

Physical Education

The majority of the boys and girls who make up the student body of the Northwest School come directly from the farm. During the years that these boys and girls are at home, they lead a strenuous, active, out-door life. Most of them are called upon to help with the many varieties of farm work.

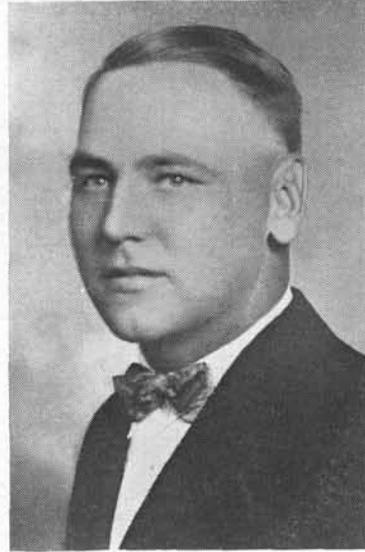
For the young men the whole day is one of muscular activity. From sunrise to sunset, they walk, stoop, lift, swing the pitchfork, harness the horses, load the wagons with sacks of grain or bushels of vegetables. The girls assist with the house work. They sweep, they clean, they help with the canning and cooking. Very often they take care of the chickens and assist with the livestock. All of these activities require a tremendous outlay of muscular action. Exercise has played a very large part in their daily lives.

Upon entering school everything has been changed. For the greater part of the day they sit at their desks in the class room. During the evening, the hours are again spent in studying in the dormitories or library. Physical activities of the home seem to have been supplanted by mental activity at school.

However, all educators agree that the best mental development cannot be accomplished by physical neglect. A well-balanced program of physical training, therefore, in a school such as ours, is not only to be desired but is a decided necessity. The athletic field, the gymnasium, the



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R. J. CHRISTGAU, Coach

skating rink, the cinder track, and the swimming pool must continue to do for the body what work and exercise have done at home.

Those students who avail themselves of the opportunities offered by the various athletic teams will not only receive ample bodily exercise but in addition will receive training in those qualities which are so essential in playing the game of life. The athletic field is a wonderful school room for character development as well as physical development. Here the student learns lessons of self-control, of good sportsmanship and the value of team play.

The opportunities offered by our splendid new Physical Education building for indoor exercise during the cold winter months are second to none in the state. With compulsory classes organized in gymnastics and swimming, plus the benefits derived from participating in interclass contests, no boy or girl ought to have difficulty in securing adequate exercise for the body.

In order to be of real service to the youth of northwestern Minnesota, our school recognizes that physical and mental growth go hand in hand. The relationship which exists between healthy bodies and healthy minds must be maintained. The facilities are here. Whether or not they are used to the fullest extent depends very largely upon the individual boy or girl.

ARNOLD M. FOKER,
Chairman, Athletic Com.

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