

APPENDIX VII.

Taken from Maclaren's "Physical Education." Showing the result of one year's continuous practice.

THE FOLLOWING TABLE SHOWS IN ANOTHER FORM THE RESULTS OF THE SYSTEM: NOT BY BRIEF COURSES OR PERIODS OF VOLUNTARY ATTENDANCE, BUT BY A YEAR'S STEADY PRACTICE FROM BIRTHDAY TO BIRTHDAY, WITH TWO ARTICLED PUPILS, THE YOUNGER BEING 10, THE ELDER 20:

Case.	Date.	Age.	MEASUREMENTS, ETC.						INCREASE.						
			Height.		Weight.		Chest.	Fore-arm.	Upper arm.	Height.	Weight.	Chest.	Fore-arm.	Upper arm.	
			Yrs.	Ft.	In.	St.	Lbs.	In.	In.	In.	In.	Lbs.	In.	In.	In.
A.	1861, Oct. 17	16	5	2½	7	10	31	8	10	9½	1½	16	3½	2	2
	1862, Apr. 17	"	5	4	8	12	34½	10	11½	11½					
	" Oct. 17	17	5	4½	9	13	36	10	11½	11½					
	1863, Mar. 23	18	5	6½	10	10	37½	11½	13	1½	21	1½	1½	1½	1½
B.	1862, Feb. 24	20	5	8½	10	13	84	11½	11½	1	5	4½	2	1	½
	" Aug. 24	"	5	8½	11	4	86½	12	12½						
	1862, Feb. 24	21	5	8½	11	7½	40	12½	13½						

Subsequent Measurement.

Thus in the year's work the increase was—

	Height.	Weight.	Chest.	Forearm.	Upper arm.
With the younger	In. 2	Lbs. 21	In. 5	In. 2	In. 2
With the elder.....	½	8½	5	1½	1½

CONCLUSION.

In the first eleven chapters of this little book attempt has been made to call attention both to defects and lacks, resulting largely from not taking rational daily exercise, and to what such exercise has accomplished wherever it has been thoroughly tried. In the last two chapters have been suggested not a long and difficult system of gymnastic exercises needing a fully equipped gymnasium, a trained instructor, and years of work to master, but rather a few plain and simple exercises for any given part or for the whole body, and hints as to how to distribute the little time to be given to them daily. The teacher, the parent—the child even, without the aid of either—the young man or woman, the middle-aged and the old, will all find variety enough of work, which, while free from risk, will still prove sufficiently vigorous to insure to each a good allowance of daily exercise. All else that is needed is a good degree of the steadiness and perseverance which are generally inseparable from everything worth accomplishing.

THE END.