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THE VALUE OF "FORM" IN ATHLETIC AND GYMNASIUM WORK.

H. F. KALLENBERG.

THE first question which naturally arises, is, "What do you mean by Form?"

First of all, "Form is economy of action"; that is, the ability to perform an exercise, whether simple or complex, gracefully and with the least amount of muscular effort.

The spasmodic twitches and kicks which we see in an awkward man's efforts on the apparatus are produced because he contracts a set of muscles which are not only unnecessary at the time, but which also antagonize the muscles that are needed to do the exercise. His "motor centers" have not been educated, and he lacks muscular control and co-ordination; this of course necessitates a larger expenditure of muscular energy than is necessary. To illustrate this fact of "economy of action," let us take for our first example, the long distance run, in which the runner has to economize his strength as much as possible. You will see that he does not swing his arms from side to side, as that would be out of the line of direction in which his body is moving. Neither will you see his body sway from side to side, for the same reason. Notice the easy swinging stride; he lands on the ball of the foot and uses the spring which he gets thereby to assist him in his next stride. He does not carry his legs forward by sheer muscular effort, but allows them to swing forward assisted by their own weight.

Why all the maneuvering by the athlete as he prepares to "put" the "shot"? It is for no other purpose than to get the body in such a position, that when the shot is "put," all the power that he has will be directly behind the "shot" and used in the actual "put." This is economy of power and action. If a bullet is to be driven forth with the greatest velocity, it must fit the barrel snugly, so that all the power which the exploding powder is capable of may be directed against the bullet. No force must escape between the bullet and the barrel of the gun. And so

with the athlete; every nervous stimulus that he sends to the muscles must be for a definite purpose. There must be no useless movements. Every ounce of muscle must be used to the best of advantage.

And so we find that the aspiring athlete will practice for weeks and months to get Form, for he knows that without Form he cannot hope to do his best work.

Byrd Page is said to have made for many years a special study of the high jump, and the record which he has made is the result of intelligent study. Let it be remembered that athletics and gymnastics are sciences and must be studied as such. We cannot hope to realize the full benefit nor appreciate the educational value of athletics and gymnastics unless we study them intelligently. We have spoken only of running and "putting" the shot. All outdoor work such as pole-vaulting, high-jumping, and throwing the hammer, etc., should be analyzed and studied. Let us now turn toward the gymnasium. Comparatively little attention is paid to Form in our association gymnasiums, and that despite the fact that grace is always admired. If for no other reason than that of doing the work neatly, Form ought to receive more attention than it does.

Among the first things that a pupil ought to be taught, is to manage his legs, as we find them very difficult members of the body to handle. The legs were primarily designed to handle the body, and the arms for apprehension. Hence, when the arms are called upon to handle the body, the natural order of things is reversed and the arms find it hard work to supplant the legs; but when brought under control, we find the legs most valuable assistants. The legs should be kept together and straight in all movements that do not demand spreading or bending. Pointing the toes will assist very much in keeping them straight, for if you point the toe, the legs will straighten unconsciously. The heels and balls of the feet should be kept together.

Particular attention should be paid to the position taken on the apparatus. The head should be held erect, chest forward and shoulders back, particularly in exercises where the weight of the body is sustained by the arms alone, as in the "rest" position on the parallel bars and the "side" horse. The head should be kept as high above the shoulders as possible, and on no account should it be allowed to slip down between the shoulders. Great care and attention should also be given to the dismounts. The pupil should be taught to light on the toes and give to the jar by bending the knees and spreading them somewhat. The trunk should be kept straight and the head erect in dismounting. A man may do an exercise in splendid form, but if he dismounts in poor form the contrast will be so great as to destroy the good impression produced by the exercise.

We have said that an inexperienced man uses more muscular force in doing an exercise, than does an experienced one, and we agree with Lagrange when he says that "this fact should be remembered when pre-

scribing exercises, for we must take into consideration the muscular education of the man." We have often seen strong men struggle until they become thoroughly exhausted, with an exercise which a gymnast would do with perfect ease. Take for an example the "swinging dip" on the parallel bars. Let us try to picture a man as he tries this dip for the first time. Instead of throwing the body forward as he dips, he allows it to fall backward as his legs swing forward; his body is thus thrown away from the power (his arms), and, in order to keep from falling, he is compelled to double his exertions, and then leaves the apparatus thoroughly exhausted and with the belief that the "swinging dip" is a muscle killer. Then instead of keeping the legs straight and together, and swinging them upward and forward and bending at the waist, and thus letting them swing him to the "rest" position, he breaks the swing by drawing up his knees and loses all the assistance which it should give him.

The two most important things to be remembered in gymnasium work, and especially in movements where the body is sustained by the arms alone as in the "rest" position, are: *First*, the shifting of the body either forward, backward, or from side to side, as the exercise may demand; *second*, the keeping of the weight close to the power. We know that one cannot handle a 50-lb. dumb-bell when held at arm's length from the body.

We have given the reason why the weight should be kept close to the power; but why should the body be shifted?

Take for example some "cuts" on the side horse with the pommels. In cutting forward over right pommel with right leg, the weight of the body is for an instant sustained by the left arm alone, and if it is not shifted to the left arm at that instant, it will be difficult, if at all possible, to continue the exercise without breaking the swing. Sometimes it is necessary to throw the body forward or backward when the legs are in the opposite direction, to counterbalance the weight of the legs. In most all movements on the horse, that is in genuine horse work, the legs must be kept straight, not simply because it looks neat, but it is economy and there is less danger of striking the shins against the horse. A great many movements on the horse demand a swing, and you cannot get it unless you keep the legs straight.

Let us take, for another example, the swing to a hand stand on the parallel bars. The head and shoulders should be thrown somewhat forward as the feet swing upward, and brought back in line with the arms and hands as the feet reach the vertical. The head should be thrown back, the back well arched, and the arms perfectly straight, so that a line drawn downward starting from about the middle of the tibia, just grazing the gluteal region and falling in line with the shoulders, would mark the line of gravity.

And so we might go on and analyze all the work done in the gymnasium, whether simple or difficult. It is only by studying this subject as

we should, that we appreciate the educational value of the work, and that it becomes interesting aside from the ability to do difficult movements. It is also the only way by which we can hope to get perfect Form or be able to teach it. The study of Form also involves a thorough study and knowledge of "Bodily Mechanics."

When we consider the close relationship which exists between the nervous and muscular systems, we find an important and fundamental reason for the appreciation of Form. It is needless to mention the important part that "habit" plays in every phase of education, the habit of doing things shiftlessly or thoroughly, awkwardly or gracefully.

If the cerebellum, which is the chief organ of combined muscular movements, be taught bad habits, to do things in poor form, it will of course direct the movements of the body as it has been taught. This is a most important physiological and psychical fact which should not be overlooked. It is one of the most important objects of physical education to produce correct habits of action. If we allow the men to go through the work in poor form, we defeat this one object, and neglect to teach them how to manage their bodies to the best advantage. You cannot help but see the difficulties under which a man labors, who has had no training along this line. Notice the useless and labored movement and the awkward dismount. Compare such a one with a graceful man who uses the swing and weight of his own body to help him in his work. It has been well said that a clumsy person is a sufferer from partial paralysis. We would recommend a good dose of Form as the only medicine which will cure this disease. Muscles that are trained to hold the head erect, shoulders back and chest forward in apparatus work, or to produce correct habits of action, will influence a man's personal appearance in the carriage of his body outside of the gymnasium. We cannot begin to enumerate the benefits to be derived from such a training.

Finally, could we not create more interest among the members by paying more attention to Form? Men who take the gymnasium work as one would a dose of medicine, and who despise the "big muscle" idea of gymnastics, may probably be aroused to a greater interest when presented with the educational side of the work. Good judgment must of course be used in applying it.

It was an interesting and significant fact brought out at the last International Convention of the Associations, that eight Associations of those there represented taught fencing. We understand that but little competitive fencing is done; the work being largely in classes, all doing the same movements. This we believe is a move in the right direction.

THE FUTURE OF ATHLETICS IN THE Y. M. C. A.

DR. LUTHER GULICK.

ATHLETICS are destined to occupy a very much larger place in the Physical Department work of the Young Men's Christian Associations in the future than they have in the past. The reasons that seem to warrant this opinion are:—

1. That by this means we shall be enabled to hold our membership during the summer as well as during the winter months. Thus our work will go on all the year and be cumulative instead of intermittent as at present.

2. That athletics are of much greater hygienic value than gymnastics. Not merely the outdoor air, sunshine, etc., but the difference in the character of the work itself. In gymnastics the weight is handled largely by the arms, in athletics by the legs. The legs are made to support the body, the arms are not. Athletics through the fact of the expenditure of more foot-pounds of energy causes greater renovation of the tissues of the body. For the same reason it causes greater action of the heart and lungs. In general the vital processes are more generally stimulated by athletics. Digestion, circulation, and respiration are more stimulated by athletics than by gymnastics. And these are the great basal conditions for good health.

3. That athletics are of much greater educational value than gymnastics, using the word education in its higher meanings. Quickness of eye and hand, alertness, and in general the qualities developed are more akin to those demanded by every day life, than are those developed by gymnastics. They develop the moral qualities, courage, self control, etc., to a greater extent than do gymnastics.

4. Athletics are generally of far greater recreative value than gymnastics, thus supplying one of the great needs of American young men.

5. Athletics have always been, as far as history shows, of far greater interest to people generally than have gymnastics. Look over this country. Ten men are interested in athletics to every one that is in gymnastics.

6. It is possible to carry on athletics at very much less expense than gymnastics. I understand of course that the refinements of athletics are more expensive than the same in gymnastics, but I am not talking of these.

In general these are the reasons why athletics should be made much of by the Associations. But as yet the efforts that the Associations have put forth in these directions have not been crowned with much success. What are the reasons? They may be nearly all bunched together and reduced to this one, that we have tried to imitate the work done by the athletic clubs rather than to study our own conditions, and apply to athletics the same principles that we do to the rest of our work. Our gymnastics are unique, are adapted to our needs and are useful to us,

because we have developed our own work to meet our own needs. We did not make any especial success even in this line, as long as we copied the circus or gymnastic club in the past. Athletics must go through a similar evolution before they can be of much use to us.

Even at this early stage it is possible to foresee the direction in which this evolution will proceed, because we know the conditions that must be fulfilled.

The grounds of the future will be near the building, adjoining it whenever possible. This of course cannot usually be done in the larger cities, but can be in most places of 30,000 and under. These places far outnumber the larger cities. It is a principle in our work that there shall be a central entrance through which all shall pass. Where the entrance to the grounds is only through the building it will be of far greater value than otherwise. This condition will undoubtedly involve that the grounds shall be very small, perhaps not larger than a couple of house lots. This amount of land at hand is ten times the use that ten times the amount is a couple of miles away. A great many men will use grounds that are just at hand who would not think of going out even a few blocks to them. If immediately adjoining the building the same baths and lockers can be used for both. Small grounds will of course render impossible the copying of the work by the athletic club and college. But remember we are now trying to adapt athletics to our use, and not endeavoring to adapt ourselves to athletics. Where an Association cannot secure grounds in the immediate vicinity it might be the best plan to put their money into making their gymnasium larger, their baths better, etc., and then run indoor athletics during the summer months.

A few years ago our gymnasiums were occupied largely by specialists in some one or more branches of gymnastics, bar performers, tumblers, club swingers, etc., but we have applied to the gymnasium our principle of symmetrical development and to-day our gymnasiums are occupied with men who are working for all-around excellence. Few men had the natural ability to become fine performers, but the change to all-around work puts it well within the reach of the average man, so we secure the average man and thus largely increase our membership.

Our athletic fields are filled to-day with specialists, the average man has really no "show"; thus we do not secure the average man, but when we have changed, as we are already changing, our work to the all-around plan, we shall accomplish in athletics what we have already accomplished in gymnastics. We shall then have large memberships and not till then.

The time was when the leader of the gymnasium was occupied almost entirely in the training of a few star performers. To-day the chief attention is given to the least able. This same thing must come in our athletics. The time was when our gymnastic instruction was largely individual, it is now largely class work. The same thing must be done in athletics if

corresponding numbers are to be taught. The classes will have to be very small and many of them, perhaps not more than six in a class. This will involve that our work shall be quite carefully graded.

In our gymnastics we used to give all who came into our classes the same kind of exercise whether they had been there six days or six years. We now grade our work so that each man shall be enabled to progress continually. We must do the same in athletics. Those who are just learning to put the shot or pole vault should not be in classes with others who are already expert, but they should be promoted as fast as able. This again involves that there shall be a number of those who will act as leaders for these small classes. Thus we have the "Leaders' Corps," and they must be in athletics the key to the situation as they are in the gymnasium. It should be one of the principal duties of the physical director to train these men and to see that they can and do give good instruction. Men enjoy this kind of teaching. They themselves get unusual advantages, and are at the same time of great value to the others.

The work of the past was done largely with reference to exhibiting to an audience. Consequently many spectators were secured but few workers were developed. Our work in the future must be directed to securing as many as possible to come and *do the work themselves;* not merely to see others do it.

All through this article in comparing athletics and gymnastics I have spoken of them in general. Of course there are parts of gymnastics that are far better than some parts of athletics; I speak of heavy gymnastics as contrasted with the usual athletics. In another article I will attempt to designate the available sports for small grounds.

It is surprising how rapidly the Chautauqua School of Physical Education has come to the front. It offers this summer an unusually good program. Dr. Anderson, its president, must have put considerable of his own snap and push into it. Some of the students of the Association Training School are planning to attend it this summer. This is an excellent plan. There they will meet new teachers, new ideas, and new methods.

The Association summer school at this place is restricting its attendance almost entirely to those who are now in the work. The indications all point to this being the best summer session that has yet been held. Sixteen courses are offered. The most advanced as well as the most elementary are to be well covered.

There is to be a summer school at Lake Geneva, Wis., in charge of Dr. Hayford; at Cambridge in charge of Dr. Sargent; at Martha's Vineyard in charge of Baron Nils Posse and several others besides.

KEEPING THE PUNCH BAG IN ORDER.

I write to give free gratis, to all whom it may concern, the discovery of preserving the much coveted and forever getting out of order, and thereby expensive, *Punch Bag*. After repairing many times the old bladder (which proved a waste of money) I finally ordered one dozen new ones, that we might have one always on hand, and not be retarded in its health giving exercise. When one was burst every night for three nights in succession, my brain was set to work consolidating many ideas to preserve our department from bankruptcy; I finally came to the following conclusion, which on being put into execution has proved a success to this day. Blow the bladder up to the size when in use, then cement a piece of rubber cloth or canvas over the top part of the globe one-third the way down. It may be done with two pieces crossing each other at right angles with a hole in the center for the snout to pass through. When dry let the air out, and place it in the covering or bag, lace the bag up tight before blowing up the bladder. After blowing up fasten or tie up the snout with a stout string with a double hitch knot, which will tighten rather than loosen as other knots will, especially square knots. One bag fixed thus has lasted since Dec. 23, 1890, the same being punched as none of us would stand every day since (Sundays excepted) by everybody who comes into our gymnasium. For some reason or other everybody seems to have a grudge against it, judging from their actions.

J. A. HOWLAND.

PROVIDENCE, R. I.

WE have been given to understand that the Y. M. C. A. Training School at Chicago, Ill., was to have this year an Alumni Association. At first thought this seems hardly consistent with the fact of their having but one graduate. Mature reflection, however, has convinced us that what must have been meant was that the alumnus was about to get married. This would form the association mentioned.

A recent number of *The Gymnasium* contains a most characteristic, racy, and vigorous answer to an editorial in the Cambridgeport Association *Bulletin* on the subject of ladies' classes in the Y. M. C. A. gymnasium. How often it is that a writer will reveal more of himself or herself between the lines than is told of the subject in the lines.

The equilateral triangle with its base up has been proposed as a national Y. M. C. A. athletic emblem. It has already been adopted by the International Association Training School, by the New York City Associations and is being favorably received and considered in a good many other places. Sample will be sent free to any one applying to this paper. The shape is to be uniform, the color, size, and position on the shirt to be determined by each Association.

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AT the recent conference of General Secretaries at St. Joe, Mo., the question was raised as to the proper relation of the Associations to the A. A. U. After some quite vigorous discussion it was decided as the sense of the conference that it was unwise for the Associations as such to belong to the A. A. U. This practically leaves us with but one alternative; we must form within ourselves a strong national athletic body that shall do for us what the A. A. U. is doing for the athletic clubs.

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AT a similar conference held two years ago at Orange, N. J., the subject of such a union was discussed briefly and favorably. A committee consisting of Mr. Jas. McConaughy, New York, Geo. Ehler, Detroit, and G. Sanford, then of Philadelphia, were appointed to consult with the international committee as to the feasibility and advisability of such a union. No formal action was ever taken by the international committee, but the feeling was expressed that such a union should grow from a union of smaller unions in the Associations. That is, that it should grow from below up rather than from above down. It was also felt that the time had not yet quite come for such a union. The athletics carried on by the clubs and colleges in their present form seemed to be hardly what we should push, and we had at that time no characteristic athletics of our own.

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As a result largely of this action Dr. Gulick set to work to devise a suitable competitive system to be used in association competitions. The result was what is known as the Association Pentathlon. It is a marked departure from anything that has before appeared. After it had been tested for a year in a number of the Associations it seemed wise to alter it in one particular. The running high jump was scored higher in proportion than the other events. This has been changed.

A score card designed for use in this system was published by *The Young Men's Era* last year. After the revision just mentioned it was published and copyrighted by the international committee, and as so published is the only score card that is correct. This card is for sale by the trade. (See advertisement.)

THE following in regard to this system is taken from the N. Y. *Sun*:—

HOW WOULD THIS DO?

A NEW SYSTEM OF SCORING FOR THE ALL-AROUND CHAMPIONSHIP.

TO THE EDITOR OF THE SUN—*Sir:* As we are about on the eve of the A. A. U. all-around championship we have brought prominently before us a table compiled by Dr. Luther Gulick of Springfield, Mass., which is arranged for such contests, and has been adopted by many Y. M. C. A. branches throughout the United States, and is also in use at the Springfield Training School.

The system has many good qualities which are worth considering. In these all-around contests we are apt to see certain men being so far superior in certain specialties that the interest in them lacks. The men strive only to be placed in these events, and therefore do not perform to the limit of their respective abilities, whereas, were they to perform high class under the Gulick system, their efforts would receive recognition with additional points.

Then the trouble with the present system is, that the standard is placed so high that few men enter this contest. The failures to qualify at once debars a competitor, and the fear of this serves to discourage their efforts. This arrangement also leads to complications, for as the men fall by the way one by one the standing of those remaining is necessarily changed.

We also have no means of comparing the result of competitions, say, if held simultaneously in New York, Chicago, and San Francisco.

All these drawbacks this new system is supposed to overcome. It is based as follows: The standard is placed low, so that all may at least qualify, and the points which a man scores for himself or team may be easily computed. One failing to qualify in any event is not disqualified, but he is not accorded any points in the total.

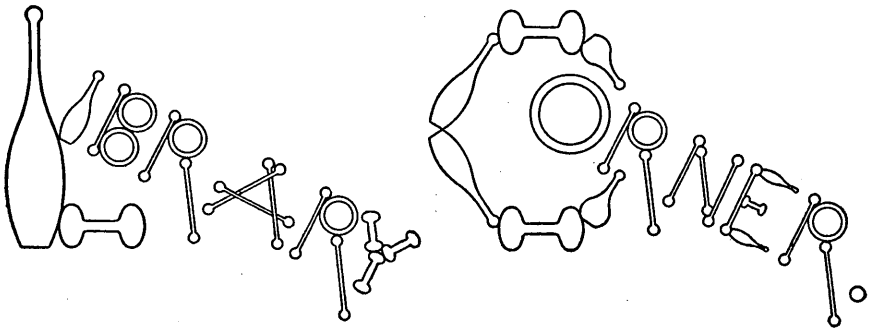
The points range from 1 to 100, and are taken here at random. These events are illustrated as they appear in both championship lists:—

Points.	100 Yd. Dash. Seconds.	Throwing Hammer. Feet.	Running High Jump. Ft. In.	Pole Vault. Ft. In.	Mile Run. M. S.
1	12 2-5	50	3 9	5 10	6 40
20	12	60	4 2	6 8	6 20
50	11 2-5	75	4 9 1-2	7 11	5 50
70	11	85	5 2 1-2	8 9	5 30
100 . . .	10 2-5	100	5 10	10	5 00

It will be seen that the standard, although placed low to begin, reaches a height in each event which is considered high class for any all-around competition. The scoring table as above differs materially from that of the present system, that of giving first 5 points, second 3 points, and third 4 points.

For instance, the winner of the 100 yard dash might run in 10 2-5 seconds, the the second man in 11 seconds, and the third man in 11 2-5 seconds. The winner would score 5 points, but receives no credit for his extra effort in running three-fifths of a second, or six yards better than second man; and the second, two-fifths seconds, or four yards better than third man; whereas, under the Gulick system, the better performance is scored proportionately in points.

[Continued on page 76.]



DIGEST OF LEADING ARTICLES OF THE MONTH AND INDEX OF MINOR ARTICLES.

Distance Running. M. W. Ford, *Outing*, June, '91.

This game requires more practice than almost any other event generally found in the programs of athletic sports. Any one with perseverance and a reasonable amount of running ability can in time travel distances in figures which he may have thought impossible for him to accomplish before he tried himself. Very few of the great long distance runners showed very much ability to start with.

Of first importance is the condition of heart, lungs, and vital organs. Get and keep these in first class condition. Purging is not absolutely necessary for amateurs. In sprinting the muscles are called on chiefly, but in long distance work the heart and lungs are most important. Commence training gradually, sleep a good deal (nine hours), no cigars, cigarettes, or liquors; plenty of vegetables, meats, soups ; avoid pastry, ice cream, or anything likely to cause biliousness.

W. G. George commenced running simply for fun, following the hounds on foot. W. C. Dohm, W. C. Downs, H. L. Dadmun, Charles, McWood, are rare runners from 100 yards to a half mile.

Be careful not to overtrain. Many amateurs do this. Shower baths are good if they do not produce too great a shock.

Training for the half mile, commence jogging slowly for a while (a week or two). When the muscles get in shape practice occasional bursts of speed, 400 or 500 yards, but not too many.

Never try to copy another man's style. Take your own gait, and try and make that as perfect as possible. Stand up straight when running. In training for runs of from 5 to 10 miles, work slower and more gradually. Do not try and cover the whole distance often.

T. P. Conneff, the present American five mile runner, is 5 feet, 5 inches, weighs 127 pounds, in running condition. He runs with a light springy action. He has run a mile in 1.24.

Meyers, one of the most remarkable runners of the world, is very fast all the way from 100 yards to a mile.

"Scientific Tennis Strokes," Part I. J. Parmly Pratt, *Outing*.

Week's Sport. May 2, "Boxing." LeHor, "Amateur and Professional in Base Ball." H. C. Watson. May 16, "Lawn Tennis Umpire." Henshaw.

The Young Men's Era, May 7th, "The Liverpool Gymnasium," "Gymnasium Leaders," J. Gardner Smith, M. D., "Worth Reading," and "Brevities." May 14th, the Convention number, prints in full among the articles reported, Dr. Gulick's paper on "The distinctive features of the physical work in the Association." May 21, "Physical Education" by Jay W. Seaver, M.D., reports the Boston meeting A. A. A. P. E. and is especially valuable in its full account of the business sessions; "Muscle Consecrated," from the *Christian Herald:* "The Care of the Body" from *Physical Culture*. May 28, begins "Physical Exercise and Health, by H. E. Dodge.

The Gymnasium, April, reports the sixth annual meeting of the American Association for the Advancement of Physical Education, and has "Normal Schools of Gymnastics," "Grip Dynamometer," the eighth movement of "Bar Bell Exercises" and part four of "Gymnasium Construction," illustrated with the ground plans of a small gymnasium, "What to Read," and items.

"First Aid" men will be interested in "Shock," an article by F. E Bunts, M. D., in the *Medical Record* of May 2.

The June number of the *Chautauquan* presents an excellent table of contents, from which Association papers may well reprint Theodore Temple's paper, "A Country Boy who goes to a Great City."

The *Forum* for June prints "A Rational System of Physical Education" by President Wm. De W. Hyde of Bowdoin, his address which was so favorably received by the A. A. A. P. E. at its meeting in April.

This would encourage the contestants not only to perform better than one another, but to reach the highest possible standard in each event. In this way a grand total of points obtained may be compared at distant places, and with others in future years. It also enables the individual to compare his scores from year to year.

The result of the adoption of the Gulick system would be that the entry list for this competition would increase tenfold and the interest taken therein would be proportionally as good. We would then see every event fought out to the very limit. It would stimulate a desire in many for all-around development instead of specialties, and thus make a race of stronger and better men.

This is the step which, if taken, will intrench athletics deep in the hearts of the American public.

NEW YORK, May 22. MEYER COHEN.

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In view of the article by Dr. Gulick the following extract from a letter by Geo. Ehler, Ph. Dir., Detroit, in regard to athletics is in order :—

One of the principal troubles is that the grounds are detached and at a distance. A fundamental building rule is that all members should pass through the main office. Detached "gyms" are no good.

At St. Joe it was the sense of the directors that grounds far out were inadvisable, that unless an Association could secure a lot adjacent to the building it was unwise to undertake athletics.

Another point. The Association having water front and boats find that the strongest attraction. Philadelphia reports from its *eleven* branches a daily attendance of about 40 to 60, on Saturdays 80 to 100. New York wrote me last year that 75 was a good estimate.

In a petition to our board were the names of *twelve* who would become members if the grounds were opened! I believe that if the additional amount spent on the grounds were spent on increasing the efficiency of the gymnasium the increase in returns would be much better than from the outdoor work. Build our gymnasiums so they can have abundance of light as at Cleveland, Brooklyn, etc., and you can carry on gymnasium work all summer and all athletics except hammer throw.

Rambling, bicycle, and camera clubs require no grounds and will hold as many as the other sports.

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SENIOR CLASS.

SECRETARIAL DEPARTMENT.

H. A. Baldwin, New Albany, Ind.; D. W. Corbett, Montreal, Que.; G. B. Cowles, New Britain, Conn.; H. W. Fison, Peacedale, R. I.; F. C. Fitch, Keene, N. H.; Geo. Fleming, San Diego, Cal.; A. W. Lunbeck, Warrensburg, Mo.; W. C. McKee, Wheeling, W. Va.; H. Medd, Brooklyn, N. Y.; J. M. Ropes, Jr., Salem, Mass.; J. P. Smith, Sioux City, Iowa; G. H. Winslow, Gilbertville, Mass.

PHYSICAL DEPARTMENT.

W. H. Ball, Yonkers, N. Y.; W. D. Berry, Worcester, Mass.; A. E. Garland, Buffalo, N. Y.; W. J. Keller, Springfield, Mass.; M. K. Merwin, Utica, N. Y.; J. Naismith, Almonte, Ontario; W. E. Ninde, Rome, N. Y.; A. A. Stagg, West Orange, N. J.; A. P. Stockwell, Aurora, Ill.

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President Reed's report mentions the morning prayer service, June 10th. in the grove by the water's edge, for God's blessing upon all the grounds, the work, and the workers.