

with enough exercise to keep him in the best physical condition to make use of his lectures and laboratory work, without involving too great inroads upon his precious time.

Then there are the athletes, clear-skinned, and clean-limbed, in number less than 10 per cent. of the entire enrolment of students. These are bigger, and stronger physically, than the rest. At Pennsylvania, the average weight of a foot ball player is 174 pounds, which is 35 pounds more than the general average. The oarsmen average 164 pounds, or 25 pounds above the average. Their height of 5ft. 11½ inches, exceeded the average height by over three inches. Manifestly, the exercise of the average man is not for them. Yet, while facilities should be given them for practising their chosen sport, the necessity of advice and direction, and in some cases restraint, has been tragically shown in Canada in the last few months.

The University is given four years of the best and most plastic part of a young man's life in which to mould him into that form which we recognize as the ideal citizen, and this cannot be done without considering the physical needs of these three classes of men.

For specific defects, special exercise is required to correct them. Last year a young man came to me saying that he had been rejected at West Point Military Academy, because of flat foot and lateral curvature. A six months' course of special exercise enabled him to pass easily the examination, and he is now attending the Academy. This year a Freshman, entering on the study of Architecture, complained that he could not study on account of frequent headaches, especially after long reading or drafting. The examination of his eyes showed less than half the normal acuity, which was wholly unsuspected, and of course uncorrected by glasses. Think of the unwarranted nervous strain that four years of continuous, close eye-work would have meant to him, had he not had timely advice. These are only examples taken at random out of the hundreds that come under the medical examiner's eye from year to year, to show the marked limitations due