

## Selections.

**How to become Strong.**—MR. WILLIAM BLAIKIE recently delivered a most invaluable lecture upon this subject. It was our pleasure to hear Mr. Blaikie lecture at Gormantown. It was not only an invaluable discourse, but a highly interesting one. We were much impressed with the forcible way in which the speaker dwelt upon the importance of physical development and the health, strength and long and happy life it brought. We here publish some extracts from the lecture :—

“ As I came along I saw that your town was dotted with three public libraries. Along Chelton avenue I noticed handsome churches. You have here valuable agencies ; one trains the mind and the other trains the moral nature. This is what constitutes our American system of education. What do we do for the body ? Oh, they say, the body will take care of itself. Well, so will the mind. How about the men and women who cannot read and write ; they are no worse off than the man whose body has not been trained. A man whose body is trained has an annuity fund laid in on which he can draw. I see you have a sort of make-believe gymnasium down stairs. There are so-called gymnasiums in this country. The man in charge takes your money, and generally takes plenty of it. You go in to get your money's worth ; you take hold of the big dumb bell, and try everything in the place ; next morning you've got your money's worth, and you go around asking, what ails me ? This is very much as if you should fill a school-room with desks and slates, and blackboards and books, but provide no teacher, and then say to the boys and girls, educate yourselves. There would be lots of education going forward, wouldn't there ? Brains are needed in a gymnasium.

“ Oh, but we have lots of athletics. The papers are full of them. But what good does it do you ? The old Greek and Roman athletics could not compare with our records. They sent a famous courier to bring up the hardy Spartan troops, and he made 149 miles in 48 hours. A few years ago, in Madison Square Garden, New York, little Charlie Rowell made 150 miles