

the schoolmasters, and how anxious they are for changes to be made.

A constitution was adopted by the teachers present, and it was decided to hold quarterly meetings. The Rev. Dr. Robins was elected president, and Mr. George F. Martin, secretary.

The meeting was eminently satisfactory, and the organization has come to fill a real want in our educational system.

#### PHYSICAL EDUCATION.

THE American association for the advancement of physical education held its second annual meeting at the Adelphi academy, Brooklyn, on Nov. 26. This association was organized one year ago under the auspices of such well-known men as Professor Hitchcock of Amherst, Dr. D. A. Sargent of Harvard, Dr. Hartwell of Johns Hopkins, Mr. William Blaikie, and others. By the terms of its constitution, it consists of active members who are directly engaged in physical education, of associate members including all who are interested in the cause of physical education, and desire to be associated with the society, and of honorary members, who shall be well known as patrons of the cause of physical education. Its membership is nearly one hundred, and is constantly and largely increasing. The general interest which it has aroused is shown by the fact that delegations from various societies throughout the west, including St. Louis and Milwaukee, were present, and took an active part in the proceedings. At the opening of the session, Mr. Charles Pratt read an address of welcome, in which he said that the ten thousand teachers of New York and Brooklyn had one of the most magnificent promenades in the world, and that, if they would walk the length of the Brooklyn bridge both ways every day, their health would be much benefited. He would have every one sign a pledge that he would solemnly observe all the laws of health, and do what he could to lead others to do the same. He believes that if each individual should take proper care of himself, not only in matters of exercise, but in other respects, the work done in five hours would be of more value than that now done in ten. Prof. E. Hitchcock of Amherst college followed with a paper on 'The need of anthropometry in physical training.' From the earliest times an effort had been made to establish some foundation upon which observations could be scientifically made. Such an attempt could be traced back to India. The same was true of the Greeks. Thus we have the various systems, some regarding one foot of the height as a standard, and others the length of the hand and the vertebrae. The basis of all

must be a knowledge of the human body, what it can do, its various temperaments, and how it can be kept up to the most perfect condition. The largest men are not necessarily the men who can endure the most fatigue, or who best resist disease. Into the problem many things enter, — the pedigree, including parents and grand-parents; did they live to old age, and did they die of disease or accident? what is the condition of the individual's heart? of his lungs, his eyes, his ears? It is a very difficult matter to ascertain just what a typical or ideal man should be, and therefore it is difficult to select a standard of comparison. The author thinks, however, that the height of individuals is the best basis, and would suggest a centimetre or one-half inch as the unit for charts of anthropometry. At Amherst accurate measurements are taken of each student who enters college; and these are repeated occasionally, so that now there are records of one thousand students. It is the practice at this institution to examine each man with great care, and to advise him as to the exercise which he should take. Professor Hitchcock, in closing, said that every instructor should take such measurements, and be satisfied with simply recording them. The data which we have now are very crude and incomplete, and no deductions can be made from them. We must continue our observations as opportunity offers; and, though we may not live to obtain much that is practical from them, let us nevertheless do our work accurately and well, that succeeding generations may profit from what we have done. The next paper on the programme was 'The physiology of exercise,' by E. M. Hartwell of Johns Hopkins university. Dr. Hartwell laid great stress on the point that exercise had more in view than the simple development of muscle. While this was in a sense important, it was only half the truth. Proper exercise trains the nerve-centres, the brain and the spinal cord, as well as the muscles. And this is exceedingly important, and should never be lost sight of. The following papers were read at the afternoon session: Physical training of public school children, by W. C. Joslin of Staten Island academy; Educational gymnastics, by Prof. Carl Betz of Kansas City, Mo.; German system of training teachers at the Milwaukee normal school, by C. G. Rathmann, St. Louis, Mo.; and Physical training from a medical stand-point, by A. M. Starkloff, president N. A. Turnerbund, St. Louis, Mo. Very interesting exhibitions of gymnastics were given by classes from the Brooklyn normal school of physical training, the turnvereins of New York and Brooklyn, and the Adelphi academy.