

CRAMPTON, C. WARD. Boy's book of strength. 1936. 257p. McGraw-Hill, \$2.25.

This book is an effort to give the boys of preparatory school age a program of health management based upon their own experience with life as they are really living it. It seeks to strengthen and support the work of the athletic coach, the gymnasium instructor, the teacher, parent, and physician.

—Start today! Your guide to physical fitness. 1941. 224p. Association press, \$1.75.

The book is meant for the individual, the doctor, the physical educator, and the soldier. Physical fitness is defined, and the importance of the medical examination is shown. Exercises are given as well as a discussion of diet and its relation to physical fitness.

—Training for championship athletics. 1939. 303p. McGraw-Hill, \$2.50.

Written for every man who wants to excel in his chosen sport. It gives specific, scientific advice on the coordination of muscles and the development of good form for track, baseball, basketball, and football. Detailed rules for training are given.

CURETON, THOMAS K. How to teach swimming and diving. 1934. 238p. Association press, \$3.

A book for teachers and supervisors which develops the philosophy, pedagogical principles, health control and management procedures, historical background and modern methods of teaching beginners. Swimming is being unusually emphasized in wartime physical fitness to reduce the large percentage of nonswimmers, estimated as high as 50 per cent of the adult male population.

DUNCAN, RAY O. Six-man football. 1940. 76p. illus. Barnes, \$1.

Written especially for the person in the small high school who has been called upon to coach this new sport. Fundamentals are stressed just as they should be taught.

FAIRBAIRN, WILLIAM E. Get tough! 1942. 120p. Appleton-Century, \$1.35.

How to win in hand-to-hand fighting as taught to the British commandos and the U.S. armed forces.

GALLAGHER, EDWARD CLARK. Wrestling. 1939. 91p. Barnes, \$1.

An illustrated book on wrestling. Contains the best information the author has been able to assemble in the different groups of holds, trips, locks, and counters. Contains a chapter on training.

HARWOOD, ELIZA J. and WAGNER, R. B. How to train your body. 2d ed. 1934. 150p. Baker, Boston, \$1.50.

A book which combines some of the fundamental Swedish gymnastic work with harmonic (poise and expression) training.

HUNT, TERRY. Exercise and keep fit. 1940. 202p. Prentice-Hall, \$1.96.

A practical book covering personal hygiene in the first half and a well illustrated exercise section in

the remaining part. The final part lists celebrities who have been conditioned by the exercises.

KENNEY, H. E. Rough and tumble fighting (Personal defense tactics). 1942. 48p. Stipes pub. co., Champaign, Ill., \$1.

This book gives many good tips on personal defense. Contains 83 illustrations. Suitable for civilians as well as those who will be engaging in hand to hand fighting in the armed forces.

KING, VICTOR H. Be physically fit (U.S. Army—West Point Cadets). 1941. 70p. West Point, 50c.

An authoritative and comprehensive, yet compact booklet on physical training for the individual, containing useful advice on matters of exercise, diet, and health, together with thirty excellent exercises for performance at home.

KIPHUTH, R. J. H. Swimming. 1942. 110p. Barnes, \$1.

Sound advice on training and practice for competitive swimming. Special conditioning exercises are included.

KNUDSEN, K. A. A textbook of gymnastics. 1924. 338p. Lippincott, \$3.

A book which is highly selective of scientifically arranged Danish and Swedish exercises for developing fundamental aspects of motor fitness. Contains considerable teaching material as well as exercises for the principal anatomical parts of the body but also arranged to cover balance, flexibility, agility, strength, power, and endurance exercises as well as a few games.

KUWASHIMA, T. SHOZO, and WELCH, ASHBEL. Judo. 1941. 119p. Prentice-Hall, \$2.50.

This book gives thirty lessons in the modern science of jujitsu. "For this book we have selected only those movements which can be mastered by the average man, woman, or child,—movements which can be accomplished with but a small expenditure of strength, and without previous training or experience."

LANE, JANET. Your carriage madam, a guide to good posture. 1934. 130p. Wiley, \$1.75.

The girl's posture problem presented with humor and illustrated with drawings.

LEFFLER-EGNELL, BARBRO. Slim and supple. 1934. 209p. Appleton-Century, \$2.

Swedish exercises for women young and old. Ten lessons are recommended to women of all ages as a simple, pleasant way of keeping the physical proportions within limits and the body in full vigor. Each section is a complete lesson with practical exercises and illustrations to facilitate the reader.

MASON, B. S. and MITCHELL, E. D. Active games and contests. 1935. 600p. Barnes, \$3.

An encyclopedia of active games and contests classified as contests between individuals, contests between groups, goal and tag games, team games and miscellaneous activities involving personal combat, horseback riding, water, or winter. A reference book carefully indexed.