

occupation and that single sets of muscles may not become developed in excess of the others. Hence many different forms of bodily exercise are made to succeed each other as auxiliary exercises such as running, jumping, weight-throwing, quoit playing, &c. A good trainer will avail himself of all the resources of the gymnasium. At certain regular intervals, not less than twice a day if the weather permits, the special exercise of the course is performed, and upon this the trainer keeps a vigilant eye. He makes it a rule to see what amount of performance he can safely get out of his man, and how this amount compares with what was done in previous exercises and with what he thinks the man should be able to do if brought to his best condition. Any notable falling off must be looked into and accounted for. If not traceable to some cause which did not affect the previous exercises, it denotes one of three things—either that the pupil has infringed upon some rule of his training, that he has contracted some slight ailment, or that the trainer has begun to exceed his limits and draw his man too fine. The first two faults are to be rectified according to the occasion, and the last by diminishing the exercise and slightly altering the diet. The least indisposition must be carefully looked after—a cough—a profuse perspiration—an attack of diarrhoea, if not quickly set to rights may seriously interfere with the training process. The weight of the body should be ascertained from time to time. A well-marked variation in this item often enables the trainer to detect and rectify some faulty condition that would have otherwise escaped his notice. A man who has trained himself once or twice knows by experience what he ought to weigh when in proper condition, neither too full nor too fine. Some men need constant watching to prevent them from breaking out of bounds and by a few hours of indiscretion undoing the effects of a whole week's work. This used to happen continually in former days when the capriciously severe rules that were followed rendered a life of training almost insupportable for any length of time and even yet it is a constant source of annoyance to trainers. The restrictions hardest to be borne were those relating to food and drink. Under the former head some trainers appear to have thought that the condition of a man's muscles depended quite as much upon the kind of food from which they were formed, as upon the nature and amount of the exercises by which they were developed. The ancients who seem to have fancied that the harder the food, the harder and less liable to perspire would be the body that it nourished, made a large use in their dietaries of old leathery cheese and dried beans and peas. Then a new theory was followed. Muscle was held to be best nourished by muscle, tendon by tendon, nerve by nerve, and athletes were fed upon animal food selected according to these principles, the toughest and most gristly meat and the drumsticks of aged fowls being thought especially suitable. Towards the end of the last and the beginning of the present century, Barclay and Jackson, the most celebrated trainers of their day, combined these two theories to form a system which was thought perfect at the time, though the advances which have been made in physiological knowledge during the last twenty years have modi-