

ing and shouting—yes, we say shouting. When the ideal gymnasium is built, it will be so arranged that a certain length of time each day will be allowed the pupils to express and exercise their lung power as well as any other in the body. If a school has a playground besides a gymnasium the quiet kind of exercise may be used. Let physical educators look upon their department as the health and enjoyment-producing one. As children are under restraint during all intellectual work, the physical culture teacher should make it his special duty to relieve the mind and enliven the body of the pupil while in the gymnasium. If pupils are so treated during their school-days, they will be properly developed as to both size and shape of body.

PHYSICAL CULTURE IN COLLEGES.

During the earlier years of children's lives they are either commanded or induced to perform certain tasks. Having reached the age when they are able to graduate into a college, they no longer expect to be forced or manipulated, but must be reasoned with. Generally they are too anxious to go through the college intellectual course because both social standing and a future respectable, lucrative occupation may depend on such course of study. Here, however, begins the physical educator's task, because young people fail to see any connection between bodily activity and mental training. They are under the influence of the high tide of youthful vitality, and it is very difficult to induce them to anticipate the consequences of present neglect in the care of the body. From fourteen to twenty-one years of age is the time when they should be paying special attention to both the size and shape of the body, and if this work is neglected during these years the opportunity is lost forever. The mind may be

aroused to vigorous action late in life and do well, as did Bunyan, Grant, etc. There is but one time when the body can be prepared for a vigorous life.

It is one of the commonest of experiences that a healthy human being over sixteen years of age can endure ten hours bodily work each twenty-four, and develop to the normal size and shape, and during such hours maintain bodily health and vigour during fifty years. After a person has worked with the body all day he feels like resting the body and using the mind. This is, when performed in the open air, a natural mode of using one's time, and faculties.

With the student this condition of things is reversed. The day is devoted largely to sedentary work and bodily activity is reserved till the evening. This brings us face to face with the question at issue, viz.: is it possible to arrange a system of exercise which, performed within a couple of hours each day, will produce in four years a properly developed body? The answer is yes; it is being done continually in such colleges as Yale, Harvard, Princeton, the crews of Columbia, etc. Almost numberless instances can be given of young men who have gone into college inferior in bodily development to what they should have been for sixteen years of age. But having taken the course of exercise arranged for crews during four years, they were found to be perfectly developed. A man five feet eight inches high, and nineteen to twenty-one years of age would be found to measure as follows: weight, 160 to 180 lbs.; girth of chest, 42 inches; waist, 36 inches; hips, 36 inches; thigh, 22 inches; calf, 15 inches; upper arm, 15 inches; forearm, 12 inches.

Now, besides a well-trained mind, we do not know anything more desirable to insure success in life than such