

pensable. In schools of the future it is believed a recess of ten minutes will be given at the end of each hour."

*Play in open air is most hygienic.*—"Suitable play grounds with the best play-provoking facilities may safely be counted among the most hygienic agencies. All real play is essentially free and spontaneous, yet at no time is a wise supervision more important than during play. Hurtful plays may be discouraged and the most helpful plays fostered. The teacher feels the play impulses and so guides by suggestion without abridging freedom and spontaneity. Well ventilated, well lighted and commodious play rooms for use during inclement weather are remarkably helpful when the supervision is judicious. However great the cost, these play rooms pay largely in increased pupil vigor."

*Systematic physical culture is indispensable.*—"In our best schools physical culture goes side by side with mental and moral culture. Graded physical exercise gives pleasure, gracefulness and vigor. During the pauses pointed suggestions are given in practical hygiene. The gymnastic exercises when adapted to the pupils and well managed are educative as well as hygienic. They develop habits of exact obedience, train pupils to work in harmony with others and give artistic command of the body. *Gymnastics require considerable will effort, and hence do not take the place of the spontaneous plays of the recess.* (Italics ours.) The Germans emphasize systematic gymnastics but neglect play. The English exalt play but neglect systematic physical culture. The Americans and the French after the fashion of the Greeks, emphasize both play and gymnastics."

In contrasting romping and calisthenics, Prof. Frank H. Hamilton (see *Lancet-Clinic*, Oct. 31, 1896, p. 477) speaks as follows: Calisthenics may be very genteel and romping very ungenteel, but one is the shadow, the other the substance of healthy exercise. Girls need health as much,

boys, more than boys. They can only obtain it as boys do, by running, tumbling; by all sorts of innocent vagrancy. At least once a day girls should have their halters taken off, the bars let down and be turned loose like young colts.

Out of 105 answers to this question all except four strongly advocate outdoor exercise or a combination of calisthenics and the old-fashioned recess. Following are some of the replies received:

Henry S. Baker, Ph.D., of St. Paul: In city schools calisthenics are infinitely better.

Prof. J. E. Brate, A.B., of Fostoria, Ohio: The former; they tend to relieve necessary formality of room and give nature's best tonic, pure air.

Prof. Warren Darst, of Ada, Ohio: Open air, better air, usually more hearty, freer minds, more restful, therefore more free from restraint. Cultivate a free spirit favorable to free institutions, more self-control and self-reliance among pupils.

Prof. C. C. Emigh, of Fort Collins, Colo.: Out-door, wild, free, innocent, natural play at what pleases the individual pupil best. Calisthenics require close attention.

Pres. Alston Ellis, LL.D., of Fort Collins, Colo.: I favor both, the open-air recesses preferred. Calisthenics at close of recitation.

Pres. Charles W. Eliot, LL.D., of Cambridge, Mass.: I would insist on both. If I could have but one I would prefer recesses with spontaneous play.

Prof. L. C. Greenlee, A.M., of Denver: Open-air recesses: 1. Pure air. 2. Not so fatiguing. 3. More natural to child, and relaxation more complete.

President Graves, A.M., Ph.D., of Laramie City, Wyo.: Open-air recesses, and all pupils, unless real invalids, should be obliged to go out every time. I do not believe there is anything like getting good oxygen into the lungs and getting the benefits of sunshine.