

(f) Last year, amongst my out-patients at the Bradford Infirmary, I met with two epileptics who were sometimes enabled to ward off an approaching attack, in the one case by seizing the right wrist with the left hand and holding it down very firmly on the right thigh for a short time, in the other by starting up and running quickly 200 or 300 yards.

(g) It is said that an ague fit may be deferred by putting back the clock unknown to the patient.

It appears, then, that nervous energy may be transferred from one portion of the system to another, or it may be concentrated in a particular direction; and, further, that a morbid activity in one portion may be diminished by arousing the dormant energy in another. Therefore, I believe that systematic exercises which involve the volitional portion of the system may be expected to produce an increase of all parts which contribute to the origin, maintenance, and continuance of healthy volitional action; and, as a final result, bearing in mind the gradual building up of the will on the purposeless movements of the infant, we ought to have an increase in the power of the will. Is it possible that growth and development of muscle can have any conceivable connection with a high moral tone? I believe it is, and for the following reasons:—

1. Emotion is usually accompanied by certain outward physical manifestations which are to some extent under the control of the will. Coexistent with the mental state certain glandular and other effects are produced. Now, by exercising an inhibitory power over the muscles it is possible to stifle, or at any rate reduce, the violence of the emotion. By systematic exercises the muscles develop, become more powerful, act more readily, and thus lead to a more efficient control of the feelings. At the command of the will the muscles are kept at rest, glandular and other effects are less marked, and, finally, the emotion gradually dies away.

2. Mark the attitude of an individual who expresses a determination to carry out his plans. He clenches his fist, stamps his foot, and says with emphasis 'I will' simultaneously, and his muscles generally are in a state of contraction. And is there not a muscular element in that unflinching resolution to bare severe pain without outward manifestation?

3. Muscular exercise produces power and a readiness to act in obedience to a wish which must of necessity engender confidence. This confidence in the ability to act is a mental process springing out of physical strength. What cannot be accomplished by careful preparation? Note the admirable swim of Webb and the prolonged walk of Weston, both feats of prodigious and unexampled endurance. In each case there was undoubtedly an intense feeling of fatigue, amounting to severe pain, and yet they were enabled by a powerful exercise of the will, greatly aided by, if not actually arising out of muscular development, to bring their labours to a wonderfully successful termination. May not any of the emotions be fitly compared with the state of fatigue? And is it not, moreover, true that they are all more or less under the control of the will?