

(1.) *Walking matches*, so called, which are more commonly running contests, have little to recommend them. It may be desirable to encourage so useful and universally employed a means of locomotion as walking proper, but the present so-called "walking tournaments" simply indicate the degree of the contestant's endurance, and must lead to the ruin of the individual's health in a short time.

(2.) *Cricket*, a fine game, but there is a great deal of uninteresting standing about in it; the exercise is not well divided among the players. It is in no sense, however, too violent a form of exertion.

(3.) *Base-ball*, an excellent game but for those dreadful "red-hot" balls. There is about the right proportion of running in its practice.

(4.) *Lacrosse* is a sport that we are told originated among savages, and, until it is modified a great deal, it had better have remained among savages. Everything about it is violent in the extreme; it taxes the heart and blood-vessels to the utmost. The sight of an Indian's face when in the midst of a game of lacrosse is something not to be forgotten!

(5.) But what of *boating* and *boat racing*? A pleasanter, more healthful, more thoroughly satisfactory mode of exercising cannot be found. The influence of severe rowing exercise, as in races, on the heart and larger blood vessels has been a vexed question. This much is certain: persons with any form of heart disease should never indulge in violent efforts of this kind,

or indeed, of any kind. The sliding seat has put the chest under more favourable circumstances; there is not that tendency to compression of this part in reaching forward which was objectionable, at least to a greater degree, in the stationary seat. Perhaps the man with large chest and heart, who is not of too plethoric a habit, can most safely aspire to be the champion oarsman of his locality. No form of exercise more fully than rowing develops every muscle; few, if any, are more favourable to chest development. It must have struck every observer of such matters, for even a few years, how rapidly even the best men in each department give way before younger ones. Does it not teach this lesson? Athletism wears men out quickly. This is a matter worth pondering. Digestion, nervous system, circulatory system, all suffer amid the monopolizing exactions of the muscles. There are many considerations, beside those relating to the physical development alone, that bear on the question of the choice of a sport, &c. It seems to me that this whole subject is worthy the best attention of teachers. The matter of improving our education, as it relates to the physical, is pressing on us. The writer has attempted to lay down and elucidate a few principles that may furnish ground for very wide generalizations; hoping that all teachers may turn these principles to some account as regards their own health and development, and also as regards the physical well-being of the coming men of Canada.