

connection to discuss them. They may very legitimately be one of the end-products of physical education. As a matter of fact, only the individual who has been properly qualified by thorough mastery of the art of physical well-being may expect advantageously to participate in these intense and highly specialized activities. For the great rank and file of manhood and womanhood of our democracy sound, robust, radiant health and strength stabilized and maintained by a knowledge and practice of the rules and principles of health and physical excellence is the imperative minimum which the school owes the next generation.