

**PHYSICAL  
STANDARDS FOR  
BOYS AND GIRLS**

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Physical Standards for Boys and Girls by Charles K. Taylor

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**CHARLES K. TAYLOR**

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The most perfect boy, physically, in 5,500. A fifteen-year Stuyvesant High School (New York City) pupil, who began, at 12, with a poorly-developed, flabby physique, with a score of about 78, and attained 150 in three years.



# Physical Standards for Boys and Girls

A handbook for the use of school  
physical directors, medical inspectors,  
Boy Scout leaders, and parents.

by

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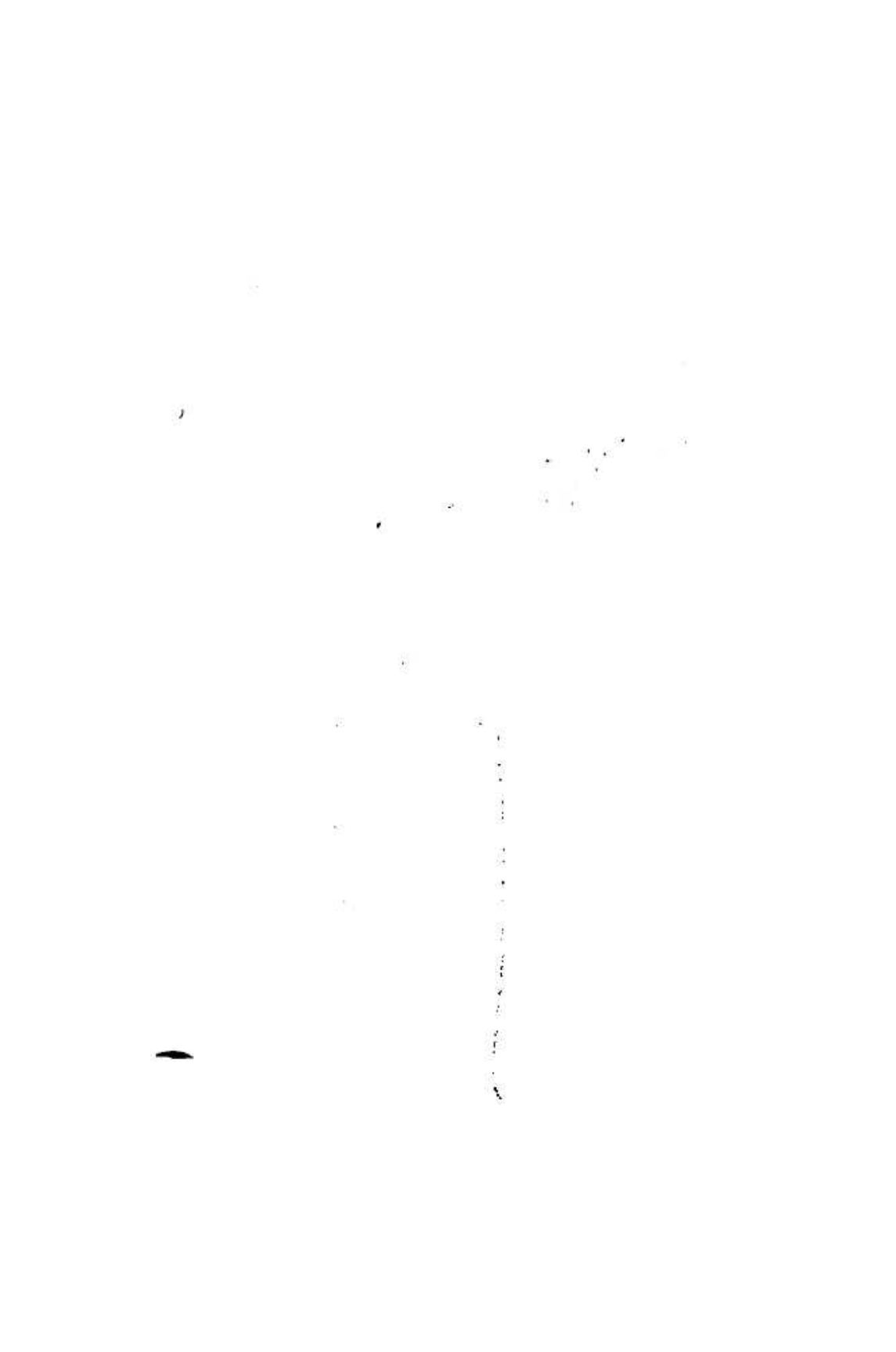
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## TABLE OF CONTENTS

	Page
<i>Chapter One</i>	
Theory .....	3
<i>Chapter Two</i>	
Standardizing Boys .....	11
<i>Chapter Three</i>	
Standardizing Girls .....	19
<i>Chapter Four</i>	
Organization .....	23
<i>Chapter Five</i>	
The Standardizing .....	30
<i>Tables of Measurements</i> .....	36
<i>Final Reminders for Scoring</i> .....	51
<i>Appendix</i> .....	53





## CHAPTER ONE

### THEORY

The tables of measurements contained in this hand-book are based on the anthropological fact that there is more than one normal type of human physique. This, of course, does not agree with the popular theory that there is only one normal type of build, and that this is the general average of all builds. On this theory we have tables of average weights for children of different heights and ages, with the emphasized statement that those who range in weight less than 7 per-cent below the general average for their age and height must be sub-normal in some manner, possessing malnutrition, perhaps, or other ill or defect.

Now these tables have been gained through an immense amount of very praiseworthy effort. Children have been weighed by the thousand in order to gain the averages. And as averages they are exceedingly authoritative. Not only so, but by the circulation of these tables throughout the country, with much very valuable propaganda against malnutrition and other remediable ills and defects, a great deal of effective attention has been directed towards the problems concerning nutrition generally, and as concerns the school-child in particular, to the great benefit of the child.

But by focussing attention on those who happen to be under the 7 per-cent limit of weight-difference already mentioned, we are actually unjust in two cases. That is, we are apt to class as physically subnormal children who are normally and healthily slender, and whom no feeding of any rational kind would make any heavier, unless it be considered desirable to produce merely "fat" children. Besides judging physically sub-normal children who are normally and hereditarily slender, we also are apt to ignore the fact that a child may be up to average weight, and still be subnormal physically. Such a child may have serious defects, and may even have malnutrition, and yet be safe within the 7 per-cent limit. Yet this child, by the average weight standards, would be judged favorably, while the healthy, slender child would be dubbed "underweight," and perhaps be given an unhealthy interest and an anxiety in his or her weight for which there would be no justice or reason. Not only so, but the average-weight child, or even the child that is over the average-weight, may have a miserable physical development, be flabby, may lack stamina, and possess far less health-stamina than the wiry, active, slender child.

And that brings us to a definition of "underweight." This term is so often used that we will do well to make its definition clear. The popular meaning, fostered by tables of average weights that have been sent broadcast, is this:—