

Because of the very wideness and importance of this subject comparatively few persons give the proper attention to, or realize its place in their lives. Thoughts of it are generally narrowed to the one fact that it is a system of motions given to aid the weak and sickly portions of humanity, and for those persons having an abundance of time for practice. Few realize even what these simple motions mean; and aside from these in the physical education of the body, come all the forms of exercise, the regulations of dress, of diet, of work, and of sleep, the proper attention to cleanliness, — in short, physical culture extends to every point that in any way influences our physical being.

The need for the education of the body grows stronger every day, and more and more attention is given to it; yet it falls very far short of the place it should occupy in our lives. This condition of affairs can partly, if not wholly, be accounted for by the prejudiced views held by the generation that is passing away. They remember the time, in the early

days of the country's history, when they were young, when every one was strong and healthy, with no need of exercise aside from what their labors gave them. They note with alarm the unhealthy state of the present generation; and the cause is laid to over culture. They forget that times have changed; that as civilization advances, there comes a difference in the character of occupations. In the early times men found their employment almost entirely out of doors, where fresh air was in abundance, and means of exercising resulting from the varied character of their labors, were almost complete. Now a comparatively large portion of the population must necessarily find their work confining in the office, in the factory, at the counter, places where room for exercise and fresh air is very limited. Along with the confinement comes specialization giving even greater need for a course of training, that all the parts of the body may be kept in harmonious working order with the specially used parts.

Furthermore in the present time we feel most keenly the painful effects of the

lack of knowledge of exercise in our parents. They were well and strong enough; and it never occurred to them to look ahead training themselves so that their children, and their children's children might be even better off.

This matter of educating our bodies is after all a thing to be seriously regarded. The world is calling for more efficient laborers in every line. The fact has been noted that the body must keep pace with the mind to bring about the results sought for. Who but one with a well trained mind would offer himself to do the work of today? Yet what could such a mind do without the body to sustain it and to carry out its plans? The body too must be educated. We need this training to express the better self, to bring out what is within. If we would have health we cannot, dare not neglect the principles of bodily culture. As we attend these principles for this purpose, we gain precision in the motions of the body, and become free from the waste of vital energy and the mental discomfort caused by

awkwardness.

The principal and all important feature in the culture of our bodies is the regular and complete exercising of all its parts, both naturally and artificially. Under the artificial methods are all forms of gymnastic exercises, taken especially to develop the neglected portions, comprising difficult exercises for each and every muscle, putting upon them more than they will generally be called upon to do, in order to give greater strength to the whole structure. Though these exercises are important and essential, still much more real good will be derived from the natural forms of exercise, the personal interest taken giving a motive that makes the results much more beneficial. These exercises should always be adapted to the needs of the individual. Each different person may need a different form of treatment, but treatment he must have. Every part of the body must receive its share, for we do not know what emergency we shall be called upon to meet, and

in all probability our strength will be, like the chain, as the weakest part.

Of the natural agents for exercising the chief for ease, convenience, naturalness, and for best results all around, is walking. We must walk, and with an end in view. There must be an object in walking—walk and get all the good we can from so doing. Learn to carry the body upright, head and shoulders back, the chest out, breathing in all the air we can get. Man cannot live by bread alone. What good would result if he had the bread, if he could have no air to breathe? What bread is to the stomach air is to the lungs. Air is blood food and the blood is the life. In order to strengthen we must enrich it by giving the lungs full free play. Any compression of them by lacing, or by tight dressing in any way is a lessening of our powers, a shortening of our lives, a step toward suicide. When the lungs are fully expanded each one of the millions of air cells, coming in contact with the pure air, throws off the impurities, and rich with the extracted food it ramifies through the brain, through

the muscular system, through every part of the body, strengthening and invigorating the whole person.

Close to exercise, and probably the most neglected forms of the bodily culture are sleep and diet. The tendency is more and more to take from the time of these two factors and add to the day's length for labor. As this tendency grows the chances for life and health are more than proportionally lessened. "The successful man will be the one who has slept the soundest and digested the most dinners with the least difficulty." We must have sleep and sleep in abundance, quiet healthful sleep to recuperate both mind and body.

A strong essential to happiness is found in the proper regulation of the diet. There was a time when people ate anything and every thing. But that time is past. We must eat and with moderation, that only which will sustain us for our special kind of work. Over eating, or eating of unnecessary kinds of food will only bring overwork to the digestive system and the

sooner wear it out.

The body is continually throwing off waste products through the skin. To retain health the excretory organs must not in any way be retarded. To keep them in order the bath is indispensable. No part of our education is more needed, or more neglected. The examples set for us in the nations of the past are striking and useful ones. The strongest and most successful were the ones that paid the most attention to the habits of cleanliness. I firmly believe that we would today be a stronger and better people in every way if the necessity of bathing both frequently and thoroughly was so strongly impressed upon the minds of the people that they could see their lives weakened and shortened every time the bath was neglected.

What will come of it all in the end? Will this culture repay us for the time spent? Will the loss through neglecting it be greater than the sacrifices we must endure for it? I answer, most assuredly it will! This education will

remodel our own lives for us, and in time to come, give us the lives of others. One writer sums up the results of physical culture, as follows, - "By it we gain complete mastery of self; chase away fast gathering wrinkles; bring about eternal sunshine; economize undue expenditure of mental and vital force; become graceful without apparent consciousness of the fact; remove awkwardness by gaining self possession in the place of self consciousness; reveal the meaning and value of every attitude and tone in the gamut of expression; protect ourselves in our relations to mankind in that it teaches not to err in our judgments of men; adds dignity and strength to character in proportion as dignity of attitude becomes habitual and is reflex in its action"

Would that the small host that today start for themselves realized that before success comes health. Then with a strong body, a good constitution, a happy disposition, all of which health brings, the roughest ways will become smooth, and success shall crown all our efforts.

Rose Edith McDowell.