Two or three decades ago physical education was not an integral part of the educational program of our American colleges.

It was given time in the school activities rather grudgingly.

The progress of physical education was suffering a two-way bloc. First, educators were frowning upon a system which lacked a well-organized body of thought to support it. Second, the men and women who were leading the cause of physical education had received their professional training in special physical-training normal schools, outside of the life and atmosphere of general education. Consequently they were partially ignorant of the