

remedy in diseases both of body and mind; and its power as a remedy is proportionate to its intensity as a pursuit.

3. The emotions, especially those of a depressing kind, as anxiety, fear, etc., have a remarkable influence in giving a tone to and intensifying the morbid effects of excessive mental labor. Yet in some cases, as in that of Cowper, the best and only resource against despair is found in composition.

4. The turmoils of active life do not appear to render intellectual labor more injurious to the system; possibly here also the influence may be counteracting. Milton, the Secretary to the Commonwealth, in times when men lived years in months,—blind and in domestic discomfort, writing his immortal poems; John Wesley, persecuted and almost an outcast from his former friends, in labors abundant, denying himself natural rest and refreshment, yet, acting in mind and body with unparalleled energy; Voltaire, the apostle of infidelity at war with more than the whole world;—these and a cloud of others warred with the existing order of things, and remained masters of themselves and their mental powers to a ripe old age.

5. The injurious effects of mental labor are, in a great measure, due—

To excessive forcing in early youth;

To sudden or misdirected study;

To the cooperation of depressing emotions or passions;

To the neglect of the ordinary rules of hygiene;

To the neglect of the hints of the body; or

To the presence of the seeds of disease, degeneration and decay in the system.

6. The man of healthy phlegmatic or choleric temperament is less likely to be injured by application than one of the sanguine or melancholy type; yet these latter, with allowance for the original constitution, may be capable of vast efforts.

7. The extended and deep culture of the mind exerts a directly conservative influence upon the body.

Fellow-laborer! one word to you before we conclude. Fear not to do manfully the work for which your gifts qualify you; but do it as one who must give an account of both soul and body. Use your faculties, use them to the utmost, but do not abuse them,—make not the mortal do the work of the immortal. The body has its claims; it is a good servant; treat it well, and it will do your work; do not attempt to teach or to force it; attend to its wants and requirements, listen quietly and patiently to its hints, occasionally forestall its necessities by a little indulgence, and your consideration will be repaid with interest. But task it, and pine it, and suffocate it; make it a slave instead of a servant; it may not complain much, but, like the weary camel in the desert, will lie down and die.—*Physicians' Problems, by Charles Flam.*

TEACHER'S DESK.

J. C. GLASHAN ESQ., EDITOR.

—Contributors to the 'Desk' will oblige by sending answers with their questions and solutions with their problems. Attention is called to 'Young Teachers' Queries'; other questions of like practical character are solicited, as also are essays and discussions in answer. The latter should be on separate sheets from any matter intended for the 'Desk,' as they will be handed to the General Editors for insertion among "Contributions."

CORRECT ANSWERS AND SOLUTIONS RECEIVED.

Wm. Coutts, Hamilton, 33; A. D. Campbell, Georgetown Academy, 32,33; Con. O'G. White

Lake, 27, 32; A. McIntosh, 13, 29, 31; John Cushnic, Holstein, 30, 31, 33.

Con. O'G. Your method of solving the proposed problem is very good.

Wm. Honeywell. Verse 10, stanza 3 of 'The Cloud' contains a misprint,—*Its ardours.*

A. T. Scudamore, Nos. 22, (both as proposed and as amended,) 26, 32, 33, 34 Thanks for questions. Received too late to be available for present issue.

ANSWERS TO PROBLEMS ALREADY GIVEN.

22. Ans. as originally proposed. They shared