

bodies, and their success affords us models of human beauty and strength. Among the Romans the duties of camp life, and the games on the Campus Martius served to take the place of the gymnastic exercises required by the Greeks. We notice the Romans named their army from exercise—*exercitus*. In the Middle Ages, instead of the gymnastic exercises of the Greeks, we have chivalry, with jousts, feats of horsemanship, the arts of fencing, and such like exercises. Still later we notice the advance of civilization, which modified the system of warfare by the invention of gunpowder, and thus decreasing the value of individual life, closed the career of the champions and votaries of physical strength, and we see physical culture (gymnastic exercise) in the course of time almost completely neglected.

Of late years public attention has been drawn to the increasing deterioration in the physique of the population of England, and several proposals have been advanced to check an evil which can no longer be concealed. Those who suffer most are the children of the poorer classes in large cities, who dwell cooped up in narrow, ill-lighted and worse ventilated courts, from which they are often dragged to undergo a certain amount of mental training, in many cases, perhaps, too severe to be sustained by their debilitated and enfeebled bodies. Thus whilst so much is being done for the mental culture of the rising generation, their physical culture is left very much to inclination or chance.

“Physical vigor,” one says, “is the basis of all moral and bodily welfare and a chief condition of permanent health.” Without the stimulus of physical exercise the complex organism of the human body is liable to disorders. Physical exercise, by increasing the action of the circulatory system, promotes the elimination of effete matter and quickens all the vital processes. The full development and the continued vigorous condition of the circulatory system are of great importance to health. If we desire to possess maximum vigor we must have large lung capacity, and, most of all, a stout heart and elastic arteries. Does physical exercise procure for us these requisites? We