weakness, and many malformations of the human body which were formerly believed incurable are greatly remedied, if not entirely corrected, by regular gymnastic exercises under the supervision of medical authorities or a physical director.

A French writer enumerates seven distinct groups of maladies, each including a number of complaints for which gymnastic exercises are a regular form of treatment. In France, physical training and gymnastics are under state control; the German government not only controls the practice of gymnastics, but makes it compulsory for every child and adult to undergo a prescribed amount of physical training. Many other nations emphasize the importance of educating their citizens physically as well as mentally, and we may add that the ancient Greeks, from whom the great classicism came, made the gymnasium the predominating feature in their educational system.

What are we doing in the United States—our country which we consider the greatest in the world? We are just awakening to the realization that we have been on the verge of physical deterioration of the American people! Reports from the medical service of the army in the recent World War show that 68 per cent of our young men, when put to the test, failed to meet the nation's approved physical requirements. Adult mortality is due chiefly to degenerative diseases, i. e., the breaking down of tissues and functions, resulting in low vitality. Men and women die in the prime of life because their vital organs are not strong. We owe it to our children to build up a stronger race for the future generation, and this can be done only through physical education; it is for the preservation of the American people! The natural course of development of the child and youth is physical development, and if this is taken away from him, rather if we do not insist that they engage in vigorous muscular activities, the inevitable will follow—an adult race of men and women with weak vital organs who succumb easily to the attack of degenerative diseases.

The best results in school work are attained by students whose minds and bodies are in a healthy condition and coordinate properly. What effect does physical condition have upon the education of a child or youth? The body is the tool of the mind; it is the instrument with which the mind relates itself to its environment, and with which it executes its will on this environment. Health is its greatest material asset. The efficiency of the pupil in the classroom depends on its supply of vitality. Character, personality and moral education are grounded in physical stamina. Is it not our duty to lend our support to our children by adequately providing facilities for the greatest efficiency in their moral, mental and physical development? Nature demands that children have wholesome gymnastic exercise in order that they pass safely through the motor active period of life. So strong is the desire for physical activity that children will play under the most discouraging conditions and dangerous surroundings. The adolescent boy is primarily a physical being, and unless he has proper physical exercise and training, and can give vent to the surplus energy within his