

a healthy physique with which to begin a professional career. Compare such a body with that of the average student who graduates from our colleges. If two hours during four days each week will produce such a physique in four years, is the time not well spent?

Let us look at some more important reasons why even purely intellectual workers should have strong, well-developed bodies. The first is that in this world we are liable at any time to meet a circumstance which demands bodily strength. The late blizzard in New York city is a case in point. Even as late as last month—September—we hear of people who are either dying or only recovering from the effects of a storm which occurred last March.

The most important reason of all is the fact that only by muscular activity can nerve stimulus be acquired. The absolute, undisputed, physiological, or more properly, histological facts have not yet been discovered, but it is true in every one's experience that the proper use of muscular tissue is the only natural means of producing quiescence of the nerves, which is sleep, and only by exercise and sleep do we get the strength needed for the coming day. During muscular activity we expend nerve energy and use also muscular tissue; during sleep we gather nerve energy. It appears, therefore, that there is an absolute connection between the disintegration of good muscular tissue and the generating of nervous energy. The writer has, during years, watched both men and animals in many circumstances of life. The consequences of all kinds of stimulants and medicines have been noted, and whether it was tobacco, hypophosphites, or any other helper, all have ended injuriously to the user, sooner or later. Only one means has been found infallible for the maintenance of a sound nervous

system, and that means is proper muscular activity.

As soon as a pupil is able to comprehend it, he should be taught the relation between mental concentration and bodily injury. When the mind is concentrated upon a subject there is a partial suspension of the distribution of nerve stimulus throughout the body. If such mental work is continued the various organs of the body may be seriously injured. The stomach stops acting before the food is digested, hence dyspepsia; the intestines become clogged, hence constipation, and so on with every vital function. When, however, daily muscular activity is promoted, the sluggish organs are so operated as to clear themselves of obstructing matter, and the surplus stimulus is so powerful as to operate many of the organs even while the mind is concentrated and the body inactive. The power to endure mental work depends upon the amount of surplus nerve stimulus in store, and this surplus depends upon the amount of time devoted to muscular activity each day.

When a gymnasium teacher sees a number of young men going out of the place after a good course of daily exercise, he can say, with scientific and practical meaning, "wound up and warranted to go twenty-four hours." A great benefit to young men has been acquired when they get the habit of depending on such a means of regulating the bodily organs.

The most important consideration about physical education at present is the quality of the teachers. Years ago in this country the chief qualifications of a school teacher were some intelligence and muscular power to apply the strap. All this has now been changed to a thoroughly graded system with well-trained and qualified teachers.

At present, if a man has been a good circus performer, a boxer, or