

calisthenic exercises must be supplemented by specific types of endurance feats in special areas, such as running, jumping, throwing, climbing, swimming, vaulting and specific sports. Military tactics should be included at this time. Calisthenics require mental concentration, plays and games emphasize mental recreation. Calisthenics of themselves have been called by our Dean, George Baxter Smith, Hay Foot, Straw Foot exercises.

Endurance is our greatest need to the individual. Athletic authorities have rated endurance most important over balance, flexibility, agility, strength and power.

Endurance. The most important way to develop endurance is through hard work repeated or constantly performed to the limits of one's ability. More time is needed than is generally available or is commonly recognized. Short one-hour programs two or three times a week generally fail to make a significant contribution to endurance.

In time of war the need for rugged youth and citizenry is paramount. Physical activity programs need to be increased to include more of the following type.