Excerpt from Physical Education in the Public Schools: An Eclectic System of Exercises, Including the Delsartean Principles of Execution and Expression

First awaken in the mind an appreciation of the necessity for a good body, then practice to the end of developing the physical being becomes a pleasure. Boys can be won to earnest work by suggestions as to the importance of strength and manliness. They can easily be led to see the commercial value put upon a good form and courteous bearing by the business world. Tell them of the boy whose healthful, gentlemanly appearance won him the position over a crowd of careless, slouching competitors. Girls are pleased with the attainments of grace and beauty, while all acknowledge the universal demand for health and good manners.