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University of Wisconsin Gymnasium

STUDENTS'
Hand-Book and
Prescription of
Exercise

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ARRANGED BY
J. C. ELSOM, M. D.

Professor of Physical Culture and Director of the
Gymnasium
1900.

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General Directions for Exercise, Etc.



The University of Wisconsin Gymnasium offers to its students unrivalled facilities for exercise. All forms of physical deficiencies and weakness may be corrected and removed, by judicious and painstaking use of the various pieces of gymnastic apparatus. It is impossible to secure and preserve a vigorous state of health, without some sort of regular, moderate exercise. Possibly no class of men are in greater need of daily physical work, than are the student classes.

Physical exercise is a direct stimulant to mental culture; for with increased health and strength comes increased intellectual power. The object of the Gymnasium is to reach the weak, the undeveloped, the timid student, and to render him strong, symmetrical and full of vigor.

All exercises should be begun slowly, and indulged in very moderately at first. The danger with all beginners is to overwork; therefore the lighter weights should be used at first, and frequent changes made from one piece of developing apparatus to another. As a rule, the dumb-bell exercise and the chest-weights, followed by a little moderate running, is the best form of work for beginners. Even when one becomes strong and proficient, these simpler and lighter movements are necessary preliminaries before beginning more advanced work. Great care should be taken to give the left side of the body as much exercise as the right. To avoid unequal development, it is necessary to observe this rule religiously.

Exercise should never be taken within at least a half hour before a meal, or within an hour and a half after a meal.

In consideration of the fact that a majority of men have a tendency to round shoulders, great care should be taken by the student, and persistent effort made to remedy this defect. Explicit directions will be given in the following pages. A proper carriage of the body, with chest well out, head up, and shoulders back should be constantly practiced. Frequent long breaths, taken in the open air, will be found a valuable aid to chest development. With

constant care as to exercise, diet, sleep, bathing, and a correct method of living, there is no reason why every student should not possess the "strong mind in the strong body" of which we so often hear.

The following guide to correct certain deficiencies will be found of assistance. The special work needed will be checked and underlined.—It is recommended that each student practice regularly the special work checked, outside of class hours.

1. **To Enlarge and Strengthen the Neck.**—Use the neck strap to the chest weights. Face machine, stand erect, head strap on back of head. Draw head slowly back as far as possible. Repeat until tired; same exercise with side to machine. Wrestling.

2. **For Round or Stooping Shoulders.**—In walking, step slowly, holding elbows, shoulders and head back, chest out, the chin down. Avoid leaning over at table in studying and writing.

Use the "chest weights," light weights at first. Face machine, pull the weights, with arms back and on a level with the shoulders. Keep head up, and body immovable. Repeat the movement, raising arms over head, elbows stiff. For heavier exercise, use the traveling rings, and overhead ladders.

3. **To Increase Size of Chest and Lung Capacity.**—Practice daily deep breathing, in open air, holding the breath ten or fifteen seconds, gradually increasing the time.

Practice **running** each day. Begin with two or three laps, and run slowly at first, gradually increasing rapidity and distance. Continue until considerably out of breath.

Use the **chest expander**. Face machine standing a little back. Grasp handles with hands above the head. Take a deep full breath and hold it while drawing the arms down to the sides of hips. Now empty the lungs, and fill them full while the arms are passing upwards to the first position. Hold the breath, and return arms to side of hips, as at first, keeping elbows stiff, and arms extended at the sides. Empty the lungs, and repeat these movements slowly until a little tired.

The "chest weights," or the "quarter circle," may be used on the same general principles;—also the overhead parallels with lungs inflated.

4. **To Strengthen and Enlarge the Arm.**—For the upper arm. Take any exercise which alternately flexes and extends the elbow. Pulling motions develop the "bi-

ceps," the muscle on the upper and front part of the arm, and pushing develops the "triceps," on the back arm. For the *biceps*, use "chest weights," "chest expander," raising iron dumb-bells to shoulders, etc. For the *triceps* use the "traveling parallels," also boxing, pushing the medicine balls, and the striking bags. For heavier work, practice on the horizontal bar, rings, climbing ropes and ladders for the biceps, and on the parallel bars for the triceps.

For the Forearm, Hand and Wrist, use any exercise requiring hard grasping, or turning the hand. Tennis playing, Indian club swinging, etc., are good. Use the "wrist machine," gripping the apparatus hard.

5. To Develop and Strengthen the Waist and Abdominal Muscles.—Take any exercise which bends the body backward and forward, or twists it from side to side. Wrestling, boxing, bowling, throwing the medicine balls, and swinging clubs, are all good. Lie on the back, and with knees stiff, raise feet overhead, repeating the exercise slowly. Lie on the mats, and come up to the sitting position, sinking again slowly to mat.

Use the "abdominal stool," bending slowly backwards, and recovering position. Use also the "wrestling machine," "nautical wheel," and horizontal bar. On the latter apparatus, hang and slowly circle bar; also raise legs repeatedly to right angles with the body, elbows stiff.

6. To Strengthen the Back.—Use the floor attachments to chest weights. Face the machine, standing a little back. Pull until arms reach a vertical, then bend sharply at the waist, touching handles on the floor.

Throw the medicine balls, stooping low each time, keeping the knees stiff. All movements in which one stoops and raises the body quickly, are good exercises for the back muscles.

7. To Enlarge and Strengthen the Thighs.—Practice fast walking and running, throwing the heels high up behind, also skating, kicking, etc. Stoop down with the knees bent and then rise to the erect posture, and repeat until tired. All forms of jumping, tumbling, etc.

For the Calves, Legs and Ankles practice fast walking, particularly up hill, running on toes, hopping, first on one foot and then the other, all forms of jumping, the spring-board, raising high on toes 50 to 300 times. Bicycling and skating are also good. Stand erect and raise on heels for the muscles of the front leg.

To Increase the Bodily Weight. Exercise all muscles daily, taking only moderate work. Avoid excess in mental or physical work.

Rest after meals; do not worry or hurry. Take plenty of sleep. If sleepless from brain work, eat a few Graham crackers before retiring to draw the excess of blood from the brain to the stomach. Eat slowly and freely, thoroughly chewing the food. Choose especially the following varieties of food, avoiding those which seem to disagree in individual cases: Sugars, syrups and sweets in general; fats, fat meats and soups; sweet vegetables of all kinds, corn starch, tapioca and puddings; cakes, candies, nuts, tea, coffee, chocolate and cocoa, diluted with much milk and well sweetened; cream and new milk; butter, eggs and condiments. All other foods may be indulged in to the extent of the inclination.

To Reduce Excessive Bodily Weight.—Exercise vigorously and long, while warmly dressed so as to induce profuse perspiration. Finish with a warm or hot bath, then rub dry in a warm room. Running and fast walking while warmly dressed are beneficial. Turkish baths occasionally. Avoid too much sleep, keep the bowels freely open, using Epsom or Rochelle salts when necessary. Restrict the diet and eat moderately.

Avoid the following: Fats, sugar and starchy foods. All sweet things, syrups, candies, raisins, sweet potatoes, tapioca, rice, beets, parsnips, olives, custards, cream, ice-cream, pure milk, cake, puddings, nuts, pork, bacon, chocolate and cocoa.

Take sparingly: Potatoes, soups without fat, tea and coffee with little or no sugar and milk, veal, lamb, ham, tongue, mackerel, herring, sardines, oysters, clams, eggs, condiments, sweet fruits, pies, butter, beans, cheese, sour milk and buttermilk.

Eat more freely: Lean beef or mutton not fried, chicken, turkey, dried beef, smoked salmon, fish in general, acid fruits such as apples, grapes, peaches, lemons, oranges, etc., lemon jelly, stale bread, toast, oatmeal, oatmeal and Graham crackers, turnips, celery, lettuce, pickles, peas, cabbage and skim milk.

Hints on Bathing.—The bath should be taken immediately after exercise. Do not stand around, and allow yourself to cool off before having your bath. Avoid draughts immediately after exercising.

It is better to take a warm tub bath or shower at first, following it with cool water. If one is very robust, and

accustomed to cold baths, they prove beneficial. Never let your bath be icy, however. Do not remain in the shower more than two or three minutes, particularly if very tired.

As a rule, the hotter the body, the hotter should be the first part of the bath. By no means bathe in very cold water when heated, until the hot bath has previously been taken.

Thoroughly dry the body after bathing, preferably with a coarse, rough towel, using friction enough to somewhat redden the skin. Do not stand in a draught when drying the body.

The best evidence that the exercise and bath have been beneficial, is the pleasurable sensation of warmth and a general elevation of spirits, thus proving that the proper combination of exercise and bathing is a natural tonic and healthful stimulant.

GYMNASIUM RULES.



Fees.—All students using the Gymnasium shall pay an annual fee of two dollars. The rent of a locker (which is optional) is one dollar and fifty cents extra.

Hours.—The Gymnasium will be open daily, excepting Sunday, from 9:00 A. M. to 6:00 P. M., and during evenings such times as the Executive Committee may direct,

Department.—Gentlemanly language and deportment are invariably required of all. Gymnasium tickets must be shown before the student can use the privileges of the building, and at any other time when required. The use of tobacco in the building is forbidden.

Class Hours. Schedules of the classes will be found on the Bulletin Board. During class hours the large floor of the Gymnasium is for the exclusive use of the class; and students not exercising will not be allowed to remain on the Gymnasium floor.

Executive.—The Director of the Gymnasium and his Assistant will have entire charge of the Gymnasium, Baths, Natatorium, and Bowling Alleys. The Military Commandant will be given charge of the Drill Hall, at such hours as are determined by the Faculty and are scheduled on the Bulletin Board.

All articles of value belonging to students in the Gymnasium, should be kept in the lockers during class work and other exercise in the Gymnasium. The institution will not be responsible for articles lost.

Costumes.—Neat and suitable gymnasium clothing must be worn. The regulation suit consists of long gray flannel pants, black quarter sleeve shirt and red belt. Soft-soled shoes must be worn; shoes with heels and nails are not permitted.

Required Work.—1st. Freshmen and Sophmores are required to exercise in class two hours each week during the college year.

2d. Classes for other students are voluntary and will be held according to the schedule on the Bulletin Board.

3d. All students using the Gymnasium are required to make an engagement with the Professor of Physical Culture for an examination as soon as practicable after matriculation.

4th. If the health of a student makes it advisable, he may be excused from class work, to do special work at discretion of the Director.

5th. Students who live out of town while attending college, and those who perform manual labor for their support, may at the discretion of the Faculty, be excused from the regular class drills.

Boxing and Fencing, Etc.—Boxing and fencing, etc., will not be allowed on the main floor. Special rooms are provided for that purpose, and exercise of this kind will be allowed only during certain hours, as posted on the Bulletin Board.

Natatorium and Baths.—1st. Students are required to furnish their own towels and soap.

2d. All students using the natatorium are first required to use shower or bath tub baths.

3d. A fee of five cents per bath shall be charged for the use of the natatorium.

4th. Throwing water and other disorderly conduct in the natatorium and baths will be strictly prohibited.

Bowling Alleys.—1st. A fee of five cents per game shall be charged each player; the fee to be paid by each person playing.

2d. The alleys must not be used whenever in the judgment of the Director, the use of them would interfere with instruction on the gymnasium floor.

3d. Students must not monopolize the alleys to the exclusion of others.

	Av. Measurements of 8,000 students.	First Exami- nation.	Second Exami- nation.	Third Exami- nation.
DATE.....		2/28/02	3/26/03	
AGE.....				
WEIGHT.....	134.6	144	146	
HEIGHT.....	67.9	67.4	67.6	
“ Sternum.....	55.5	55.3		
“ Sitting.....	35.5	34.3		
“ Knee.....	17.7	17.2		
LENGTH, R. Foot.....	10.2	10.4		
“ L. Foot.....	10.2	10.4		
“ R. Should. Elb.....	14.7			
“ R. Elb. to Tip.....	18.1			
GIRTH, Head.....	22.5	21.9		
“ Neck.....	13.8	13.5	13.0	
“ Chest, dep.....	33.2	33.3	33.5	
“ “ inf.....	36.5	35.1	35.5	
“ “ nor.....	34.6	34.4	34.8	
“ Waist.....	28.4	28.5	29.3	
“ Hips.....	35.1	37.3	37.3	
“ R. Biceps.....	11.6	11.8	12	
“ L. Biceps.....	11.5	12.4	12.7	
“ R. Arm.....	10	10.4	10.5	
“ L. Arm.....	9.9	10.8	11	
“ R. Elbow.....	9.1	8.6	9	
“ L. Elbow.....	9	9.2	9.2	
“ R. Forearm.....	10.5	9.7	10.2	
“ L. Forearm.....	10.2	10.4	10.6	
“ R. Wrist.....	6.5	6.2	6.3	

	Av. Measurements of 8,000 students.	First Examination.	Second Examination.	Third Examination.
GIRTH, L. Wrist.....	6.5	6.2	6.4	
“ R. Thigh.....	20.3	21.5	21.7	
“ L. Thigh.....	20.2	21.5	21.7	
“ R. Knee.....	14.3	14.8	15	
“ L. Knee.....	14.2	14.7	15.3	
“ R. Calf.....	14.2	14.5	14.6	
“ L. Calf.....	13.8	14.3	14.8	
BREADTH, Head.....	6.1	5.9	6	
“ Neck.....	4.2	4	4.2	
“ Shoulders.....	16.9	17.5	17.6	
“ Chest.....	10.7	11.3	11.7	
“ Waist.....	9.8	9.9	10.2	
“ Hips.....	12.7	13.5	13.4	
DEPTH, Chest.....	7.4	7.5	7.8	
“ Abdomen.....	7.1	7.1	7.4	
CAPACITY, Lungs.....	230	214	240	
STRENGTH of Back.....		100	130	
“ Legs.....		200	200	
“ R. Forearm.....		35	45	
“ L. Forearm.....		39	38	
“ Biceps.....				
“ Triceps.....				
DEVELOPMENT.....				
CONDITION.....				
VISION.....				
HEARING.....				
PULSE.....				

7.1
8.1
9.1
10.1

