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PHYSICAL CULTURE IN SCHOOLS AND COLLEGES.

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**T**HERE is a word in the English language which appears to express very well the actions it is supposed to represent, the word is "fad." A new "fad" may have sprung up in society. The fad may be a tendency to wearing tight or loose trousers by men, short or long dress sleeves by women. But fads are not confined to changes in dress, they may arise about the manner in which schools are conducted, or respecting some new branch of study. A certain class of specialists have lately begun an agitation for what they are pleased to term "physical culture." The question naturally arises, Is this only a new fad, or is it an absolute necessity of humanity which has, in some circumstances and localities, been neglected? A fad, we should have said, is a mere arbitrary convention of society, not at all necessary, and often ridiculous as well as useless.

The Divine Revelation theory of the origin of humanity, shows that man was made and placed in such circumstances as compelled him to exert his bodily powers in order to satisfy his wants. The evolution

theory of the origin of man shows that a certain activity of any organ or organism is the chief condition of both health and life; inactivity produces first, weakness, and ultimately death or extinction. All other animals except man appear to be guided by instinct and inclination respecting bodily activity and the selection of food. Human beings, while possessing intellects which, if properly used, would guide them correctly in all circumstances of life, are too often overruled by a very injurious fad. Then, too, there is something peculiar about human inclinations. It is said of a simpleton—and he must have dwelt in the land of "brown heath and shaggy wood"—that when asked what he would like best to eat and do, he said he "would like milk porridge and milk to them, and swing on a gate all day." If we allow each to substitute something to suit individual taste in place of "milk porridge and milk to them," and allow a variety of means of producing pleasant sensations such as are produced by swinging on a gate, we have in this simpleton's wish the exact desire of 99 per cent. of hu-