

Home (1917)) Department.
Education
Ordinary SERIES.

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INDEXED

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[Despatch Abstract.]

REPORT.

Communicating to the Director of Public Instruction
letter from the Government of India forwarding copy of the
report of the National Physical Director, Y.M.C.A., India
and Ceylon for the year 1916-17.

PAPERS PUT UP WITH CURRENT No.

Papers of the department to which the current belongs.

Number.	Date.	Original (=O) or spare copy (= S.C.).	Remarks. (In this column such of the papers as have been removed for copying, printing, etc., should be marked with a cross.)	Initials of Referencer with date in token of return to Reference department

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Department.	Number	Date.	Original (= O.) or spare copy (= S. C.).	Initials with date of (1) Referencer acknowledging returns of the paper concerned or (2) Despatcher to denote the return of the papers to the department concerned.

No. 895

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

Simla, the 15th October 1917.

From

G. Anderson, Esq., M.A.,

Asst. Secretary to the Government of India.

To

The Secretary to the Government of Madras,
Home (Education) Department.

Sir,

I am directed to forward, for the information of the Governor in Council, a copy of the report and appendices submitted by Dr. J.R.Gray, National Physical Director, Young Men's Christian Association, India and Ceylon, for the year 1916-17.

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

I am to add that the Government of India have made a non-recurring grant of Rs.4,000, in the current year, towards the expenses of the Physical Department of the Young Men's Christian Association.

I have the honour to be,

Sir,

Your most obedient servant,

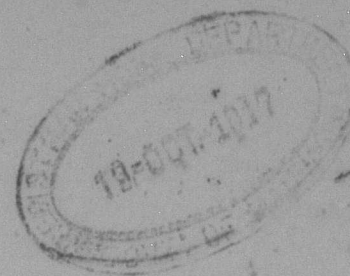
G. Anderson.

Asst. Secretary to the Government of India.

*Copies of appendices
no. I not available.*

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Dated Bangalore, the 27th July 1917.

From—J. HENRY GRAY, Esq., M. D., M. P. E., Secretary to Physical Department, National Council, Y. M. C. A., Calcutta,

To—The Secretary to the Government of India, Education Department, Simla.

In accordance with the requirements mentioned in your letter sanctioning a grant-in-aid to the National Council, I have the honour to submit the annual report of the Physical Department for the year 1916-1917.

Edn. A, June 1914, nos. 43-45.

I desire to point out that Appendix No. 4 is not included but will be despatched later.

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Report to the Government of India (Education Department) of the work of the Physical Department of the National Council Young Men's Christian Association for the Year 1916-1917.

The year under review naturally divides itself into two periods. That portion from April 1st 1916 to September 23rd 1916 when the National Physical Director, Dr. J. H. Gray, was in America, on furlough, and the work was carried on as far as possible by Dr. C. P. Segard, of Calcutta; and that portion from September 23rd 1916 to March 31st 1917, when the National Physical Director was back in India and giving full time to the work.

(1) First Portion.

(1) Dr. Segard reports that in addition to the regular work of the department, consisting of editing the Physical Department Notes of the "Young Men of India," answering correspondence, and assisting his colleagues throughout India, he has done the following special things which have a bearing on the larger development of Physical Education in India as a whole.

(a) Lectured (with Mr. Noehren of Madras) at the summer school of the Young Men's Christian Association at Bangalore, Mysore.

(b) Lectured and conducted demonstrations at the South India Missionary Conference, on Physical Education. (Dindigul).

(c) Prepared lantern slides for lectures on Malaria, Physical Education, etc.

(d) Revised Examiner's Book, "A Rational Sex Life for Men" for an Indian Edition. This is being published by the Association Press, Calcutta and is an excellent book in the line of Sex Hygiene.

(2) During this first period of the year the National Physical Director while on furlough, in addition to the work required of him by his Committee, gave special time to the study and investigation of the following subjects. (1) Reading course on Dietetics. (2) Reading course on Sex Hygiene. (3) Reading course on Psychology. (4) Study and investigation of Public Playgrounds and the Playground Movement. (5) A course in the theory and practice of Track and field Sports. This work was carried on with view of promoting similar work on his return. He was awarded the Honorary Degree of Master of Physical Education (M. P. E.) by his Alma Mater, the International Young Men's Christian Association College of Springfield, Mass., United States of America.

(3) Returning to India via Canada, and the Pacific, touching at Japan, the Philippine Islands, Hong Kong, and the Malay States, every opportunity possible was taken advantage of to investigate the development of Physical Education in these countries.

In Tokyo, Japan were assembled 200 of Japan's finest athletes, gathered from all parts of the Empire, preparing for the Far Eastern (Olympic) Games to be held the following May. This is an International Competition between Japan, China, the Philippine Islands, and Siam. Japan was very keen to win this time as she had lost twice previously to the Philippines, in Manila, in 1912 and to the Chinese, in Shanghai in 1915. Japan has had for a number of years (more than 15) a well graded, compulsory system of Physical Education in all of her primary, secondary and higher schools. I was unfortunately unable to see any of the actual work in progress.

In Manila it was very interesting to see the way in which the Philippines had taken to games and athletic sports, and activities. In addition to a thorough system of Physical Education in all schools, including medical and physical examination of all children, graded games and drill, a good course of training at the Normal Training College in Manila, the development of the popular or public sides of physical activity were everywhere apparent. The Philippine amateur

Athletic Federation, recognized as the governing body for the Islands, conducts and controls an all the year round series of competitions in various games and sports with an annual athletic "Carnival" which lasts a week. Nearly all available space in the city, such as the moat, now dry, of the old Spanish Fort is utilized and equipped for playing and recreational purposes and most of it is under trained supervision. The Government Text Book of Physical Education is an excellent book. It was interesting to find the teachers at the Normal College making an original study of Philippine psychology. This institution is an excellent place to see American pedagogical methods applied to oriental people.

In Hong Kong there were many evidences of the new physical awakening that has taken place in recent years in China as well as in Japan and the Philippines. The Chinese students are keen on sport and the Hong Kong University is contemplating including a thorough course in Physical Education in its new curriculum.

A similar interest was manifested in Singapore and the Malay States, and I was able to tell them what was being done in India and elsewhere. To indicate how interested they are, an invitation has since been extended to me to give several months to inaugurating work in Malaya.

(II) Second Portion.

(1) On arrival in Colombo, Ceylon on the 23rd of September, I immediately took over the work of the Physical Department of the National Council. After discussion, the following policy was adapted for the coming year:—(1) To support and consolidate the work in the territory already occupied. (Calcutta and Bengal, Madras City and Presidency, Lahore and the Punjab, Hyderabad and the Deccan, and Bombay City.) (2) to locate the men recently arrived and establish them in their work as quickly as possible, (3) to extend the spheres of work to the Native States as rapidly as possible, (4) to try to interest the older Universities (Calcutta, Madras, Bombay, Allahabad, Punjab) to undertake an adequate programme of Physical Education as the Physical Directors acting in advisory capacities to their respective Education Departments only reach the secondary and training schools, through these Departments. (5) To appeal to the various Missionary Bodies in India and urge them to give a much more important place to physical education in their schools and Colleges and to help them train teachers for this work. (6) To work for the consolidation of the various popular movements in different places, into one well organized and strong organization (such as a National Health Association) and to promote new activities along health lines.

(2) To the men added to the staff of the Physical Departments of Associations last year, including J. S. Robson, B. A. to Lahore and as Adviser to the Education Department, Punjab Government; A. G. Noehren, B. D. to Madras and as Advisor to the Education Department, Government of Madras; and H. G. Beall, B. P. E. to Hyderabad and as Chief Inspector to His Highness the Nizam's Government in Physical Education; there were added, mostly as temporary appointments the following:—W. A. Sarcka, to Calcutta, for the north end of the City; L. Hoxsey, to Bangalore, Mysore; R. W. Cammack to Colombo, Colon; E. E. Saunders for three months to Travancore and Madura, (now in Mesopotamia); J. A. Bassinger from a probationer in training to Jubbulpore; Gordon Law to Allahabad; Dr. J. W. Alexander, M. B. (Aber) as a probationer in training. (Many of these men came out to India as Army Secretaries but have given this time to physical work for one reason or another but chiefly because of the urgent need for physical men. In all cases they were qualified to do the work either from experience or training.) When to this list are added the names of the men formerly working in India, Segard, Monroe, Biswas and Gray, it will be seen that there have been fourteen men at work on full time for at least a part of the year, and in the positions they have held exerting an influence considerably disproportionate to their numbers.

(3) *Itinerary for the second portion of the year.*—For the purpose of carrying forward the points mentioned above I started at once on a tour of inspection and promotion.

(a) Beginning in *Colombo*, the local Young Men's Christian Association was inspected and the problems of the Physical Department discussed with Mr. Cammack, newly arrived. In addition on we called the Mayor of the city and mooted the question of Public Playgrounds, making suggestions and offering leadership for the work. The result has been that the Municipality has voted a substantial grant for apparatus, set aside park space and is proceeding with the work. We further called on the Director of Public Instruction for Ceylon and discussed plans and needs in the schools. The result has been that Mr. Cammack has been taking classes in the Normal Training College for some time.

(b) The next stop was at *Madura* where I met a group of the leading citizens and discussed with them playgrounds and the possibility of holding later a public welfare Exhibition. As a result and with the co-operation of our Secretary, Mr. Bryce, a very successful health welfare exhibit was held for a week in February, under the auspices of the Social Service League. I was unable to be present but Messrs. Noehren and Saunders were and conducted physical demonstrations and lectured on health topics. A report of this Health Exhibit is to be found in the 1917, May (Physical) Number of the "Young Men of India". A copy is appended to this report.

(c) The third stop was at *Madras* where the problems of the local Association together with the work carried on for Government were discussed with Mr. Noehren; and the possibilities of developing a Health Programme, in our Rural (Village) work Department were considered with a group of our Rural work Secretaries. (These men are working on village religious, social and economic lines, especially through Credit Co-operative Societies and are trained and recognized by Government.)

(d) Then on to *Bangalore* where other than local problems were impossible as most of the officials and leaders were at Mysore City attending the Deshara Festivities.

(e) Then to *Travancore* taking E. E. Saunders with me and visiting Kottayam, Alleppy, and Trivandrum, in each city giving public lectures and demonstrations. At Trivandrum we called on the British officials, and had interviews with His Highness the Maharaja, the Dewan, the D. P. I. and others and visited a number of the schools. We presented a plan by which the Association and H. H.'s Government might join in securing an expert in physical education who would serve both. This met with approval from both His Highness the Maharaja and the Dewan but had to be postponed for the time being. Part of the plan was that a large demonstration should be held to show the nature of the work and Saunders was left behind to do this. In about three weeks he prepared the school boys from the different schools in the city and presented a most satisfactory programme of work including mass drills, group games and some special features as pyramid building, and tumbling. Most of the Travancore Officials were present and expressed their complete approval.

(f) I next visited *Hyderabad*, Deccan where in addition to lectures before the students of His Highness the Nizam's College and Public Lectures in the Young Men's Christian Association, Mr. Beall and I visited several of the schools and discussed his work in Hyderabad City and throughout the Dominions. The prevalence of plague, practically made any large plans of a public nature impossible, for several months to come.

(g) From Hyderabad I proceeded to *Kolhapur* where it was not possible to do a great deal as school holidays were on and His Highness the Maharaja was away at Delhi. The possibility of developing work at this centre struck me as being excellent and I hope to return under more favourable circumstances. I was fortunate however in finding the American Presbyterian Mission holding its annual session and took the opportunity of suggesting a training class for its

men and also of any or all of the other Missionary Bodies working on the West Coast. The idea was readily accepted and tentative dates for a class at Mahabeshwar in April and May of 1917 were fixed upon.

(h) Leaving *Kolhapur en route to Poona* I broke journey at Miraj and gave an address to the students of the Medical School. At Poona local problems were discussed and a public lecture given at the Young Men's Christian Association.

(i) Then to *Calcutta via Bombay* where I broke journey for a day. I reached Calcutta on the 5th November and remained there till the 12th, attending to regular office work.

(j) I then proceeded to *Allahabad, Lucknow, Delhi and Simla*, doing much the same sort of work as on the previous trip. At Delhi and Simla I reported at the Education Department Offices and talked over with the different officers present the work and plans mentioned above, especially the matters relating to the possibilities of work in the older Universities and the development of popular health movements. The discovery that each University was independent and not officially related to the Government of India, Education Department, makes it much more difficult to promote any large or uniform scheme of work among them. The need for such work, however, is ever more evident.

(k) Then *Lahore, Jubbulpore and Nagpur* were visited. In the first named city the work of the Young Men's Christian Association in Lahore and in the Punjab Schools was discussed with Mr. Robson and several public lectures and addresses given. At Jubbulpore the Teachers' Training Agencies were visited and local problems discussed and public lectures given. At Nagpur I had an interview with the Director of Public Instruction at which we discussed the possible development of Physical Education in the Central Provinces. I then proceeded to Calcutta remaining there till the 24th December.

(l) I next proceeded to the All-India Christian Students Conference at Agra, which was held during Christmas week, having charge of the physical activities, consisting of drill in the morning and games and walks in the afternoons. The delegates, more than one hundred, were assembled from all parts of India and Ceylon.

(m) From Agra I went to Calcutta *via* Delhi and Shajahanpur. At Shajahanpur I addressed the North India Methodist Conference on the question of Physical Education in the Missionary Educational propaganda and suggested a course of training for men at Bhim Tal in June, similar to that proposed for Mahabeshwar. These suggestions were accepted and it was agreed that such a class should be held. At Delhi I had a hasty interview with the Chief Commissioner on the question of Public Play-grounds at which he asked that I write him more fully on the question. This I did and append a copy of that letter to this report. The remainder of the month was spent at headquarters in routine departmental work.

(n) The month of February was given to the Army Department as one of a group of speakers to British soldiers in India. My tour took me to Burhan, Risalpur, Nowshera, Lahore, Ferozepur, Multan, Delhi, Allahabad, Jubbulpore and Lucknow. On my return to Calcutta I stopped at Jamalpur on the East Indian Railway to help conduct the Annual Athletic Sports Meeting. At Allahabad I also addressed the United Educational Missionary Committee on the question of Physical Education and urged the members to send men to the training class at Bhim Tal. They passed a resolution endorsing the class.

(4) *International Y. M. C. A. Hexathlon Athletic Contest.*—During the month of February various Associations had been conducting what we call our Hexathlon Athletic Contest. It is an International Competition, the events consisting of the following:—Running High Jump, Standing Long Jump, 12 lb. Shot Put, Fence Vault, 60 yards. Potatoe Race and 220 yards potatoe race. The rules governing the contest are appended. This contest is limited to Indians and Calcutta won with Colombo a close second. Something similar to this might very easily be organized for schools throughout India. It is the purpose of the Physical Directors to put forward such a scheme during the coming year.

(5) Most of the month of March was spent in Calcutta. At the end of the month, I with Mr. W. B. Smith, our National Representative in Bombay paid a visit to Baroda. We had interviews with His Highness the Maharaja Gaekwar, the Dewan and the Minister of Education. We talked over the question of Physical Education in the State and made definite proposals regarding bringing out to the State a trained Physical Director, on similar lines as we have in other places. These met with approval and in the near future we expect to be working in an advisory capacity with that Government.

Following this I attended the Annual Conference of the Y. M. C. A. Secretaries at Matheran, and presented a paper giving a survey of the development of physical work in India. A copy of this is appended. Also conducted the physical activities in connection with the recreation period of the Conference.

(6) *Additional Features during this period* (a) *A Grant-in-Aid*—Early in January the Burma Government made a grant-in-aid to the extent of Rs. 6,000 towards the budget of a Physical Director for the Rangoon Y. M. C. A. and who will act as Advisor to the Education Department in Physical Education. We are trying to secure a man to fill this post. But owing to the war and the scarcity of suitable men we have not yet succeeded. (b) *Criticism*—For the first time in its history of 9 years the Physical Work has been subjected to criticism. This has shown itself in the Madras Presidency and by the "Home Rule" party. It has been expressed in editorials, leaders or letters to some of the papers, and by a question or two in the Legislative Council. We believe that fair criticism is of great value. (c) *Demonstrations of Mass Work.*—In addition to the demonstration mentioned above as having been held in Trivandrum similar and equally successful demonstrations were held in Lahore and Madras. These functions are of great value in showing how a large number of pupils and those most needing it (in Lahore there were 1,200 in the drill) can be handled and effectively exercised on a small space with a small amount of equipment. The Madras Demonstration was given at the Command of, and under the Patronage of His Excellency the Governor. (d) *Playgrounds.*—The development of interest in several places in such work with the particular extension of it in Calcutta, which has led in the movement, has been striking; and if properly guided should have a large development in the congested cities of India during the next few years. The essential factors for success are (1) Space—not necessarily large—within a reasonably short distance of the people who are to use it. (2) Equipment consisting of play and gymnastic apparatus. (3) Trained supervision or leadership.—This is the most important and success or failure is largely dependent on it.

Experience at Mirzapore Square in Calcutta has been sufficient to warrant one in saying that such play areas are a real success, that they fill a real need and therefore can and should be largely extended to all of the larger cities of India. In several States in the United States of America (Massachusetts in particular) all cities of 10,000 inhabitants and over are required by law to have such playgrounds, believing in them as one of the best agencies for the prevention of juvenile crime, the development of a healthy community, a patriotic citizenship, and the fundamentals of civic righteousness.

(e) *Popular Health Movements.*—As one travels from place to place in India, one cannot fail to be impressed with the number of different organizations, found in the different Provinces and all working in one way or another for the promotion of health but chiefly through the education of the people. To mention a few:—(1) The Society for the propagation of scientific knowledge, in Lahore. This society has been in existence for a number of years and this past year was very comfortably housed in a new building partly built by Government aid. It aims at imparting information through literature and by lectures. (2) The Bombay Sanitary Association. A vigorous organization with headquarters in Bombay and exerting along some lines a Province wide influence. (3) The Young Men's Christian Association. A National organization with many local branches which through its Educational and Physical Departments aims at health education and instruction not only to its members but also to the public. (4) The St. John's Ambulance Association—which before the war was doing splendid work in its classes and local units in First Aid, Nursing, Hygiene, etc., and since the war has of course done heroic work. (5) Various

scattered activities aroused in a measure by the work of Dr. Lancaster, in the fight against tuberculosis.

These with many others all seem to indicate that there is a growing popular demand, a felt need, for this sort of work. It is a very healthy expression of the awakening interest in matters pertaining to personnel, community and racial health and vitality, and has seemed to me should receive further careful thought and study by some one. Each of these organisations is doing splendid work but each is working largely alone and without the inspiration that comes from amalgamation or affiliation, or from an interchange of ideas and a knowledge of what others are doing. Leadership is none too plentiful in India for such work at present, and its best efforts are often dissipated by interest in more than one society with the consequent waste of thought, time and funds that comes from overlapping. There is the need also for extension but with simply local societies, interested in one phase of work, the only way to extend is to organize new societies thus causing a further waste and dissipation of time, leadership and funds. It therefore seems opportune to suggest that some non-official or semi-official organization be formed that shall be strong enough and inclusive enough to receive official sanction and support. Such an organization to affiliate the existing societies, to economically and intelligently promote new work, to act as a sort of clearing house for ideas and methods and as a bureau of information and a centre for supplies.

Two forms of organization suggest themselves as possible

(1) *A National Health Association*.—With Viceregal and Gubernatorial Patronage, an influential General Committee, a paid secretary or two, a popular membership, with resources accruing from membership fees of different sorts, donations and Government grants; promoting national and sectional conferences, stimulating work through local societies affiliated to it and dividing its work into sectional committees (either national or provincial) along such lines as the following:—a section on preventable diseases, another on drugs and narcotics, others on Physical Education, Literature, Legislation, Eugenics, Anthropometry, Social Hygiene, etc. as far as there is a demand or need for subsections or new ones.

(2) *National Health Bureau*.—This to be established in connection with the Education Department or some other Department of Government. The work of such a bureau to be (a) a study or research of conditions peculiar to India and affecting health; (b) the collaboration of comparative statistics and records of these conditions; (c) the securing or devising of equipment to be used in exhibits and in other popular ways of demonstrating the material and statistics secured. (For example Madras plans now to have further exhibits and other cities are asking for charts and exhibit material and there is very little or none available.) (d) publishing of health bulletins from time to time for distribution to schools, clubs, and health organizations, (e) encouraging organizations at present working, etc., etc. It will be seen that such a bureau will cover much of the same ground that the Health Association will but it will fail to develop the lay leadership that is needed and will not popularize the movement in the same way.

In addition to submitting the above report the Physical Department of the Young Men's Christian Association wishes to place itself at the disposal of Government for the accomplishment of any or all of these lines of effort as far as it can, that Government cares to call upon it to undertake.

J. HENRY GRAY,

M.D., M.P.E.

Secretary to Physical Department, National Council,

Young Men's Christian Association.

Appendix II

THE HON'BLE MR. WILLIAM MALCOLM HAILEY, C.S.I., C.I.E., I.C.S.,
Chief Commissioner and President
Imperial Delhi Committee, Delhi.

SIR,

In continuation of the conversation which I had with you a fortnight or more ago regarding the question of "Public Playgrounds," in Delhi I now have the honor to address you.

In the hasty discussion that took place as we walked from your office to your Camp it was not possible to give you a very accurate idea of what was in my mind. It was intimated, however, that Calcutta had done something along this line and you therefore asked me to send you a note intimating what had been done. I have now been able to collect the information desired and beg to submit it herewith.

The first reference to the matter dates as far back as 1906, when it was alluded to in the marked copy of the proposal to secure a trained Physical Director for Calcutta and Bengal appended to this letter (Appendix No. 1.)

Then followed a period of several years in which the newly arrived Physical Director was studying Indian conditions and adapting himself to local surroundings. In 1912, the matter was taken up seriously and the result of that effort is very well shown in the proceedings of the Committee and council of the Calcutta corporation appended. (Appendix No. 2.) Their action was a great advance but also a great disappointment, as the whole attitude was that it was a good and necessary thing but that a technical legal point blocked the whole affair. (It was intimated at the time the factional jealousy blocked it.) An attempt was made, though not officially, to get the Government of Bengal to take up the matter as part of the land (Halliday Square) was theirs but it was finally decided that inasmuch as it was contemplated to alter the Charter of the City of Calcutta very soon the question should await that alteration when provision for such things would be included. You may be aware that this alteration is still in abeyance.

This decision necessitated a further delay of a year or two. The matter was quietly being agitated also and in the meantime public opinion had made considerable progress as a result of a disaster in the Hooghly River when a number of the sons of leading Calcutta families were drowned and a great stir for public Swimming baths was promoted and resulted in the organization of the Calcutta Swimming and Sports Association. This organization has lost much of its early impetus and aside from conducting a very successful swimming competition for expert swimmers and a very desultory effort at general swimming in the College Square tank during a part of the year; is inactive and waiting for the war to be over. They secured some very favourable land from the Corporation on which to build a bath but the whole trend is for the "public service" idea to become lost. But as before mentioned public opinion had progressed and when the matter of playgrounds was brought forward again it was easier to accomplish things. A new Chairman felt that the Act had been too strictly interpreted and on his own initiative granted the use of Mirzapore Square in the heart of the Indian Section of the city as a trial centre, procured the funds from the gentleman who had volunteered to furnish the equipment and four or more of the Commissioners joined in subscribing sufficient funds to meet the current expenses. The apparatus was ordered, an Indian Instructor who had received some training, was placed in charge and the grounds were opened very auspiciously. The success of the work has been assured, the local public receiving it very favourably from the very beginning. Nor has it slackened as the records will indicate (Appendix III) and as I myself observed yesterday when I saw the place full of busy and happy youngsters. This has been going on for nearly a year and a half.

A second square has just recently been opened in the other end of the city and has received the same response on the part of the public.

The final move now is to organize the Calcutta children's play-ground association which will be a supervisory body working with the approval and through the Corporation which it is expected will shoulder the finances of the present work and of future developments. The consummating of this organization has reached the Committee stage and it will not be long before it is perfected. The question of public play-ground has only once come before the Corporation again officially and then in connection with the second or King's Square, when it was favourably acted on. This action has not yet been published and hence a copy cannot be included. There is every expectation that this work will progress very rapidly and will in a short time include areas in all parts of the city.

I have only recently returned from furlough and while in America looked into the matter more thoroughly. I am taking the liberty of sending you under separate cover copies of reports of similar work in the city of Chicago, United States of America, where it has progressed in a very marked manner. These may be suggestive.

Further, it may be interesting to know that after presenting the matter to the city of Colombo, Ceylon, last September, the council has investigated the matter and have within the past month passed a grant of Rs. 2,500 for the installation of their first play area. The reports that have come to me all indicate that its need is felt, the idea approved of and the work will soon be largely extended.

And finally knowing how interested you are in the fullest development of Delhi City and the Delhi Area and that it is your hope to make it as nearly as possible a model for the whole of the Empire, I take great pleasure in sending you this information and beg to say that if I can be of any further assistance in any way for the promotion of such activities in Delhi I wish to place myself at your service.

I have the honour to be,

SIR,

Your most obedient servant,

(Sd) J. H. GRAY.

Calcutta, 15th March 1917.

Appendix III

All India and Ceylon Y. M. C. A. Hexathlon Athletic Competition, Section of International Y. M. C. A. Hexathlon Athletic Contest.

What is it?—This contest consists of a group of six athletic events which have been selected as showing all round ability in speed, skill and endurance for the average senior member of the Young Men's Christian Associations of the world. It is a group contest. That is, it cannot be won by one individual (though a prize is awarded to the member of any Indian Association who makes the best all round performance and so wins the highest total number of points), but is won by the Association team whose best six men total more the most points of the any Association in India. They may also win the trophy of all Associations competing in China, Japan, the Phillipine Islands or South America as well, if their total record is better than the teams of these Associations. This does not mean that only six men shall enter nor that only six shall be trained for points are given for the greater number that take part as well as for the best six records.

The date.—In order that our contest shall synchronize with the Association of other nations, it is necessary that the contest be held between February 1st and 15th in each year. Blanks will be furnished on application and reports must be returned by the 25th February.

The Events.—60-yard potato race, 220-yard potato race, running high jump, standing broad jump, twelve pound shotput and fence vault.

The events are selected because they can be conducted on a small space. Any plot of level ground 50x50 feet or a room 40x20 will answer the purpose. They do not need to be held on one night only. A competitor, however, who has been given his test shall, under no circumstances, be allowed to take it again that year. When the events are conducted on more than one night the number taking the test must be at least six on each occasion. If all the events are not conducted at one time they shall be grouped as follows:—

- Group 1. 60-yard potato race, running high jump, twelve pound shot-put.
- Group 2. 220-yard potato race, standing broad jump and fence vault.

NOTE.—This does not mean the same 10, 8 or 6 men of the entire contest, but the best men in each separate event.

RULES FOR EVENTS.

Rules Governing Senior Hexathlon Events.

Potato Race: Potato boxes made of wood or baskets so long as they comply with the following regulations will be satisfactory. Boxes four inches deep placed upon stands 2 feet high, whose base shall not measure more than 12 inches square, shall be placed upon the floor 31 feet apart at their outside edges. The boxes shall not be loaded or fastened in any way to the floor. The base of the box is placed in the centre of a sixteen inch square (outside measurements) marked on the floor. The competitor shall start with one potato in his hand on a line with the outside edge of the box in which are placed the other potatoes. He shall circle outside the boxes transferring one potato each and finish across the starting line. If a competitor knocks over a box or moves a box so that any part of the base projects beyond the square marked on the floor he shall be disqualified, but he may be given one other trial by the judges. No rubber or mats of any similar material shall be placed on the floor, but the use of resin will be allowed. For the 60-yard potato race 3 potatoes shall be used; for the 160-yard race 8 potatoes; and for the 220-yard race 11 potatoes. Pieces of curtain pole or blocks of wood of uniform size may be used for potatoes.

The Running High Jump shall be in accordance with the rules of the Athletic League. The jump shall be taken from the floor alighting upon the mats. Measurements shall be from the top of the centre of the cross bar to the floor and not by the printed figures on the standards.

The Standing Broad Jump shall be in accordance with the rules of the Athletic League, except that the jump shall be made from a two inch stationary plank resting upon the floor and alighting upon an ordinary two-inch gymnasium mat made stationary. An interval of at least one foot shall be left between edge of "take off" board, but must not touch the floor in making the jump. A strip of carpet or rubber matting may be fastened on the floor under the "take off" board and extend over the mat to facilitate more accurate measurements. These regulations do not apply out of doors.

The Fence Vault shall be taken over an ordinary vaulting bar or adjustable horizontal bar. Athletic League Handbook can be bought from the Association Press, National Council, 6 Chowringhee Lane. The competitors must vault from the floor but may alight upon one or more mats. In starting the vault the competitor must stand with both feet upon the floor and both hands grasping the bar. The feet of the competitor must only leave the floor once in making the vault. The vault must be continuous, and with the exception of the hands on the bars, no part of the person or clothing shall touch the bar or fence. The head or shoulders must not go below the level of the bar. Measurement shall be made from the floor to the top of the bar, midway between the uprights.

The Shot Put shall be conducted in accordance with the rules of the Athletic League. The circle may be drawn upon the floor or ground, but where no stop board is used, no part of the competitor may touch the floor over the line of the circle when making the put.

Points will be computed at the Head Office and reports returned to you. If you cannot conduct all of these events have your men do as many as possible. Everyone can plan for the Potato Races and Jumps.

INTERNATIONAL HEXATHLON CONTEST.

INDIA AND CEYLON SECTION.

Association.....	NAME OF COMPETITOR.	60-Yards Potato Race.		Running High Jump.		12-lb. Shot Put.		220 Yards Potato Race.		Standing Broad Jump.		Fence Vault.		TOTAL.	
		Time.	Points.	Height.	Points.	Distance.	Points.	Time.	Points.	Distance.	Points.	Height.	Points.	Total.	Points.
1															
2															
3															
4															
5															
6															
TOTALS															

These blanks, when filled, should be sent to Mr. J. H. Gray 6, Chowringhee Lane, Calcutta, each Secretary keeping a duplicate copy for local reference. The point columns should be left blank.

Appendix No. IV.

Address on "Survey of Physical Department" at Secretaries.
Conference, Matheran, Bombay.

(March—April 1917.)

J. H. GRAY M. D., M. P. E.

FELLOW SECRETARIES,

Any adequate survey of the work of the Physical Department of the Young Men's Christian Association in India needs to have for its setting a clear cut picture of the physical conditions of the people of India. With such a picture the scope task and opportunity of the Association becomes at once evident. And with the usual audacity of the Association, the Physical Department claims that its scope is no less than all India, its task that of helping to better the physical life of all India and its opportunity, urgent and compelling because the nature of its message fits into the new aspirations of the Indian people. Such a picture will naturally consist of those factors in the physical and climatic conditions of the country and the social and religious ideals of the people that have affected its national physical life and vitality. The progress of the work as indicated in the survey should then show whether its platform of work is correct or not.

It is hardly necessary to do more than mention to you, familiar as you are with India, some of these factors to have you appreciate their significance but what is hoped by such a statement is that you will again see from this viewpoint how destructive and far-reaching they are. 1. There is the tropical sun, blazing down year in and year out, destroying germ life, it is true but also enervating physical life. 2. There is the monsoon, life-giving but also bringing flood and the scourge of malaria. It is estimated that 80 per cent of 80,000,000 of Bengali-speaking people suffer from this blood destroying and fever racking disease. 3. There is the dry season with its plague, cholera, dysentery. The two former preventable diseases taking in 1916, one million lives. The whole list of *preventable* diseases including plague, cholera, dysentery, malaria, small-pox, typhoid, tuberculosis, etc.—none of them need to occur—how great is the loss in physical vitality from them. 4. There are the social customs of early marriage, purdah, (perhaps necessary in former times for the protection of women), and the attitude toward mothers in child birth which have affected not only the girls and mothers of the race but also the whole race through them, for physical immaturity and weakness cannot beget strong physical offspring. There is the question of a restricted diet in caloric value that of the Bengalis is listed as the poorest of any race in the world. Then there is the religious ideal of Asceticism and the doctrine of re-incarnation resulting in the attitude toward the body that it is carnal, sinful and must be brought low as against the Greek ideal of physical beauty and symmetrical development, this ideal particularly affecting the student life in its most impressionable period. Then there are the barriers of caste, the results of which on the eugenics of India is not known but which have prevented the expansion of play life and the development of national games. Recreational features being limited to intra-caste activities. To this list other factors might be added but this is hardly necessary as the effects of them are recorded in India's vital statistics about as follows: a. Babies at birth are on the average a pound lighter than in other countries; b. Infant mortality approaches 50 per cent during the first two years of life; c. The average length of life is given as 23½ years; d. The death rate is 32 per cent per thousand (or double that of the West); e. Tuberculosis is most prevalent among young mothers; and, f. Physical Measurements indicating vital capacity are considerably below other countries.

This would be a dark and almost hopeless picture were it not for the fact that in the new awakening which is sweeping over India there has come as a manifestation of it a great new movement along the lines of physical activity. Within a generation many of the old standards and ideals have been set aside, the schoolboy plays his games, or wants to; and makes a hero of the college athlete. The office clerk rushes off to football matches and reads the

results of the hockey and cricket matches in the newspaper with the keenest interest. It was a realization of this new interest and the part that the Physical Department of the Association could take in it that led the Secretaries in Calcutta about 10 years ago to decide that the time had come when a trained Physical Director should be secured. In the desire to secure for such a man the widest sphere of influence and also wishing to gain as much local financial support as possible they approached the Government of Bengal and a number of the leading Indian gentlemen of Calcutta inviting them to join with the Association equally in securing such an expert. This plan was successful and in the carrying out of the obligations of it the physical work throughout India has been very largely influenced in its development.

The Association.—After about two years' delay a man was secured in America and in December 1908 work began at 86, College Street and 25, Chowringhee. From the very beginning the work at 86, College Street has been a pronounced success—this in spite of the poor equipment and small space available. It has been proven that the type of work carried on (regular Association type) has been genuinely accepted by the Indian men—for the work has reached its high water mark this past season and one longs for the time when there shall be a really adequate gymnasium equipment so that a first class demonstration of what can be done, may be shown. All are convinced that it meets a real need and such an equipment is sure to be a pronounced success. We have come to feel as time has gone on that three very definite things have been demonstrated. 1. The willingness of men to meet without caste distinctions, for there is no suggestion of caste, creed or race on the gymnasium floor. 2. The building of muscle, co-ordination and character. 3. The putting of many to work in unselfish social service. The work has spread to other cities as men have come out and we now have physical directors in Madras, Bombay, Lahore, Colombo, Bangalore, Jubbulpore, Allahabad and Calcutta doing a similar type of work. But with all the development in men and work we must admit that as yet there has not been built up in India a typical Association Physical Department. By such a department one means work consisting of; a. Competent paid Christian leadership; b. A strong group of Christian volunteer leaders; c. An adequate equipment; and, d. Men being led to acknowledge Christ as Saviour and Lord. Of these four fundamentals we now have enough of a trained employed leadership to make some impression on the different centres in which the men are located but (b) in none of them is there a trained volunteer leadership, though there have been attempts to develop such groups in the past and most of the cities now have the beginnings of such a group, nor (c) is there in any centre anything like the equipment necessary to work with or build upon and we suffer here more than in any other part of our work. In equipment our physical department is either without equipment or where found is 30 to 40 years behind the Association movement in America and far behind China, Japan and the Philippines. In the lives of men we have come (d) to the place where as a leading physician said, "I am a Hindu but if this work is practical Christianity and I think it is, I believe in it and am willing to work for it." We believe that the day is not far distant when such will not only say they believe in it and are willing to work for it but will accept it as their own.

Local Extension work.—It has been stated that among those interested in bringing out a physical director to Calcutta, was a group of public spirited non-Christian men. There is such a group in every community, and very often they are found in the Municipal Councils or other public bodies. This group when interested represent the chance for local extension work. It is wise and necessary if the physical director is to take the place in the community that he should have that he give some time to activities outside of the Association. In the new physical movement he is looked to as an expert in organizing and promoting athletic activities and health movements and giving the right emphasis to such activities. His work should include, as it has in Calcutta, representation on the governing bodies of athletic, football, hockey and similar competitions and organizations and the extension of these activities to groups not now playing. The creating of public interest in playgrounds, swimming or other popular health movements. In such public activities the Association men have been conspicuously successful and their leadership and advice is constantly sought for and given. It is worth while service even though it may interfere with the local Association work. The

establishing of public playgrounds in Calcutta is a very good illustration. Ten years ago the matter was first mentioned when the appeal for a physical director was originally made and in the years that have gone at least four men have taken a part in it from time to time. Not being realised at once it was urged again and again and as a result the difficulties encountered have been overcome—public opinion has been educated, a demand created, legal difficulties overcome, funds secured with the result that to-day playgrounds are a fact and so successful that they promise to become a fad. Moreover, the influence of Calcutta is already felt all over India as is evidenced by the interest or action of Colombo, Madura, Madras, Delhi and other cities.

Work for the Government.—The wisdom of the original plan is again seen in this third and widest field of influence. True there has been considerable criticism on the part of some Association secretaries to this arrangement and in a measure this is justified when one remembers the sentence written above which says "We must admit that as yet there has not been built up in India a typical Association Physical Department" and the claim is made that this is so because so much time is given to outside interests and yet in spite of these objections one can say that by this means as by no other could Association leadership have been secured and in a measure maintained in this new rapidly expanding movement in India. It should be clearly understood that the Physical Directors as individuals are in no sense Government servants but are full time employees of the local Associations and the local Association releases them for part time to Government as Advisers to the Education Department. As such they are in no sense limited in their work as employees of a Christian organization while at the same time because of this relationship they are able to exert a province wide influence in the development of their Physical Educational ideals and methods. As a demonstration of Practical Christianity this work has been second to none and one feels that should a severance of such relations occur the advance in physical education in India would be retarded and pass out of our hands. One can also say that this section of the work is in direct accord with the so-called "light-house" method or policy of the Home Committees and that these men in these positions of larger influence by commanding the attention of the public and officials alike, by setting standards and originating methods of work, by training local leadership are preparing the field for the time when Indian leadership can be placed in both local and executive positions. The work for Government has been conducted along the following lines: a. Groups of men (called Drill Masters) have been deputed by Government periodically from its schools for special training; b. Text books have been revised or rewritten; c. Tours of inspection have been made from time to time to see how the work was being conducted; d. The scope of the work broadened out; and, e. Advice has been given in all matters pertaining to physical education when asked for by the Department of Education. One striking piece of work has been the opportunity which has come to outline the work in Physical education in three of the new Universities that are to come into existence in the near future, *vis.*, at Dacca, Patna, Nagpur and for the proposed Technological Institute at Calcutta. That the work has met with approval is well indicated not only by the favourable reports that have been written but also by the way the various Provincial and State Governments have been and are now ready to support it financially. Bengal began by giving Rs. 230 per mem. or one third of a man's budget on the old basis. We now have the following grants actually being paid or to be paid as soon as we put men in the field,

				Rs.		
Bengal	...	...	...	6,000	per annum.	
Madras	...	...	...	2,760	"	"
Punjab	...	...	...	3,600	"	"
Hyderabad	...	...	...	2,100	"	"
The Imperial Government	...	...	...	4,000	"	"
Burma	...	...	...	6,000	"	"
Baroda	...	...	...	4,800	"	"
Ceylon	...	...	...	2,100	"	"
Total	...	...	...	31,360	"	"

The last three have been secured during the past six months and the securing of leadership for Burma and Baroda is very urgent. The extension of this plan to other provinces and States is largely a matter of how vigorously the Association presses the matter. The sending of a man to Baroda means that the Association must open up work there for it has none as yet while the Delhi officials frankly state that they are not willing to consider public playgrounds till the Association or some similar organization is prepared to supply the leadership for it. This is the most out and out challenge the Association has yet had to open up work in the Imperial Capital, in many ways the most strategic in India for it is the aim of the Delhi Government to make it a model city as far as possible. Thus, the demand for the Association type of Physical work and Christian leadership in it is now ahead of the general Association movement and is making it imperative that we extend. These two offers of Baroda and Delhi might easily be duplicated elsewhere.

Leadership.—With a great national movement sweeping the country, with approval of our methods everywhere apparent, with official and public backing, with new fields constantly opening ahead of us, compelling us to enter and with a pressing demand for leadership surely we are open to censure and grave criticism for the half-hearted way we have played with this most vital problem. We have made attempts at various times to give our Indian Secretariate staff some Physical training but when impartially looked at these have been futile. If it takes four years to train a man in America for the Physical Directorship surely it will take no less in India to do the work adequately and yet the courses given have been of the most superficial and fragmentary sort and as a result we find ourselves to-day unprepared. The demand for an adequate training agency is very acute, the demand for properly trained men is growing and if Christian leadership is to be available I feel that it can only be done by a united effort on the part of all of the Christian agencies working in India. With this in view I am preparing a statement and would urge its immediate fulfilment. In the interim the immediate demands must be met by well trained men who can be placed in the most important openings. It seems necessary therefore that a further supply of men be secured at once from outside sources. This means that three men are needed at once for Burma, Baroda and North End Calcutta, and that at least four others are sure to be wanted for the Central Provinces, United Provinces, Bombay and Delhi. Not to mention Mysore, Travancore, Madura, Lucknow, the Universities mentioned above and further men for Government work on full time.

Summary.—As one stands on almost the threshold of the 10th year of Association Physical work in India and looks back one is amazed at the way God has placed his stamp of approval on it. Beginning as an experiment it almost immediately proved itself, then by following the lines of development the possibilities of which were hardly realized the work has broadened from a local Association till it encompassed a great city, then on till it spread to a great Province and then by Imperial decrees and Imperial approval to other provinces till one may say that to-day it has a truly national scope. Surely this is not of man's doing. But great success brings great responsibility and even greater problems and while the future looks rosy with the dawn of even greater developments the dark shadows of urgent problems are clearly evident and these can only be met and dissipated by trust and faith in God, by fervent prayer and by ceaseless work. We must go forward. We cannot go back; to wait or hesitate is courting ruin and failure,

Box 28
Circ 30.10.17
Refd 31.10.17
Sectt. II-10 (a)-7-2-18

Home (Ed) DEPARTMENT.

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forwarding copy of the — of the National Physical Director,
Y. M. C. A., India & Ceylon for the year 1966-67

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