

to physical defects, and the needless waste of energy that does go on if systematic care be not taken. I do not touch upon the constant advice on personal hygiene for which one is consulted, that goes so far toward the comfort and efficiency of the student.

For the average man who is not defective, but is not an athlete, who has neither the desire nor the ability to represent his University upon the track or field, a course of exercise of progressively increasing difficulty should be carefully designed and graded. A definite amount of work should be required weekly of every student as part of his college course, and for this he should receive credit on the basis of laboratory work. This requirement is necessary, because the ideas of most young men on the subject are either exceedingly vague, or totally wrong. In many cases, the play instinct of the student has become atrophied from disuse, or his attitude may be antagonistic to active exercise of any kind under the false impression that it is time taken from those studies that will be of more direct utility to him in his life's work.

Such a course must be designed with two objects in view: first, the correction of those bad physical habits that go with the sedentary life of the student; and, second, a systematic education of those bodily powers that will be most useful to him during his college life and after graduation. The sudden change from an active, outdoor life, to that of the confinement of college work, is not unattended with dangers to the health, as is shown by the tendencies to colds, disturbances of the digestive organs, headaches and many other of the common ills for which the college medical examiner is continually consulted.

The long hours spent in the lecture rooms—not always too well ventilated—or bending over the laboratory table, must be corrected by exercise that will strengthen the tired back and stimulate the sluggish heart and inactive digestion, that will draw the blood from the congested brain and abdominal viscera out into the swelling muscles and expanded lungs—those great laboratories, where the vital processes of