

The tables show a large amount of intramural play in nearly all of the institutions. Much stress has been placed on intramural play, judging by the large amount found in the tables. However, several of the men with excellent intramural programs question its value in a physical education program. They did not state specific reasons, but maintained that the negative side of intramural play was a strong one. The percentage of men taking part in one or more intramural sports during the year is given in the tables. The median for the various institutions is 75%.

The question as to equipment for intramural play has been asked. In 1924 there seemed to be a great shortage of equipment, fields, buildings and teachers for the work. That it has been partially supplied is shown by the large number who say they do not lack equipment for the work.

It has often been said that the last ten years have been a period of building stadia and field houses. These stadia built for football and field houses for basketball have been much discussed. The tables show the year in which the stadium and field house has been built at various institutions. It is probable that the Yale Bowl was the forerunner of the many large stadia built since then.

A Department of Physical Education.

A department of physical education must have some aims or purposes to be successful in its work. The educator in the field of physical education should set forth his aims, and then arrange his department to attain those aims. The aims or purposes for a physical education program in a college or university which follow might apply in a general way to those for a good high school department.

The aims of a college or university physical education program might be set forth as follows. 1. Health. 2. Exercise. 3. Recreation. 4. Character training. 5. Training for use of future leisure time.

The first aim should be to provide good health for every student. The student should be given a careful medical examination to determine if he has any physical defects or organic diseases. If he has, he should be given specific instructions as to how to overcome them. Surgical treatment should be given if necessary. Health education of such content should be taught that he may keep the body and mind functioning properly throughout his life.

Large muscle activity speeds up the flow of blood and lymph through the body. A proper shower bath following an hour of active physical exercise each day will do much to improve every day good health. A physical education program should provide every student with an opportunity for every day physical exercise at a convenient time in his daily program.

Some form of recreation should be provided daily that the student may relax from study. In many cases this should be physical exercise in the