

**PIONEERS OF
MODERN PHYSICAL
TRAINING**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649532827

Pioneers of Modern Physical Training by Fred E. Leonard

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

FRED E. LEONARD

**PIONEERS OF
MODERN PHYSICAL
TRAINING**

PIONEERS OF MODERN PHYSICAL TRAINING

By
FRED E. LEONARD, A.M., M.D.

PROFESSOR OF HYGIENE AND PHYSICAL EDUCATION
AND DIRECTOR OF THE MEN'S GYMNASIUM
IN OBERLIN COLLEGE

SECOND EDITION, REVISED AND ENLARGED

ASSOCIATION PRESS
NEW YORK: 347 MADISON AVENUE
1919

GV
331
L58
1919

COPYRIGHT, 1915, BY THE
INTERNATIONAL COMMITTEE OF YOUNG MEN'S
CHRISTIAN ASSOCIATIONS

CONTENTS

CHAPTER	PAGE
PREFACE	5
INTRODUCTION	7
I JOHANN CHRISTOPH FRIEDRICH GUTS- MUTHS	19
II FRANZ NACHTEGALL	23
III PEHR HENRIK LING	27
IV FRIEDRICH LUDWIG JAHN	33
V FRANCISCO AMOROS	43
VI PHOKION HEINRICH ELIAS	49
VII ADOLF SPIESS	53
VIII HJALMAR LING	59
IX CHARLES FOLLEN	63
X CHARLES BECK	71
XI FRANCIS LIEBER	77
XII DIO LEWIS	83
XIII DR. EDWARD HITCHCOCK	89
XIV DR. DUDLEY ALLEN SARGENT	95
XV GEORGE BROSIUS	103
XVI CARL BETZ	113
XVII ROBERT JEFFRIES ROBERTS	119
XVIII DR. LUTHER HALSEY GULICK	127
XIX BARON NILS POSSE	137
XX DR. EDWARD MUSSEY HARTWELL	147
APPENDIX	156

PREFACE

The first edition of PIONEERS OF MODERN PHYSICAL TRAINING was merely a reprint in book form of a series of biographical sketches which appeared in *Physical Training* from month to month between January of 1909 and June of 1910. They were begun with no thought of completeness, and with the idea of furnishing a full-page portrait faced by a page of text. After two instalments had been prepared it was decided to lengthen the remaining articles in order to allow a more adequate treatment. Certain persons whom I desired very much to include in the list were omitted at the time owing to lack of available portraits or the necessary biographical data, or because the historical background involved had not yet been sufficiently studied. None of these reasons exists any longer, and I have therefore added the names of *Amoros, Hjalmar Ling, Brosius, and Betz*. Other sketches have been expanded to make the significance of the subject more apparent and to secure a better balance of parts. The *Introduction* and *Appendix* are taken from an article published in *Physical Training* for January and February of 1912 and in the *American Physical Education Review* for March and April of the same year. It is hoped that in its present form the book may serve as an introduction to the history of physical education, and commend itself to teachers of that subject who desire a manual for use in normal schools, leaders' classes, and summer schools.

F. E. LEONARD.

October, 1914.

INTRODUCTION

Since all human institutions and agencies as they exist today represent only the latest stage in a long process of growth and development, each is best understood when we turn back to the past and retrace the significant steps in its evolution to present forms. Such a study of beginnings yields many a useful clue to what would otherwise defy analysis. It gives perspective in assigning values to new solutions brought forward for old problems, and it enables one to start where others left off, profiting by their successes and avoiding their mistakes.¹*

In ancient *Greece*² there were two strongly contrasted types of education, unlike in aim and method. The earlier Doric or Spartan type had discipline for its key-note and aimed to produce a citizen-warrior. The other and much broader type was the *Ionic* or *Athenian*, which became more and more the dominant one throughout Greece and her colonies. It regarded the individual as valuable in and for himself, and sought to promote first of all his full and free development. If we commence our review with Athens, in the fifth century before Christ, we find that each free citizen was required to provide his sons with instruction in gymnastics and music. The former trained primarily the body and the will; the latter, including literary branches

* This and following figures refer to corresponding numerals in the *Appendix*.