fied it almost beyond recognition. Like their immediate predecessors they held that muscle was to be nourished by muscle. Like the ancient *lanistæ* they believed that the body was to be hardened by drying, and that every ounce of fatty or watery food went to soften the tissues and increase perspiration. They allowed two full meals *per diem*, each consisting of a liberal ration of beef or mutton, almost uncooked, [3] and divested of every visible particle of fat, to be eaten with stale bread either plain or toasted. All other vegetable food was strictly forbidden as well as pastry and fermented liquors, save that now and then a little sherry was allowed to colour the water, of which three pints a day was considered a full allowance. The intensity of discomfort undergone by those who trained in hot weather upon such a regimen as this, can hardly be imagined. No wonder that upon escaping from the trainer's hands they often recompensed themselves for past privations by excesses that nullified the effects of all their previous self-denial and sometimes led to a premature physical decay such as certain wiseacres of our acquaintance in whose system of reasoning every subsequence is a consequence, are wont to attribute to the influence of athletic exercises essentially connected with temperance and toil. In our days training is conducted upon more rational principles. Indiscriminate eating and drinking indeed are not allowed, watery food is restricted in quantity, and articles which stimulate the nervous and circulatory systems are withheld altogether. But a more liberal diet has replaced the cheese and barley meal of Sparta, and it has been found that toughness and tone may be gained without undergoing a daily martyrdom from thirst, and that a muscle to exhibit its fullest powers need not necessarily be nourished upon half-raw beef. Trainers have their own peculiar fancies about special articles of diet, and know how far in this respect they can judiciously humour the tastes of their pupils. But all that is now required of the athlete's food is that it shall contain enough nitrogenous matter to repair the large daily disintegration of albuminous tissue occasioned by constant hard exercise, without exceeding in fatty matter what is necessary to assist respiration and render digestion easy. This proportion being observed, and the daily quantum of work faithfully done, the hardening and sweating process may safely be trusted to look after themselves. Baron Liebig and his followers have remitted half the discomforts of the trained and eased the trainer's minds from many an apprehension.

We have already noticed that although training increases strength, endurance is the quality which it chiefly seeks to cultivate. The pupils' work may be considered as the product of two factors, the amount of muscular effort that he can put forth without risk of self-injury, and the length of time through which he can continue to exert it without needing a respite to restore the balance between his respiration and his circulation. To render this product large, he should add to each factor—not increase the one at the expense of lessening the other. For a muscular effort of brief duration, training is not required.

(3) Jackson used jokingly to tell his pupils that the proper way in which to cook their food, was to hold it in one hand and show a live coal to it with the other.