nervous and irritable, who were easily fatigued by either mental or physical exertion, and some suffering from heart or chronic lung disease. The small class would consist of those still in good vigor for their age, enjoying good health—the reward of their prudence. You may think I am speaking too forcibly upon this point, but I assure you I am not. It is the strong convictions of a physician that force me to make these statements. I well remember attending the head of a family, who was a noted show-shoe runner, who died two years ago from consumption. There were no traces of that disease among his relatives, as his family history was good. Over and over again, that man told me he wished he had his life to go over again, how he would have avoided excessive training, how he would have taken greater care of himself, going over the old, old ground, that we physicians have heard so often,—want of prudence and care of health. Health, ladies and gentlemen, is not valued until it is lost, and then how much we would give to regain it. I was much pleased some time ago at the news that Hanlan had decided to retire from future contests and praised his wisdom for so doing, and predicted a good long life for him, provided he was temperate and did not take up too quickly with a sedentary form of life. I regretted very much afterwards when it was announced that he was going to row other races. He should be satisfied with his position, one that is unrivalled in the history of rowing, and he should remember that the pitcher may go once too often to the well. He need not think of always remaining the hero of the public. Let him but lose a race, and he suddenly becomes an ordinary individual.

Want of prudence, in fact, gentlemen, the want of common-sense, in some of our out-door sports does as much, if not more, harm than over-training. Last year, I examined a young man who came into my office, complaining of short breath, and palpitations of the heart. His own physician was out of town. I found that he had a most irritable heart, acting in the most irregular manner, ready to go off at a tangent upon the slighest exertion. When I obtained his full history, I found his occupation was a sedentary one, being occupied in an office all day long, that he belonged to a snow-shoe club, that he was in the habit of joining members of it at the College gate, and going over the mountain at the double quick to Côte-de-Neiges, and he took some pride in telling me that he was never the last, that the whippers-in had never to look after him. Now, what amount of benefit do you suppose this young gentleman had derived from this method of snow-shoeing? Remember, I say, method, I do not say snow-shoeing. I won't allow any one to say a word against this amusement. As an out-door sport, it is equal to any. Here is a young man, not 28 years of age, with little or no chance of muscular exercise, dashing at once into work that would cause a well-trained athlete a good deal of exertion. The course over the mountain to Prendergast's is not by any means the easiest to travel quickly on, and when the distance is covered at semi-racing speed by greenhorns, nature inflicts a punishment, and this punishment, in a great many cases, is permanent. This young man attempted too much without any preparation, and his steam engine, his heart, has been permanently weakened by it. Why, a locomotive before attempting to take a train of freighted cars along an up-grade, must back up a good distance to get a good head-way. The engineer would never think of starting immediately at the foot of the hill. You will understand this much better when I tell you that in the ordinary state of a man's health, during ordinary exercise or occupation, a man's heart will dilate and contract, on the average, 72 to 76 times in a minute. This, you can tell by feeling your own pulse at the wrist. Buck says, in his work on Hygiene, that during moderately energetic exercise, the heart beats more frequently and forcibly, the arteries dilate, and a larger stream of blood is propelled through the body, but especially to the muscles, where the increased flow is required. If the exertion be very severe, the contractions of the heart become still more frequent, feebler and finally irregular, while at the same time, a peculiar form of dyspnœa or breathlessness is experienced which is familiar to you all, as "loss of wind." This distress in breathing is produced by disturbance of the equilibrium between the respiratory and the circulating organs, the disturbance in question being the combined result of several causes. When the equilibrium is restored the person is said to have gained his "second wind," and then he is enabled to continue his exertion up to the limits of muscular exhaustion.

Now, picture to yourselves, taking the young man we have been speaking of as an example, how his heart must have pumped the blood through his blood-vessels in his tramp at the double-quick