

Before the war the hospital at the University here examined the students for defects. If they were found to have no organic or systemic diseases it was optional with them whether they should take physical conditioning. The very people who needed it most -- because they were not in fine physical condition -- generally took an academic subject rather than to enroll in physical conditioning. The University catalog stated that it was necessary to have 124 hours for graduation, 4 hours of which might be physical exercise. One hour credit per semester was given for physical conditioning. The boy who was not aggressive or highly skilled in some game naturally shrunk away from swimming and physical exercise. Many of them did not want to change their clothes during the day and the general so-called discomfort of exercise and shower bath to them was odious. They followed the philosophy and reactions of President Robert M. Hutchings of the University of Chicago who said, "When I feel the urge to exercise I just go and lie down and soon the urge passes away."

This attitude and the attitude of college administrators who permitted such a program definitely contributed to the unfit condition of our younger men for military service. When the war came on these same administrators who were lethargic about installing the program were very enthusiastic about getting all young men in vigorous and rigorous physical conditioning programs. But the effort was too late to save many of the young men who could have been saved by a sane and comprehensive physical building program.

Bacon said: Quote: If by gaining knowledge we destroy our health, we labor for a thing that will be useless in our hands. He that sinks his vessel by overloading it though it be with gold and silver and precious stones, will give its owner but an ill account of his voyage. Unquote.

Someone else has said, quote, Health is an asset that outweighs all others. Health is a gift from nature, and one must obey her laws if he is to retain possession of his chiefest asset in life's struggle. Unquote.