

ASSOCIATION GYMNASIUM RECORDS.

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HISTORY.

NUMBER	23	NAME	[REDACTED]	DATE OF BIRTH	
Birthplace	Lawrence Co.	of Father	Peana	of Father's Father	
	July 2, 1878	of Mother	"	of Father's Mother	
				of Mother's Father	
				of Mother's Mother	
EXERCISE (past) WORK	Physical	School		Mental	
EXERCISE (past) RECREATION	Physical	Bicycle		Mental	
HEALTH	Generally good.				
Number Brothers and Sisters living	25.	Dead	15. 26.	Cause of Death	
				Age at Death	Infancy
Father died of	heart-rather poor.	Mother died of	good.	Health	
				Occupation of Father previous to your birth	Shoe business
DISEASES IN FAMILY	Gout	Piles	Rheumatism	Phthisis	Asthma
Dyspepsia	Varicose Veins	Habitual Constipation		Heart Disease	None
*Surgical Operations	†Accidents	‡Strain	¶Injury		

EXAMINATION.

DATE	Yr.	Mo.	Da.	Hr.	Yr.	Mo.	Da.	Hr.	Yr.	Mo.	Da.	Hr.	Yr.	Mo.	Da.	Hr.
OCCUPATION																
EXERCISE; WORK	3 miles.															
EXERCISE; RECREATION																

WEIGHT	101 1/2			
HEIGHT STANDING	165 1			
Height Sitting	83 9			
Length of Trunk	54 0			
Depth of Chest	17 0			
Width of Chest	24 4			
Breadth of Shoulders	36 8			
Breadth of Hips	28 6			
Neck	30 9			
CHEST EXPANDED	81 7			
CHEST CONTRACT'D	76 0			
Waist	63 5			
Hips	28 5			
R. WRIST	15 9			
R. FOREARM	22 7			
R. UP-ARM UP	24 2			
R. UP-ARM DOWN	20 8			
L. FOREARM	21 8			
L. UP-ARM UP	23 8			
L. UP-ARM DOWN	20 7			
R. THIGH	42 5			
R. CALF	28 7			
L. THIGH	41 5			
L. CALF	22 8			
L. Ankle	19 5			
Muscles, Consistency	VH H M S VS	VH H M S VS	VH H M S VS	VH H M S VS
Muscles, Development	VG G M P VP	VG G M P VP	VG G M P VP	VG G M P VP
Muscles, Size	VL L M S VS	VL L M S VS	VL L M S VS	VL L M S VS
Heart Rate	Before	After	Before	After
DIP				
PULL UP				
Strength R. Forearm				
Strength L. Forearm				
Lung Capacity				
Hours in Open Air				
Sleep	8 hrs			
Tobacco	None			
Stimulants	None			
Health				

PRESCRIPTION
Knee run & exercise daily
Muscles of back & arms
undeviated.

REMARKS
Heart & Lungs normal.

SPECIAL HISTORY, ACCIDENTS, SURGICAL OPERATIONS, &c.

ASSOCIATION GYMNASIUM RECORDS.

HISTORY.

NUMBER 5	NAME [REDACTED]	DATE OF BIRTH 5/30. 1874
Birthplace Kan.	of Father Pa	of Father's Father
	of Mother Ohio	of Father's Mother
		of Mother's Father
		of Mother's Mother
EXERCISE (past) WORK	Physical Training	Mental 8 yr School
EXERCISE (past) RECREATION	Physical Base ball	Mental
HEALTH	Boating swimming Foot ball good	
Number Brothers and Sisters living me B. me S.	Dead me sister	Cause of Death
	Age at Death	
Father died of	Mother died of	Health
Father health good	Mother not good	
DISEASES IN FAMILY	Gout no	Piles no
Dyspepsia no	Varicose Veins no	Habitual Constipation no
	Rheumatism no	Phthisis no
	Heart Disease no	Asthma no
		Occupation of Father previous to your birth CLK RR
*Surgical Operations	†Accidents	‡Strain
		¶Injury

EXAMINATION.

DATE	Yr. 90 Mo. 5 Da. 15 Hr. 8	Yr. Mo. Da. Hr.	Yr. Mo. Da. Hr.	Yr. Mo. Da. Hr.
OCCUPATION	School			
EXERCISE; WORK				
EXERCISE; RECREATION	2 hour Gym			
WEIGHT	188	PRESCRIPTION		
HEIGHT STANDING	5-4			
Height Sitting	33			
Length of Trunk	23-2			
Depth of Chest	7-1			
Width of Chest	9-7			
Breadth of Shoulders	15			
Breadth of Hips	11-4			
Neck	12-6			
CHEST EXPANDED	33			
CHEST CONTRACT'D	32			
Waist	27-2			
Hips	32-8			
R. WRIST	6-7			
R. FOREARM	10	REMARKS		
R. UP-ARM UP	10-8			
R. UP-ARM DOWN	10-1			
L. FOREARM	6-7			
L. UP-ARM UP	10-7			
L. UP-ARM DOWN	9-8			
R. THIGH	19			
R. CALF	12-7			
L. THIGH	18-7			
L. CALF	12-7			
L. Ankle	7-8			
Muscles, Consistency	VH H M S VS	VH H M S VS	VH H M S VS	VH H M S VS
Muscles, Development	VG G M P VP	VG G M P VP	VG G M P VP	VG G M P VP
Muscles, Size	VL L M S VS	VL L M S VS	VL L M S VS	VL L M S VS
Heart Rate	Before After			
	84			
DIP				
PULL UP				
Strength R. Forearm				
Strength L. Forearm				
Lung Capacity				
Hours in Open Air	4			
Sleep	8			
Tobacco	no			
Stimulants	no			
Health	Good			

SPECIAL HISTORY, ACCIDENTS, SURGICAL OPERATIONS, &c.

Record of Physical Development.

MEASUREMENTS.

		a.p.m	a.p.m	a.p.m	a.p.m
HEIGHT.	Standing,	1733			68.2
	Sternum, length of (not including Cartilage),	920			36.2
	Abdomen (from base of Xiph-oid Cartilage to Pubes),	612			24.1
			S. U.		
			U. P.		
	Neck,	352			14
	Upper Chest — Repose,				
	“ “ after Expiration,	833			32.6
	“ “ after Inspiration,	946			37.2
	Lower Chest — Repose,				
GIRTH.	“ “ after Expiration,				
	“ “ after Inspiration,				
	Waist,	730			28.6
	Hips,	920			36.1
	Thigh,	{ R 495			19.4
		{ L 505			19.9
	Calf,	{ R 345			13.6
		{ L 345			13.6
	Upper Arm,	{ R 272 302		10.6	11.8
		{ L 255 284		10.0	11.1
DEPTH.	Forearm,	{ R 267			10.5
		{ L 250			9.8
	Chest,	190			7.5
	Abdomen,	185			7.3
BREADTH.	Shoulders,	412			16.2
	Chest,	275			11.9
	Waist,	264			10.4
	Hips,	327			12.8
	Stretch of Arms,				
	Bi-Iliac Diameter,				
PULSE.	Lying.				
	Sitting,				
	Standing,				
	Standing, after Exercise,				
Sphygmograph — Tracing No.					
Cardiograph — Tracing No.					
Pneumograph, Sup. Costal — Tracing No.					
“ Inf. Costal — Tracing No.					cur. in
Spirometer,		280			280
wrist.		171			6.8
ankle		206			8.1

Record of Physical Development.

Name Wf

84.

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TESTS OF STRENGTH.

1 Inef.
1 Mitral Regurg.

Age,

21.

Weight, Lbs.,

140

Hand Flexors,

{ R
L

Weak *Inef* *orig.* *Rapid*
Mitral
lesion *174*

" Extensors,

{ R
L

174 *1*

Forearm Supinators,

{ R
L

174

" Pronators,

{ R
L

111

Arm Flexors,

{ R
L

" Extensors,

{ R
L

Latissimus Dorsi,

{ R
L

Deltoid,

{ R
L

Pectorals,

{ R
L

Shoulder Retractors,

{ R
L

Foot Extensors,

{ R
L

" Flexors,

{ R
L

Leg Flexors,

{ R
L

" Extensors,

{ R
L

Thigh Flexors,

{ R
L

" Extensors,

{ R
L

" Abductors,

{ R
L

" Adductors,

{ R
L

Trunk Anterior,

" Posterior,

" Lateral,

{ R
L

Neck Anterior,

" Posterior,

" Lateral,

{ R
L

Inspiration, Waist,

" Chest,

Inspiration — Pneumatometer (mm. of Mercury),

Expiration — Pneumatometer (mm. of Mercury),

TOTAL STRENGTH

Arms,	Average Man,	1315
Legs,	" "	1903
Trunk,	" "	837
Chest,	" "	286
Entire Body,	" "	4341

PER CENT.		1	10	20	30	40	50	60	70	80	90	100
Height,	72	62.0	64.8	66.2	66.9	67.6	68.2	68.8	69.3	70.0	71.0	72.7
Weight,	148	95	116	123	130	136	142	144	150	157	168	198
	135	12.0	13.0	13.3	13.5	13.7	13.9	14.1	14.3	14.5	15.2	16.2
Contracted,	36.5	28.0	30.1	31.1	31.8	32.5	33.0	33.4	34.0	34.6	36.0	39.0
	38.5	30.0	33.2	34.3	35.0	35.7	36.3	36.8	37.3	38.0	40.0	42.6
Waist,	30.5	25.5	27.0	27.9	28.5	29.0	29.4	29.9	30.5	31.3	33.5	36.0
R. arm down,	10.5	7.8	8.9	9.4	9.7	9.9	10.1	10.3	10.6	11.0	12.1	13.0
R. arm up,	11.2	9.0	10.3	10.6	11.0	11.3	11.5	11.7	12.0	12.4	13.1	14.0
R. forearm,	9.6	8.3	9.1	9.6	9.9	10.1	10.3	10.4	10.6	10.8	11.2	11.4
L. arm down,	10	7.8	8.9	9.4	9.7	9.9	10.1	10.3	10.6	11.0	12.1	13.0
L. arm up,	10.7	9.0	10.3	10.6	11.0	11.3	11.5	11.7	12.0	12.4	13.1	14.0
L. forearm,	9.5	8.3	9.1	9.6	9.9	10.1	10.3	10.4	10.6	10.8	11.2	11.4
R. thigh,	20.5	17.0	18.3	19.0	19.6	20.0	20.2	20.4	20.8	21.4	22.8	24.0
R. calf,	13	11.7	12.5	12.9	13.2	13.4	13.6	13.8	14.0	14.4	15.3	16.1
L. thigh,	20.3	17.0	18.3	19.0	19.6	20.0	20.2	20.4	20.8	21.4	22.8	24.0
L. calf,	13.4	11.7	12.5	12.9	13.2	13.4	13.6	13.8	14.0	14.4	15.3	16.1
Chest expansion,		1.3	1.8	2.2	2.5	2.7	2.9	3.2	3.4	3.8	4.3	4.7
Lung capacity,		129	183	200	213	225	237	248	266	282	306	368
Heart acceleration,		100	82	75	56	45	36	29	25	19	11	6
REACTION.	Sight,	400	368	291	262	238	225	215	195	170	142	110
	Hearing,	350	296	255	227	211	200	190	176	153	130	100
	Touch,	360	305	266	238	222	207	196	183	162	140	102
STRENGTH.	R. forearm,	27	79	90	96	103	110	118	126	136	150	203
	L. forearm,	27	79	90	96	103	110	118	126	136	150	203
	Back,	82	158	198	231	260	292	326	363	409	474	697
	Legs,	140	200	255	320	390	450	515	600	720	850	1000
Dip,		1	4	7	10	12	13	14	16	19	22	30
Pull-up,		1	5	9	12	14	16	18	20	23	27	32
100 yards,		13.3	13.0	12.3	12.2	12.1	12.0	11.4	11.3	11.2	11.0	10.3
Mile,		7.00	6.40	6.25	6.10	6.05	6.00	5.55	5.50	5.40	5.25	5.10
High jump,		3.4	3.9	4.0	4.2	4.3	4.4	4.5	4.6	4.8	5.0	5.4
Pole vault,		5.0	5.9	6.4	6.10	7.2	7.5	7.8	8.0	8.6	9.0	9.8
Shot,		11	14	18	21	23	24	25	27	30	33	37