

ence to this good cause, we cheerfully open our doors for the medical and physical education of females. and thus prepare those, who have never heretofore been privileged with such advantages, to aid in this enterprise. This movement has been nobly seconded by their attendance.

And now, friends of improvement, if the miseries and anguish of spirit could be computed, which have been suffered by humanity, in consequence of a lack in knowledge of the immutable laws which govern our being, think you the letheon of indifference could longer stupify the senses of mankind? If we duly estimated the influence resulting from a proper physical education, our energies would not repose, until a scheme was conceived for the accomplishment of this object. Such a scheme is ours,—prolific with good to mankind.

We again assert, this kind of education is correlative with every moral enterprise. It is a vain thing to project the moral elevation of man, and neglect his physical cultivation. There is such an inter-relation existing between body and mind, that the one is capable of improvement, only as the other is qualified to sustain it. Impaired constitutions and disease enfeeble the intellect, debase the mind, pervert the moral perceptions, and give the whole man a natural downward tendency, not easily arrested. It incapacitates him for the proper appreciation of moral truths. Physical education is, then, a powerful auxiliary to aid in redeeming man from the bondage of error and tendency to vice. *It is the key to the Arcana of Life.* It is destined to exert an abiding influence, in unshackling him from the trammels of perverted senses, and debasing, destroying, blighting practices, which sink him low in the slough of degradation,—and to re-instate him in that physical condition which is more in accordance with Nature. When thus physically improved, truth has a potent sway over him, and tells on his present and future destiny. When his physical powers are rightly developed, then can truth achieve a moral and intellectual triumph, because fountains of vice and streams of misery would be dried up, and moral avenues open for the communication of divine influences. *How sublime would be such an achievement!*

It is a sublime spectacle to behold the towering mountain, whose top peers its lofty crest amid the clouds of heaven! It is grand to view the mighty cataract, whose torrent is impetuously rolled, with its thunders, into the abyss beneath, and then raises its meek and vapory incense to Him whose majesty is here shadowed forth! Sublimity and grandeur fill our