

mental activity, and let us see to what degree superior physical qualities have contributed to this.

Long before the beginning of authentic history, we learn from Philology of a race of people, known as Aryans, who inhabited the district of Ariana, or what is now known to us as Persia and Armenia. As the population of this little district became congested, a certain portion separated and went northward from their original home and settled in North-western Europe. They founded the Slavonic and Teutonic races. Some time after this another separation took place in the parent stalk, one of the divisions forming the Hindu and Persian nations, and the other branch the Greeks, Romans and Celts. The Anglo-Saxon race sprang from the Teutons who came across North-western Europe, but it has been probably most influenced by that branch of the Aryan family that worked its way across South-western Europe. Through these two lines a gradual increase to a high state of civilization is shown in the Anglo-Saxon race. I shall try to show that physical qualities have exerted a great influence, if they have not been predominant features, in the civilization of the world.

We find from Ancient History that the Persians were the first to develop a great civilization. Persia was inhabited mostly by independent tribes, partly nomadic and partly agricultural, and noted for their simple warlike habits and superior physical ability, which enabled them to enjoy a higher civilization than was the rule at that time. They lived plainly and scorned the luxury of the neighboring

Medes. But in time they descended from their mountain strongholds, and under the leadership of Cyrus, conquered the Medes and learned from them a degrading luxury and a lax morality, which changed their simple, sturdy, honest lives into lives of listless ease, devoid of ambition. No wonder, then, that they fell an easy prey to those Greeks, whom they called western barbarians, but whom we are eager to study and follow.

According to Grote, the historian, Greece devoted more time to the physical training of her youth than to all other branches of education combined, and yet Galton tells us that the Greeks, as a people, were as superior to us in intellectual ability as we are superior to the African negroes. This is a bold statement to make, still we cannot help but admire the deep, intellectual thought that Greece has produced, and we believe that the attention given by them to promote strength of body and beauty of form, made Greece what she was. Their national games were a distinct characteristic of the people, for they were the first to found such institutions; and today Marathon is probably known better as the name of a great race than the name of a great battle. To a Greek, physical beauty and moral greatness were closely associated, and everything that tended to develop the symmetry of the human figure was supposed to have the special approbation of Heaven. Their Gods were merely their ideals, and how many Grecian youths pictured the fleet-footed Achilles or the brawny Hercules, and strove to follow in their steps? These games were also associated with contests between