



THE SARGENT ANTHROPOMETRIC CHARTS.

DESCRIPTIVE CIRCULAR.

EVERYONE who has attempted to draw any conclusion from the measurements of the body must have realized the need of some guide that would show at a glance, not only the relative standing of one individual as compared with another, but also the relation of every part of the individual to every other part. Unless these facts are known, all estimates of the physical ability or capacity of a man are simply matters of opinion. One person may be above another in height and below him in weight. The significance of the fact lies in the degree of the difference. Then, again, the same man may be above the normal in one measurement and below the normal in another. The extent of the variation is the desirable thing to know. In one instance this variation might not exceed the physiological limits; in another instance it might result in a deformity. These differences are but vaguely suggested when expressed in figures, yet it is futile to tell a person that he is above or below the average, without indicating the degree or informing him of its significance.

The object of these charts is to meet this difficulty, and to furnish the youth of both sexes with a laudable incentive to systematic and judicious physical training by showing them, at a glance, their relation in size, strength, symmetry and development to the normal standard. For the sake of distinction we will call one the skeleton chart and the others table charts.

The skeleton chart, which has alone served our purpose to the present time, as averages did before, is a reduced skeleton of the reference tables completed in 1887. These were four in number, two of either sex, ranging from 13 to 16 and from 17 to 35 years of age. This chart was first brought to public notice by an article in *Scribner's Magazine* for July of that year, entitled "The Physical Proportions of the Typical Man," followed by similar articles in the same magazine, explaining the chart and showing its various uses and applications.

At the time this chart was introduced, prizes were offered for the most symmetrical individuals, male and female, whose measurements should be charted within three years. The lines of the successful competitors are shown on the accompanying diagram ($\frac{2}{3}$ size). Numbers 1 and 2, respectively, represent the most symmetrical man and woman charted; number 3, the only other man who came within the fifteen lines stipulated; and 4, the composite of a school, the full line showing the average of the measurements taken at the beginning, and the broken line the average of those taken at the end of the season.