

Food and Physical Culture.

Continued from page 4.

fast unbroken and your body unfortified by the stimulus of food, forget him and his counsels, and take the full measure of your rest. When you get your breakfast down, take your exercise if you have time or wait until a later hour in the day.

Just as much labor can be accomplished in ten hours as in fourteen, with more efficiency and less fatigue, when rest and bodily exercise are properly taken.

By physical culture, what is that? A very important thing I assure you. Some of you get this in your employment, and are growing up with manly frames and strong arms. But there are others who are coming up delicately, with spindling shanks and narrow shoulders, and flat chests, and weak arms—great babies, with soft hands and soft muscles, and not enough of physical powers to undertake to carry a disputed point with the cook in the kitchen.

How a woman ever makes up her mind to love such a man as this is a mystery to me. A feminine man is a masculine monster, and no woman, with unperverted instincts can love and marry him. A true woman loves a pair of good strong arms, fastened to a pair of broad shoulders for they can defend her, provide for her and—but I wander from my subject.

Physical culture perfects a very important portion of the work which good feeding begins. The best material supplied to the mouth, assimilated by the process of digestion, and carried by the blood to the muscles and all the other structures of the body, is essential; but these organs, when constructed and supplied, need not only thorough training for the development of power and the acquisition of facility, but for the preservation of their harmony and health. God sets all the little children playing for this. He lays the necessity of play upon them, and those restless little fellows that are always sliding, or skating or wrestling, or running, are all inspired by a divine impulse. Those little brothers of yours who drive you half insane by their noise, who will not sit upon your knee a minute without some fresh twist of their bodies, are discharging their primary christian duties.

A new world, tossed into space by the Creative Hand, informed with its laws of motion, and set spinning on its axis and careering around its orbit, never stops. It is only the boy who gets lazy as he grows older. God puts him in motion at first and teaches him to use every physical power he possesses, and he does it faithfully at the beginning. Children who sit still do not live. The mission of play does not cease with childhood. When labor is not capable of doing for you what play has done, and when you have no regular task for your bodily powers you are to play still. Walking and riding, boxing and fencing, playing ball, pitching quoits, rowing and bowling, all these are as legitimate to the man as the simpler sports are to the boy and are in a degree essential to his happiness and usefulness.

I should be unjust to the age were I to omit the mention of a special point of "physical culture" which has been long neglected. You find as you come into man's estate, that hair has a tendency to grow upon your face. It is the mark by which God meant that men and women

should be distinguished from each other in the crowd. That hair was placed there in infinite wisdom, but your fathers have been cutting it off from their chins in small crops for thirty to fifty years, thus impugning nature's policy, wasting precious time, drawing a great deal of good blood, creating a great deal of bad, and trying to erase from their faces the difference which was intended to be maintained between them and those of women. If you are a man and have a beard, wear it. You know it was meant to wear. It is enough to make a man with a decent complement of information and a common degree of sensibility (and a handsome beard) deny his kin, to see these smooth faced men around the streets, and actually showing themselves in female society. Let us have one generation of beards.

Yours truly,

TIMOTHY.

To be continued.

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