

ASSOCIATION GYMNASIUM RECORDS.

HISTORY.

NUMBER *23* NAME *[Redacted]* DATE OF BIRTH *[Redacted]*
 Birthplace *Lawrence Co. Mo.* of Father *Genia J* of Father's Father *[Redacted]* Married
 of Mother *"* of Father's Mother *Ireland*
 of Mother's Father
 of Mother's Mother

EXERCISE (past) WORK Physical *School* Mental
 EXERCISE (past) RECREATION Physical *Bicycle* Mental

HEALTH *Generally good.*

Number Brothers and Sisters living *25.* Dead *15. 2 br.* Cause of Death Age at Death *Infancy*

Father died of *heart-rather poor.* Mother died of *good.* Health Occupation of Father previous to your birth *Blacksmith*

DISEASES IN FAMILY Gout Piles Rheumatism Phthisis Asthma
 Dyspepsia Varicose Veins Habitual Constipation Heart Disease *None*

*Surgical Operations †Accidents ‡Strain ¶Injury

EXAMINATION.

DATE	Yr.	Mo.	Da.	Hr.	Yr.	Mo.	Da.	Hr.	Yr.	Mo.	Da.	Hr.	Yr.	Mo.	Da.	Hr.
OCCUPATION																
EXERCISE; WORK																
EXERCISE; RECREATION																

WEIGHT	<i>101 1/2</i>															
HEIGHT STANDING	<i>165 1</i>															
Height Sitting	<i>83 9</i>															
Length of Trunk	<i>540</i>															
Depth of Chest	<i>170</i>															
Width of Chest	<i>244</i>															
Breadth of Shoulders	<i>36 8</i>															
Breadth of Hips	<i>28 6</i>															
Neck	<i>30 9</i>															
CHEST EXPANDED	<i>81 7</i>															
CHEST CONTRACT'D	<i>760</i>															
Waist	<i>63 5</i>															
Hips	<i>28 5</i>															
R. WRIST	<i>13 9</i>															
R. FOREARM	<i>22 7</i>															
R. UP-ARM UP	<i>24 2</i>															
R. UP-ARM DOWN	<i>20 8</i>															
L. FOREARM	<i>21 8</i>															
L. UP-ARM UP	<i>23 8</i>															
L. UP-ARM DOWN	<i>20 7</i>															
R. THIGH	<i>42 5</i>															
R. CALF	<i>28 7</i>															
L. THIGH	<i>41 5</i>															
L. CALF	<i>22 8</i>															
L. Ankle	<i>19 5</i>															
Muscles, Consistency	VH H M S VS	VH H M S VS	VH H M S VS	VH H M S VS												
Muscles, Development	VG G M P VP	VG G M P VP	VG G M P VP	VG G M P VP												
Muscles, Size	VL L M S VS	VL L M S VS	VL L M S VS	VL L M S VS												
Heart Rate	Before After	/	/	/	/											
DIP																
PULL UP																
Strength R. Forearm																
Strength L. Forearm																
Lung Capacity																
Hours in Open Air																
Sleep																
Tobacco																
Stimulants																
Health																

PRESCRIPTION
*Head sun exercise daily
 Muscles of feet & arms
 undeviated.*

REMARKS
Heart & Lungs normal.

SPECIAL HISTORY, ACCIDENTS, SURGICAL OPERATIONS, &c.

*8 hrs
 1/2 cup coffee
 No.*