

badly-ventilated school-rooms, and in positions which were calculated to lower, and ultimately destroy, the health of the vital organs, is no longer allowed to exist in our cultured communities; and yet one has only to visit the best schools in our most enlightened centres to become aware that we are still a great way from comprehending the solution of the physical education problem.

An intelligent physician recently asked me if I had ever studied the significance of symmetry as expressed in the human body, and then he went on to tell me how lack of harmonious development in the sides of the face, of the head, of the body, indicated lack of harmony in the mental life. "I knew," he said, "that Mr. So-and-So," naming a man who was a notable failure in public life, "would never achieve distinction; he could not with that lop-sided figure he had." If habits of standing, of sitting, of walking, affect not only the vital, but the mental and moral centres of being, does it not behoove teachers to be worthy examples in these respects before their conscious and unconscious imitators?

Yet how few men and women in any walk of life do stand well. Dio Lewis tells a story in one of his early books of a girl with whom he fell in love because of her graceful carriage. He joined a literary club to which she belonged, he says, just for the pleasure of seeing her walk into the meetings, and yet he never got acquainted with her, because, he tells us, he was afraid that he might find her intellectually disappointing.

I could never understand how a man of Dio Lewis' wisdom could say that; as if a woman who walked well *could* be intellectually disappointing! But then, I suppose, he was thinking of the intellectual men of his acquaintance, and how badly the most of them walked and stooped.

Few of the physical culture systems of the day teach men and women how to walk. They are supposed to know that already. But do they? Watch the throngs that file up and down the popular promenade of any city, and note how few men, and alas! how very few women, move with grace.

It is supposed by people who don't know anything about children that they naturally stand correctly; but a more fallacious idea never prevailed. Checkley, in his admirable little book on physical culture, says: "Without guidance the chances are that a child will grow up into bad habits of holding himself together. His spine will be left to do things it was never intended to do. He will sit, stand and walk without proper reliance on muscles that were intended to make all his movements easier. He will collapse while sitting, rest on his heels, perhaps, while standing, and breathe so perversely that any unusual exertion reveals the fact that only a limited series of muscles are brought into play, while the lungs are but half developed."

And yet, until recently, how little attention has been paid to any of these points in any of our schools. Indeed, how little attention is paid even now. Special exercises by a special teacher are given the children