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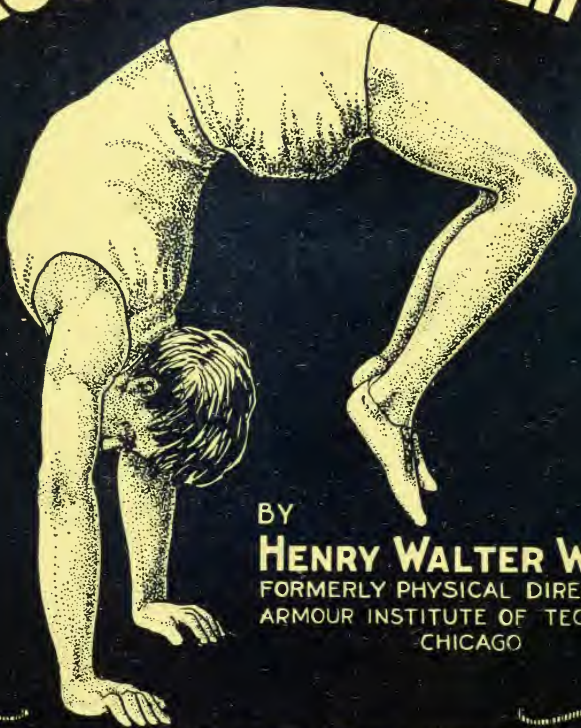

BY
HENRY WALTER WORTH
FORMERLY PHYSICAL DIRECTOR OF
ARMOUR INSTITUTE OF TECHNOLOGY
CHICAGO

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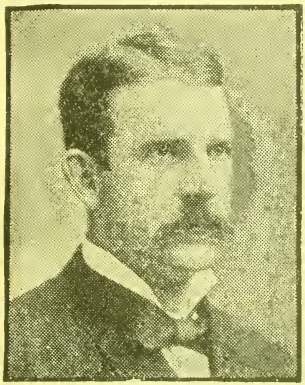

A. G. SPALDING

Anticipating the present tendency of the American people toward a healthful method of living and enjoyment, Spalding's Athletic Library was established in 1892 for the purpose of encouraging athletics in every form, not only by publishing the official rules and records pertaining to the various pastimes, but also by instructing, until to-day Spalding's Athletic Library is unique in its own particular field and has been conceded the greatest educational series on athletic and physical training subjects that has ever been compiled.

The publication of a distinct series of books devoted to athletic sports and pastimes and designed to occupy the premier place in America in its class was an early idea of Mr. A. G. Spalding, who was one of the first in America to publish a handbook devoted to athletic sports, Spalding's Official Base Ball Guide being the initial number, which was followed at intervals with other handbooks on the sports prominent in the '70s.

Spalding's Athletic Library has had the advice and counsel of Mr. A. G. Spalding in all of its undertakings, and particularly in all books devoted to the national game. This applies especially to Spalding's Official Base Ball Guide and Spalding's Official Base Ball Record, both of which receive the personal attention of Mr. A. G. Spalding, owing to his early connection with the game as the leading pitcher of the champion Boston and Chicago teams of 1872-76. His interest does not stop, however, with matters pertaining to base ball; there is not a sport that Mr. Spalding does not make it his business to become familiar with, and that the Library will always maintain its premier place, with Mr. Spalding's able counsel at hand, goes without saying.

The entire series since the issue of the first number has been under the direct personal supervision of Mr. James E. Sullivan, President of the American Sports Publishing Company, and the total series of consecutive numbers reach an aggregate of considerably over three hundred, included in which are many "annuals," that really constitute the history of their particular sport in America year by year, back copies of which are even now eagerly sought for, constituting as they do the really first authentic records of events and official rules that have ever been consecutively compiled.

When Spalding's Athletic Library was founded, seventeen years ago, track and field athletics were practically unknown outside the larger colleges and a few athletic clubs in the leading cities, which gave occasional meets, when an entry list of 250 competitors was a subject of comment; golf was known only by a comparatively few persons; lawn tennis had some vogue and base ball was practically the only established field

sport, and that in a professional way; basket ball had just been invented; athletics for the schoolboy—and schoolgirl—were almost unknown, and an advocate of class contests in athletics in the schools could not get a hearing. To-day we find the greatest body of athletes in the world is the Public Schools Athletic League of Greater New York, which has had an entry list at its annual games of over two thousand, and in whose "elementary series" in base ball last year 106 schools competed for the trophy emblematic of the championship.

While Spalding's Athletic Library cannot claim that the rapid growth of athletics in this country is due to it solely, the fact cannot be denied that the books have had a great deal to do with its encouragement, by printing the official rules and instructions for playing the various games at a nominal price, within the reach of everyone, with the sole object that its series might be complete and the one place where a person could look with absolute certainty for the particular book in which he might be interested.

In selecting the editors and writers for the various books, the leading authority in his particular line has been obtained, with the result that no collection of books on athletic subjects can compare with Spalding's Athletic Library for the prominence of the various authors and their ability to present their subjects in a thorough and practical manner.

A short sketch of a few of those who have edited some of the leading numbers of Spalding's Athletic Library is given herewith:

JAMES E. SULLIVAN

President American Sports Publishing Company; entered the publishing house of Frank Leslie in 1878, and has been connected continuously with the publishing business since then and also as athletic editor of various New York papers; was a competing athlete; one of the organizers of the Amateur Athletic Union of the United States; has been actively on its board of governors since its organization until the present time, and President for two successive terms; has attended every championship meeting in America since 1879 and has officiated in some capacity in connection with American amateur championships track and field games for nearly twenty-five years; assistant American director Olympic Games, Paris, 1900; director Pan-American Exposition athletic department, 1901; chief department physical culture Louisiana Purchase Exposition, St. Louis, 1904; secretary American Committee Olympic Games, at Athens, 1906; honorary director of Athletics at Jamestown Exposition, 1907; secretary American Committee Olympic Games, at London, 1908; member of the Pastime A. C., New York; honorary member Missouri A. C., St. Louis; honorary member Olympic A. C., San Francisco; ex-president Pastime A. C., New Jersey A. C., Knickerbocker A. C.; president Metropolitan Association of the A. A. U. for fifteen years; president Outdoor Recreation League; with Dr. Luther H. Gulick organized the Public Schools Athletic League of New York, and is now chairman of its games committee and member executive committee; was a pioneer in playground work and one of the organizers of the Outdoor Recreation League of New York; appointed by President Roosevelt as special commissioner to the Olympic Games at Athens, 1906, and decorated by King George I. of the Hellenes (Greece) for his services in connection with the Olympic Games; appointed special commissioner by President Roosevelt to the Olympic Games at London, 1908; appointed by Mayor McClellan, 1908, as member of the Board of Education of Greater New York.

WALTER CAMP

For quarter of a century Mr. Walter Camp of Yale has occupied a leading position in college athletics. It is immaterial what organization is suggested for college athletics, or for the betterment of conditions, insofar as college athletics is concerned, Mr. Camp has always played an important part in its conferences, and the great interest in and high plane of college sport to-day, are undoubtedly due more to Mr. Camp than to any other individual. Mr. Camp has probably written more on college athletics than any other writer and the leading papers and magazines of America are always anxious to secure his expert opinion on foot ball, track and field athletics, base ball and rowing. Mr. Camp has grown up with Yale athletics and is a part of Yale's remarkable athletic system. While he has been designated as the "Father of Foot Ball," it is a well known fact that during his college career Mr. Camp was regarded as one of the best players that ever represented Yale on the base ball field, so when we hear of Walter Camp as a foot ball expert we must also remember his remarkable knowledge of the game of base ball, of which he is a great admirer. Mr. Camp has edited Spalding's Official Foot Ball Guide since it was first published, and also the Spalding Athletic Library book on How to Play Foot Ball. There is certainly no man in American college life better qualified to write for Spalding's Athletic Library than Mr. Camp.

DR. LUTHER HALSEY GULICK

The leading exponent of physical training in America; one who has worked hard to impress the value of physical training in the schools; when physical training was combined with education at the St. Louis Exposition in 1904 Dr. Gulick played an important part in that congress; he received several awards for his good work and had many honors conferred upon him; he is the author of a great many books on the subject; it was Dr. Gulick, who, acting on the suggestion of James E. Sullivan, organized the Public Schools Athletic League of Greater New York, and was its first Secretary; Dr. Gulick was also for several years Director of Physical Training in the public schools of Greater New York, resigning the position to assume the Presidency of the Playground Association of America. Dr. Gulick is an authority on all subjects pertaining to physical training and the study of the child.

JOHN B. FOSTER

Successor to the late Henry Chadwick ("Father of Base Ball") as editor of Spalding's Official Base Ball Guide; sporting editor of the New York Evening Telegram; has been in the newspaper business for many years and is recognized throughout America as a leading writer on the national game; a staunch supporter of organized base ball, his pen has always been used for the betterment of the game.

TIM MURNANE

Base Ball editor of the Boston Globe and President of the New England League of Base Ball Clubs; one of the best known base ball men of the country; known from coast to coast; is a keen follower of the game and prominent in all its councils; nearly half a century ago was one of America's foremost players; knows the game thoroughly and writes from the point of view both of player and an official.

HARRY PHILIP BURCHELL

Sporting editor of the New York Times; graduate of the University of Pennsylvania; editor of Spalding's Official Lawn Tennis Annual; is an authority on the game; follows the movements of the players minutely and understands not only tennis but all other subjects that can be classed as athletics; no one is better qualified to edit this book than Mr. Burchell.

GEORGE T. HEPBRON

Former Young Men's Christian Association director; for many years an official of the Athletic League of Young Men's Christian Associations of North America; was connected with Dr. Luther H. Gulick in Young Men's Christian Association work for over twelve years; became identified with basket ball when it was in its infancy and has followed it since, being recognized as the leading exponent of the official rules; succeeded Dr. Gulick as editor of the Official Basket Ball Guide and also editor of the Spalding Athletic Library book on How to Play Basket Ball.

JAMES S. MITCHEL

Former champion weight thrower; holder of numerous records, and is the winner of more championships than any other individual in the history of sport; Mr. Mitchel is a close student of athletics and well qualified to write upon any topic connected with athletic sport; has been for years on the staff of the New York Sun.

MICHAEL C MURPHY

The world s most famous athletic trainer; the champion athletes that he has developed for track and field sports, foot ball and base ball fields, would run into thousands; he became famous when at Yale University and has been particularly successful in developing what might be termed championship teams; his rare good judgment has placed him in an enviable position in the athletic world; now with the University of Pennsylvania; during his career has trained only at two colleges and one athletic club, Yale and the University of Pennsylvania and Detroit Athletic Club; his most recent triumph was that of training the famous American team of athletes that swept the field at the Olympic Games of 1908 at London.

DR. C. WARD CRAMPTON

Succeeded Dr. Gulick as director of physical training in the schools of Greater New York; as secretary of the Public Schools Athletic League is at the head of the most remarkable organization of its kind in the world; is a practical athlete and gymnast himself, and has been for years connected with the physical training system in the schools of Greater New York, having had charge of the High School of Commerce.

DR. GEORGE J. FISHER

Has been connected with Y. M. C. A. work for many years as physical director at Cincinnati and Brooklyn, where he made such a high reputation as organizer that he was chosen to succeed Dr. Luther H. Gulick as Secretary of the Athletic League of Y. M. C. A.'s of North America, when the latter resigned to take charge of the physical training in the Public Schools of Greater New York.

DR. GEORGE ORTON

On athletics, college athletics, particularly track and field, foot ball, soccer foot ball, and training of the youth, it would be hard to find one better qualified than Dr. Orton; has had the necessary athletic experience and the ability to impart that experience intelligently to the youth of the land; for years was the American, British and Canadian champion runner.

FREDERICK R. TOOMBS

A well known authority on skating, rowing, boxing, racquets, and other athletic sports; was sporting editor of American Press Association, New York; dramatic editor; is a lawyer and has served several terms as a member of Assembly of the Legislature of the State of New York; has written several novels and historical works.

R. L. WELCH

A resident of Chicago; the popularity of indoor base ball is chiefly due to his efforts; a player himself of no mean ability; a first-class organizer; he has followed the game of indoor base ball from its inception.

DR. HENRY S. ANDERSON

Has been connected with Yale University for years and is a recognized authority on gymnastics; is admitted to be one of the leading authorities in America on gymnastic subjects; is the author of many books on physical training.

CHARLES M. DANIELS

Just the man to write an authoritative book on swimming; the fastest swimmer the world has ever known; member New York Athletic Club swimming team and an Olympic champion at Athens in 1906 and London, 1908. In his book on Swimming, Champion Daniels describes just the methods one must use to become an expert swimmer.

GUSTAVE BOJUS

Mr. Bojus is most thoroughly qualified to write intelligently on all subjects pertaining to gymnastics and athletics; in his day one of America's most famous amateur athletes; has competed successfully in gymnastics and many other sports for the New York Turn Verein; for twenty years he has been prominent in teaching gymnastics and athletics; was responsible for the famous gymnastic championship teams of Columbia University; now with the Jersey City high schools.

CHARLES JACOBUS

Admitted to be the "Father of Roque;" one of America's most expert players, winning the Olympic Championship at St. Louis in 1904; an ardent supporter of the game and follows it minutely, and much of the success of roque is due to his untiring efforts; certainly there is no one better qualified to write on this subject than Mr. Jacobus.

DR. E. B. WARMAN

Well known as a physical training expert; was probably one of the first to enter the field and is the author of many books on the subject; lectures extensively each year all over the country.

W. J. CROMIE

Now with the University of Pennsylvania; was formerly a Y. M. C. A. physical director; a keen student of all gymnastic matters; the author of many books on subjects pertaining to physical training.

G. M. MARTIN

By profession a physical director of the Young Men's Christian Association; a close student of all things gymnastic, and games for the classes in the gymnasium or clubs.

PROF. SENAC

A leader in the fencing world; has maintained a fencing school in New York for years and developed a great many champions; understands the science of fencing thoroughly and the benefits to be derived therefrom.

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No. 324—How to Play Foot Ball.

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No. 157—How to Play Lawn Tennis.

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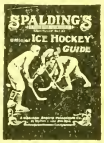

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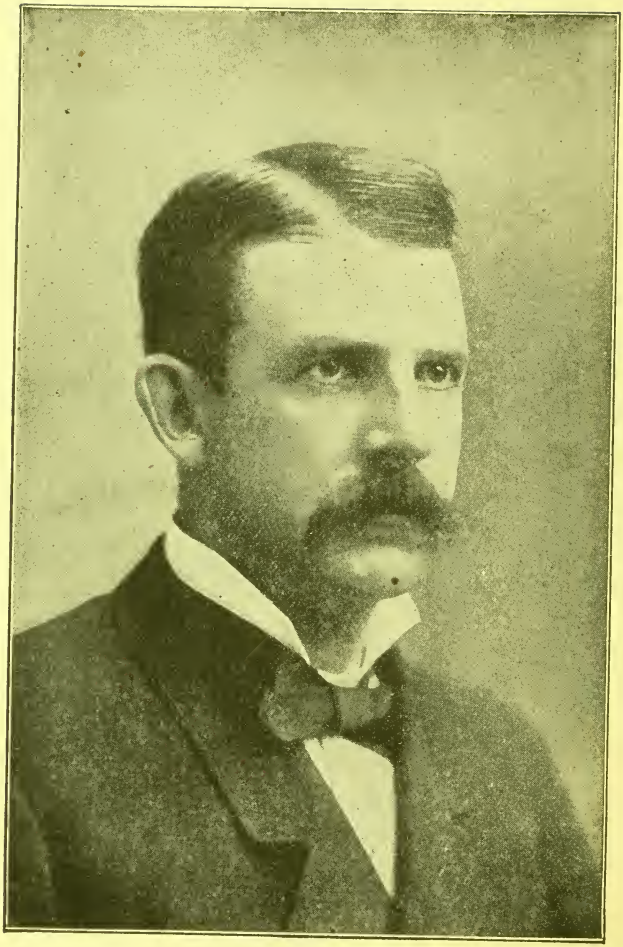

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GROUP XIV., No. 102

Ground Tumbling

BY
HENRY WALTER WORTH
Formerly Physical Director of Armour Institute of Technology
Chicago

PUBLISHED BY THE
AMERICAN SPORTS PUBLISHING COMPANY
21 WARREN STREET, NEW YORK

GV545
.W3
1910

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by
American Sports Publishing Company
New York

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INTRODUCTION

Oh, do you remember, how, when a small boy in the country, in the months of April, May, June, July, August and September (it mattered little what time of the year it was, just so the ice was out of the water), you used to run to the river at a "twelve-second gait," make two simple twists of the wrist, thereby removing a waist and pair of trousers, and plunge into the water with speed equalled only by the rapidity with which you say your prayers on a cold night? Of course you do. Great fun, was it not? I used to think there was nothing like it. I could not get into the water quick enough. That was before I learned to turn the "back" and the "flip," however.

After I learned to turn the back and forward somersault, when I was about eleven years old, I would linger on the bank, or soft sandy beach, "tumbling," until I saw the other boys coming out to dress, then I would dive in, swim a few strokes, just to say I had been in swimming, come out and dress with the rest.

Like the proverbial "Wandering Willie," the

water lost much of its charm for me after I found what royal fun the turning and twisting on the bank afforded. I have wondered many times if the Almighty, when He created beaches like Manhattan, Rockaway and Nantasket, making them slope gently down to the water, and put the soft, but not too soft, yieiding sand there, if He did not think how admirable they would be to "tumble" on.

Any one who has experienced the pleasure of a few "backs," "flips," "snap-ups," etc., on the soft sand, immediately after donning the light bathing suit, will agree with me that it is "great fun." And he who has never been taught, never practiced any acrobatic work, I hope will begin "easy" at first; a few simple feats and practice carefully every opportunity he has.

I am sure whoever takes an interest, tries, and advances as far as the "round-off," "flip" and "back," will feel fully repaid for all the time passed in learning. He will find so many opportunities of performing, and it will be a means of great pleasure to himself, if not to his friends.

Many of the acts can be performed in the parlor or in a very small space. However, they should never be *practiced* in the parlor.

Now a few words upon the benefits, physical

and mental, derived from practicing tumbling.

An expert tumbler has an everlasting faculty of always landing on his feet. If thrown from a horse, street car or carriage, like a cat that is dropped from a window, and the man who strikes a match on the sole of his boot, he always lights on his feet. There is a sort of wriggle or twist that a man who has practiced tumbling long can make in the air that will invariably bring him down feet first.

The mental benefit is derived from the pleasure found in practicing, as all recreation is a mental benefit. I feel that all I could preach, say or sing about the benefit of any certain exercise would be feeble indeed. Boys and young men—and they are the ones who will probably be most interested in this book—are not appealed to by advice on "what they ought to do." They will never practice any of the feats described in this book for the good it will do them. They know that plenty of sleep is good for them, and they know that tobacco is bad for them; but it makes no difference.

This book is intended more for the boy who wishes to learn but does not know just where and how to begin. What we all need in this world is encouragement. I should like to encourage every

boy who wishes to learn. Don't be discouraged because it takes you so long to learn the handspring; when that is once learned, the other acts will be easier.

Do you remember the comparative lines used by a baking powder company in advertising their baking powder? There was the long line reaching nearly across the page, representing this firm's powder, "Absolutely Pure." Then there was the next line, not as long, representing some other firm's powder—not as long a line, and not so pure a powder. Then there were other lines along down the list, shorter and shorter, until the last, which was only about an eighth of an inch long. Now, I think these lines might serve as an excellent illustration of the length of time it will require one to learn the different feats. Let the long line represent the length of time it takes to acquire the first trick; the practice for the first trick will help you with the second, the second with the third, and so on, so that when you have practiced and learned many feats the time required to learn each will grow shorter and shorter, although the acts grow harder.

This rule will apply to all athletic and gymnastic work as well as to tumbling.

To boys who are apt to get discouraged I love to tell of a boy I knew in Chicago. He was far below the average in natural ability when I first knew him—awkward and clumsy—but he became interested in gymnastic work and kept "everlastingly at it." He fairly lived in the gymnasium. As a result of this faithful labor, in less than three months' time he participated in a gymnastic exhibition, turning a forward somersault through a blazing hoop.

Practice, don't be discouraged! You will probably never become as great an acrobat as one of the Nelson Brothers, but you will certainly find great pleasure and accomplish some good results by Ground Tumbling.

THE AUTHOR.

No. 2. The Sitdown.

DIRECTIONS

1. The Switch.

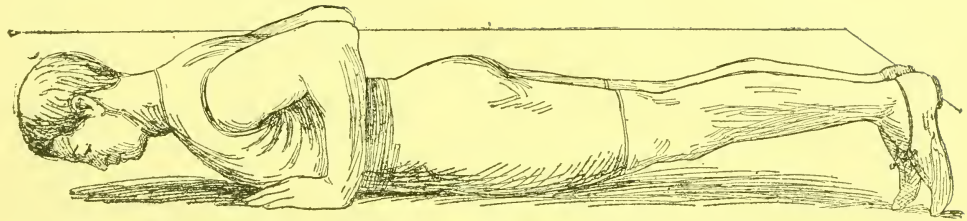
This is an act which is easily performed and affords much amusement for spectators. Stand in an erect position with hands hanging at sides, spring up a foot-and-a-half from the ground and give a quick jerk or switch with the body and come down facing in the opposite direction. Do not jump around. The turn is made by a twist of the body, not with the feet or legs.

2. The Sit Down,

Stand with the feet about one foot apart, bend over, keeping the legs perfectly straight, until the finger tips nearly touch the toes, then fall back to a sitting position on the floor. Do not bend the knees. If performed correctly this can be done on a very hard floor without hurting the performer in the least. (See illustration.)

3. The Back Roll.

Performed the same as No. 2, only instead of stopping at the sitting position the performer rolls



No. 4. The Fish Flop.

back on the shoulders and head, and with the use of the hands comes to a standing position on feet.

4. The Fish Flop.

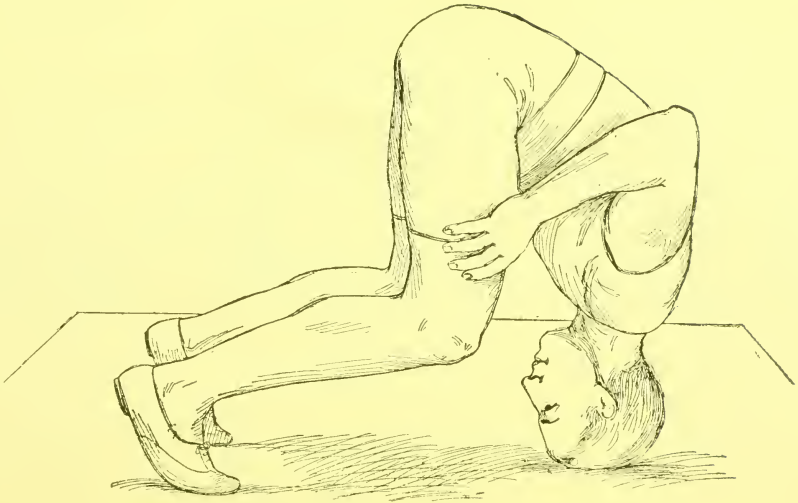
Lie on stomach, feet close together with the toes touching the floor. Place hands on sides, near ribs, flop over onto back with help of hands and feet, keeping the body perfectly rigid. (See illustration.)

5. The Front Roll.

Stand with heels close together, toes turned out. Bend over, place hands on floor about one foot apart and about a foot-and-a-half in front of feet, bend head in toward body and touch the back of head on floor between hands and, with a push from the feet, roll over on back and up onto feet again. "Curl up" in doing this act. Bring feet well under body.

6. The Cart Wheel.

Stand erect, throw left hand hard down on the floor, about two feet from the left foot, follow with the right hand, two feet from the left hand, then the right foot down about two feet from the right hand, and so on. The feet and hands should be placed as nearly on a straight line as possible.



No. 10. The Headspring.

Arms and legs moving like the spokes in a wheel, hence the name.

7. The Round-off.

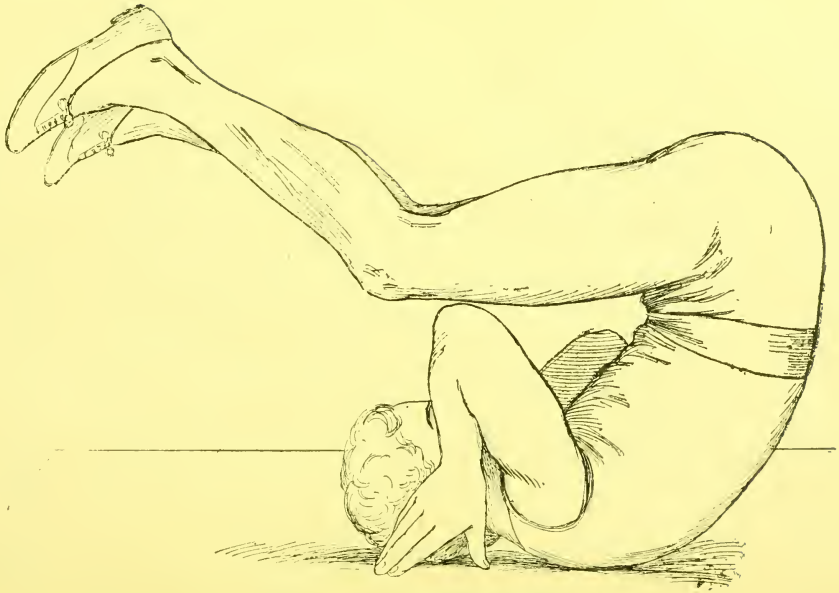
This may be done with either running or standing start. Strike hands on ground in front of feet, letting the left strike a little before the right, as in the cart-wheel. Place them about ten inches apart, at the same time swing the body over and around, so as to land in a sitting position directly opposite the one in starting.

8. The Handspring.

Possibly the most common acrobatic feat. May be done from running or standing start; strike hands hard on the ground, turn head under and in, throw feet over head and as they begin to come down give a hard spring or push up with the hands, curling feet down and back under body and coming to standing position, facing the same way as when starting.

9. The One-hand Handspring.

Same as No. 8, except that but one hand is used. The weight of the body should be brought well over the hand used.



No. 11. The Snap Up.

10. The Headspring.

Instructions same as for No. 8, only the spring is made from the head instead of the hands. (See illustration.)

11. The Snap Up.

Lie on back, carry feet up and back over head so that the toes nearly touch the ground, bearing the weight on the back of head, neck and shoulders. The hands should be placed on the ground near shoulders and neck. Give a quick hard whip with the feet and legs over toward first position and a hard snap or push up with the neck, shoulders and hands. With a little practice it can be done without the aid of the hands. It is a pretty act and a good "finish" to every act ending with a fall on the back. (See illustration.)

12. The Elephant Walk.

A comical contortion act. Place hands on floor in front of feet as near to toes as possible. Do not bend the knees. Walk.

13. The Long Dive or Lion's Leap.

This is a long dive made on the mats or some soft place, much as one dives into the water. Take a short run, strike both feet at the same time

No. 19. The Jump Over Hands.

on a spot about five feet from the mat, make a dive toward the centre of the mat striking first the hands, then the head (which should be well turned down and under), allowing the force of the dive to be about equally divided between the hands, neck, head and shoulders. Curl up well as in No. 5.

14. The Hop Over Hand and Foot.

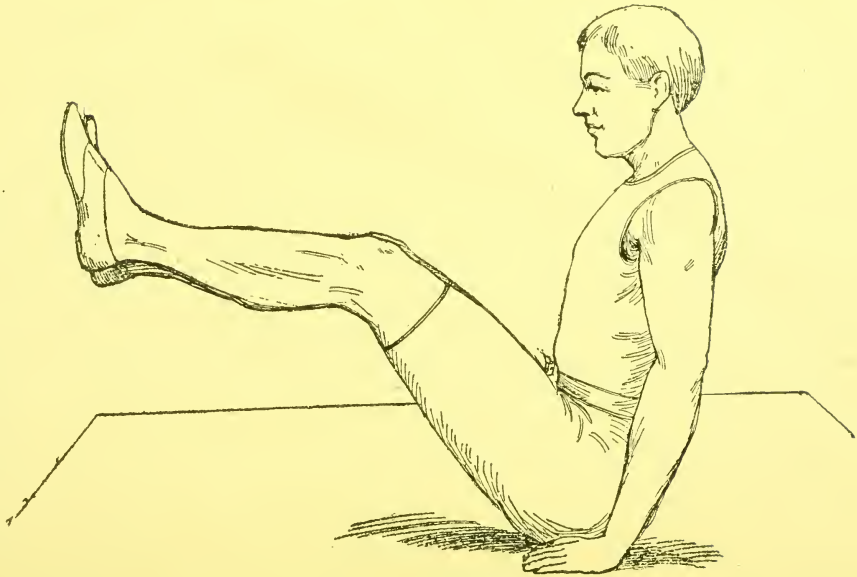
Grasp left foot with right hand, with thumb of right hand under great toe joint; fingers of right hand over top of toes with backs of fingers up. Jump over hand and foot with right foot. The point to be observed in performing this trick is to keep the right hand and left foot perfectly still while jumping with the right. If moved, they are apt to trip the foot when jumping. This is excellent practice in developing quickness in handling the feet, which is an important factor in tumbling.

15. The Hop Back.

Jump back to original position from finish of No. 14. Try the same trick with both feet over and back.

16. The Jump Over Stick in Hands.

Practice this with a cane or rattan that can be bent down while jumping over. Grasp stick with



No. 24. The Curl.

ordinary grasp, hands placed as far apart as the width of shoulders. Jump over stick between hands, keeping stick in hands. Jump back.

17. The Jump Over Hat.

Same as No. 16, except jump is made over hat held in hands.

18. The Jump Over Razor-Blade.

This should never be practiced until the performer can successfully jump over short lead pencil held in hands. It is a "stage trick" that takes well and usually makes a hit. It should be done with a razor-blade so dull that if struck with the feet it would do no harm. Hold the blade of the razor in the hands so loosely that if tripped upon by toes it would easily slip from hands without injury.

19. The Jump Over Hands.

This is one of the prettiest and most difficult acts that is performed. Entwine the fingers together and jump through the arms and over the hands. It may take months of practice to get this feat, but, when once learned, the legs will be so supple and quick that nearly all other acrobatic feats will come easier in consequence. (See illlustration.)

No. 25. Running Forward Somersault.

20. *The Twist Handspring.*

Performed the same as No. 8, only, after touching the hands, the body gives a quick turn or twist to the right or left so as to finish the act facing in position used in starting.

21. *The Twist Snap-Up,*

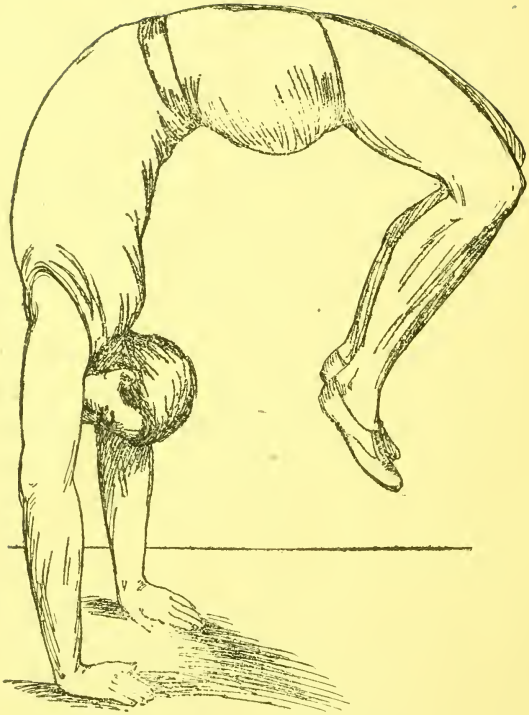
Same as No. 11, only the body gives a quick turn or twist to the right or left after the shoulders leave the ground so that the finish is made opposite the position taken in starting.

22. *The Cradle.*

First do the snap-up, No. 11, and immediately after landing fall back onto the shoulders, neck, head and hands as in the snap-up, then snap back to feet and continue to rock back and forth.

23. *The Kicking Jackass.*

Stand with heels close together, jump onto hands, with the feet carried well back and the back arched. Then spring (not fall) back to the feet from the hands and continue the movement. Be sure that the feet leave and strike the ground together, also the hands. Do not "crow-hop," that is, don't strike first one foot and then the other, a sort of "ker-flap," "pit-pat" sound.



No. 35. The Half Back.

24. The Curl.

Stand erect, fall slowly forward on the hands, keeping the body perfectly straight. Break the force of the fall by letting the arms bend slightly, but straighten them immediately. Curl up, bringing the knees well up toward the chin and carry the feet through between the hands, not letting them touch the floor; extend legs in front of arms, curl up again, carry feet back through hands and straighten into the "handstand." This is a difficult feat, but it may be practiced with perfect safety. It is excellent practice for developing the muscles of the stomach and abdomen. (See illustration.)

25. Running Forward Somersault.

Take a quick run of about twenty yards, strike both feet together on the mat or floor. Jump well into the air, duck the head down and in, and try to describe a half circle through the air, with the feet landing in a position, the same direction as when starting. It is well to practice this over a very soft place, having a board or some hard object to turn from and land into hay, shavings, soft sand, sawdust or tan-bark. When one has a soft place on which to practice he should go at it boldly; he

will then be less apt to jar himself. A quick hard run is the important thing, and a leap of about five feet should be made before striking the take-off. (See illustration.)

26. The Back Somersault.

This is done from a standing position. Get two men to hold you up while trying. The "lungers" that are generally used in the gymnasium—"coward-strap" they are called—may be used with perfect safety. However, I think the best kind of strap is a long strong towel.

Stand firmly with the heels about four inches apart, spring up as high as possible, throw the head back and down and try to describe a half circle with the feet landing in a position facing the same way as when starting. This should be performed with a "cut," that is when the feet get well over the head catch the legs back of the knees and pull them down under the body. The way of using the hands in performing the back somersault will gradually come to the performer with practice.

27. The Flip.

Sometimes called "Back Handspring." Should be practiced over a moderately soft place. Stand

with the back to the mat. Sink down so that knees come within a foot of the floor in front of feet. Throw the hands and head back. Strike hands on floor, about six inches apart, in a position such as is held while walking on hands. Do not let the head touch the ground. Then throw the feet up over the head and hands, describing a half circle, finishing facing the same way as when starting. Use the stomach and abdomen muscles when performing this act. Do not let the feet leave the ground until the hands are firmly placed.

28. *The Twister.*

This is No. 26, the back somersault, with a half turn to the right or left, so that the finish is made facing in an opposite position from the position in starting. It is well in practising this act to try and turn just a little at first, then an inch further, and so on until the complete half turn is made.

29. *The Twist Flip.*

Same as No. 27, the "flip," only a half turn is made from the hands so as to finish facing in an opposite direction from that taken when starting.

30. The Spotter.

This is the back somersault turned in such a way as to finish with the feet in the same spot they were when starting. It is best acquired by trying to make each finish nearer and nearer to the starting position.

31. The Gainer.

Same as No. 30, except that the finish is made with the feet striking in front of the starting position.

32. The Tuck-up.

This is a high back somersault performed without the "cut." It is usually done as a finish to a succession of "flips."

33. The Standing Forward.

This is the forward somersault performed without a run. To do this one must jump high into the air, turning as he would in the running forward and "cut" by catching the legs in front, just above the ankles, and drawing them under the ankles. It is a difficult act.

34. The Half Forward.

The first part of this act is performed as in No. 25, only, instead of having the feet describe a

circle over the head, they stop in the air above head, and the landing is made on the hands. It is, in fact, a sort of jump or dive on the hands and stand there.

35. The Half Back.

Like No. 26, only the finish is made onto the hands and the body balanced there. Instead of turning all the way around, jump back onto the hands and stand there. (See illustration.)

This concludes the article on "single acts." In the next chapter I will describe how the acts can be suitably combined. A clever performer can make combinations other than these. In fact, there are an endless variety of combinations that can be made with the acts here described. Space will not allow of a longer or more thorough description.

COMBINATIONS

36. A succession of No. 5.
37. A combination of Nos. 2 and 3.
38. A succession of No. 6.
39. A combination of Nos. 2, 3, 4 and 11.
40. A combination of Nos. 11 and 8.
41. A combination of Nos. 10 and 8.

42. A succession of No. 8.
43. A succession of No. 11.
44. A succession of No. 10.
45. A combination of Nos. 7, 2 and 3.
46. A combination of Nos. 7, 2, 3, 4 and 11.
47. A combination of Nos. 7, 2, 3, 4, 11 and 23.
48. A succession of No. 21.
49. A combination of Nos. 8 and 33.
50. No. 13 through hoop.
51. A combination of Nos. 7 and 26.
52. A combination of Nos. 7 and 27.
53. A combination of Nos. 23 and 26.
54. A combination of Nos. 24 and 33.
55. A combination of Nos. 7, 27 and 26.
56. A combination of Nos. 7, 27, 26 and 33.
57. A combination of No. 7 and a succession of Nos. 27 and 32.
58. A succession of Nos. 8 and 34, then a succession of No. 27.
59. A combination of No. 7, a succession of Nos. 27 and 28, then a succession of Nos. 27 and 32.

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Home Apparatus

"It is not so important to have big muscles as it is to have good digestion; it is not so important to have powerful muscles as it is to have a strong, regular heart; it is not so important to have great skill with one's muscles as to have good lungs and kidneys." — *Extract from Spalding Athletic Library No. 161 — "Ten Minutes Exercise for Busy Men."*

The value of a few minutes' exercise daily with scientific and properly designed apparatus, is rapidly becoming apparent to the vast number of business men who find it simply impossible to take regular outdoor exercise.

Spalding Gold Medal Indian Clubs

Model, material and finish as perfect as the most complete and up-to-date factory can make them.

Natural Color, Lathe Polished, High Finish,

Spalding Gold Medal Indian Clubs are made of selected first grade clear maple, in two popular models and are perfect in balance. Each club bears facsimile of the Spalding Gold Medal. Each pair is wrapped in paper bag.

Model E

MODEL E

Weights specified are for each club.

½ lb. Model E.	Pair,	$ .60
¾ lb. Model E.	"	.60
1 lb. Model E.	"	.70
1½ lb. Model E.	"	.80
2 lb. Model E.	"	1.00
3 lb. Model E.	"	1.20

MODEL B

Weights specified are for each club.

½ lb. Model B.	Pair,	$ .50
¾ lb. Model B.	"	.50
1 lb. Model B.	"	.55
1½ lb. Model B.	"	.60
2 lb. Model B.	"	.70
3 lb. Model B.	"	1.00

Model B

Spalding Trade-Mark Indian Clubs

Stained Finish.

The following clubs bear our Trade-Mark, are made of good material, and are far superior in shape and finish to the best clubs of other makes. Furnished in two popular models. Each pair wrapped in paper bag.

Model ES

MODEL ES

Weights specified are for each club.

½ lb. Model ES.	Pair,	$ .35
¾ lb. Model ES.	"	.35
1 lb. Model ES.	"	.40
1½ lb. Model ES.	"	.50
2 lb. Model ES.	"	.60
3 lb. Model ES.	"	.70

MODEL BS

Weights specified are for each club.

½ lb. Model BS.	Pair,	$ .30
¾ lb. Model BS.	"	.30
1 lb. Model BS.	"	.35
1½ lb. Model BS.	"	.45
2 lb. Model BS.	"	.55
3 lb. Model BS.	"	.65

Model BS

No. A No. AA

Spalding Exhibition Clubs

Handsomely finished in ebonite and made for exhibition and stage purposes. The clubs are hollow, with a large body, and although extremely light, represent a club weighing three pounds or more. 2.50

No. A. Ebonite finish. $3.50

No. AA. With German Silver Bands. Pair, $5.00

No. 1

Spalding Indian Club and Dumb Bell Hangers

Made of iron and nicely japanned.

No. 1. For Indian Clubs or Dumb Bells. Per pair, 16c.

No. 1M. For Indian Clubs or Dumb Bells, mounted on oak strips. Per pair, 25c.

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Spalding Gold Medal Wood Dumb Bells

There is Skill Used in Turning Spalding Dumb Bells. They Feel Right

Because They Are So

Natural Color, Lathe Polished, High Finish

Spalding Gold Medal Dumb Bells are made of selected first grade clear maple, and are perfect in balance. Each bell bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag. Weights specified are for each bell.

	½ lb.	¾ lb.	1 lb.	1½ lb.	2 lb.
Pair,	40c.	45c.	50c.	55c.	65c.

Spalding Trade-Mark Wood Dumb Bells

Stained Finish

Spalding Trade-Mark quality. Made of good material and superior in shape and finish to the best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell.

	½ lb.	¾ lb.	1 lb.	1½ lb.	2 lb.
Pair,	30c.	30c.	35c.	45c.	55c.

Spalding Iron Dumb Bells

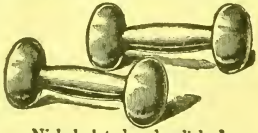
Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 pounds, **6c.** | Over 40 pounds, . . **8c.**
Bar Bells, any weight, wrought iron handles, any length made specially. . . . . Pound, **10c.**

Home Apparatus

"If a man gets plenty of food, and his digestive apparatus works it up into good rich blood; if the heart is strong and regular so that this good blood goes to all parts of the body with vigor and regularity, and if the respiratory and excretory apparatus is in such good order that this blood is kept pure, the fundamental conditions of health are laid.—"*Extracts from Spalding Athletic Library No. 161.—"Ten Minutes' Exercise for Busy Men."*

Rational exercise with simple but correct apparatus will enable almost any man to arrive at approximately a correct state of health.

Spalding Nickel-Plated Dumb Bells

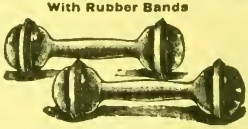


Nickel-plated and polished.

1N. 1 lb.	$ .25	4N. 4 lb.	$ .75
2N. 2 lb.	.50	5N. 5 lb.	1.00
3N. 3 lb.	.65		

Spalding Nickel-Plated Dumb Bells

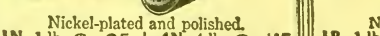
With Rubber Bands



Nickel-plated and polished.

1B. 1 lb.	$ .65	3B. 3 lb.	$1.00
2B. 2 lb.	.75	4B. 4 lb.	1.15
		5B. 5 lb.	1.25

Savage Bar Bell—Especially designed by Dr. Watson L. Savage.



Model S. Has large pear shaped ends with a flexible hickory shaft ½-inch in diameter, producing a vibratory exercise, similar to that obtained with the French wand. . . . . Per dozen, **$6.00**

Spalding Ash Bar Bells

No. **2.** Selected material, highly polished, 5 feet long. . Per dozen, **$5.00**

Spalding School Wand

No. **3.** 3½ feet long. Made of straight grain maple. . . Per dozen, **$1.30**

Spalding Calisthenic Wand

No. **4.** 4½ feet long. 1 inch diameter. . . . Per dozen, **$1.60**

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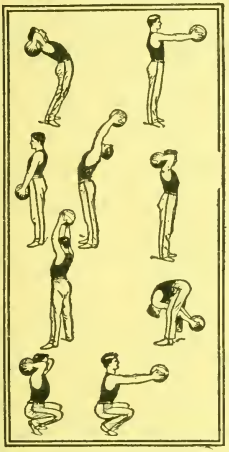
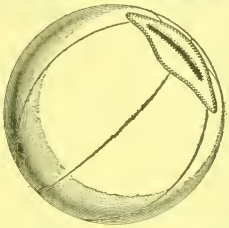
SPALDING IMPROVED MEDICINE BALLS



An excellent form of exercise for business men



Weigh from four to eleven pounds. The covering is of selected tan leather, sewn in the same manner as our foot balls. Quality throughout has been much improved and the balls as now made are extremely durable. The exercise consists of throwing ball to one another, and the catching of it develops the chest, exercises the back, arms, legs; in fact, improves the whole system.

Home Apparatus

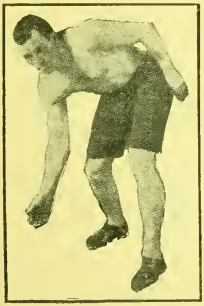
"One of the aims of physical training is to make exercise interesting and enjoyable. To be beneficial in the highest sense it must be recreative. Particularly is this true of physical exercise for business men. As a class, in their daily work, they are kept on a constant mental strain. Besides, they are, to a large degree, physically inactive. Life becomes too intense, too serious, too sordid. Exercise therefore, for business men, must be largely recreative, relaxing and restful."—*Extract from Spalding Athletic Library, No. 262—"Exercises with the Medicine Ball."*

No. 11.	4-pound Ball.	Each, $5.00
No. 12.	6-pound Ball.	" 6.00
No. 13.	9-pound Ball	Each, $ 7.00
No. 14.	11-pound Ball.	" 10.00

SPALDING HAND BALLS

Hand ball, played indoors, will keep base ball players and other athletes in good condition during hard weather when outdoor athletics are out of the question.

The leather covered hand balls we make are wound by hand, and are the same as those used by the best ball players in this country.



No. 1.	Match, regulation size and weight, leather cover.	Each, $1.25
No. 2.	Expert, leather cover.	Each, $ .85
No. 6.	Rubber, best quality, almost solid.	.40
No. 4.	Amateur, leather cover.	.25
No. 5.	Rubber hand ball.	.25

The Irish Regulation Balls have been improved in quality and will give excellent satisfaction.

RED ACE, IRISH REGULATION red rubber ball.	Each, 50c.
BLACK ACE, IRISH REGULATION black rubber ball.	" 50c.

For other balls suitable for Hand Ball Game, see page devoted to Lawn Tennis Balls.

Spalding Hand Ball Gloves and Mitts

No. A.	Gloves. Best quality glove leather with stitched front and special wrist pad.	Pair, $4.00
No. B.	Mitts. Lightly padded.	3.00
No. C.	Gloves. Full fingered.	1.50
No. D.	Fingerless Gloves.	.75

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Sandow's Patent Spring Grip Dumb Bells

SANDOW PREPARING FOR HIS DAILY EXERCISE WITH HIS GRIP DUMB BELLS.

EUGEN SANDOW, Patentee.

A. G. SPALDING & BROS.

SOLE AMERICAN AND CANADIAN LICENSEES

AN ENTIRE SYSTEM of Physical Culture is embraced within the exercises possible with these wonderful dumb bells.

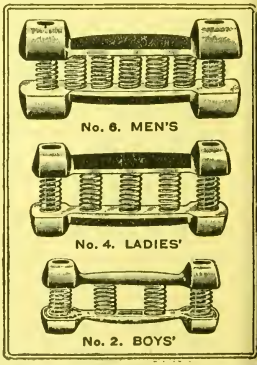
The bells are made in two halves connected by steel springs, the effort necessary in gripping compelling the pupil to continually devote his whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

Sandow's Patent Spring Grip Dumb Bells

No. **6.** **MEN'S.** Nickel-plated; fitted with seven steel springs. . . . . Per pair, **$3.00**

No. **4.** **LADIES'.** Nickel-plated; fitted with five steel springs. . . . . Per pair, **$2.50**

No. **2.** **BOYS'.** Nickel-plated; fitted with four steel springs. . . . . Per pair, **$2.00**



We include with each pair of Sandow Dumb Bells a chart of exercises by Sandow and full instructions for using. Also a piece of selvyt cloth for keeping dumb bells in good condition.

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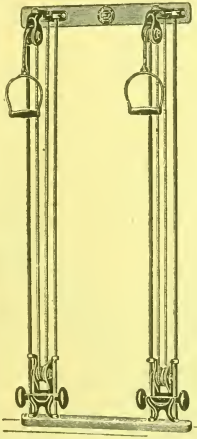
Spalding Home Apparatus

Exercise acts on the health of an individual in the same way as the draught does on the fire in a furnace. Pile on the coal and shut off the draught and you kill the fire. Continue to eat heavy meals and take no exercise and your health will be affected, not because of the food you have eaten so much as on account of the lack of exercise. A little exercise is all that is necessary to keep you in good condition. Some rational, pleasant and interesting exercise, persisted in with regularity and, preferably, with Spalding Home Apparatus, will help you to retain your health.

Spalding Chest Weight No. 2



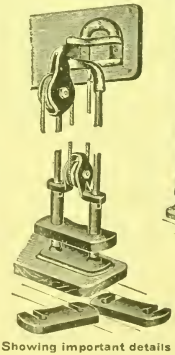
An ideal machine for home use. Well made and easy running. Rods are ¾-inch coppered spring steel. Bearings are hardened steel cone points running in soft, gray iron, noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5-pound iron dumb-bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.

No. 2. - Each, $5.00

Spalding Chest Weight No. 12

We have just added this very well made machine to our line. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 lbs. of weights.

No. 12. - Each, $10.00



Showing important details of Construction of No. 12 Machine.

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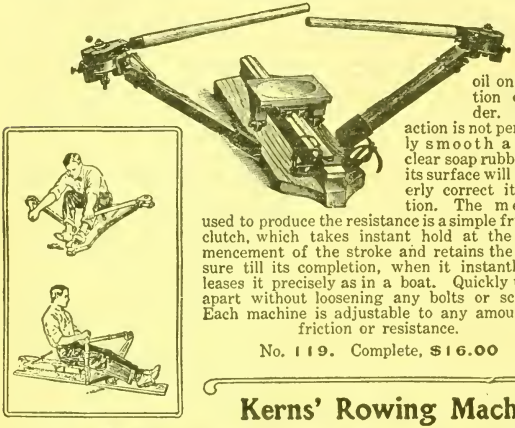
The Laflin Friction Rowing Machine



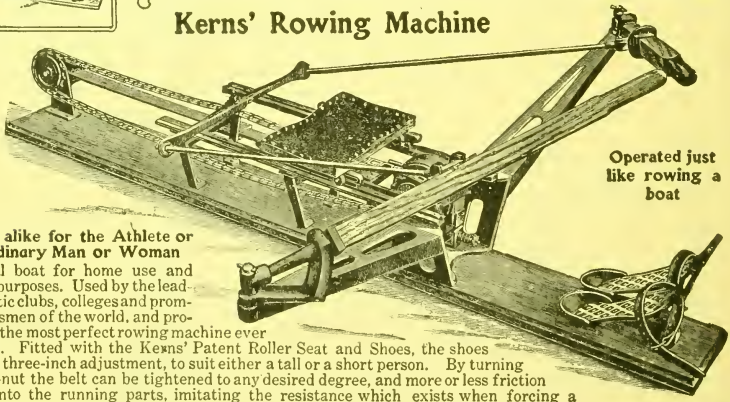
Do not use oil on friction cylinder. If its action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action. The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance.

No. 119. Complete, $16.00

Home Apparatus

The apparatus listed in this catalogue is designed particularly for private use; i. e., in homes and private gymnasiums. It retains the same superior marks of quality which distinguish the regular line of gymnasium apparatus manufactured by A. G. Spalding & Bros., but its distinctive design permits it to be sold at a price more in keeping with its use than heretofore obtainable, without any sacrifice of practical value or durability.

Kerns' Rowing Machine



Operated just like rowing a boat

Suitable alike for the Athlete or the ordinary Man or Woman

The ideal boat for home use and training purposes. Used by the leading athletic clubs, colleges and prominent oarsmen of the world, and pronounced the most perfect rowing machine ever produced. Fitted with the Kerns' Patent Roller Seat and Shoes, the shoes having a three-inch adjustment, to suit either a tall or a short person. By turning a thumb-nut the belt can be tightened to any desired degree, and more or less friction thrown into the running parts, imitating the resistance which exists when forcing a row-boat through the water The weaker sex can use the machine by simply loosening the thumb-nut which reduces the resistance; and on the other hand, by reversing the operation the resistance can be so increased that the strongest athlete can have any amount of resistance. The oars are pivoted in such a way that the operator can handle and turn them the same as he would during the return and feathering motion with a boat oar.

No. 600. Kerns' Patent Single Scull Rowing Machine. . . . Each, $30.00

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

Spalding New and Improved Worsted Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 44 inch chest. Other sizes at an advanced price.

Jerseys are being used more and more by base ball players, especially for early Spring and late Fall games. The Spalding line includes a complete assortment of styles and qualities.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

STOCK COLORS

PLAIN COLORS—The following stock colors are supplied in our worsted jerseys (NOT Nos. 6 or 6X) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 and 6X), 25c. each extra.

Gray	Scarlet	Peacock Blue	Purple
Orange	Cardinal	Dark Green	Yellow
Black	Navy Blue	Olive Green	Seal Brown
White	Royal Blue	Irish Green	Old Gold
Maroon	Columbia Blue	Pink	Drab

No. **1P.** Full regular made; that is, fashioned or knit to exact shape on the machine and then put together by hand, altogether different from cutting them out of a piece of material and sewing them up on a machine as are the majority of garments known as Jerseys. Special quality worsted. Solid stock colors. . . . . Each, **$4.50**

No. **10P.** Worsted, fashioned. Solid stock colors, Each, **$3.00**

No. **12P.** Worsted; solid stock colors. Each, **$2.75**

No. **12XB.** Boys' Jersey. Worsted. Furnished in sizes 26 to 36 inches chest measurement only. Solid stock colors only. No special orders. Each, **$2.00**

SPECIAL NOTICE *We will furnish any of the above solid color Jerseys, (except Nos. 6 and 6X) with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.*

Nos 1P, 10P and 12P

Spalding Cotton Jerseys

No. **6.** Cotton, good quality, fashioned, roll collar, full length sleeves. Colors: Black, Navy Blue, Gray and Maroon only. Each, **$1.00**

No. **6X.** Cotton, same as No. 6, but with striped sleeves in following combinations only: Navy with White or Red stripe; Black with Orange or Red stripe; Maroon with White stripe. . Each, **$1.25**

Woven Letters, Numerals or Designs

We weave into our best grade Jerseys, No. 1P, Letters, Numerals and Designs in special colors as desired. Prices quoted on application. Designs submitted.

PRICES SUBJECT TO ADVANCE WITHOUT NOTICE

PROMPT ATTENTION GIVEN TO ANY COMMUNICATIONS ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES SEE INSIDE FRONT COVER OF THIS BOOK

Prices in effect January 5, 1910. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

Spalding Coat Jerseys

Following sizes carried in stock regularly in all qualities: 28 to 44 inch chest. Other sizes at an advanced price.

We allow two inches for stretch in all our Jerseys, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

STOCK COLORS

Gray	Black	Maroon	Cardinal	Royal Blue	Peacock Blue	Olive Green	Pink	Yellow	Old Gold
Orange	White	Scarlet	Navy	Columbia Blue	Dark Green	Irish Green	Purple	Seal Brown	Drab

PLAIN COLORS—The above stock colors are supplied in our worsted jerseys (NOT Nos. 6 or 6X) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 or 6X) **25c.** each extra.

STRIPES AND TRIMMINGS—Supplied as specified in any of the above stock colors (not more than two colors in any garment) at regular prices. Other colors to order only in any quality (EXCEPT Nos. 6 or 6X) **25c.** each extra.

Nos. 10C and 12C

The Spalding Coat Jerseys are made of the same worsted yarn from which we manufacture our better grade Jerseys, Nos. 10P and 12P, and no pains have been spared to turn them out in a well made and attractive manner. Plain solid stock colors (not striped) or one solid stock color body and sleeves with different stock color solid trimming (not striped) on cuffs, collar and front edging. Pearl buttons

No. **10**C. Same grade as our No. 10P. Each, **$3.50**

No. **12**C. Same grade as our No. 12P. Each, **$3.00**

No. **10**CP. Pockets, otherwise same as No. 10C. Each, **$4.25**

No. 10CP

Spalding Striped and V-Neck Jerseys

Note list of stock colors above

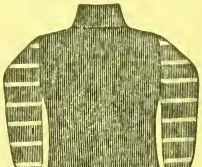
No. **10**PW Good quality worsted, same grade as No. 10P. Solid stock color body and sleeves, with 6-inch stock color stripe around body. . . Each, **$3.50**

Nos. 10PW and 12PW

No. **12**PW. Worsted; solid stock color body and sleeves with 6-inch stock color stripe around body. Each, **$3.00**

No. **10**PX. Good quality worsted, fashioned; solid stock color body, with stock color striped sleeves, usually alternating two inches of same color as body, with narrow stripes of any other stock color. Each, **$3.50**

No. 12PV



Nos. 10PX and 12PX

No. **12**PV Worsted, solid stock colors, with V-neck instead of full collar as on regular jerseys. Each, **$3.00**

No. **12**PX. Worsted, solid stock color body, with stock color striped sleeves, usually alternating two inches of same color as body, with narrow stripes of any other stock color. . . . Each, **$3.00**

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

ACCEPT NO SUBSTITUTE THE SPALDING TRADE-MARK GUARANTEES QUALITY

SPALDING *Automobile* SWEATER

Collar Turned Up

Collar Turned Down

No. **WJ.** Most satisfactory and comfortable style for automobilists; also useful for training purposes, reducing weight, tramping during cold weather, golfing, shooting, tobogganing, snowshoeing; in fact, for every purpose where a garment is required to give protection from cold or inclement weather. High collar that may be turned down, changing it into neatest form of button front sweater. Highest quality special heavy weight worsted. Sizes, 28 to 44 inches. In stock colors. Each, **$8.50**

PLAIN COLORS—All Spalding Sweaters are supplied in any of the colors designated, at regular prices. Other colors to order only in any quality, **50c.** each garment extra.
SPECIAL NOTICE—We will furnish any of the solid color sweaters with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.
N. B.—We designate three shades which are sometimes called RED: These are Scarlet, Cardinal and Maroon. Where RED is specified on order Scarlet will be supplied.

STOCK COLORS

Gray	Navy	Pink
Orange	Royal Blue	Purple
Black	Columbia Blue	Yellow
White	Peacock Blue	Seal Brown
Maroon	Dark Green	Old Gold
Scarlet	Olive Green	Drab
Cardinal	Irish Green	

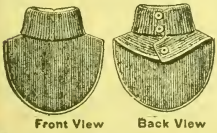
Spalding "Highest Quality" Sweaters

We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

WORSTED SWEATERS. Made of special quality wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and put together by hand, not simply stitched up on a machine as are the majority of garments sold as regular made goods.

All made with 9-inch collars; sizes 28 to 44 inches.

No. **AA.** The proper style for use after heavy exercise, inducing copious perspiration, for reducing weight or getting into condition for athletic contests. Particularly suitable also for Foot Ball and Skating. Heaviest sweater made. In stock colors. Each. **$9.00**
No. **A.** "Intercollegiate." In stock colors. Special weight. **7.00**
No. **B.** Heavy weight. In stock colors. **6.00**



Front View Back View

Spalding Combined Knitted Muffler and Chest Protector

No. **M.** Special weight: highest quality worsted in solid stock colors to match our sweaters. Each, **$1.25**

PRICES SUBJECT TO CHANGE WITHOUT NOTICE

Shaker Sweater

In Stock Colors — Sizes 30 to 44 in.

Fills a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price.
No. **3.** Standard weight, slightly lighter than No. B. Each, **$4.00**

Spalding Vest Collar Sweater

No. **BG.** Best quality worsted, good weight; with extreme open or low neck. In stock colors. Ea., **$6.00**

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SPALDING JACKET SWEATERS

STOCK COLORS

PLAIN COLORS—All Spalding Sweaters are supplied in any of the following stock colors at regular prices. Other colors to order only in any quality 50c. each extra.

GRAY	WHITE	CARDINAL	COLUMBIA BLUE	OLIVE GREEN	PURPLE	OLD GOLD
ORANGE	MAROON	NAVY BLUE	PEACOCK BLUE	IRISH GREEN	YELLOW	DRAB
BLACK	SCARLET	ROYAL BLUE	DARK GREEN	PINK	SEAL BROWN	

SPECIAL NOTICE—We will furnish any of the solid color sweaters mentioned below with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge. This does not apply to the No. 3JB Boys' Sweater.

Sizes 28 to 44 inch chest measurement. We allow four inches for stretch in all our sweaters, and sizes are marked accordingly. It is suggested, however, that for very heavy men a size about two inches larger than coat measurement be ordered to insure a comfortable fit.

No. VGP

BUTTON FRONT

No. **VG.** Best quality worsted, heavy weight, pearl buttons. Made in regular stock colors, also in Dark Brown Mixture. Each, **$7.00**

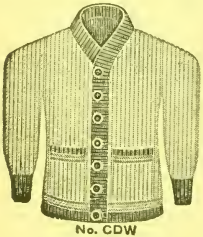
No. **DJ.** Fine worsted, standard weight, pearl buttons, fine knit edging. Made in regular stock colors, also in Sage Gray. Each, **$6.00**

No. **3J.** Standard weight wool, Shaker knit, pearl buttons. In stock colors. Each, **$5.00**

WITH POCKETS

No. **VGP.** Best quality worsted, heavy weight, pearl buttons. In stock colors. With pocket on either side and a particularly convenient and popular style for golf players. Each, **$7.50**

No. VG. Showing special trimmed edging and cuffs supplied, if desired, on jacket sweaters at no extra charge.



No. CDW

Spalding Special Base Ball Sweaters

No. **CDW.** Good quality worsted, ribbed knit. In stock colors. Special trimmed edging and cuffs in stock colors supplied at no extra charge. Each, **$5.50**

Boys' Jacket Sweater

No. **3JB.** This is an all wool jacket sweater, with pearl buttons; furnished only in sizes from 30 to 36 inches chest measurement. In stock colors. Each, **$3.50**

No. 3JB

Spalding Ladies' Sweaters

Knit in the Spalding athletic stitch of best quality long fibre worsted; full fashioned to shape of body on special machine and finished by hand. Cuffs, pocket and edging of special stitch. Good quality pearl buttons. Patch pockets. Attractive in appearance and, being properly made, they fit well and give satisfactory wear. Furnished in regular stock colors.

No. **LDJ.** Ladies' Sweater, regular button front. Each, **$8.00**

No. **LWJ.** With special reversible collar, as on our Men's No. WJ Automobile Sweater. Each, **$10.00**

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The Spalding Official Intercollegiate Foot Ball

This is the ONLY OFFICIAL COLLEGE FOOT BALL, and is used in every important match played in this country. **Guaranteed absolutely if seal of box is unbroken.** We pack with leather case and guaranteed pure Para rubber bladder (no composition), an inflater, lacing needle and rawhide lace.

No. J5. - Complete, $5.00

WE GUARANTEE every Spalding Foot Ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use.

Owing to the superb quality of every Spalding Foot Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee which we will not allow.

A. G. Spalding & Bros

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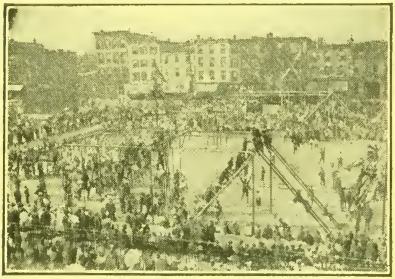
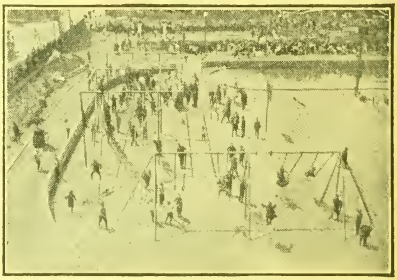
Spalding All-Steel Playground Apparatus

Acknowledged as the Standard. Specified and purchased by practically all Municipal Park and Playground Commissions in America.





SPALDING PLAYGROUND APPARATUS IS USED IN

Alameda, Cal.
Allegheny, Pa.
Ashburnham, Mass.
Baltimore, Md.
Bayonne, N. J.
Bloomfield, N. J.
Boston, Mass.
Brooklyn, N. Y.
Bryn Mawr, Pa.
Buffalo, N. Y.
Catskill, N. Y.
Chicago, Ill.
Cincinnati, O.
Cleveland, O.
Dallas, Texas
Dayton, O.
Denver, Col.
Dongan Hills, N. Y.
East Orange, N. J.
Forest Park, Md.
Ft. Plain, N. Y.
Ft. Wayne, Ind.
Galesburg, Ill.
Geneva, N. Y.
Greeley, Col.
Hamilton, Ontario, Can.
Havana, Cuba
Hoboken, N. J.
Jersey City, N. J.
Kansas City, Mo.
Kentfield, Cal.
Lancaster, Pa.
Leavenworth, Kan.
Lexington, Ind.
Lockhart, Ala.
Los Angeles, Cal.
Louisville, Ky.
Lowell, Mass.
Lynn, Mass.
Madison, N. J.
Melrose Mass.
Meridian, Miss.
Milwaukee, Wis.
Morristown, N. J.
Nashville, Tenn.
Naugatuck, Ct.
Newark, N. J.
New Brunswick, N. J.
New Haven, Ct.
New London, Ct.
New Paltz, N. Y.
New York, N. Y.
Oakland, Cal.
Omaha, Neb.
Orange, N. J.
Oswego, N. Y.
Pasadena, Cal.
Passaic, N. J.
Philadelphia, Pa.
Pittsburg, Pa.
Pocatello, Idaho
Polk, Pa.
Portland, Me.
Portland, Ore.
Porto Barrios, S. Am.
Pueblo, Col.
Reading, Pa.
Rochester, N. Y.
Rye, N. Y.
Sag Harbor, N. Y.
San Jose, Cal.
Seattle, Wash.
Springfield, Mass.
Somerville, Mass.
St. Louis, Mo
Summit, N. J.
Utica, N. Y.
Walla Walla, Wash.
Washington, D. C.
Watertown, Mass.
Watervleit, N. Y.
Westfield, Mass.
Wilkesbarre, Pa.
Winnipeg, Man., Can.
Winthrop, Mass.
Worcester, Mass.
Ypsilanti, Mich.

Correspondence Invited. **Special Plans and Estimates on Request.**

A. G. SPALDING & BROS., Inc.

Gymnasium and Playground Contract Department

CHICOPEE, MASS.

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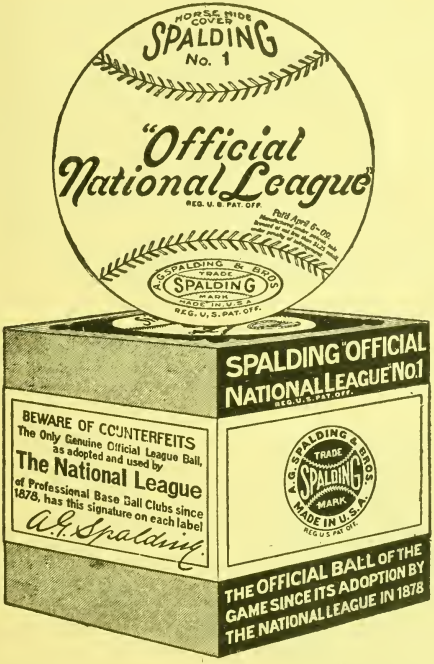

Spalding "Official National League" Ball

REG. U. S. PAT. OFF.

Official Ball of the Game for over Thirty Years

ADOPTED by the National League in 1878, and the only ball used in Championship games since that time. Each ball wrapped in tinfoil, packed in a separate box, and sealed in accordance with the latest League regulations. Warranted to last a full game when used under ordinary conditions.

No. 1. Each, $1.25

Per Dozen, $15.00

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THE SPALDING GUARANTEES QUALITY

TRADE-MARK ACCEPT NO SUBSTITUTE

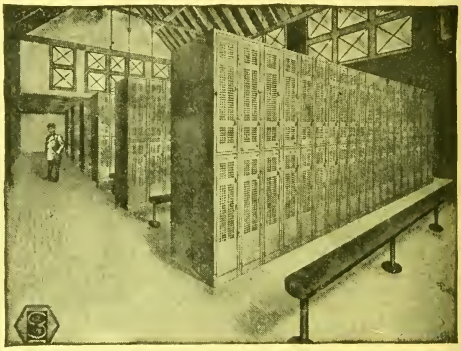
REG. U. S. PAT. OFF.

Durand-Steel Lockers

Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.



Some of the 6,000 Durand-Steel Lockers Installed in the Public Gymnasiums of Chicago. 12"x 15"x 42", Double Tier.

Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and, in addition, are fire-proof.

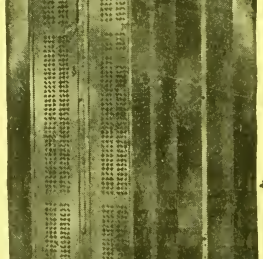
THE FOLLOWING STANDARD SIZES ARE THOSE MOST COMMONLY USED:

DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.

Six Lockers in Double Tier



Three Lockers in Single Tier

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THE following selection of items from their latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. SEND FOR A FREE COPY.

Archery
Bags—
Bat
Cricket
Striking
Uniform
Balls—
Base
Basket
Cricket
Field Hockey
Foot, College
Foot, Rugby
Foot, Soccer
Golf
Hand
Indoor
Medicine
Playground
Squash
Tennis
Volley
Water Polo
Bandages, Elastic
Bathing Suits
Bats—
Base Ball
Cricket
Belts
Caps—
Base Ball
University
Water Polo
Chest Weights
Circle, Seven-Foot
Coats, Base Ball
Collars, Swimming
Corks, Running
Covers, Racket
Cricket Goods
Croquet Goods
Discus, Olympic
Dumb Bells
Emblems
Equestrian Polo
Exerciser, Home
Felt Letters
Fencing Sticks
Field Hockey
Flags—
College
Foul, Base Ball
Marking, Golf
Foils, Fencing
Foot Balls—
Association
College
Rugby
Glasses, Base Ball
Sun
Automobile
Gloves—
Base Ball
Boxing
Cricket
Fencing
Foot Ball
Golf
Handball
Hockey, Ice
Glove Softener
Goals—
Basket Ball
Foot Ball
Hockey, Ice
Golf Clubs
Golf Counters
Golfette
Gymnasium, Home
Gymnasium Board
Hammers, Athletic
Hats, University
Head Harness
Health Pull
Hockey Sticks, Ice
Hole Cutter, Golf
Hole Rim, Golf
Horse, Vaulting
Hurdles, Safety
Hurley Goods
Indian Clubs
Jackets—
Fencing
Foot Ball
Javelins
Jerseys
Knee Protectors
Lacrosse
Lanes for Sprints
Lawn Bowls
Leg Guards—
Base Ball
Cricket
Foot Ball
Markers, Tennis
Masks—
Base Ball
Fencing
Nose
Masseur, Abdominal
Mattresses
Megaphones
Mitts—
Base Ball
Handball
Striking Bag
Moccasins
Nets—
Cricket
Golf Driving
Tennis
Volley Ball
Numbers, Competitors'
Pads—
Chamois, Fencing
Foot Ball
Sliding, Base Ball
Pants—
Base Ball
Basket Ball
Foot Ball, College
Foot Ball, Rugby
Hockey, Ice
Running
Pennants, College
Plates—
Base Ball Shoe
Home
Marking, Tennis
Pitchers' Box
Pitchers' Toe
Teeing, Golf
Platforms, Striking Bag
Poles—
Vaulting
Polo, Roller, Goods
Posts—
Backstop, Tennis
Lawn Tennis
Protectors—
Abdomen
Base Ball Body
Eye Glass
Push Ball
Quoits
Rackets, Tennis
Rings—
Exercising
Swinging
Rowing Machines
Roque
Sacks, for Sack Racing
Score Board, Golf
Score Books—
Score Tablets, Base Ball
Shirts—
Athletic
Base Ball
Shoes—
Base Ball
Basket Ball
Bowling
Clog
Cross Country
Cricket
Fencing
Foot Ball, Association
Foot Ball, College
Foot Ball, Rugby
Foot Ball, Soccer
Golf
Gymnasium
Shoes—
Jumping
Running
Skating
Squash
Tennis
Shot—
Athletic
Indoor
Massage
Skates—
Ice
Roller
Skis
Sleeve, Pitchers
Snow Shoes
Squash Goods
Straps—
Base Ball
For Three-Legged Race
Skate
Stockings
Striking Bags
Suits—
Basket Ball
Gymnasium
Gymnasium, Ladies'
Running
Soccer
Swimming
Union Foot Ball
Supporters
Ankle
Wrist
Suspensories
Sweaters
Tether Tennis
Tights—
Full
Wrestling
Knee
Toboggans
Trapeze
Trunks—
Bathing
Velvet
Worsted
Umpire Indicator
Uniforms
Wands, Calisthenic
Watches, Stop
Water Wings
Weights, 56-lb.
Whitely Exercisers
Wrestling Equipment

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Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, ten years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures his supply of Spalding Athletic Goods direct from the manufacturer under a restricted retail price arrangement by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST—The user is assured of genuine Official Standard Athletic Goods, and the same fixed prices to everybody.

SECOND—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are required to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

Positively, nobody; not even officers, managers, salesmen or other employes of A. G. Spalding & Bros., or any of their relatives or personal friends, can buy Spalding Athletic Goods at a discount from the regular catalogue prices.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past ten years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By A. G. Spalding.

PRESIDENT.

Standard Quality

An article that is universally given the appellation **"Standard"** is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is **guaranteed** by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-three years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

. Goods, with a reputation to uphold and a
gher prices than a manufacturer of cheap
for Standard Quality depends principally

no quicksand more unstable than poverty
andard Quality.

A. G. Spalding & Bros.

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ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE *and* RETAIL STORES *in the* FOLLOWING CITIES:

NEW YORK
PHILADELPHIA
BOSTON
BALTIMORE
WASHINGTON
PITTSBURG
BUFFALO
SYRACUSE
CHICAGO
ST. LOUIS
KANSAS CITY
MINNEAPOLIS
SAN FRANCISCO
CINCINNATI
DENVER
DETROIT
NEW ORLEANS
CLEVELAND
ATLANTA
SEATTLE
DALLAS
COLUMBUS
ST. PAUL
MONTREAL, CANADA
LONDON, ENGLAND
BIRMINGHAM, ENGLAND
EDINBURGH, SCOTLAND
SYDNEY, AUSTRALIA

Factories owned and operated by A.G.Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.