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MADRAS RECORD OFFICE.

Government of Madras.

Public Works DEPARTMENT.

G.O. No. <u>6804</u>	Press <u>Mis.</u>
<u>350-351</u>	
Dated <u>15. 6.</u>	<u>18 67.</u>

Not to be folded or roughly handled

*Proceedings of the Madras Government, Public Works Department,
15th June 1867.*

No. 350. Read the following Proceedings of the Madras Government in the
Military Department:—

Sanctioning Rupees 33 for making the necessary }
alterations in the Recreation shed of the Royal } (Here enter 10th June 1867, No. 2,112.)
Regiment at Mallipooram, Malabar District. }

No. 351. ORDER THEREON, 15th June 1867, No. 1,804.

MILITARY WORKS, No. 24.

Communicated to the Superintend-
ing Engineer of the 7th Division for
information.

(True Extract.)

(Signed) CHARLES A. ORR, Colonel, R. E.,
Secretary to Government.

MILITARY DEPARTMENT.
PROCEEDINGS OF THE MADRAS GOVERNMENT.

Read the following papers:—

Memorandum from the Quarter Master General..... Here enter 23rd May 1867, No. ⁴⁰⁰₃₆₄₂.
Report from the Controller of Milly. Accounts... „ 31st „ „ D.
Memorandum from the Quarter Master General, Head Quarters, Ootacamund, 23rd May 1867, No. ⁴⁰⁰₃₆₄₂; to the Secretary to Government, Military Department, Fort Saint George.

The Commander-in-Chief being very desirous to encourage the healthy recreation afforded by the gymnastic exercises introduced with such good effect by the Officer Commanding the Detachment of the Royal Regiment at Malliaporam, His Excellency recommends that the small outlay of Rupees 33, applied for by Captain Hassell, for making the necessary alterations in the recreation shed, may be specially sanctioned.

From the Officer Commanding Malabar and Canara, Cannanore, 14th May 1867, No. 51; to the Quarter Master General, Madras.

I have the honor to transmit copies of letters, for submission to His Excellency the Commander-in-Chief, detailing the manner in which Captain Hassell has introduced the system of gymnastic exercise among the men of the Detachment under his Command at Malliaporam.

From Captain Hassell's report, it would appear that the gymnasium not only proves a source of amusement to the men, which is desirable in itself at an outpost such as Malliaporam, where there are so few resources for amusement or occupation for the men, but also the exercise has proved beneficial to their health, as evinced by the increase of chest and arm shown in his report attached.

Under these circumstances, I would suggest to His Excellency the Commander-in-Chief that he should be deemed it advisable, to move Government for sanction of the expenditure required, as, on reference to the Officer Commanding the Regiment, there appears to be no fund from which it can be defrayed Regimentally.

From Captain J. W. Hassell, the Royal Regiment, Malliaporam, 6th March 1867.

I have the honor to forward the following report for the information of the Brigadier General Commanding, at the same time trusting that the request therein contained may meet with approval and compliance.

2. With a view of combining healthy recreation with amusement for the many leisure hours the men of my Detachment have, I have organized a voluntary Gymnastic Class, conducted by myself and a Serjeant Instructor.

3. I have great pleasure in stating that the number as per margin have joined this voluntary class, and, judging from the progress already made after one month's instruction and the constant attendance, not only at the time of instruction but during several other hours of the day, I have no hesitation in giving it as my opinion that with more apparatus at command, several of the class after a few months of instruction would be eligible to be appointed Instructors were their services so required.

<i>Officers</i>	2
<i>Non-Commissioned Officers</i> ..	5
<i>Privates</i>	23
<i>Total</i> ...	30

4. The health of the men undergoing instruction could not possibly be more satisfactory, and several who have hitherto borne the character of insobriety have, since the course commenced, entirely abstained from drinking to excess, and, moreover, are now placing money in the Saving's Bank.

5. The only apparatus we have got for our present working are a pair of small parallel bars, and a very inferior horizontal bar; there is a trapezium, but in such a dilapidated condition that, for fear of accidents, I have prohibited its use—a vaulting horse is in course of construction.

6. I have the honor to request that I may be granted a small fund, to enable me to replace the present trapezium and bar; also to purchase about twenty pairs of dumb-bells, so invaluable for the Detachment in general, and for the exercise of the learners of Gymnastics in particular, who at present are being instructed in the dumb-bell exercise with large stones.

7. I have further the honor to state that the instruction in Gymnastics is given by myself and the Serjeant, and carried out entirely in accordance with the rules enforced in the Royal Gymnasium at Aldershot, where we obtained our certificates.

8. I shall be very happy if it meets with the approbation of the Brigadier General, to forward a copy of measurement taken of the class at the expiration of the first course of instruction (three months,) compared with that taken at the commencement, showing the increase of chest and muscular development.

From Captain J. W. HASSELL, the Royal Regiment, Malliampooram, 1st May 1867, No. 2.

I have the honor to forward, for the information of the Brigadier General Commanding, and as applied for in your letter No. 27, 11th March 1867, an estimate of actual apparatus required for the use of the men undergoing Gymnastic training.

I have to regret being so long in meeting the General's wishes, but was unable to sooner procure a person to draw me up an estimate.

As it is, you will perceive there is no estimate for dumb-bells, as I can discover no person at present able to make them.

The estimate is drawn up with every regard to economy, as there is nothing estimated for further than actual requirements.

A vaulting horse, leaping poles and ladder have already been procured.

I have further the honor to enclose a statement of the average increase of 13 men, "regular" attendants at the voluntary class, which, considering the age of the men averaging over twenty-three years, and the very indifferent apparatus at our command, will I trust be conclusive evidence of the value of this exercise, and more especially after only a course of 10 weeks' instruction.

The men continue healthy, sober and attentive, and I am fully convinced that my object in finding them healthy recreation will be obtained with good and sufficient apparatus at command.

GYMNASIUM.

Average increase of thirteen men after an instruction of ten weeks.

Chest	1-317 inches.
Biceps.....	201 ..
Fore arm.....	212 ..

MALLIAMPORAM, }
1st May 1867. }

(Signed) J. W. HASSELL, Captain,
The Royal Regiment.

With report from the Controller of Military Accounts, 31st May 1867, D.

ORDER, No. 2112, 10th June 1867.

Sanctioned as requested for Rupees (33) thirty-three.

(True Extract.)

M. Munro Colonel.

Deputy Secretary to Government.

To the Quarter Master General, with an original
Public Works Department, ~~with an original~~
Controller of Military Accounts.

Exd. A. W. Cooke.

*Sent to Quarter Master General
15th June 1867*

15th June 1867

20th June 1867

20th June 1867

for information

of the 7th Div

to the 7th Div

Command

20th June 1867

1867

8th 1867 Dep^d
P. 22/3

Pro. of the Madras Gov.
in the City Dep^d

2nd 10 June 67
Rev 12th

2/13

1804-15th June 1867

Sanctioning Rs 33 for
making the necessary
alterations in the recreation
Shed of the Royal Regiment
at Mallapooram, Mala
bar District

With an Order

No. 350-351