

### Physical Culture.

The department of physical training under an experienced physical director preserves the health of the individual, builds up the body by means of selected exercises, promotes correct habits of standing and walking, corrects improper postures and abnormalities, and, while furnishing a relaxation from the more arduous duties, improves the coordination of mind and body.

The daily drills are in free exercises, light gymnastics, heavy gymnastics, and gymnastic games. The free gymnastics instruct in the fundamental position of the feet, the legs, the arms, the trunk, and the head, used singly and in combination; light gymnastics, in primary and in advanced movements with wands, clubs, and dumb-bells; heavy gymnastics, in graded movements and combinations on the climbing pole and rope, climbing ladder, horizontal bar, traveling rings, trapeze, vaulting bar, horse, horizontal ladder, and parallel bars. Gymnastic games of passball, handball, and basketball vary the exercises. All the work is arranged in grades, both for the boys and for the girls.

Regular periods are devoted each day to this instruction, and it is compulsory for all students.

In addition to the gymnastic work, participation in outdoor games is encouraged. There are tennis courts and croquet yards for the young men and the young women.

On an additional athletic field which has been constructed, much pleasure and exercise are afforded the boys who are not members of the regular school teams.

The large rectangular bottom, which forms a portion of the school grounds, is flooded during the winter months and is eagerly sought by all the students for skating and sledding.

### Music.

Music adds much to the life and happiness of the school. It forms an important part of all the social and religious functions and the athletic and military exercises.

In conjunction with the band, there is an orchestra composed of both boys and girls, which plays for the school entertainments, Sunday evening services, etc.

There is, too, a vocal department, which includes the class

work and singing exercises, where all are taught the rudiments of music.

There are quartets and choruses and other small musical organizations in which both boys and girls take part. These add variety and pleasure to the meetings of the various literary societies, the Y. M. C. A., Y. W. C. A., and at students' social gatherings.

Band and orchestra instruments and musical supplies are furnished by the school. No charge is made for instruction in music, except for piano lessons, for which a charge of twenty-five cents for each lesson is made.

### Athletics.

The various student teams maintain athletic relations with other schools in football, baseball, lacrosse, basketball, and track sports. The Indians have a reputation for clean playing and gentlemanly behavior on the field, which has created a most favorable impression on the public in favor of the Indian race.

The faculty maintains close supervision over athletics, to the end that they may be free from professionalism and not detract from the legitimate work of education. The time devoted to training comes out of the students' playtime and students are not allowed to neglect their studies and school work for this purpose. Practically all the students are afforded the chance to join some of the school teams.

No charge is made to students for admission to the athletic games; neither is there any student-fee for the maintenance of athletics.

### Outing System.

All pupils are advised to spend at least one year in a country home. During the winter, they attend the public school in their neighborhood. Patrons and pupils agree to certain rules governing their relations to each other and to the school. Pupils remain under the jurisdiction of the school and are visited at intervals by the Outing Agent, who makes a written report concerning their health, condition, and progress.

Pupils receive regular wages, a fixed portion going towards their personal expenses and the remainder being deposited in the school bank for them, and so held until the holders leave school for their homes, or go to higher institutions of learning.