

athlete, he is considered a good enough physical educator. He may do very well for his special department, because he teaches only strong men. When we consider children, or young men and women who have been neglecting bodily activity during years the case is quite different. The experience of the writer is that not one woman in fifty over sixteen years of age who is attending school or college can pull herself up with both hands and bring the chin to the horizontal bar, and very few men who have lived sedentary lives can do the same thing more than twice or three times in succession without previous training.

The reason for this inability becomes apparent when we reflect that if a woman weighs 120 lbs. she is sustaining 60 lbs. with each hand, and if a man weighs 150 lbs. he is sustaining 75 lbs., such an effort is not muscular exercise but a violent strain. After a man has been in a gymnasium during a few weeks he will be able to chin the bar ten times and such an effort will be beneficial. The writer has been in a gymnasium fitted up for theological students, and the various machines were so constructed that it was impossible to grade the weights to be light enough for such men. Not long since a rather delicate D.D. was showing a physical educator friend his dumbbells with which he took his exercise, "but" said his reverence, "Professor, I am ashamed to tell you, I go to my exercise with reluctance." "No wonder," said the man of muscle, "for your bells are iron and weigh eight pounds each, while for such work I use only wooden ones weighing two pounds each!"

The properly qualified teacher in the physical culture department of schools and colleges should be well

trained in the practical experience of teaching such pupils. These, whether male or female, should understand the structure and function of the various organs of the body, and, above all, the nervous and digestive systems. The teacher in this department should have some knowledge of the relation between the body and the mind, and understand how these act each upon the other, and know whether the mind is retarding the function of the body, or some bodily injury colouring the thoughts in the mind. That is, a gymnasium teacher should have more skill at diagnosing a case than did Cuddy Headrig's mother in Sir Walter Scott's novel, "Old Mortality." The mother said her son could not perform certain duties because he had been sick all night; she did not know whether he had colic or a qualm of conscience. Untrained people frequently mistake the evidences of one of these for the other.

This, we know, is asking a high standard for this department. But when we reflect that the future health and consequently success of the professional part—the cream—of humanity depends on the instruction which they receive about the care of the body, we see that we must ask what the requirements of the circumstances demand. Bodily health is the greatest earthly blessing which any one can possess, hence a knowledge of how to preserve it is of the first importance.

Proper physical culture then is that which, in kind, will produce a properly formed, normally developed, healthy body; and in amount that will maintain such a body in health, shape, and size, and cause it to take eight hours sound sleep each twenty-four hours, which, in turn, will enable it to perform, or admit of its performing the maximum amount of perfect work, whether mental or physical.