The Gymnasium for Girls.
The gymnastic drill at Lindenwood college last Thursday evening was intended to show what a scientifically conducted gymnasium can do for school girls. The theory is that the methods and appliances give strength and gracefulness in the physical development of girls expanding into womanhood. The institution and those interested in feminine education what the gymnasium does towards physical development. A sound mind in a sound body is one of the greatest of human blessings. The best education seeks to develop both the physical and the mental.

The drill Thursday night was a splendid presentation of feminine physical culture, and this department of education is bound to win its way. There are a few who do not favor the gymnasium for school girls, but their objections are not sustained by scientific facts. The cultured Greek and Romans put a very high value on physical training and they had a high type of physical and intellectual manhood and womanhood. With our advanced civilization and Christianity our education ought sure aim to give us as high a type of physical development as that attained by the pagan nations. Scholarship and learning is not necessary indicated by a pale, sickly countenance and a stooped, rickety physique, although they may exist in spite of these misfortunes. In best thought, the brightest idea and the most effective work come when a healthy body and buoyant spirits accompany the cultivated intellect. Physical culture in schools and colleges when scientifically and methodically conducted is bound to establish itself by the irrefutable logic of good results.

The select audience that assembled at Lindenwood college Thursday evening had a glimpse of the worth of physical culture.