

and physical abilities to the community, that it must be a national matter of first importance.

It is perhaps needless to point out that, just as medical science, art, or military factors are improving, so too is the science of body building. Merely because an instructor knows a thousand exercises, or because he has an enormous muscular physique, is absolutely no criterion that he can produce results quickly and permanently on those he teaches.

The whole secret of an instructor's ability is whether he can so teach as to make the pupil understand something more than the rhythm of a movement, that something more is the control of the particular muscle involved in producing the movement.

No New Movements.

It is impossible to get new movements, or exercises, for the body has probably consciously or unconsciously made every move found in every system on earth at some time. Since the time when Greeks paid more attention to physical education than mental education, we have found no new movements. Movements are therefore a negligible quantity unless governed by a factor which only the scientific student of physical education fully appreciates and fully understands, and few of these may be able to teach the factor so as to be immediately illuminating to the pupil. An important point is this. *Spectacular exercises, or appealing to the gallery, will not benefit the national physique.* If the