

times, gymnastic and athletic proficiency was attained exclusively by the nobility and professional soldiery and found its field of display in tournament and war.

Among modern nations the Germans were the first and have been the most assiduous in their efforts to promote the cause of physical education. As early as 1811 the *turnplatz* and *turnvereine* were established in Germany, and a work on the principles of gymnastics was published. Influenced by the example of these societies, similar ones sprang up in Switzerland, Sweden, and France. After the Crimean war a commission was appointed in England to make enquiries into the subject; and based upon the report of the commission, a code of physical exercises was adopted, and is now in force in the British army. To-day, every male German receives a systematic physical education. Not only must the boy give attention to it during his school life, but a system of exercises is employed throughout all the armies of the empire, and every adult male is required to give three years' military service.

In 1881 there were, in the Northern and Middle States, only three educational institutions in a thousand, which gave official sanction and attention to physical education. Up till the present, very little attention has been given to this subject, in this country, and there is no means provided whereby teachers may be thoroughly qualified for aiding that physical growth, which should go hand in hand with intellectual and moral development.

The number of women in a state of semi-invalidism, the many girls with crooked spines, stooping shoulders, contracted chests; the large proportion of school children wearing glasses and the large infant mortality, all attest the lack of that physical development which is an essential pre-requisite to greatness in the individual and the nation, and which can result only from systematic and wisely selected means whereby all the structures and organs which go to make up and sustain the physical existence can be brought to a condition of normal health and efficiency. Worcester says of education, that it comprehends all that series of instruction and discipline which is intended to enlighten the understanding, correct the temper and form the manner and habits of youth and fit them for usefulness in their future stations.

Huxley, in describing a man who has had a lib-

eral education, says: "That he is one who has been so trained in his youth that his body is the ready servant of his will and does with ease and pleasure all the work it is capable of."

Rousseau, recognizing the relationship existing between volitional energy and health of body, expressed the thought tersely, thus: "The feebler the body, the more it commands; the stronger, the more it obeys."

The power of physical training, rightly understood, encouraged and applied to teach habits of endurance, self-abnegation and discipline, is not commonly appreciated. All means of education fail which do not chasten and mould the mind to orderly methods, fit the body for ready obedience to the will and prepare every organ and tissue to give its quota of support to aid the individual in the accomplishment of life's purposes. Education consists, not so much in the possession of knowledge and in the massing of facts and figures, as in the ability to employ knowledge and use all available data for practical work. While the intellect is limited and diverted from the performance of its legitimate functions by nerves that are out of chord, digestive organs that fail in their appointed work, or blood that is surcharged with waste matter which the organization cannot throw off, the resultant of all the forces at work represents, not as it ought to do, the sum of all, but what remains when the balance is struck in estimating the various agencies opposing one another. It was not alone through the physical force of their armies, that Sparta and afterward all Greece, attained and for years, kept such a commanding and impregnable position among the nations of antiquity. In acquiring that physical training which fitted them for the service of armies, it was imperative to cultivate sobriety, cleanliness, self-restraint, temperance, moderation, and regularity in all things. Then, as now, the cultivation of physical power produced not only brawny muscles and well-knit physique, but increased intellectual vigor and augmented moral power.

Exercise is the chief agent to employ for the purpose of aiding development and for bringing physical structures up to the highest standard of form and usefulness. It may be defined as movement produced by muscular contraction; and it varies in degree, from that which simply moves