

tendencies that go with the sedentary life of the student, and secondly, 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 great tendencies to colds, the disturbances of the digestive organs, and many other 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, stimulate the sluggish heart and inactive digestion, that the blood may be drawn from the congested brain out into the swelling muscles and expanded lungs,—in those great laboratories where the vital process of waste and repair are carried on. The means used, however, must be such as to give a real education to the physical powers. Too long has Physical Education been confounded with aimless waving of the arms in a calisthenic drill on the one hand, and unregulated athletic contests of the football fields on the other. To be successful and logical, we must aim to educate those radically old co-ordinations that have given civilized man his supremacy over the brute creation, and his superiority over the savage. It is not true that any aboriginies surpass the dominant race physically, except in rare instances.

At the World's Fair, held at St. Louis, there was a Congress of Nations. Picked representatives were gathered together from all parts of the world, and an International athletic meet, lasting two days, was held in the stadium. These were called Anthropology Days, and were held to test the speed, stamina, and strength of every tribe represented. There were Moros and Igorottis from the Philippines; Kaffirs, Zulus, Pigmies, Bacubas from Africa; Ainus from Japan; Turks, and Syrians from Asia; giant Patagonians from South America; Cocopas from Mexico, and from North America were the Cherokees, Pueblos, Sioux, Crows, and the Pawnees. The events in which they had hitherto been considered particularly strong showed that the boasted superiority of the savage is but a traveller's tale. The 100 yards was run in 14 3-5 seconds, which means that any good runner could give the best of them a thirty-yard start and easily win. The broad jump was won by a Sioux Indian, partly civilized, with a record of seventeen feet, more than 7 feet behind the best accomplishment of a white man. The Indians threw the base ball from 234 to 266 feet, as compared with our record of 381 feet. The best throw of the Patagonians, who took great interest in this event, was 214 feet. The mile run was also won by an American Indian in 5m., 38s. The famous Kaffir Couriers were completely outclassed as they were in the Marathon Race. Even in archery and spear throwing, the disparity was more marked.

It is by the cultivation of the great fundamental actions that have to do with locomotion—running, jumping, climbing, and swimming,—and that have to do with fighting, such as throwing and catching, dodging, striking and wrestling—that civilized man has obtained and must maintain his superiority.