

SCIENCE

A WEEKLY JOURNAL DEVOTED TO THE ADVANCEMENT OF SCIENCE, PUBLISHING THE
OFFICIAL NOTICES AND PROCEEDINGS OF THE AMERICAN ASSOCIATION
FOR THE ADVANCEMENT OF SCIENCE.

FRIDAY, MARCH 26, 1909

CONTENTS

<i>The American Association for the Advancement of Science:—</i>	
<i>The Regulation of Physical Instruction in Schools and Colleges from the Standpoint of Hygiene: DR. R. TAIT MACKENZIE</i>	481
<i>On the Physiological Effects of Moderate Muscular Activity and of Strain: DR. THEODORE HOUGH</i>	484
<i>Current Progress in Conservation Work: W J MCGEE</i>	490
<i>Scientific Notes and News</i>	496
<i>Appropriations for the United States Bureau of Education</i>	498
<i>University and Educational News</i>	499
<i>Discussion and Correspondence:—</i>	
<i>Note on the Spectrum of Mars: DR. W. W. CAMPBELL. A New Kind of Ptarmigan: DR. HUBERT LYMAN CLARK. Science and Politics in Cuba: DR. S. F. EARLE</i>	500
<i>Scientific Books:—</i>	
<i>Richards's Industrial Water Analysis: PROFESSOR W. P. MASON. Hardesty's Laboratory Guide for Histology: PROFESSOR M. F. GUYER. Banta on the Fauna of Mayfield's Cave: DR. HORACE C. HOVEY</i>	501
<i>Scientific Journals and Articles</i>	504
<i>Notes on Entomology: DR. NATHAN BANKS</i>	505
<i>Special Articles:—</i>	
<i>Concerning the Existence of Non-nitrifying Soils: PROFESSOR F. L. STEVENS and W. A. WITHERS</i>	506
<i>The American Association for the Advancement of Science:—</i>	
<i>Anthropology at the Baltimore Meeting: DR. GEORGE GRANT MACCURDY</i>	508
<i>Section K—Physiology and Experimental Medicine: DR. WM. J. GIES</i>	514
<i>Societies and Academies:—</i>	
<i>The Washington Academy of Sciences: J. S. DILLER. The Philosophical Society of Washington, D. C.: R. L. FARIS. The Academy of Science of St. Louis: DR. W. E. MCCOURT</i>	516

THE AMERICAN ASSOCIATION FOR THE ADVANCEMENT OF SCIENCE

THE REGULATION OF PHYSICAL INSTRUCTION IN SCHOOLS AND COLLEGES FROM THE STANDPOINT OF HYGIENE¹

THE researches of modern physiologists on the growth of the brain and nervous system have done more to place the physical instruction of the young on a sound and logical basis than any other influence that can be named, for the specialization of the child's muscular system progresses with the increasing complexity of the brain, and the evolution of his physical nature is but an epitome of the evolution of the whole race.

The infant is born with but two definite voluntary movements, sucking and grasping, necessary for self preservation; all others consist of aimless waving and kicking of the arms and legs and it is not until the assumption of the upright position that the specialization begins that advances him above his four-footed fellows.

Relieved of their function of support, the arms rapidly learn movements of throwing and striking, grasping and pulling, and he familiarizes himself quickly with his surroundings and soon begins the imitation of the movements in animals and people and machines that are within his range of observation.

¹ An address delivered in a symposium on "The Regulation of Physical Instruction in Schools and Colleges, from the Standpoint of Hygiene" before Section K (Physiology and Experimental Medicine) of the American Association for the Advancement of Science, Baltimore, December 20, 1908.

Science

29 (743)

Science 29 (743), 481-520.

ARTICLE TOOLS

<http://science.sciencemag.org/content/29/743.citation>

PERMISSIONS

<http://www.sciencemag.org/help/reprints-and-permissions>

Use of this article is subject to the [Terms of Service](#)

Science (print ISSN 0036-8075; online ISSN 1095-9203) is published by the American Association for the Advancement of Science, 1200 New York Avenue NW, Washington, DC 20005. The title *Science* is a registered trademark of AAAS.

Copyright © 1909 The Authors, some rights reserved; exclusive licensee American Association for the Advancement of Science. No claim to original U.S. Government Works.