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Some of the Values of Physical Culture

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Stratton, the end, who was the hardest tackler on the squad; Franklin, who could carry eleven men on his back for a five yard gain; Sample, another plucky end; and Johnson, our next year's guard.

Following football came the season of basket-ball. Among the most notable players of the year were Franklin, Wilson, Layfayette and Dunlop, of the invincible "Preps.," Taylor of the Varsity and crack Y. M. C. A. teams.

The "Preps." are well represented also on the baseball team this year. There is Brown, as usual, holding his own in short stop; Lane, who would, if he had the chance, make Barco and Hodge make a noise like subs.; and Turner, who is one of the best twirlers on the diamond, as was shown on Saturday, April 16th, when he held down the Interior nine. After the game was apparently lost for Howard, he came to the pitcher's box, and turning the tide of defeat, held the winning nine to a tie. The "Preps." are holding their own in athletics as elsewhere. Watch the "Preps." carry away the honors on May 14th at the Out-Door Track Meet.

Interclass baseball has been played considerably this year. The Sub-Middle nine has been victorious over both the Junior and Middle nines. They have a game to play with the Seniors, but it is understood that the victory is theirs. The "Subs." are the champions of the department.

SOME OF THE VALUES OF PHYSICAL CULTURE.

The advantage of physical culture as a means of developing a vigorous body and of promoting general health cannot be questioned. Though, like many other good things, it is liable to abuse, and, by too violent or too long continued exercise, the body may be injured instead of being benefited, yet with the observance of moderation, none but good results need be anticipated.

The immediate effect of exercise is the stimulation of the blood, which being driven with unusual force throughout the system, increases the activity of all the functions. The digestive organs are thereby greatly aided in the assimilation of food. Further, the muscles thus brought into play increase in size and strength in accordance with the admirable law of nature. The whole body, through the increase of muscular strength, is more subject to control and, in consequence, ease and grace of movement are rendered more possible.

The lungs, too, may be greatly benefited when the exercises are directed towards the expansion of the chest. In many persons, commonly those whose occupation requires a bending posture, certain parts of the lungs are never brought into action in ordinary breathing and, since the air in the cells of these parts become stagnant, a part of the lungs is rendered unhealthy. These weak portions of the lungs become the most vulnerable points for attack of disease. With a little judicious application of gymnastics, these weak portions may be made as sound as the rest of the lungs.

A boy or girl should be trained to indulge in athletic exercises of some kind, so that the habit of taking exercise may become established and, this once acquired, is seldom neglected, even as years advance.

The boy who is fond of football, basket-ball, cricket, tennis, and other forms of athletics, will, from the simple love of emulation, always keep up his muscular and nervous strength, and this will stand him in good stead in middle and old age. A comparison of the two kinds of university men, those who were athletes and those who were not, show that, in nine out of ten cases, those who were athletic men have proved to be more healthy, and hence more prominent and useful than their brothers who did not indulge in these sports.

It is estimated that out of every million of people born, only ninety thousand reach the age of eighty, eleven thousand the age of ninety, and two thousand the age of ninety-five. If all the surroundings of life were in every way as they should be,

there is no reason why six times these numbers should not reach these ages. Much of comfort in middle life and old age depends upon early training and feeding. I refer here particularly to school life, and as neither body nor mind should be forced while the intellectual faculties are being trained, the bodily requirements should be attended to as well as the intellectual and spiritual needs.

SUB-MIDDLE HISTORY.

BY J. H. BROOKS.

After spending the summer at their homes in different parts of the United States and abroad, the members of the Sub-Middle Class returned to Howard University for the purpose of engaging in the work of the second year. It was indeed a source of inspiration to note that each member entered upon his work with a determination to improve upon the record of the preceding year.

As many were desirous of gaining further development in literary, oratorical and forensic training, the first efforts were directed toward the organizing of the class. Officers were elected and committees appointed.

The class, under the leadership of Mr. J. A. Welch, then began their march on a journey of one semester through the Academy. On Friday afternoon of each week a program consisting of orations, declamations and debates was rendered.

Mr. J. A. Welch, because of his loyalty and ability in the preceding administration, was re-elected leader for the second semester.

The class, now thoroughly equipped in arms, set out to cover the remaining distance. Realizing their growth in both mental and physical power, many became determined to put their training into practice. The first opportunity was presented when challenges were received from both the Junior and