

claim it does by two great means, viz.: First, it accelerates the destruction of degenerating substance in the involuntary muscles of the heart and arterial walls, which is requisite to the substitution of newer and more useful substance in them. Second, by the increased blood-tension more nourishment will be carried to the heart and arterial walls. The increased blood-tension gained in exercise may be productive of many other valuable results. For instance, the blood is drained from the overcharged brain, thereby requiring an increased production, by diverting its course into previous only half-dilated channels, whose sluggish currents now become swift streams of lively blood. Again, in consequence of this increased blood-tension both the secretions and excretions are accelerated, thereby developing the capacity of the glandular organs, and also directly aiding the body both in the riddance of waste material and in the production of the necessary fluids. This increased blood-tension is also a special advantage in aiding digestion.

Very few persons will take objection to the proposition that students should exercise their bodies, but it is difficult to prescribe the particular amount and kind of exercise needed; yet all agree that to be essential to health it should be so regulated as to be recreative but not so excessive as to be exhausting. There are numbers of intelligent men who even assent to these generalities, but never waken to the real truth of them till a violated law of nature inflicts its penalty in their own ill health.

Let us start out with two principles, viz.: *First.* That young men who study need physical exercise. *Second.* That exercise, to be beneficial, should be regular and systematic. We will take up the first principle and consider what physical exercise does and how really important it is. We admit the truth of the old and wise saying regarding a "sane mind in a sound body," but we are too apt to look upon the sound body as a mere accident of inheritance or environment. Few but physicians read this as indicating a connection between body and mind by means of which make, or help to make, a good healthy