

## Importance of Physical Education

"This Physical Education Building, which we are most happy to receive, is to serve a useful purpose in the rural life of Northwest Minnesota. It is to serve both the brain needs and the brawn needs of the farm youth who come here for training. We have come to see that there is a relationship between healthy bodies and healthy brains, and that bodily neglect can also lead to brain neglect.

"In physical education, we emphasize the value of sports and games. Why? Because they contribute to physical health, but more especially because they are a defense against the tedium of the routine that fills our lives. Every boy, every girl, should attain a fair degree of proficiency in some game involving physical exertion so that he or she may permanently take on the play spirit and thereby provide for himself or herself a safety valve when the grinding routine of life bears down so heavily that relief is necessary.

"In no sense does the provision of this building change the primary object of the Northwest School of Agriculture. Its chief aim will continue to be intellectual and cultural development and growth. In a sense the activities in this building may precede but in no sense supersede the activities of the library and study room. Its mission is to supplement them so that those who come here may return to the country better able to serve their communities to the end that we may have a richer, fuller, happier and even a more efficient country life."

(From address delivered by Dean W. C. Coffey, in connection with the dedication of the new Physical Education Building.)