

therefore that the study of music and the counterfeiting of passion tend to tempt men to drunkenness or that it is difficult for a poor man to live to old age. Yet the cry raised against field sports by many writers, is an example of a similar mode of argument, or even of a less plausible one. It is hasty and careless to assume that because a man becomes a drunkard while he is a cobbler, therefore his cobbling is the cause of his drunkenness. But how shall we characterize the inference that because a man falls ill after he abandons training and takes to pursuits of a very opposite nature, therefore his training must be held accountable for his illness?

We had intended to say something of the influence of training and muscular sports upon mental and national characteristics, but our limits have confined us to a hasty sketch of their effects upon the individual considered solely from a physical point of view. We have not entered upon the question of morality, for we hold that the well-known evils which are at present associated with our public sports, are not the natural growth of these sports, but arise from extraneous causes, one of which is the neglect and apathy which has allowed them to fall into the hands of a bad class of men who use them for unworthy purposes. Did time and occasion serve we think that we could point out how some of them might be mitigated and others suppressed. All this is but indirectly connected with our object, which is to check the mischief of teaching the present unmuscular generation that the cultivation of their bodily powers must necessarily be attended with risk of present injury and future disease. We repeat for the last time that exercise, so far from being a cause of ailment, is one of the best means that we have of preserving health. Like many another valuable medicine it may cause ill-effects if ignorantly and unskilfully administered. Yet, if two reforms could but be effected, we should hear of no more Delamayns and Renforths. These are, that the amateur should not attempt to exhibit professional ability without professional training, and that the difficult and responsible business of preparing the human body for the exertion of its greatest efforts, should not be left in the hands of ignorant men.

ABOUT SOME OLD GIRLS.

There are plenty of Uriah Heaps to be found among those whom we are accustomed to look upon as the gentler sex. They usually wander about in crowds, go everywhere, smile sweetly upon young men, bore older ones with Mission schemes and badly written Tracts and generally contrive to make themselves disagreeable to everybody without seeming to know it. "Seemingly," as the author of the Widow Goldsmith's series would say, they take an immense and unaccountable interest in everybody else's business and very little in their own. They hand out the ill-savoured meats and badly flavoured