

The formation of numerous sanitary associations, the establishment of national, State, and local boards of health, and the popularization of physical activities mark the spirit of the age and solicit the suggestions of specialists. First let us consider

THE FITTING PERIOD FOR PHYSICAL TRAINING.—In Grote's profound and elaborate history of Greece we are informed that, "From the early age of seven years, throughout his whole life as youth and man, no less than as boy, the Spartan citizen lived habitually in public, always either himself under drill, gymnastic and military, or a critic and spectator of others;" that, "Besides the various descriptions of gymnastic contests, the youths were instructed in the choric dances employed in festivals of the gods, which contributed to impart to them methodized and harmonious movements;" that, as the grand purpose of the Lycurgean system was the maintenance of a vigorous breed of citizens, "The Spartan damsels underwent a bodily training analogous to that of the Spartan youth—being formally exercised, and contending with each other in running, wrestling and boxing—the presence of the Spartan youths, and even of the kings and the body of citizens, at these exercises, lending animation to the scene;" and that "In like manner, the young women marched in the religious processions, sang and danced at particular festivals, and witnessed as spectators the exercises and contentions of the youths." We may well conceive that such an education imparted an eager interest in physical might and beauty that would incite fond and enthusiastic mothers to begin the bodily training of their children at birth.

New York, the past summer, afforded a most felicitous illustration of the happy results of four score years devoted to physical activities. An eminent engineer,

(John Ericsson) celebrated his eightieth birthday by doing his usual amount of work with his accustomed energy. He arose at seven o'clock, indulged in his customary gymnastic exercises, ate a breakfast of eggs, bread and ice-water, and then worked till late in the afternoon, when a dinner was served. Then came further protracted work, followed by a long walk, which closed a daily programme, strictly observed during many years. \* \*

THE KINDS OF EXERCISE ADAPTED TO THE ENTIRE PERIOD.—It may be well, however, first to illustrate briefly, from history, the ideal aim of human training. This ideal, to-day, is virtually that of Epaminondas, twenty-four centuries since. He mastered the gymnastic and military exercises incumbent on every Theban citizen. But he studied to acquire the maximum of activity rather than of strength; the nimble movements of a runner and a wrestler, not the heavy muscularity of the pugilist. He also learned music, vocal and instrumental, and dancing—in those days including all that belonged to the graceful, expressive and emphatic management, either of the voice or the body. He also manifested, from his earliest years, an ardent intellectual impulse, and finally achieved intellectual triumphs—his eloquence being effective, even against the best Athenian orators. His greatest virtue was his mastery over resentful and vindictive passions. The results of this training are given by his greatest enemy, in the exclamation—"Oh, thou man of great deeds!"

A convenient classification involves exercises for family training, for the school, and for subsequent years. The corrective, remedial, or medico-movement exercises of early infancy, applied under the direction of a trusty family physician, or by a trained nurse, are of incalculable advantage. Nothing then, can more effectively