

PREFACE

A SOUND mind in a sound body is the slogan of the twentieth century. In these days of intense activity one looks with admiration upon the man or woman with strong physique and vigorous intellect. The close relation which exists between mind and body, and the influence which the one is constantly exerting over the other, emphasize the necessity of the careful and thorough study of the essentials of health.

Not many decades ago the beautiful woman was supposed to have pale cheeks and a languid manner and to lead an indoor life. But this anæmic style of beauty has been supplanted by the rosy-cheeked athletic girl who spends as much time as possible in the open air. Neither does the boy who has all brain and no brawn awaken within us a feeling of hearty approval; it is certain that he is greatly handicapped in the race for success.

It was formerly thought that to obtain an education one had to risk vigor of health, but now it is known that mental labor is a real and a most important factor in our physical development. Indeed, it has been proved time and again that young men and women who enter college delicate in health succeed not only in graduating with high honors, but in becoming, by careful regard of the laws of health, strong in body.

It is the desire of the author to emphasize and explain more fully the importance of good health and its close connection with mental development. With this end in