

Nation Depends on Individuals.

The indisputable theory that the power of a nation depends on the condition and energy of her people behoves us to face facts practically. Among a race of pigmies the master is he who has the most inherent strength. The leadership, however, awaits him who makes himself stronger than the pigmy. Leadership awaits that nation which goes to the foundation and builds it. A healthy strong people as the foundation means a nation strong in finance, commerce, war if necessary.

We take more pains over the condition of coat or physique of a race horse than we do in fitting out citizens for the battle of life. In fact the cultivation of a national or individual physique is left to private enterprise.

Yet in such an important matter, the best brains and educated intellects of the country should be employed. The more strenuous the battle of life, the more rigorous rivalry in international commerce will require a proportionately increased national efficiency. The root principle of the whole necessarily must be physical training on which national energy and effect primarily depend.

Elderly men of conservative tendencies do not, or cannot, appreciate the immense strides in physical culture as a science. The physical specialist (not the ordinary instructor or trainer) requires an absolute knowledge along physiological lines, substituting for the *materia medica* a study of scientific mechanical therapeutics. Necessarily there are