

and among the entire number there was not a face which did not express either mental hebetude or moral obliquity, or both combined. During the previous two years these men had made no appreciable progress in school-work, and seemed incapable of prolonged mental efforts. They were subjected to hot baths—three weekly, the Turkish and common baths alternating; massage—kneading of the muscles, friction &c., manual drill, free gymnastics and exercise with dumb-bells; and substitution of a special dietary for the regular prison fare. The experiment was continued only five months—long enough to demonstrate the value of the method, but not to determine the full measure of success probably attainable. At the end of this period, nine of the eleven men then living had risen from the third or refractory to the intermediate grade. During the six months immediately preceding the experiment, the average marking for shop-work, school-work and conduct, had been forty-six per cent. During the experiment, the average for school-work, previously lowest of all, rose to seventy-four per cent., the conduct improving at about an equal rate. Shop-work had been discontinued. During the six months following the term of the experiment, the average marking of the men in the three departments of shop-work, school-work and conduct rose to seventy-one per cent. Dr. Wey then reported that “although the men had been remanded to the former routine mental development was still going on; six of the number had reached the first grade in school-work, and two of the remaining five had every prospect of soon doing so.” Their skins had acquired the softness and smoothness of childhood (several having had some form of skin disease); their muscles had greatly improved; their former stooping attitude, slow movements and shuffling gait had given place to an appearance of alertness and vigor; and their faces had developed an expression of comparative brightness and intelligence.

All this is not surprising to those familiar with the recorded results of inquiries extending over a period of forty years made of hundreds of members of the Cambridge and Oxford University crews, by Dr. Maclaren, director of the Oxford University Gymnasium, regarding the effects of physical training; and of the benefits experienced by the members of these crews—increased stamina, energy, enterprise, executive power, fortitude in endurance of trials and disappointments, and general self control.

Now would any one knowing all this doubt the good effects, the grand results that would follow some such physical culture (according to requirements) as mentioned above in the public schools,—a *rational* education, in which the culture of the body would rather precede, or “go hand in hand” with, the culture of the mind,—instead of as now, cramming the undeveloped and unprepared organism with mental food too “heavy” for it—indigestible—much of it as useless in the circumstances as improper for the physical condition, and so, injurious to both mind and body: making many weak, unstable, uncontrollable beings, without stamina, fortitude or, worst of all, without self control; if not criminals, such at least as criminals are made of?

Where are our public health officials during all these years that these facts have been known, that no effort has been attempted to change the monstrous, body and soul destroying method of mental cram now practiced in the schools for a more rational education of both body and mind?—with vastly less “text books” and more water and muscle culture. It is not a matter of wonder that crime has steadily increased, and faster than ever, under such a system, with its foul air, foul skin and foul brains.

Plainly, crime, as well as insanity, is closely—directly, associated with sanitary wants—with defective public health administration.