

PHYSICAL EDUCATION.

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THE ATHLETIC LEAGUE OF YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

LUTHER GULICK, M. D.

During the past six years there has been steady agitation throughout the Young Men's Christian Associations, looking toward the formation of an Athletic League which should include all those associations of the continent desiring to co-operate with one another in physical department work. The matter has been discussed at various conventions, all culminating in the Biennial Convention, held in Springfield, Mass., in May, 1895, when the International Committee was instructed to "frame an Athletic League of the associations to promote, not the interests of mere sport or skill, but the best development of the body because of the relations the body sustains to the man." Since that time the International Committee has proceeded as rapidly as possible with the matter.

The Constitution adopted February, 13, 1896, is as follows:

CONSTITUTION OF THE ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

ART. I.—NAME.

This organization shall be known as "The Athletic League of the Young Men's Christian Associations of North America."

ART. II.—OBJECT.

The objects of this League shall be:

Sec. 1. The furtherance of association physical department work.

Sec. 2. The institution, regulation and government of inter-association gymnastic and athletic meets of all kinds.

Sec. 3. The securing and maintenance of a genuine amateur basis in association sport.

ART. III.—MEMBERSHIP.

Membership in the League shall be composed of such Young Men's Christian Associations, or branches, entitled to representation in the International Convention, as shall join this League, as provided in the By-Laws.

ART. IV.—GOVERNMENT.

The direction and control of this League shall be placed in the charge of a governing committee appointed annually by the International Committee of the Young Men's Christian Associations of North America. All the acts of said governing committee shall be subject to the approval of the International Committee.

ART. V. AMENDMENTS.

No amendments to this Constitution may be made without the approval of the International Committee.

The By-Laws of the organization are not yet ready for publication.

The form of organization upon which the League is being organized is as follows: The appointment by the International Committee of a general committee which shall have charge of the whole work. This is known as the Governing Committee of the Athletic League. At present the membership consists of Mr. Fredrick B. Pratt of Brooklyn, chairman; Mr. Charles E. Patterson of New York City, treasurer; Mr. Lyman E. Ballard of New York City, Dr. N. S. Davis of Chicago, Mr. George W. Ehler of Chicago; Dr. Luther Gulick, secretary.

The country, for purposes of convenience, is divided up into the following groups, which will be organized as fast as the local conditions warrant and the capacity of the Committee allows:

Canadian:—including all the Provinces.

New England:—Maine, New Hampshire,

Vermont, Massachusetts, Rhode Island, Connecticut.

Eastern:—New York, New Jersey, Pennsylvania, Maryland.

Central:—Ohio, Indiana, Illinois, Wisconsin, Michigan.

Western:—Iowa, Minnesota, Missouri, Kansas, Nebraska, Colorado, North Dakota, South Dakota.

South-Western:—Texas.

Southern:—

Pacific:—

In each of these sections there will be appointed a committee who shall have immediate oversight of the work in that section. The chairmen of these section committees are to be members *ex-officio* of the Governing Committee, and the chairman of the Governing Committee is a member of the International Committee. This principle of having the chairman of each committee a member of the committee who appoints it is to be followed out throughout the whole scheme of organization, thus making personal representation feasible.

The entrance fee is \$10; annual dues, \$5. The following associations have already joined the League, and include a membership of 52,000. Of these 80 associations 52 own their buildings, thus indicating the fact that these associations are among the larger and stronger ones in the country, nearly all of them possessing excellent gymnasiums and other facilities for physical work. The list by states is as follows:

STATE.	CITY.	PHYSICAL DIRECTOR.
Man.,	Winnipeg,	
N. B.,	St. John,	J. M. Edmunds
Ont.,	Hamilton,	L. W. Archibald
Que.,	Montreal,	W. H. Ball, Jr.
Calif.,	Redlands,	W. O. Black
	" Sacramento	
Colo.,	Colorado Springs,	Paul Martin Mead
	" Pueblo,	Rex Lemon
Conn.,	Bridgeport,	George L. Gabler, Jr.
	" Danbury	
	" Norwich,	A. B. Davis
	" Stamford,	Elery G. Peckham
Del.,	Wilmington,	C. R. H. Jackson
Ill.,	Chicago, Central,	George W. Ehler
	" Chicago, Hyde Park	
	" Chicago, West Side Dep't,	C. E. Beckett
Ind.,	New Albany,	Hugh Jameson
	" Terre Haute,	F. B. Barnes
Iowa,	Dubuque,	I. W. Larrimore
Kan.,	Wichita,	A. J. Musselman
Md.,	Baltimore,	Thomas Cornelius
Mass.,	Boston,	R. J. Roberts
	" Brockton,	Frank Killam
	" Chicopee	

STATE.	CITY.	PHYSICAL DIRECTOR.
Mass.,	Fitchburg,	Maurice Ross
	" Holyoke,	W. G. Morgan
	" Lynn,	B. T. Loring
	" Melrose,	E. R. Johnson, M. D.
	" Northampton,	R. J. Martin
	" Quincy,	Joseph E. Merritt
	" Southbridge,	Victor H. Meister
	" Springfield,	A. T. Halsted, M. D.
	" Taunton,	L. J. Surdam
Mich.,	Grand Rapids,	A. E. Garland
Minn.,	Duluth,	A. S. Ames
	" Minneapolis,	Louis J. Cooke, M. D.
Mo.,	St. Louis, Central,	H. G. Nicks, M. D.
N. H.,	Concord	
N. J.,	Camden,	A. G. Villed
	" Morristown,	Howard N. Adreon
	" Newark,	Leonard M. Smith
	" Orange,	P. S. Page
	" Peterson,	William C. Kiel
	" Plainfield,	
	" Trenton,	E. I. Welch
N. Y.,	Albany,	W. B. Dickinson
	" Auburn,	George T. Ferguson
	" Brooklyn, Bedford Br.,	Charles F. Herman
	" Brooklyn, Central Br.,	A. C. Howe
	" Brooklyn, E. Dist. Br.,	George T. Hepbron, Jr.
	" Brooklyn, 26th Ward Br.,	O. T. Rockefeller
	" Brooklyn, Greenpoint,	T. J. Browne
	" Buffalo,	W. B. Durand
	" New York, Harlem Br.,	J. Gardner Smith, M. D.
	" New York, R. R. Br.,	Robert McCastline
	" New York, 23d St. Br.,	L. E. Ballard
	" New York Wash. Hts Br.,	Ellas G. Brown, M. D.
	" New York Y'ng Men's Ins,	H. W. Muller
	" Rochester,	R. L. Weston
	" Troy, R. R.,	C. O. Heidler
Ohio,	Cleveland,	W. H. Kinnicutt
	" Dayton,	W. E. Day
	" Piqua	
	" Springfield,	H. G. Hodge
Oregon,	Salem,	
Pa.	Bradford,	J. M. Tyson
	" Phil., Kensington Br.,	W. L. Nase
	" Scranton,	E. P. Hoff
Tenn.,	Knoxville,	
	" Memphis,	J. A. Greenwald
Texas,	Austin,	J. S. Ford
	" Dallas,	Charles H. Carey
	" Galveston,	Harvey L. Smith
	" Houston,	C. E. Caswell
	" San Antonio,	C. E. Haskell
Vt.,	Rutland,	R. E. Bartlett, Jr.
Wis.,	La Crosse,	J. F. Voorhees
	" Milwaukee,	T. P. Bond

The objects of the League are, *first*, the holding of athletic meets, gymnastic contests, and all other forms of co-operative meets between different associations in physical work. A *second* object is the holding of physical department conferences for the consideration of all topics connected with physical work. These will be held in such sections of the country as will be of the greatest value to the men. The physical directors from associations which are members of the League will be delegated members to these

Conferences. During 1896 there will be two such conferences, one in or near Chicago, and one at Springfield, Mass. It is these conferences which in years past have done so much in the preparation of uniform gymnastic work, nomenclature, marching, etc. A *third* object of the League is in co-operative buying. It is anticipated that ultimately, by buying goods in large quantities for members of the League, it will be possible to purchase at wholesale rates, and thus secure for the League advantages in this respect which it would be impossible for them to secure in any other way. *Fourth*, the adoption of official goods, such as basket balls, goals and the like; the securing of a high standard and of a low price to members in the League. *Fifth*, to uphold a genuine or high standard, and to represent the Young Men's Christian Associations as a body before the athletic bodies of the country.

The League will maintain friendly relations with all similar organizations that stand for wholesome and honest amateur sport.

The girls of the German Physical Culture Association, Philadelphia, wear skirts that reach to the knee, a blouse, and trousers. Many of these shapely young women would put to the blush, with athletic skill, thousands of young men about town, who are daily locked in counting-rooms and factories, and who never take the least exercise. They run like deer, and are as strong and as graceful. There is strong argument for gymnastics in the ever present dignity acquired by these maidens. It is not hard to tell a girl who has been under gymnastic rules. She can walk like a soldier, knows how to carry every part of her body, and is all in all a thing of beauty.—*Good Health.*

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Man presents physical, mental, and spiritual aspect.
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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Every few years there is made a persistent endeavor, from one quarter or another, to introduce military training in the public schools as a means of physical development. Such endeavors need to be met by all intelligent friends to physical training with steady resistance, inasmuch as the effects of military training are not such as to at all warrant their being used for this purpose.

What conditions must that system of physical training meet which is to be successful in our public schools? *First*, it must have a direct and large effect upon the health of the pupils. It must build up vitality. In order to accomplish this the large muscular groups of the body, the muscles of the back, the waist, of the chest, of the thighs, must be made to contract with vigor a large number of times. It is through such vigorous contraction of these large groups that the heart is strengthened, that the lungs are brought to their best condition of development, and the digestive system is stimulated to more perfect action. Upon the satisfactory working of these three sets of organs, health and vigor largely

depend. *Second*, there should be that training which will bring skill in handling the body. It is during the period of childhood that those brain centers that have to do with muscular activity receive their development, and unless they are suitably trained at this time they will never reach a satisfactory development, and the individual will always be handicapped in his dealing with physical things. The hands, arms and body should be trained to act with skill and activity. A high degree of co-ordination should be rendered easily possible. The muscles of the trunk and the nerve centers governing them must be brought into that condition of discipline which will enable them to act with the greatest readiness and freedom. Far more depends upon such action than is ordinarily supposed. The lack of development of the nerve centers is intimately connected with many nervous diseases. *Third*, there should be secured that control of the body which we call good carriage, graceful, vigorous action, not merely in walking, but in all of the other positions and exercises which are required of men. *Fourth*, the psychological elements, courage, coolness, self-control, and self-reliance should be prominently brought out.

To what extent does military training meet these four conditions? The muscular exercise which it demands is moderate, and so moderate as not to call for that activity from the great muscular groups of the body which all those who are acquainted with the laws of physiology say is necessary in order to the maintenance of the most vigorous health. There is not that bending and stooping and twisting and turning without which the large muscles of the trunk and thighs will not be developed. The skill which is demanded by the Manual of Arms is exceedingly limited, and consists more in doing with great precision a few movements, repeating them until they are done automatically than general training of the physical powers. Thus military training as a practical matter of experience has not been found to give to those who have followed it the most carefully, that skill to arm and hand and trunk which must be acquired during childhood if it is to be acquired at all. Military training does secure a certain kind of erect carriage, but this is on account of the setting

up exercises and of the rigid requirements of the drill often rather than from any effects of the military exercises themselves. In fact, it may be said that the erect carriage is secured in spite of rather than on account of the military exercises. Those who are familiar with the effect upon the muscular groups involved in military drill can verify this readily. We would commend to any who would question this point the requiring of an individual to go through the military drill stripped and noting the parts of the body which are kept in most vigorous action. This will be most evident if a boy is taken of perhaps sixteen or eighteen years of age, who for three or four years has been doing military drill, as in this the effects of the drill are shown the most markedly. While it is true that military drill secures a large amount of patience and discipline and obedience to officers and all that, it does not secure at all that self-reliance, that courage, that coolness which only comes through active exercises such as are found in certain forms of gymnastic and athletic games.

On the other side, what are the positive objections to military training? *First*, the muscular development which is secured in connection with it is exceedingly onesided, and it may safely be said as the result of experience in a large number of cases that the direct tendency of military drill on the part of growing boys is to produce a lateral curvature, owing to the weight being held constantly on one side of the body. This is sometimes answered by saying that the drill can be made ambidextrous. To this we answer that if the military drill is modified to meet all the requirements of physical training it will become exactly the scheme of physical training which the rational teachers of gymnastics would advocate. *Second*, where the pupils have special suits in which to drill, as they do usually, and these suits fit in a snug way, there is usually that restriction of the chest which prevents deep, free breathing, and which impedes the action of the heart. This is shown by the fact of the great preponderance of heart disease amongst those who have done a large amount of military drill in uniform.

We maintain that there are none of the good effects of military training but what

can be secured by a rational system of physical training. The discipline, the marching, the ability to handle a large number of pupils in a small space can be conserved by the use, as is done in most well ordered gymnasiums, of a suitable marching system. The obedience to officers, and the subordination of the individual to the whole, can be as well done and is as well done in marching from a gymnastic as from a military standpoint. The excellent appearance of the pupils can be secured by a similar attention to their dress, marching, and examinations from the gymnastic standpoint.

We sincerely hope that all true friends of physical training will systematically urge the introduction of some broad system of physical training to the exclusion of military training.

CURRENT TOPICS.

E. M. HARTWELL, M. D.

There appears to be a growing interest in the public bath house question among the younger sanitarians and politicians, which augurs a new departure in municipal hygiene and the ultimate opening of a new field in physical education. In the November number of *PHYSICAL EDUCATION* we called attention to the generous vote, by the town of Brookline, of public funds for the erection of a public bath house, to include cleanliness baths and a swimming pool. This epoch-making action of Brookline is likely to prove a stimulating example.

Mayor Quincy of Boston in his inaugural message expressed himself as follows in regard to public baths:

"The maintaining of public baths, open all the year, seems to me to be a project for encouraging social and sanitary improvement by municipal action which promises large return for a comparatively small expenditure, and I am of opinion that the experiment of establishing such a public bath in a suitable locality should be tried. I shall recommend such an appropriation to be provided for by loan."

Mayor Quincy has appointed very recently a committee of three to investigate the practicability and probable cost of a public bath house, and to recommend the best location for one. The committee has a

great opportunity and its report cannot fail to excite interest. We trust full consideration will be given to the success which has attended the introduction, in recent years, of rain and shower baths into the schoolhouses of many German cities. Swimming pools are all very well in their way, but they are unduly expensive unless used as swimming schools, in comparison with cleanliness baths, when placed in crowded quarters, in large towns. At present we need cleanliness baths in our cities more than swimming baths. Once the cleanliness baths are well established, the more expensive and less useful swimming baths will follow in due time.

The least expensive way of determining the utility and popularity of rain and shower baths in Boston, we think would be to establish such baths in the basement of certain public schools in the most crowded and squalid quarters. There is plenty of room available for such a purpose in the basement of many, (if not most, of the larger school-houses of Boston. The cost of installing proper bathing facilities need not exceed a few hundred dollars in any given instance. The baths could be devoted to the use of the school children, during school hours, with great advantage as German experience has abundantly shown. Out of school hours the baths could easily be made of great service to the outside public. We doubt not that an experimental introduction of cleanliness baths on school premises would ultimately lead to a comprehensive system of public city baths and swimming schools. Not to provide better planned baths than those in New York City, to which we alluded in November, would be a grievous blunder. A public cleanliness bath house to be built and maintained by the city has recently been projected in New York City, and it is probable that several others of the same sort will be projected soon.

Boston owes its Faneuil Hall Market Houses to the first Mayor Quincy. Should its third Mayor Quincy be instrumental in inaugurating a system of school and public baths, he will make the city his lasting debtor.

It is a hopeful and noteworthy sign of the times that the American gymnasium nowadays, whatever its purpose, is condemned as incomplete and antiquated unless it is

provided with improved facilities for bathing. The prevalence of this idea is due to the wisdom and foresight of the designers and builders of gymnasia since 1880. It is an American and not an imported idea. The growth of the bathing habit is a mark of advancing civilization, and its steady extension has been due in no small measure to the preaching and practice of the advocates and devotees of physical training. Let the gymnasts and athletes who have experienced the pleasures and benefits which come from frequent and regular bathing be instant and active in promoting the movement, whose beginnings we have noted, for improving the condition of the neglected poor by the establishment of public bath houses in every great town. The friends of physical training should be quick to welcome and foremost in assisting every well considered scheme for multiplying baths, swimming schools, parks and playgrounds, for by so doing they can not fail to further the interests of rational physical education.

Some years since, at a time when John Morrissey, the ex-pugilist statesman of New York, was indulging in clumsy attempts to deride and discredit certain political opponents on account of their superior culture and greater regard for personal decency, the *Nation* published a trenchant and amusing article on "Short Hairs and Swallow-Tails," by its editor, Mr. E. L. Godkin, than whom no recent writer, unless possibly President Eliot, has dealt heavier blows against frantic and uncivilized athletics. We miss Mr. Godkin's articles on "Football" from the collection of his articles recently published in book form. But the following extract from his "Short Hairs and Swallow-Tails" article will bear quotation here, because of its characterization of the "culture-value" of bathing:

"It may be said without exaggeration that the progress of civilization has consisted largely in the raising of what is called 'the standard of living,' or in other words, the multiplication of the things deemed necessary for personal comfort, and, as this raising of the standard has always been begun by the few, the many have always fought against it as a sign of selfishness or affectation until they themselves were able to adopt it.

"The history of the bath furnishes a curious though tolerably familiar illustration of this. The practice of bathing disappeared

from Europe with the fall of the Roman Empire. The barbarians were themselves dirty fellows, like the Indians, and their descendants remained dirty in spite of the growth of civilization among them, putting their money, like the Short Hair, mainly into jewels and other ornaments. As long as linen was scarce and dear, changes were, of course, seldom made, and the odor of even 'the best society' was so insupportable that perfumes had to be lavishly used to overcome it. The increased cheapness of linen and more recently of cotton, and the increased facilities for bathing, have in our own day made personal cleanliness a common virtue; but an occasional bath is still as much as is thought, through the greater part of the world, compatible with moral earnestness and high aims. Of late, indeed within the memory of the present generation, persons mainly belonging to the wealthier class in England have boldly begun to bathe every day, and they have finally succeeded in establishing the rule that a gentleman is bound to bathe, or 'tub,' as they call it, every day, and that the usage cannot be persistently neglected without loss of position. Indeed there are few social casuists in England who would decide, without great hesitation and anxiety, that any English-speaking man was a gentleman who did not take a daily bath. That this view of the matter should be accepted by the great body of those who would rather not bathe every day is not to be expected, nor is it to be wondered at that they should consider it offensive, that the practice of sponging one's self in cold water every morning should in caucuses be looked on as a disqualification for political life. There is, of course, a necessary and provoking, though tacit assumption of superiority in the display of greater cleanliness than other peoples show, just as there is in coming into a room and finding fault with the closeness of the air in which other people are sitting comfortably. It is tantamount to saying that what is good enough for them is not good enough for you, and they always, either openly or secretly, resent it."

We have met with no more pregnant and pithy exposition of the creed of the "daily tubber" than this excepting in Rudyard Kipling's "Second Jungle Book," wherein all genteel and law-abiding beasts and beastesses are charged to

"Bathe daily from nose-tip to tail-tip!"

The editors of *Mind and Body* have performed a timely service by issuing a circular of inquiry to prominent educationists touching the following questions:

1. Do you believe that military drills are consistent with pedagogy?

2. Would you prefer training under a graded system of gymnastics (including tactic exercises, free exercises, light gymnastics with hand apparatus and on gymnastic apparatus designed for school use, together with regulated games and plays) to military drills?

The circular having been sent "broadcast" to the managers of public and private schools, and "to the presidents of the seventy-nine institutions where military instruction has been given by United States army officers," Mr. Hans Ballin, one of the editors of *Mind and Body*, gives some specimen opinions elicited by the circular in an interesting article entitled "Militarism," in the January number of his journal. Less than forty replies in all are given, but more are promised in the next issue. The weight of opinion expressed appears to favor graded and systematic gymnastic training to mere military drill in the physical education of high school and college students. Naturally enough the institutions which enjoy the privilege of adding an army officer to their staff of instructors at the expense of the United States, under the terms of the Morrill Act, are inclined to think military drill an agency of high pedagogical value.

Considering the poverty of knowledge and the feebleness of purpose thus far shown in the organization of gymnastics and control of athletics in most of our secondary schools and colleges, it is rather surprising and somewhat encouraging to find so many heads of schools and colleges expressing even a qualified preference for systematized forms of general physical training over the narrow and spectacular technique of military drill. Can it be that our pedagogic Rip Van Winkles are beginning to awake?

It is high time that the advocates of sound physical education should set about exploding the notion that drill in the manual of arms and a few parade evolutions by boys decked with gold lace and brass buttons is adequate either to produce real soldiers or to serve as a substitute for gymnastic training. The local societies and even the scattered members of the A. A. A. P. E. have a great opportunity to justify their existence. Let them make their voices heard, and their influence felt in protest against the expansion of military drill in

secondary schools to the exclusion or detriment of more general and substantial forms of physical training.

Let the Jingoës carry their Carter Bill through Congress if they can, but oppose them vigorously in every city where they attempt to induce the school authorities to shirk their duty towards the development of physical education along the lines which time and experience have shown to be the best! The youth in our secondary schools need sound gymnastic training. They need it badly and cannot get it. It is folly to suppose that what the War Department offers would be a sufficient and satisfactory substitute for it.

The physical training of the rank and file of the United States Army is conspicuously inadequate and antiquated. It does not compare favorably with the military gymnastics employed in the armies of Germany, France, Sweden and Great Britain. The War Department had better reform its code and system of physical training before attempting to foist them upon the high schools of the country.

If the United States government has the physical welfare of the youth of the country at heart and really desires to advance the cause of physical education more than to secure civil billets for its superfluous officers, why does it not set about establishing at least one good school for the thorough professional training of instructors in general and military gymnastics, in accordance with established principles and well approved methods? Excepting the training schools maintained by the N. A. Turnerbund, and the Y. M. C. A., the private normal schools of gymnastics have failed signally to attract any considerable number of men as students. Female teachers of gymnastics have their place, and are well enough in it, but it is highly undesirable that the American public, or the Amazonian section of it, should harbor the notion, even temporarily, that the cause of physical education is chiefly a feminine cause.

It is nearly ten years since the writer had occasion to express his opinion with regard to the relative value of military drill and gymnastics in the physical training of boys. The following extract is taken from an

article by the writer, published in the *Medical and Surgical Journal*, September 16, 1886.

"The Prussian schools and the Prussian army are admitted to be the best of their kind. It is a fact of capital importance that in the foremost military state of all the world, not only is military drill excluded from the system of public instruction, but it is also held to be insufficient for purely military purposes, and an elaborate system of gymnastics has been adopted for the training of the soldiery. Even in the cadet schools, boys under fourteen years of age are not allowed to drill with muskets. In Prussia, as in other parts of Germany, it has often been proposed to make military drill a part of the instruction for boys. The proposal has been widely and fully discussed, but the weight of the best opinion, educational and military, has been against it. Such experiments as have been made in the direction of giving the schools a military character have not succeeded. On physiological, educational, and military grounds the authorities prefer gymnastics to military drill, both as a means of securing the symmetrical development of the bodily powers, and as a preliminary training for efficient service in the army. Military drill, say the best of the Germans, is, if genuine, too stiff and severe for school boys; while if it be not genuine, its moral effects are bad and its tendency is towards the formation of vicious habits of carriage and movement.

"Gymnastics and military drill have been made obligatory in practically all public schools for boys throughout the French Republic. It is a little more than four years since the French government passed a law requiring the enrollment of all able-bodied boys over twelve years of age in the so-called *bataillons scolaires*. The boys wear a sort of uniform, are drilled with muskets, and figure with the rest of the troops on the day of the National Festival, in July.

"The Germans look with disfavor, but not with fear, upon this movement of the French. It is somewhat too early to pronounce upon the success of the experiment, but there are indications that it is not fulfilling the claims of those who were instrumental in causing it to be made. One of the French military journals characterizes it as 'a useless phantasmagoria,' and General Millott says: 'Do not let children play at soldiering. The musket should not be taken in hand too soon. It is only in the barracks that the military training of a young man is properly given. Train gymnasts for us; our officers and under-officers will soon make good soldiers of them.'"

The popularity of the French *bataillons scolaires* was of brief duration, and they have lapsed into desuetude overcome by ridicule,

indifference and disgust. Meanwhile a governmental commission, under the leadership of the well known physiologist, Professor Marey, has elaborated a new and more varied gymnastic code for the schools; and it is within the mark to say that extremely few great cities in this country (we doubt if there is a single one) make such wise and generous provision of gymnastic apparatus for their high schools as the French make for their elementary schools.

Why is it that we Americans are so dull in apprehending and so slow in profiting by the results of European experience in the field of physical education? Cannot our educational leaders see that they are barely marking time when they ought to be marching on?

MEASUREMENTS.

W. H. KINNICUTT.

Line	1	2	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	
Height	5 2	5 3	5 4	5 5	5 6	5 7	5 8	5 9	5 10	5 11	5 12	5 13	5 14	5 15	5 16	5 17	5 18	5 19	5 20	5 21	5 22	5 23	5 24
Weight	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230
Arm	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Chest	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56
Leg	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Foot	9	9 1/2	10	10 1/2	11	11 1/2	12	12 1/2	13	13 1/2	14	14 1/2	15	15 1/2	16	16 1/2	17	17 1/2	18	18 1/2	19	19 1/2	20

This chart shows the "composite" line of 195 men who entered the Cleveland, Ohio, Association gymnasium during the months of September and October, 1895. These measurements were taken from men, all of whom were over eighteen years of age, and who were engaged in nearly every line of business. The average is about twenty years, and the major portion of them are engaged in office work. While this latter fact is suggested in the arm and chest measurements, the "wheel" shows its influence in the leg line. About one-half of these men ride the bicycle. We shall hope to show a second "line" from measurements of these same men taken later.

THE LIBRARY.

BOOK REVIEW.

Anthropometric Chart. Arranged for the use in Gymnasia and Higher Schools. By Franz Pfister, M. D. The upper figures indicate the class of males, the lower of females.—All measurements are made in inches and pounds. North American Gymnastic Union. (N. A. Turnerbund).

We are exceedingly interested in this anthropometric chart. As far as we know it is the first thing of the kind which has ever been produced directly from the North American Gymnastic Union. It is also original, we think, in having the figures given both for men and women on the same chart, and also in its statement in a brief way of where the measurements are to be taken. Thus we give a few:

The Marvels of Our Bodily Dwelling. Physiology made interesting. Suitable as a text-book or reference book in schools, or for pleasant home reading. By Mary Wood-Allen, M. D. Author of "Teaching Truth," "Child-Confidence Rewarded," "Almost a Man," and joint author of "The Man Wonderful in the House Beautiful." Published by the Wood-Allen Publishing Co., Ann Arbor, Mich.

Dr. Allen likens the body to a house, and proceeds to discuss its characteristics and its character under suitable headings: The Frame Work, The Plumbing, The General Office, The Kitchen, The Force Pump, The Heating Apparatus, and many others. In the latter part of the book is a brief discussion of tobacco, alcohol, spices, etc. The scientific basis appears to be excellent. The language is good, the type clear. Opium, chloral, alcohol, and other drugs are exhibited as great enemies, being characterized as "false friends."

The upper figures indicate the class of males, the lower of females.—All measurements are made in inches and pounds.

	1st Measurement.	PER CENT. BELOW MEAN.					Mean (average) or 50%	PER CENT. ABOVE MEAN.					2nd Measurement.
		45	40	30	20	10		10	20	30	40	45	
HEIGHT TO STERNUM, from sole of foot to upper end of chest-bone.	48.8 46.1	51.9 49	52.9 49.8	54.1 49.4	54.7 51.2	55 51.6	55.6 52	56 52.6	57.3 53.3	58.8 54.2	62.5 56.7		
BREADTH OF SHOULDERS, at broadest part, arms on body.	14.1 12.4	14.8 12.8	15.2 13.2	15.7 13.7	15.9 14	16.1 14.2	16.4 14.3	16.9 14.5	17.8 14.9	18.9 15.3	20.2 16.7		
DEPTH OF CHEST, in right angle to spinal column, in line with nipples.	5.4 5	5.9 5.6	6.2 6.1	6.5 6.5	6.8 6.7	7 6.8	7.4 7	7.8 7.3	8.1 7.6	8.7 7.9	9.7 8.8		
GIRTH OF NECK, at smallest part, (below larynx)	10.3 19.9	11.6 10.6	12.9 11.5	13.1 11.7	13.4 11.9	13.6 12.1	13.8 12.4	14.1 12.6	14.5 13	15.2 13.6	16.9 14.9		
GIRTH OF RIGHT ARM, UP, at largest part, arm sideways, flexed and firmly contracted.	9.4 7.2	10.1 8.7	10.6 9.9	11 10.1	11.3 10.4	11.8 10.8	12.4 11	13.2 11.7	14.1 12.5	14.8 13.2	16.9 14.1		

On the back of the chart is contained an excellent form for recording the history; also records of the individual in running, running high jump, running broad jump, weight lifting, throwing the shot, pole vaulting, climbing, all-around apparatus work, bicycling, swimming, games. The whole thing is excellent. We wish, however, that there had been stated somewhere on the chart the data from which these measurements are made; the ages of the individuals whose measurements are charted; whether they had taken systematic exercise for a period of years or whether they had not, or whether it includes both classes. We think this would have added much to the interest of the chart.

We are exceedingly sympathetic with the movement which leads to the giving to children of such knowledge in regard to themselves, and believe that if wisely pushed, this book can be made of great service to the cause. We commend careful examination of it to all who have to do with the instruction of children.

Life and Health.—A monthly magazine for the practical discussion of all subjects pertaining to life, health and the enjoyment of longevity. One dollar yearly; single copies ten cents. Published by the Gazette Publishing Co., 1218 Broadway, New York.

One of the evidences of increased interest in physical training and allied topics is the number of magazines which are publishing articles upon the subject, as well as the appearance of new magazines on these topics, addressed either to the laity or to the medical profession.

Vol. 1, No. 1 of *Life and Health* has just appeared. It contains forty pages of reading matter on the following topics:

The Preservation of Life, by Willis Barnes; The Evil Effects of Over-Study, by W. Thornton Parker, M. D.; The Hygienic Protection of Schools, by Linnie C. Morse; The Foundation for Long Life; Individual Communion Cups, by Ellen A. Wallace, M. D.; The Physical Element in Education, by Eugene L. Richards; How the distance to the Moon is Measured; The Mound Builders; The Origin of Tobacco; Poppies Two Thousand Years Old. *Editorials:* Life and Health; In Old Age, by Dr. J. Hobart Egbert; Water Filters; Dietetic and Hygienic Directions for Nervous Patients, by Dr. T. J. McGillicuddy; The Question of Heredity; Crowded Schools as Promoters of Disease; Cocoa-Chocolate, by Willis Barnes; Public Baths; On Sending Phthisical Patients Abroad; School Children and Food; Expectoration in Public Places; Enunciation and Hygiene in the Public School; Too Much High Pressure at School, by Douglas Graham, M. D.; Preliminary Notice on the Source of Malaria, by Irving H. Bachman, Ph. D.; Inspection of Meat; Grape Fruit as a Tonic.

Of these articles fifteen are excerpts from other magazines. It seems as if a paper on such important topics, especially in its initial number, would not find it necessary to use articles on such topics as How the Distance to the Moon is Measured and The Mound Builders. The articles, as a whole, are rather general, and we do not know to what class they will particularly appeal. The subject, however, is exceedingly important and we sincerely hope there may be found that audience which will warrant its continuance and guarantee its success.

PERSONALS.

BRITISH NOTES.

This month sees the beginning of the fresh round of the National Physical Recreation Society's Challenge Shield contests, the most noteworthy being that at Cork on January 24, inasmuch as it is expected that the visit of the Belfast Y. M. C. A. team will cause a great forward gymnastic movement, Cork and the South of Ireland being gymnastically, in a very bad way.

The N. P. R. S., like all successful societies, can not exist free from calumny. It appears a small body of amateur gymnasts, in no way representative, wishing to control gymnastics and the exponents of the same, and the N. P. R. S. is the mode of attack. Physical training may be regarded, even in England, as a profession, and teachers can not permit anything of the kind. All teachers, irrespective of system, will "close ranks" against the common enemy.

The British College of Physical Education (which, by the way, is a direct outcome of the N. P. R. S.) seems forging well ahead and likely to do much good work. It will certainly give the public the chance of obtaining qualified teachers, and providing facilities for students to undergo proper training.

Wales seems to be gradually coming to the conclusion that it is worth while to train her sons and daughters physically, as new gymnasia are springing up here and there, especially down south. If we, as a nation, take to heart the warning, painfully clear, that we have no friends any where in the world, and determine to train, systematically and vigorously, our boys and girls in all good physical exercise, the events of the last few weeks may be but "blessings in disguise."

Colonel Fox, Inspector of Military Gymnasia, is compiling, by authority, a new book on the gymnastic training of the soldier. The present system is considered (at last!) to be inadequate, as though the benefit obtained by training the recruit is lost through the absence of a proper system of gymnastics in regiments. Colonel Fox suggests "that the first six months of a soldier's service should be devoted to a three months' drill course at the depot, and a three months' gymnastic course on joining his regiment, to be supplemented subsequently by daily company gymnastics to maintain the physical development produced by the course produced in the schools." He also advocates frequent bayonet fighting practice as distinct from bayonet drill. Surely the officers ought to be gymnasts and learn the practical use of the sword. I hope it is so
London, January 9, 1896.

NOTES FROM THE BOSTON NORMAL SCHOOL OF GYMNASTICS.

On January 24 and February 1 the students offered a very interesting program of work to their friends and to the friends of the School. It consisted of Gymnastic Days Orders by both the junior and senior classes, a regien, a game of basket ball and a bicycle quadrille. The quadrille, not having before been seen in Boston, aroused much interest and enthusiasm.

Miss Blanche Treat of '94 has accepted a position as instructor in gymnastics in the Y. W. O. A. in Chicago.

The School pin is a beauty—simple and suitable; a combination of the School colors—blue and yellow.

Miss Martin of '92 has designed a very attractive and convenient bicycle suit.

NOTES FROM ANDERSON NORMAL SCHOOL OF GYMNASTICS.

Dr. Scripture of Yale is giving the Normal class a course of lectures in experimental psychology at the Yale Laboratory.

The members of the present senior class are teaching in the New Haven public schools.

Miss Scarborough, '93, has been obliged to give up her position at the New Britain State Normal School on account of failing health. Her place is filled by Miss Harper, '95.

Miss Katherine Hill, '95, has recently accepted a position in Hartford, Ct.

Miss Newman, '95, is acting as assistant to Miss Ives in her public school work in New London and Norwich, Ct.

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