

sports change with the growth of the body and mind. During infancy and a large portion of childhood, the pleasurable sensations accompanying the discharge of physical energy is almost the child's sole reason for engaging in sports. Hence the same sport or the same round of movements continues to be repeated consecutively until, through the exhaustion of surplus energy, this pleasurable sensation ceases to be produced. It only requires, however, a short time to restore this exhausted energy; hence the child returns again to the same sport with as much zest as before. The fact that the physical energy generated in the various organs of the child's body is quickly exhausted and as quickly restored, is the reason of the peculiar delight which he takes in a rapid succession of different sports which call into exercise constantly new combinations of his organs. In this connection it should be observed that, as the mental powers of the child commence to control his action—as he commences to feel an ambition to excel—his sports become more complex and continuous, and less of the nature of pure, spontaneous, physical exercise, and less productive of real good to the child. Indeed, purely ambitious considerations may control to such an extent as to convert what may be called a sport into an exhaustive and injurious work.

(d) No physical exercises are productive of such healthful results as those which are spontaneous and free from all constraint. Hence, plays and sports conducted in a well-regulated playground rank first among physical exercises. "Order in confusion," and proper regard to the rights of the weak and the strong, should be the only requirements of such a playground. No scheme of regulating the sports should be adopted that would deprive the children of the delightful experiences consequent

only upon a free and spontaneous activity of the organs of the body. It is very clear, however, that every school is not, and perhaps cannot be, provided with proper accommodations for outdoor sports; hence resort must be had to calisthenic exercises as the next best thing that can be done. For disciplinary purposes, and to promote graceful movements of the body and the development of special organs, calisthenic exercises have a decided advantage over the other. Yet they fail to infuse into the body and mind that vitalizing and healthful power which results from free exercise in the open air; hence, calisthenics should always have, where either is possible, the second place in the physical exercises connected with a school.

16. *The child, during this period, associates indiscriminately with other children of his own age, and is easily affected by their language, actions and habits.*

(a) The distinction of sex has but slight influence in determining the child's associates during this period. The same natural impulses regulate the general conduct of both boys and girls. The natural promptings and attractions of their physical natures are the same. Hence they enjoy, unless warped by conditions imposed by the parents, the same plays and sports. These plays and sports bring to both the same intense pleasure. This state of things should not be disturbed by artificial requirements imposed in obedience to the supposed demands of society. In this period of child-life boys and girls should be allowed the same freedom of outdoor sports, and should, under proper restrictions, mingle freely with each other.

(b) If left to his own natural impulses, the influence of occupation, position, or rank in life, and so on, is almost entirely disregarded by the