

Mr. Perry Doc, you know better than that - no bow weighs 50 pounds. The term "50 pound bow" refers to the power necessary to draw the bow the full length of an arrow. Most girls shoot bows with a pull of from 25-32 pounds, while boys can pull bows of 30-40 after they have become accustomed to drawing. Recognized men's weight of bows is from 40-60 pounds. Mrs. Dart, just how do you justify archery in your program?

Mrs. Dart When we justify archery in our physical education program, the development of good standing posture with coordination of shoulder and arm muscles is always the first objective mentioned. Posture is one of the main phases of our program. Safety education is accomplished as archery can be a rather dangerous sport. Therefore, a great deal of stress is placed on safety rules. Cooperation among students in keeping scores and recovering arrows is necessary. I have found that students take better care of archery tackle owned by the school than any other athletic equipment, thus covering the teaching of good citizenship. Archery has a great carry over value as it is enjoyed by every age group. Dr. Lapp, we have been interested in flight records. Would you give us a brief explanation of that phase of archery?

Dr. Lapp Shooting for distance is one of the events of archery. It is called flight shooting. In flight shooting special light-weight arrows are shot from bows with a very heavy pull. In fact, some of the bows pull so hard that the shooter lies on his back and places his feet on the bow and pulls with both hands. Bows with the heavier pull are shot from this position. Only last summer a new flight record of 615 yards was established at the national tournament held in California. This, of course, was established shooting from the back position. The record from the standing position was also broken at the same time; 486 yards is the modern record. Many persons, after reading Robin Hood and seeing the moving picture of the same name, think the old English hunter and his long bow were the pinnacle of archery. The modern archer now shoots more accurately and farther than the Englishman of that period.

Mr. Perry Yes, that is probably true, yet the modern archer cannot match the records of the Turks of the 12th century. History tells us that in the records of the Constantinople Club many shots were above 1200 paces; 100 paces were about 70 yards. The longest is credited to Toz-Koparaw as 1281 paces, or nearly 918 yards. The present flight record is only 615 yards, so you can well appreciate how efficient the Turkish bows must have been. This was probably due to the peculiar structure of this Turkish bow, which was made of horn, sinew and wood. It differs greatly in construction from the western long bow, since it is short, usually not over three feet in length, when drawn. The bow had a wood center, usually of maple or mulberry, and was covered with the sinews of animals fastened by glue prepared by boiling skin from fish mouths or tendons of animals until it was very sticky. The tips of the bow were from 3 to 6 inches long.

Mrs. Dart Mr. Perry, that is true, but the bows the Turks made in the 18th century were even finer than the bows made in the 12th century. Authentic records exist which show that shots over one-half mile long were made. In 1768 a man named Mohammed Effendi shot an arrow 976 yards from a standing position, which is 58 yards farther than the record in the 12th century. Only last summer the modern record from the stand was established at 486 yards, which was only half as far as the Turkish record. After the Crusades, the archers of Constantinople banded together and with the help of Mohammed II established a club which existed for a long time. The