

velopment of the entire personality must be duly recognized. Inasmuch as the moral experiences of an individual are the most vital, the value of caring for the physical welfare of the school child culminates and finds its highest sanction in its bearing upon his moral development. Such care of the body as secures to the individual maximum health, freshness of vigor, and pleasure in effort, tends to stimulate his thinking, chasten his purposes, strengthen his will, and improve his conduct. If properly directed, physical education produces freedom, courage, keen mental reaction, self-respect, self-initiative, and self-control, and becomes a means to the highest moral development of the individual and society.

As mental life rests upon a physical basis, the relation of bodily conditions to conduct and character is intimate and vital. Even simple and temporary physical disturbances or ailments often cause marked perversion of the moral sense, characterized by irritability of temper, moroseness, depression, or loss of self-control, while chronic organic disease not infrequently leads to crime. The physical status of an individual is always reflected in his mental life and plays an important part in determining his desires, motives, choices, decisions, actions, and moral attitudes. It penetrates his moral life and accounts to no small extent for the nature of his conduct and character.

The continual and profound influence of physical conditions upon moral life is not sufficiently appreciated by parents and teachers. A clear consciousness of the fact that moral deformity is a physical reality, accompanied by and dependent upon physical conditions, would tend to revolutionize the treatment of the child in matters of discipline. Inattention, restlessness, disorder, disobedience, stubbornness, or other improper conduct can usually be traced to unhygienic environments, malnutrition, fatigue, ill-health, or bodily discomforts of some kind. Truancy, lying, stealing, and other serious offences and faults of children are also frequently due primarily to physical causes. In dealing with the offences and wrong conduct of children, therefore, parents and teachers should