

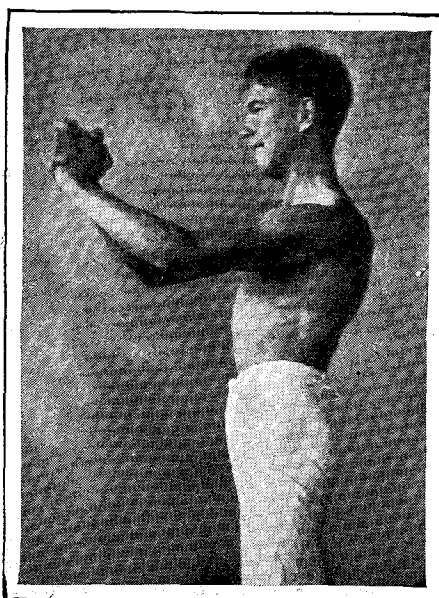
Bringing Up a Physical Score

By CHARLES K. TAYLOR

Mr. Taylor's system of standardization is explained in a book published by the Academy Press, Orange, New Jersey. This volume is in use in hundreds of schools, both public and private

SOME little time ago, in The Outlook, the writer published a method of obtaining a "score" that might fairly represent a child's muscular development in relation to that child's type of build. Since that time there have been many inquiries concerning special exercises that might be used when a boy or a girl, on some specific measurement, should come below what might properly be expected for a child of that height and weight.

For instance, the most common deficiency has been in breathing capacity. Others have been interested in the bringing up of arms and shoulders. Now excellent exercises are almost a matter of common knowledge, but there is one type which the writer has found very satisfactory that is given far too little general use. This is the type that requires the exercise of one muscle against the resist-



No. 1

ceps are used. And as soon as fatigue begins stop the exercise. Reverse the hands and push outward with the right hand. Now the right triceps and left biceps are being used, and the exercise can be repeated in the new position until fatigue begins. It is amazing how rapidly this exercise will make up a deficiency in the measurement of the upper arm! And, as in other exercises of this nature, there is no violent strain of any kind. Now for shoulders and back.

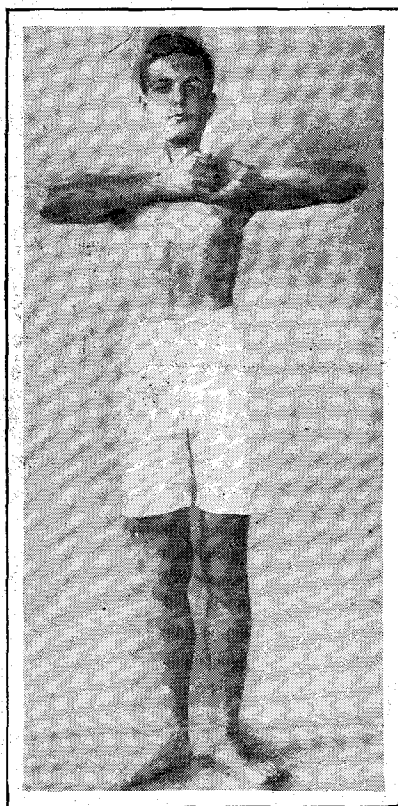
No. 2. Photograph No. 2 shows the position, the fingers of the hands being hooked strongly together. Now let the right hand pull the left slowly across the chest as far as the right shoulder, and then let the left hand pull the right across as far as the left shoulder, always resisting strongly with the hand being pulled. Here, again, you have one set of muscles

ance of other muscles. Such an exercise requires a mental effort of no mean order, and is hence more valuable for that very reason.

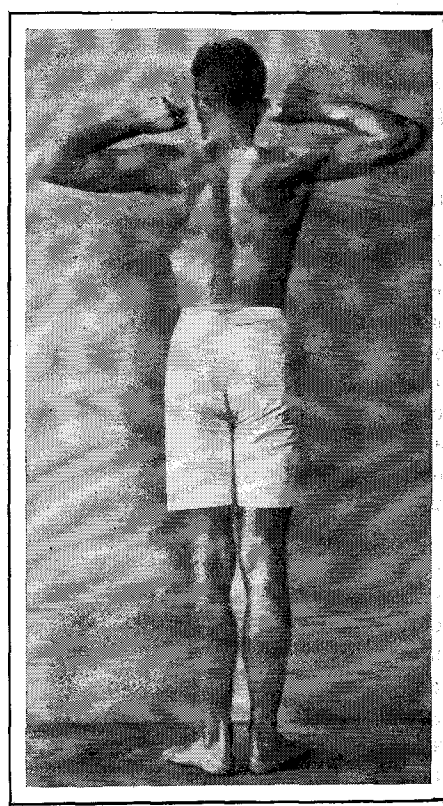
Children, especially in group exercises, are likely to go through their usual calisthenics with little thought and with as little effort as possible. And yet we can be fairly sure that a concentration of the mind on the muscles being exercised affects the exercise most favorably.

Here we have an example. A great many report upper-arm deficiency. This is common enough in cities where children really have small opportunity to exercise their arms and backs. Observe how simple and effective this exercise is:

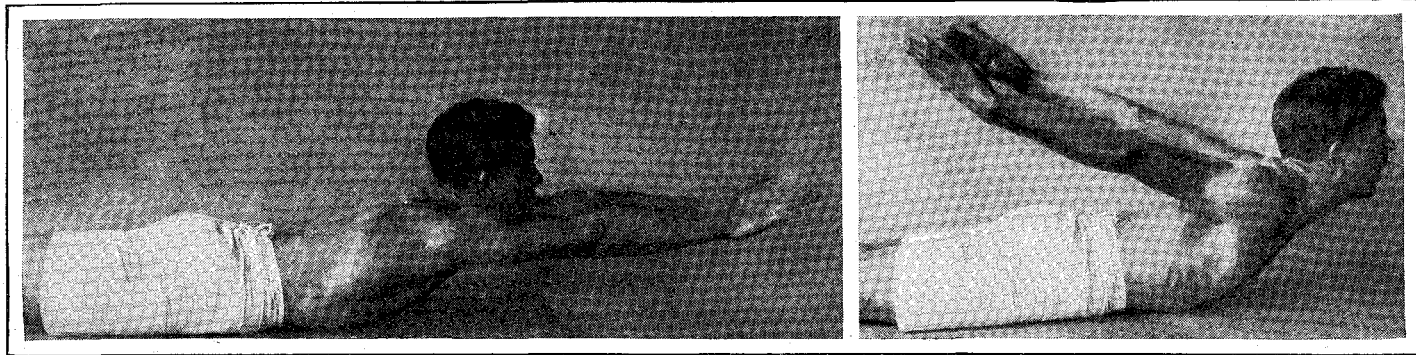
No. 1. Place the hands as in photograph 1, the palms together, one pushing outward and the other in. Let us say the left palm faces outward. Slowly, resisting strongly with the right hand, force the hands outward. Then, resisting strongly with the left hand, let the right hand force the hands back almost to the chest. This should be done slowly, taking three seconds for each motion. As described, the left triceps and right bi-



No. 2



No. 3



Nos. 4 and 5

acting against another set. The movement in one direction should take three seconds, and the exercise be ended as soon as fatigue sets in. You can see that in this exercise, as in the previous one, a strong mental effort is necessary, or there is no exercise at all.

No. 3. Another shoulder and back exercise of the "resistance" type. Clench the fists in front of the chest, elbows back and as high as the shoulders. Now slowly and resistingly move the fists upward and backward until they come about to the ears, as shown in Photograph No. 3. This photograph shows very well how the back and shoulder muscles are affected by the strong pull of the resisting muscles which would pull the hands forward. Now bring the hands back to first position without tension, and then move them back again, resisting strongly as before. Repeat until fatigue begins. This movement should take three or four seconds on the resisting motion, and two on the unresisting return to first position.

Nos. 4 and 5. Here are two closely allied back and shoulder exercises, not of the "resistance" type, but very valuable. Lie face down on the floor, arms extended ahead, hands about two feet apart. Lift hands and head *slowly* as high as possible. Photograph No. 4 gives the idea. Slowly return to first position. Repeat until fatigue begins. The second exercise is similar, except that it is begun with the hands at the side, and then the hands, head, and shoulders are raised slowly as high as possible (see Photograph No. 5). If you have some one illustrate the exercise for you, you could see how strongly the back and shoulder muscles are exerted. As in all exercise, the motion should cease when fatigue begins. It is one great fault of the usual class calisthenics that the strong and enduring, along with the weaker, have exactly the same exercise.

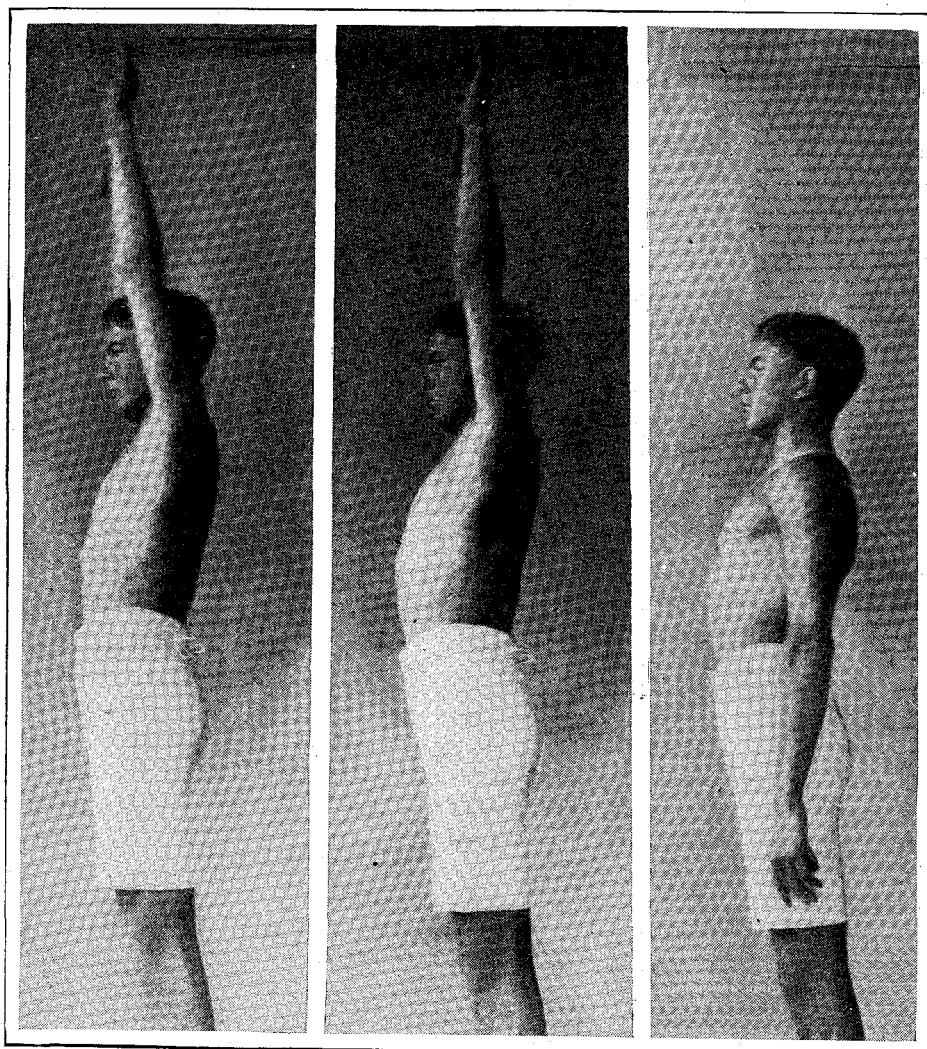
Finally, as to a breathing exercise. Well, the old, commonly used plan of

inhaling as the arms are raised and exhaling as they are lowered does quite well if used sufficiently. The writer, however, has found a slightly more effective variation of this exercise.

No. 6. At the first count raise the arms as in Photograph No. 6. At the second count take slowly as large a breath as possible, as in Photograph No. 7, and on the third count bring the arms down, *retaining the air*, Photograph No. 8, exhaling on the fourth count, *after the*

arms are down. Bringing down the arms over the fully expanded chest seems to aid in developing its capacity. The writer has used this effectively with many hundreds of boys. There should be about two, or even three, seconds for each of the four counts.

There is no idea here of giving a complete series of exercises, the object being to suggest some to meet the most common deficiencies met with in scoring the muscular development of children.



Nos. 6, 7, and 8

Soviet Moscow

By RICHARD EATON

Life in Soviet Moscow is a thing of vivid contrast. Mr. Eaton's article shows the surface view and hints at what is seething beneath it

*Nel mezzo del cammin di nostra vita
Mi ritrovai per una selva oscura
Che la diretta via era smarrita
Ahi quanto a dir qual era è cosa dura.*

Along the pathway of life
I chanced upon a shadowy forest.
There was no direct road of escape,
And, ah, how difficult it is to tell of
what I saw.

WERE you on the point of going to Moscow when the war broke out? Have you read Turgenev, Dostoevsky, and Tolstoy, and dreamt of the day when you could visit this country of mystery? Or perhaps you have less literary tastes and have only frequented the Caucasian Restaurant in Paris, the Russian Eagle in New York, or the Flying Moscovite in Constantinople. You have found the food and music so delightful and the servants in their native uniforms so attractive that you have decided to go to Russia at the first opportunity. Again, you may happen to be one of those "parlor Socialists" who approve of the principles of the Soviet Government, but not of the disgusting incidents which are necessary to the enforcement of these principles.

If you belong to any one of these classes, and surely there are perfectly good conservatives as well as equally ardent Socialists who fall into one of these categories, go to Russia. Go now, by all means. You will have a delightful trip, although you will not want to stay there long. My advice, which you will accept, since it will be your idea as well, is to go to the best hotel, to see the best cabarets, dine at the best restaurants, and to leave after a week, when you will be tired of the bugs emerging from the secret hiding-places in the luxurious rooms of the Moscow hotels.

But really, if you want to see Russia for only a few days, the Russia of the guide-book, you are missing a great opportunity if you don't apply for your visa at once.

Moscow at least, if not all Russia, has returned to its pre-war life. The buffets in the railway stations are filled with chocolates, biscuits, and fruit. In fact, you'll find them far better equipped than in Germany. And what a contrast they

present to the meagerly stocked restaurants in the Estonian and Lettish stations!

There is wine to be had, *pâté de foie gras*, and delicious Russian cakes.

"But Russia can't be starving," is your impression as the luxurious sleeping-car rolls onward towards Moscow.

You have noticed, perhaps, that the peasants who come down to the train to sell wild strawberries are very poorly clad; if you are a keen observer, you will remark that the price at which they sell this tempting fruit is far out of proportion to the supplement of a dollar an hour which you have paid in addition to the railway fare for the privilege of riding in an International sleeping-car.

You have certainly obtained from friends or acquaintances, if you will, the name of the best hotel. It is the Savoy, and, since you are traveling in the East, no matter how slim may be your pocket-book, you will not try to economize on a room. Certainly not for more than one night, and perhaps even then you will leave your small hotel before dawn.

The Gate to the City

You arrive at the Vindavsky or the Nicolaevski station in Moscow. The waiting-rooms are crowded. Every few feet there is a kiosk for the sale of delicious dainties, which rather jars with your idea of a famine-stricken Russia. The walls are covered with posters illustrating scenes in the life of the proletariat, and your interpreter will tell you that the large one in the corner urges the farmer to make use of the modern methods of agriculture. And here is another which tells the worker to be industrious, to save his money, and soon he will be able to purchase all the luscious eatables on display. Outside the station there is the same confusion as you have seen in Berlin or in Paris. There are comparatively few automobiles in Moscow. Nevertheless you may take a cab or an auto, following the inclination of your pocketbook. And if you do not make a price beforehand, you may as well take an auto for the price of the cab. You see, Moscow has gone back to pre-war days, and your cab has no tariff at all.

You arrive at the Hotel Savoy, which cannot be compared to the Ritz in Paris or to the Claridge in London, but it is exceedingly comfortable. The *conciierge*, speaking perfect English or French, as you will, shows you to a delightful suite of a bedroom and salon. They are certainly the most comfortable living quarters you have found since leaving the Occident.

And, since you do not speak Russian, you will probably take most of your meals in the very excellent restaurant at the Hotel Savoy, where you will be served by waiters speaking English and French.

"You are a guest of the hotel?" inquires the *maître d'hôtel*. "And what is the number of your room?"

You give the necessary information, and wonder at his solicitude. That is, of course, if you are not curious by nature.

What a delicious meal you have! It puts to shame the most expensive meal which you have had in the fashionable Russian restaurants of New York, London, or Paris. And after dinner, perhaps you will care to go to a cabaret? You inquire of the genial *conciierge*, and he advises you to go to the Hermitage Olivier, or, if you don't mind a longer ride, to the Yar, where the most famous Tzigane choirs lull you to a land of dreams with the strains of a Volga boat-song.

Another evening you may prefer to dine out of doors. It is very hot, and you cannot help being impressed by the famous Jardin Olivier, a huge park, where you may dine out of doors and watch the crowd pass by much as at the Café de la Paix in Paris.

The dinner is a bit more expensive than that at the Hotel Savoy, but equally delicious. After you have tired of watching the crowds pass by, you may care to visit a Russian theater. You may choose a comedy, a tragedy, a vaudeville, the music-hall or a ballet performance in any of the four theaters adjacent to the garden. You can't make a mistake. They are all very well played, and you cannot help admiring the Russian actor. After the theater, you may desire to gamble, and you go to the Praga, where money flows on the roulette table with as much