-work to cease or can it without danger be neglected? Is it not most essential that at this very period the reciprocal action between body and brain should be steadily maintained in order that each should be able to endure the new strains put upon them. Acquisitions of knowledge, scholarships and ambitious desires for prizes and medals, all incite them to neglect physical exercise (body brain-work) under the mistaken impression that time given to that is time lost completely. Many a *fine scholar* has left college with great honors to experience in his subsequent career the serious results of the mistake made at college, and has discovered, often too late, that a vigorous body to carry his brain is more essential to success in life than a well-trained brain full of knowledge, but lacking a strong body from which to draw its nourishment and strength.

We have said "exercise, to be beneficial, should be regular and systematic." We now say to be *more* beneficial it should be in the open air, and to be still more beneficial the mind should be interested in the exercise while the body is engaged. Then the great question is, "How shall all these requisites of the best kind of exercise be secured?" We reply, in brief:—

- (1) A regular set *time* for exercise;
- (2) A fixed *amount* of time devoted to it;
- (3) A *place* where the lungs should breathe fresh air;
- (4) A kind of exercise which should engage the mind as well as the body.

One has said "Every disease is a protest of Nature against an active or passive violation of her laws. But that protest follows rarely upon a first transgression, never upon trifles; and life-long suffering—the effects of an incurable disease excepted—generally imply that the sufferer's mode of life is habitually unnatural in more than one respect."