Physical Exercises and Their Beneficial Influence.

[A short synopsis of the German System of Gymnastics as conducted at the Technology Gymnasium by H. J. Boos.]

In regard to form and effect we distinguish between two great groups of motions, to wit: Exercises that require strength and skill, and Exercises that require quickness and endurance.

EXTERNAL FORM OF MOTION.

In the exercises of the first group we have mainly a positive, independent, simple, or a compound form of motion following the resting position, which attains the height of the desired mechanical exercise more or less rapidly, and then again relapses to a resting position of the muscles. No matter how many different motions may follow a compound or complicated motion, the whole, as such, will always remain an independent exercise—a single achievement that has a beginning, a crowning point, and an end, and which is no longer the same exercise as soon as it is interrupted at any point. In all exercises of quickness and endurance we have an endless group of rhythmically repeated motions, the succession of which may be interrupted at any time without causing the exercise as such to lose its character. Running will always be running whether we cover 10 or 1,000 yards.

In the first named exercises the number of motions is of an endless variety; in the latter we have mainly a few well-known kinds of motion, although in all of them various exercising changes in the starting position, in regard to the manner of execution, the number of exercises and the rapid succession of the same are possible.

According to the degree of such modifications, motions of quickness may, in various ways, suffer in regard to their value as an exercise and lose their distinct character, thus resembling rather the exercises of strength and skill. Easy exercises of this class, on the other hand, if often and rhythmically repeated, may closely resemble exercises of quickness.

Lastly, there are combinations of both kinds of exercises, for in all exercises of quickness it is possible to permit the unemployed members of the body to perform, in a modified way, certain exercises of strength and skill. These are, in brief, the great characteristic differences between these two groups in regard to external form. Of much greater importance is the difference in regard to their physiological effect.

(To be continued.)

A Token.

I.

The mirrors between the white enameled columns of the upper dining room at Parker's threw out a hundred reflections of the crystal chandeliers as the members of the Junior dining club lighted their cigars at the burning tapers on the table, pushed their chairs back, and settled themselves in picturesquely comfortable positions.

A short address of welcome by the President, followed by the graceful introduction of a clever toastmaster, and two or three witty and apt responses from "jolly good fellows" of the company, brought the listeners to the highest pitch of enthusiasm and called forth uproarious cheers and applause. As the din of a popular air, commendable in the singing only in so far as it served to intensify the feeling of good fellowship, died away, the Toastmaster attempted to introduce the next of his brilliant supporters, but riot broke out afresh as he proposed, "The Ladies!"

Let the toast pass,
Drink to the lass,
I'll warrant she'll prove an excuse for the glass,
and announced that he would now call upon a member famous alike for his originality and for his devotion to the fair ones.

As this acknowledged champion of modern chivalry roused himself and stepped close to