

ively short, needs but little apparatus, is well known and generally increasing in popularity. It demands spring, skill, physical judgement, and co-ordination, testing a man very differently from either the hundred yard dash or the hammer throw.

4th. Pole Vaulting. This is short, needs little apparatus, is standard and attractive to spectators. It demands speed in running, spring in jumping, skill in placing the pole and in managing one's self on the pole, agility in crossing the stick, muscular strength of arms and shoulders, and endurance if the exercise is at all prolonged.

5th. The mile run. We have now really tested a man very thoroughly except the capacity for endurance, vigor and strength of heart and lungs. For these latter a mile run is a good test. The mile run is chosen rather than the half mile because the latter has in it more of the element of speed, which has already been tested.

The pentathlon score scheme has been devised in order to give each man full credit for his performance in a fair and just manner.

The most desirable method must be that which will give each man a mark depending upon his own performance, which shall not vary with the performance of others, but which from year to year he can