

been at work in modifying it. One of the most serious problems that confronts the British Empire is the physical deterioration of the people in her towns and cities, as shown by their decreased stature, and due to the growth of factories and other industries incidental to the demands of increased trade. These conditions are beginning to show even in Canada. While it is true that with a population of nearly 6 million, about two million live in cities, still it is to be remembered that with an increase of 550,000 from 1891 to 1901 the country absorbed only 50,000, the other 500,000 flocking to the cities which are thus growing 10 times as fast in population as the country.

In the United States 110 years ago, only four percent. of the population were in cities; now the percentage is nearly sixty percent. With the crowding of people together and the specialization of labor, race deterioration is inevitable. The youth who spends his whole day bending over a book or shut up in the factory cannot have the straight back and clear sight of the country boy who swims, rides, and tramps through the woods to his heart's content, and his bodily salvation. On every side the city boy's activities are curtailed and his movements hampered. Nor is this the worst, for the very occupations to which many of our students have been driven in the intense struggle for the means to gain a college education leave their indelible imprint on their physique, and in some cases have killed out the very desire for the larger physical-life, that should be every young man's birthright.

That America and England are seriously alarmed over this condition is seen in the agitation for parks and play grounds and open air baths and gymnasias,—now so active in the larger American cities; and it is our duty as educators to impress upon City and Town Councils in Canada the necessity of laying aside such breathing space and play grounds as will provide for a crowded city of the future. Whatever may be done, however, the individual must always suffer from the conditions of the city life, as Professor Tyler, the Biologist says, "Your cities take our young men, and in two, or at most, three generations, you burn them up, and what do you give us back? Nothing." The country boy has a better start, but even with him the work of the farm is uneven and often deforming.

When he rises to the dignity of sitting all day on the self-binder in harvest times, his bent back and idle arms are not getting the exercise they did when he drew the bands and bound the sheaf with his own hands, and in the finer physical accomplishments of alertness and activity he is seldom the peer of his city competitor.

The college course should begin with a careful examination—a sort of stock taking—to find the nature and amount of the material given us upon which to base advice and instruction. The candidate is measured and his strength tested to see how he compares with his fellows in proportion and power. His posture and development are noted; his heart and lungs examined, that he may be put on guard against any latent weakness or disease if present. The acuteness of his sight and hearing are calculated, that he may be informed if there is any serious impairment of the two most important avenues by which his knowledge will come to him, and finally he is tested as