

from matters academic and was participated in by the students at the conclusion of their day's program in the University. The educational advantages to be derived from properly supervised physical activities have not been fully realized until a comparatively recent date. The gymnasium and the athletic field, therefore, have been looked upon more or less as luxuries and as providing facilities for athletic activities.

The whole attitude towards physical education has changed, in that it is now fully recognized that the objective should be education of the whole individual and not training for one particular purpose. The educational program should, therefore, provide opportunities for the development of neglected organic and neuro-muscular growth, co-ordination and control; for the numerous character building influences of practical activities; for the maintenance and preservation of the efficiency of the human machine in preparation for the stress and strain of later life; for the instruction in matters of health and hygiene and for the provision of means whereby the temporarily unfit student may be scientifically cared for and returned to his normal health.

The program involves a very close relation to the life of the students, both in and out of the University buildings. It means a consideration theoretically of such subjects in hygiene as the causes of disease. It means further a close study of each individual student to determine the particular requirements of the individual so that the proper type of activity may be indulged in