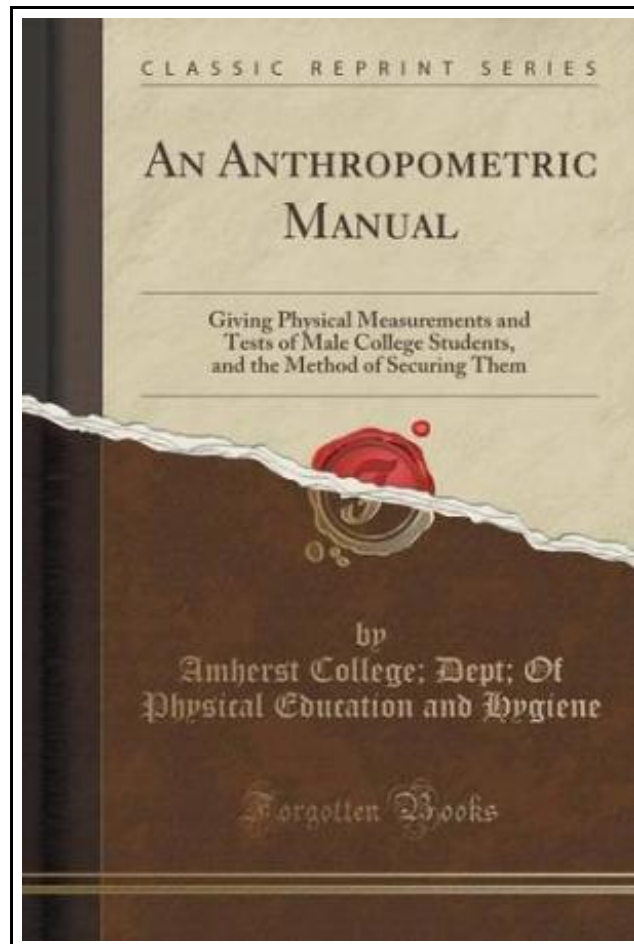


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from An Anthropometric Manual: Giving Physical Measurements and Tests of Male College Students, and the Method of Securing Them When the Department of Hygiene and Physical Education was established in Amherst College, one of the first matters attended to was the Physical measurement and tests of the students. The methods were crude and simple in 1861 and 1862, for the word Anthropometry had hardly found its way into an American Dictionary at that time. A few simple tests and examinations were made then of every student in the College, and now, with enlargements and improvements made ever since, the last student on the books is number 2647, and the records are all preserved. A prominent thought in securing these measurements was to take them at least once each year, and thus enable the student to see his own growth. It was also hoped it would show the effect of the new system of Physical Culture upon the College. Besides there was to be presumed a generous rivalry between individuals and the different classes, to determine excellence and superiority. And in the mind of President Stearns - the father of the Department - there was a need to attend to the physical as well as to the intellectual and moral growth of the young men. And closely akin to this was the belief that with a more thorough attention to the physical man the many who were defective, and unable to do their best head work might be improved and made more efficient men now and hereafter. So that if the young man were weak from heredity or poor development, there should attention be given to find...

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