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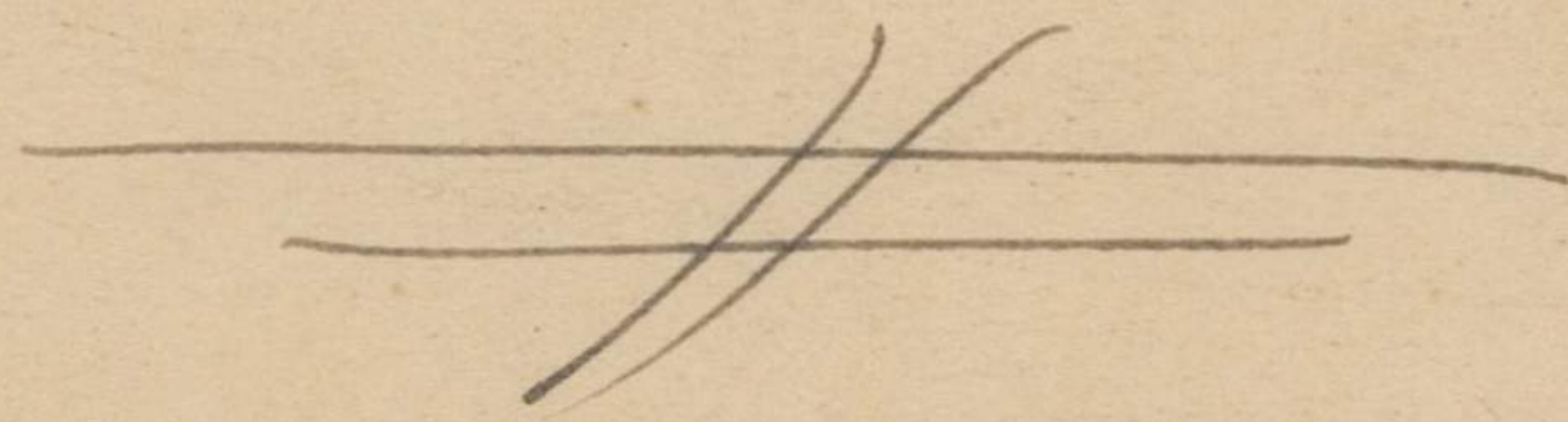
" Mens Sana In Corpore Sano  
(A sound mind in a sound body)

" No citizen has the right to be an amateur in the matter of Physical Training. It is a part of his profession as a citizen to keep himself in good condition, ready to serve his state at a moment's notice.

The instinct of self preservation demands it likewise, for how helpless is the state with the ill-trained youth in war or in time of danger.

Finally, what a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.

— Socrates



Dr. Allen —

I suggest that the bulletin board be placed at the foot of the stairs. Every student entering the dressing room must go by that spot and the light is good. Above is one quotation we might use on the board.

Henry