

Los Angeles Herald.

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MENTAL DIETETICS.

A Lecture Delivered Thursday Evening, November 6, 1873, before the Teachers' Association, by J. M. Guinn.

But, to return from this digression. I doubt whether there are very many college graduates who, having outgrown the follies of their youth, ever write the abbreviation for Master of Arts after their name without being struck with a sense of its utter inappropriateness to them.

Professor Youmans, speaking of the traditional or classical system of the colleges as a means of mental discipline, says: "That system is neither an outgrowth of the proper education of childhood, nor does it flow into the intellectual life of manhood; it is a foreign body of thought congenial and unutilized, thrust into the academic period and destroying the unity and continuity of the mental career."

But just for the mere sake of being able to do them. The very origin of this system of mental gymnastics shows its utility. The notion of mental gymnastics was borrowed from bodily gymnastics. In feudal times useful labor was regarded as menial and degrading, and the superior classes were compelled to seek the activity needed for a bodily health in artificial means.

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reality traced to their neglect of their regular college studies, or rather, perhaps, to the realization of these by vigorous pursuits of other studies, while on the other hand those students, the medalist, the validictorian, and the senior wranglers, who have been the indefatigable and preserving in mastering the studies of the curriculum, while they lay down their lexicon and their grammars to take up the burden of life, but too often prove to be intellectual dwarfs and mental paupers.

But just here the advocates of the traditional system may raise the cry of utilitarianism. You, sir, would subordinate all the culture, the refinement, the polish of an education to vulgar utility; you would make the almighty dollar the unit of measure for the value of all the culture of man's mind, and would determine the specific gravity of a man's knowledge by the bulk of his bank account.

Nature furnishes us with the only perfect models. Wherein the spiritual and intellectual conceptions of the ancients accorded with nature's models, they are true; wherein they departed from them, they are false. We read nature through a lens of a magnifying power two thousand times greater than theirs. Is not our vision the clearest?

But am I not forgetting the beauties of the classics, the immortal interest that pertains to them? Whilst physical science deals with matters external to man—with the Microcosm, or the great world, this ancient literature treats of the Microcosm, or the little world, and is adopted by him. To the Greek or Roman youth of two thousand years ago there were no beauties in his literature; and to the college student of to-day, digging Greek roots, or wearily grubbing among gerundives and pelphrasitic conjugations, his beauties are but dimly, if ever seen.

LOS ANGELES AND SAN PEDRO RAILROAD.

ON AND AFTER NOV. 11, 1873, trains will run as follows, leaving WILMINGTON—7:45 A. M. and P. M. LOS ANGELES—10 A. M. and 5:45 P. M.

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SCHEDULE FOR NOVEMBER, 1873. THE STEAMERS. For Santa Barbara, San Pedro, Anaheim Landing and San Diego.

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Eight Mile House. MRS. DONALDSON, OF THE Eight Mile House, Cowango Pass, announces that she will receive a few gentlemen boarders, with facilities for going and coming from the city.

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TESTIMONIALS: UNIVERSITY OF CALIFORNIA, DEPARTMENT OF LANGUAGES, (LAST YEAR, JUNE 11, 1872). Herewith I certify that Miss Josephine Lindley has been a student in the Department of the University for five consecutive terms, viz: from September, 1870, to April 30, 1872. During this time she studied the Spanish, the French, and the German languages, obtaining always the highest marks for proficiency and attendance, her average credit mark for five terms being 97 per cent.

On entering the University, Miss Lindley possessed already such knowledge of the French and Spanish idioms as to be able to speak them with ease, fluency, correctness, and a pure pronunciation. She may now be considered thoroughly familiar with the theory and philosophy, as well as with the application of these two languages; and she is especially recommended as a candidate of great promise, for teaching the French and Spanish languages. F. FLORES, Prof. Modern Languages.

UNIVERSITY OF CALIFORNIA. Herewith I certify that Miss Josephine Lindley has been a student in the Department of the Faculty entitled to this Certificate of Proficiency in the departments of Geology and Natural History, Botany and Physical Geology, Belles Lettres, (English Literature, History, Ancient and Modern), Chemistry, Modern Languages, (French and Spanish), and Languages; Joseph L. Conte, Professor of Geology and Natural History; William Swinton, Prof. of Belles Lettres; Martin Keeling, Dean of the Faculty, 02-11

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