

Take running as an instance. It would be an almost impossible task for a man, naturally adapted to this exercise, to run a mile without resting, supposing he had not run at all for a year. But by practice the muscles required seem to move in harmony and with comparative ease. This must be referred largely to a special temporary concentration of the attention on the part of the brain, perhaps, to the task, by which there is a special development in certain parts of the organ; this seems the more probable, as what is once learned is not usually forgotten, so far as forms of physical exertion go. A man who has once learned to run can never forget the art, however his muscles may weaken; such all will admit to be a fact, whatever the explanation. This leads us to lay down this practical rule: in all exercises requiring skill for their performance, begin to practice correctly, continue correctly, and gradually increase all efforts until the climax of perfection and power capable of being reached by the individual is attained. Now, this is just what is not commonly done. The youth, in his ambition, wishes so much to become *quickly* skilful, he frustrates his efforts.

What should we say of the athlete, and of a professional career as an athlete? If the principles enunciated in this paper hold, it follows that athletes, by an excessive use of the muscles, tax all the other systems unduly; consequently, unless all these related parts are not only healthy, but strong, some one, or all of them may, indeed must, yield sooner or later. It was reported that the medical man in attendance on O'Leary, at the recent great walking match in New York, stated that all parts of the man had given out; not muscles alone, be it observed. A certain class of men should not think of indulging in athleticism at all. These are: (1.) Men

of small bones, small muscles, and, especially, of small chests. (2.) Men with any one system of the body especially weak, as, for example, a very weak digestion.

If asked to give a comprehensive answer to the question, "What is the best form of exercise for children as regards their physical well-being alone?" we should reply, in accordance with the above principles, that which will lead to the fullest development of each system, and, at the same time, preserve harmony throughout. And prominent in this, as was pointed out in a former paper, would stand the development of the chest and its contained organs; hence, some form of exercise that will involve deep inspirations, is absolutely necessary.

The writer begs leave, at this point especially, to combat an opinion entertained by not a few, that so long as children exercise sufficiently in the open air, it matters little how. This is radically opposed to all sound reasoning. What is it that troubles us all through life but to bring our powers and impulses under proper control? Why, when the faculties are just starting into vigorous development, let them run into chaos by pure intent? The sooner a child's faculties are started into use in the *right direction*, the better. To say that they should be used when the infant is five years of age, for five hours a day, is another thing, which is more injurious, if not more irrational, than the belief in the merits of pure romping. To what must we ascribe the particular value of the Kindergarten system if not to its marshalling the untrained faculties of the child into order, and under the guise of play, teaching the infant to use its powers to some purpose? It may not be amiss in this paper to pass, in brief review, some of the most popular out-door sports of the day, and those trials of strength, skill and endurance, which are at present popular.