

for rendering less unhappy and unfortunate those who are the victims of heredity, disease, accident and ignorance. Like all true knowledge, it evinces its divine origin by making the most bountiful provision for those who most need its blessings.

Our need to-day calls not so much for great strength, for power to march great distances, to lift great weights, for the exercise of personal prowess on the field of battle, as for vital capacity, which shall enable each in his place to pursue his calling unflagging and untiring with most comfort to himself, and most good to his fellows. We want not so much the man who can row or walk a mile, or stand in the prize ring more successfully than any other, as we do him who is whole, who is developed all round, fitted alike by the cultivation of his senses and his intellect, of muscle and brain, to do his part, and do it well in life's struggle. There is no position in life where a good sound body with tissues and organs that have attained to the high standard to which natural means may bring them, does not fit a man the better for duty, enabling him to bear fatigue, carry life's burdens, and minister to the wants of his fellows.

We who are here to-day have seen men falter and fail in the midst of their work, and we know others—men and women—upon whom the duties of life rest heavily, who run the race of life wearily, though their feet are shod with the purest faith, and their hearts full of the noblest hope, with ambitions leading on to objects most worthy of attainment, and who, even with the goal in view, will falter and fail; and why? All for want of that stamina which would bear up under fatigue, grief, anxiety and work, all because of the casket that was neglected all those years, while the gem of intellect within was being polished and fitted for its high destiny.

It is claimed by some that the varied games and sports to which boys and girls are devoted, especially the out-door sports, are sufficient to give development and healthy tone to the body. Invaluable as these sports are, yet not one of them has for its purpose, nor does it accomplish an educational effect upon any organ or group of muscles. The end in view is success in the game itself, not improvement in the *means* of attaining it. Just as the child whose mind was never directed to other than mental recreation would not be fitted

for mental toil, would not call forth the best endowments of head and heart, so mere physical recreation is not all that is needed to build up the best physique. Who among us that has an intelligent, quick-witted boy, would argue that the ordinary mental exercises to which the every-day experiences of life would lead, were sufficient for the education of his mental faculties? Yet, it is as logical to argue that his mental education should be left to nature, and the influences that may chance to touch and mould him, as to contend that the most useful type of physique will result from the physical education which depends upon doing the acts and following the games prompted by inclination.

The development from such causes is likely to be unsymmetrical, because the child will pursue those sports in which he excels. Cricket will develop the legs and the right arm, sculling, the legs and loins, and so of the entire list of sports—partial development is the result. Nearly all our games allot the larger portion of the work to the lower limbs and the right arm, and hence the left arm, shoulder and side of the chest are not developed so well as those of the right. If this marked the whole evil then the fact would not be of so great importance. The chest walls are chiefly dependent upon the arms for the exercises which develop them, and the condition of the heart and lungs is largely dependent upon the chest cavity and the mobility of its walls.

It is not too much to say that no resource which is available could do more to lessen the large number of deaths which occur among us from disease of the heart and lungs, than such systematic culture in childhood and youth as would give these important organs as much chance for development as is now given to the lower limbs. Except as the result of disease or accident, the lower limbs are but seldom faulty in growth, but in every community many are found whose development of body is not the same on both sides. Exercise which is mere recreation is not adequate to produce uniform and harmonious development, because the employment of the groups of muscles is partial, not general, some being called frequently into action, others seldom or never; and the physiological law is sure, that where there is activity there will be growth. In this partial development it is not to be forgotten that the parts not