

of constant restraint. So far as these forces are amenable to moral and spiritual influences, they have already been considered. But they are largely physical in their nature; they are therefore influenced by physical as well as by moral considerations. Here, for example, is a young man of overflowing physical vitality. Following either his own desire, or the desire of his parents, he finds himself in College. He may be a strong scholar, or a weak one; but the time comes when his pent-up physical energies demand scope. Twenty-five years ago this exuberant vitality had a vile habit of spending its energies in the unwhanging of gates, in the tearing up of sidewalks, in those multitudinous escapades with accounts of which the alumni of '50 or '60, with more or less of shame, are now apt to regale one another. It is certain that a great change has taken place. Nothing is more true than that there is vastly less of riotous disorder in our Colleges than there was a generation ago. What has been the cause of this? The answer, I have no doubt, is to be found very largely, if not chiefly, in the moral power of regularly-prescribed gymnastic exercise and athletic sports.

The nature of this influence needs only to be stated to be fully understood. It has sometimes been said that the College gymnasium is chiefly used by those who need it least: that those who are already strong are the ones who resort to it most frequently and most willingly. It is inferred that because the well need not a physician, therefore the strong need not a gymnasium. But this assumption is based on nothing better than a very incomplete view of the truth. Those who take this view must suppose that the only function of physical exercise is the invigorating of the body. But, important as this purpose is, there is another advantage in careful and vigorous physical training that must not be overlooked. I believe there has been far too little understanding of the moral import of college athletics.

And here perhaps I may be permitted to declare my belief that the best results of gymnastic training will never be secured, unless regularly-prescribed exercise be rigorously made a part of the work required of all students during the first two years of the course. . . . The sermon I would here preach, if there were time and space, would be devoted simply to the moral uses of the gymnasium and of the athletic field.

Everybody knows that the time when College boys, as well as others, incline to mischief, in the evening and the night. The work of the day is done, and, if there is no anxious fear of coming examinations, the temptation to physical exuberance is just in proportion to the degree of healthy physical vitality. Now, if those hours can be tided over, if the exuberant impulses can be turned to other uses, if the physical energies can be cared for and satisfied in some well-regulated way, a great moral end will have been subserved. And this is just what the gymnasium is admirably adapted to do. *At four or five o'clock in the afternoon, an hour or an hour and a half, under the direction of a skillful teacher of gymnastics, does the work completely.* The moral use of the gymnasium, therefore, is in the fact that it breaks the force of temptation by furnishing an outlet for all superabounding physical energy. The boy that has had to keep his arms and eyes a-flying for an hour is in no mood to do what used to be called "making night hideous." He yields himself to the prosperities of life with the utmost docility, and prepares himself by a fair amount of study and a large amount of sleep, for the duties of the next day. While the physically weak, therefore, are developed, the physically strong are kept in moral, as well as physical tone."

This recommendation of President Adams would fit in exactly with the peculiar circumstances of this college. We already have an efficient instructor. The students studying in the afternoon, who are free from four to six o'clock, have no place, during the greater part of the year, to work off their superabounding vitality except the class room, the reading room, the dining room, or the College halls. Is it any wonder that they find it impossible to keep the regulation about "noisy and boisterous conduct?" Is it any wonder that lights are seen in rooms long after John's call at the eleventh hour, "Lights out, gentlemen, please?" Is it any wonder that sleepless heads protrude at midnight from the faint light to see if the lamp of the Professor still shines as a danger signal from the radiator in the hall?

Every farmer knows that many substances which tend to corruption may be and are converted into the beautiful flower that gladdens the eye, and into the luscious fruit that sustains the life. In like manner *with a gymnasium*, the raw material of the impulses and passions, which are now at the maximum, may be converted not only into increased physical strength, but into robust cheerfulness of disposition; at the same time the aesthetic tastes may be educated, a seasonable self-restraint developed, and the moral fibre of the student preserved. *Without a gymnasium* this will produce lewdness of thought, coarseness, and a selfish disregard for the rights of fellow students. Those intimate with life at the O. A. C. will at once perceive the writer's meaning.

A College becomes the guardian of the young man at the most critical period of his life. The O. A. C. receives the pick of the young men from the farms of this Province. The College should not only give them a knowledge of agriculture and the kindred sciences, but at the same time should lay the foundation of a broad and liberal culture, and send them back to the farm with a strong and refined manhood. For this purpose it is important that the most potent influence, the teaching staff, should consist of men of the highest Christian character whose life and words give evidence of diligence, integrity, dignity, firmness, gentleness, and all that is becoming to the scholar and the man. Such examples will foster in the student an admiration for scholarship and manliness. But this power will be weakened in every instance, and rendered wholly inoperative over many students so long as such places as the dining room and the reading room must serve as a gymnasium.

The question then is not whether the Government ought to provide a place of amusement, but whether it is not well, nay imperative, to provide so important and indispensable an agency in the physical, the mental, and especially the moral upbuilding of the young men who are to be the leading agriculturists of the future, and who are to mould our national life.

"RURAL."

The Division of Labour in Agriculture.

It is a matter of common knowledge that in large manufactories the cost of production is lessened by limiting the extent of the work performed by each individual so that each requires to produce more than would otherwise be possible. Thus the man who manufactures nails is employed at nothing else, or it may be that more than one is thus employed, each having his particular part of the work to do. The result is more nails are produced than if each person requiring nails were to occupy himself at their production for an hour and have some other employment for each hour of the day.