

## *The Development of Physical Efficiency Among College Men.*

(An Address at the Dedication of Queen's University Gymnasium, 1907.)

*By R. TAIT McKENZIE, M.D., Professor of Physical Education and Director of the Department of Physical Education, University of Pennsylvania.*

**I**T is now a decade and a half since my first visit to Queen's University, as student manager of the Football Team from McGill, and in that comparatively short time, the college, then, by comparison, a slender sapling, has become a sturdy tree, whose wide branches embrace all those literary and scientific studies that are so closely bound up with a young and growing country.

I desire to add my congratulations to the many you already have had. First to the undergraduates who are fortunate enough to have the means placed at their disposal for gaining that physical efficiency which will stand them in such good stead in after life, and for keeping them in health and strength during the arduous years of preparation required by an over-crowded curriculum. I would add my congratulations to the committee and the contributors to the Gymnasium Fund on the triumphant achievement of their desire, for they have supplied that without which no well equipped institution of learning is complete. They have given an additional attraction to the University course that will not only show in increased numbers, but in a higher standard of health and happiness among those who will share its benefits.

It need no longer be debated whether or not a student is physically able to stand the wear and tear of a college course; he will be sent to college to be built up and educated to take care of himself physically while he gets that knowledge and learning that he is to make direct use of in his business or professional life. It would also be appropriate to extend my congratulations to Canada, itself, on the possession of an institution which adds so much to her prosperity as a nation by giving her the best assets any country can have—*well-educated, sound; active and strong citizens*; for physical efficiency must always rest as the foundation upon which is built the superstructure of intellectual strength and achievement; particularly in those activities that go to develop a great nation.

The object of a college education is the training and developing of citizens who are well equipped mentally, self-reliant morally, and efficient physically to take the leadership in a nation's progress, not alone on account of their knowledge but also by reason of being able to put their knowledge to its use, through the instrumentality of a good brain well nourished by pure blood, a sound heart, a good digestion, an active and obedient muscular system. The man who lacks these essentials lives on a lower plane, is less capable, and to the extent of his incapability is a failure, whatever may be the quality of his mind, or the extent of his erudition.

It is the object of Physical Education to enrich the soil upon which the seeds of knowledge will be sown. Let us examine the conditions of the soil, when it first comes under cultivation, and try to find the influences that have