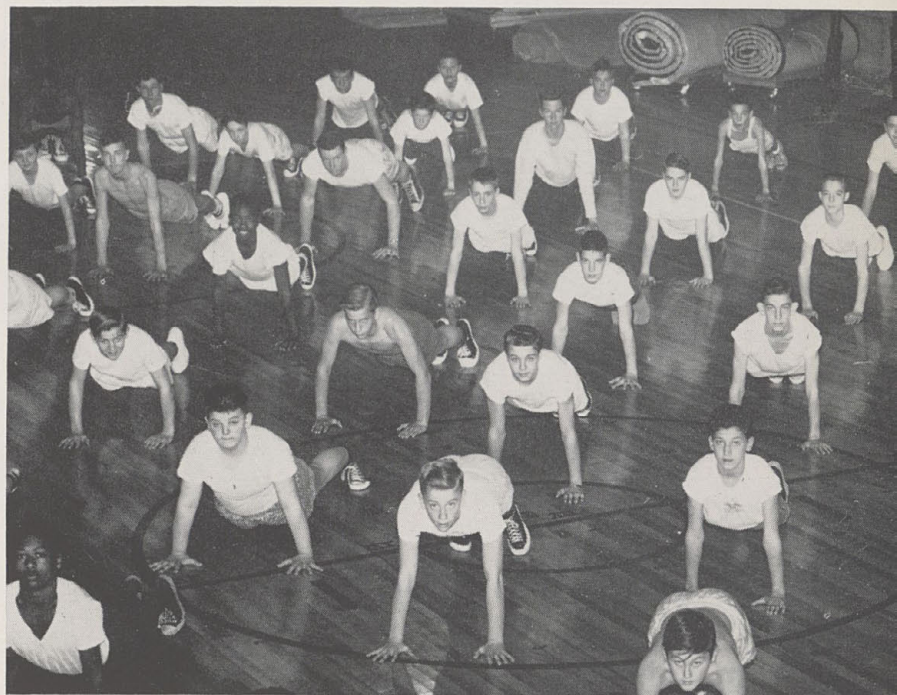


# Time-out for body-building in the gym

"Go!" shouts the coach, and the boys in gym classes start off on a ten-lap run around the track in their well-equipped gym. But running is only one exercise by which Hughes students help to keep their bodies trim and healthy. Necessary calisthenics are always part of the body-developing routine, while games of basketball, baseball, and volleyball teach good sportsmanship and co-operation, and aid in exhausting excessive energy. The girls' gym classes are handled in much the same way, with emphasis on participation in many games. Every Hughes student, according to the present system, is required to take three years of physical education, and one year of Health and First Aid. Swimming is offered as an elective in the fourth year.



It's not as easy as it looks!

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