Indiana University,
BLOOMINGTON, INDIANA.

Report of the Director of the Young Women's Gymnasium.

To the President and Board of Trustees of Indiana University.

Soon after the meeting of the Board of Trustees last Nov., I received notification that $250.00 had been appropriated to provide a course of physical training for the young women in Indiana University during the current year; that $75.00 of this amount was to be expended for apparatus; and that both the instruction and the selection of apparatus were to be under my direction.

Twelve sets of No. 20 chest weights, and twenty-five pairs of dumb-bells were bought of the Narragansett Machine Co., amounting

Indiana University,
BLOOMINGTON, INDIANA.

to 79.50 as per bill in the hands of the Secretary of the Trustees. The $4.50 above the $75.00 appropriated, I advanced from my salary, trusting that I should be able to reimburse myself from the fees. Besides this apparatus, a set of parallel horizontal bars was made by the carpenter who fitted up the gymnasium.

Through delay on the part of the carpenters, the gymnasium was not ready for use until the last of the fall term. The class was then organized, and the physical measurements and health record taken.

The class, then numbering sixty-three, rapidly increased at the beginning of the winter term until it numbered seventy-eight. Applications were

Indiana University,
BLOOMINGTON, INDIANA.

made for class membership by ladies not in the University, and it was decided, with the advice of Dr. Maxwell, that they be admitted this year by paying a fee of $2.00, and that the money be used for apparatus, or other gymnasium purposes. As will be seen on the schedule accompanying this report, the fees have not only paid for the rental of a piano, and the service of a pianist, but have also been sufficient to add a little to the apparatus.

The somewhat limited supply of apparatus is mostly adapted to Dr. Sargent's exercises - which always require apparatus - and the part of his system thus provided for has been taught.

Indiana University,
BLOOMINGTON, INDIANA.

Besides this the Swedish System, with and without apparatus, and the Exercise free standing exercise have been included in the course.

The interest manifested in this work is shown by the large attendance, the average being forty-nine for each regular session. Even this average is considerably reduced by the failure to begin work promptly upon the opening of the gymnasium, and by the usual effect of the warm weather that was felt here the last few weeks of the course. During the greater part of the winter term the class was as near its full number as it might be in a normal gymnasium, where some absences

Indiana University,
BLOOMINGTON, INDIANA.

each month are essential in obedience to the laws of health.

If the value of a department is to be measured by the beneficial results accomplished, this department ought to be continued and encouraged. Both my own examination and the testimony of the students show that there has been a marked improvement in the general health, and that this has been accompanied by an increase not only of physical but also of mental power. There has been a decrease of headache and other disorder, and an increase of general vitality. As the ultimate mental power possible in any individual is always determined by the vital, or blood making power

Indiana University,
BLOOMINGTON, INDIANA.

that supports the brain, it is not boasting to say that this department has done much for the mental improvement of its students.

In order that this department may continue its present work and be developed in accordance with its needs, permit me to make the following requests:

1. That there be made an appropriation for a salary large enough to pay an instructor to begin class work the middle of Oct. and continue until the first of May. The norm mathes makes it desirable that exercise be taken out of doors before and after these dates; and since the

Indiana University,
BLOOMINGTON, INDIANA.

work is elective, the students will not choose in-door exercise during warm weather. There ought to be two separate classes next year; an advanced course for those who took the work this year, and the usual first year work for those who enter the gymnasium. This will require more hours of instruction.

2. That an appropriation of $100.00 for additional apparatus be made. There is need of this in order that the work may be carried on in a way that is economical of the students' time while in the gymnasium. During the first year the limited number of chest weights made it

Indiana University,
BLOOMINGTON, INDIANA.

necessary that two thirds of the class should be idle while the other third were using the machines.

At the request of the class a public drill was given at the close of this year's session. An admission fee was charged and the proceeds amounting to $34.77 have been expended recently for Indian Clubs and two machines for special work.

I have not been absent from any regular session.

Harriet Colburn Saunderson

Indiana University,

BLOOMINGTON, INDIANA.

Schedule of Receipts and Expenses.

To Mrs. Emma B. Ryan, for piano rent from Jan 6th, to Feb. 14th	$4.00
To Mr. Whitell for moving piano	$2.00
" " apparatus	.25
To Miss Flora B. Krueger for playing piano from Jan. 5th to May 1st	$7.00
To H. H. Baldwin & Co., for piano rental from Feb. 14th to May 14th	$9.00
To Narragansett Machine Co., for fix pi's dumb-bells	$1.50
To advance from salary for apparatus	$4.50
New apparatus ordered but not yet received	11.75
Total	$40.00
Credit for fees from twenty persons	$40.00

Two fees due from Mr. Crane for his daughter remain unpaid.

Mrs. Saunderson says.

Mrs. Sanderson

June 1891