You ought to be taught what you most need. Drill teaches you to hold your heads up straight, but does not make you agile. Instead of three hours of drill, it would be better if you had two hours of military drill and one of gymnastic drill, under an instructor. Such exercises should be compulsory.

The Athletic Club is a good thing; I hope you'll all join it. I would have you exercise at home. Don't use things that are too heavy. It is a good plan to use the dumb-bells night and morning.

Don't forget to exercise your lungs. Train your articulation. You should be able to speak loud easily, and without hoarseness. Read aloud and speak aloud slowly. It is a good plan to "holler" occasionally.

There are a number of books on gymnastics. Those by Maclearin, Blaikie, and Dio Lewis are perhaps the best. They all advocate light weights. Agility is not possible with heavy weights. Two-pound dumb-bells are heavy enough. The rings, bells, trapeze, and ladder are the best pieces of apparatus. Parallel bars are good, but don't use them for mere show. Bean-bags are useful for light exercise.

Prizes should not be given for greatest feats, but for the best developed men. Such sports as jumping and boat racing are not good; they develop a man in only one particular. We need men who have confidence in their muscles, and are able to defend themselves.

I should like to see a class in gymnastics compete with the class in military drill at the annual examination. I have not been in the habit of exercising, but I have repented, and am going to use these dumb-bells. "Go thou and do likewise."

The lecture was almost an hour long, and was frequently interrupted by laughter and applause. The close attention of the listeners showed that there is still among us an interest in athletic sports.

The word "crank" is beginning to have more than a mechanical significance.