

"3. The benefits of a thorough educational system, embracing every inmate, from the illiterate to academic classes of them, a system carried on by very advanced educational methods.

"4. The good influence of the military organization and exercises, persistently followed up, supplying substantially the same military training as that of a well governed military academy.

"5. Industrial trades training, for every inmate, adapted to the best practical preparation for his true place with industries in free society; having special regard for fitting him to earn his own living by his own efforts when working at legitimate work.

"6. Scientific physical training in a well-appointed gymnasium with a thoroughly competent instructor and under the direction of a physician.

"7. Manual training for specially perverse and arrested and disorderly mental faculties.

"8. An improved use of food elements for nutrition, for improvement of tissue; thus good health, with steadier nerves and better habitual moods and capabilities for application and endurance.

"9. Over and through all these agencies moral and religious influences are used and valued to increase the ethical power of the inmates."

It is passing strange that American educationists pay but little attention to the success attained at Elmira in the co-ordination of studies. We are inclined to think that educational progress would be materially promoted if a score of leading educationists could be sentenced to three months of hard study in the Elmira Reformatory under Superintendent Brockway.

VOLLEY BALL.

During the past winter Mr. W. G. Morgan of Holyoke, Mass., has developed a game in his gymnasium which is called Volley Ball. It was presented at the Physical Directors' Conference, and the general impression seemed to be that it would fill a place not filled by any other game. It is to be played indoors, and by those who wish a game not so rough as basket ball and yet one in which the same degree of activity is demanded. The complete report as given to the Conference by W. G. Morgan is as follows:

* * *

Volley Ball is a new game which is pre-eminently fitted for the gymnasium or the

exercise hall, but which may be played out of doors. Any number of persons may play the game. The play consists of keeping a ball in motion over a high net, from one side to the other, thus partaking of the character of two games,—tennis and hand ball.

Play is started by a player on one side serving the ball over the net into the opponents' field or court. The opponents then, without allowing the ball to strike the floor, return it, and it is in this way kept going back and forth until one side fails to return it or it hits the floor. This counts a "score" for one side or a "server out" for the other, depending upon the side in point. The game consists of nine innings, each side serving a certain number of times, as per rules, in each inning.

RULES OF VOLLEY BALL.

1. GAME. The game consists of nine innings.

2. INNING. An inning consists of: when one person is playing on each side, one service on each side; when two are playing on each side, two services on each side; when three or more are playing on each side, three services on each side. The man serving continues to do so until out by failure of his side to return the ball. Each man shall serve in turn.

3. COURT. The court or floor space shall be twenty-five feet wide and fifty feet long, to be divided into two square courts, twenty-five by twenty-five feet, by the net. Four feet from the net on either side and parallel with it shall be a line across the court, the Dribbling line. The boundary lines must be plainly marked so as to be visible from all parts of the courts.

Note.—The exact size of the court may be changed to suit the convenience of the place.

4. NET. The net shall be at least two-feet wide and twenty-seven feet long, and shall be suspended from uprights placed at least one foot outside the side lines. The TOP LINE of the net must be six feet six inches from the floor.

5. BALL. The ball shall be a rubber bladder covered with leather or canvas. It shall measure not less than twenty-five inches nor more than twenty-seven inches in

circumference, and shall weigh not less than nine ounces nor more than twelve ounces.

6. **SERVER AND SERVICE** The server shall stand with one foot on the back line. The ball must be batted with the hand. Two services or trials are allowed him to place the ball in the opponents' court (as in tennis.) The server may serve into the opponents' court at any place. In a service the ball must be batted at least ten feet, no dribbling allowed. A service which would strike the net, but is struck by another of the same side before striking the net, if it goes over into the opponents' court, is good, but if it should go outside, the server has no second trial.

7. **SCORING.** Each good service unreturned or ball in play unreturned by the side receiving, counts one score for the side serving. A side only scores when serving, as a failure to return the ball on their part results in the server being put out.

8. **NET BALL.** A play which hits the net aside from the first service is called a net ball and is equivalent to a failure to return, counting for the opposite side. The ball hitting the net on first service shall be called *dead*, and counts as a trial.

9. **LINE BALL.** It is a ball striking the boundary line; it is equivalent to one out of court and counts as such.

10. **PLAY AND PLAYERS.** Any number may play that is convenient to the place. A player should be able to cover about ten by ten feet.

Should any player during play touch the net, it puts the ball out of play and counts against his side. Should any player catch or hold for an instant the ball, it is out of play and counts for the opposite side. Should the ball strike any object other than the floor and bound back into the court, it is still in play.

To **DRIBBLE** the ball is to carry it all the time keeping it bouncing. When dribbling the ball no player shall cross the Dribbling line, this putting the ball out of play and counting against him.

Any player, except the captain, addressing the umpire or casting any slurring remarks at him or any of the players on the opposite side, may be disqualified and his side be compelled to play the game without him or a substitute or forfeit the same.

HELPS IN PLAYING THE GAME.

- Strike the ball with both hands.
- Look for uncovered space in opponents' field.
- Play together; cover your own space.
- Pass from one to another when possible.
- Watch the play constantly, especially the opponents'.

PERSONALS.

BRITISH NOTES.

June has come and with it a good by to gymnastics—except of course the sort of physical training which wise principals insist shall go on as long as the mental faculties of the pupil are developed.

In England now, cycling, rowing, golfing, swimming, and the like, claim their right to hold sway, which they do right royally from leafy June to golden September.

In London the Military Tournament has once again for a fortnight drawn crowded audiences in the huge, ugly Agricultural Hall. The entire organizing staff has been changed but without any improvement discernible in managerial matters. This season the gymnastic staff from Alderhot are smarter than usual—which is saying a great deal; the Navy is also represented, and the only wonder is that it has been kept out so long.

The United Kingdom Amateur Gymnastic Championship Meeting (under the auspices of the N. P. R. S.) at the historic Exeter Hall on May 23 last, was a pronounced success. Forty competitors entered and thirty five competed. The Scotch and Irish entrants worthily represented their fatherlands. C. A. Boot, of the Y. M. C. A. Gymnasium, Birmingham, eventually carried off the first prize—the Society's ten guinea gold medal. The winner was remarkable for a good physique, almost faultless style and modest demeanor. The contest and the entry was a great tribute to the general acknowledgment of work done during the last ten years by the Society.

Sir John Brunner, M. P., has promised to defray the cost of teaching the children of the Northwich Workhouse to swim; a good example that other M. P.'s might follow.

On June third last the ladies' classes at the Birmingham Athletic Institute gave their Annual Display to a crowded audience. The programme, a long and varied one, was efficiently carried through.

Mr. Oberholzer has, I believe, resigned his post as Instructor to the German Gymnasium, London, and accepted the same position at the new Northampton Institute Clerkenwell. He is undoubtedly one of the finest gymnastic workers London has ever seen, added to which he has many excellent personal qualities of no mean order; but organizing—apart from practical gymnastics—is perhaps lacking. All teachers must heartily wish him much success.

Yet another promised teacher resigns. This time it is Mr. H. H. Burdett, Director of the People's Palace Gymnasium. Mr. Burdett goes to the Oxford University Gymnasium as Chief Instructor; he is a first rate, all-round gymnastic man of long and varied experience, has a good manner and blessed with a grand physique, and the Varsity gymnasium members are to be congratulated upon the appointment.

London, June 8, '96.

EXERCISE CURES CONSTIPATION.

A little pamphlet, by Dr. Gulick, gives both the reason for and the method of using exercises to remedy this common difficulty.

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