

which education has to do. Although you may not yet have been sufficiently awakened to distinguish the *ego* within you from the physical, the mental and the moral elements which that *ego* or will-power is to be trained to control in a wise way; you cannot have missed knowing that physical comfort, mental activity and moral power can be fostered and furthered only by a right kind of training. Now what is that right kind of training?

You know what the laws of health are, do you not? You know some of them at least, the most important let me hope. And is it not your intention to respect these during your sojourn in Stanstead? Have you any plan which will lead you to give certain hours or parts of hours daily to the healthful exercise of your body? Is that same body of yours, the temple of your soul, to have due attention paid to it by yourself in point of cleanliness, nourishment, and recreation? Are you not going to train your muscles to be agile and your gait to be gainly under a programme of your own drawing up. Have you provided yourself with dumb bells? Do you know "the prevention better than cure" that that there is in the thermometer and the well aired bedroom? What, you laugh at these things! Your physical education is to be a mere haphazard go-as-you-please, with an occasional game at ball, a little running around, a walk now and again, and more bicycling and skating than is good for you. The professional athlete has in these times become a kind of a picture god through our newspapers, until his godhood has become more or less of a public nuisance. There is an over-doing of it in the athleticism of the day. But on the other hand, the student who would sacrifice his physical health by over-study, who has

no fixed period in the day's occupation set aside for a healthful bodily exercise, is as surely breaking the sixth commandment as does the man whose conduct makes for suicide or murder. There is indeed no such a thing as over-study if the laws of physical health are attended to. The mind is automatic and refuses to act beyond its powers while the body is directly under control of the *ego*. It is therefore the neglect of the laws of the physical health and not the effects of a continuous mental effort that brings about the break-down that we so often hear about in school and college life. Of course there are exceptions, as there are in every wide statement of this kind, but the rule and not the exceptions will bring you to understand how important it is for you to observe the laws of health in all your doings, as its enunciation enables me to say all I have to say in this part of my address on physical education. Vocal exercise is but a branch of physical education, and I would, as a final word, urge every one of you to cultivate your voice through the elocutionary effects of good reading and whatever kind of singing you can get out of it.

At this stage, with my message still to give, I need hardly say that that message refers chiefly to the periods of exercise in connection with the training of your minds. And I trust you have all come, at least the older ones among you, to recognize your own responsibility in the matter of your mental exercises as in your physical. With the teacher merely as your friendly guide, you have, of your own accord, to assume the directorship of your own work. As no mentor can assume the responsibility of making you do this or not do that in the secrecies of your moral control, no