

APPENDIX I.

Showing the average state of the development of 200 men upon entering the Bowdoin College Gymnasium, from the classes of '73, '74, '75, '76, and '77.

Age	18.3 years.
Height	5 ft. 8 in.
Weight	135 lbs.
Chest (inflated)	35 in.
Chest (contracted)	32½ in.
Forearm	10 in.
Upper arm (flexed)	11 in.
Shoulders (width)	15½ in.
Hips	31½ in.
Thigh	19½ in.
Calf	12½ in.
	18.3 years.
	67.974 in.
	134.981 lbs.
	35.067 in.
	32.29 in.
	10.03 in.
	10.960 in.
	15.602 in.
	31.475 in.
	19.612 in.
	2.729 in.

APPENDIX II.

Showing the average state of the growth and development of the same number of men (200) after having practised in the Bowdoin Gymnasium half an hour a day four times a week, for a period of six months, under Dr. Sargent.

Height	5 ft. 8½ in.	68.254 in.
Weight	137 lbs.	137.123 lbs.
Chest (inflated)	36½ in.	36.829 in.
Chest (contracted)	33 in.	33.206 in.
Forearm	10½ in.	10.760 in.
Upper arm (flexed)	12 in.	11.903 in.
Shoulders (width)	16½ in.	16.260 in.
Hips	33½ in.	33.875 in.
Thigh	21 in.	20.964 in.
Calf	13½ in.	13.232 in.

In this case the apparatus used was light dumb-bells, 2½ lbs.; Indian clubs, 3½ lbs.; pulley weights, from 10 to 15 lbs.

APPENDIX III.

Showing average increase of 200 students at Bowdoin College, in various measurements, after working but half an hour a day four times a week, for six months, under Dr. Sargent.

Average increase in height	½ in.
Average increase in weight	2 lbs.
Average increase of chest (contracted)	½ in.
Average increase of chest (inflated)	½ in.
Average increase of girth of forearm	½ in.
Average increase of girth of upper arm	1 in.
Average increase of width of shoulders	½ in.
Average increase of girth of hips	2½ in.
Average increase of girth of thigh	1½ in.
Average increase of girth of calf	½ in.

Showing
Bowdoin
week 1

B
D
Nov., '73
Nov., '74
Increas

Taken from
days ex

RETURN OF

No.	Age
1	18
2	19
3	17
4	18
5	18
6	17
7	18
8	16
9	17
10	18
11	19
12	18
13	19
14	17
15	19