

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 Married No
 of Mother's Father
 of Mother's Mother
 EXERCISE (past) WORK Physical Farming 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 Father health good Mother died of Mother not good Health Occupation of Father previous to your birth CLK RR
 DISEASES IN FAMILY Gout no Piles no Rheumatism no Phthisis no Asthma no
 Dyspepsia no Varicose Veins no Habitual Constipation no Heart Disease no
 *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
 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
 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
 GIRTH OF
 Muscles, Consistency VH H M
S VS
 Muscles, Development VG G M
P VP
 Muscles, Size VL L M
S VS
 Heart Rate Before 84 After /
 DIP /
 PULL UP /
 Strength R. Forearm /
 Strength L. Forearm /
 Lung Capacity 4
 Hours in Open Air 8
 Sleep no
 Tobacco no
 Stimulants Good
 Health Good

PRESCRIPTION

REMARKS

SPECIAL HISTORY, ACCIDENTS, SURGICAL OPERATIONS, &c.