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DATED 8-3-16

[Despatch Abstract.]

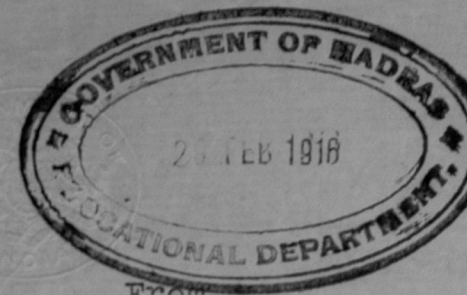
Physical Education. Communicating to the D.P.D. a copy of the report and appendices submitted by Dr JH Aray, National Physical Director Y.M.C. Association's India and Ceylon for the period March - December 1914 and a copy of the report for 1914-15 by Dr CP Seagard, the adviser on Physical Edn in the Bengal Dy.

BACK PAPERS.

G.O.	No.	Department.	Date.	G.O.	No.	Department.	Date.

FURTHER PAPERS.

G.O.	No.	Department.	Date.	G.O.	No.	Department.	Date.



C No. 746 of

No. 173

29.2.16

Government of India,
DEPARTMENT OF EDUCATION.
(Education.)

Delhi, the 24 February 1916

From G. Anderson Esq, M.A.,

Asst. Secretary to the Government of India,

To

The Secretary to the Government of Madras
Educational Department.

C Sir,

in fo 1276
254.15

I am directed to refer to this Department letter no. 1760, dated the 10th November 1915, and to forward for the information of the Governor in Council a copy of the report and appendices submitted by Dr. J.H. Gray, National Physical Director, Young Men's Christian Associations, India and Ceylon, for the period March-December 1914. A copy of the report for 1914-15 submitted to the Government of Bengal by Dr. C.P. Seagard, the Advisor on Physical Education in that Presidency, is also enclosed.

The Government of India have read these reports with interest and trust that the suggestions made in them will be found helpful.

2. I am to add that the Government of India have no more spare copies of the enclosures to this letter.

I have the honour to be,

Sir,

Your most obedient servant,

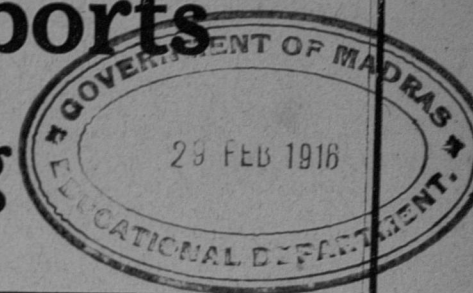
G. Anderson.

Asst. Secretary to the Government of India.

H.N.S.

3 2

National Sports Meeting



- Officers and Committees
- Tentative List of Events
- Prizes, Diplomas, and Trophies
- Rules Governing the Competitions
- Olympic, Chinese, and Indian Records
- Encampment and Messing
- Suggestions for Training
- Aims and Relationship to Physical Education

DELHI December 29-31 or January 3-5 **1914-15**

OFFICE : Till November 1st, 86 College Street, Calcutta
After November 1st, Y. M. C. A., Delhi.

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VICE-PATRONS:

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HIS EXCELLENCY THE GOVERNOR OF BOMBAY.	HIS HONOUR THE LIEUTENANT-GOVERNOR OF BURMA.
HIS EXCELLENCY THE COMMANDER-IN-CHIEF.	HIS HONOUR THE LIEUTENANT-GOVERNOR OF THE PUNJAB.
HIS HIGHNESS THE NIZAM OF HYDERABAD.	HIS HONOUR THE LIEUTENANT-GOVERNOR OF THE UNITED PROVINCES.
HIS EXCELLENCY THE GOVERNOR OF MADRAS.	THE CHIEF COMMISSIONER, CENTRAL PROVINCES.
HIS HIGHNESS THE MAHARAJA OF MYSORE.	

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 W. G. Wedderspoon, Esq., M.A., LL.B.

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 The General Officer Commanding, Delhi.
 Lieutenant-Colonel H. D. Lawrence.
 Lieutenant-Colonel R. M. Poore, D.S.O.
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 W. R. Gourlay, Esq., I.C.S.
 The Hon'ble Mr. R. G. Monteath, *Honorary Secretary*.

ORGANISING SECRETARIES:

Dr. J. H. Gray.
 J. Callan, Esq.
 K. T. Paul, Esq.
 F. C. Freeman, Esq.
 E. C. Carter, Esq.

PROGRAMME OF EVENTS.

OPEN-AMATEUR CHAMPIONSHIPS.

Open to any amateur who is a *bonâ fide* resident of India or Ceylon.

*List of events.**Track and Field—*

100 Yds.
220 Yds.
440 Yds.
Half Mile.
One Mile.

High Jump.
Long Jump.
Pole Vault.
Shot Put.

Hammer Throw.
120 Yds. Hurdles.
Two Mile Walk.

Aquatics—

50 Yds.
100 Yds.
440 Yds.
50 Yds. on Back.

100 Yds. Breast Stroke.
Relay (Teams of four men).
Water Polo.

Tennis.—Championship Tournament.

Entrance fee for each Competitor for each event, R3.
Entries close December 15, 1914.

BRITISH ARMY CHAMPIONSHIPS.

Open to non-commissioned officers and men of His Majesty's British Regiments and Corps. Entries are not limited, but not more than three men from each Regiment or Corps shall *start* in each race. The Trophy will be awarded to the Regiment or Corps whose representatives obtain the greatest number of marks in the following competitions. In the event of a tie, the Trophy will be awarded to the team obtaining the greatest number of firsts, seconds, or thirds in order. First, 12 marks; second, 7 marks; third, 4 marks. In Hockey, Football, Tug-of-War and Water Polo, ten marks will be awarded to the winning team, and 5 marks to the runners-up.

The One Mile Relay is an inter-regimental race. Teams consist of four men, each man to run a quarter of a mile. Regiments may enter more than one team if desired.

The Tug-of-War team is to be composed of eight men on a side, and is to be what is known as a light-weight team. Members of a team are to wear regulation boots. The competition shall consist of the best two out of three all-over pulls.

In the events on the Horizontal and Parallel Bars, the moves are to consist of two set and two voluntary on each piece of apparatus. The set moves will be mailed on application to the Honorary Secretary.

Commissioned officers may represent their Regiments and not forfeit their amateur standing, as under the rules of the A.A.A. of England.

*List of events.**Track and Field—*

100 Yds.
220 Yds.
440 Yds.
Half Mile.
One Mile.
Three Mile.

Marathon.
High Jump.
Long Jump.
Pole Vault.
Shot Put.

Hammer Throw.
120 Yds. Hurdles.
Relay (Teams of four men).
Tug-of-War (Light Weight).
Two Mile Walk.

Gymnastics—

Horizontal Bar.

1 Parallel Bars.

Aquatics—

50 Yds.
100 Yds.
440 Yds.
50 Yds. on Back.

100 Yds. Breast Stroke.
Relay (Teams of four men).
Water Polo.

Games—

Inter-regimental Matches in Hockey and Football.

Boxing and Fencing.—Details to be arranged later.

Entrance fee for each Competitor for each event R3.

Entrance fee for each Relay Team, R5.

Entries close December 15, 1914.

INDIAN ARMY CHAMPIONSHIPS.

Open to non-commissioned officers and men of His Majesty's Indian Regiments and Corps, including His Excellency the Viceroy's Bodyguard. Entries are not limited, but not more than three men from each Regiment or Corps shall *start* in each event. The Trophy will be awarded to the Regiment or Corps whose representatives obtain the greatest number of marks in the following events. In the event of a tie, the Trophy will be awarded to the team obtaining the greatest number of firsts, seconds, or thirds, in order. First, 12 marks; second, 7 marks; third, 4 marks. In Tug-of-War and Hockey 10 marks will be awarded to the winning team, and 5 marks to the runners-up.

The One Mile Relay is an inter-regimental race. Teams consisting of four men, each man to run a quarter of a mile. Regiments may enter more than one team if desired.

The Tug-of-War team is to be composed of eight men on a side. Members are to wear regulation boots. The competition shall consist of the best two out of three all-over pulls.

Commissioned officers may represent their Regiments and not forfeit their amateur standing, as under the rules of the A.A.A. of England.

*List of events.**Track and Field—*

100 Yds.	Three Mile.	Shot Put.
220 Yds.	Marathon.	Relay (Teams of four men).
440 Yds.	High Jump.	Tug-of-War (open).
Half Mile.	Long Jump.	Quoits (Sikh Style).
Mile.	Pole Vault.	

Gymnastics—

Horizontal Bar.	1	Parallel Bars.
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Games—

Inter-regimental Hockey.

Wrestling.—Open Championship. Details to be arranged later.

Entrance fee for each Competitor for each event, R2.

Entrance fee for each Relay Team, R4.

Entries close December 15, 1914.

INDIA UNIVERSITIES CHAMPIONSHIPS.

Open to all *bonâ-fide* students of Colleges affiliated to Universities in India, Burma or Ceylon, whose names were on the register as full-time students for the term prior to the meeting.

Entries are not limited, but not more than three men from each University shall start in each race. The Trophy will be awarded to the University whose representatives obtain the greatest number of marks in the following competitions. In the event of a tie, the Trophy will be awarded to the team obtaining the greatest number of firsts, seconds, or thirds, in order. First, 12 marks; second, 7 marks; third, 4 marks. In the Tug-of-War, Cricket, Hockey, Football and Tennis, 10 marks will be awarded to the winning team, and 5 marks to the runners-up.

The Tug-of-War team is to be composed of eight men on a side. Members of teams are to pull in bare feet. The Competition shall consist of the best two out of three all-over pulls.

In the events on the Horizontal Bar and Parallel Bars, the moves are to consist of two set and two voluntary on each piece of apparatus. The set moves will be mailed on application to the Honorary Secretary.

*List of events.**Track and Field—*

100 Yds.	One Mile.	Hammer Throw.
220 Yds.	High Jump.	Shot Put.
440 Yds.	Long Jump.	120 Yds. Hurdles.
Half Mile.	Pole Vault.	Tug-of-War.

Gymnastics—

Horizontal Bar.	1	Parallel Bars.
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Aquatics—

50 Yds.	440 Yds.	50 Yds. on Back.
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Games—

Cricket, Hockey, Football and Tennis.

Entrance fee for each competitor for each event, R3.

Entries close December 15, 1914.

INTER-RAILWAY CHAMPIONSHIPS.

Open to all railway employes of amateur athletic standing, who have been in the employ of the company for at least six months prior to the Meeting. Entries are not limited, but not more than three men from each railway shall start in each event. The Trophy will be held until the next National Sports Meeting, and will be awarded to the railway winning the greatest number of marks in the following events. In the event of a tie, the Trophy will be awarded to the team obtaining the greatest number of firsts, seconds, or thirds, in order. First, 12 marks; second, 7 marks; third, 4 marks. In Hockey, Football, and Water Polo 10 marks will be awarded to the winning team, and 5 marks to the runners-up.

The One Mile Relay is an inter-railway race, teams consisting of four men, each man to run a quarter of a mile. Railways may enter more than one team if desired.

*List of events.**Track and Field—*

100 Yds.	One Mile.	Hammer Throw.
220 Yds.	Long Jump.	Shot Put.
440 Yds.	High Jump.	120 Yds. Hurdles.
Half Mile.	Pole Vault.	Relay (Teams of four men).

Aquatics—

50 Yds.	50 Yds. on Back.	Relay (Teams of four men).
100 Yds.	100 Yds. Breast Stroke.	Water Polo.
440 Yds.		

Games—

Hockey and Football.

Shooting—

To be arranged later.

Entrance fee for each Competitor for each event, R3.

Entrance fee for each Relay Team, R5.

Entries close December 15, 1914.

SPECIAL COMPETITIONS.

Wrestling.—Open to Indians only. Details to be arranged.

THE NATIONAL SPORTS MEETING HELD UNDER THE RULES OF THE A.A.A., WITH CERTAIN MODIFICATIONS TO SUIT LOCAL CONDITIONS.

RULES.

1. *Amateur*.—An amateur is one who has never competed for a money prize, nor with or against a professional for any prize, nor has taught, pursued, or assisted in the practice of athletic exercises as a means of obtaining a livelihood. (See Appendix A.—“What is an Amateur.”)

2. Any individual submitting his name as a competitor in one of the regimental championships will be debarred from competing as an amateur, except in the case of Commissioned Officers, who may represent their regiments and not forfeit their amateur standing, as under the rules of the A. A. A. of England.

3. *Officials*.—The Executive Committee have power to decide on all points in connection with the Meeting, and their decision is final. They retain the power of making any alterations in the terms of the competitions or programme.

4. *Judges*.—The joint decision of the judges in respect to any competition is final. The judges have the power to disqualify any competitor.

5. *Referee*.—The referee shall decide in the event of a difference of opinion between the judges; such decision to be final.

6. *Entries*.—The Committee shall reserve to itself the right of refusing any entry without assigning a reason.

7. No entry shall be accepted, unless made on the approved entry form and accompanied by the entrance fee.

8. All entries must be made, and the races run, in the real name of the competitor. Entry forms not properly filled in will be returned to entrants.

9. Entries are not limited, but only three competitors from each corps, university, or railway may start in each event.

10. *Clothing*.—Competitors must be properly clad from neck to knee and elbows (*e.g.*, shirt or sleeved jersey of proper texture, and loose drawers.) At the discretion of the Executive Committee, a competitor improperly dressed will be excluded from competing.

11. Each competitor will be supplied in duplicate with a distinctive number, corresponding to his number on the programme, which he will wear carefully stitched on the front and back of his jersey.

12. *Starting*.—The positions to be taken up at the start by each competitor will be decided by drawing at the *starting* line.

13. A bell will be rung before each event, and after a sufficient time has been allowed for competitors to reach the starting post a start will be immediately effected.

14. All races shall be started by the report of a pistol, the starter standing in rear of the competitors. A start shall only be made to the *actual* report of the pistol. The starting will be conducted on the following system.

The marksman having shown the competitors their allotted positions, the starter will (1) warn them to fall into their places, and (2) when he believes all are ready, (3) will discharge his pistol. The words will be—(1) “Get on your marks”; (2) “Get set”; (3) then the pistol.

15. No competitor shall touch the ground in front of his mark with any part of his body. If any competitor wilfully oversteps the mark before the shot of the pistol, after sufficient warning the starter has power to disqualify such a competitor.

16. All questions as to starts are at the absolute discretion of the starter.

17. *Protest*.—All protests against a competitor, or against a competitor's qualification to compete, shall be made to the Honorary Secretary, in writing, before the prizes are distributed, and if the protest shall not be made good within one calendar month the prizes will be awarded. Every protest must be accompanied with a deposit of ₹16, which shall be forfeited in case the same shall appear on investigation to have been made on no reasonable grounds.

18. *Prizes*.—No prize will be given in any event for which there are less than four *bonâ fide* starters.

19. No second prize will be given unless five start or compete, and no third prize unless at least eight start or compete.

20. No attendant shall accompany any competitor to the start, nor shall a competitor be allowed, without the permission of the judges, to receive assistance or refreshment from any one during the progress of a competition.

21. Any competitor wilfully jostling, running across, or obstructing another, so as to impede his progress, will be disqualified. A competitor must be at least two strides ahead before stepping in front of another.

22. *Track*.—The running track will be measured twelve inches outside the inner line of the course.

23. For straight sprint races, a separate course will be assigned to each competitor, which will be staked and stringed. The width between the strings will not be less than four feet, nor the stakes less than thirty feet apart.

24. *Hurdle Race*.—Hundred and twenty yards straight, over ten flights of hurdles, ten yards apart. Hurdles to be three feet six inches high, by five feet broad. Fifteen yards between start and the first hurdle, and a similar distance between the last hurdle and the finish. Each competitor shall have his own line of hurdles and shall keep to that line throughout the race.

PRIZES, DIPLOMAS, AND TROPHIES.

(At a preliminary meeting held in the Chief Commissioner's office in Delhi on Monday, July 6th, the high desirability of eliminating money prizes (except for Indian wrestling) was urged. The hope was expressed that it would be possible for the members of the Honorary General Committee to help in providing the funds necessary for prizes and trophies. The suggestion has been made that sets of medals, valued at ₹100 per set, be provided for each event; a gold medal as first prize, silver as second and bronze as third. Certificates or diplomas will have to be provided for schools and colleges

winning the local and Inter-Provincial Average Physical Efficiency Tests. Several Challenge Trophies will have to be secured.

Before the final Handbook is issued, the Executive Committee will decide on the necessary details with reference to diplomas, medals, and trophies.)

OLYMPIC RECORDS.

Competition Athletics.	Holder.	Record.	Made at the Olympic Games of.
100 metres, Flat	D. F. Lippincott, U. S. A.	10-3/5s.	Stockholm, 1912.
200 " "	A. Hann, U. S. A.	21-3/5s.	St. Louis, 1904.
400 " "	C. D. Reidpath, U. S. A.	48-1/5s.	Stockholm, 1912.
800 " "	J. E. Meredith, U. S. A.	1m. 51-9/10s.	"
1,500 " "	A. N. S. Jackson, Great Britain	3m. 56-4/5s.	"
3,000 " "	H. Kolehmainen, Finland	8m. 36-9/10s.	"
5,000 " "	Do.	14m. 36-3/5s.	"
5 Miles Race	E. R. Voigt, Great Britain	25m. 11-1/5s.	London, 1908.
10,000 metres, Flat	H. Kolehmainen, Finland	31m. 20-4/5s.	Stockholm, 1912.
Marathon Race	K. K. McArthur, South Africa	2h. 36m. 54-4/5s.	"
Hurdle Race, 110 metres	F. C. Smithson, U. S. A.	15s.	London, 1908.
Hurdle Race, 200 "	H. L. Hillman, U. S. A.	24-3/5s.	St. Louis, 1904.
Hurdle Race, 400 "	Do.	53s.	"
Walking Race, 3,500 metres	G. E. Larner, Great Britain	14m. 55s.	London, 1908.
Walking Race, 10,000 "	G. H. Goulding, Canada	46m. 28-2/5s.	Stockholm, 1912.
Walking Race, 10 miles	G. E. Larner, Great Britain	1h. 15m. 57-2/5s.	London, 1908.
Running High Jump	A. W. Richards, U. S. A.	193 cm.	Stockholm, 1912.
Standing "	R. C. Ewry, U. S. A.	165 "	Paris, 1900.
Running Broad Jump	A. L. Gutterson, U. S. A.	760 "	Stockholm, 1912.
Standing "	R. C. Ewry, U. S. A.	348 "	St. Louis, 1904.
Hop, Step and Jump	T. J. Aheame, Great Britain	14.92 mtr.	London, 1908.
Pole Jump	H. S. Babcock, U. S. A.	395 cm.	Stockholm, 1912.
Throwing the Javelin, B. H.	J. Saaristo, Finland	61 mtr.	"
Throwing the Javelin, R. and L. H.	J. Saaristo, Finland	61.48-109	"
" Discus, B. H.	A. R. Taipale, Finland	45 mtr.	"
" Discus, R. and L. H.	A. R. Taipale, Finland	82-86 m.	"
Putting the Weight, B. H.	P. McDonald, U. S. A.	15-34 m.	"
Putting the Weight, R. and L. H.	R. W. Rose, U. S. A.	27-70 m.	"
Throwing the Hammer	M. J. McGrath, U. S. A.	54-74 m.	"
Relay, 400 metres	Germany	42-3/10s.	"
" 1,600 " 4x400	U. S. A.	3m. 16-3/5s.	"
" 1,600 " 200, 200, 400, 800	U. S. A.	3m. 27-1/5s.	London, 1908.
Swimming 100 metres, Free Style	Duke P. Kahanamoku, U. S. A.	1m. 2-2/5s.	Stockholm, 1912.
" 100 " Back Stroke	H. Hebler, U. S. A.	1m. 20-4/5s.	"
" 200 " Breast Stroke	W. Bathe, Germany	3m. 1-4/5s.	"
" 400 " Free Style	S. R. Hodgson, Canada	5m. 24-2/5s.	"
" 400 " Breast Stroke	W. Bathe, Germany	6m. 29-3/5s.	"
" 1,500 " Free Style	G. R. Hodgson, Canada	22m.	"
Team Race, 800 metres 4x200	Australasia	10m. 11-1/5s.	"
" 100 " Free Style Ladies	Tannie Durock, Australasia	1m. 19-4/5s.	"
" 400 " Ladies, 4x100	Great Britain	5m. 52-4/5s.	"

List of Winners and Records of the First Far Eastern Championships Games, Manila, February 1913.

TRACK AND FIELD.

Event.	Name.	Time.	Where from
100 Yards Run	P. Robillos	10-4/5 seconds	Philippines.
200 " "	P. Robillos	23-3/5 "	"
120 Hurdles	Wen Hwen-tsang	18 "	China.
220 " "	J. Lozada	28-4/5 "	Philippines.
Shot Put, 16 lb.	R. Ylanan	37 ft. 2-3/4 in.	"
Discus Throw	R. Ylanan	92 ft. 5 1/2 in.	"
440 Yards Run	Macaian	56-1/5 sec.	"
880 " "	P. Summarianas	2 mins. 16-1/5 sec.	"
Pole Vault	R. Abad	10 ft. 6-7/8 in.	"
Standing Broad Jump	P. Tolentino	9 ft. 8 1/2 in.	"
Running Broad Jump	Chau Yiu	19 ft. 11 1/2 in.	China.
Running High Jump	Wen Hwen-tsang	5 ft. 5-5/8 in.	"
Standing High Jump	M. Santos	4 ft. 4 1/2 in.	Philippines.
One Mile Run	Z. Inakagata	5 mins. 51/5 sec.	Japan.
Modified Marathon, 5 miles	Z. Inakagata	29 mins. 41-4/5 sec.	"
The Decathlon	Pan Wen Ping	598 points	China.
The Pentathlon	R. Ylanan	266 points	Philippines.
880 Yards, Relay		1 min. 38-4/5 sec.	"
One Mile, Relay		3 mins. 50 sec.	"

SWIMMING—SALT WATER.

Event.	Name.	Time.	Where from
40 Yards	C. Benitez	22-4/5 seconds	Philippines.
100 " "	C. Aenlle	1 min. 25-3/4 sec.	"
100 " Back	C. Benitez	1 min. 38-3/5 sec.	"
220 " Breast	J. Del Pan	4 mins. 59-3/5 sec.	"
220 " "	J. Del Pan	43 mins. 40-4/5 sec.	"
440 " "	L. Cristobal	9 mins. 32-3/5 sec.	"
One Mile	J. Del Pan	2 mins. 51-4/5 sec.	"
160 Yards, Relay	(4 men)	1 min. 55-4/5 sec.	"
Plunge for distance	L. Briss	49 feet	"

THE PUNJAB 1913 RECORDS.

QUARTER MILE.

First: Faish-ud-Din, Forman Christian College, 56 2/5 seconds.

HIGH JUMP.

First: Amar Chand, Government College, 5 feet 2 inches.

HALF MILE.

First: Sant Ram Grover, Government College, 2 minutes 16 2/5 seconds.

100 YARDS.

First: N. H. Lal, Forman Christian College, 11 seconds.

CYCLE RACE.

First: Brij Lal, Forman Christian College.

HURDLES.

First: N. H. Lal, Forman Christian College, 17 seconds. Record.

CRICKET BALL.

First: Safdar Khan, Gordon Mission College, 94 yards 1 foot.

PUTTING THE SHOT.

First: Sher Baz Khan, Government College, 32 feet 11½ inches.

LONG JUMP.

First: N. H. Lal, Forman Christian College, 21 feet 4½ inches. Record.

THROWING THE HAMMER.

First: Abdul Majid Khan, Forman Christian College, 91 feet 5 inches. Record.

MILE.

First: Mohan Singh, Khalsa College, 4 minutes 57 seconds.

POLE VAULT.

First: Rajindra Singh, Dyal Singh College, 8 feet 3 inches. Record.

MADRAS UNIVERSITY RECORDS.

Long Jump—19 feet 3 inches, A. Rama Iyer, Presidency College.
 120 Yards, Hurdles—16½ seconds, J. G. Bell, Engineering College.
 Throwing Cricket Ball—114½ yards, C. Corner, Medical College.
 100 Yards—10½ seconds, M. Nicholas, C. Corner, Medical College.
 Shot Pax—30 feet 8 inches, C. Corner, Medical College.
 440 Yards—50 seconds, M. Nicholas, Medical College.
 High Jump—5 feet 3 inches, R. Ramadesikan, Christian College.
 One Mile—5 minutes, A. Raghavendra Rao, Pachaiyappa's College.
 Half Mile Relay Race—1 minute 55 seconds, Engineering College.

INDIAN AMATEUR RECORDS COMPILED BY THE BENGAL PRESIDENCY
ATHLETIC ASSOCIATION.

100 Yds.	10 seconds.	N. G. Pritchard	1898 B. P. A. A. M.
		R. H. Leadon	1911 "
		Sergt. Miller	1913 "
150 Yds.	15 seconds.	N. G. Pritchard	1899 "
220 Yds.	23 seconds.	R. H. Leadon	1911, 1913 "
300 Yds.	33-1-5 seconds.	M. L. Plantnauer	1894 "
440 Yds.	50 seconds.	N. G. Pritchard	1890 "
600 Yds.	1 min. 15½ seconds.	Sergt. Miller.	1912 "
Half M.ile.	2 min. 4 seconds.	Lt. J. H. Vanderzee	1893 "
		Bugle-Major Jamal Din.	1910 "
1,000 Yds.	2 min. 19 seconds.	Drummer Roberts	1912 "
One Mile.	4 min. 35½ seconds.	Gulzara Singh	1912 (Burma A. A.)
		Pte. C. Chandler	1909 B. P. A. A. M.
One Mile Relay	8 min. 35½ seconds.	Dorsetshires	1912 "
120 Yds. Hurdle	15½ seconds.	N. G. Pritchard	1895 (Ballygunge C. Sports.)
High Jump	5 ft. 11½ in.	T. Barton	1905 (Burma A. A.)

ARRANGEMENTS FOR ENCAMPMENT AND MESSING.

Through the generosity of the Commander-in-Chief, an encampment will be provided for all competitors near the polo grounds in the Durbar area. There will be no charge for tent accommodation to competitors, but each competitor will have to pay for his own food. Arrangements will be made with European and Indian contractors, to provide food at certain fixed rates, according to the probable desires of the competitors of different castes and races.

RAILWAY CONCESSIONS.

It is expected that the Executive Committee will be able to secure the railway concessions usually granted for sports and athletic meetings.

AIMS AND RELATIONSHIP TO PHYSICAL EDUCATION.

The National Council of the Young Men's Christian Association believes that, hand in hand with medical inspection and school hygiene, there must be developed a spontaneous and widespread movement in the direction of physical culture on the part of the students themselves. A large increase in healthy physical exercises will greatly reduce the necessity for medical treatment.

There is too great a tendency to measure the physical efficiency of Indian schools and colleges by the star performances of a handful of exceptional athletes, rather than by the average physical efficiency of the entire student body. We wish to supplant this idea by introducing a wholly new programme of physical education and competition, in which every student will participate. When this plan has been carried out, a school, college, company, or regiment will only stand high in physical education if the majority of the students are paying attention to physical education. In Bombay, Lahore, Lucknow, Allahabad, Jubbulpore, Calcutta, Rangoon, Madras, Hyderabad, and Bangalore, the Association is about to undertake to carry out a series of tests, in order to discover a rational and simple standard for different groups of boys and men.

When a fair standard has been discovered, it will be possible to secure the co-operation of a great number of schools and colleges throughout the country in establishing new standards. According to these every boy in school will participate, and the average physical efficiency of the entire school be the standard of competition with other schools.

The objects of the proposed Meeting are:—(1) to increase public interest in physical culture; (2) to emphasise new standards of physical efficiency, by which a school, college or regiment will only stand high in physical education and athletics if the majority of the members are participating in sports and games; and (3) to discover the highest individual athletic standards throughout India, and thus enable Indian young men to realise how they stand with reference to the young men of other nations, according to Olympic standards.

This National Sports Meeting would help to focus widespread public attention on the need of individual physical efficiency, and enable the Association to arouse more unofficial and spontaneous interest in sound physical education in schools and colleges, and among all classes of young men. In certain schools and colleges deeper interest in athletics and physical education must be aroused. In others the interest is perhaps already too great and what is needed is higher ethical and physical standards, the elimination of professionalism and the spirit of "win at any cost, foul or fair."

APPENDIX A.

WHAT IS AN AMATEUR ?

The following is the amateur definition of the International Athletic Federation, and as such may be used by all bodies or clubs conducting sports meetings or holding other competitions in India. Athletes, who take this as their model, will be recognized as amateurs the world over. This is published to meet the frequent requests that come from all manner of sources regarding this matter :—

- (1) An amateur is one who competes only for the love of sport.
- (2) Competing for money or other pecuniary reward in any sport makes the competitor a professional in all sports.
- (3) In track and field athletic sports one who knowingly competes with, or against, a professional, thereby becomes a professional.
- (4) In the event of an amateur competing with or against a professional in sports other than track and field athletics, not for money or other pecuniary reward, then the members of the federation to which the athlete belongs shall be the judge of such competitor's status according to its own rules, and its certificate as to the competitor's status shall be accepted by all other members of the international federation.
- (5) One who teaches, trains or coaches in any sport for money or other pecuniary considerations is a professional, except, however, that so far as competition in his own country, and there only, is concerned, an employé of the state or school or other educational institution, who teaches, trains or coaches as an incident to his main vocation or employment, may, or may not, be a professional, and the members of the federation of the country of such a person shall decide.

As an interpretation of the above fundamental rules and to be considered as part thereof, the following interpretations and regulations are set down, and any athlete who violates any thereof shall thereby become a professional :—

- (a) An amateur cannot wager or be interested in a wager, money bet or stake made in connection with the athletic competition in which he is to participate.
- (b) An amateur must not compete for any prize or token which cannot be suitably inscribed with some words or letters commemorative of the competition. Prizes must not be of a character which cannot be possessed or retained for a period of, at least, the life of the recipient.
- (c) An amateur cannot compete for a prize or token of a value of more than ten pounds, except by consent of the members of the federation of the country.
- (d) An amateur may not sell, pawn or give away his prizes, and shall hold the same subject at all times to the inspection of the members of the federation of his country.

(e) An amateur cannot enter or compete in any contest under a name other than his own or one assumed permanently by him for purposes of competition and registered by him with a member of the federation of his country.

(f) An amateur cannot issue a challenge or in any manner evidence his intention of competing with or against a professional or for money or its equivalent.

(g) An amateur cannot accept or in any manner receive any money or other pecuniary gain in going to, attending, or returning from an athletic meeting, other than his actual outlay for railroad, steamship, sleeping car fare and for meals and lodging. Under no circumstances shall the amount paid for expense money exceed the cost of one first-class railway or steamship ticket, one first-class sleeping accommodation, and one pound, or the equivalent, per day for meals and lodging.

(h) Any expense money must be paid, not to the athlete but to the member of the federation of the athlete's country.

(i) An amateur cannot accept travelling expenses or payment of any kind for a trainer, rubber, masseuse, friend or relative. (*Note.*—This rule does not mean that travelling expenses of trainer and the like cannot be paid, but that such expenses cannot be demanded by, or paid, to the athlete.)

(j) An amateur cannot, directly or indirectly, accept payment for loss of time or wages, in attending or training for an athletic competition.

(k) An amateur cannot, directly or indirectly, receive any reward for becoming or continuing as a member of any club or any other athletic organization.

(l) An amateur cannot compete for or from an athletic organization in whose employ he is, or who for compensation renders personal services of any kind to such organizations.

In all questions as to the athlete's amateur status other than those in which the member of the federation of the country of the athlete has been made the sole arbitrator, the statement of any member as to an athlete's status is subject to the review and decision of the federation.

INFORMATION AND SUGGESTIONS.

Entry Forms may be had on application.

It is particularly requested that entries (which must be made on the approved Entry Form and not by telegram, and be accompanied by the Entrance Fees) be forwarded to the Honorary Secretary *as soon as possible*. All entries close on the 15th of December 1914.

3
13

Report to the Government of India (Education Department) of the work of Dr. J. H. Gray, National Physical Director, Young Men's Christian Association, India and Ceylon, from March to December 1914.

After five and one-half years as Physical Director for the Calcutta Young Men's Christian Association and Adviser to the Government of Bengal in Physical Education, I assumed on March 1st, 1914, the duties of National Physical Director for the National Council of the Young Men's Christian Association of India and Ceylon.

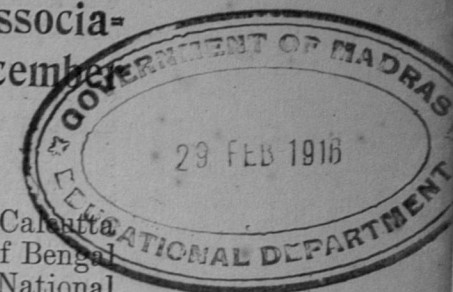
The plan of work outlined for the year may be separated into three main divisions:—

- (a) *Touring*.—To travel to several of the leading cities in different provinces, study the local conditions and needs of the physical life of the young men in those cities, draw up plans of work to meet those needs, and as far as possible to try to see that the carrying of them out was begun or arranged for.
- (b) *Literary Work*.—To edit the Physical Department Notes of the "*Young Men of India*," the organ of the Young Men's Christian Association in India, compile books on games, athletics, and health subjects.
- (c) *Instruction and Teaching*.—In special short term schools to give both theory and practical instruction on hygienic and health subjects, drill, games, etc.

In accordance with the above plan the following has been accomplished:—

(1) The monthly issues of the "*Young Men of India*" have had Physical Department Notes, giving the interesting facts of the Physical Departments of the various Associations throughout India, reporting the interesting facts of physical activities throughout the world, and in addition such items as Rules of Games, Amateur Status (or What Constitutes an Amateur), with occasional articles contributed by others on health subjects.

(2) *Handbook*.—Considerable material has been collected for an Athletic Handbook, which to date, however, has not been prepared for printing. This handbook when completed should be serviceable for schools as well as clubs, as it will contain not only the rules of standard games, but also the rules for special games; for we deem it wise that some new games be promoted especially those in which a large number of players can take part, which



require only a small area, and in which team play is prominent as well as skill both individual and collective.

(3) *Lahore*.—Nearly three weeks were spent here in studying the local conditions and needs of the city and the conditions and future plan of the schools throughout the province. The work resulted in a joint scheme of work between the Punjab Government and the Lahore Young Men's Christian Association in which Government was to give a grant covering one-third of the salary and allowances of a highly trained man whom the Association was to secure. One-third of this man's time was to be at the disposal of Government for advice, touring, and the training of teachers; the remainder to be given to the Association in Lahore. The plan of work suggested for the Association in the city included the equipping of a gymnasium (which might also be the headquarters for the training of Government teachers) in the Association building, the securing of an athletic field near by, and the supervision of an unused bath as a public swimming bath. The Punjab University have under contemplation the securing of a second trained expert. This is in my opinion a wise move, and one in the right direction. I wish that the Government of India might take up the matter seriously with the other Universities and urge them to do as the Punjab University contemplates. My observations in Calcutta, Madras, Bombay, and Rangoon are that such a man is sadly needed and would do much toward a healthy and rational development of a more wholesome and normal physical and moral life among the students, as well as be responsible for the conducting and organizing of games and competitions, and the imparting of information in health, hygiene, and sanitary subjects, which are conspicuous at present by their absence from the University curricula.

(4) *Simla*.—At the request of the Headmaster, I visited the Bishop Cotton School, discussed the present plans of activity, made some suggestions, and drew up a list of the equipment necessary for the new gymnasium under construction.

(5) *Calcutta*.—Attended the Bengal Summer School of the Young Men's Christian Association and gave daily lectures on health and hygiene subjects, and conducted classes in drill and games. This session lasted for two weeks. Advised with reference to plans for the proposed model Student Playground of the Young Men's Christian Association, which, it is hoped, will be made possible by a liberal grant from the Bengal Government in connection with the model Student Young Men's Christian Association Hostel in Mechua Bazaar Street.

(6) *Rangoon*.—Spent ten days in Rangoon. Delivered a series of three lectures to the teachers of the schools, the average attendance being over 250. Visited five of the leading Colleges and High Schools, meeting the teachers in special conference, addressing the student body, and demonstrating work. In addition several public lectures were given in the different branches of the Association. With the approval of the Director of Public Instruction, submitted through the Association a request to Government for a grant to help in securing a trained man for Rangoon and Burma on much the same lines as was done in Lahore.

(7) *Madras*.—Spent three days in Madras. Met in a special group many of the Principals and Headmasters of the various local Colleges and

High Schools, paid a visit to the Training College, discussed with the Principal the work of the expected Physical Director, for the Madras Government had already sanctioned a grant under somewhat similar conditions to those in the Punjab.

(8) *Pudukottah*.—This is one of the South India Native States. I spent four days in the capital city. Visited the College, the Training School, two or three of the other Higher Schools, met the teachers as in other places, and demonstrated work. Three public lectures were given in the Young Men's Christian Association building on health and six hygiene subjects, which were very well attended.

(9) *Coimbatore*.—In three days similar work as in Pudukottah was carried on. The leading schools were visited, conferences held, demonstrations given, and public lectures delivered in the Young Men's Christian Association building.

(10) *Bangalore*.—Considerable time was spent here. Lectures and classes were held in the Association Training School, public lectures delivered in the various branches of the Association and in the Government High School, a large demonstration planned in which 1,000 boys were to take part in a mass, in free-hand drill (the boys to be recruited from the Government School, the L. M. S. and C. M. S. Boys' Schools, who were drilled in mass classes of about 250 at a time for two and a half weeks), an intercollegiate athletic meeting with special events, gymnastics, gymnastic dancing and group games being some of the items on the programme. Unfortunately shortly before the day set for the affair I was taken ill with a very severe attack of enteric fever, which kept me in the hospital for eighty-eight days. The recovery from such an illness is necessarily slow, and I returned to Simla as soon as I could travel, having to leave out several places that I had intended to visit.

The Government of Mysore now has under favourable consideration a proposal to enlist the co-operation of the Bangalore Young Men's Christian Association and a Young Men's Christian Association Physical Director in the extension of physical education throughout the State. The plan as drawn up by the Deputy Commissioner of Bangalore is appended (Appendix A).

(11) *Hyderabad*.—Negotiations have been entered into with the Director of Public Instruction in the Nizam's Dominions with reference to co-operation between His Highness' Government and the Hyderabad Young Men's Christian Association in physical education.

(12) *Allahabad*.—Negotiations are now pending for the securing of a plot of about four acres in the heart of the Native City of Allahabad, to provide an open-air gymnasium and playground for the students, school boys, and educated men of the City.

(13) *Nagpur*.—A request was received from the Committee of the Central Provinces University, asking us to give them information as to the status of Physical Education in American Universities, and also to submit a detailed plan of work, the equipment required, and the staff necessary for the work in a new scheme it is planning for the Central Provinces. This has been done and has been approved in the main, if not in entirety, by them. (Appendix B.)

(14) *The National Sports Meeting*.—Early in July the National Council of the Young Men's Christian Association, which had been considering for some time the advisability of an Olympic Meeting for India, decided that the time was ripe for the holding of such a series of games, and requested me to submit a tentative programme. This was done at once, and the plan in general accepted. Work was begun on it immediately, and we were fortunate in securing a most influential Committee, with His Excellency the Viceroy as Patron, the Commander-in-Chief and several of the leading Indian Chiefs as Vice-Patrons, and about 150 of the leading civilians, military, educational, and business men of India as members. The list included the Governors, Lieutenant-Governors, and Commissioners of all the Provinces. The details of the meeting were rapidly being worked out when the European War broke out, and it was decided to postpone the whole plan till some future date. A small pamphlet was in the press, giving information concerning the meeting, a proof copy of which is appended to this report. (Appendix C.)

(15) *Physical Efficiency Tests*.—In connection with the proposed athletic meeting mentioned above, a plan was developed which has far more potential possibilities than has the meeting itself. This was the scheme which we called "Physical Efficiency Tests." The purpose of these tests was;—*first*, to stimulate interest in each individual on the part of the great mass of school boys in India as to his physical welfare; *second*, to enable a boy to know where he stands in his physical development and achievement in comparison with other boys throughout the world, and whether he is up to par with Indian boys of his own age or not; and *third*, to enable the Educational authorities to judge of the value of the work that is being done in the schools and to be able to mark it. At present no such standard of values is in vogue. The events selected were the short, flat race, the standing broad jump, and "chinning" the bar, or pulling up to the chin from a full-arm hang. The boys were to be divided into four groups, according to age. Tests were carried on by our Young Men's Christian Association Secretaries, or by myself, in Calcutta, Dacca, Madras, Lucknow, Bangalore, Rangoon, Jubbulpore, Trivandrum, and one or more other places. It being necessary first of all to establish standards from experimental statistics, it was planned when these standards had been established to try and interest the educational authorities in the different provinces, to hold tryouts, and award prizes to the school showing the highest percentage of boys passing the tests. The prizes were to be awarded at the Sports Meeting by His Excellency the Viceroy. With the outbreak of the war and the postponing of the meeting, the plan suffered a set-back, which was further augmented by my illness. The value of such a plan to the physical welfare of the Indian boys when in proper working order will be immeasurable, and I trust that it may be continued.

The work during the past year, which began with the very best of prospects, fulfilled all our expectations until it was interrupted first by the war and later by my illness. Much progress has been made, however, and all of the plans on foot have been only postponed or placed temporarily in the background by unforeseen and unavoidable conditions, and will in the near future assume again their proper place. The need for the development of

this work is generally admitted, and all are anxious that something be done. I trust I shall have further opportunity to develop what has been begun, and hope that the interest of your Department may be counted on in the future as in the past, assuring you at the same time that we are at your service, and if we can render any assistance we trust that you will call on us.

APPENDIX A.

RECOMMENDATIONS FOR CONSIDERATION IN CONNECTION WITH THE PROPOSED SCHEME FOR PHYSICAL EDUCATION IN BANGALORE.

I. Sanction of a grant to Young Men's Christian Association.

	R
Initial	10,000
Recurring for five years at	3,000 a year (why not three years?)

Obligations undertaken by the Young Men's Christian Association.

- (1) To train a batch of young men for work in the districts.
- (2) To bring into being and supervise organisations for physical culture in district headquarter towns and a few other selected populous towns.
- (3) To allow the pupils of colleges and high schools in Bangalore to enjoy privileges of membership of the athletic club on payment of half the fee (if any fee be fixed).

II. To make it a rule that sufficient playground should be set apart for the use of all the schools including girls' schools in every town and village.

III. To make suitable provision for the medical examination of all pupils with a view to prevent evil consequences arising from indulgence in physical exercise in one form or another.

IV. To make it a rule that every school should encourage all its pupils not exempted by medical authorities to take regular exercise in one form or another.

V. To provide for the training of a sufficient number of instructors for all high and Anglo-vernacular schools. Graduates and undergraduates to be selected, allowances similar to those given for sloyd being offered them for organising and supervising outdoor exercise in the towns in which they are employed.

VI. To provide recreation grounds and playfields in all large towns for the use of the general public and to provide for their proper supervision by appointing assistant supervisors where necessary.

VII. To appoint a Physical Director for the whole province, such an officer being attached to the Training College.

VIII. To send out a suitable lady for training to England (Southport Physical Training College) with a view to employ her in connection with the

Maharani's College as teacher of domestic science and superintendent of Physical Exercise.

IX. Grant of suitable Government aid to athletic associations organised on approved lines.

X. The cost of putting in order and maintaining recreation ground and playfields not forming portion of school grounds should be borne by Municipalities.

C. KRISHNA RAO.

APPENDIX B.

TENTATIVE PLAN OF PHYSICAL EDUCATION FOR NAGPUR UNIVERSITY, AS SUBMITTED BY THE NATIONAL COUNCIL OF YOUNG MEN'S CHRISTIAN ASSOCIATIONS.

Staff.

I. The Central University of 1,200 students should have a Department of Physical Education with—

- (a) Professor of Physical Education. He should be a member of the teaching staff and in full charge of (1) Health and Hygiene, (2) Gymnasium, (3) Athletics and Games. Salary ₹900 to ₹1,400.
- (b) Two or three Gymnastic Instructors. These might be either Indians or Europeans who had taken the Physical Training course in the Young Men's Christian Association Training School in Calcutta or Bangalore. Salary ₹125 to ₹300. The 1st Assistant Instructor should be Superintendent of Gymnasium. The 2nd Assistant should be Swimming Instructor as well.

II. The Physical Education of the two external colleges should be in charge of the Professor of Physical Education and under his supervision of a Gymnastic Instructor in each. Their remuneration should be ₹300 to ₹450. They should be able to handle all the activities of the college, indoor, outdoor, swimming, health and hygiene.

Gymnasia.

III. For the two external colleges of 350 and 250 students respectively—

- (a) A main gymnasium about 50' x 75' in the clear, with hard-wood floor preferable, and containing a suspend for external running tract.
- (b) An auxiliary gymnasium 20' x 40' for boxing, wrestling, fencing and private instruction.
- (c) Locker rooms and dressing rooms, and hand ball and fives court.
- (d) Baths and lavatories accessible to gymnasium, locker room, and swimming tank. Showers 25 to 40 heads. Toilets 8 to 15.
- (e) Swimming tank about 25' x 75' with a complete refiltering apparatus.
- (f) A Physical Director's office with adjacent examining room.

For the Central University of 1,200 students—

- (a) A main gymnasium 90' x 120' with running tract on the same level or suspend.

- (b) An auxiliary gymnasium 30' x 50' for special exercise, games, boxing, wrestling, etc.
- (c) A room for corrective exercise and for physical deficiency exercises.
- (d) Locker room with 500 to 700 small lockers and benches, bath rooms, toilet rooms. Latter to be accessible from locker room and swimming tank. Showers 30 to 60 heads. Toilets 15 to 25.
- (e) Swimming tank 30' x 75' (about) with sufficient room for spectators. Showers, baths, etc. A complete refiltering plant for same.
- (f) Office of Professor of Physical Education.
- (g) Office for Assistant Instructors.
- (h) Examining room.
- (i) A Physical Education section in the library.

Equipment.

IV. For the main gymnasium, those marked (*) should be used for the external colleges and in smaller number if double marked (**).

Apparatus.	English.	American.
	£	£
**100 pr. Indian clubs 1½ lb.	9	12
**100 „ Dumb-bells 1½ (wood)	7	12
**225 „ Hangers	6	7
**100 „ Wands (wood)	3	4
**100 „ Wands (iron)	7	16
**25 „ Indian clubs 2 lbs.	4	5
**2 „ Parallel bars	20	40
**2 „ Bucks	18	36
**2 „ Vaulting horses	24	48
** „ Adjustable horizontal bars	14	15
*2 „ Fixed horizontal bars	10	15
**2 „ Flying rings	4	6
*1 set Travelling rings	12	14
*1 16 feet horizontal ladder	4	8
*4 Climbing ropes	5	6
*2 Climbing poles	2	3
*1 pr. Low parallel bars	2	3
**2 „ Spring boards	6	16
*4 „ Beat boards	1	5
*15 „ Wall exercises	...	150
*30 „ Stall bar sections	...	30
*6 „ Basketball goals	3	5
**8 „ Medicine balls	4	8
*2 „ Jump standards	4	5

Apparatus.	English.	American.
	£	£
*1 pr. Instruction platform	2	4
*2 „ Punching bag platforms	4	8
Boxing gloves, foils, masks, jackets, gloves, etc.	25	28
** Basket balls, volley balls, punch bags, foot-balls, tennis balls, tennis and volley ball nets, badminton, etc.	20	20
* Hurdles, vaulting poles, boards, shot, etc.	20	20
**10 Mats 5' x 10' x 2"	20	20
**4 Mats 2' x 6' x 2"	2	7
**4 Mats 5' x 16' x 2"	12	36
*1 Mat 16' x 16' x 2"	10	20
*2 Covers for wrestling mat	4	4

Adding 10 per cent. for freight and installation for the Central University would make a total of nearly £700, if of American manufacture. Some of the goods may be purchased locally in England thus reducing here and there a little.

Swimming pool. A complete refiltering plant to cost £300. Lockers to cost about £70 per 100. About 400 to 700 needed at Central University and 150 at each of the external colleges.

For games such as handball, fives, etc., an extra equipment of walls could be placed near the gymnasium at small cost.

Each gymnasium should have one playing field adjacent to it, with a ¼ mile running track. Cost variable. Should be sod and water piped to keep in good condition.

Physical examination equipment for each gymnasium will cost about £50 for the Central Gymnasium and about £30 for the two external colleges (each).

CENTRAL UNIVERSITY.

Summary of cost of equipment.

	English.	American.
	£	£
Gymnasium equipment	625	700
Examination room equipment	50	50
Refiltering system	300	300
Lockers 450	350	350
Office furniture	50	50
	1,375	1,450

The two external gymnasia each about . . . 1,000 1,150

The closest check should be kept on the gymnasium apparatus when purchasing, as goods vary greatly in quality without varying in price and

useless articles are very often purchased by those who do not understand the use of the article. All heavy apparatus should be American goods, all balls, nets, etc., English.

V. Organisation of the Department of Physical Education.

1. Medical hygiene and sanitary supervision.

- (a) College buildings.
- (b) Hostels.
- (c) Surrounding.
- (d) Students: Examination and advisory.

2. Instruction in laws of human health.

- (a) Course I to 1st and 2nd year students.
- (b) Course II to 3rd and 4th year students.
- (c) Course III, special courses.

3. Instruction and practical work in the various phases of physical exercise.

4. Supervision of student athletic activities.

VI. Physical Education.

Practical.—Compulsory for 1st and 2nd year men, elective for 3rd and 4th year men.

1st year men: Total 300; average attendance 90 per cent. or 4 classes of 70 each; three times weekly, as follows:—

1st sec. Science. 1st sec. Arts.	2nd sec. Science. 2nd sec. Arts.			
1st sec. Science . . .	8—8-45	Monday, Wednesday, Friday	70 men.	
2nd sec. „ . . .	9—9-45	„ „ „	„	
1st sec. Arts . . .	10—10-45	„ „ „	„	
2nd sec. „ . . .	3—3-45	„ „ „	„	

2nd year men: Total 275, average attendance 90 per cent. or 4 classes of 60 men each.

1st sec. Science . . .	8—8-45	Tuesday, Thursday	60 men.
2nd sec. „ . . .	9—9-45	„ „	65 „
1st sec. Arts . . .	10—10-45	„ „	60 „
2nd sec. „ . . .	3—3-45	„ „	65 „

3rd and 4th year men: 500 students: Course—Elective: Average taking 15 per cent. or 75, average attendance 90 per cent. Attendance 68.

Senior gymnastic class for above meets twice weekly: 11—11-45; Tuesday and Thursday.

All hours are, of course, tentative and fixed to suit class hours, climate, etc.

Total number of classes	9
Total number of sessions per week	22

Special courses in corrective gymnastics, elementary and advanced gymnastics, boxing, fencing, swimming, wrestling to be conducted at suitable hours at least twice weekly. Instruction also given in various games such as tennis, handball, fives, etc. Special class for physical work.

1st year work to consist of marching, free calisthenics, dumb-bells, elementary apparatus work, games and swimming.

2nd year work: advanced marching, wands, Indian clubs, advanced calisthenics, intermediate apparatus work, games and swimming.

3rd and 4th year work: advanced exercises, advanced apparatus, games and swimming.

Every man in 1st and 2nd year to play at least one outdoor and one indoor game in season and learn to swim.

Every class to have a team in every sport where inter-class competition can be held.

July to October: Cricket, Water-Polo, Volley ball, Tennis Track and Field Athletics.

January to March: Gymnastics, Tennis, Hockey, Football, Basket ball, Athletics. Many other games can be used for inter-class competition. The same games can be used in Inter-College Competition.

Examination.—(1) All students to have a physical examination upon entrance and a record kept from year to year. (2) All 1st and 2nd year students to pass examination in periodical work.

Physical Education Lectures.

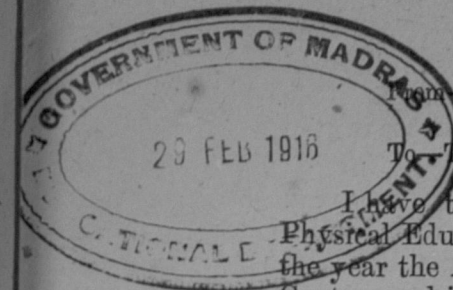
(1) A series of lectures should be conducted for all students on health and hygiene.

(a) 1st and 2nd year students: 12 lectures on Physiology and Body Mechanism, Health and Hygiene.

(b) 3rd and 4th year: 12 lectures on Care of the Body, Sexual Hygiene, Eugenics, etc.

(2) Examination on the above with suitable credits.

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Dated the 30th April 1915.

From—The Adviser on Physical Education to the Department of Public Instruction,
Bengal,
To—The Director of Public Instruction, Bengal.

I have the honour to submit the following Annual Report regarding the Physical Education in the Presidency of Bengal for the year 1914-15. During the year the Adviser on Physical Education visited all but a few of the District Centres and inspected colleges and schools of all grades in order that this report might cover conditions in general and not of any one particular division. European Schools were also inspected and are dealt with in a special paragraph.

2. The inspection was designed to cover all the agencies that in any way affect the physical life of students in schools and colleges, as it is obviously impossible to draw up courses of physical instruction without understanding the agencies that make or mar physical growth. There must also be taken into consideration the fact that the only point of contact between the people and advancement is through the Education Department. It is therefore necessary that schools and colleges, especially those directly under Government, should offer the best possible opportunity for physical and mental development. For this reason my report covers in a large measure the agencies and factors affecting the physical life of those in the educational institutions.

3. The report will be discussed under the following main heads :—

(1) HEALTH AND HYGIENE :—

- (a) The office of the Director of Public Instruction, Calcutta.
- (b) Attendance, Cause of absence.
- (c) Schools.
- (d) Latrines.
- (e) Teaching and Mental Hygiene.

(2) HOSTELS :—

- (a) Floor space.
- (b) Hygiene and Sanitary conditions.
- (c) Grading of boarders according to age.
- (d) Supervision.

(3) PHYSICAL TRAINING :—

- (a) Drill and Gymnastic Masters.
- (b) Equipment.
- (c) Periods of exercise and time.
- (d) Compulsory training.
- (e) Results.

(4) PLAY GROUNDS :—

- (a) Equipment.
- (b) Games.
- (c) Inter-Sports.

(5) EUROPEAN SCHOOLS.

(6) RECOMMENDATIONS.

(1) HEALTH AND HYGIENE :—(a) *The office of the Director of Public Instruction, Bengal.*—The office of the Head of the Education Department of Bengal is located in Writers' Buildings, Calcutta, where a certain number of rooms is assigned to the Director, the Assistant Director, and a large staff of clerks and other employees. Most, if not all, of these rooms are made to serve as combined office and record rooms for the Director's staff. The Bengal Library, which is also under the control of the Director of Public Instruction, is located on the ground floor.

Almost all these rooms are overcrowded, and are as bad as, if not worse than, many of the factories that were condemned long since by various Boards of Health. In most of these rooms, where a great deal of writing and other work necessitating eye strain is done, there is far too little natural light. There is some artificial light but this is not enough. There is little or no ventilation owing to the vast number of files that must be kept in the rooms.

As to the overcrowding, in some rooms there were not only twice as many clerks as the room should healthily accommodate, but the rooms were also filled with almirahs holding books, files, etc., till there was little, if any, room to move around. The Bengal Library is typical of the general condition.

The light in nearly all the rooms is bad. This is partly due to windows and doors being blocked up by almirahs and also to the poor arrangement of the offices. This also affects the ventilation.

This condition exists in the offices of the Department from which the best thought and example are to come and make for that progress in hygiene and Sanitation that is so much desired. It is this Department that has contact with the people as a whole, and its example should be the best. Unless the example is set, the people cannot imitate, and imitation is one of the best methods of learning.

(b) *Attendance, Cause of absence.*—Physical as well as mental education depends on the length of time at the disposal of the school. If the time is cut down, either by the student or the teacher, it is obvious that the education of the student will be affected. It also means that a certain amount of effort is wasted as the school can take care of the maximum number. It is therefore necessary that some thought should be given to the causes of absence.

The records showed that the percentage varies greatly throughout Bengal. The Government Schools show the best attendance. The Middle English as well as the High English Schools have an absentee list varying from 15 to 40 per cent. Most of the Government Schools manage to keep an average of 85 per cent. attendance. This is, however, not always the case. The Middle English Schools, where the outside influence in keeping the boy away from school should be less, has a far greater percentage of absentees than is justifiable. In the Primary Schools there is just as great a variation. The reason given for this is that there is fever. In every case the same answer is given, and the answer is the same at every season of the year. In one district, Jalpaiguri, and in the centre only, was there an exception. Here the attendance was the best found. The reasons assigned for low attendance are that fever is present and that parents take their boys out of school for various political and commercial reasons. Another reason assigned is that marriages occur and the boys frequently leave school with many of their classmates for a week or more.

Malaria is, however, the most important cause of absence; also the fact that malaria lowers the physical vitality so much that it leaves the body in a much weaker condition and susceptible to other diseases. The boy is then in such a weak condition that drill is detrimental.

(c) *Schools.*—More thought is being given to the effect of the school on the physical condition of the students, and therefore the new schools are far superior in this regard. A great deal could be done in the older buildings. The schools, especially those under Government management, must conform in every way to the best principles in order that the example may be set for other schools and for the effect on the boys.

The High and Middle Schools are in general well lighted, but the tendency to overcrowding is great. Whether this is to meet a need and take the place of more schools being built, or to increase the financial receipts, I do not know. But it is a fact that a large number of these schools are too overcrowded to consider the physical need or comfort of the boys. Rooms with forty or forty-five pupils are common. The physical vitality is simply sapped out of the students under these conditions, and to ask them to do a drill lasting for from twenty to forty-five minutes is little short of folly.

As to the Primary Schools, there is the same tendency with the added factor of poor light and ventilation. Some, however, are all ventilation, and thus the weather becomes the guiding factor in the conditions under which they work. If the weather is bad then there are no classes.

In all, except the new buildings, the floor is a disgrace. Many have great bare patches on the floor from which the cement has been worn, and the dust that rises as soon as anyone walks over the space is fearful. As this dust is a germ-carrying factor it should be eliminated. Even water sprinkled over the area would be of value. This dirt is also of many days' standing as there is but a poor attempt to systematize the cleaning of the class rooms. Some of these rooms are far worse than the compound where the cattle graze.

The furniture of the school has never been brought up to a hygienic standard, and there is therefore a great variety of desks and benches. Some have seats six inches wide, while others think ten is all right. Many have no back to the seat, while there is a variation in the number of two inch slates to rest against. Some have an inclined back, and some have a straight back.

The colour of the walls has a great deal to do with the light in the room and the light on the books. Eye strain is caused by having too little light or light not properly utilised.

(d) *Latrines.*—The number of seats in the latrines varies greatly. There seems to be no set ratio to the number using them. A ratio of one seat to every 35 to 50 users is one that will be found to give sufficient room. Besides this, there should also be a separate seat for the teachers. This could be either from the same entrance or by a separate one.

More attention is being paid to the cleanliness of latrines, and more must be paid to the sanitary condition. In but a few schools are they anything like what one would reasonably expect, yet it is only a simple matter of thorough cleansing and a judicious use of a good disinfectant and deodorant.

Approaches to the latrines are in a number of cases very dirty, and in the case of covered ways to the latrine nuisances are frequently committed in the passage. This is detrimental to the well-being of the school as a whole and to the health of every student in particular.

(e) *Teaching and Mental Hygiene.*—Few of the schools give any thought to the teaching of this subject. None teach any physiology worth mentioning. This subject will be dealt with in the report of the Committee of Inquiry into School and College Hygiene.

As to Mental Hygiene, there is a general need to revise the work in the schools regarding the length of the day's study, the number of courses taken, the number of examinations, and the proper alternation of periods of work and rest. This is perhaps the most important principle of mental hygiene, and work and rest are essential to health. Work is a condition essential to rest, and rest essential to work. There should be a proper balance of these two factors in the lives of the students, and the result will be an increase in the reaction of the organism through the two fundamental mental functions of attention and association.

2. *HOSTELS:* (a) *Floor space.*—Though there are definite rules laid down for the guidance of Committees controlling hostels, there is very little attempt to follow them. Hostels which are not directly under Government control are in the habit of placing as many boarders in the building as there is room for beds, regardless of the size of the room, the height of the ceiling or the amount of window and door space, and serious overcrowding is the result. Floor space allotted varies from forty to one hundred square feet with the same variation in the height of the ceiling.

(b) *Hygiene and Sanitary conditions.*—Only in the case of newer hostels was there anything like an attempt at keeping the sanitary arrangements in good condition. In the older hostels the fact that anyone could live there at all is little short of a miracle; that is, live there and continue their course of study at school and college. For there were colleges that had very insanitary hostels. Some had very poor latrine accommodation with the cesspool in front of the hostel and uncovered. Very few of the latrine

tanks were covered. In most cases the municipality is blamed for the insanitary condition. It seems, however, that those in charge are just as much to blame. Rooms in many cases were filthy. If there is one point that must be emphasized it is that cleanliness is a first essential to the discipline that is so necessary. It can never be attained if the present filth is allowed to accumulate and remain in the places where boys are taught.

(c) *Grading of boarders*.—There is a tendency to avoid any reference to the placing of boys in rooms according to their age. It is hard to draw a line in this case, but there must be more of a dividing line than is used at present. When boys of eight and ten room with boys and men of fourteen and sixteen and more, it is time to put a stop to it. It will only lead to practices that are detrimental to both. Self-abuse is prevalent in this country, and there must be no chance to allow it to continue. Rather everything should be done to suppress it.

(d) *Supervision*.—There is a poor understanding as to what is required of the Superintendent of a hostel. The chance to increase the monthly stipend and have free quarters is seemingly the desire. The Drill Master in many cases needs both, and so takes the post.

3. **PHYSICAL TRAINING**: (a) *Drill and Gymnastic Masters*.—The Drill and Gymnastic Masters are as a whole not selected because of any particular qualification. Nor is there any natural aptitude for the work of the Drill Instructor in most cases. In a great many cases he is the latest teacher to arrive and the poorest paid. He has also very little knowledge of what is required and the aims of physical exercise. Neither has he much that would be called teaching ability. The Drill Master in most cases teaches other subjects, and in some schools the drill is divided between two teachers. Both teach other subjects. He is not qualified to superintend games. Generally another teacher that has played in former years looks after the game period.

The pay of the average Drill Master is satisfactory. But there are Drill Masters that have ability to do better work and are doing it. These should be recognized by increase of salary and the reward of a more responsible post. These few could be placed in the Normal Schools and the Guru Training Schools. The result would be of a far-reaching kind and tend to stimulate the interest in physical exercise and break down the present prejudice that exists. It would also do away very quickly with the present half-hearted method of drill teaching.

The Young Men's Christian Association School for the Drill Masters continues to conduct a course for their training. In previous years this has been a six weeks' course, but owing to the increased need and the present change in drill and physical exercise, it is necessary that this course be one of three months instead of two of six weeks. This will develop higher grade men and also give college men a chance to study the subject with a view to taking up the profession of Physical Education. An outlet should then be provided for them by making room for higher grade and higher salaried instructors.

A course in Physical Training was held for the Bengali Women Teachers at the Young Women's Christian Association during the cold season. Both lectures and demonstrations were held, and the class as a whole proved very satisfactory. It is hoped that this can be continued from year to year with increasing support.

The class work of the Drill Master is a very variable thing. The present training courses are for the purpose of teaching physical training; they also aim at making the training in the entire Presidency uniform. A new book on Drill has therefore been prepared with the object of standardising the exercises for the different classes, and as soon as this is ready it will be circulated.

Demonstrations of physical exercises and games were held in various parts of the Presidency during the past year, and the result has been that there is a demand for it in order that schools may see that the physical work is on a par with the other studies of the curriculum. In these demonstrations it has been the aim to show that there are a large number of games that can be played

on the small compound, and that where land is not available for a full-sized football field a great deal can be done for the physical welfare of the boys. This can be done with but a small amount of equipment.

(b) *Equipment*.—In only a very few schools and colleges are there any apparatus for the carrying on of drill and gymnastics. Dumb-bells and Indian clubs are few in number. Gymnastic apparatus is almost unknown. In many schools, however, is found the remains of a former attempt at placing in the school grounds some equipment. But in all cases this has been a financial loss as the equipment is used little or not at all and not even the Drill Instructor is able to teach the use of it. In some schools there is a large amount of games equipment that looks as though an attempt had been made to spend the amount of money allotted within the financial year. This results in considerable waste. Money that has not been spent for the above is immediately used for prizes out of all proportion to the result, or is spent for a team trip that can have no educational value, and in fact is rather a harmful procedure.

Until the Drill Masters can be taught to use it, it is useless to purchase apparatus.

(c) *Periods of exercise and time*.—The length of the exercise period is not uniform. In many of the schools, especially the private schools, the entire period of fifty minutes is given over to the drill. If this became a recreation period it would not be a bad thing, but when the entire period is spent in the hardest kind of mental activity, viz., attention, the time is wasted. In most of these private schools the drill given cannot be called exercise in any sense of the word. Its value is almost *nil*. Perhaps its only value is that the boys get out of the stuffy room, where twice too many have been kept, and get a little relief in the open. But in all the schools seen few boys were noted that showed any signs of having exercised.

Many of the Government Schools are somewhat better. Thirty-minute periods are the rule, and the time is better spent. It cannot, however, be called a recreation period, as it should be after the work in the class room. The informal type of exercise is needed, and will show better results as the instructors become better trained.

Early morning and the late afternoon is the best time for the holding of these classes. During the cold season, however, the time of day is not so important. Shaded compounds are to be preferred, but this is not always possible.

(d) *Compulsory physical training*.—Nearly all schools have compulsory drill and calisthenics. Most of them, however, do not make it so for the ninth and tenth standards. It is thought that they have enough to do without taking exercise. As a matter of fact the higher standards need it as much as the lower, if not more so. The colleges do not make physical exercise compulsory. A number of the students in the colleges take some regular exercise under the Drill Instructor, but the number is small in proportion to the total. Hygiene should form a part of the curriculum of the college, even though it is not compulsory, just the same as drill. Credit should be given for those taking the course.

(e) *Results*.—In only a few schools are the results of physical training apparent. And it is in those schools where the Drill Master has been trained in the Young Men's Christian Association Training School. This institution is following up the work of the instructors trained, and is thus helping them in maintaining a standard. A number have been found capable and are carrying on progressive physical training under the guidance of the school.

The physique of the average schoolboy is far below that of boys elsewhere. There are many physical forces that affect the growth and development of the scholar in Bengal. These must all be understood before the physical work can be laid down upon more definite lines, and then the results will be far more in evidence by a stronger body able to resist the many diseases present, as well as to desist from the many degrading practices that are common among the students.

As previously mentioned one of the essential and perhaps the most important factor in the maintenance of discipline is cleanliness. This factor is perhaps the one most disregarded. This does not mean that the school

room should be the only clean part, but the halls, furniture, compound and latrines all tend to the proper discipline necessary if kept in a clean, healthy condition. There would also be fewer and less important cases of infractions of rules if more attention were paid to the surrounding physical condition.

The physical activities of the school and college must be organized, supervised and controlled by those in authority. The students themselves will do this unless a wise teacher, and one who understands the function of games, takes control. The result is not always the best. To take charge of the physical activities of the boys means that they will more readily respond to proper training, and their activities will be directed in the right channels rather than in the way that they have at times gone. Physical activities must be guided in the proper way just as mental activities, and the result will be far-reaching in that there will be a positive development of discipline and character that will mean a great deal to the school in its capacity of teaching.

4. PLAY GROUNDS: (a) *Equipment*.—The fact that a number of the schools have football fields has led to the idea that it is necessary to have a full-sized field for every school. This is not the case, and the schools must realise it. If more attention were paid to using what ground is available there would be less complaint. Not only can many of the indigenous games be played, but there are other games being taught that will make the small compound valuable as a place to care for all the boys. The training of Drill Masters in these games has helped in many cases in keeping up the activities of a considerable number of boys in the larger schools. A very small games equipment is all that is required and but a small outlay of money. Schools should combine in the use of the larger fields, especially in the case of Government Schools. A proper division of time can easily be worked out to the satisfaction of all concerned. The District Centre should in most cases have a playing field that can be used for sports.

(b) *Games*.—The only games played have been cricket, hockey, football, badminton, and tennis. As there are few tennis courts in the province at the disposal of the schools, this can be eliminated. Football and hockey are the most popular. During the past year, however, there has been a steady demand for the new games of basket ball, volley ball and other informal games that can be played on small grounds in a shorter time than hockey, football and cricket. It has therefore been necessary that these games be given place and the result has been a quickened interest in the play period. Boys who formerly took no interest in any physical exercise have been stimulated to active participation.

(c) *Inter-sports*.—It is hoped that more attention can be given in the coming year to the holding of sports between schools. It has been only here and there that inter-sports have been held, and it has always been of great value where conducted on right methods. Every district ought to be organised for inter-games.

5. EUROPEAN SCHOOLS.—The European Schools and those schools under European supervision are on the whole well looked after in regard to sanitary arrangements. This is especially true of the Victoria and Dow Hill Schools at Kurseong. As in other schools, we find here that the desks and benches do not conform to the standard, and though an effort has been made there is still much to be done in getting a proper piece of furniture that will conform to the sitting position.

Instruction in Physiology and Hygiene is now occupying more attention, and it is hoped that the course as laid down will be greatly strengthened.

The only boys' school with a qualified Physical Director who can scientifically teach the subject of Physical Education as other subjects in the curriculum are taught is the Victoria School, Kurseong. This means that the other schools are far behind what they ought to be. Nearly all of the girls' schools are doing good work and progressing.

Those of the European Schools in the hills should have some indoor equipment that could be used during the rains. Some have a hall that could be fitted up for this purpose. Victoria School should set up a fair-sized equipment for a pattern.

6. RECOMMENDATIONS.—In view of the fact that the Department of Public Instruction is the main artery from which comes the distribution of all that makes for development and progress, it should set up the example of what to all intents and purposes is the best that can be produced. It is there that the standard should be set, and can be seen and imitated. Bengal is a land of imitation, and the Education Department is imitated in all its thought and action; it should therefore set up the best for the people to follow.

I therefore recommend—

- (1) That the Department of Public Instruction be given more room not only for the accommodation of the clerks but also for the separate storage of old records, books, etc., the presence of which in the working rooms is injurious to health.
- (2) That High and Middle English Schools in each division should be encouraged to compete to secure the highest average attendance throughout the quarter or half-year.
- (3) That the higher grade Drill Instructor be used in the Colleges and Normal Training Schools and the Guru Training Schools. That better posts be created for better grade men who will come from the ranks of the B.A. and B.Sc. men.

Other points are covered by the report of the Committee on School and College Hygiene.

CHRISTIAN P. SEGARD,

*Adviser on Physical Education to the
Department of Public Instruction, Bengal.*

KALIMPONG;
The 10th May 1915.

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