

INTRODUCTION.

There is an idea prevailing amongst men, that *Labor* or *Industry* is at least an intolerable burden, if not a great curse. All this is utterly erroneous; for so far from being an evil, it is an unspeakable benefit. Indeed it possesses many and various benefits. Amongst these one of the foremost is that of *General Health*. The line of Juvenal expresses what I mean by this—“*Mens sana in corpore sano*”—“a sound mind in a sound body.” Industry when scientifically pursued, has the effect of training all our powers, and gives us great efficiency in the discharge of the relative duties of life. Dr. Smith has appropriately set forth this matter as follows:—

We consider education to be *useful* knowledge, to be practical training for all pursuits in life; to be culture, growth, discipline; learning to think, learning to act; educating the statue from the block of marble; to be the development of mind and body: to be the development of the whole man, physically, mentally, morally; to be a preparation for business, for accidents, for casualties, for success, in every walk or effort of life—in short, education is that highest good of the body considered in itself, and may be summed up in the word—**HEALTH**.

We need not stop to define this prime excellence or well-being of our corporeal organism—health. It is sufficient, in this place, to observe, that there is such a state of being better than all others, and therefore most desirable. A healthy body is the natural state of man, and is the best condition for the development of a healthy mind. Physical education, therefore, aims at the harmonious development of all parts of the human body, as a means to health of mind, and health of soul. Physical education is one of the first religious duties; nor can any real progress in manners, conduct, grace, or any permanent prosperity or happiness be predicted on any other basis than sound minds in sound bodies. He that has these, has little more to wish for. He or she that wants either of them, is but little the better for anything else.”