

ACQUAINTING OUR PEOPLE WITH OUR PHYSICAL CONDITIONING STAFF AT THE  
UNIVERSITY OF KANSAS

From the time of the early boyhood of Frederick Ludwig Jahn, the hero of the German common people, physical fitness has been tremendously exercised as a preparation for war. Jahn roamed the neighboring fields and forests, learned to ride, swim and shoot, and explored every road and footpath leading to the surrounding German state. Jahn became a great soldier and a great fighter.

All nations have intensified their physical fitness prior to engaging in war. The United States of America always a peace loving nation, was decadent so far as physical conditioning in their schools was concerned. Many educators held to the belief that physical conditioning should be as elective as Latin, history, English and Greek. Educators decried the compulsory side of physical conditioning, stating that the youth had a right to exercise its judgment so far as taking physical exercise was concerned, while maintaining exactly the opposite attitude on mental training.

Therefore, the educators of America must share their responsibility for many of the physically unfit youth of our land. So brilliant a scholar as President Robert M. Hutchins, facetiously stated, "When I feel the urge to exercise, I just go and lie down and soon the urge passes away. " Suppose our sailors, soldiers, and marines - when they have the urge to fight, would just go and lie down. Such philosophy as that is erroneous as the inebriate who, before tilting the liquor glass, said, "There are a thousand reasons why I should not drink this stuff, but doggone if I can think of a single one of them just now." Both are destructive to the esprit de corps and the moral fabric of youth.