

those whose researches discover further improvements—this is a law of life—every generation a further advance, scientifically. Yet, a quarter of a century ago, physical education was very crude after the period of absence since the Greek era as a systematic factor of education.

Chairs of Physical Education.

Physical education should not be merely a part of school curriculum. It should be established as a distinct and important factor in preparing the young for the future citizenship. Every school should have its teacher qualified in physical education, as are the teachers in French, trigonometry, history.

Our universities should have their chairs for physical education, the importance of which should be recognised in the status of the professor. These chairs should be occupied by the highest experts in their work, men trained not only through practical experience, but in theory. The main principle of their teachings should be the underlying factors, not superficialities so common in ordinary institutes. Fit the pupil as master of himself, dependent on no one for physical perfection, save his own energy and effort. If, with the knowledge of "how" he fails to maintain its uses he alone is guilty, not the community.

There should be degrees of physical education, as there are degrees of medicine. The one heals, the former builds, makes strong and keeps strong, and such is the future value of each individual's energy