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Physical Exercise

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Barker and Mr. E. P. Davis for their invaluable services in making the occasion a success.

The chapel was crowded to its fullest capacity, and the audience seemed to have been much pleased with the program.

PHYSICAL EXERCISE.

T. C. BROWN, '11.

A well developed physical organization is essential to perfect health. Among the Greeks, beauty ranked next to virtue, and an eminent author has said that "the nearer we approach Divinity, the more we reflect His eternal beauty." The perfect expression of thought requires the physical accompaniment of language, gesture, etc. The human form is pliable, and, with proper culture, can be made replete with expression, grace and beauty. In many cases the cultivation of the intellectual powers has been allowed to supplant physical training. The results are abnormally developed brains, delicate forms, sensitive nerves and shortened lives. That the physical and mental systems should be collaterally developed, is a fact often overlooked by many educators.

The fullness of a great intellect is generally impaired when united with a weak and frail body. Students are, as a rule, pale and emaciated. Mental application is generally the cause assigned when, in reality, it is the result of insufficient exercise and impure air. An intelligent journalist has remarked that "many of our ministers weigh too little in the pulpit, because they weigh too little on the scales."

The Greek gymnasium and Olympian games were the sure foundation of that education from which arose that subtle philosophy, poetry, and military skill about which we as students now read so much, and which have won the great admira-

tion of people for centuries. The laurel crown of the Olympian victor was more precious to the Grecian youth than the gilded prize is to our modern genius. It is said of us that we make brilliant mathematicians and miserable dyspeptics; fine linguists with bronchial throats; good writers with narrow chests and pale complexions; smart scholars, but not that union, which the ancients prized, of a sound mind in a sound body. We polish and refine the intellectual powers down to a fine diamond point, as if they were the sole or reigning faculties, and we had not a physical nature binding us to earth, and a spiritual nature binding us to the great heavens and the greater God who inhabits them. Thus to many a university becomes a sort of splendid hospital with this difference, that the hospital *cures* while the university *creates* disease. Often it is indicted at the bar of public opinion for taking the finest young brain and blood of the country, and working upon them for four years, returning them to their homes skilled indeed to perform certain linguistic and mathematical dexterities, but very much below par in health and endurance, and, in short, seriously damaged and physically demoralized.

We read with reverence the sublime teachings of Aristotle and Plato; we mark the grandeur of Homer and the delicate beauties of Virgil; but we do not seek to reproduce in our institution the much needed "Gymnasium," the institution which was the real foundation of their genius. Students who are entering upon their career should make ample provision for those exercises which develop the physical being. This lack of bodily training is common with all classes, and its effects are written in indelible characters on the faces and forms of old and young. A man will the sooner wear himself into old age and the grave for neglecting this natural law.

Because we are destitute of a gymnasium, is no excuse for one not getting sufficient physical training. We have always with us the open air and God's sunshine streaming down upon us. Wordsworth made it a rule to go out every day and enjoy

the open air, no matter what the conditions were. He used to say that as he never consulted the weather, he never had to consult the physicians. Again, it always seems to be raining harder than it really is when you look at the weather through the window.

Let all students remember that if they would preserve good health THEY MUST EXERCISE; and that, in doing this, they will give vigor and vivacity to the intellect, as well as energy and health to the body.

TIT-BITS.

Mr. W. H. F., better known as Daniel Webster, was asked if he believed in woman suffrage. He answered, "Sure; let the women suffer the same that the men suffer."

Captain E. T. Green not long ago sent Mr. Sam (John Alden) Allen on an errand to Miss (Priscilla) Johns. On reaching there, Priscilla must have said, "Why don't you speak for yourself, Sam."

A "bonehead" is a man who either never consults possibilities or always consults impossibilities.

Who said that Miss Harriett G. heard Turner.

The big "theolog" is always trying to establish some truth by a sophistical argument. Like Oliver Goldsmith, he argued that the upper teeth come down to meet the lower during the mastication of the food.

Mr. Binga used to be hot with a fair Junior, but a crafty Freshman has contracted the molecules of his mass and thus cooled him off a bit.

Said Mr. P. J. C.'s girl: "Dear, how kind of you to bring these flowers. They are beautiful and fresh. I think there is some dew on them yet." He replied: "Yes, there is a little. I will pay that next week."