

ASSOCIATION GYMNASIUM RECORDS.

HISTORY.

NUMBER 23 NAME [Redacted] DATE OF BIRTH July 2, 1878

Birthplace Lawrence, Mo. of Father Peuna J of Father's Father Ireland Married

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 Cause of Death Injury

Father died of heart-rather poor Mother died of good Health " Occupation of Father previous to your birth Shoemaker

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																	
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	27 8																
L. Ankle	19 5																

PRESCRIPTION
 Needs sun & exercise daily
 Muscles robust & arms
 muscular.

REMARKS
 Heart & Lungs normal.

	VH H M		VH H M		VH H M		VH H M	
	S	VS	S	VS	S	VS	S	VS
Muscles, Consistency								
Muscles, Development								
Muscles, Size								
Heart Rate	Before	After	Before	After	Before	After	Before	After
DIP								
PULL UP								
Strength R. Forearm								
Strength L. Forearm								
Lung Capacity								
Hours in Open Air								
Sleep								
Tobacco								
Stimulants								
Health								

SPECIAL HISTORY, ACCIDENTS, SURGICAL OPERATIONS, &c.

8 hrs
 none
 No.