

## APPENDIX VI.

Taken from Maclaren's "Physical Education." Showing effect of seven months and nineteen days exercise, under his system, on men ranging from 19 to 28 years of age.

TABLE OF MEASUREMENTS OF FIRST DETACHMENT OF NON-COMMISSIONED OFFICERS SELECTED TO BE QUALIFIED AS MILITARY GYMNASTIC INSTRUCTORS.

Date.	No.	MEASUREMENTS, ETC.							INCREASE.					
		Age.	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.
Sept. 11.....	1	19	5	8½	10	3	33	37½	10½	10				
April 30.....			5	8½	10	1	37½	10½	11½	13	13	1	1½	1½
Sept. 11.....	2	21	5	9	10	5	34½	10	11	11				
April 30.....			5	9½	11	1	38½	11	12½	12	10	1	1½	1½
Sept. 11.....	3	23	5	5	9	7	34	10½	12	12				
April 30.....			5	5½	10	2	37½	11½	13½	12	9	1	1½	1½
Sept. 11.....	4	23	5	7½	9	13	37	10½	12	12				
April 30.....			5	7½	10	8	38½	11½	13	13	9	1½	1½	1
Sept. 11.....	5	23	5	8½	9	10	34	10½	11	12				
April 30.....			5	8½	10	6	37	10½	12	12	10	1	1½	1
Sept. 11.....	6	23	5	9½	11	3	36½	11	12	12				
April 30.....			5	9½	11	12	38	11½	13	12	9	2	1	1
Sept. 11.....	7	23	5	9	10	6	36	10½	12	12				
April 30.....			5	9½	10	11	38½	11	13	12	5	2½	1	1
Sept. 11.....	8	24	5	8½	10	8	35	10½	12½	12				
April 30.....			5	9½	11	6	40	11½	14	14	12	5	1	1½
Sept. 11.....	9	26	5	6½	9	5	35	10	11½	11				
April 30.....			5	6½	9	11½	36	10½	12½	12	10½	3	1	1½
Sept. 11.....	10	26½	5	11½	12	6	41	11½	13	13				
April 30.....			5	11½	13	1	42	11½	14	14	9	1		1
Sept. 11.....	11	26	5	7½	10	10	37	10½	12½	12				
April 30.....			5	8½	11	9	40	10½	13½	13	13	3	1½	1½
Sept. 11.....	12	28	5	10½	10	9	37	10½	13	13				
April 30.....			5	11	11	11	40	11½	14	14	16	5	1½	1

The men composing this detachment had been irregularly selected, the youngest being 19, the eldest 28, the average age 24; and, after a period of eight months' training, the increase in the measurements of the men were—

	Weight.	Chest.	Forearm.	Upper arm.
	Lbs.	In.	In.	In.
The smallest gain ...	5	1	1	1
The largest gain .....	15	5	1½	1½
The average gain ....	10	3½	1	1½

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