

## LOYAL À MOI.

"*Loyal à moi*," murmured low as we parted;  
 "*Loyal à toi*," though the tear-drops had started,  
 Loyal for aye I have been, and true-hearted—  
*Loyal à toi.*

Oft have I kissed the gold circlet that binds me;  
 Gazed on the legend that ever reminds me  
 Of his last words, "Do I leave one behind me  
*Loyal à moi?*"

Under the maples my answer was spoken,  
 None save the robins beheld the sweet token  
 Laid on the lips whence the words had just broken,  
*Loyal à toi.*

Winter is gone now, and with it my sorrow;  
 With the June roses the gladness to-morrow  
 Brings him once more, and its gladness I borrow,  
*Loyal à toi.*

Soon shall I see him! The glad hours are fleeting,  
*Loyal à moi!* whispered low at our meeting;  
 Closely he bends as I answer his greeting,—  
*Loyal à toi.*

REVEIL.

THE RELATION OF MEDICAL SCIENCE  
TO PHYSICAL CULTURE.

(A paper read before the McGill Medical Society.)

Boasting, as we do, that we have one among us, who in putting the heavy weight has made a better record than any amateur in America, and of another whose calves so excited the admiration of the ladies that a request should have been made to have them photographed, and priding ourselves upon six such fine specimens of muscular christianity as pulled on the tug of war, we are half inclined to think it folly for such men as we are to concern ourselves about physical culture. If all the world were like those of whom we have just spoken, perhaps it would be, but they are not. The progress of the world in the cultivation of the muscular is not at all in keeping with its progress in other reforms. Should a Grecian hero who had been hurled to Hades in the palmy days of the warlike renown of his fatherland, stand among us to-day, he would gaze with submissive wonder on the many improvements of modern science. Let

him be told that beyond the pillars of Hercules there exists a vast ocean upon whose trackless bed lay a thread by which thought could be communicated to millions in a world he knew not of, with a speed to him incredible; let him be told that he might see the sun shed his morning light on the Acropolis, and then carried by horses almost as swift as the wind, he could see his last rays lost in the splendour of a barbarian capital; let him see a London harbour, whitened with the sails and blackened with the smoke of its thousands of steamers; let him see the barbarous appliances of modern warfare,—in short, let a grand panorama of all the discoveries in modern science pass before him; let him inspect our schools and colleges and see our intellectual culture; let him be told of a moral law which in poetry and sublimity excels that which he so much admired; show him everything which the world has done good or great since burning Sappho loved and sung, and he must be dumbfounded with wonder, and with all his patriotism he would almost be ashamed of his fatherland. But we can fancy with what pardonable pride, as he bares his brawny arm and broad chest, he points to his own well cultured physique in contrast to that of the daintily gloved, beer drinking, cigar-smoking, lady's man of the nineteenth century.

He wonders that, in our zeal for improvement in every other way, we have forgotten the culture of our own bodies. And is it not strange that in our chase after phantoms we neglect that independent of which, as reasonable mortals, we know we can enjoy nothing else.

Much as we cultivate the faculties of the mind, we have not common sense to know that the mind cannot act in its fullest capacity unless in a sound body; and in our zeal to tell right from wrong we forget we commit a grievous sin when we neglect our own physical culture. If the majority of men of this age are not developed so as successfully to play their part in life—if society do not appreciate the value of physical culture and hygiene, who are to be their schoolmasters? They will surely look to those whom they suppose have made the study of these things the work of their life; and here opens the noblest field for the practice of our profession—teaching people how to be healthy. We boast that we have