

The probability is that there will, in most cases of men who have suddenly developed some strong inclination to crime or some delusion leading to lunacy, be found some direct physical cause for the mental condition of the man.

This theory will account for many of the ways of men that have been deemed inexplicable. While juries, friends, and mere students of human nature, have been weighing in the balance all possible motives that could have induced a man to do, without apparent motive, an act seemingly foreign to his nature, the true cause might have been discovered by the anatomist. This theory will save future historians from inflicting on their readers numerous pages of blundering gropings for explanation of the inexplicable. Instead of a long analysis of the various political, religious, social and family influences bearing upon a public man, the historian may avoid the necessity for perplexing himself and his readers by simply stating that some unusual pressure on a portion of the *pia mater* caused by a particle of bone partially loosened from the skull, or an irritation caused to the brain by the ragged ends of a particle of broken membrane, or an undue flow of blood to the vessels surrounding a particular portion of the brain, produced the mood that led the great man to perform the extraordinary act for which there is no accounting.

Laying aside all theories of this nature there is no doubt but the due consideration of the single case cited will teach the advocates of extreme opinions that matter has a vast power over mind,—that mind and body must work harmoniously together for the production of desirable effects,—and that any derangement of the proper disposition of the material portions of the brain will produce a derangement of the mental or spiritual faculties.

PHYSICAL TRAINING.

BY BRAD LEE.

There is a charm associated with the manifestation of physical strength, that wins admiration from everybody, and even sheds a lustre over traits of character which in themselves are anything but admirable. The heroes of the Iliad were once revered almost as demigods, and the sound of their names still conveys the idea of something meritorious although their characters were deformed by brutal ferocity, cold-blooded cruelty, covetousness, treachery, selfishness, sensuality and almost every quality that is morally repulsive. What counterbalances all these vices and makes us still admire them as heroes? They were strong and hardy men, and their muscular abilities cover a multitude of sins in our eyes. Achilles is at first shown to us like a