

weight ranging from 130 to 160 lbs., make the most promising kind of candidate. If the limbs and body are disproportionately long, it is not easy to lay upon them enough muscle of a good quality so as to prevent too early fatigue. If they are too short and dumpy, the power to be got out of them is limited, and the man will be apt to lay on fat and cellular tissue, which in the trainer's vocabulary come under the head of "rubbish." It takes very skillful training to make a very tall man "full" or a very short one "fine." Men in whose temperaments the nervous and lymphatic elements predominate, are less fit for training than those of a sanguine or a bilious disposition. Surgical affections if more than skin deep are drawbacks. Much depends upon previous habits and modes of living. A man who has always been accustomed to work hard and live frugally and who has never been addicted to debauched or intemperate habits is already, in a great measure, formed to the trainer's hands, while another who has injured himself by excesses will require much preparation to bring him to a point from which he can be trained at all.

Health and conformation having been found satisfactory, the pupil may commence to train. He must keep early and regular hours and make use of nutritious but plain and unstimulating food. Every day he should take a certain amount of exercise which should be severe enough to call into full play the functions of every joint and muscle in his organization without working them so excessively that a short rest and a little friction will not restore them to their full feeling of strength and comfort. Nowhere is the trainer's ability better displayed than in the skill with which he regulates his exercises so as to approximate to this difficult mediocrity and plentiful moderation. These early days of training are the most trying to the pupil. His previous habits of inaction have untuned his muscles, unbraced his joints and weakened his respiratory powers so that a comparatively trifling amount of hard work exhausts all his strength and renders his circulation too great a burden for his lungs. His preliminary "spins" though they are far shorter and easier than those which are to follow, make him feel as if he never before knew what real fatigue was. It is here that previous habits of temperance and activity will stand him in good stead by softening the unpleasant abruptness of the transition from ordinary life. After each exercise he is allowed a few minutes to cool off, and then treated to a free cold affusion succeeded by vigorous dry-rubbing which removes the perspiration, softens and toughens the skin, relieves the aches of fatigue and imparts a sensation of glowing warmth and comfort to the whole organization. He feels as if his strength were doubled and as if both his own limbs and the objects which he handles had lost half their weight. Every day it requires a longer and harder effort to wear out his strength and force his circulation beyond the limits of his breathing powers, his complexion becomes bronzed and healthy, his body slowly loses weight and acquires hardness and vigour. The special sport for which the athlete means to qualify himself must form the greater portion of his exercises in training, but it must alternate with other work both that monotony may be relieved by change of