

## CHAPTER X

### THE RELATION OF PHYSICAL EDUCATION TO MORAL DEVELOPMENT

Modern educational theory rightly ascribes a large place to the body in the development of a well-rounded and effective personality. It recognizes the interdependence and the organic unity of mind and body and emphasizes the need of cultivating them together in order that both may attain the highest degree of excellence. The re-discovery of the human body and its relation to mentality is one of the most significant features of modern education. It demonstrates conclusively that high-grade mental efficiency and superior moral quality are dependent upon physical integrity. It shows that mental life is not a thing apart, and that physical, mental, and moral education are essentially and vitally connected, each being indispensable to the perfection of the others and to the highest welfare of the entire personality.

In preceding chapters, the intimate and vital connection existing between the physical and the intellectual life of the child, and the fundamental importance of a firm physical basis for mental life, have been emphasized. Consideration has been given to the fact that mental processes and states are in some way correlated with the functioning of the nervous system and that, "Not a feeling can arise, not a thought pass, without a set of concurring bodily processes." It has been seen that physical education is an integral and fundamental factor in the educational process and that the royal road to the highest intellectual development is through the early physiological training of the senses and the rational care of the body.

Important as physical education is in itself, however, and in its influence upon intellectual growth and emotional life, it is vastly more important when its effect upon morality is taken into consideration. To appreciate truly the full significance of physical education, its bearing upon the de-