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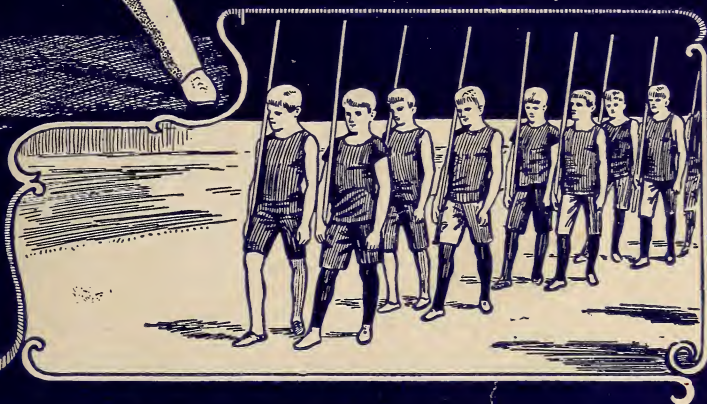
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INTRODUCTION

The normal boy is characterized by ceaseless physical activity. His muscles seem fairly to ache to be squeezed and stretched. He is most miserable when compelled to sit still or repress physical activity.

Upon the vigorous expression of the play instinct through games and sports depends in large measure the physical, mental and moral development of the boy. Boys who have never played much, seldom in adult life evidence the physical well being, the joy of living, the poise and control, the enthusiasm and spontaneity in their work which characterizes those who have had a normal play experience.

Unfortunately the modern city makes for physical repression. Opportunities for physical recreation are criminally limited. The school in which the boy spends most of his active hours is recognized as the greatest of sedentary institutions. The employed boy is even more severely handicapped, his daily work lacks the enthusiasm which should be typical of all boy interests, it involves usually but limited muscle expression, and is frequently characterized by automatism and monotony.

Any endeavor based on physiologic principles, which induces the boy to exercise is highly commendable. The great element of interest must not be overlooked. Physical work must be prescribed largely in the form of play, so as to receive enthusiastic reception. Fancy marching, drills composed of play movements are helpful in securing the interest of the boy and thus his active participation.

GEORGE J. FISHER, M. D

New York City.

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FOREWORD

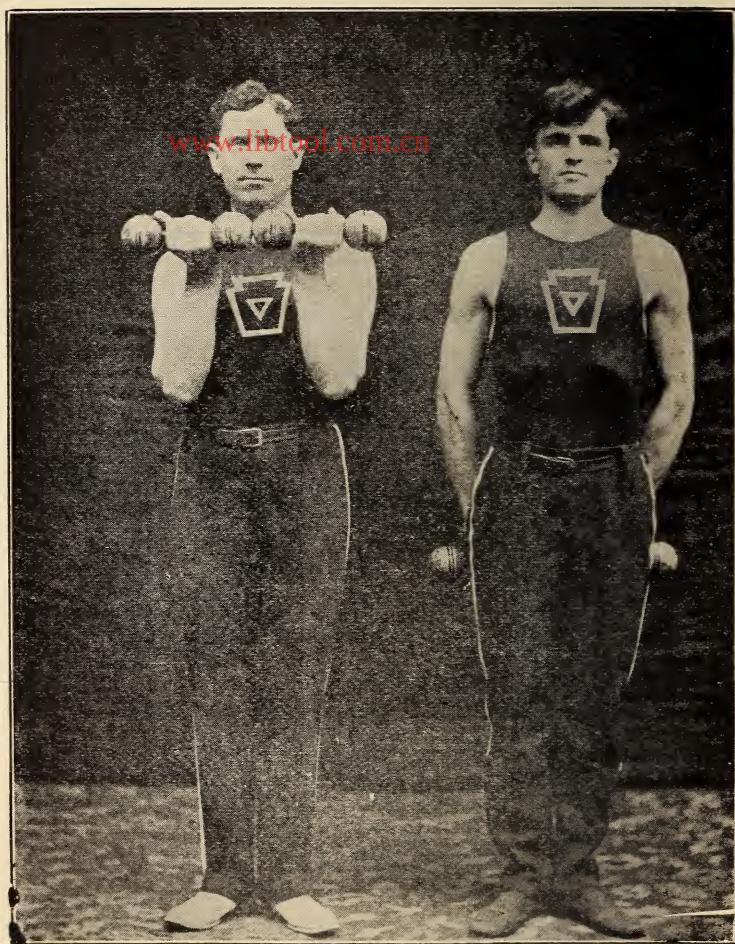
The following drills are designed primarily for boys. They can, however, be used successfully with boys and girls, men and women. We have used these two drills for a number of years in boys' exhibitions with increased interest and proficiency.

Physical Directors have doubtless observed the tendency of boys (both in line and in drill) to continually hammer or clap dumb bells. If this is a source of enjoyment or recreation for the youngsters, then why not follow up this idea and give them work which will be dominated by the play spirit and also be highly beneficial.

All concede that games and recreative exercises during the adolescent period are preferable to set drills and monotonous movements. If we can introduce this game-and-play element in our gymnastic exercises, then dumb bells will cease to be the boy's nightmare, and he will look forward with expectancy to the mass work as much as he formerly did to "shooting a goal."

The marching drill is very elementary, but when properly executed is quite pleasing to the spectator, beneficial to the boy and assists the director regarding discipline. A few minutes of marching before each drill will be helpful in getting the attention of the class. There is more incentive and enthusiasm in the marching if accompanied by the piano, although it is very effective if the stamp of alternate steps be accentuated. For the sake of variety the marching may be performed in double quick time.

W. J. CROMIE.



A

B

FIG. I.

Clap the bells together under chin, as in (A).

Clap the bells together in rear, as in (B).

Note—In all the following exercises try and maintain an erect position of the body. Chest thrown out strongly, stomach drawn in, chin in, back hollowed and hips extended slightly.

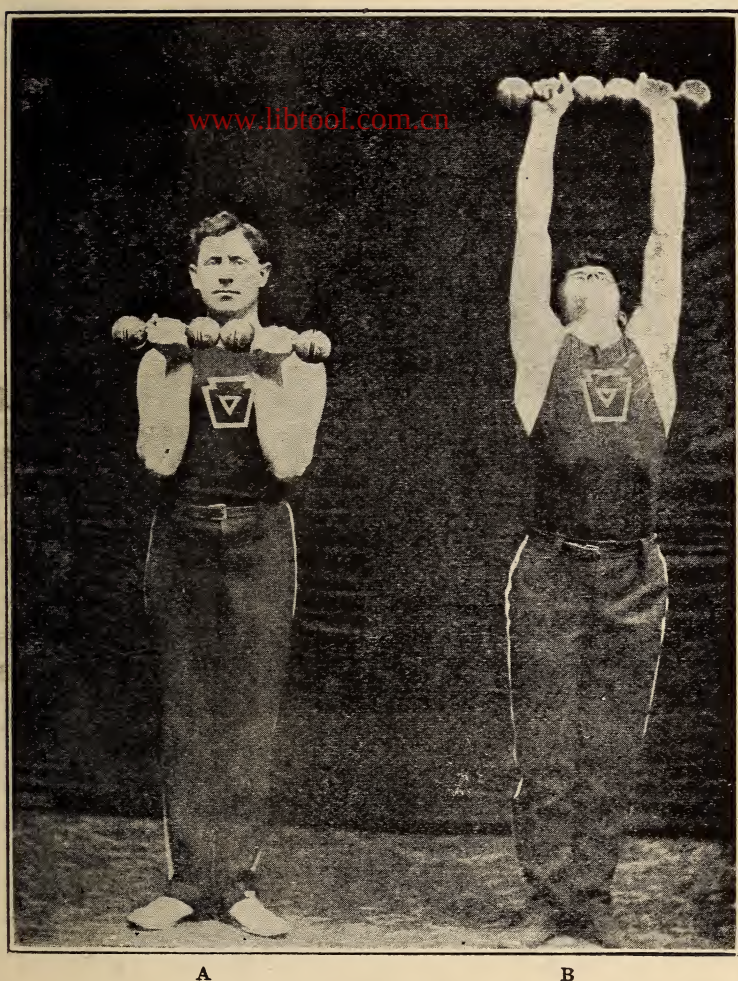


FIG. 2.

Clap the bells together under chin, as in (A).

Clap the bells together vertical, as in (B).

Note—Look up at bells in the second part of this exercise.

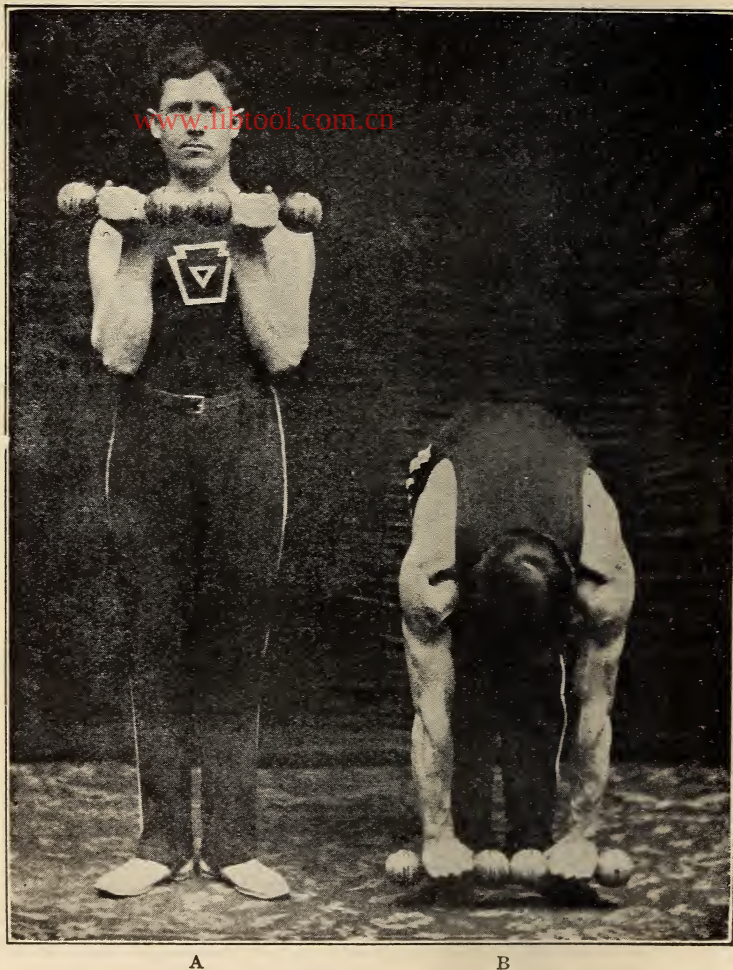


FIG. 3.

Clap the bells together under chin, as in (A).

Clap the bells together near floor, as in (B).

Note—Do not bend the knees.



A

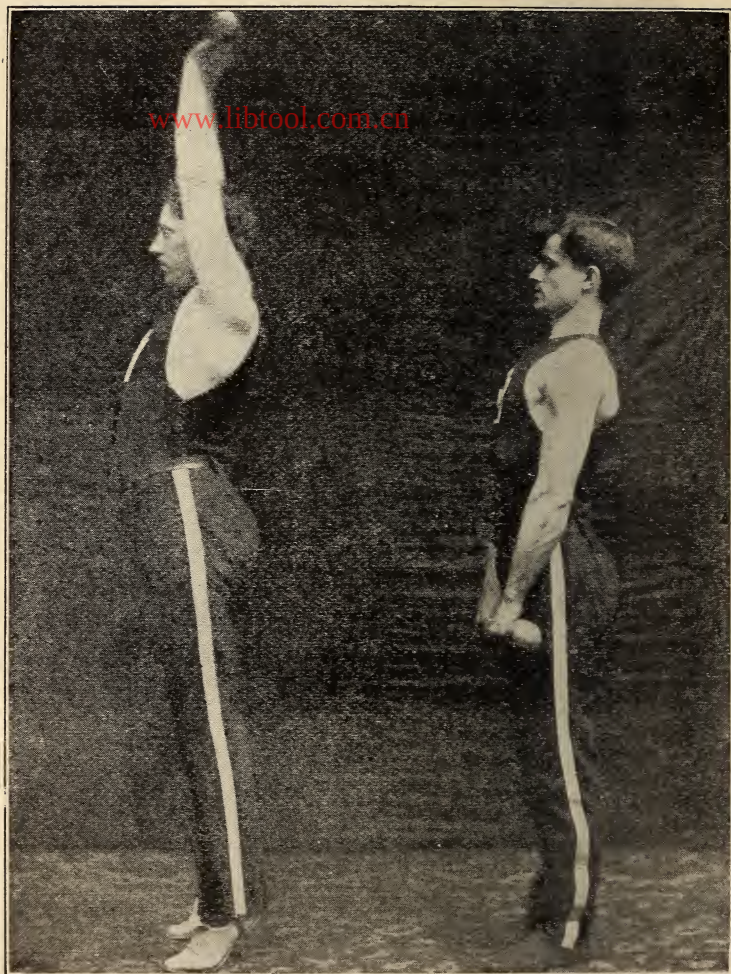
FIG. 4.

B

Arms down at side of body, raise to side horizontal, as in (A).
Clap bells front as in (B), back to side horizontal, down.

Arms side horizontal as in (A), clap front, raise to vertical,
front, return to side horizontal.

Note—Perform both the above exercises in four counts.



A

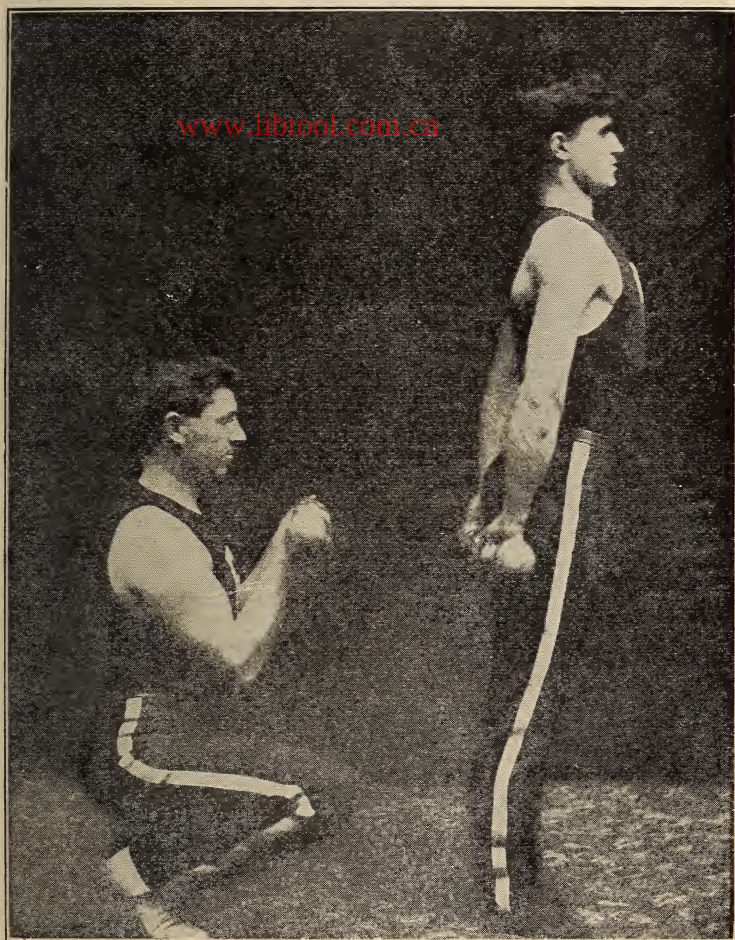
FIG. 5.

B

Raise on toes and clap bells vertical, as in (A).

Clap bells front, as in (B).

Note—The above exercise may be performed as toes are raised.



A

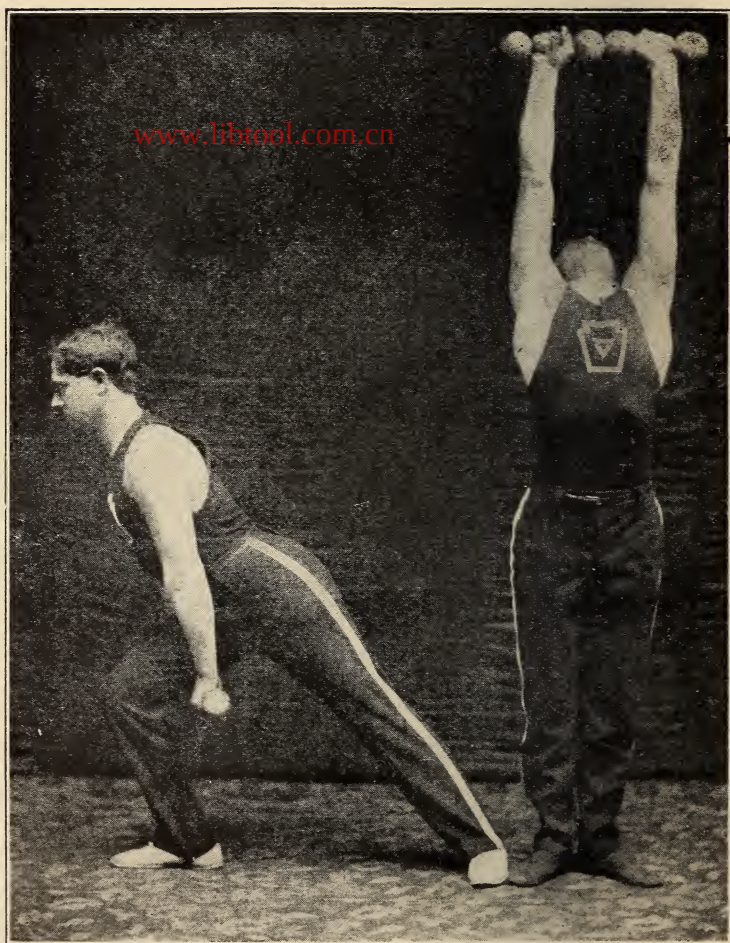
FIG. 6.

B

Clap bells in squat rest, as in (A).

Clap bells in rear, as in (B).

Note—In performing the squat rest, do not lean forward or backward, as it tends to unbalance one.



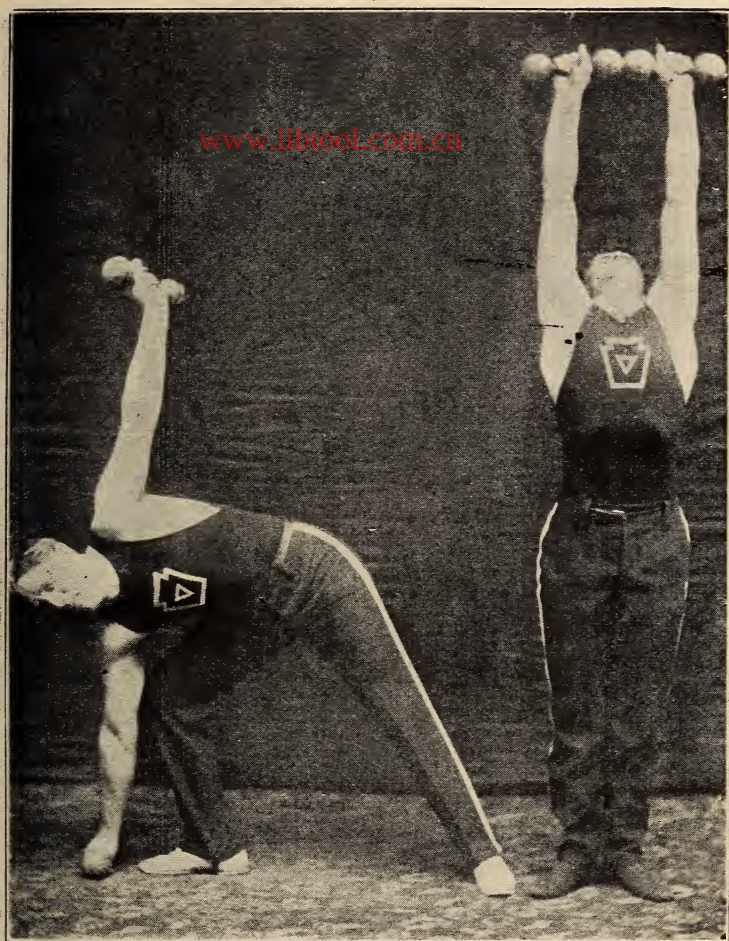
A

FIG. 7.

B

Charge to right, clap bell, as in (A); then clap vertical—(B).
Charge to left, clap bell, as in (A); then clap vertical—(B).

Note—The same by charging front; right and left oblique. The same by charging to the rear; rear right and left oblique.



A

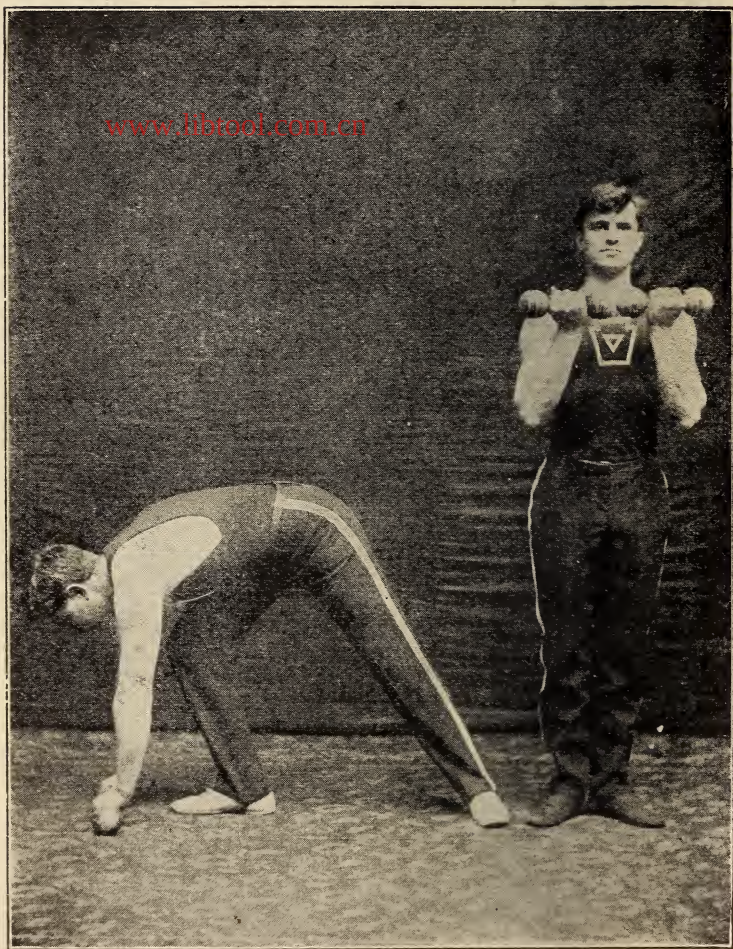
B

FIG. 8.

Charge to the right, bell on floor, as in (A).

Clap bells vertical, as in (B).

Note—Alternate right and left.



A

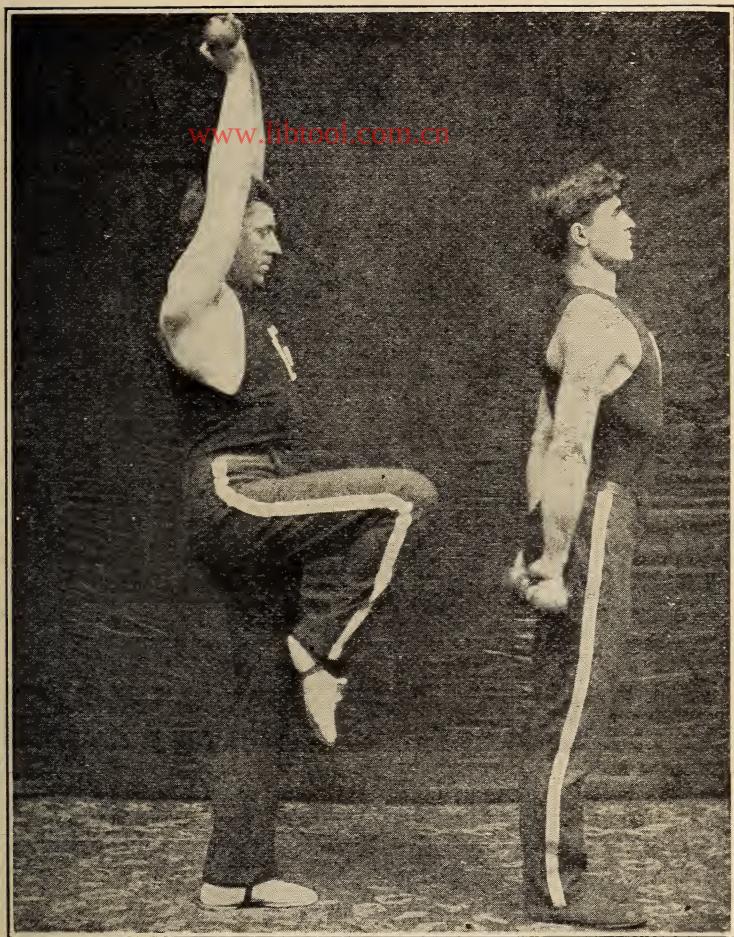
FIG. 9.

B

Charge to the right, both bells on floor, as in (A).

Clap bells, as in (B).

Note—Instead of clapping the bells in front, they may be clapped either vertical or rear. This of course applies to all of these exercises.



A

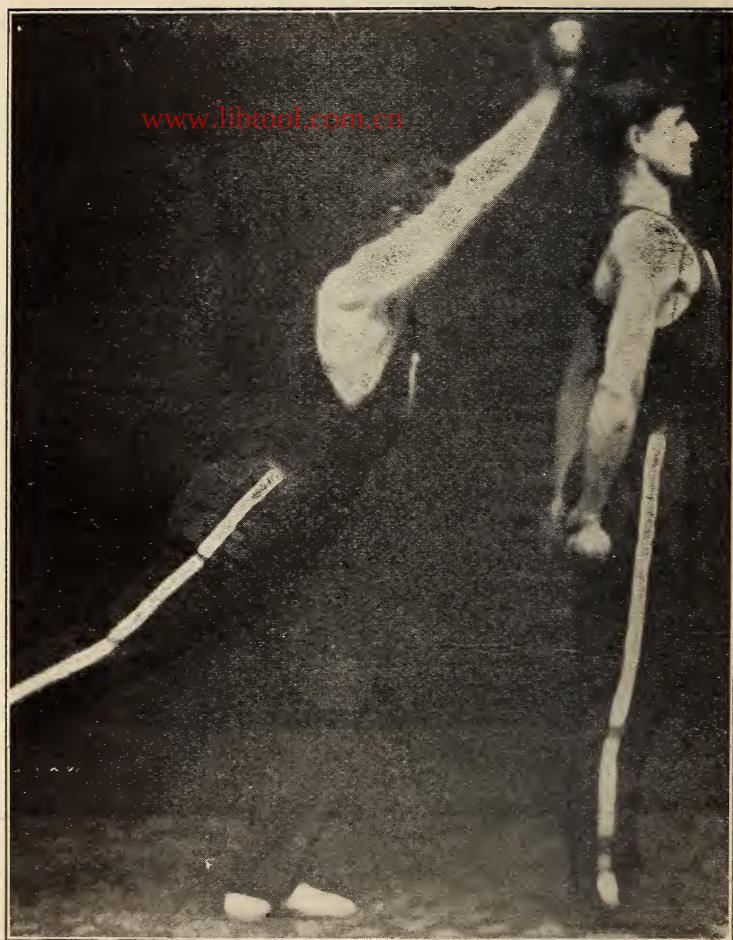
FIG. 10.

B

Flex thigh and leg clap bells vertical, as in (A).

Clap bells rear, as in (B).

Note—Right and left alternate. Bells may be clapped under thigh instead of vertical. The clapping of bells vertical and rear may be performed in the stationary run as knees are brought toward chest.



B

FIG. II.

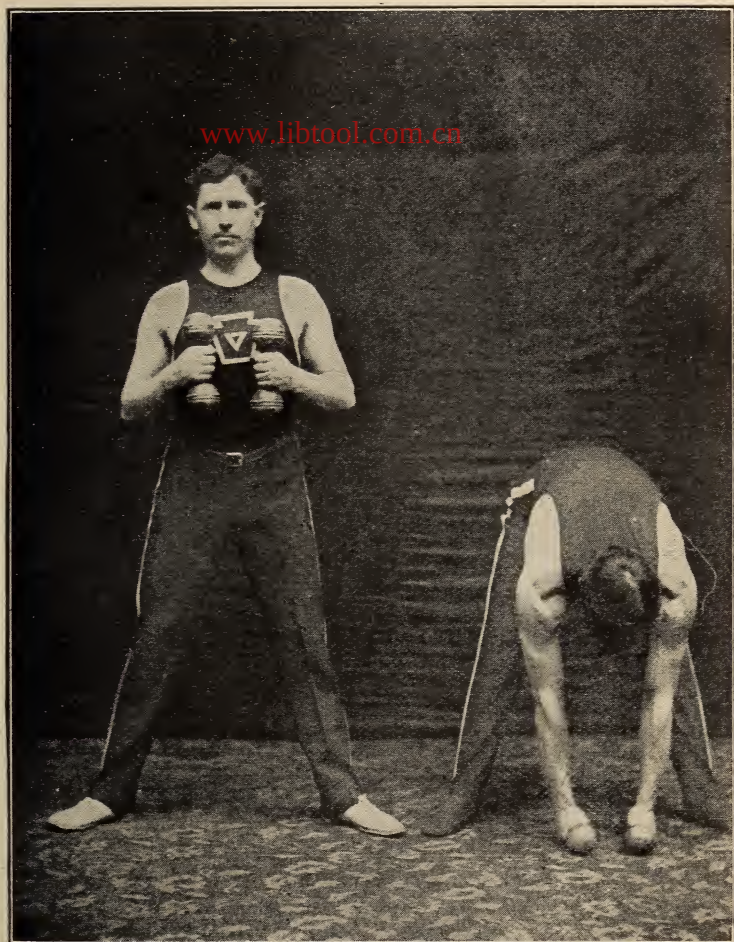
A

Extend leg to the rear, clap bells vertical, as in (A).

Clap bells rear, as in (B).

The same by flexing the knee on which the weight of the body is resting.

Note—Alternate right and left.



A

FIG. 12.

B

Bells on chest, as in (A) and, (1) Touch floor, bells of chest, extend arms down at side, to chest (A). (2) Touch floor, bells on chest, extend arms side horizontal, to chest. (3) Touch floor, bell on chest, extend arms front horizontal, to chest. (4) Touch floor, bells on chest, extend arms vertical, return bells. (5) Touch floor, bells on chest, extend one bell vertical, other down.

Note—The above exercises are performed in the stride-stand position and in four counts. Count one, touch floor with bells; count two, return to position, bells on chest; count three, extend arms; and count four, return bells to chest.

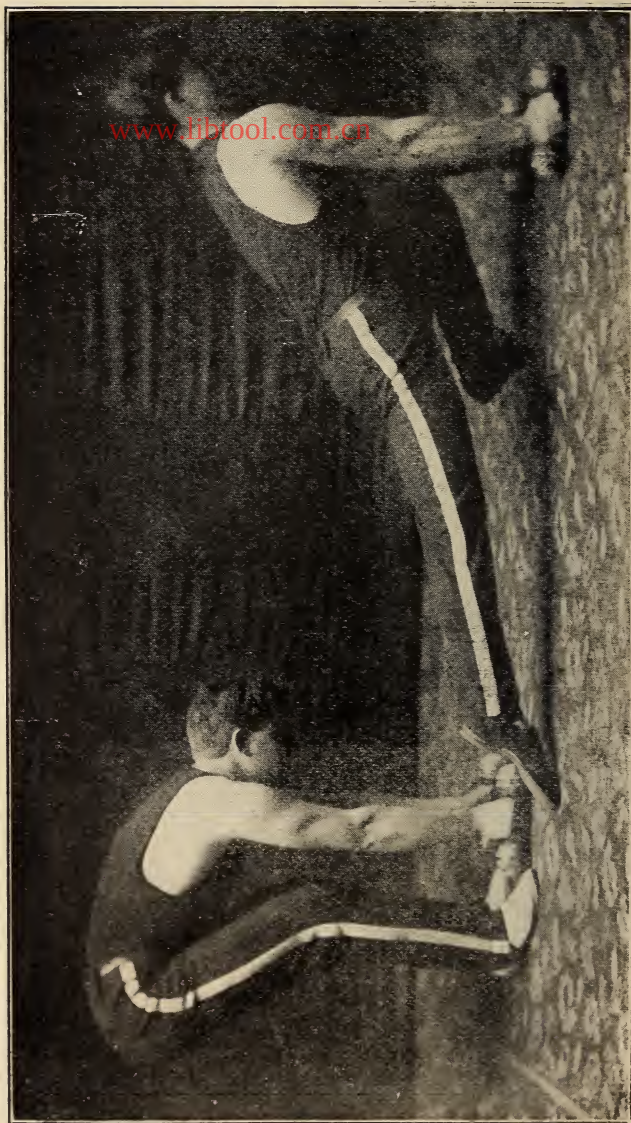


FIG. 13.

POSITION—Body erect, feet together, bells on chest or hips, and bend forward, as in (A); extend right leg to the rear, as in (B); back to (A); position then erect.
The same and extend left leg to rear.

Note—Perform the exercise in four counts

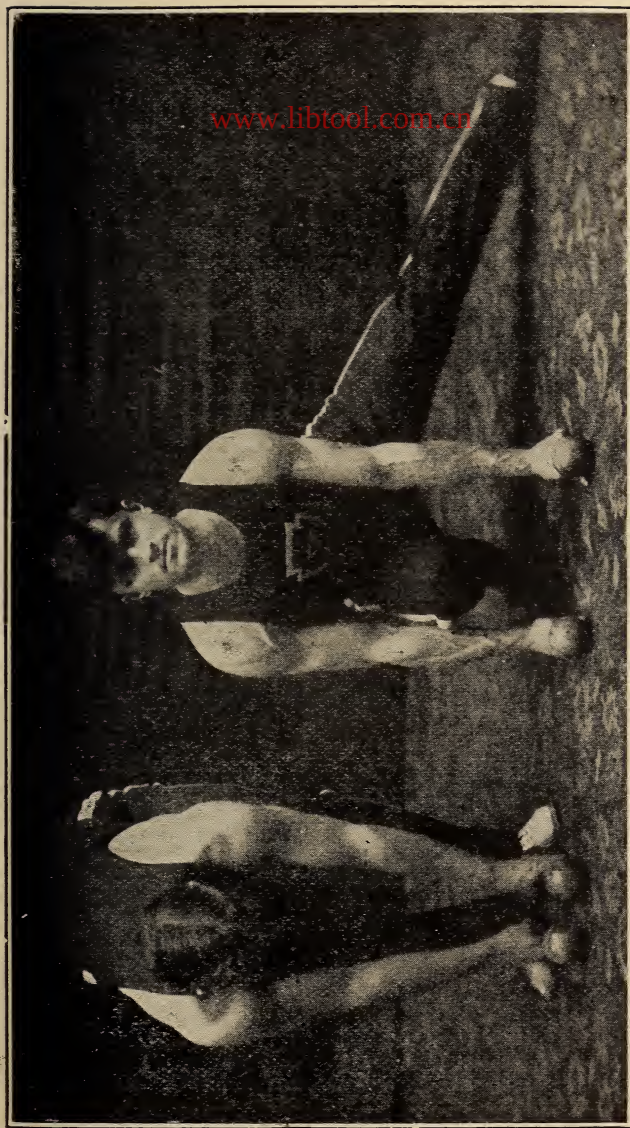


FIG. 14.

POSITION—Body erect, feet together, bells on chest or hips, and bend forward, as in (A); extend right leg to side, as in (B); back to (A); then erect.
The same and extend left to the side.

Note—Perform the exercise in four counts and alternate right and left legs.

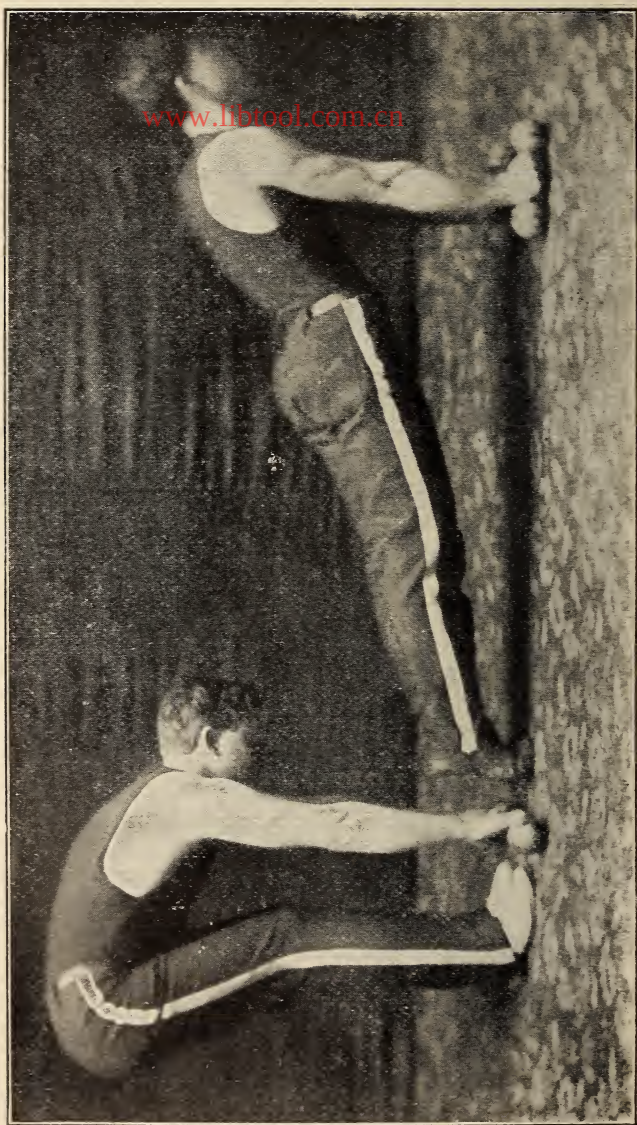


FIG. 15.

Position—Body erect, feet together, bells on chest or hips, and bend forward, as in (A); jump back to front leaning rest, as in (B); back to starting position.

Note—Perform in four counts.

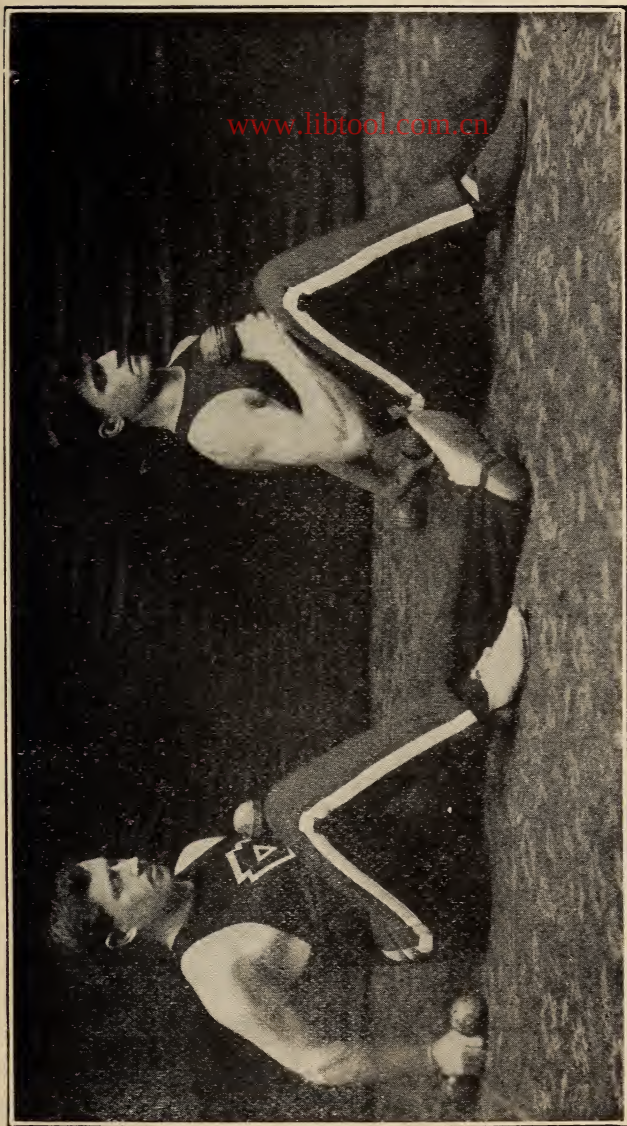
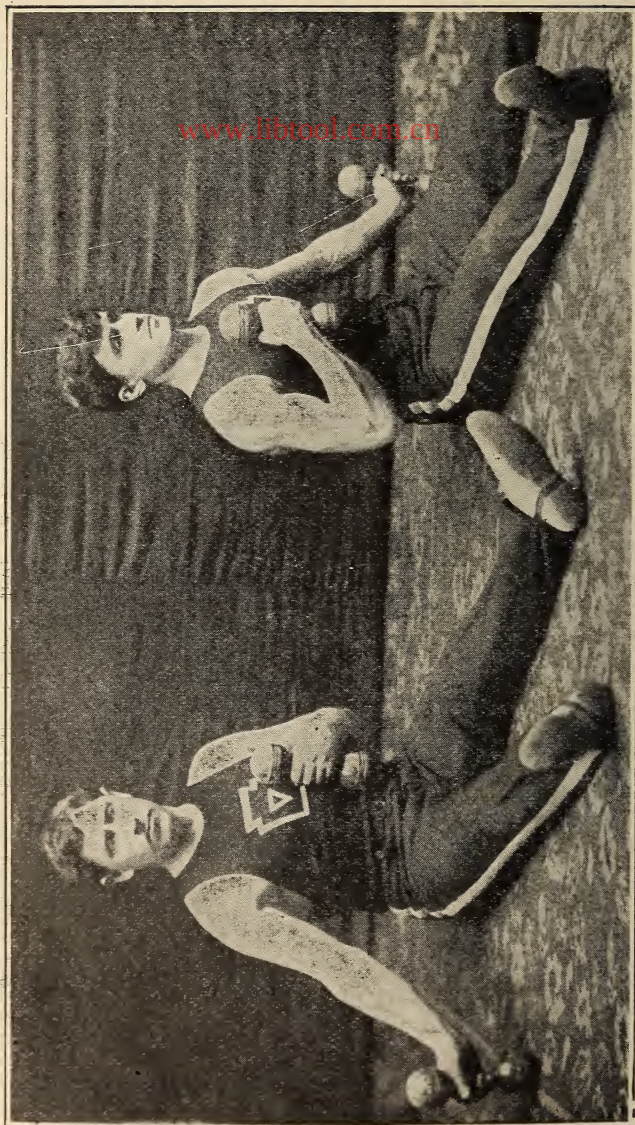


FIG. 16.

2

- (1) Hit floor with right bell in rear, flex right leg and thigh. Hit floor with left bell in rear, flex left leg and thigh.
- (2) Hit floor with left bell in rear, flex right leg and thigh. Hit floor with right bell in rear, flex left leg and thigh.
- (3) Hit floor with right bell in rear, flex both legs and thigh.
- (4) Hit floor with left bell in rear, flex both legs and thigh.
- (4) The same by crossing one leg over the other (both at once).

Note—Keep the chest thrown out strong.



1

FIG. 17.

2

POSITION—Feet together, bells on chest, and

(1) Hit right bell on floor at side, abduct right leg. Hit left bell on floor at side, abduct left leg.

(2) Hit left bell on floor at side, abduct right leg. Hit right bell on floor at side, abduct left leg.

Note—Chest out strong.



B

Fig. 18.

A

Bells on chest, as in (A).

Hit bells on floor at side, and abduct legs, as in (B).

Note—The boys derive pleasure in hitting the floor hard.



A

FIG. 19.

B

Clap bells in rear, as in (A).

Jump to stride standing position, clap bells vertical (B).

(2) Bells on chest; jump to stride stand, bells on floor between legs.

Note—The director may use a number of stationary running movements with clapping bell exercises, also many toe touches front, side, oblique and rear, together with various dancing and fancy step exercises. It makes a quite effective drill for an exhibition to use the illustrations as arranged, though many additional movements can be used in the ordinary gymnastic drill. These are merely suggestive and can be made as complicated as need be.

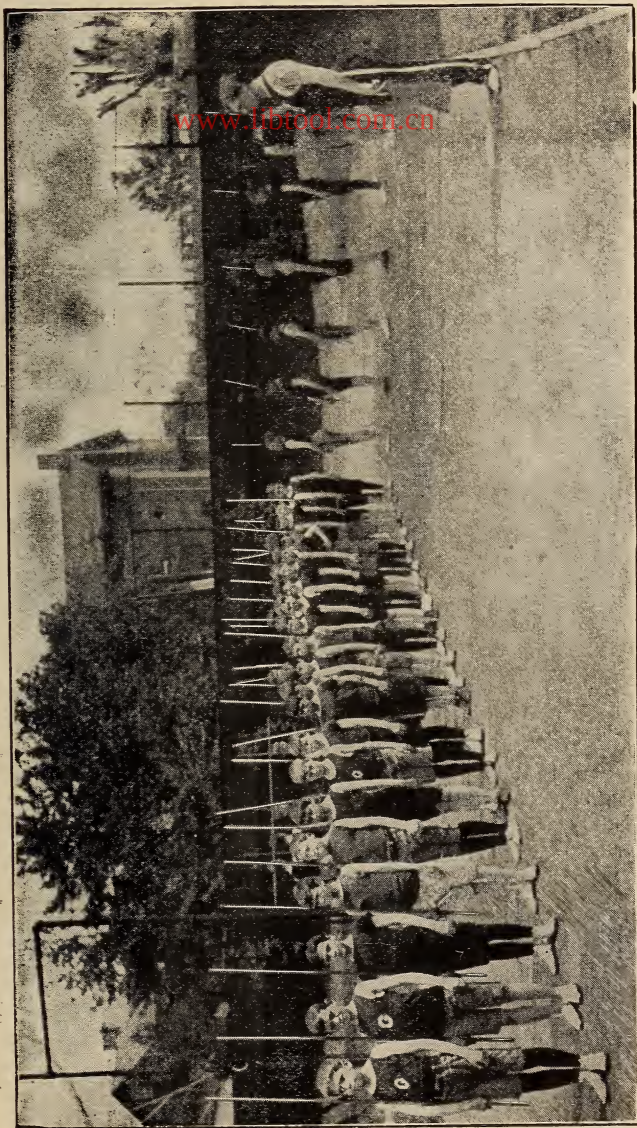


FIG. 1.

March down the centre by file; the first marching to the right and the second to the left. The alternate persons march up the sides and at the top form by twos as in the next illustration.

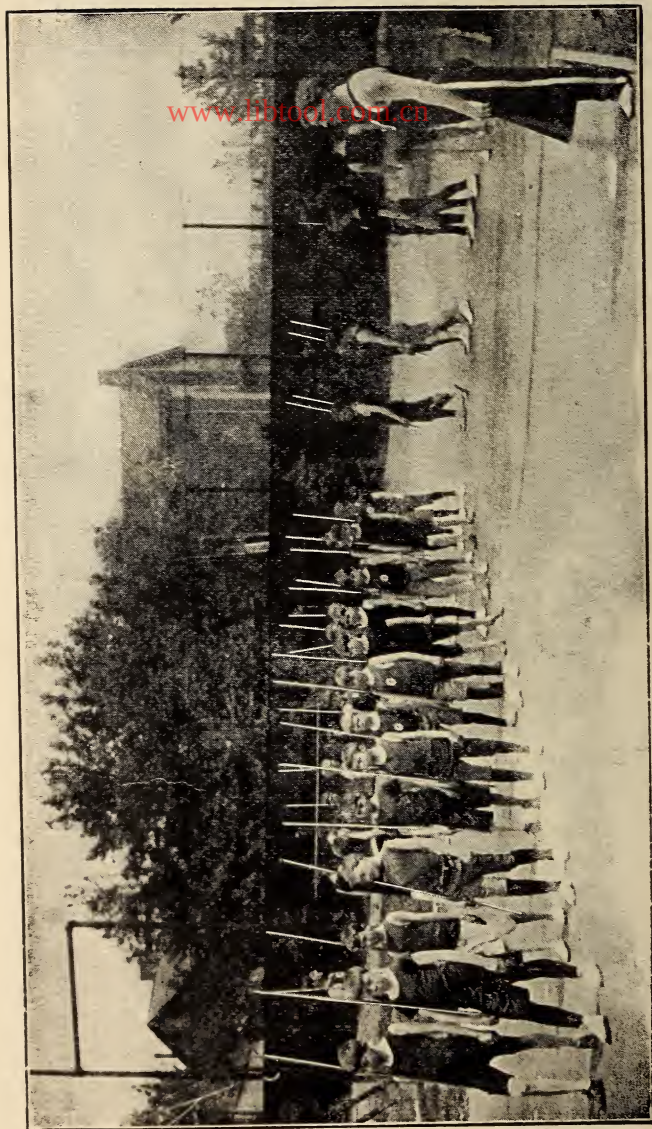


FIG. 2.

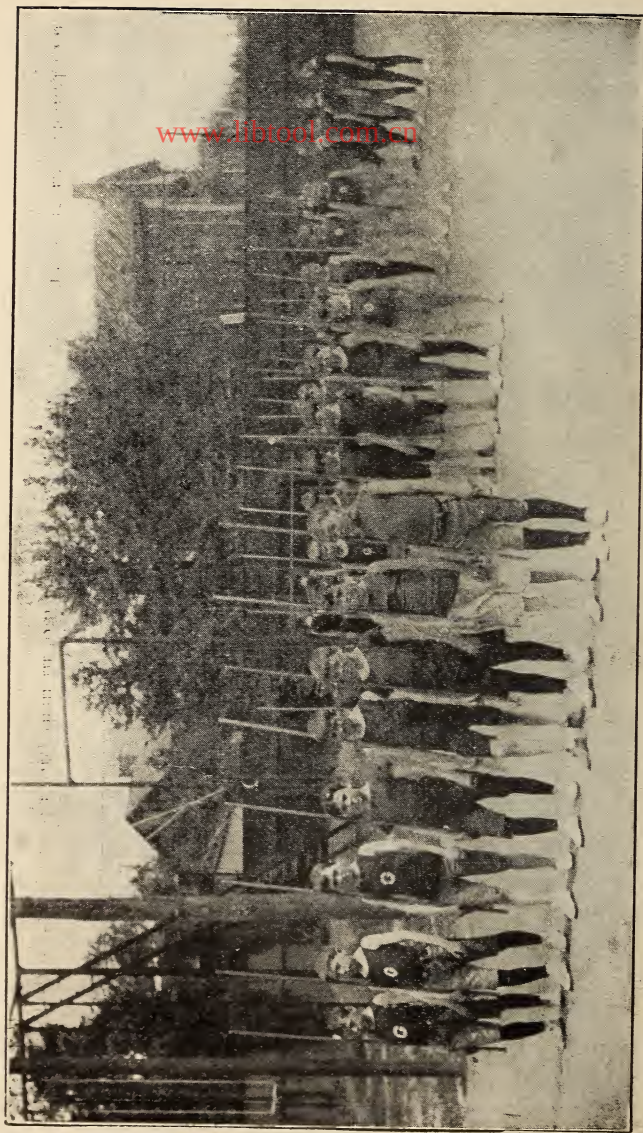
March down the centre by twos. At the end of the hall or gymnasium the first two march to the right and the second two to the left.

Note--The boys should be in file as twos are formed from the sides.



FIG. 3.

From the preceding illustration, form in fours, as in Fig. 3; first four to the right and second four to the left.



● FIG. 4.

From the preceding illustration, form in eights, as in Fig. 4.

Note—After the men or boys march down the centre of the “gym,” in eights, four will go to the right and four to the left. Then down by fours, by twos, and then by file. We are now ready for the next figure.

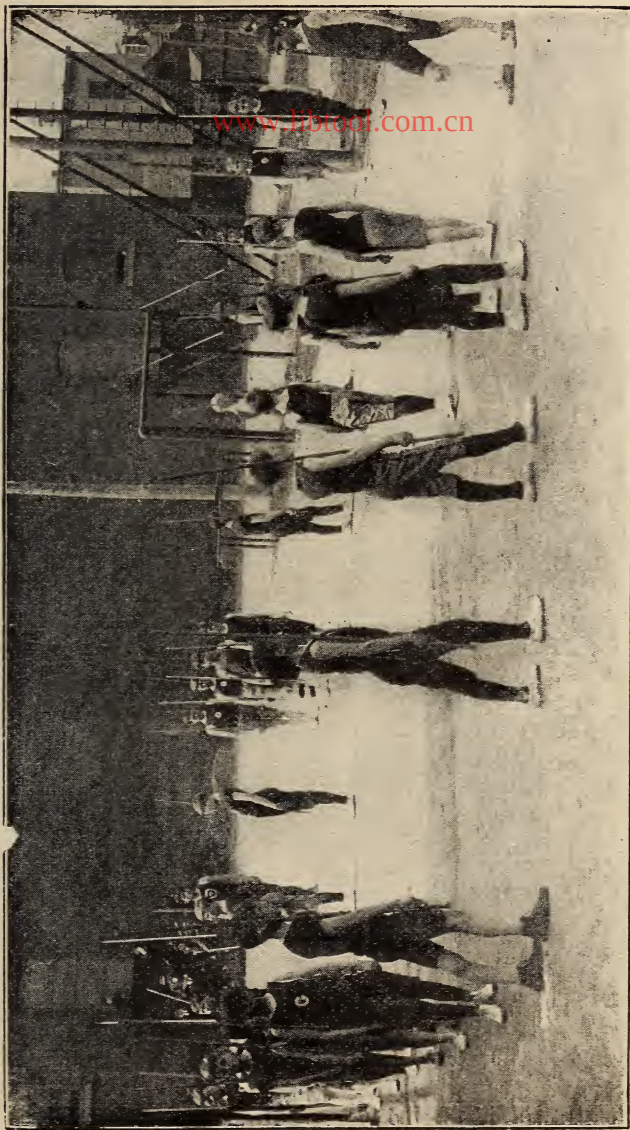


FIG. 5.

March down by file to the centre of the gymnasium, the first boy goes to the right and the second to the left. March down the outside, then both come to centre at near end of gymnasium and up the centre by twos.

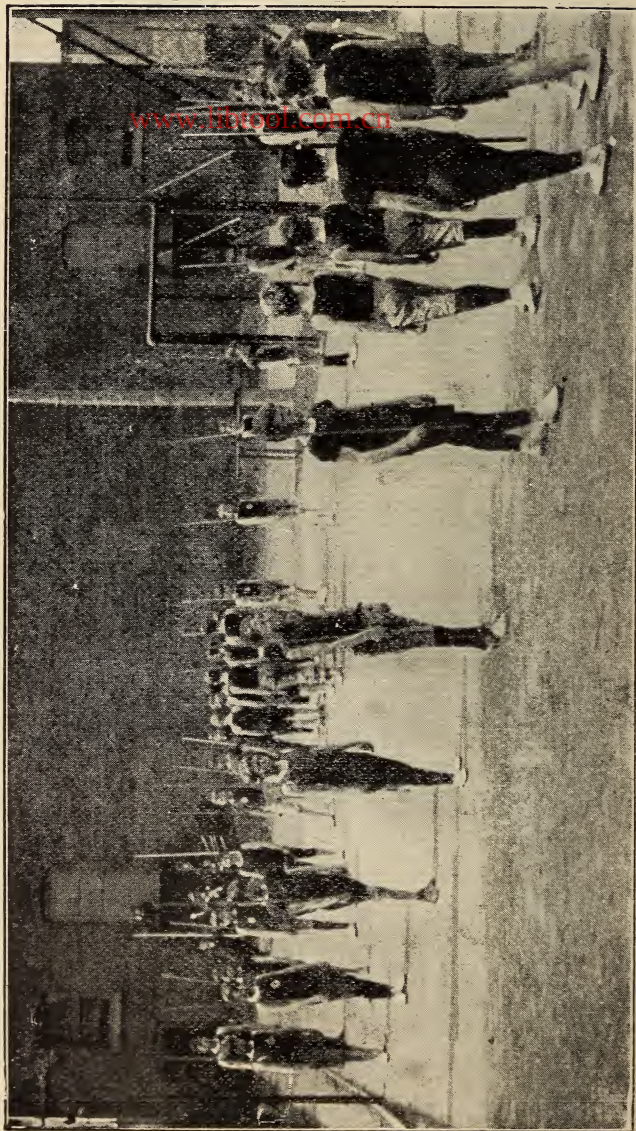


FIG. 6

From last position, march up centre to far end of gymnasium; the person on the right performs a three-quarter right turn, the left a three-quarter left turn, and make a diamond design as in illustration, marching up the centre again by twos.

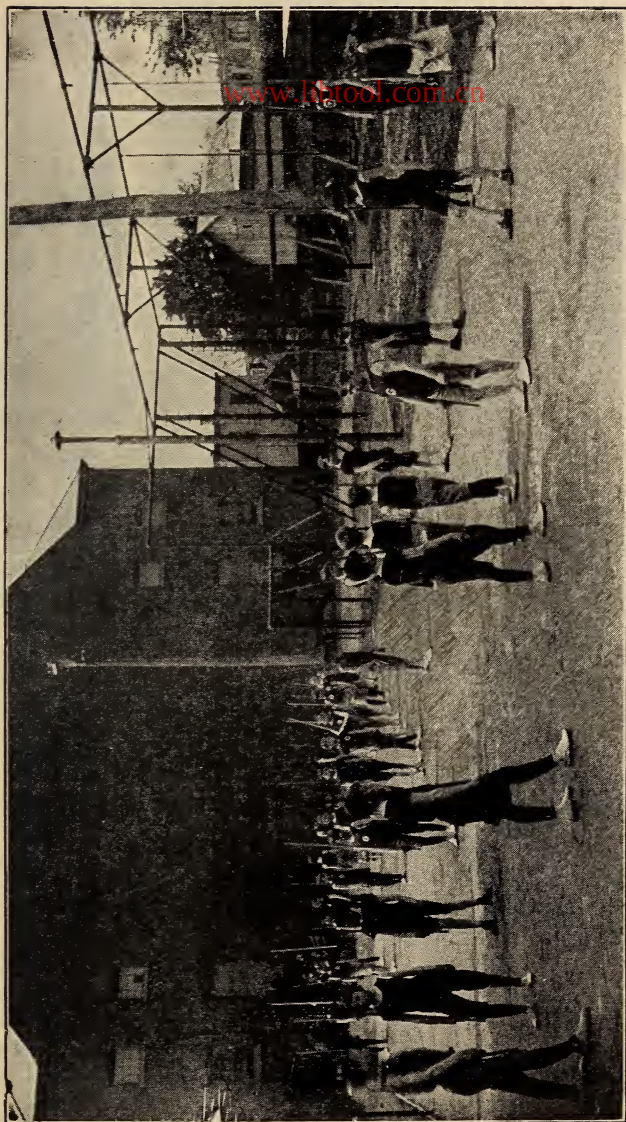


FIG. 7.

From last position, march up centre by twos to far end of gymnasium; the person on the right to far outside, left to far outside. Both march toward the centre till bodies almost touch, then to near outside and up centre by twos.

* Perform the same exercise bat cross at centre, making an X design.

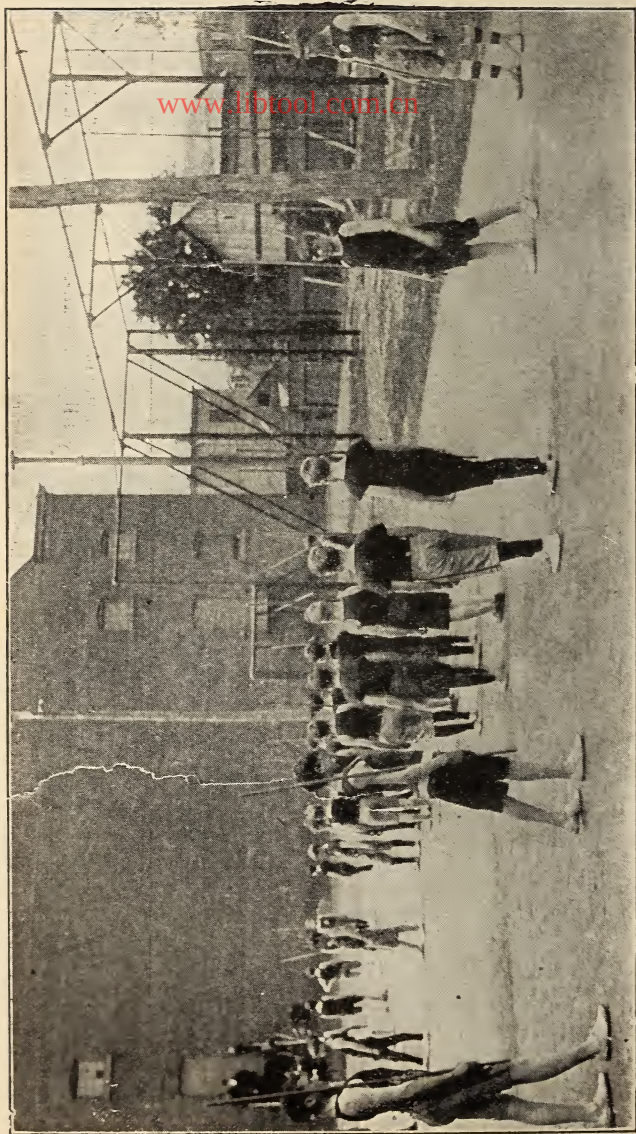


FIG. 8.

Up centre by twos to centre of gymnasium; the person on right makes a quarter turn to the right, the person on left makes a quarter turn to the left and march to the outside, then both march to the centre at far of gymnasium, thus forming a spear design.

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Handsomely finished in ebonite; for exhibition and stage purposes. Clubs are hollow, with large body, and although extremely light, represent a club weighing three pounds or more.



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No. AA. With silvered bands.	“ 7.00

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No. 1. Made of iron and nicely japanned. Pair, 25c.



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No. 4. Ladies'. Five steel springs. . . " 2.50

No. 2. Boys'. Four steel springs. . . " 2.00

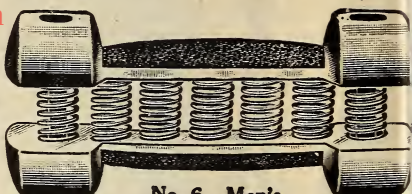
Spalding Patent Spring Grip Dumb Bells are used by all the greatest athletes in their training.

Spalding Trade-Mark Wood Dumb Bells

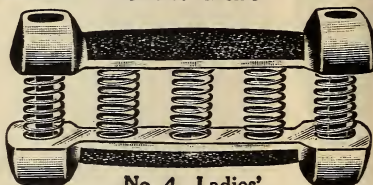
Model AW. Stained Finish

Good material and superior in shape and finish to best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are each bell.

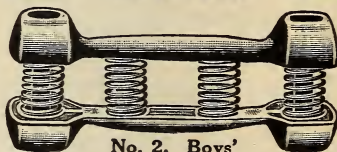
½ lb. Pair, \$.85	1½ lb. Pair, \$1.30
¾ lb. " 1.05	2 lb. " 1.45
1 lb. " 1.15	



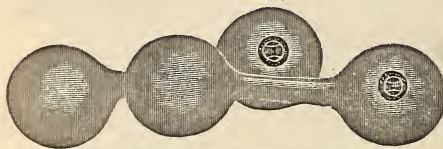
No. 6. Men's



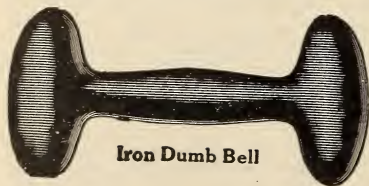
No. 4. Ladies'



No. 2. Boys'



Model AW. Wood Dumb Bells



Iron Dumb Bell

Spalding Iron Dumb Bells

Made on approved models, nicely balanced and finished in black enamel.

Sizes, 1 to 25 lbs. 13c. lb.

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Bar Bells, weight 25 lbs. or more for complete

Bar Bell, supplied regularly with steel handles, length 3 feet between bells. . . . 17c. lb.

Bar Bells, weight 25 lbs. or more for complete

Bar Bell with steel handles, either shorter or longer than regular length as noted above, 25c. lb.

Prices for Bar Bells, weighing other than above, quoted on application

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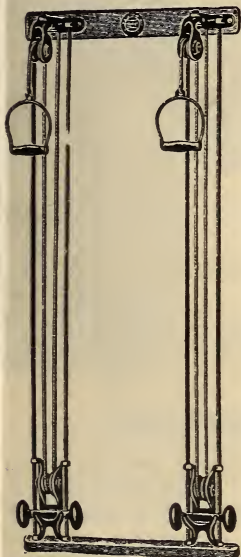
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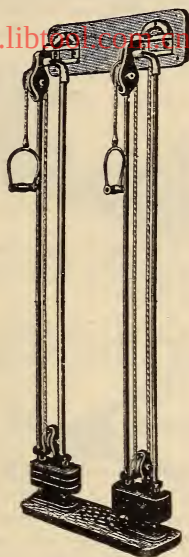
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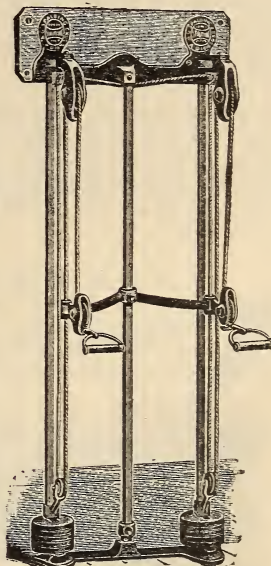
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No. 12



No. 5

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Chest Weight No. 2. A good machine for home use; noiseless and durable. Well made and easy running. Rods are $\frac{3}{8}$ -inch coppered spring steel. Weights are 5-lb. iron dumb bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood. All casings heavily japanned. Every part of machine guaranteed free of defect. . . Each, \$12.00

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Chest Weight No. 5. Because of its adjustment feature, which permits of all lower, as well as direct chest movements, this machine really combines two machines in one, and is particularly suitable where space is a consideration. The various changes are made by raising or lowering the center arm. Japan finish. Each machine is equipped with 16 pounds of weights. . Each, \$36.00

Extra weights for above machine, 1 $\frac{1}{4}$ pounds. " .45

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Consists of Board, with attachments for fastening to floor of room, so that walls need not be marred.

Spalding Abdominal Masseur.

No. PR. Spalding Adjustable Disk. Complete with Striking Bag

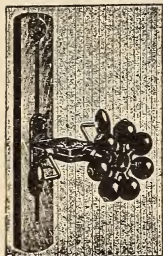
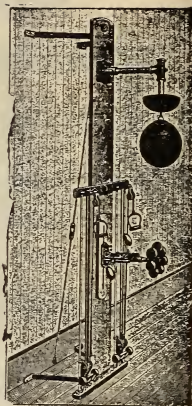
No. 2. Spalding Chest Weight Machine, including pair of 5-lb.

Dumb Bells.

Complete, all attached,

Board itself will be furnished separately if desired.

As the complete outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with different articles already attached.



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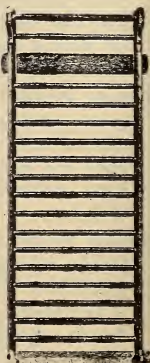


No. A. For abdominal massage. An iron ball, wound with electric tape and then covered with very soft, smooth grade of horse hide. 6 or 8 lbs. weight. . Each,

Spalding Bar Stalls

No. 205. Hard pine, strong and substantial. Top padded with hair felt, canvas covered. Preferable, for sanitary reasons that canvas be painted (a special elastic paint is used), unless specified, stock benches will be so furnished.

No. 20H. Adapted for use in the home; compact, of simple construction, used for the greatest variety of movements affecting every part of the body, and especially abdomen and chest movements. Erected against wall, behind door, or any flat surface. 8 feet high, 36 inches wide and extends 6 inches into room. Floor space required, Height, 8 ft. Per section.



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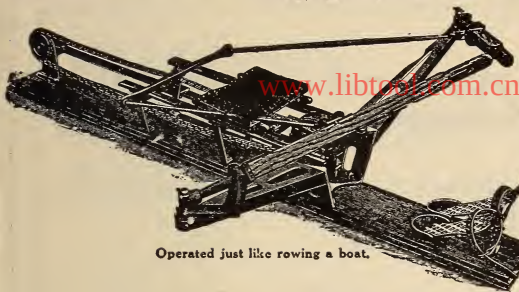


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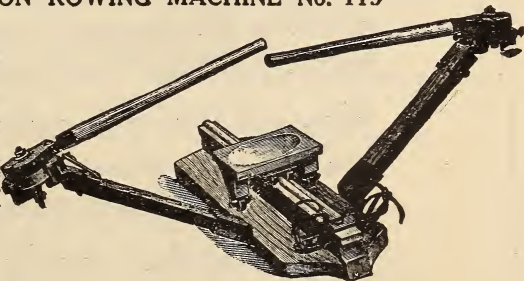


Operated just like rowing a boat.

No. 600. The ideal boat for home use and training purposes. Brings the exercise usually obtained on river or lake into the home or bedroom. Fitted with roller seat and adjustable shoes to fit either a tall or a short person. Thumb-nut arrangement controlling belt allows more or less friction to be thrown into the running parts, imitating the resistance which exists when forcing a row boat through the water. The resistance may be reduced for the weaker sex or increased to suit the strongest athlete. Oars are pivoted in such a way that operator can handle and turn them as he would during the return and feathering motion with a boat oar. Floor space required, 6x5 feet.

SPALDING FRICTION ROWING MACHINE No. 119

No. 119. The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it, precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance. *Do not use oil on friction cylinder. If its action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action.* Floor space required, 4½ feet by 4½ feet.



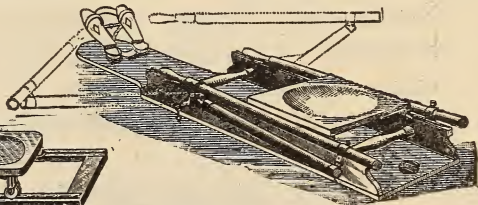
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For use with No. 5 Chest Weight Machines

Particularly suitable for home use. Can be detached from the weight machine quickly and put away in a very small space until the next opportunity for use presents itself. To be used in connection only with chest weights, like Spalding No. 5 (see opposite page) which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.



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NOTE—These Rowing Attachments, Nos. 1 and R, can be used only in connection with the No. 5 Type of Chest Weight Machines

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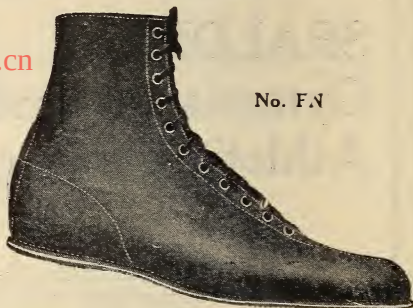
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Pat. Aug. 17, 1915

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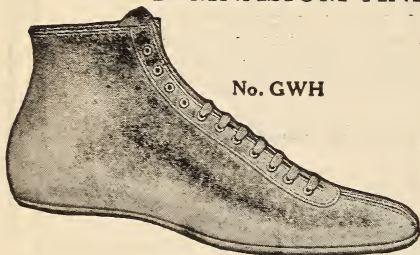
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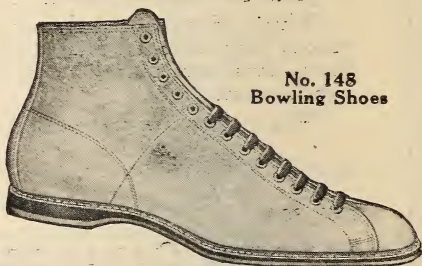


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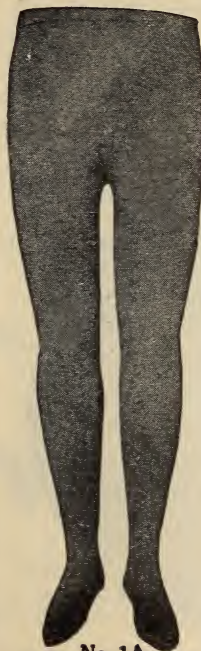


No. 600W



No. 600T

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 No. 700W. Light weight. Six-inch stripe around chest. Color combinations similar to No. 600W. Special order only. Each, \$2.25
 No. 600V. V-neck. Supplied on special orders only; any color. Each, \$2.50

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No. A. Bladder. " .90

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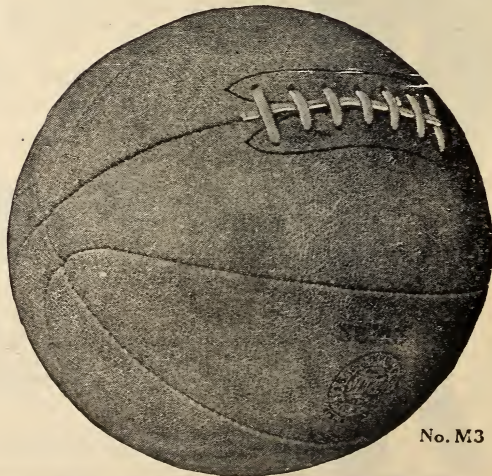
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