

AMERICAN MEN UNPREPARED PHYSICALLY

American men are unprepared to meet the common physical emergencies and demands of life.

To meet the "commonphysical emergencies", three types of prowess are essential.

First, a man must be able to act quickly and accurately in case of an accident, and to develop this ability he must be able to run, jump, vault fences and fall without self injury.

Second, he must be able to maintain himself against any blackguard or cad if a situation arises, and to this end he must box, fence and wrestle well.

Third, he must be able to swim and to save others from a watery death.

These are the views of Prof. E. L. Kleeberger, chairman of the department of physical education at the University of California. To offset these indictments, Prof. Kleeberger declares that college students have a fairly high degree of physical fitness.

In order to prepare California students to meet these "emergencies" of life, Prof. Kleeberger has prepared an extensive program of development as suggested under the first, second and third classifications above.

Already, he reports that students at the state university are better qualified physically than most young men. Universities and colleges are leaders of the movement for better health, according to Dr. Kleeberger, but among the people of America there is a very low general average of physical fitness, which he ascribes partly to a tendency to have specialists and professionals in the field, and partially to our sedentary civilization.

"While it is not possible to build brain matter by physical exercise," says Prof. Kleeberger, "it is possible to increase intellectual efficiency and capacity by development and continued exercise of the body."

STUDIES ILLUSIONS OF BLUE SHADOWS ON SNOW

What color do shadows on snow appear to you? If it is a clear sunlit day, with blue skies, the cast shadows appear blue, a fact well known to artists and other careful observers. Irwin C. Priest of the Bureau of Standards has been studying this and similar phenomena. One illusion which he has observed is that on a cloudy day with snow on the ground, the snow will appear white and the sky gray, even though measurements with a photometer prove that the sky is much the brighter. If a person is allowed to look at an area of snow or sky without his knowing which it is, he sees it as white or gray, depending on which he thinks it is.

Mr. Priest has now found that the case is similar with regard to the color of the shadows. The greatest effect is not obtained while the observer is fully con