

the ultimate victims of gluttony and drunkenness. Their unnatural vigor seldom lasts more than five years. It was especially remarked by the Greeks, that no one who in boyhood won the prize at the Olympic games ever distinguished himself afterwards. The three years immediately preceding seventeen are years of great mental development; and nature can not, at the same time, endure any severe taxing of the physical constitution. Prudence, therefore, especially at this critical period of life, must ever go hand in hand with vigor; for the evils of excess outweigh by far the evils of deficiency."

We are always going to extremes in education, as well as in politics. The absolute neglect of physical development in the past generation we see followed in this by habits of exercise which threaten to make us a people of athletes and cripples. Not content with a rational use of the gymnasium, under the supervision of a teacher versed in physiology, developing *pari passu* the muscles and the intellect, as in the German universities, our youth aim each to be a Hercules, willing to be dunces if their arms and loins be strong. Hence the ball, and cricket, and boat clubs; hence the huge dumb-bells and Indian clubs, which strain and fatigue the muscles, and lay the foundation for many diseases of the limbs and internal organs. There was a time when hernia, or rupture, was principally confined to the laboring classes, among whom it is so common that it is safe to say that one in every fifth man you meet is affected with it in some degree. Now this infirmity is increasing among the students, many of whom lay the foundation for a life-long disease in the ill-judged exercises of the so-called "manly sports." We are not all the same, either mentally or physically; and exercise, like food and study, must be graduated according to the power of the individual. This distinction is generally overlooked; and the puny boy emulates the strong man, and subjects himself to vigorous efforts, and finds himself with distorted joints, rupture, and incipient disease of the heart and blood-vessels, while his more athletic rival becomes a better conditioned animal by the exercise. It is time,—now that a trained boat-crew, and an unsuccessful one at that, is received with public dinners and by city delegations—with the honors of illustration in pictorial papers and commendatory letters from clergymen—with the fulsome flattery that their four-mile rowing-match will be a powerful agent in maintaining the *entente cordiale* between America and England,—to ask ourselves the question if we are not carrying to a ridiculous extreme the power of muscle at the expense of brains and good health?

All physicians and physiologists are aware of the effects of rowing, as an exercise, on the heart and pulse. These effects have been carefully examined recently by Dr. Fraser, of Edinburgh, by means of the "sphygmograph," an instrument invented in France, which produces a self-written record of the swellings and contractions of the arteries. The delicate movements of these vessels, which the finger can not detect, are thus registered in a series of curves or waves, by a pencil on a strip of paper moved by clock-work. The "sphygmograms" of a crew of healthy persons before leaving the boat-house, and immediately after its return, are very different. The tracings show clearly that an extremely large quantity of blood is, in rowing, circulated with great rapidity, a condition of the circulation essential for the continuance of prolonged and severe muscular exertion. The effect of such a condition upon persons suffering from, or liable to, functional or organic diseases of the heart, can be easily conjectured. There can be no doubt that many incipient diseases of the heart and blood-vessels are rendered active and dangerous by the violent exercise of rowing; and that much discomfort, and premature death, are the result of this mania injudiciously and intemperately indulged in. As boat-crews do not, and can not, here submit themselves to "sphygmographical" examination, and thus enable the predisposed to heart-disease to retire in time to prevent further mischief, it may be a wholesome caution for the youthful oarsman to stop and consider, especially if violent exercise produces an uncomfortable

feeling in the heart and lungs, whether he will indulge in any thing more than a moderate pull. The effects of rowing on the circulation do not differ from those of many other forms of muscular exercise. It is the *violence* of such exercise, whether with the oar, the bat, or the Indian club, which is the dangerous element. While it is safe to row or play ball simply for amusement, it may be eminently dangerous to engage in a boat-race or a ball-match.—*Exchange*.

### The First Thousand Dollars.

The first thousand dollars that a young man, after going into the world to act for himself, earns and saves, will generally settle the question of business life with him. There may be exceptions to that statement; yet, as a rule, we think that it will hold true.

The first condition is that the young man actually earns the thousand dollars in question; that he does not inherit this sum; that it does not come by a streak of good luck, as the result of a fortunate venture in the purchase and sale of a hundred shares of stock; that it is the fruit of personal industry; that he has given his time and his labor for it. While he is earning and saving it, he must earn two or three, perhaps four times as much, to pay his current expenses. He is consequently held sternly to the task of industry for a very considerable period. The direct consequence to him is a steady, continuous, and solid discipline in the habit of industry, in patient, persistent forecast and self-denying effort, breaking up all the tendencies to indolence and frivolity, and making him an earnest and watchful economist of time. He not only learns how to work, but he also acquires the love of work; and moreover, he learns the value of the sum which he has thus saved out of his earnings. He has toiled for it; he has observed its slow increase from time to time; and, in his estimate, it represents so many months or years of practical labour. His ideas of life are shaped by his own experience.

The natural effects of earning the first thousand dollars we hold to be very large benefits. They are just the qualities of mind and body which are most likely to secure business success in after years. They constitute the best practical education which man can have as a worker in this working world. They are gained in season for life's purposes, at the opening period, just when they are wanted, when foolish notions are most likely to mislead an inexperienced brain, and when, too, there is a full opportunity for their expansion and development in later years. Men have but one life to live; and hence they start from opening manhood but once.

And the manner in which they start, the purposes they have in view, and the habits they form will ordinarily determine the entire sequel of their career on earth. To succeed, men must have the elements of success in themselves. One great reason why there are so many useless, inefficient, and poverty-stricken men—or rather boys seeming to be men—consists in the simple fact that they did not start right. A prominent reason why the children of the rich so frequently amount to nothing may be found in the luxury, ease, and indolence which marred the commencement of their lives. It is the law of God that we should be workers on earth; and no one so well consults the best development of his being as when he conforms his practice to this law. The workers in some suitable sphere are the only strong people.—*Ibid*.

### Children's Teeth.

(BY A DENTIST OF FORTY YEAR'S PRACTICE.)

We take the following from that excellent family paper, "Hearth and Home," and would recommend its study to those charged with the care of children.

"In order to form good teeth, the proper materials must be used to make them of; otherwise they will be defective in their structure, and liable to early decay.

The materials of which good teeth are formed are as follows: