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sique, and a knowledge of how to maintain it, so that he may make the most of all his advantages.

But how often does this happen? Stand by the gate as the senior class of almost any college in this country files out from its last examination before graduation, and look the men carefully over. Ask your physician to join you in the scrutiny. If, between you two, you can arrive at the conclusion that one-half, or even one-third of them, have that vitality and stamina which make it probable they will live to seventy, it will be indeed most surprising. A few of these young men, the athletes, will be well-developed, better really than they need be. But this over-development may be far from the safest or wisest course. Even though physically improved by it, it is not certain that this marked development will carry them onward through life to a ripe old age. But, with others indifferently developed, there will be many more positively weak. Such men may have bright, uncommon heads. Yes; but a bright and uncommon head on a broken-down, or nearly broken-down, body is not going to make half as effective a man in the life-race as a little duller head and a good deal better body.

But have these graduates had a competent instructor at college to look after them in this respect? Will some one name a college where they have such an instructor? or a school where, instead of building the pupil up for the future, more has been done than to insure his present health? One or two such there may be, but scarcely more than one or two.

Take even the student who has devoted the most time to severe muscular exercise—the rowing-man, not the beginner, but the veteran of a score or more of races, who has been rowing all his college years as regularly and almost as often as he dined. Certainly it will not be claimed that his is not a well-developed body, or that his permanent health is not insured. Let us look a little at him and see. What has he done? He entered college at eighteen, and is the son, say, of a wealthy journalist or of a professional man. Finding, when he came to be fourteen or fifteen, that he was not strong, that somehow he did not fill out his clothes, he put in daily an hour or more at the gymnasium, walked much at intervals, took sparring lessons, did some rowing, and perhaps, by the time he entered college, got his upper arm to be a foot or even thirteen inches in circumference, with considerable muscle on his chest. Now this young man hears daily, almost hourly, of the wonderful Freshman crew—an embryotic fair as yet,

to be sure, but of exalted expectations—and into that crew he must go at all hazards. He is tried and accepted. Now, for four years, if a faithful oar, he will row all of a thousand miles a year. As each year has, off and on, not over two hundred rowing-days in all, he will generally, for a great part of the remaining time, pull nearly an equivalent daily at the rowing-weights. He will find a lot of eager fellows at his side, working their utmost to outdo him, and get that place in the boat which he so earnestly covets, and which he is not yet quite sure that he can hold. Some of his muscles are developing fast. His recitations are, perhaps, suffering a little, but never mind that just now, when he thinks that there is more important work on hand. The young fellow's appetite is ravenous. He never felt so hearty in his life, and is often told how well he is looking. He attracts attention because likely to be a representative man. He never filled out his clothes as he does now. His legs are improving noticeably. They ought to do so, for it is not one or two miles, but three or four, which he runs on almost every one of those days in the hundred in which he is not rowing.

Our young athlete has not always gone into the work from mere choice. For instance, one of a recent Harvard Freshman crew told the writer that he had broken down his eyes from over use of them, and, looking about for some vigorous physical exercise which would tone him up quickly and restore his eyesight, and having no one to consult, he had taken to rowing.

The years roll by till the whole four are over, and our student is about to graduate. He looks back to see what he has accomplished. In physical matters he finds that, while he is a skilful, and perhaps a decidedly successful oar, and that some of his measurements have much improved since the day he was first measured, others somehow have not come up nearly as fast, in fact have held back in the most surprising way. His chest-girth may be three or even four inches larger for the four years' work. Some, if not much, of that is certainly the result of growth, not development, and, save what running did, the rest is rather an increase of the back muscles than of front and back alike. Strong as his back is—for many a hard test has it stood in the long, hot home-minutes of more than one well-fought race—still he has not yet a thoroughly developed and capacious chest. Doubtless his legs have improved, if he has done any rounding. (In some colleges the rowing-men scarcely run at all.) His calves have come to be well-developed and shapely