

to his ability to accomplish certain muscular feats that cover the main activities of the body—agility, speed, and strength. This year at Pennsylvania, over 1,000 Freshmen were examined. Of these 30 per cent. had lived a sedentary life, while more than sixty percent. of the total number examined showed some marked physical defect,—here the broken down arch of flat foot in the clerk whose long hours of standing have done their crippling work; there the flat chest of the anaemic school boy whose round shoulders and protruding chin are so characteristic of his sluggish and listless mental state. Again the drooping shoulders, and crooked spine, the dulled hearing or faulty sight that have been the cause of such persistent headaches—all these must be provided for and given advice, and where necessary special exercise prescribed for the condition. Then there is the intangible, elusive average man coming as he does from the farm, office, shop, factory or school, usually poor in pocket, earning his way through college or living on the meagre allowance that is with difficulty spared by his parents. Usually he is in grim earnest about his studies, has no athletic ambitions, but wants to make every moment of his course count. He must be provided 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. They are bigger and stronger physically than the rest. At Pennsylvania, the average weight of the football players was 174 pounds, which is 35 pounds more than the general average. The oarsmen averaged 164 pounds, or 25 pounds above the average. Their height of 5 ft. 11½ inches, exceeded the average height by 3 inches. Manifestly, the exercise of the average man is not for them and yet while facilities should be given him 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 the average man who is not defective but who is not an athlete and has not the desire nor the ability for representing his University upon the track or field, a course of exercise should be carefully designed and graded so as to be of progressively increasing difficulty.

A definite amount of work should be required of every student as part of his college course, for which 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 not founded on sufficient experience, and, in many cases, the play instinct 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. Firstly, the correction of those bad physical