

over the mountain, and how his lungs must have been embarrassed, in a state of semi-congestion, and the length of time it would take for everything to be quieted again, especially when the rest is taken in an atmosphere filled with tobacco smoke. Is that man's health benefited by such exercise, or has he been made more capable of attending to his business duties the next day? You will answer this, perhaps, more easily, when I tell you that such forced work entails a certain drain from the nervous system as well; the more nervous and irritable the temperament the man may possess, the greater is the drain. Supposing now the young man leaves his office at 6 o'clock in the evening, he has his supper by 7, and is then ready for the evening. He joins his club at the college gate, goes over the mountain in a leisurely manner, takes his warm coffee, has a good rest, and returns perhaps at a quicker pace, arriving home feeling brightened up, not fatigued and ready for a good sound sleep. Which is the better way, gentlemen, the first or this? Which method is likely to give the most health? Which do you think the Life Insurance companies would endorse? In fact I cannot say that I favor this racing across the mountain at all, for the very good reason that nine-tenths of the young men who do so have not the physical training to be capable of enduring that forced exercise, and I am satisfied the end of every snow-shoeing season sees some young men injured by it.

It may be surprising to you when I say there are some young men, not many, who are not fit, after a hard day's application to business, for athletic exercise. What they require is rest, rest enlivened by music or agreeable reading, and here is seen very forcibly the necessity of a public free library. If such men attempt athletic exercise, there is a double wear and tear upon their nervous energy which is soon felt, and instead of feeling benefited, they find a lassitude ensuing which is difficult to shake off, so that they have to exercise more will power to attend to their ordinary daily duties, until at last they are forced to give up what they should never have attempted. The young men belonging to this class can derive benefit from a well-conducted gymnasium, and I am happy to say we have two good ones in this city. Although the exercises in a gymnasium have not the advantage of the outside air, they can be made very pleasant and health-giving, particularly if the exercises are accompanied by music. One advan-

tage they possess, however, is the fact, the preceptor is always present, whose duty it is to make himself acquainted with the peculiarities of each pupil. Several of my young patients owe Mr. Barnjum a debt of gratitude for the good he has done them, and I take this opportunity of thanking him for the time and care he has bestowed upon them. I look upon a gymnasium as a necessity to every school in a city; in the country the same need for them does not exist, as there the scholars have long distances to go to school, and they have usually more out-door exercise than their cousins in the city. A school gymnasium is not so much for the purpose of giving the scholars larger muscles, but to keep them and every organ in the body in a healthy state of functional activity. If a task be made of these exercises, our object would be defeated, but care should be taken to make them a pleasant recreation. Music should always accompany such exercises. When conducted in this manner, boys and girls will always look forward with pleasure to the gymnasium hour. The presence of the preceptor will ensure the absence of danger, as, knowing the capabilities and wants of his pupils, he is able to govern their exercises accordingly. I trust our school commissioners will take this hint.

Over-exertion, gentlemen, will cause a good many things that you should be made acquainted with; of course, I mean in regard to both the trained athlete and the one unaccustomed to steady exercise.

First of all, it will cause irritability of the heart; this is evidenced by palpitation, breathlessness, pain over the region of the heart, and the pulse will be quickened. This has been frequently observed in troops who have been subjected to much forced marching; in fact, some years ago, when we had a large garrison stationed here, and the troops were marched around the mountain, or long distances in heavy marching order, frequently during the week, an army surgeon told me there were several such cases established, so much so that the general's attention was called to the fact, and the condition of marching was altered. Second.—Over-exertion may cause rupture of a valve of the heart. This is generally the aortic, and from this rupture, in time, secondary changes will take place which do not tend to improve matters. A person with a heart either in the first or in this second condition generally falls an easy victim to any serious acute disease that may attack him.