

For instance, what an exquisite description is that of Cythna, in the Second Canto of the *Revolt of Islam* :

She moved upon this earth a shape of brightness,
A power, that from its objects scarcely drew
One impulse of her being—in her lightness
Most like some radiant cloud of morning dew,
Which wanders through the waste air's pathless blue,
To nourish some far desert : she did seem
Beside me, gathering beauty as she grew,
Like the bright shade of some immortal dream
Which walks, when tempest sleeps, the wave of life's dark stream.

And another one in the Fifth Canto, where he says she was—

A form most like the imagined habitant
Of silver exhalations sprung from dawn,
By winds which feed on sun rise woven, to enchant
The faiths of men.

From his smaller poems may be taken some of the most characteristic specimens of his genius. Did you ever, reader, meet with anything more exquisitely beautiful than the following lines from the sensitive plant, where after describing the garden and its plants, he says :

And when evening descended from heaven above,
And the earth was all rest, and the air was all love
And delight, though less bright, was far more deep,
And the day's veil fell from the world of sleep,
And the beasts and the birds and the insects were drowned
In an ocean of dreams without a sound ;
Whose waves never mark, though they ever impress
The light sand which paves it, consciousness :
The sensitive plant was the earliest
Up-gathered into the bosom of rest ;
The sweet child weary of its delight,
The feeblest and yet the favorite,
Cradled within the embrace of night.

Though Shelley's genius is now fully acknowledged, and much has been written of late years about him and his works, yet he is not as generally read as his writings deserve ; however, he has been called the poet of the future, and the more liberal men grow, the more will his poetry be received and admired.

REGULAR AND SYSTEMATIC EXERCISE.

BY D. O. R. JONES.

No one will deny, that to possess a strong and healthy mind, a strong and healthy body is necessary. Now, the thing that puzzles us is, how we are to obtain that strong and healthy body. This, I will endeavour to explain. When we see a man with a large and well proportioned figure, we naturally admire him, and wonder how he succeeded in developing such a muscular frame. Although we will find that it is in a great degree a gift of nature, it is in a still greater degree due to *regular and systematic exercise*. What I mean by regular and systematic exercise is, taking a *certain amount* of exercise every day, and taking it in an extensive way, not a great amount one day and a less amount another. For should the exercise be *excessive or irregular*, unsoundness of mind or body to a greater or less extent will be sure to be the consequence. Medical men will tell you that systematic exercises are extremely useful in the treatment of diseases. Now, if they are useful in curing disease, surely they will greatly benefit a body which is free from disease.

In an essay on Systematic Exercise, read by Edward T. Tibbits, M. D., before the Medical-Chirurgical Society of London, he says : 1st. That by a more frequent and thorough exercise of the inhibitory power of the will much disease might be prevented. And the efficiency and power of the will may be materially increased and strengthened by *systematic exercise*. Again, he says, "Exercise, then, begets growth, development, and power ;

want of exercise, wasting, degeneration, weakness, and in many instances extinction. To quote a few examples : 1st. Regular physical exercise short of over-fatigue, promotes growth, elasticity of muscular fibre, facility of movement, whilst an undue prolongation of inactivity ends in atrophy, *i. e.*, wasting away ; 2nd. The complicated movements of the acrobat are executed with the greatest difficulty at first, even when commenced, as they usually are, during childhood. By degrees, after tremendous repetition, they become more elegant and perfect, and at last almost automatic ; 3rd. That the memory is vastly improved by exercise, and almost lost if not properly cared for and used ; 4th. The same effect of exercise, or the want of it, is apparent in the case of emotions. By systematic exercises the muscles develop, becoming more powerful, act more readily, and lead to a more efficient control of the feelings. 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 will, greatly aided by, if not actually arising from muscular development." And in conclusion, he says : "I believe that mental exercises of a suitable kind are second only to physical exercises in importance, and that systematic physical exercises should take a very prominent place in the training of our youth, irrespective of rank, in both sexes, and they should form a very much larger share of the instruction given in our board school than they do at present. Disease appears to be in many instances an evil of our own creation. And I cannot help thinking that the allotted term of threescore years and ten might be much more frequently attained without of necessity entailing a life of rigid asceticism, by a constant persevering habit of self-denial, steadily and firmly maintained by systematic exercises." I have endeavoured to shew from the opinions of a medical gentleman, the most important and necessary use of regular exercise, which I am afraid is little thought of by our students here. Now the next thing we naturally think of is, how is 'his exercise to be obtained ? During the summer there is cricket, boating, and various other means of obtaining it. In the autumn there is foot-ball, which I think is not as much appreciated as it might be, by the majority of our students, and which I consider one of the very best means of obtaining exercise. But when the winter comes, what are we to do ? Of course there is skating. But I do not think it can be healthy to skate under cover in a crowded rink. The air must of necessity become foul and damp, and the exercise you would obtain, would be counterbalanced by it. If you can get an open sheet of ice, well and good, nothing could be better. Now it is clear that we want something else besides skating during the winter, and that want is a gymnasium. We have a building which is intended for one, but which is at present partly used as a store-house. This could very easily, and with little expense, be improved upon, and made into an excellent gymnasium, in which we could take regular exercise, and not sit in the house over our fires from one week's end to another. Exercise in the gymnasium is one of the best, if not the best, means of developing and strengthening the muscles. And I am sure if the wants of the gymnasium were to be put before the council, they would see fit to take steps to furnish our present building with more and better apparatus, and if they would not supply the whole amount necessary, I'm certain that the students would be willing to pay half the expense. It would be very difficult to give rules of how this regular