

their development and gave to all their movements a freedom which has been partly destroyed by our modern modes of dress.

However, physical culture has not been neglected in these modern times, and rapid advancement is still being made. People are beginning to realize that the bodies they have been given to care for, and for which they are responsible, should be developed in the beauty of Nature's first intentions.

We are, perhaps, more indebted to Delsarte than to anyone else for the beginning in our age of a thorough study of the needs of physical training. Unfortunately, he has left very little in writing, and his teaching has been much perverted. After his death his wife, in need of money, published an article which contained simply a surface knowledge gained from seeing him work with his pupils, rather than a careful study of his art. One of his pupils, however, being anxious to give to the world what he considered a great boon to humanity, wrote a very careful work gathered from his own diligent study, together with scraps which he found on the walls of Delsarte's work room, which has restored our great teacher to his own true place, and succeeded in awakening an interest, until at the present day the longed for return to Nature's own perfection is in sight.

In fact, such an interest was taken that scientists, after a thorough study of this particular science, came to the conclusion that a stronger foundation was needed than that left us by Delsarte. Accordingly, Baron Nils Posse has given us, as a result of his researches, a work which is invaluable. In such exercises as walking, running and riding, we have only a particular set of muscles developed, whereas in the Swedish exercises we have a development of all the muscles.

The aim, then, of all educational gymnastics is to develop the body into a harmonious whole under the perfect control of the will.

