

the advantages of plenty of out-door work, are sound sleep, a good appetite, excellent digestion, a clear head, and the power to undergo almost any amount of fatigue. Winter's cold or summer's heat possess no fears for athletes, and statistics show that insanity seldom if ever happens to this class, who are better able to stand reverses, adversity and sorrow. A good pair of lungs, a sound chest, and a muscular arm command admiration everywhere; even the fair sex have an eye in this direction when looking for a mate. Not only do they not despise nerve, but follow it up with practice, as the number of female gymnasts, trapeze performers, tight-rope artists, velocipede riders, club-swingers, boat-rowers, pedestrians, devotees of archery, rifle and pistol shooters, mountaineers, swimmers, etc., will testify; and those who practise and follow these pastimes are, as a rule, refined and cultured. Did this work warrant, names would be given; but the fact is there all the same, with no necessity for doing so. What a weak-voiced man says has nothing of the weight which follows the stentorian-lunged speaker, although the former may be far ahead of the latter in intellect. It is said Lord Palmerston always could overwhelm Lord John Russell precisely in this manner, although the latter was far superior to the former metaphysically. Such people are bound to be heard and felt in the world—on the other hand, a broken-voiced, hollow-chested, weak armed individual is imposed upon, if not actually despised. All such should think of the noted English Earl, in the war between the Red and White Roses, who is accredited with killing one hundred and fifty men in battle with his lance, and escaping without a mortal wound; while his rival, the Earl of Warwick, when cornered and single-handed, slew seven men before he himself was killed. Other instances of remarkable feats will be found elsewhere.

In the course of a long career as a sporting journalist, we have witnessed sufficient to prove all that is contended for muscle and strength; were there no other proofs extant. When men can run at top speed for ten miles, pull a boat for five miles, as if for life or death, engage in a pugilistic encounter of two and sometimes three hours' duration, or play baseball for two hours—when such feats as these can be performed with the sun averaging 120 deg. Fahrenheit, and no particular evil effects follow from the terrific heat, all arguments against muscle fall to the ground, as we have seen men do when mere spectators of these contests. Should a man living an irregular life attempt either, we wouldn't answer for his life forty-eight hours.

Those who go out of their way to find material for refuting the system of gaining muscle contend that athletes, especially pugilists, are not long-lived. Where this is not the case, in nine instances out of ten the parties bring it on themselves by dissipation, irregular habits, and excesses of various kinds. Hereditary disease or accidents carry off some, but to debauchery may be traced most cases of early death. When once trained so that no feat is considered impossible, it requires but little effort to keep in the same condition. Once have the name of not drinking, and you will see the so-called 'good fellows' too weak-minded to refuse, pass away one by one, till you 'stand alone in your glory,' and 'know how sublime a thing it is to suffer and be strong.' Those who do not dissipate to excess, if at all, live out their three-score-and-ten, and remain 'compos mentis' till the last. James Ward, the great English pugilist, although born in 1800, retains all his faculties and much of his physique; William Tovee is going on for seventy-six, and can walk, run, box and argue as well as ever, apparently; Joseph Winrow, now over sixty-five, is equal to ten miles a day, with good sight, hearing, lungs, and 'level-headed.' George Dietz, aged seventy-nine, preferred walking from New Albany, Ind., to the Centennial to riding in the cars, claiming to have made the distance (800 miles) in thirty days; he is also accredited with having walked 404 miles at Fairmount Park, April 26, 1877. John Sheffield, when over half a century, could go through his half-hour feat, viz: 1st, hop fifty yards; 2nd, walk backwards half a mile; 3rd, run half a mile; 4th, leap over ten hurdles, ten yards apart; 5th, walk half a mile; 6th, throw twenty half hundred weights over the head; 7th, pick up fifteen eggs with the mouth, placed in a straight line one yard apart, and bring each one separately back to the bag without using the hands; 8th, trundle a carriage wheel half a mile; 9th, pick up twenty stones, placed one yard apart in a straight line, and return each to the starting-point.

It is a little strange that what everybody appears to know and understand should not be acted upon in the way of health. We are all aware that open-air exercise, whether active or passive, gives tone and vigour, and the more we have the better we are. The writer has had an experience of fourteen years amongst the doctors for an affection of the optic nerve and retina, during which time between sixty and seventy of the leading oculists were consulted (including resident surgeons in New York, Boston, Philadelphia, Baltimore, San Fran-

cisco, Mo., Dublin, P.) could effect fact, do an effected m, stitence, e, agents, alt fore arriv of the grea a physician for a shillin his medicin the custom to send his from a certa than our Cr to exercise o increase of strength. easy to him, peared wond already hav from a seden of doors, get ceptibly—as too much of missable, pr iron dumb-b like—they c Do not wait dumb-bells too late then is the equab the fluids, m words: mod short hours c in exercise; r equanimity c perature.

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