

are some of the direct benefits to be derived from systematic bodily exercise, while the indirect benefits, such as making the brain capable of more intense mental strain, are fully as important.

In this age, when great success can only be obtained by the development of the higher faculties, perhaps the class of people which most needs systematic physical training is the student class. Physical training and mental training should go hand in hand, since they are complements of each other. This is the age of the survival of the fittest just as truly as it ever was, the only difference being that the struggle is a mental one. For every position in life there is great competition, therefore a student should come to the struggle of actual life as well prepared as possible.

A student's life is biologically abnormal. He does much of his work in a sitting posture, with the chest, as a rule, contracted. This position, coupled with intense mental activity, restricts circulation, respiration, and assimilation, yet the cause cannot be well removed, for it is necessary. Something, therefore, must be done to neutralize the effect, and the only thing that will do it is physical training. This counteracts the enervating influence of student and city life, and stores up energy for the future. Students, especially those who need it most, are too apt to underestimate this fact, and they do not readily accept a condition which has come to stay and will only be changed by being increased.

The chief aim of many students in the secondary schools who intend to go to college, is to fit themselves for the entrance examination. It looms up before them as a big, high wall, and they direct all their energies in their attempt to scale it, even at the sacrifice of many other necessary things. As a result, many injure their health and are not able to fulfill the harder conditions of college life as they should. Nevertheless, they work on at the expense of their health, and see before

them, over the numerous smaller peaks, only a lofty and almost unsurmountable eminence in the shape of the final examination. They regard this as an end in life, rather than as a means to an end. They should look beyond the final examination and see life itself, with all of its stern realities. They would then see a struggle for supremacy of mind. If students would do this intelligently, they would come to realize the necessity of training themselves both mentally and physically for life's responsibilities.

What is education anyway? What is its object and where does it end? Is it the mere acquisition of facts? Is its object social position? Does it end with the college diploma? No, it is more than all these things. It is "the systematic training of an individual in order to develop to the highest degree his possibilities for good." Its object is to improve the world as a whole, and it never stops short of the grave. This being so, every student should aim to educate both mind and body to the highest degree possible, and endeavor to become a complete unit of the nation in which he lives.

Summing up these few brief facts, it is not difficult to see that higher education is worth but little if it is obtained at the price of health. In other words, health is too much to pay for the highest intellectual attainments. Success in life is not obtained through the mere knowledge we get from books. It is only obtained by those who are capable of intense and prolonged mental effort, and these are related primarily to health and stored-up energy. The world wants a man of action, one who constantly lives at his best; and in order to attain this ideal the student should take systematic bodily training during his growing period.

It is not necessary to neglect the mental training in order to take the physical, but students should not entirely overlook the latter. A few hours spent in a gymnasium will never be regretted; its hygienic effects are both immediate and lasting. Every student should recognize the fact that a sound mind exists in a sound body, and should aim, therefore, to develop himself physically as well as mentally to the highest possible degree.

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