

PHYSICAL EDUCATION.

Published by THE TRIANGLE PUBLISHING CO.

Man presents physical, mental, and spiritual aspects. We believe that a normal development of the physical is a necessary antecedent to the normal development of the mental and spiritual. We speak on physical education for this reason and on this basis.

A MONTHLY JOURNAL.

Subscription price, . . . \$1.00.
In clubs of ten or more,50.

ADDRESS "THE TRIANGLE PUBLISHING CO."
786 STATE ST., SPRINGFIELD, MASS.

Circulation, 10,000 copies per month

THE TRIANGLE PUBLISHING CO.
LUTHER GULICK, M.D., JAMES NAISMITH, A.B., *Editors.*

Entered at the post office at Springfield, Mass., as second-class matter March 10, 1892.

Suicide may be rapid or slow. It may be intelligently or ignorantly done. Fashion seems to take a large place in determining the method. For instance the latest fad in suicide is the average summer school to the average teacher. Working hard during the year, the summer is devoted to forcing the mind to extra endeavors to master new subjects, to do in six weeks what six months could well be occupied in doing.

"What is one man's poison is another man's meat." People that are occupied in routine work that does not demand nerve strain can profit by this, by what is to them a wholesome change of occupation. And then too there are various kinds of summer schools.

Physical training during the summer for most teachers is a thoroughly good change. There is some mental work, but the physical work does, or should, predominate.

The increasing popularity and number of summer schools of physical culture is accounted for partly at least by these facts. One of the objects of this number of the magazine is to bring the different summer schools before those who might profit by such knowledge.

Harvard University has taken as prominent a place in physical education as any other institution in the country, since Dr. Sargent took the chair of physical training. Being possessed of one of the finest gymnasiums on the continent, equipped with apparatus with an eye only to usefulness and beauty, none to expense, with the physical training department on an excellent basis as far as recognition by the university itself is concerned, with fine opportunities for athletic sports, with excellent chances for rowing, situated in a most beautiful city, next door to that city in the Union that has taken the most prominent place and has done the most for true physical education, in the immediate vicinity of other fine gymnasia, it has had unusually fine opportunities for development along these lines.

In thinking over the different summer schools of physical training which one might attend, Harvard deserves careful consideration. The most prominent place in its instruction is given to the work taught by Dr. Sargent himself; anthropometry, the measuring of individuals and study of the relation of form to the different professions, of different trades to those forms, typical forms of athletes, relation of form to health, etc., form the basis of this part of the course. Second only to this is the discussion of the pulley weight apparatus in its relation to building the physique. The effect upon different parts of the body of the various pieces of apparatus are discussed at length. But while these things are given particular prominence, others are not neglected; indeed the program is a broad one. Mr. Eberhardt, one of the most successful teachers of German gymnastics, has full swing on the German apparatus. Delsarte culture receives due attention. Swedish gymnastics are covered as thoroughly as the time permits. The faculty is an able one and embraces ten special lecturers from the Harvard Medical School and other institutions in the vicinity, and twelve special instructors, including Mr. James G. Lathrop, who will have charge of the field and track athletics; Mr. Christian Eberhardt, who will give instruction in German gymnastics; and Mr. Hartvig Nisfen of the Boston Public Schools, who will teach Swedish movements and gymnastics.

Harvard has lately added to her courses one on physical training leading to the degree of B. S. This indicates the importance which is attached to that subject by that university.

MARTHA'S VINEYARD SUMMER INSTITUTE, JULY 11.

The object of this school is to combine the pleasures of the country with sea bathing, and the attractions of a summer resort with a moderate amount of advancement in special lines of study. Cottage City, the place where it is held, is a beautiful summer resort, mostly composed of neat cottages, with beautiful asphalt roads rendering it especially pleasant for bicycling. Public entertainments, excursions to some of the

noted and interesting places near, receptions, etc., are provided for students and friends by the institute, which makes the session valuable from a social standpoint.

The instruction is intended chiefly for those who are engaged in the actual work of teaching, and consists of lectures by men who are specialists in their lines of study and have made a success of their own work. The physical department is in charge of Baron Nils Posse, though Dr. Emerson gives some physical training in connection with the school of oratory. Baron Posse is an exponent of the Swedish system, and his teaching at the Institute is intended chiefly for those who intend to become public school teachers, so that he uses the school furniture as his apparatus. The course consists of three weeks' instruction of two hours per day; the first hour devoted to theory, the second to practice. The shortness of the course necessitates that the work done should be almost an outline, but Baron Posse has condensed the work which he gives to his normal school in Boston in such a way that it opens out to the teacher's mind the possibilities and width of the field, and gives him an insight into the work. In practice, the ideas which are brought out in theory are illustrated and explained, and the principal fundamental exercises are practiced always with reference to the idea of progression. Exercises in pedagogy are given to the pupils and they are taught to compile and arrange exercises.

Any physical director who wishes to get an idea of the Swedish system as it is conducted in this country may spend a very enjoyable vacation while attending Baron Posse's class, while Cottage City seems an ideal place for a public or private school teacher to spend a vacation.

CHAUTAUQUA.

The Chautauqua School of Physical Education, which has its session from July 4th to August 15th, is of peculiar interest to a great many because of its connection with the famous educational institution.

The physical department includes theoretical and practical training. It is divided into two courses, a normal, which is intended for those who have had little previous training in this line, and gives a course in anatomy, physiology, and physical examination. In practice the various systems of gymnastics are taught. Mr. Bolin has charge of the Swedish department and gives lectures on Ling's ideas; Mrs. Emily Bishop has charge of the Delsarte, and Mr. Neumann lectures on the theory of German gymnastics. Mr. Stagg has charge of the field games, Mr. H. L. Williams the boating and track athletics, and Mr. Maltby bicycle riding, etc., while W. G. Anderson, assisted by his brother Henry, has charge of the general gymnastic work. Dr. Anderson also gives instruction in the methods of repairing and care of apparatus.

The advanced normal course is given for those who have taken the normal course or have studied in some other institution such subjects as physiology, anatomy, hygiene, etc. In this course anthropometry is taken up by Dr. Seaver of Yale, orthopedics by Dr. Mackenzie of Toronto, and First Aid by Dr. Seaver of Yale. Facilities for instruction at Chautauqua school are of the best. The gymnasium is 45 by 90, and was equipped by the Narragansett Machine Co. The athletic field has a track for running, a base ball diamond, and tennis courts, while a beautiful lake gives ample opportunities for learning to row.

At the end of the season certificates will be granted to those who have done satisfactory work and have passed examination in the theoretical branches.

POSSE SUMMER SCHOOL.

The Swedish system of gymnastics has been so frequently and forcibly brought before the public that several of the most prominent educators in the Eastern states have adopted it as the system of gymnastics for public and private schools. Baron Posse has started a normal class in Boston for the purpose of training teachers for this work. He is a graduate of the Royal Gymnastic Central Institute of Stockholm, and has modeled his teaching after the plan which is followed there. He is progressive in his views and realizes that to be a teacher of physical education one must not be bound to the traditions of the past, but must receive and make use of all that is good in this line wherever found. For this reason his gymnasium is fitted up not only with Swedish, but with what is termed German and American apparatus. For the benefit of those who are unable to attend the winter session, he has organized a summer school for August 1 to 31, in which he gives in condensed form a great deal of what is taken up at greater length in his normal classes.

* *
*

Harvard beat Yale in athletics at New Haven on May 20, 1892; score 61 to 51. Each had seven firsts, but Harvard won through having more seconds and thirds. Does not this show that it was not on account of her having better men, but on account of her having more good men, more who were able to take a high if not a first standard? This is no doubt due to a great extent to the energy of Mr. Lathrop of Harvard University, who is indefatigable in discovering and developing new material.

Yale has not a man to fill the position which Mr. Lathrop does in Harvard, and it is too much to ask that the captain of the athletic team

should be also the athletic director, for the strain will most assuredly tell not only on his own work but on the work of the team as a whole. Another point which was noticeable was that wherever any one man had attained excellence through a knowledge of the principles which governed any event, he was sure to have two or three others who followed him very closely, and who had no doubt been influenced by his style of work. Such was noticeable in the case of Fearing of Harvard in his high jump, whose form in that event was almost perfect, not an ounce of energy being wasted. He was closely followed by Green, whose style of jump was very similar; followed by Sherwin, whose jumping was of the same style. The same was true of the pole vault, the first two places being taken by Yale men; also in the mile walk, Harvard holding the three places.

Does this not show that what is required in order to develop athletics is a director who understands the principles of each event, who is thoroughly versed in the mechanics of the different sports, and who is able to show to the candidates the best way to use all their energy in the right way and at the right time? What is needed, therefore, is an all-round man who is capable of doing each event, if not to the highest degree of proficiency at least in good form and with a good knowledge. It was noticeable in the entries that some of the best men were entered for several events. For example, Lyman of Yale, who entered in five events and took two firsts; also Swayne of Yale, who entered in three events and took two firsts; Fearing of Harvard, who entered in four events and took two firsts and one second; Green of Harvard entered in five events and took one first and one second; Allen of Yale entered in three events and took two seconds. The system of scoring was perhaps the best that could be used under the circumstances, but we think that it would be well if some such scheme as that of the Pentathlon be introduced, so that a man will get full credit for his work. For example, the man who comes in first in the hundred yard dash, making it in ten and one-fifth seconds, gets five points, while the man who comes in third, making the hundred yards in ten and two-fifths, gets only one point, thus giving no definite idea of the amount of work done by the whole team, but depending to a great extent on the proficiency of one man, and one extra good man being of more value than two good men. If, as in a system of the Pentathlon scoring, each man should receive credit not for his position in relation to other men, but for his work done, and should an equal number of men represent each institution, it would be a more thorough test of the athletics of the university. In this way men would be encouraged to build up all-round physiques, and not develop one part or one function of the body to the exclusion of others, and thus we should have better men, better able to go out into the world to perform their life work without risk of injury, whether in training or in the actual work.

ST. LOUIS, MO., MAY 19, 1892.

DR. L. GULICK,

Dear Sir:—I read the last number of PHYSICAL EDUCATION with great interest. Will you please put me down as a subscriber and send me the April number.

In one article you state that the Y. M. C. A.'s are looking for some form of gymnastics that will answer for many purposes. It is also stated that the classes of these Associations offer problems as never before, that is a mistake. Our societies are composed of just such material. Since the time of Jahn in 1811 we have been studying just those problems before which you now stand. In America it has even been worse, for we here have women and girls also to take care of. In my Philadelphia paper I could only hint at this. Under such conditions we have become what we now are. If it were possible for you to study our system and get an insight into why we do this and that, it would save your Associations much experimenting and trouble. Some of our teachers (Mr. Kroh among the number) have been very successful in conducting Y. M. C. A.'s on exactly the same plan that we daily follow. Excuse my somewhat uncalled-for advice, but I am deeply interested in the advance of gymnastics, being almost raised in a gymnasium (my father was a teacher before my time).

Respectfully yours,

WM. A. STECHER.

Mr. Stecher is secretary of the Technical Committee of the North American Turner Bund. This is of course an unofficial letter, still it indicates the interest that this body takes in all forward movements along these lines. We are somewhat acquainted with the Turnverein as carried on in this country, but do not see as yet that their work is the final solution of the problems that were presented. It is true that in many respects they have the same problems as do the Y. M. C. A.'s. In a future number of PHYSICAL EDUCATION we hope to discuss this subject at some length.

WHEELING, W. VA., MAY 18, 1892.

"PHYSICAL EDUCATION,"

If it were possible to arrange such a scheme of exercises, which would embrace all the qualities mentioned, then we should have a model system indeed, but the varied conditions met in the different fields differ so vastly that I think no system could be arranged that could or would be carried out as a national one.

I take it that the success and result of the physical department lie entirely with the physical director and not any particular system he may be teaching, for no matter how perfect a one we might place in his hands, if he failed to understand the science of exercise, laws of physiology, etc., etc., and did not possess some knowledge of human nature and be able to apply himself to existing circumstances, the chances are that it would be misapplied and prove a disastrous failure. Let us have the right men and all else will follow.

Most respectfully,

H. S. WINGERT.

We agree most heartily with Mr. Wingert as to the prime importance of able men as teachers, but we do believe that by the co-operation of those who are engaged in work on similar problems a great deal more can be done than would otherwise be possible towards bringing order out of the chaos that now exists.

TEACHING TEACHERS.

THOSE who dig the earth or handle other raw material seldom make much money. Intelligent persons, seeing this, turn to work that pays better. They make the money, but not mainly with their muscles. The brain and nerves do the chief work. In some lines the muscles help a good deal. In others not much. In many not at all. But muscles not used, or little used, get weak. And a worse thing comes. The vital organs get weak, too. The man or woman loses vigor, loses looks, runs down, gets ill more easily, shortens life. They lose also much of the power to enjoy life, and seriously cripple their usefulness as well. To the bilious man, for example, no food tastes good. But the hunter enjoys every bite with keen relish. So does the boy or girl just in from a ten-mile skate.

But if millions who live in the city and towns, and very many in the country as well, find that their occupation not only adds nothing to their vigor of body, but instead actually reduces it, they must either get that vigor in some other way or do without it. And most of them do without it, so narrowing their effectiveness throughout their lives, no matter what field of labor they may enter. Spirited young men see this. They admire strength, and will gladly do whatever they think will bring it. "The glory of young men is their strength," is just as true now as when Solomon wrote it three thousand years ago.

And how shall they best get the coveted strength and its twin sister, vigor? Shall it be by outdoor pastimes? By farm work? By some trade?

No, not for thorough development, for each of these is but partial in its development. No known outdoor sport, for instance, will develop the arm or the chest. Farm work brings size and strength to the muscles used and to no others, as does every known trade. And so does every pastime. Emerson's rule, "In all human action those faculties will be strong which are used," applies to the muscles and the vital organs, if possible, even more directly than to the mental powers. And the body, moreover, can be trained in a fifth of the time required for the mind. To develop all parts, then, there must obviously be work for all. But if neither pastime nor occupation brings the thorough development, just what will bring it? Simply varied exercise, some for certain muscles, some for others, until all are called into play, and into sensible, vigorous,

systematic play, for that is about all the sort that pays. It had best be had under favorable surroundings, in good air, with pleasant companions, suitable apparatus, a skillful and wise director, an intelligent idea of the end sought and of the best means to attain it.

And where can this be had? At any well appointed and rightly managed gymnasium. A good gymnasium is in itself no guaranty that it will be rightly used, or even used at all. Good boots do not make a good walker. A wealthy club or university may have a superbly appointed gymnasium, built at vast expense; may even take accurate measurements of a man in half a hundred different parts; may go further, and tell him where he needs building up, and how to build there; but, if it does no more than that, a skillful teacher, with a hundred dollars' worth of apparatus, in a moderate sized room, by *daily personal effort and guidance with each pupil*, will, in a few years, often in a few months, make his every pupil a sound, strong, evenly developed man or woman, well equipped physically for any place in life which he may be called to fill.

The successful gymnasium, then, must not only be well appointed, but rightly managed. There must be intelligent use of it. And that comes, as in everything else, either by long trial for one's self, or, better yet, from good leading by one who has had the experience, and who hence knows how to use it to the most advantage.

But where can you get such leading? Where are such teachers made? For ours is a large country and it will take quite a number to go around. Normal schools in every state equip teachers for the *mental* training of the youth, but there are few "normal schools for bodily training."

During the past six years normal classes for physical education have been successfully conducted in a few cities. The Young Men's Christian Associations, with the marvelous enterprise which has marked their work during the last ten years, were very early in the field. Already they were far in the lead in trying to supply the country with gymnasiums, for, where a live college, private club, or university had occasionally built one, they had put up a dozen. Not that they cared only to build a race of vigorous and enduring men. They had another and broader aim. They saw that nothing among all the varied attractions they hold out of cheerful quarters, fresh and pleasant papers and periodicals, pictures and selected libraries, games and practical talks, music and entertainments, began to draw the youth like the gymnasium and the swimming pool. Many a young fellow who cared little for his moral welfare, and even less for mental improvement, had learned something of the value and charm of a good body, and was eager to get his into shape. He naturally sought the most attractive place where that could be done. He did not find it in any public gymnasium, which any respectable man could join, on paying a moderate fee, and the few wealthy athletic clubs imposed a tariff far too

high for his slender purse. But the Young Men's Christian Associations found it for him, and in nearly 300 cities they have live, active gymnasiums, most of them fairly, and some, notably those at Brooklyn, Harlem, Worcester, Boston, Syracuse, Burlington, Vt., Albany, Utica, Detroit, Milwaukee, Kansas City, Omaha, Atlanta, and Baltimore, well equipped, and with a moderate percentage of really competent teachers.

But this is, at best, only partial work, and does not begin to meet the situation. The great lack, and the hardest one to fill, is of teachers. As there was no normal school, no place where such teachers were trained, the Associations had to make one. And fortunately they were able to make it aid other excellent work. For other needs had arisen. The General Secretary of each Association has so much power in his hands, and such opportunity, that he needs careful and skillful preparation for his work. For they long ago gave up putting in dull men as General Secretaries. It did not pay. The Rev. David Allen Reed, of Springfield, Mass., recognizing this fact, conceived the idea of affording to this class of men an opportunity to greatly increase their usefulness by special training for this work. Accordingly he organized in January, 1885, the School for Christian Workers, which had as one department the Young Men's Christian Association Training School, to train General Secretaries. Inter-denominational in its character, its Board of Trustees, and its Board of Instructors, it is more than national in its aim and scope, for already students go there, not only from every section of our country and the British Provinces, but also from Great Britain, France, Germany, Sweden, and the Orient as well, and the demand for its trained men far outruns the supply. For here they found a range of work so broad yet thorough, so well fitted to the demands of to-day, and of the troops of youth who are quick to avail themselves of this skill and knowledge, that, were the gymnasium instructor of even ten years ago to attempt to lead a class now, he would be left hopelessly behind. The pupil is here taught the history of gymnastics, ancient, mediæval, and modern, that which Sweden, Germany, and France can teach, and their influence on national life, as shown by the Greeks, Romans, and Germans; the use of the sphygmograph, and the various dynamometers and other instruments found so necessary in gauging a man's powers to-day: and in anthropometry, which already, thanks to Galton, Sargent, Hitchcock, and others, is doing such valuable work. But he studies physiology, anatomy, etc., from quite a different standpoint from the physician. For while the latter learns anatomy mainly with reference to surgery and pathology, and physiology chiefly that it may aid him in the arrest and cure of disease, and hygiene only incidentally, the physical director's first work is body-building, and then such care of the body as shall keep it in its best order for anything it may be called on to do.

Many a man now broken, or prematurely old, might have kept

himself strong and effective clear through seventy or eighty years of active useful life, had his bodily education been under such intelligent guidance as this. The wonder is that medical men of to-day have not been swifter than they have to see how vastly such a knowledge of body-building and body-training would aid them in their own high calling. Masters of the healing art in the past were quick to make judicious gymnastic work aid in curing disease. Not only among the Greeks "were their gymnastics, aleiptes, tetraleiptes, and pædotribæ at the same time physicians, and the aleiptes in particular were called physicians," but Ikkus of Tarentum and Herodicus are mentioned by Plato as "the inventors of gymnastic medicine" who, notwithstanding the imperfect pharmacy and ætiology of their time, and their inferiority in the whole art of physic, yet "treated diseases with great success." Galen "divides the whole of gymnastics into the warlike, injuriously athletic, and truly medicinal," and speaks very strongly of the advantages of friction of the skin either in thinning the fleshy or fattening the lean. Hippocrates, the most celebrated physician of antiquity, made exercise a prominent factor in healing disease, and was intimately acquainted with gymnastic work, and the treatment of injuries received in the arena. In later days Francis Fuller, an eminent English physician, in his "Medicina Gymnastica," says: "Exercise is to physic what bandage is to surgery, an assistance or medium, without which any other administrations, though ever so noble, will not succeed. It is a kind of reserve, but yet of the efficacy that the thing you most depend on, though in itself very powerful, may yet receive its *dernier puissance* from this reserve, and to this it is that we must attribute the wonderful success which the ancients had in their curing with such indifferent material as their pharmacy afforded them."

Now is there anything strange in such results from vigorous, though never violent, systematic exercise? In many forms of disease there is more or less congestion, and often the chief thing to do is to allay that congestion. But a strong, regular, and normal circulation is one of the rewards one gets for keeping himself in good physical condition by judicious bodily exercise. And with such a circulation there is no congestion. Take a familiar case, the congestion of blood in the head in an ordinary headache. Yet Professor Goldie, the director of the famous New York Athletic Club, a vigorous, hearty man, accustomed for almost fifty years to gymnastic exercise, says that he never had a headache in his life, and his looks indorse his words. Constipation, the fruitful mother of so much neuralgia, headache, rheumatism, hemorrhoids, hypochondria, and of so many other ailments all too common in this sedentary land, has no enemies like vigorous, systematic exercise and coarse food. The man with a first-class brain and a third-class stomach and a fourth-class liver is beginning to find out that he is not really a strong man; and that, while with ample vital and muscular power, kept by sensible exercise in

good condition, he might have staid like Webster or Bismarck till seventy, or, like Gladstone or Bancroft, past eighty, his obituary is very likely to be written by or soon after the time he is fifty. If, as eminent physicians say, six hours' mental work is enough a day, and he averages ten, he must not be surprised if something wears out early. The late ex-Justice Benjamin R. Curtis, of the United States Supreme Bench,—probably the greatest lawyer this country has yet produced,—said that a lawyer can do a year's work in ten months, but he cannot do it in eleven; and his words fit all other men who uniformly overwork their brain and nerves, quite as aptly as they do the hard-pressed lawyer.

Is it not then a matter of congratulation that we have at last such a training school? All kinds of gymnastics, acrobatic and athletic, exercises that are mere feats, have been tried in this country almost as they never were anywhere else before. And they have clearly failed to bring to our millions of boys and girls, men and women, true and lasting vigor. But while the feats are good things to omit, the vigorous yet never violent work in each line is, under judicious guiding, a most valuable aid. And one of the very encouraging features is the deep interest already being taken in this work by a goodly number of physicians, interest of a practical sort, where they put themselves under the leadership of the men in charge of the physical department of this training school. Leaders of men, skilled in a thousand different exercises, they rush you, whether you like it or not, through a mazy round of work, with such magnetic dash and pace that you can hardly stop if you want to; and they never rest, nor do you, till they have stretched every muscle in you, voluntary and involuntary, till a bed tastes uncommonly good when they get through with you. Finely developed themselves, somehow in following them, you cannot get rid of the idea that you yourself are one day going to be as opulent as they in muscular and vital power. No wonder that such men soon turn out fine classes.

Indeed, so searching is the director's scrutiny into a man's character, and all his past life, before he may enter this training school, that an actual majority of applicants are rejected. For there is a purpose in this scrutiny. A reprobate will often drag down other men almost as fast as a rotten apple will kill all the apples about it. But a clean, pure, strong, all-round man will lift other men, and better them as John Hardy bettered Tom Brown. And just such men they want to let loose to lead in the gymnasiums of our country, and they are letting loose to-day. Devoting their lives to the work with a depth and earnestness of purpose, and a persistent determination, it will not be many years till, with the rapidly widening knowledge and increasing interest in bodily vigor, and hence in making men and women fitter for every possible position in life, they will be recognized as very potent factors in our American education, and in adding to our effectiveness as a nation. Where now we have one strong,

efficient man, we will have them then by the score, simply because we will have used the means to get them. Recently a general secretary in a large northwestern city said that he could find ten good physical directors places at once. But what a pity it is that not merely the scores of thousands of young men in the Christian associations, but that all our young men and all our young women, and the boys and girls as well, should not have the advantage of such most valuable instruction! Over and over has such training saved human life. Indeed, the very director of this training school now so helpful to others, himself expected to be an invalid for life, if not to die some years ago, from spinal and brain trouble, and says that exercise which he was induced to take by reading, in Japan, a little book called "How to Get Strong," saved his life and built him up. Henry Ward Beecher well says: "One whole half of the force of human life is squandered by reason of weakness and sickness. It is a matter for educators, for naturalists, and for economists to study as fundamental to posterity." Where now they have found how to substitute for this weakness and sickness, strength and vigor, and how to do it so easily, effectively, and cheaply, would it not indeed be well, as the great preacher suggests, for our educators to provide this boon of systematic and judicious bodily training for every child in the land? Largely to just such training Germany has twice owed her freedom, and her great power and prestige as a nation. If we are far behind her to-day in this regard, there is one comfort,—when America undertakes to do a thing, it is very likely to be done, and done without delay.

WILLIAM BLAIKIE.

SUGGESTIONS FOR SUMMER WORK.

IT is the custom in most large cities to close the gymnasium season about May 1 or June 1. The attendance rapidly diminishes as the summer approaches, and, taking it for granted that members will not attend during the hot weather, nothing is done to induce them to do so. Not only this but the gymnasium is generally closed for a period varying from two to six weeks.

In consequence of this a question began to be asked a few years ago, "What can be done to hold our members together during the summer?" The only answer that has been offered, heretofore, is, "Provide athletic grounds." For several years different Associations have been making the experiment with such varying results that the solution of the problem is still in doubt. As it appears to the writer, the present state of affairs is as follows: In towns and cities where grounds can be secured in close proximity to the Association building there is no doubt that a successful athletic work may be conducted. In cities where the grounds must be at a

distance of three or four or more miles, this work has either failed or been a very questionable success.

Now the facts about the majority of our members are such that the writer has been led to believe that Associations *in large cities* are not justified in undertaking the conduct of athletic grounds to the exclusion of other methods of work, or even to devote their best energies to that method.

Some of the facts are as follows: The majority of our members are young men whose business detains them until such an hour in the afternoon or evening, that, if they desire to go home and eat their evening meal before going to the grounds, they will not be in proper condition to exercise until it is too dark. If the grounds are lighted by electricity they are open to the same objections as are the gymnasiums, for *sunlight* is the essential thing in outdoor work. If the member goes to the grounds before his evening meal he will be apt to eat heartily at a late hour and this is of course physiologically wrong. Men situated as above form the bulk of our membership and observation shows that they are not the ones who make the most use of the grounds and we cannot expect them to. As there is nothing at the Association for them, we are still without a means of holding those members who need our greatest attention and effort. After a careful study of the problem I believe that were as much energy and thought used to make the gymnasium attractive during the warm season, as has been expended upon athletic grounds, a great many more individuals would be benefited and a great deal more permanent good accomplished, with a very much smaller financial outlay.

The first thing that is necessary is a gymnasium that is well ventilated. Some Associations are blessed with gymnasiums above the ground and they are easily arranged. Gymnasiums that are in the basement should have a first-class ventilating plant, so that a good supply of fresh air is always available. As most of the work will be done in the evening the question of light will not afford any great difficulty, although where the gymnasium is not in a basement the sunlight that enters in the afternoon will make it easier to do good work in the daytime also. The money that would have to be spent for an outdoor plant could well be used in putting in permanent ventilating apparatus. It would also go a long way toward providing properly arranged running tracks. With these conditions it becomes an easy matter to do good indoor work as well during the summer as winter.

As soon as the usual time for closing the regular gymnastic season arrives, a complete change should be made. All apparatus that encumbers the floor should be removed, all suspended apparatus hoisted out of the way. Near one end of the gymnasium lay out a half size tennis court to be used for *Hand Tennis*. At the other end erect a smooth wall for *Hand Ball*. These are both very popular wherever introduced and tourna-

ments can be easily arranged that will interest a large number. Introduce also *Basket Ball*, *Lang Ball*, and similar games. A series of matches between branch teams will excite as much enthusiasm as base ball. All the ordinary field sports except hammer throwing can be taught and practiced as well in doors as out, and contests in the same will be successful and have as large numbers participate as could be secured for outdoor field days. If it is desired, there are plenty of places that may be rented for a single day, for the purpose of holding a field day, for which the indoor preparation will be almost as good as that done in the open air. With a proper track all the essentials of distance running can be practiced, and on the floor all necessary training for sprinting and hurdling can be done.

To make the most of these things there should be as much system about it as there is about the regular winter work. Graded classes should be conducted at specified hours. The times during which the various ball games may be played should also be indicated and rigidly adhered to; for as these games take up the whole floor no other kind of work can be carried on at the same time, so members should be able to know when they can expect the use of the gymnasium for those sports that they desire without interference. This in a general way suggests what may be done *in the gymnasium*. Other things will suggest themselves to the man who thinks.

In addition I will only mention those things that may be done out doors without grounds. Bicycle runs and road races, harriers runs and cross-country races, outings, camping parties, camera expeditions, etc., etc. The Harriers of the Brooklyn Association have held runs from the building every week in suitable weather for over two months, with an average of about eight and running from five to seven miles. One evening fifteen members took the run.

GEORGE W. EHLER, *Brooklyn, N. Y.*

AN ALL-ROUND MAN.

WHAT constitutes an "all-round man"? We find various conceptions: the athletic—one who excels in all the leading athletic events; and the athletic and gymnastic—one who excels both as athlete and gymnast in varied work. But a moment's thought shows that these take account only of physical accomplishments, whereas the whole man has no less a range of nature than the physical, mental, and moral or spiritual. To conceive of an all-round man, then, calls for the consideration of the relation of the term to man in his threefold nature. To have a well developed and well controlled body, a trained and cultured mind, and a spiritual nature right in its relation to Him who framed all in a matchless unity, this is the true, the highest Christian conception.

This idea has long been held by the few, but is not practically *upheld* to the many. It is fundamental in the platform of the Association Train-

ing School as shown by their adoption as the school emblem of the equilateral triangle, the sides of which represent body, mind, and spirit; and it is the idea which should unify the varied work of the Young Men's Christian Association, and which we as Association workers should emphasize in all departments of our work.

Let me illustrate three extremes of one-sided development. The first is lean, sallow, stoop-shouldered, dyspeptic. He is a book-worm; exclusively a hard student. He pays little attention to the body. He seems not to know that in bodily training there is a whole range of education which he in his very effort at education is quite ignoring. He is so short sighted that "a sound mind in a sound body" is considerably blurred before his eyes; and the body, "the *temple of the Holy Spirit*," is entirely out of his range of vision, for he pays as little attention to his spiritual needs as to his physical and often less. His *mind* has the upper hand. Pity that he could not find that he has a *body* and *soul*.

The second is a marked contrast; tall, broad, muscular, ruddy, with a clear eye and an elastic step—he seems a model. Let us see. Athletics? Yes. Gymnastics? Yes. Books? No—o, not much. Religion? Oh, he is as good as his neighbor and sufficient to himself. Physical supremacy: he needs to discover *mind* and *soul*.

The third is very religious. Estimate him carefully,—do not judge hastily, for his purpose is high though his balance may not be true. He too is sallow, thin, melancholy. Bodily training? Oh, no. He has no time for it. Books, study, mental improvement? No, for the same reason. He is an old time ascetic, modernized. He ought to point to God and highest life, but his very one-sidedness has demagnetized him. He has lost sight of his *body* and *mind*.

These are our extremes, and we find all shades and combinations in between.

A. T. HALSTED, M.D.,

Physical Director Y. M. C. A., Cincinnati, Ohio.

OFFICIAL RECORDS.

ONE of the difficulties in connection with Y. M. C. A. athletics has been the lack of a central body that could supply to the Associations that which the A. A. U. has supplied to the athletic organizations. That is, a body that should formulate rules, see that records were correctly made, and keep them. The International Committee, at the suggestion of the International Secretaries' Conference held at Orange, has been at work on the problem.

The Pentathlon was produced to supply the kind of games needed. It has just taken the next step, that is, in regard to the conduct of games, official records, and certificates. Two kinds of certificates have been

determined upon. One—the smaller one—is to be used at local and district games, and by any who may choose. This one reads as follows :—
 Games.,

Young Men's Christian Association Pentathlon.

This is to certify that Mr. has made a record of points under the Pentathlon rules of the International Committee in a field day held this day of, 189..... He is thereby entitled to this certificate of the rank.

Following this is the ranking order, events, record, and score, with signature of official scorer, chairman of athletic committee, chairman of the State Committee, and the physical director.

The second certificate is twice the size of the first one, but is signed by the chairman of the athletic committee of the International and State Committees. If this certificate is of the first or second rank it contains in the lower left hand corner the following: This is Young Men's Christian Association official record and is on file with the International Committee, Central office, 40 East 23d Street, New York city, and is signed by Luther Gulick as the agent of the International Committee, who has the keeping of these records in hand.

These larger certificates will not be put on general sale, but will be furnished only to those state committees who have taken up with the general plan and who hold Pentathlon games for the state under their auspices. These state committees will forward to the International Committee the records made at these State games. The International Committee will make out the certificates, placing those on record that are of the first or second rank.

Let us see how this will operate in regard to a contestant. He enters local or district Pentathlon games and receives a certificate, if his mark is over 200. This is a record but not an *official* record, that is, it is not on file with the International Committee. He later on enters the State games; if he makes between 200 and 300 points he gets one of the larger certificates, if between 300 and 400 or 400 and 500 his certificate has the signature of Luther Gulick, and is recorded and published as an official record.

The certificate has also the words OFFICIAL RECORD stamped in red across its face.

One more feature remains to be described. The committee issues metal certificates corresponding to the smaller paper one, gold for the first rank, 400 to 500 points, silver for second, 300 to 400, bronze for third, 200 to 300. These have on them the word, Pentathlon, the name of the owner, number of points made, and rank.

It is believed that these metal certificates have nearly all the advantages of prizes and none of their disadvantages. The form is a triangle hanging from a bar.

CURRENT LITERATURE.

ATHLETICS.

- Athletic Sports at Oxford and Cambridge*, by M. SHEARMAN and R. W. TURNER. The English Illustrated Magazine, March, 1892.
- Athletics in the Young Men's Christian Associations of Massachusetts and Rhode Island*, by O. E. RYTHER. Physical Education, May, 1892.
- Habit and Training in Athletics*, by CHARLES O. BEMIES. The Geneva Cabinet, February, 1892.
- Pole Vaulting*, by MALCOLM W. FORD. Outing, April, 1892.
- Public School Athletics* (record). The Boys' Own Paper, April 30, 1892.
- The Training of the Harvard Intercollegiate Team of 1891*, by JOHN CORBIN. Outing, May, 1892.
- Tracks for Athletic Grounds*, by G. F. POOLE, M.D. Young Men's Era, May 12, 1892.
- Walking*, by JULIAN HAWTHORNE. Lippincott's Magazine, April, 1892.

AQUATICS.

- Coast and Inland Yachting*, by FREDERIC W. PANGBORN. Century, May, 1892.

ANTHROPOMETRY.

- Of some Deductions from Anthropometry*, by HENRY CLARK. The Phrenological Journal and Science of Health, March, 1892.

GAMES.

- Association Foot Ball*, by E. T. SACHS. The Boys' Own Paper, April 30, 1892.
- Hand Ball*, by R. J. ROBERTS. Young Men's Era, May 19, 1892.
- Rugby Foot Ball*, by E. T. SACHS. The Boys' Own Paper, April 30, 1892.

GYMNASTICS.

- A National Scheme of Gymnastics for The Young Men's Christian Association*, by LUTHER GULICK, M.D. Physical Education, May, 1892.
- Gymnasium Exhibitions*, by J. W. SHAW. Young Men's Era, May 12, 1892.
- Gymnastics for Policemen*, by ALONZO. The Gymnasium. (English.)
- Fencing*, by "THE CAPTAIN." Outing, May, 1892.
- Physical Culture IV.*, by J. M. BUCKLEY, LL.D. The Chautauquan, May, 1892.
- Ten Minutes' Exercise for Busy Men*, by LUTHER GULICK, M.D. Physical Education, May, 1892.
- The Ling System*, by BARON NILS POSSE, M.G. Popular Educator, May, 1892.

HYGIENE.

American Aromatic Disinfecter. Chicago Illustrated Century.

Bad Air and Bad Health, by H. WAGER and A. HERBERT. Popular Science Monthly, April, 1892.

Healthful Homes Make Healthful People, by MRS. A. M. PLUNKETT. The Home Maker, May, 1892.

How to Attain Long Life, by a PHYSICIAN. The Young Man, May, 1892.

Influence of Exercise on Health, by PROF. RICHARDS. The Gymnasium. (English.)

Resting and Sleeping, by ANNA C. BRACKETT. Health, April, 1892.

PHYSIOLOGY.

Involuntary Muscular Movements, by JOSEPH GASTROW, Ph.D. Popular Science Monthly, April, 1892.

PSYCHOLOGY.

Remarks on Specialism, by WILLIAM OSLER, M.D. Medical News, May, 1892.

RIDING AND DRIVING.

Four-in-hand Driving, by C. ENGLISH DAVIS. Lippincott's Magazine, April, 1892.

THERAPEUTICS.

Massage Treatment, by J. G. STAIR, M.D. The Phrenological Journal and Science of Health.

ROUND SHOULDERS, by L. A. W. Bicycling World and L. A. W. Bulletin, April 22, 1892.

Treatment of Posterior Spinal Curvature. Home Gymnasium, May, 1892.

THE TALLOW DIP is old fashioned, isn't it?
But it was good once, wasn't it?

Well, the same is true of **GYMNASTIC APPARATUS**. There are designs now on the market that were good once but are out of date, because there are better ones to be had.

THE SCHUMACHER GYMNASIUM CO. are the inventors, patentees and sole manufacturers of almost all the modern improvements in Gymnasium Appliances and have the largest plant in the United States devoted exclusively to that business.

Many of the finest Gymnasiums in the country were fitted by us and our patrons are enthusiastic.

You want your Gym. fitted handsomely. We can do it and do it cheap.

. . . **THE SCHUMACHER GYMNASIUM CO.**

AKRON, OHIO.

FROM THE SPORTS LIBRARY OF
RETROSEASONS.com

www.retroseasons.com/library/