

PHYSICAL EDUCATION.

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NO. 8

ATHLETICS IN GERMANY.

BY PIERRE CARTIER.

Translated by C. F. B. Wall.

From *Les Sports Athletiques et La Revue Athletique*.

During a pretty long stay which I made in Hanover, about ten years ago, after having lived in England, I had been naturally led to study Germany from an athletic point of view. I was a new convert to the benefits of open air sports which I had practiced in London, and hoped to find in Germany my accustomed tennis and foot ball club. One solitary lawn tennis club, composed exclusively of English, and possessing only one asphalt court, modestly represented the open air games of Hanover. Admitted as a member on the nomination of the solitary French representative, we played from morning till evening under the marvellous gaze of the German youth who contemplated us with superb disdain. There is no telling the heroic efforts we made to get up a foot ball club in Hanover, during the winter of '82-'83. After having recruited, with the greatest difficulty, five or six German players, sons of our professors, I can remember their disappearing, one after the other, after a few games, leaving us, about twenty English and two French, to play by ourselves. Useless to say that the foot ball club at Hanover died of atrophy soon afterwards.

At Hamburg, Berlin, Frankfort-on-the-Main, Carlsruhe, Baden-Baden, at Heidelberg, I continued my search through the following summer; and though everywhere I found the En-

glish colonies, according to their wont, founding little clubs, still I also ascertained absolute indifference of the German youth to games in the open.

On the whole, in 1883, athletics were absolutely unknown in Germany. However, little by little, a few youths here and there gained admittance to the English clubs, and after awhile founded other clubs which immediately began to gain strength and to multiply, thanks to the spirit of organization and discipline which so characterizes the German people.

At this time present, the three principal centers of athletics are: Berlin, Hamburg, and Frankfort-on-the-Main. From these centers the movement is extending little by little; every day the spot of oil is spreading and in the not distant future, junction will be made, and on that day all Germany will lie at the feet of athleticism.

Although the development of athleticism has been rapid in France, I am obliged to acknowledge that the success has been still greater among our rivals on the other banks of the Rhine. We can easily satisfy ourselves as to this by examining the present state of sports in Germany.

Track races are governed by the German Amateur Athletic Union, which has two centers, Berlin and Hamburg, with a central committee at Berlin. The principal affiliated clubs are at Berlin, The Excelsior, Adler, Sylvia, Academic, and Berlin Sport Club, and the Berlin Cricket Club,—and a number of others such as Teutonic, Tasmania, Concordia, Vorwarts, etc., etc. The list is a long one. In

Berlin alone I can count forty-four clubs belonging to the Deutscher Athletique Amateur Verband.

Clubs are flourishing at Bremen, Baden-Baden, Hanau, Frankfort, and Strasburg. At Carlsruhe there are three prosperous ones. At Hamburg the "Sport Club Konkurrent" is one of the most important.

The German clubs play football in winter, principally Association, and cricket in summer, the latter being a particular favorite. Following the English custom, the clubs hold but one or two meets for foot races during the season, and, strange to say, although the metric system is in general use for measuring distances, all their races are run on the English measurements, the mile, 100 yards, and 100 yards hurdle. The programs also include the high and long jumps, putting the shot, tug of war, and throwing the cricket ball.

International championships have been run off this year at Hamburg, on July 1st, pompously termed championships of the Continent. M. Bade of the "Sport Club Germania" won the 100 yards in 16 2-5. (?) 10. M. F. Cohen of the London Athletic Club, the mile in 4.27, and the one-half mile in 2.09 1-5. The German championships were held at Berlin, Aug. 26th.

Almost all of the Berlin clubs I have mentioned, hold memberships in the *Deutscher Fussball und Cricket Bund*, headquarters in Berlin.

In the South, the foot ball clubs playing principally Association, have constituted the *Suddeutsche Fussball Union*, (South German Foot Ball Union.) The principal clubs are the *Celeritas*, *Karlsruer*, *Karlsruer Kickers*, all at Carlsruhe; *Strasburg*, *Baden-Baden*, *Hanau*, *Guben*, etc. The *Frankfort F. B. C.*, playing Rugby, has just left the Southern Union to form, with the Hanover and some other clubs of the Duchy of Baden, the *Deutscher Fussball Rugby Union*.

At Berlin, an independent society, the *Distanzmarsch Verein Mercur*, (Mercury Club for long distance walking) practices walking.

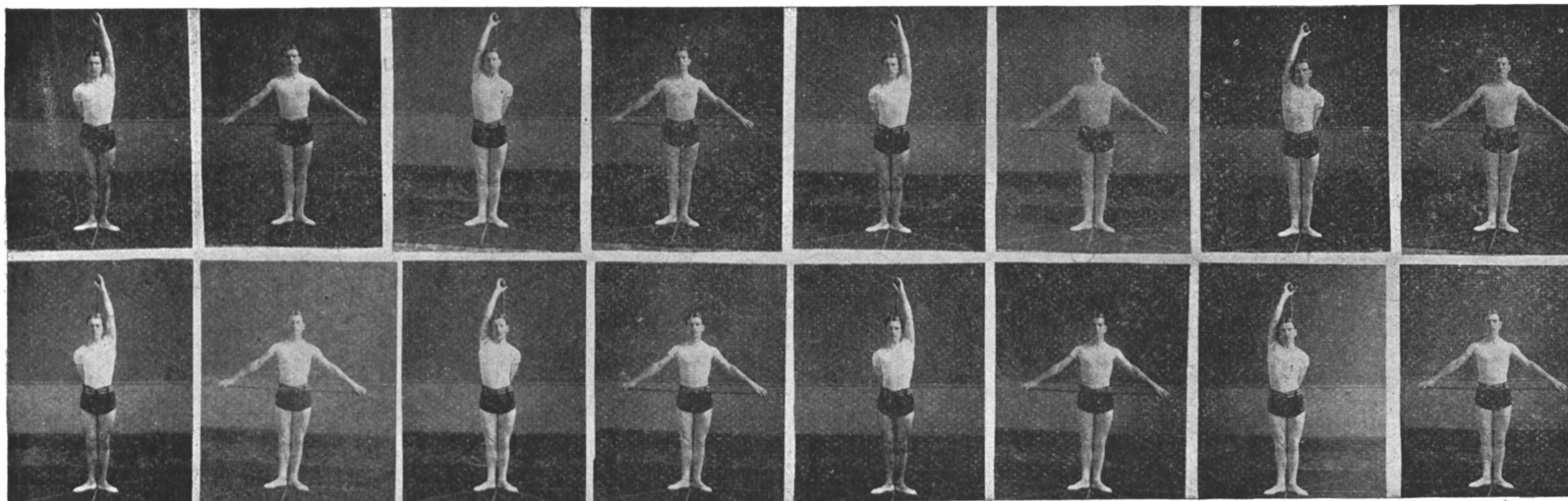
Lawn tennis is no less a favorite. At Hamburg are six societies, one of which, the "*Lawn Tennis Club Uhlenhorst*," has held a tournament lasting eight days, in which several of the best English players took part. At Strasburg, I mention the L. T. C. *Platz Lenotre*, at Baden-Baden the L. T. C. *Baden-Baden*, at Berlin the *Berliner L. T. C.*, etc.

Taken on the whole, athletics in Germany have advanced with giant strides during these last few years; each day sees new clubs founded and prospering.

Shall we ourselves be induced some day to measure ourselves against them at foot ball or foot racing? Already attempts to bring about meetings have been made by the South German Foot ball Union, which has proposed to the committees of the Racing Club and of the French Stade that they should arrange matches. These committees have referred the matter to the Committee of the Union, which has courteously declined the invitation. In fact it would have been awkward to play a foot ball match in Strasburg. On that play ground we have another sort of victory to achieve, and when we shall have carried off the prize in that one first, our athletes may think of meeting our neighbors across the Rhine as comrades.

If our meeting the Germans is forbidden us, there still remain contests with the English, and who knows but some fine day, a representative French team will find itself on English ground, a neutral play ground, confronted with German representatives. That will be I think, a fine game to see, and a fine victory to achieve.

THE BARNJUM BAR BELL DRILL. (Continued.)

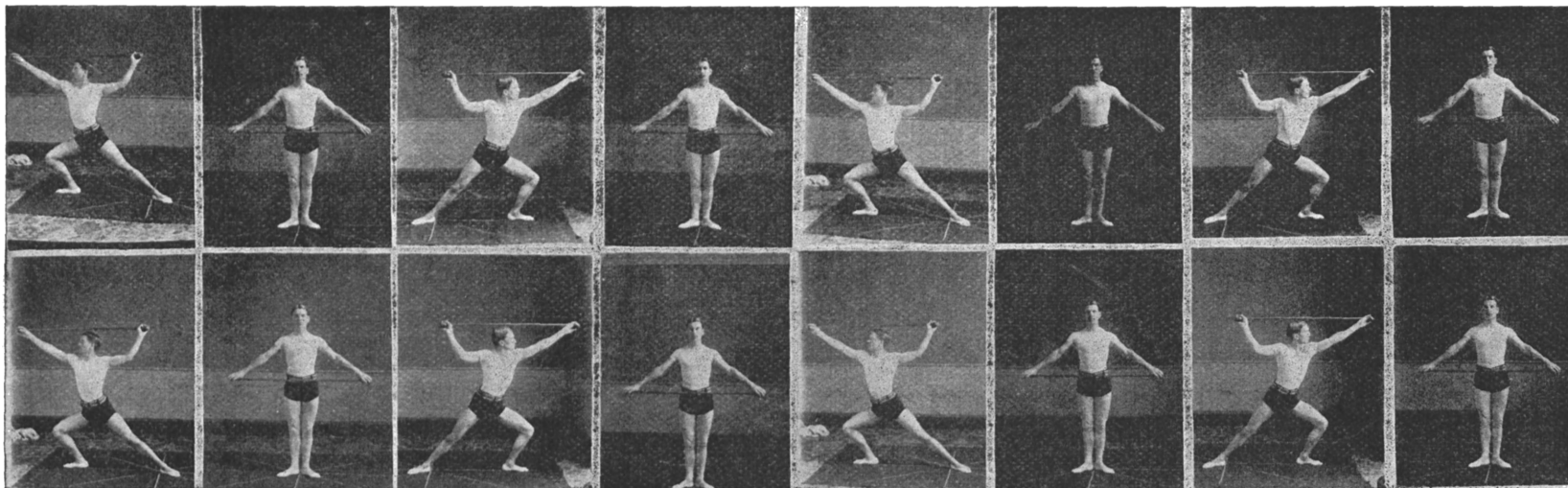


NOTE.—In the last number of *PHYSICAL EDUCATION*, a mistake was made in regard to the figures. In Exercise IV., the forward diagonal charge should be illustrated instead of the backward diagonal charge, and in Exercise VII., the diagonal front charge instead of the diagonal back charge, the explanation being correct.

EXERCISE VIII. EXPLANATION.—Both arms straight, bring the bar bell to the meridian line of the body perpendicularly behind. Don't move the body or head from side to side.

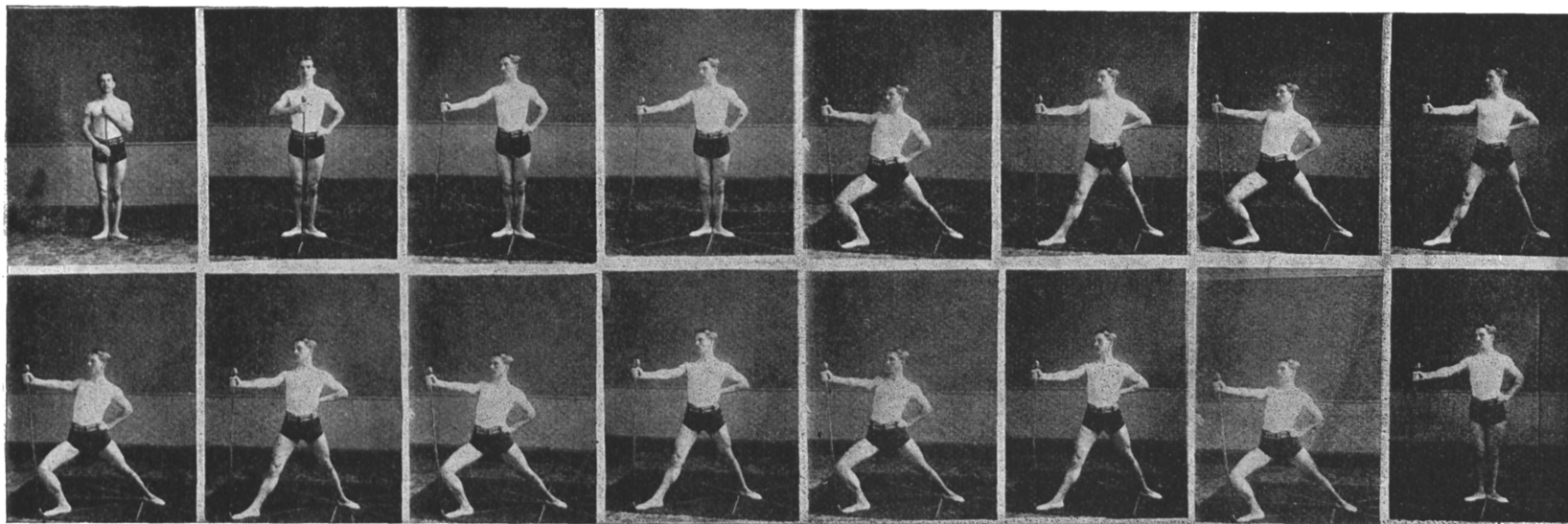
MUSCLES USED.—Sterno mastoid, Trapezius, Rhomboidi, Deltoid, Pectoralis major and minor, Latissimus dorsi, Subscapularis, Teres major and minor, Spinati, Biceps and Triceps.

The muscles of each side act alternately, making this a valuable exercise for raising a low shoulder. If a right shoulder is to be elevated, raise the right arm and lower the left.



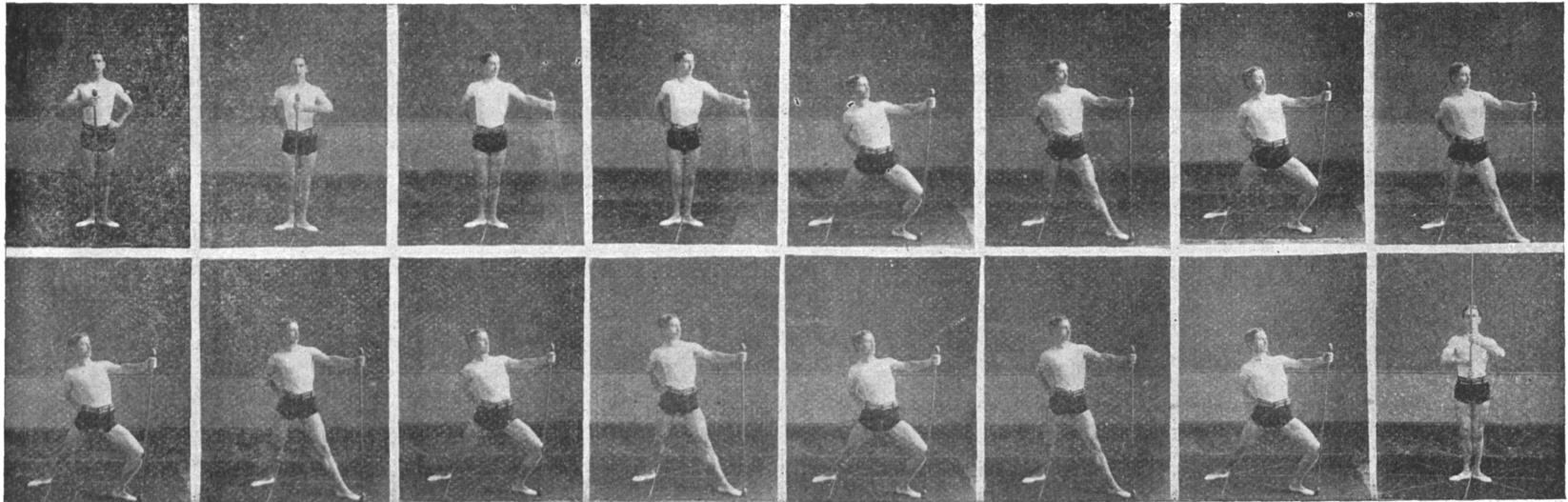
EXERCISE IX. EXPLANATION.—Charge straight to the side, foot pointing to the side. Look the way you charge. Forward arm straight. Rear leg straight. Don't roll the rear foot.

MUSCLES USED.—Sterno mastoid, Trapezius, Latissimus dorsi, Serratus magnus, Pectoralis major and minor, Rhomboidei, Biceps, Triceps, Erector spinæ, Quadriceps extensor, Calf muscles, External rotations, and Adductors of the thigh.



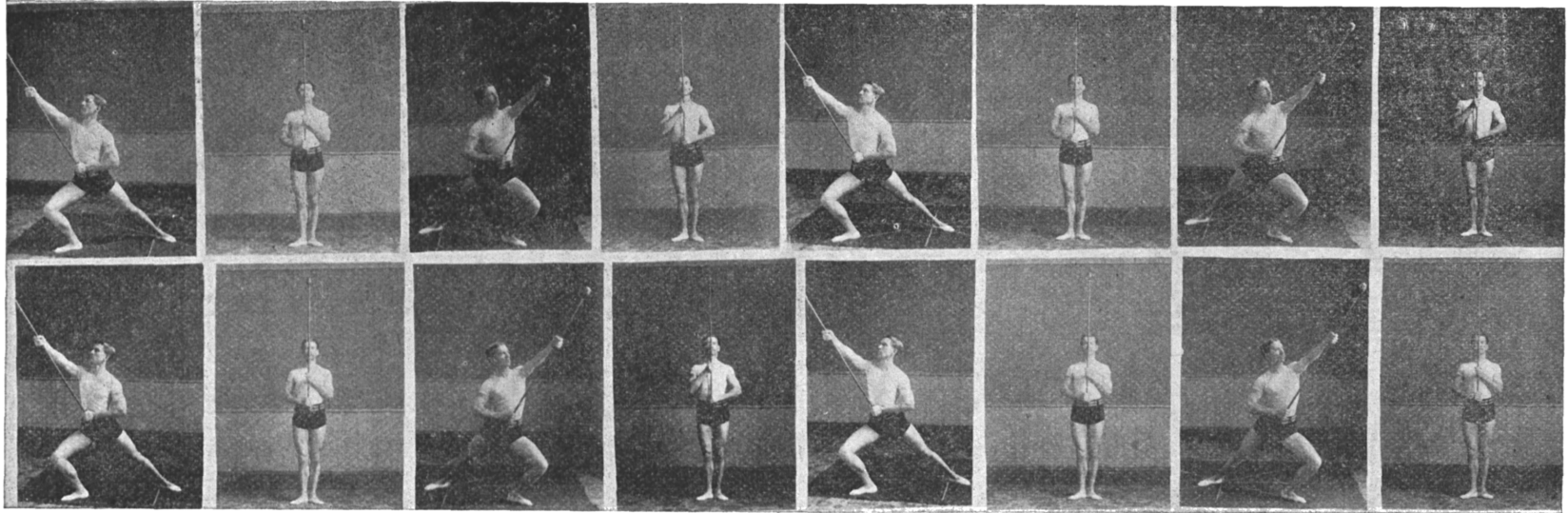
EXERCISE X. EXPLANATION.—Note the change to this exercise carefully. Make each motion distinct. Allow no slurring. The pause at 4 will allow time for an accurate long charge at 5. Make the knee touch the bar bell each time, but keep the bar bell steady. Keep the head up, forward arm straight, and let the bending be done above the hips.

MUSCLES USED.—Sterno mastoids, and Trapezius, Deltoid, Latissimus dorsi, Intercostals, Pectorals, Teres and Spinati, Triceps, Oblique abdominal and Quadratus lumborum, all the muscles of the thigh and leg.



EXERCISE XI. . EXPLANATION.—Note the change to this exercise. Don't slur the movements. In the change, the lower end should be swept up by strongly pronating the fore arm and bringing it to the belt; the other hand steadies it by grasping it farther up.

MUSCLES USED.—Same as in Exercise X., with the addition of the pronators of the fore-arm.



EXERCISE XII. EXPLANATION.—Forward diagonal charge, head up, lower end kept at the belt, forward arm straight. Change the relative positions at the even counts, 2, 4, 6, etc., except 16.

MUSCLES USED.—Muscles of the neck and shoulders strongly, Triceps, Serratus magnus, Pectorals, Latissimus dorsi, Erector spinæ and Quadratus lumborum, Extensors and Flexors of the thigh and leg, also the Abductors.

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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.

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Entered at the post office at Springfield, Mass.,
as second-class matter, March 7, 1891.

The third annual conference of Physical Directors followed in the steps of the second, in that the work done was better than at the preceding conference. It is impossible to make a report that should be at all complete. The discussions were too lengthy, the whole work too informally done to admit of such report even if the funds were available.

All present felt that the conference was of the highest importance, and that the advantages of such a conference could only be secured by actually being on the ground.

All that we shall attempt in the line of a report is to give the reports of the committees. Their names and composition were as follows; the chairman in each case being mentioned first:

1. *National Athletic League*.—Dr. J. H. McCurdy, New York City, Jas. Naismith, Springfield, Mass., Thos. Cornelius, Baltimore, Md.

2. *Physical Directors' Compact*.—H. F. H. Kallenberg, Iowa City, Ia., Thos. Cornelius, Baltimore, Md., L. W. Allen, Hartford, Conn., Dr. J. H. McCurdy, New York City, Dr. Luther Gulick, Springfield, Mass.

3. *Indoor Test*.—Thos. Cornelius, Baltimore, Md., C. E. Haskell, Cambridgeport, Mass., C. F. B. Wall, Springfield, Mass.

4. *Hygienic Drills*.—L. W. Allen, Hart-

ford, Conn., Dr. Luther Gulick, Springfield, Mass.

5. *Marching System*.—Dr. A. T. Halsted, Springfield, Mass., E. W. Wilder, Worcester, Mass., Maurice Ross, Fitchburg, Mass.

6. *Grading Athletic Events*.—Dr. J. H. McCurdy, New York City, L. W. Allen, Hartford, Conn., Thos. Cornelius, Baltimore, Md.

* * *

Report of Athletic League Committee.—

Whereas, the object of athletics in the Young Men's Christian Association differs from that of any other organization in that the Association aims to develop the individual, and in order to encourage the all-round system of physical training, to foster loyalty to the Association, and to give an official standing to the athletes, the committee feels that there is needed some organization which shall arrange for and have charge of all contests, settle all disputes, and such other work as is usually done by such organizations.

Therefore, be it resolved that the International Committee be requested to form an athletic league of the Associations.

The Committee suggests that the constitution cover the following points:

I. NAME. This organization shall be known as the International Athletic League of the Young Men's Christian Associations of North America.

II. OBJECT. The object of this League:—
1st, to stimulate the development of all-round manhood among the members of the Associations of North America.

2nd, to maintain uniformity in rules and government of Physical Department tests.

3rd, for the institution and regulation of Physical Department tests.

4th, for the awarding of Association championships.

III. MEMBERSHIP. It shall be composed of all those Associations or branches which subscribe to the Constitution and By-Laws, abide by the rules of the League, and pay the initiation fee and annual dues.

IV. SUSPENSIONS. Any Association or Branch shall forfeit its membership in this League upon violation of the Constitution, By-Laws, Rules, decisions of the governing body, or failure to pay its annual dues.

V. OFFICERS. The International Committee shall be the governing body of this League.

VI. ELIGIBILITY. Only those Associations which have been members of this League at least one month shall be allowed to compete for championship.

Individuals competing shall have been members of the Association which they represent for at least three months previous to competing.

Members of Associations shall not have represented any other Association or club—athletic associations in educational institutions excepted—for at least three months previous to competing. Only amateurs shall compete.

Every member competing in games shall represent the Association of which he is a member.

VII. CHAMPIONSHIPS. No meets shall be considered as championships but such as are sanctioned by the governing body of this League.

VIII. EVENTS. Championships shall be held in those events approved by the International Committee, for example, Pentathlon.

IX. FEES. The entrance fee shall be \$5.00, to accompany the application for membership, and \$1.00 annual dues payable on or before November 1st of each year.

X. AMENDMENTS. The governing body shall have power to amend this Constitution.

XI. Protests, re-instatements and definition of amateur and "professional" shall be referred to the governing body.

Respectfully submitted,

J. H. McCurdy,
Jas. Naismith,
Thos. Cornelius.

After a considerable discussion which centered chiefly about Sec. IV., the report was unanimously adopted and recommended to the consideration of the International Committee.

* * *

Report of Committee on Physical Directors' Compact.—Your committee believes it to be exceedingly desirable to have the physical department work of the Young Men's Christian Associations on a uniform basis, the terminology used the same, and uniformity in the foundation work at least.

The reasons which lead us to this conclusion are briefly:

First, that members going from one association to another may be able readily to contin-

ue their work, the terminology and the general work being the same.

Second, that Association meets may have such a common ground as will make class work possible.

Third, that there may be no serious break in the character of the work at a change of physical directors.

Fourth, that discussion relative to the work may be carried on with ease. With a varied terminology, this is impossible.

Fifth, that the work of each physical director may be intelligible to and available for the use of others.

Sixth, that each physical director may have the benefit of working along the same line and comparing his work with that of others.

We believe that the formation of a compact or union among the physical directors, looking to the adoption of uniform work in our association gymnasiums, such as methods and terminology, will greatly accelerate the attainment of these ends. Therefore, *we, the undersigned, agree together that we will adopt all recommendations relative to our work which shall come to us indorsed, both by the Physical Directors' Conference and the International Committee.*

This compact shall not be understood as a limiting or restrictive one, i. e., it is not expected that any one shall in any way be restricted to the work recommended, but that he shall make such work an integral part of his own.

Names may be added to or taken from the membership list of this compact at any time, upon request being sent to the secretary.

The secretary shall be elected annually at the Physical Directors' Conference. He shall have charge of the membership list, keep a record of all recommendations of the Physical Directors' Conference, communicate with all members of the compact, whenever the International Committee indorses any work already recommended by the Physical Directors' Conference, and shall also take charge of and see to the distribution of such printed matter as may be found necessary.

There shall be an initiation fee of 25 cents, payable on joining, and annual dues of 25 cents, payable on or before January 1st of each year.

Respectfully submitted,

H. F. H. Kallenberg, Thos. Cornelius,
L. W. Allen, J. H. McCurdy,
Luther Gulick.

This report elicited a very large amount of interest and discussion. The exact meaning of the part in italics was carefully explained. The substance of it is shown by the following illustration. The Pentathlon has been adopted, both by the International Committee and the Physical Directors' Conference, and consequently is binding on all who sign the compact. Here, however, is one who has signed it, but the Association with which he is does no athletic work. He is, of course, under no necessity of adopting the Pentathlon. Here is another who wishes to carry on the Pentathlon, and also several other tests of a similar nature, only with other events. He is not in any way restricted to the Pentathlon.

It simply means, then, that if he does athletic work, he will make the Pentathlon an integral part of his work.

To make another illustration, let us suppose that a marching system should be adopted by both the Committee and the Conference, and there is a physical director who uses no marching or very little. All that can be said is that in so far as he uses marching he should use the scheme recommended.

It may seem as if a good deal of work might be recommended which one would not care to carry out. There is little danger in this direction, for it must come recommended by the International Committee and also by this Conference. In any case, should work be adopted which any one felt was wrong, the way out of the compact is as easy as the way in. Few would care to say that work which was recommended both by the Committee and the Conference was not the right thing to carry out.

The report was unanimously adopted, and Dr. Luther Gulick, Springfield, Mass., elected secretary. Any physical director desiring to join the compact should communicate with the secretary for further information.

* * *

Report of Committee on Indoor Test.—We have felt the need of something in our indoor work of the Physical Department to correspond with the outdoor Pentathlon, whereby our men who take the regular class exercises during the fall and winter may have a basis for competition, one association with the other, along the same line of work and in furtherance of our aim of all-round development.

With that idea in view, your committee

after examining other methods so far as it had data, has come to the following conclusion: That the method used by Dr. J. H. McCurdy of New York, in his work is the best adapted for the purpose.

Therefore, be it resolved: That this Conference recommend to the International Committee for adoption the aforesaid plan with its rules and regulations, with this exception, that there be substituted the three standing broad jumps for the fence vault, to be scored as follows: Starting at 17 feet for 1 point, give 1 point for every 6 inches above that, up to 32 feet for 30 points, which will be the maximum.

Be it further resolved: That we recommend that the same general rules which govern the Pentathlon tests, govern also this indoor scheme, and that certificates be issued contestants according to Rule XX, on Dr. McCurdy's score card.

Resolved further, that if the International Committee deem it wise, they issue metal certificates to correspond to the different grades, as in the Pentathlon.

Respectfully submitted,

Thos. Cornelius,
C. E. Haskell,
C. F. B. Wall.

This report was discussed at considerable length. The difficulties of handling a large number of men and different methods of avoiding the difficulties were explained. One plan proposed was that where there were a large number of contestants in the advanced grades, that only six events should be in the contest, these six events to be announced by the referee at the time of the test. This was felt to be unwise, and the alternative of having duplicate pieces of apparatus was recommended by the Conference. It was furthermore decided to adopt the word test in place of contest, as it more truly expresses the meaning of the purpose of the events, it being a test of a man's ability, and not at all a contest between men. It was hoped that the International Committee would adopt this test in the same way in which it has the Pentathlon, and that suitable record medals be prepared.

* * *

Report of Committee on Hygienic Drills.—Your committee recommends the adoption of Roberts' Home Dumb Bell Drill, as published by The Triangle Publishing Co., and of a

series of work on the end parallels, side parallels, side horse, as presented to the last International Secretaries' Conference by Mr. Roberts and Dr. Gulick. It will be understood that these drills are not presented as the first thing to be given to new men in their entirety, but that they are to be worked up to gradually, taking only a movement or two of each the first day, leading up to each movement by a series of suitable preliminary exercises. This will be particularly necessary in the side parallel bar work. It is understood that upon the recommendation of this Conference, The Triangle Publishing Co. will publish these drills in a thoroughly illustrated form, so that they may be available for general use.

Respectfully submitted,

L. W. Allen,
Luther Gulick.

The report of this committee was adopted.

* * *

Report of the Committee on Marching System.—We recommend the marching system as already published in PHYSICAL EDUCATION, and that this be placed in pamphlet form for use in gymnasium.

Respectfully submitted,

Dr. A. T. Halsted,
E. W. Wilder,
Maurice Ross.

There was considerable discussion as to the reason for a number of difficult commands which were given, and also for the arrangement of the work. All agreed at the finish, however, that the work had been satisfactorily done, and accordingly it was recommended for adoption to the Association.

* * *

Report of Committee on Grading Athletic Events:

EVENT.	START.	POINT.	MIN.	MAX.	IN.	TO POINTS.
12 lb. Shot.	18 ft.		43 ft.	3		I
Run. Broad Jump.	11 ft.	8 in.	20 ft.	1		I
Pole. Vault Dist.	14 ft.		22 ft. 4in.	1		I
16 lb. Shot.	14 ft.		39 ft.	3		I
Stand. Broad Jump.	6 ft.		10 ft. 2in.	1		I
3 Stand. Broad Jump	17 ft.		33 ft. 8in.	2		I
Run. Hop, Step, Jump	24 ft.		40 ft. 8in.	2		I
Run. High Kick.	4 ft. 10 in.		9 ft.	1		I
Stand. High Jump.	2 ft. 9 in.		4 ft. 10in.	1		I

Respectfully submitted,

Dr. J. H. McCurdy,
L. W. Allen,
Thos. Cornelius.

This report was adopted. The runs were not graded, as there has not yet been a sufficient experience to warrant any final decision

about them. It was thought that this could be completed by next year. The way in which these events graded would be used is well illustrated in the way in which they are used at Hartford or New York, where throughout the season there are field days, all leading up to the final field day, but all graded in the same way with the Pentathlon.

* * *

The nature and character of the next conference came up for discussion during the last day. It was felt that in the future there ought to be very considerable emphasis laid upon actual practical work, so that any physical director desiring to fall in line with the new general scheme as proposed could do so easily. This would necessitate a long conference, at least ten days, the afternoons of the days being given up to the practical work as proposed by the conference. It would be possible in the afternoons in ten days under good leadership to learn the marching system, the Home Dumb Bell Drill, and all the apparatus work which has been recommended by the conference, as well as to become familiar with the use of the indoor test, as recommended by this committee. The general feeling was, that for a conference as long as this, the best time was at the beginning of the summer—the latter part of June or the first of July. If it should seem wise, however, to have a short conference—two or three days—it was thought that it might be placed immediately after the next International Conference, which is to be held here in Massachusetts.

Team Ball was played by a number of the Conference, and general opinion seemed to be that the game ought to be pushed further, and rules formulated, and that it should be given a thorough trial, as it seemed to present many elements of great value.

The work which the Conference recommends to the Association is as follows: The gymnastic nomenclature formulated by the previous Conference, the Pentathlon, Basket Ball, Indoor Test, Marching System, Roberts' Home Dumb Bell Drill, Hygienic Drills on the Horse, End Parallels and Side Parallels.

* * *

Attention is called to the excellent letter from Mr. Bolin, on page 135. It was put in small type and under the head of "*The Library*" simply from the lack of space elsewhere in the magazine.

THE LIBRARY.

COLLABORATORS:

DR. E. M. HARTWELL, Supt. Physical Training, Boston Public Schools.

DR. EDW. HITCHCOCK, Jr., Prof. Physical Training, Cornell University.

J. BOLIN, New York City.

GENERAL PRESS.

Amusements in the Olden Times. By H. A. Page. Atlanta, Sept., 1894.

Touring Through Europe on Next to Nothing. By J. P. Worden. Outing, Sept., 1894.

Across Asia on a Bicycle. By V. T. G. Allen, Jr., W. L. Sachtleben. Century Magazine, Sept., 1894.

Fighting With Four Fists. By Robert Barr. McClure's Magazine, Sept., 1894.

Mountain Climbing in the Alps. By W. S. Bridgman. Munsey's Magazine.

Re-establishment of the Olympic Games. By Pierre de Coubertin. Chautauquan, Sept., 1894.

Pastor Kneipp's Methods of Hardening the Constitution. In Two Papers—Second Paper. Walking in the Grass. The Journal of Hygiene and Herald of Health, Oct., 1894.

Physical Culture in France. The Journal of Hygiene and Herald of Health, Oct., 1894.

Training for Foot Ball. By James G. Lathrop, trainer of the Harvard foot ball team of 1894. This is a very noteworthy article. Mr. Lathrop calls attention very strongly to the overtraining which is commonly done. Every foot ball man and foot ball trainer should read the article very carefully.

Other interesting articles are *Foot Ball of '93*, by Walter Camp, and *Fencing, Old and New, as typified by Angelo and Prevost*, by H. A. Colmore-Dunn. Outing, Oct., 1894.

YOUNG MEN'S ERA.

Sept. 27, 1894. *Rescuing a Drowning Man.* By W. A. Fairbanks, Physical Director of the Armory Hill Branch of the Springfield, Mass., Association.

Outdoor Work at St. Joseph, Mo. By J. G. Nehrbas. Physical Director of the St. Joseph, Mo. Association. An excellent object lesson for all Associations.

W. H. Kinnicutt.
Round Shoulders.

THE "GYMNAST" AND ATHLETIC REVIEW.

Sept., 1894. Contains in addition to the articles which have been abstracted (see below) the following:

The International Gymnastic Festival at Lugano, held August 4-7, 1894.

Set Exercises at the Lugano Gymnastic Competitions.
Modern Hygiene in Practice.

A Stage Play of Fencing from the Middle Ages to the Present Time.

Wand Exercises shown at the International Gymnastic Competition held at Lugano (Switzerland), on August 4-7, 1894.

"On the Construction and Hygiene of Gymnasias," by Thomas D. Savill, M. D., Lond., D. P. H. Camb. (Hon. Physician to the Exeter Hall and Polytechnic Gymnasias.) A Lecture delivered as part of the B. C. P. E. Course, June, 1894, and Edited by the Secretary, W. J. Welch, Jr. (Concluded from August issue.) Cubic Space; Three Factors for Cubic Space and Ventilation; Ventilation; Warming; Lighting; Accessories to the Gymnasium.—Dressing Rooms; Baths.

Breslau International Gymnastic Competition. By R. Oberholzer.

When one takes into consideration that from 15,000 to 20,000 gymnasts assemble at the same place and that four-fifths of the men assembled take part in one or the other kind of competition, either in squad or individual competition, one can guess what a big place it requires for the handling of such a big mass of gymnasts. In Breslau the ground available for gymnastic exercises was 300 by 400 metres (about 330 by 440 yards) in the shape of a horseshoe. The whole of the center of the grounds was left free for Mass Exercises and games.

The instruments, of which there were about a hundred, all quite new and of the best quality, were arranged on the outskirts of the grounds, divided from the center and outer ground by strong barriers of wood, about 4 feet high, so that the spectators could not, for obvious reasons, mix and interfere with the competitors. All around the outside were tribunes for those who preferred to have a seat for a moderate charge. Facing the gymnastic grounds was the "Feste-Halle" or building, 25 metres (27½ yards) high, 110 metres (120 yards) long, and 50 metres (55 yards) wide, with galleries all around and a stage for gymnastic and theatrical performances, military concerts, and the various choral societies who gave regularly performances there in the evenings.

The gymnasts in the Individual (Solo) Competition were divided into 24 squads of 25 to 30 men in each, half the number of squads working on one day. A leader was appointed to each squad, who conducted the squad from one instrument to another in the order provided for on the program. He was also responsible for every man in the squad to appear in the proper order. The leader has to know the name of every man in the squad and also his number (which each man has attached to his jersey), but the judges call the competitor by his number, not knowing his name or where he comes from.

For each instrument were appointed different judges who judged the same Exercise only, right through the Competition. This is, no doubt, terribly monotonous for the judges, but it is the only way to get uniform and fair judging. The great difficulty of the Set Exercises must account for the reason why only one-sixteenth of the number of men present took part in the Individual Competition, whereas two-thirds of the gymnasts were engaged in Squad Competitions, which form of competition is, no doubt, the more useful.

There were two judges for the Set Exercises on each instrument, whereas for the Free Exercise, which every gymnast has to show on each instrument, three judges were appointed.

The maximum number of points each man can get for an Exercise on the instruments is five points, but for Jumping, Climbing and Weight-Lifting, the maximum is 10 points. The jumping starts at 4 ft. 6 in. for the first point of scoring. Every additional two inches scores one point more, so that a gymnast must clear 6 ft. in order to get 10 points. The board is 3 in. high and hard. Two tries are allowed for each height, but the slightest touch of the rope scores against the competitor and the jump does not count.

Rope Climbing hand over hand, the legs extended and kept steady during the climbing, was a trial of speed quite as much as strength. Six metres (twenty feet) had to be climbed in less than 20 seconds. Every second less than 20 seconds scored one point. Ten seconds thus scored 10 points. The most difficult thing was to keep one's legs steady, and all those who did not were disqualified for this exercise and got no points at all, although a gymnast might have climbed the rope in even less than 10 seconds. This arrangement proved to be a trap into which many fell unconsciously just as did the writer.

The Bar Bell, which weighed 85 pounds (English) had to be raised with the body in a perfectly erect position from the thighs above the head. Every lift counted a ½ point. As soon as any swing was used in lifting the Bar Bell the lift did not count. Very few lifted it 20 times.

R. OBERHOLZER.

THE GYMNASIUM (English.)

September, 1894. This is an unusually interesting number. Two articles we copy; they are both noteworthy. Additional articles are:

Swiss International Gymnastic Festival, 1894. By H. Brown, Part I.

Irish Notes.

School Athletics in Relation to Mental Training.

Athletics and Fatigue. By Guy Cadogan Rothery.

The Athenian Youth.

Ancient Greeks and Modern Germans.

The Swiss Federal Gymnastic Festival at Lugano. By an Italian Correspondent.

This important meeting of gymnasts commenced on the 4th of August and terminated on the 7th, on a well-chosen site of large extension, measuring about 15,000 square metres, surrounded on three sides by the park Ciani, and, consequently, the gymnasts and public had the very pleasing spectacle of being environed on three sides by woods, and on the other by hills; at the South the Mount San Salvatore, rising majestically, predominated the whole view.

To give an idea of the number of gymnasts that were expected to be present, the committee provided the following stock of supply:—30,000 bottles of red wine, 6,000 of white, 2,000 of Yvorne, 6,000 of Asti, and a not indifferently number of bottles of Neuchatel and Champagne wines; besides 4,500 kg. of beef, 2,000 of veal, 1,000 of pork, and 6,000 of bread. It is useless to mention the quantity of vegetables, &c., that were necessary in the culinary department.

For the regular service of the Cantine, 266 persons were engaged, not including those who had to give orders.

The following Cantons of Switzerland sent their teams, the smallest of which possessed 16 gymnasts and the largest 960:—Argau, Appenzell, Basle, Berne, Friburg, Geneva, Glarus, Crisons, Neuchatel, Schaffhausen, Solethurn, St. Gall, Ticino, Thurgau, Vaud, Zurich, and others of Central Switzerland.

The following Italian towns sent their teams too:—Venice, Legnano, Mortara, Busto Arsizio, Varese, Pavia, Gallarate, Genoa, Spezia, Savona, Pistoia, Monza, and Milan.

Germany was represented by gymnasts from Gebweiler, Freiburg, Munich, Markkirch, Lahr and Augsburg.

Now, a few words regarding the contest. The spectators and connoisseurs admired the still young agility of the old gymnasts who took part at this fete as a separate body—men from 40 to 60 years old, some with long beards, strong fine fellows, showing, with startling evidence, the advantage they have attained from a good, early, gymnastic training.

Very striking was the impression afforded by the 3,000 young men who moved like one man under the command given in French, German and Italian, it was a grand spectacle indeed. The obstacle race met with a pretty good success. The skilful club exercises by an Englishman pleased very much, but the boxing match, also by two sons of Albion, did not receive due approbation, simply because pugilism does not harmonize with continental taste.

On the 7th, at 8.40 a. m., hailed by a discharge of artillery, the cortege reappeared with numerous bands and about 200 banners, followed by all the gymnasts, who now took their places allotted to them.

The exercises were repeated and enthusiastically applauded. The 4,157 gymnasts now present were manifestly exhilarated with ardour, and closed their work with the singing of the National Anthem. This was a moment of solemnity; the impression of which the spectators will surely not forget for a long time.

A square was formed at 10 a. m. On one side were lined the maidens that were to distribute the wreaths to the winners, in front the gymnasts, and on each side, the banners with their bearers. At this moment the wine of honour was drunk. Then followed a speech by Signor Simen, who, in the name of the General Committee, praised and encouraged the contenders. He also thanked the citizens of Lugano for the way in which they had succeeded in preparing the splendid olympic festival, and said that it was a mark of comfort and consolation to see how the noble exercises of gymnastics are capable of joining on one field of peace and honour, members of all nationalities. He declared the festival a great success generally, and an example for future occasions.

Herr Ridman spoke in German, showing the very important progress Switzerland had made in this line of hygienic education.

Then commenced the distribution of the prizes. The maids placed wreaths on the banners and on the winners, and the salutes of music and cannon accompanied this closing part of the scene which was grand, striking and inspiring.

According to the Swiss Federal Rules, the best winners received the prize of first degree (wreath of laurel), the second best that of second degree (wreath of oak), and the next that of third degree (diploma).

S. F. C.

National Health of the Jews. By Conway Scott.

The ancient Greeks and Romans were descended from the Noblest Arian races.

The modern Frenchman claims descent from the valiant Franks, the Spaniards from the Kelmus Goths, and the Englishman from the three strongest nations of the North—the Saxons, the Danes, and the Normans, a noble pedigree in any case.

The Jew, on the contrary, is the direct descendant of a tribe of diseased slaves, ground down and degraded both in body and in spirit by four centuries of brutal slavery in the brickfields of ancient Egypt.

When Moses led the children of Israel out of Egypt he had the most extraordinary of all social problems to solve, and one that no modern soldier or statesman would ever think of attempting.

Out of a great mass of corrupt and degraded and cowardly humanity to create an undying people, who could live and flourish in any climate, and with any form of civilization; a people that no disaster in war or persecution, no matter how fearful, could destroy or even permanently injure; and above all a people who could become the "spiritual people," and from whom would spring all the great spiritual teachers of humanity; a people who, after thirty centuries of existence, are still the healthiest and most energetic people in the world, and who seem gifted with a strange dower of perpetual health and vigour.

The Jews were slaves in Egypt, Ninevah, and Babylon; the Jew still lives, but where are the descendants of his old masters?

The Jew lived and flourished through the whole period of the Persian, the Hellenic and Roman civilization and watched them one by one expire. The Jew lived through the whole period of civilization in Spain, and through the whole of the Byzantine Empire, and witnessed the destruction of both; and endured the long misery and persecutions of the Middle Ages, and is at this moment as fresh and vigorous as when he emerged from the desert to conquer Canaan.

The method by which Moses solved this wonderful problem of restoring the national health of a diseased, degraded, and miserable people, as shown by my paper contributed to the *Sanitary Record*, is masterful in its very simplicity, and consisted in compelling those people to live for forty years in conformity to the highest sanitary laws. And the general scope of those laws we will briefly describe, making all necessary allowances for difference in the names and classification of diseases.

The entire people were removed from the contamination of civilization and the impure life of cities to the solitudes of the desert and the pure, bracing air of the mountains.

In the camp of Moses cleanliness of every kind was rigorously enforced and carried out in a manner impossible in modern times.

Food and drink were put under careful inspection, and nothing impure, unwholesome, or in any way liable to cause disease was allowed to be used.

Every case of epidemic disease was isolated, the house purified, infected bedding burned; and every person in contact with the disease was isolated until cleansed and purified. In the treatment of such diseases Moses in many respects anticipated modern sanitary science by about thirty centuries.

Prostitution and all its attendant disease which destroys humanity was abolished *in toto*; no daughter of Israel was allowed to follow such a business under the penalty of death.

And, strange still, nearly all the diseased, the syphilitic, the scrofulous, epileptic, and other sufferers from the diseases of civilization were isolated beyond the camp, and for any healthy person to go near them or to touch them was to become unclean and be separated until cleansed and purified.

Under such regulations, rigorously enforced, the national health was found to rise year after year, and at the end of forty years a new race appeared, as strong, and hardy, and self-reliant as their predecessors were diseased, degraded, and cowardly.

Such a marvellous revolution in national health in such a short period is unknown in ordinary history, but can be readily understood when we compare the camp of Moses with our modern civilized life.

In the camp of Moses the drunkards did not bring into world crowds of diseased, weak, and degraded children. The consumptives could not bring into the world an annual crop of human misery. The scrofulous could not produce again all his diseases in his wretched children. The syphilitic could not destroy and poison the very line of humanity by propagation of his fearful diseases. The epileptic could not transmit his disease to his innocent offspring.

Nearly all these classes in the camp of Moses were isolated from their homes, and the propagation of the race was carried on by the comparatively healthy.

In modern civilized life, exactly the reverse occurs. No person is too diseased or too degraded to be allowed to marry, and to bring as many wretched children into the world as he likes, for a charitable and benevolent public to tax themselves to provide for.

If the system of Moses be the divine system for restoring the national health of any people, then the customs of modern civilized society must be an invention of the devil to increase the misery, to multiply the afflictions, and to replenish the earth with a helpless mass of human misery that no sanitary science or medical skill can hope even to alleviate.

No doubt in the camp of Moses the birth-rate was considerably reduced, but they were healthy births; and the death-rate was very high among the miserable, the diseased, and the dissipated; but such rates were the salvation of the nation. All the diseased and miserable died out and left no successors behind them. The rising generation was born healthy, and, in the fine and bracing air of the desert and the mountains, grew up into a healthy and vigorous mankind.

In modern civilized life those classes also die rapidly, but they are each year replaced by greater numbers more diseased and more degraded than even their parents were.

In plain language, the high standard of natural health possessed by the Jewish race in all climates, and through every form of civilization, is altogether owing to the sanitary code, both physical and moral, given to them by Moses, and which they have generally acted up to—and every time, as history shows, that they abandoned their law and imitated the civilized people around them, their national health soon lessened, and some great disaster fell upon them; and as long as they keep to these sanitary laws they will defy every climate and law, through every civilization, and be still the strongest people physically and intellectually in the world.

At this present time the financial and mercantile world is largely controlled by men of this race, and but a few years ago the Prime Minister of England was a Jew, the greatest statesman of France was a Jew, and the leader of the Liberal party in Germany was a Jew.

If the Jews at any time abandon their sanitary laws, and become as drunken as many Christians are, and as immoral, as reckless, and as imprudent, then the Jews will lose their national health, and become as diseased and as weak as many Christian people are at this present moment.

The great lesson to be derived from the history of the Jew is that no civilization can kill a nation that elect to live according to the laws of God and Nature, and that it is not so much the civilization which effects the human race, as the lawless lives led by people who live under civilizing influences.

It was not Greek sculpture, or painting, or architecture, or poetry that destroyed the Greek people, but the gross immorality of Greek men and women.

It was not the Roman road, or bridge, or aqueduct, or even the Roman law, that destroyed the Italian people, but the fearful curse of slavery and the sensuality of the Roman people.

Modern civilization will not perish because of its scientific benefits, or its laws, or its literature, or its religion; it can only perish in consequence of the lawless and unhealthy lives led by multitudes of so-called Christian people.

The great hope of modern civilization is that in one form or another all Governments are beginning to realize the great eternal principle that the national health is "supreme law," but the efforts made in this direction are as yet very fitful and elementary, and cannot for a moment be compared to the sanitary code voluntarily obeyed by the Jewish people. No Government could stand for a year that would dare to propose a sanitary reformation interfering at every step with the Englishman's much-boasted liberty of the subject, which in plain language means—

Liberty to be as drunken as you like. Liberty to be as immoral as you like. Liberty to propagate as much disease as you like.

As long as the public opinion of Christian Britain endorses such ideas no great improvement can be looked for in our national health; but the moment public opinion determines that the highest liberty is to live according to the laws of God and Nature, then, and not till then, can we have a marked improvement in the national health.

If but for fifty years the Christian people of this nation would elect to live according to law and nature the improvement in the national health would be so great that our successors would think they were in a new and improved world.—*The Vegetarian*.

TIDNING FOR IDROTT.

14:24. *The 2nd General Finnish Gymnastic Festival at Helsingfors, June 2-4, 1894.* Besides gymnastics by twelve gymnastic associations, among which Stockholm's Gymnastikforening from Sweden, there was competitive work in different lines of sport. The principle of equal exercise of both lateral halves of the body, which we urgently request our athletes to adopt, was vigorously carried through. The requirements were as follows:

Putting the shot (7 kgm.), minimal distance 8 m. as a mean of three trials with each hand.

Throwing the javelin (800 gr.), minimal distance 22 m. as a mean of three trials with each hand.

High jump, minimal height 120 cm. equal for start on either foot, two trials for each height.

Broad jump, minimal distance 4 m. for each foot, and so on.

14:26. *Military Competitive Sport in Stockholm* is interesting as showing an extremely practical use of the physical abilities of the army. *The Bicycle Race* went over unknown and partly poor roads and even off the roads for the sake of delivering orders to a military post and returning with report; distance 11 km. *Go as you please for foot soldiers* with weapons and packing of 20 kgm. to leave report and return. *Heaving the lead for men from the navy*, etc. J. B.

TIDNING FOR IDROTT.

14:28-31. *Are Gymnastics Physiological Only?* By G. N. The importance of gymnastics for the psychological processes, which we recognize empirically in a general way, and our hope that research may soon elucidate the relations between bodily movements and "the mind" cause us to look with special interest to articles in which these questions are supposed to be dealt with. Still for the realization of our hopes scientific investigations are needed on which positive assertions may be based, not imaginative flight resulting in platitudes such as those of which this article mainly consists. The signature and the style of writing both point to the previous chief instructor of military gymnastics at the Gymnastic Central Institute as the author, and besides the article is to great extent a rehash of his pamphlet on "plastic gymnastics." So much the worse both for him and for kinesiology, if a person who has had the official position which he has held in the country, where scientific gymnastics were born, should waste his time in mere phrases. J. B.

LES SPORTS ATHLETHIQUES ET LA REVUE ATHLETHIQUE.

This is a good paper for those interested in the marvellous progress made by the French nation as a whole, in athletic sports of all kinds during the past few years. Each number opens with a portrait and short account of "The man of the day," and his records. For August

11, 1894, "The man of the day" is Guy Gautier, member of the Racing Club since 1892. He made his *debut* by winning 100 metre dash, then the 100 metre championship in 1892, the same in 1893, also champion 400 metre runner, and record in long jump of 5 metre 94. (i. e. 21 feet 2 2-5 inches.) He also holds the records of the 150 m. in 17 seconds, and of 300 m. in 38 2-5 seconds. An excellent runner, good foot ball player, good oarsman, Gautier is an athlete in every sense.

To show the unprejudiced character of this paper, and also to give from a foreigner's point of view an idea of the great development of the spirit of out door sports in Germany, I have translated an article by Pierre Cartier, a prominent French athlete, entitled "Athleticism in Germany," which appears in this paper. c. f. b. w.

To the Editor of PHYSICAL EDUCATION:—

Having observed that every writer on the mechanics of the human body quotes the foot in rising on tiptoe as an example of a lever of the second order, which I consider a fundamental mistake, I beg leave to present briefly the main facts as given already, 1876, by Captain O. Petersen, of Christiania, and published in "Tidskrift i Gymnastik," Bd. I., pp. 344-8.

Let a person lie on his back and by contraction of his calf-muscles extend his foot. Everybody recognizes the lever of the first order. Let now an external resistance be applied to the ball of the foot. The same lever still exists. Increase the resistance until it is just strong enough to neutralize the friction between the body and the ground upon which it rests. No movement will occur, equilibrium exists, and the lever is of the first order. Increase the resistance still further so as to overcome the friction, and the body will glide upwards, presenting the same movement as in rising on tiptoe. The writers now claim the lever is of the second order, the fulcrum being the ball, the weight, the friction (or in rising on tiptoe, the weight of the body), its point of application, the ankle joint, etc. Dr. Petersen maintains correctly that no such change of lever occurs. His proof is principally: when the body and foot are both immovable, resistance and friction neutralizing each other, the static movements must be equal. When the body moves, the static momentum of the power must be greater than that of the friction and consequently $P \cdot Pa$ larger than $P \cdot Pa$, if we signify with P and Pa the power and its arm in the first case, and with P and P a the same in the second case. But if the lever in the first case is of the first order and in the latter is of the second order, we have P a very much larger than Pa , and consequently P smaller than P , which means that it would require a less power to move a body than to keep it in equilibrium—which is impossible and shows our premises to be erroneous: the lever does not change. In the same way in rising on tiptoe in standing.

The errors into which the writers have fallen is that they have considered the contraction of the calf muscles as an external force, very vividly illustrated in the figure on p. 270 in Draper's Medical Physics.

JAKOB BOLIN.

PAPERS ON ANTHROPOMETRY. Reprinted from the Publications of the American Statistical Association; Together with *The Growth of St. Louis Children*. By William Townshend Porter, M. D. *The Growth of Children*. By H. P. Bowditch. (Reprint)

This is the most notable collection of papers on anthropometry that has ever been publish-

ed. *The Growth of Children*, by Dr. H. P. Bowditch, is one of the classics of anthropometry, and has attracted very wide attention, perhaps more in Europe than in this country. *The Preliminary Report of Anthropometry in the United States*, by Dr. E. M. Hartwell, contains the best bibliography of the subject which there is. The paper by Dr. Franz Boas, on the *Theory of Anthropometry*, treats of the most fundamental problems of the subject, and brings out with great clearness the fallacy of the supposition that the symmetrical individual is represented by the straight line in the modern anthropometric chart. The paper by Dr. Claes J. Enebuske, *An Anthropometrical Study of the Effects of Gymnastic Training on American Women*, is the best thing, in English at least, on the subject of vital indices, as worked out by M. Demeny of Paris. Dr. Enebuske has applied the method to women of the Normal School in Boston. In addition to those mentioned above is a paper *On the Application to Individual School Children of the Mean Values Derived from Anthropological Measurements by the Generalizing Method*, by W. Townshend Porter, M. D., and one on *Anthropometric Statistics of Amherst College*, by Edward Hitchcock, M. D.

Everyone interested in physical training and who desires to keep up with the times will certainly desire to read this report. It can be secured for fifty cents by addressing Dr Davis R. Dewey, Institute of Technology, Boston, Mass. L. G.

A SYSTEM OF FREE GYMNASTICS AND LIGHT DUMB BELL DRILL. Fully Illustrated. By Sergt.-Major S. G. Noakes.

This is a book of exercises very largely of moderate value. L. G.

THE THERAPEUTIC USES OF EXERCISE. By R. Tait McKenzie, B. A., M. D., Instructor in Gymnastics, McGill University. Reprinted from the Montreal Medical Journal, February, 1894.

This is an exceedingly suggestive article by Dr. McKenzie, dealing with general principles more than details, the general effects of exercise, also the different directions in which it can be used with benefit from the medical standpoint. L. G.

REPORT OF THE DIRECTOR OF PHYSICAL TRAINING. Second Report of Edward Mussey Hartwell, M. D., Ph. D., Physical Director of the Public Schools of Boston, Mass. School document, No. 8, 1894. Also adopted by the Committee on Hygiene and Physical Training as its report.

This is probably one of the most complete reports ever issued. It takes up the history

of school gymnastics in New England, and then scientifically discusses the most important phases of physical training. Among these are the following: Place of muscular exercise among hygienic measures; Inter-relation of mental, moral and physical training; Effect of muscular exercise; Relation of physical training to the nervous system, and hence to education in general; Laws of development and their bearing on education.

The report then deals with the Boston Public Schools, studying the death rate of the children, the relation of growth rate to death rate, stuttering, myopia, etc. The writer believes that the present system is entirely inadequate, that both athletics and gymnastics are needed in any broad scheme, and that gymnastics should include both free-standing movements and apparatus work.

He deprecates the lack of playgrounds. He names the results which ought to be secured by a safe and rational system of physical training, and that the system should meet all varied and changing need, in respect to sex, age, health, strength, and mental capacity of the student. He also discusses the school desk question, giving tables to prove everything.

F. N. S.

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PERSONALS AND NEWS.

NOTES FROM THE BOSTON NORMAL SCHOOL OF GYMNASTICS.

Miss Fannie Allen Merrill of '94, is appointed to succeed Miss Martin of '92, in the Y. W. C. A. Gymnasium at Pittsburgh, Pa. Miss Martin has accepted a similar position in Dayton, Ohio.

Miss Bertha A. Peppedared of '94, has accepted the position in Haddonfield Training School, formerly filled by Miss Morse of '93. Miss Morse has gone to Grand Rapids, Mich.

Miss Harriet A. Clapp of '93, succeeds Miss Bartlett of '93 as principal of Farm School and instructor in gymnastics.

Miss Bartlett, as has been previously noted, has gone to the Girls' Normal School, Philadelphia.

Miss Sarah McA. Adams of '94, has accepted a position in the schools of North Brookfield.

Miss Ursula Willard of '93, has been appointed teacher in one of the grade schools in Somerville.

Miss Harriet E. Trask of '94, has taught most successfully in the Summer School, at Turner, Me.

The engagement of Miss Olive Gamewell has been announced.

The marriage of Miss C. I. Livingston of '91, to Mr. F. D. Blake, took place July 18. Mr. & Mrs. Blake will reside at Claremont, N. J.

The news of the death of Miss Corinne Harrison of '91 at Chapel Hill, N. C., was announced at the meeting of the Alumni, on Saturday, the 22nd. Miss Harrison was an earnest, untiring worker. She will be greatly missed.

Miss Emma H. Babcock of '93, who holds a certificate for one years' work, returns to finish her course this year. Miss Babcock has taught for two years in St. Margaret's School, Waterbury, Conn.

Most hopeful letters come from our graduates from the various schools and colleges where they are at work. The outlook was never so good as now and the interest never greater, as shown by the large number of applicants for admission to the Junior Class. The school opened formally October 1st.

FOREIGN NOTES.

The Swiss International Gymnastic Festival, held at Lugano, from August 4-7 inclusive, drew to this charmingly situated village, between four and five thousand participating gymnasts, representing the countries of Switzerland, Germany, Italy and the United States.

The ground for the fête, containing some 360,000 sq. ft. and lighted by electricity, had been most happily chosen in the outskirts of the city and near the lake. With its large surrounding amphitheatres, it reminded one not a little of the ancient arena.

Four very noticeable features of the fête were:—

1st. The all-round work demanded of each competitor.

2nd. The system of marking by points, giving every man and team credit for what he or it had actually done.

3rd. The excellent work of gray haired gymnasts.

4th. The prizes,—which consisted simply of laurel or oak leaves and certificates, according to the class in which a man's percentage placed him.

The exercises en masse, were marked by a clock-like precision, and were begun by marching in slow time then quick time, followed by rapid trot and slow time.

The competitions on the horse, parallels, and especially the horizontal bar, brought out some exceptionally fine performers, whose equals are rarely seen outside the professional ranks.

These men were also obliged to take part in the extension exercises, the wrestling, shot putting, pole vaulting, high and long jumping, obstacle races, and swimming, in all of which they proved their "all-round" development.

The extension exercises, mentioned above, resemble Swedish balancing movements; they develop strength, agility, suppleness and muscular control.

In the shot putting, high jumping, and pole vaulting, the men showed much strength and agility but seemed to lack skill; and in the latter event, they were much hindered by heavy, limber poles.

The shot putting (or better, stone putting) was done from stand, and with unlimited run. The stone is oval in shape and weighs 44 lbs.

The weight lifting consisted of two exercises. In the 1st, the competitor is required to lift, with one hand and as many times as possible, a stone weighing 55 lbs. from the ground to shoulder and full extension over the head. In the

2nd, he must lift, with both hands and as many times as possible, a stone weighing 110 lbs., from the ground to chest and full extension over head.

One rarely sees such large, finely developed men as are found among the champions in Swiss wrestling; and to see the winners appearing and kneeling to receive their crowns of laurel and oak leaves from the hands of some twenty-four beautiful young ladies, was a sight not soon to be forgotten.

M. R.

Anthropometric Charts.

Per Cent	1/2	MEASU																				2			
		1	2	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	98	99	100
Weight	131.8	103.3	107.1	113.3	118.5	124.9	129	131	133.4	135.5	137.5	139.5	141.5	143.5	145.4	147.2	150	152.6	155.7	159.3	163.1	171.5	176.7	178.9	186.9
Height	65.9	64.6	63.1	63.3	64.7	66.2	66.4	66.6	67.5	68.7	67.4	67.2	67.5	67.9	68.	68.3	68.6	68.9	69.3	69.7	70.6	71.4	71.9	72.9	74.1
Neck	13.8	12.2	12.4	12.7	13	13.2	13.4	13.6	13.7	13.8	13.9	14.1	14.2	14.4	14.5	14.6	14.7	14.9	15.1	15.4	15.7	16.2	16.7	17.2	17.8
Chest Contracted	32	29.0	30.4	31.2	31.8	32.7	33.3	33.9	34.5	35.2	35.8	36.4	37.0	37.5	38.1	38.7	39.3	39.9	40.5	41.2	42.1	43.2	44.4	45.7	47.1
Chest Expanded	35.2	32.5	32.9	33.3	34.1	34.9	35.7	36.5	37.3	38.1	38.9	39.7	40.5	41.3	42.1	42.9	43.7	44.5	45.3	46.2	47.2	48.3	49.5	50.8	52.2
Waist	27.3	24.8	25.3	26.2	26.5	27.1	27.6	28.2	28.8	29.4	30.1	30.7	31.3	31.9	32.5	33.1	33.7	34.3	34.9	35.5	36.2	37.0	37.8	38.7	39.6
Right Forearm	10.5	9	9.2	9.4	9.7	9.8	10	10.1	10.2	10.3	10.3	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4
Right Upper Arm	10.1	8.3	8.6	8.9	9.4	9.6	9.8	10	10.1	10.2	10.3	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4
Right Lower Arm	11.4	9.3	10.2	10.6	10.8	11	11.3	11.6	11.8	12	12.1	12.2	12.3	12.4	12.5	12.6	12.8	13	13.1	13.4	13.8	14.1	14.4	14.7	15.1
Left Forearm	10.1	9	9.2	9.4	9.7	9.8	10	10.1	10.2	10.3	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4
Left Upper Arm	9.9	8.3	8.6	8.9	9.4	9.6	9.8	10	10.1	10.2	10.3	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4	10.4
Left Lower Arm	11.8	9.3	10.2	10.6	10.8	11	11.3	11.6	11.8	12	12.1	12.2	12.3	12.4	12.5	12.6	12.8	13	13.1	13.4	13.8	14.1	14.4	14.7	15.1
Right Thigh	20.7	17	17.3	17.5	18.4	18.8	19.1	19.3	19.5	19.7	19.9	20.1	20.2	20.3	20.4	20.5	20.6	20.7	20.8	20.9	21	21.1	21.2	21.3	21.4
Right Calf	14	11.6	11.9	12.1	12.6	12.8	13	13.2	13.3	13.5	13.6	13.7	13.8	14	14.1	14.2	14.3	14.4	14.5	14.7	14.8	15.1	15.4	15.7	16.1
Left Thigh	20.1	17	17.3	17.5	18.4	18.8	19.1	19.3	19.5	19.7	19.9	20.1	20.2	20.3	20.4	20.5	20.6	20.7	20.8	20.9	21	21.1	21.2	21.3	21.4
Left Calf	13.3	11.6	11.9	12.1	12.6	12.8	13	13.2	13.3	13.5	13.6	13.7	13.8	14	14.1	14.2	14.3	14.4	14.5	14.7	14.8	15.1	15.4	15.7	16.1
Bip	8	0	0	1.2	3.4	4.8	6	7	7.8	8.7	9.5	10.2	11	11.8	12.5	13.3	14.1	15	16	17.2	18.4	20.6	23.2	24.6	10
Pull Up	10	0	0	1.7	3.3	4.4	5.2	6	6.7	7.3	7.9	8.4	9	9.5	10.1	10.7	11.3	12	12.7	13.5	14.7	16.3	18.1	9.3	10

The diagram shown above is reduced from an original, showing not merely the chart itself, but how it is used. The column of figures at the extreme left show the measurements of a young man in his first year in the gymnasium. The solid, heavy, black line was made by the "plotting" of these figures on the chart.

The figures at the extreme right show the measurements of the same man at the end of his first year's gymnasium work and the broken line shows these measurements plotted. There has been a gain in every measurement. This is a decidedly unusual case.

The following explanations will make the scheme plain to any who do not already understand it:

The data from which this chart was computed were the measurements of men between the ages of 25 and 35, who had taken systematic, all-round, gymnastic exercise for not less than two years.

The large figures at the top of the chart indicate the percentage of men in a hundred that have the weight, height, etc., given in the column below. In comparing with the chart a man weighing 160 pounds, we find 159.4 under 90 per cent., which shows that 90 of every 100 adult men weigh less than 160 pounds. If the same man is 68 inches tall, we find that figure in the height

line in the 65 per cent. column. The conclusion is that this man is heavier than he is tall, in proportion to others. The same comparison may be made through all the items given at the left of the chart.

It is probable that the central or 50 per cent. column represents a good type of man, but as we get to the extremes, we should always compare with the center of the chart. Thus, to illustrate, we can say that a man 67.2 inches tall should weigh 139.5 pounds, both being found under 50 per cent. in the chart, but we could not say that a man 71.9 in height should weigh 175.9, nor that a man 62.6 should weigh but 103.3. This is still more certain when we come to the dip and pull-up, for these bear almost no relation to stature.

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