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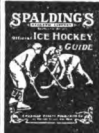


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TEN MINUTES' EXERCISE FOR BUSY MEN

A Complete Course in Physical Education



FIVE SEPARATE COURSES

Free Work : Chest Weights
Dumb Bells
Wands : Indian Clubs

BY

LUTHER HALSEY GULICK, M.D.

President American Physical Education Society; President
National Playground Association; Director Physical
Education in the Public Schools of
Greater New York.

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EXPLANATION

Some years ago I issued a small illustrated leaflet entitled "Ten Minutes' Exercise for Busy Men." These exercises were aimed to secure health, not at any particular form of muscular development or skill. They aimed to affect a man in his most important parts, that is, his digestion, his circulation and his respiration.

[If a man gets plenty of good 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.]

[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.]

These exercises, entitled "Ten Minutes' Exercise for Busy Men," aimed at health. The experience of years has demonstrated the efficiency of these exercises in securing the ends for which they were devised. Many letters have been written by men, testifying to the great benefit which they have secured from these few minutes of simple but vigorous work.

Since the publication of this leaflet the correspondence schools of physical training have come into great activity. Their general aim is to build up big muscles. A somewhat careful investigation of them satisfies me that they are inferior to the exercises in this drill for purposes of building up vigor and manliness.

One of the most vigorous claims of some of these schools, namely, that the heart particularly is benefited by their work, is false, for I have had case after case of men whose hearts have been injured by taking the correspondence schools' work when they were not in condition for it.

The exercises in this pamphlet are recommended with the confidence of long, successful use. The results secured are better than those possible from the correspondence school work in the specific directions mentioned. There has been an expressed desire for added variety; accordingly my associate, Mr. Hepbron, has prepared similar exercises to be taken with simple apparatus—wands, dumb-bells, chest-weights and Indian clubs—and I hope that equally good results will be secured from these additional drills.

LUTHER H. GULICK, M.D.

TEN MINUTES' EXERCISE FOR
BUSY MEN

FREE WORK

PLATE I.—FREE WORK.

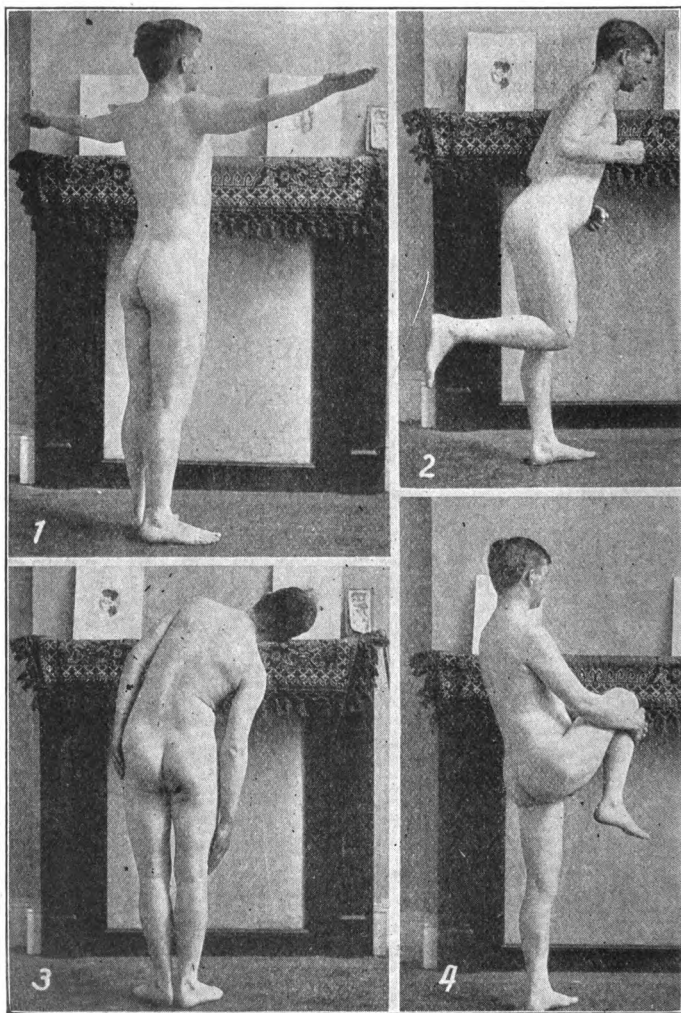


PLATE I.—FREE WORK.

To be taken on rising.

Jump out of bed; strip. If the floor is cold, put on a pair of thick, warm stockings.

No. 1.—ARM CIRCLES.

Ten times.

Fill your lungs before each exercise; arms at side on level with shoulders; describe a circle one foot in diameter with the arms while they are in this position; ten circles in five seconds.

Rest a second; repeat exercise; rest; repeat; keep on until you have repeated five times.

Put lots of snap into your work; breathe deep five seconds. Take in all the air you can; let out all the air you can.

No. 2.—STATIONARY RUN.

At the rate of fifteen steps in five seconds. One minute. Breathe deep ten seconds.

No. 3.—TWISTER.

Ten times each way, thirty seconds.

Keep your feet together. Don't bend your knees; bend your waist; don't be afraid, it won't break.

Get way down on each side.

Breathe deep five seconds.

No. 4.—KNEADER.

Thirty times, thirty seconds.

First one leg, and then the other; squeeze hard; work fast. The bigger your abdomen, the more you need this.

Breathe deep five seconds.

PLATE II.—FREE WORK.

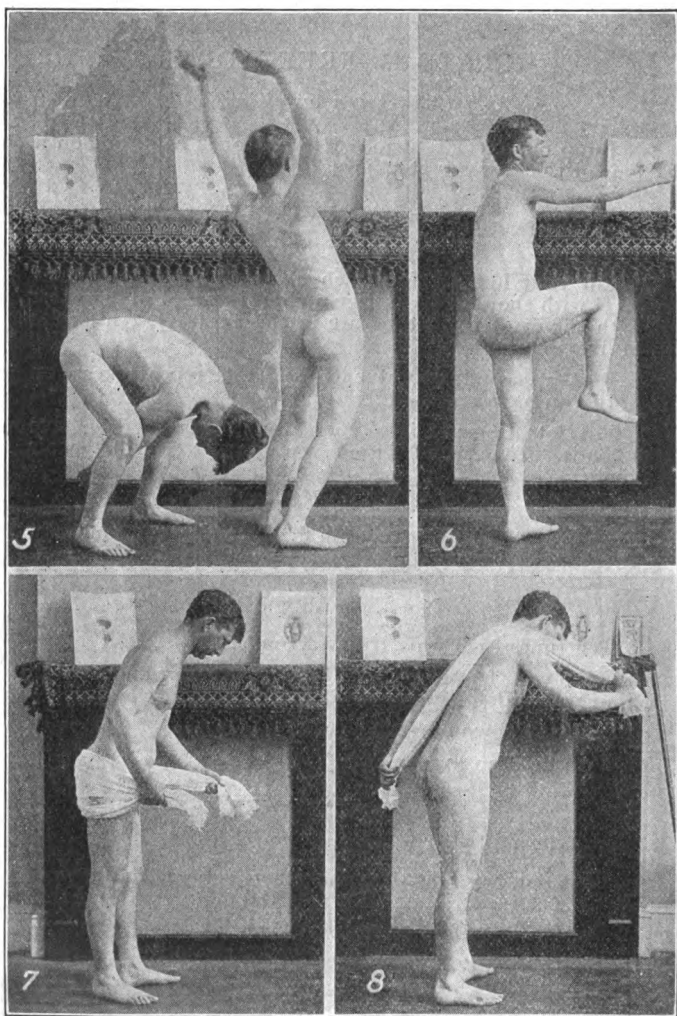


PLATE II.—FREE WORK.

No. 5.—BENDER.

Thirty times, thirty seconds.

Go way down; come up straight.

Breathe deep five seconds.

No. 6.—STATIONARY RUN.

One and a half to three minutes.

Begin and end slow.

Run fast in the middle of the time.

Lift your feet high; if constipated, run with your knees up in front at every step.

No. 7.

Take off your stockings; wring out a towel in cold water; rub all over; take your Turkish towel by both ends, and rub hard. If you are chilly afterwards, the water was too cold; the cooler it is, the better, if you are warm afterwards.

Get dressed, and go to breakfast. If you can take twice this exercise, it will be better. Commence gradually; use long rests and few movements at first. If you don't you will be lame. You can easily prove this.

No. 8.

Take this same exercise just before going to bed, only don't hurry.

If it keeps you awake, take it only in the morning.

(See next page.)

Exercise every day. If you don't, you cannot say that *it* is a failure; *you* are the failure.

Keep it up while traveling.

1.—Arm Circles.	30 seconds.	
Breathe deep	5	"
2.—Run	1 minute.	
Breathe	10 seconds.	
3.—Twister	30	"
Breathe	5	"
4.—Kneader	30	"
Breathe	5	"
5.—Back Bender	30	"
Breathe	5	"
6.—Run	1 minute 30	"
Breathe	10	"
7.—Bathe	4 minutes 50	"
Total	10 minutes.	

TEN MINUTES' EXERCISE FOR BUSY MEN

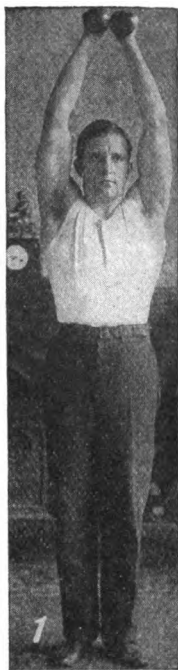
CHEST WEIGHT DRILL

These movements were specially selected to correct defects incident to school and office work, correct flat chest, round shoulders, forward head, regulate digestion and assist nature in the elimination of the waste products of the system, and in conjunction with the bath to produce that buoyant feeling which makes life worth living. Enter into the exercise with your whole being so as to produce copious perspiration.

Never exercise within two hours after eating.

PLATE IX.—DUMB BELL DRILL.

No. 1.



Position: Same as shown.

(a) Lower arms through side horizontals to sides, return to position shown; inhale as arms ascend; exhale as arms descend. Repeat eight times.

(b) Same through front horizontal to sides. Repeat eight times.

(c) Keeping arms in position shown, bend at waist, first to left, then to right, performing a rocking movement. Repeat eight times.

(d) Keeping arms in position shown, bend at waist, first front, then back, performing a rocking movement. Repeat eight times.

Arms straight; expand chest when inhaling; contract chest when exhaling; raise on toes as arms go up.

Increases lung capacity, aids digestion, corrects constipation, develops lower leg muscles.

No. 2.

Position: Same as shown.

(a) Separate arms and carry through side horizontals to sides of hips, return through side horizontals to position shown. Repeat eight times.

(b) Lift arms and carry through front horizontal to sides of hips, return through front horizontal to position shown. Repeat eight times.

(c) Place dumb bells on insteps, assume position shown and sit up; return to position as shown. Repeat eight times.

Arms straight; legs straight. When performing (c) if the hands are held at front horizontal the exercise will not be so difficult.

Increases lung capacity, aids digestion, corrects constipation, develops abdominal muscles.



PLATE X.—DUMB BELL DRILL.

No. 3.

Position: Same as shown; hands grasping dumb bells under hips.

Drop both legs to floor.

(a) Flex left leg to position shown; leg straight, and return. Repeat eight times.

(b) Same with right leg and return.

(c) Same with both legs and return.

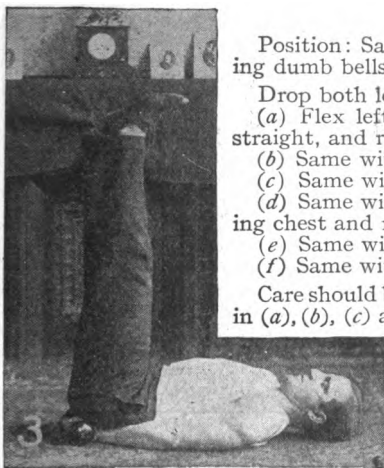
(d) Same with left leg, knee bent, touching chest and return. Repeat eight times.

(e) Same with right leg and return.

(f) Same with both legs and return.

Care should be taken to keep legs straight in (a), (b), (c) and fully bent in (d), (e), (f).

Develops abdominal muscles, aids digestion, corrects constipation,



No. 4.

Position: Same as shown.

(a) Stretch left leg to left side and return. Repeat four times.

(b) Stretch right leg to right side and return. Repeat four times.

(c) Stretch both legs to both sides and return. Repeat four times.

(d) Stretch left leg to rear and return. Repeat four times.

(e) Same with right leg and return. Repeat four times.

(f) Same with both legs and return. Repeat four times.

Keep dumb bells on floor, stretch leg until it is straight.

Aids digestion, corrects constipation, reduces abnormal abdomen, develops legs and hips.

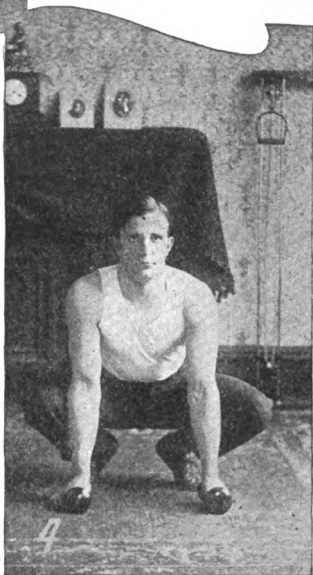
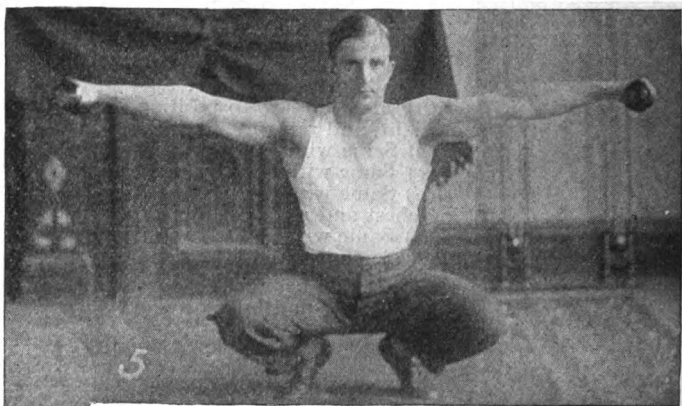


PLATE XI.—DUMB BELL DRILL.



No. 5.

Position: Same as shown. Arms at side horizontals and heels not touching.

(a) Raise to upright position; return to above position. Repeat four times.

(b) Same with hands at front horizontals.

(c) Same with hands overhead.

(d) Same with arms folded in front.

When arms are at horizontal position they should be straight and level with shoulders.

Develops equipoise, aids digestion, corrects constipation, exercises larger leg muscles.

No. 6.

Position: Same as No. 1.

From position bend over until bells touch floor in front of each foot, return to position. Repeat four times.

Keep arms and legs straight.

Affects back of legs strongly and materially assists the functions of the trunk organs.

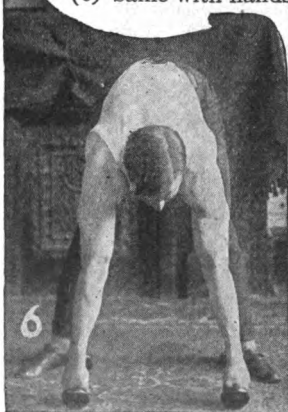
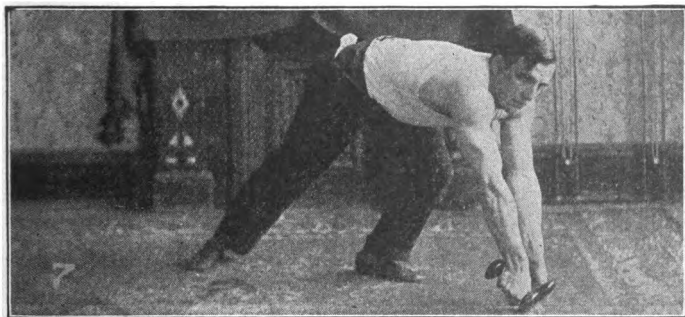


PLATE XII.—DUMB BELL DRILL.



Position: Same as No. 1. No. 7.

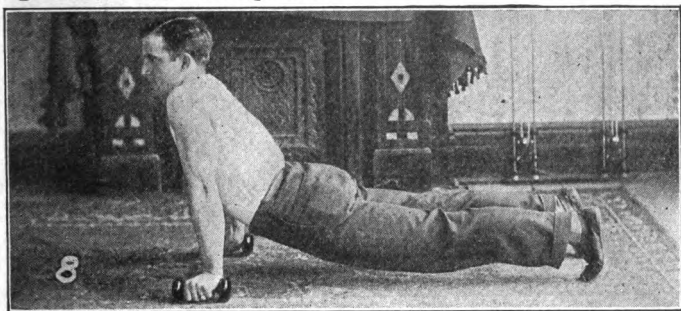
(a) From position bend over left leg obliquely until dumb bells touch floor in front of left foot as shown. Repeat four times.

(b) Same to right. Repeat 4 times.

(c) From position swing dumb bells through front horizontals to between legs; return bending well back at hips. Repeat four times.

In practicing (a) and (b) keep rear leg straight, bending knee of front leg; in practicing (c) keep both legs straight.

Develops leg muscles, stretches muscles and tendons, aids digestion, corrects constipation.



Position: Same as shown. No. 8.

Lower to floor, chin touching, return to above position: Repeat four times.

Keep legs clear of floor when in above position; rest on dumb bells and toes only,

Develops arms, shoulders and legs.

TEN MINUTES' EXERCISE FOR
BUSY MEN

WAND EXERCISES

PLATE XIII.—WAND EXERCISES.

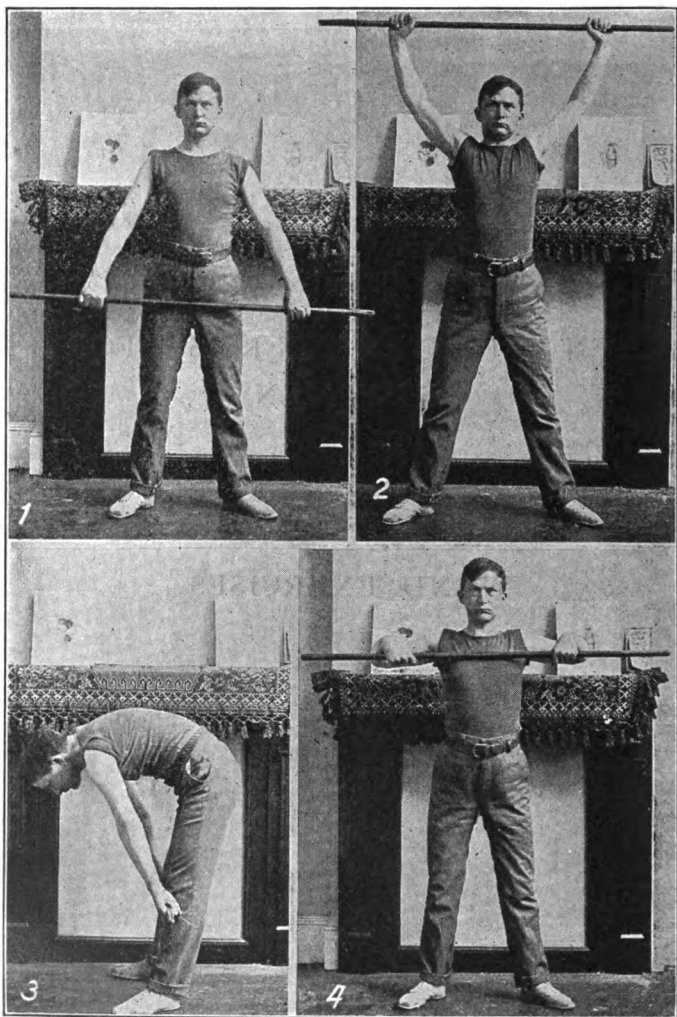


PLATE XIII.—WAND EXERCISES.

No. 1.

Position: Unless otherwise stated, this attitude will be understood as "Position" throughout the wand exercises.

Notice the feet are about eighteen inches apart.

No. 2.

Position: Same as No. 1.

Swing wand to overhead as shown; return to position.
Repeat ten times.

Exercises arms, shoulders and chest.

No. 3.

Position: Same as No. 1.

Swing to overhead; bend body to carry wand down to knees or insteps; return to position.
Repeat ten times.

Exercises chest, arms, back, abdomen and legs.

No. 4.

Position: Same as No. 1.

Curl wand to chest, as shown, and return to position.
Repeat ten times.

Exercises shoulders and arms.

PLATE XIV.—WAND EXERCISES.

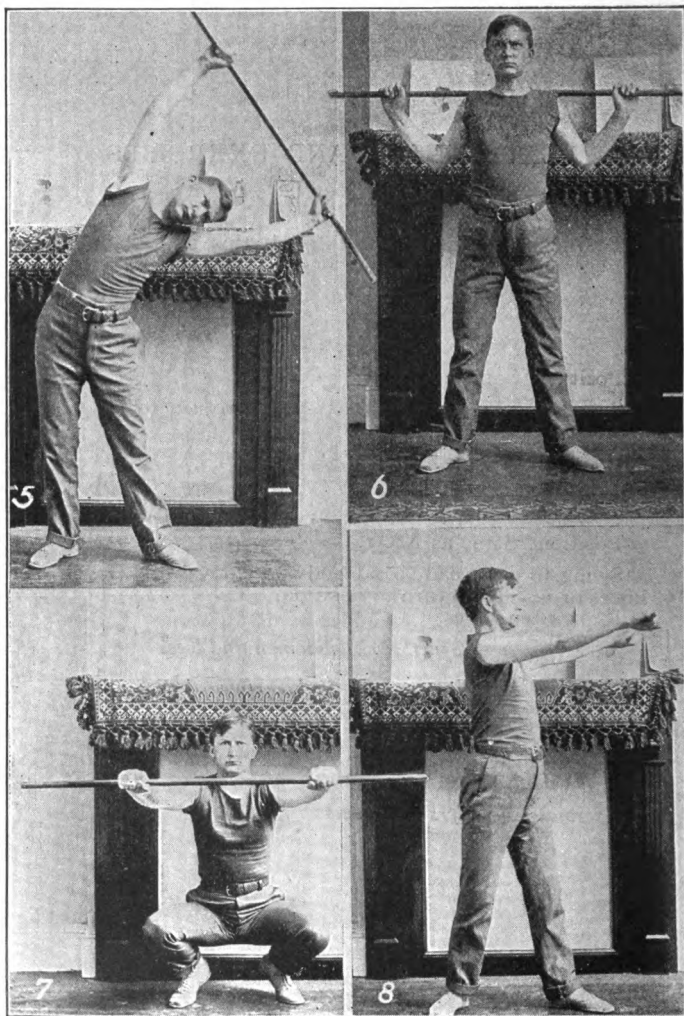


PLATE XIV.—WAND EXERCISES.

No. 5.

Position: Wand overhead, as shown.

Bend to left and right, let wand follow movement of body.

Repeat ten times.

Exercises waist and abdomen.

No. 6.

Position: Same as No. 1.

Carry wand overhead and lower to back of shoulders; return to position.

Repeat ten times.

Exercises arm, shoulders and back.

No. 7.

Position: Same as No. 1.

Raise wand forward to level of shoulders, and simultaneously squat as shown; return to position.

Repeat ten times.

Exercises shoulders, arms and legs.

No. 8.

Position: Same as No. 1.

Raise wand forward to level of shoulders; carry to side, twisting body simultaneously—first left, then right.

Repeat ten times.

Exercises shoulders, waist and hips.

PLATE XV.—WAND EXERCISES.

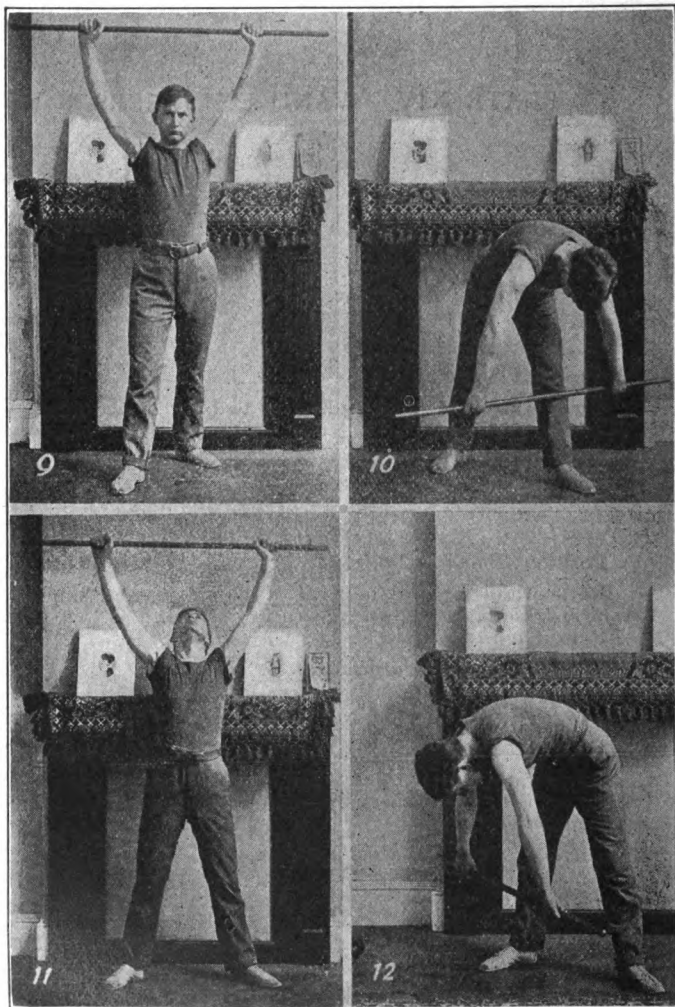


PLATE XV.—WAND EXERCISES.

No. 9.

Position: Same as No. 1.

Raise wand to overhead, and simultaneously rear step with left foot; return to position.

Repeat ten times.

Same with right leg to rear.

Repeat ten times.

Same alternating the feet.

Repeat ten times.

Exercises legs, chest and shoulders.

No. 10.

Position: Same as No. 1.

Raise wand to overhead, oblique step with left foot and bend body, bringing wand to knee or instep; return wand to overhead, then to position.

Repeat ten times.

Same with right leg.

Repeat ten times.

Exercises chest, shoulders, abdomen, legs and hips.

No. 11.

Position: Same as No. 1.

Swing wand to overhead, allowing the eyes to follow direction of wand; return to position.

Repeat ten times.

Exercises chest, neck and shoulders.

No. 12.

Position: Same as No. 1.

Raise wand to overhead, oblique step with left foot, bend body and carry wand to knee or instep of right leg; return to overhead, then to position.

Repeat ten times.

Same with right foot.

Repeat ten times.

Exercises chest, shoulders, legs, abdomen and hips.

PLATE XVI.—WAND EXERCISES.

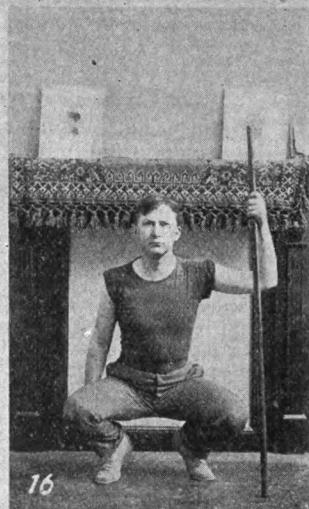
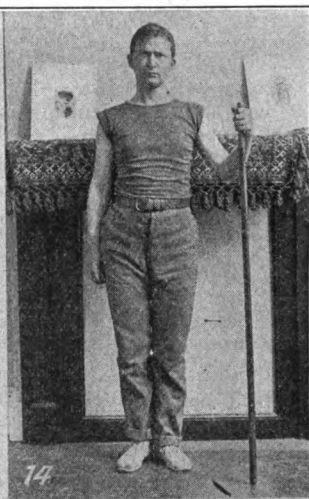
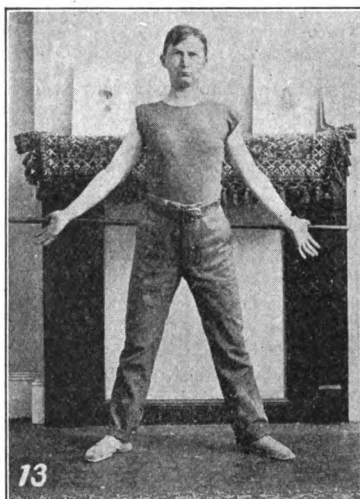


PLATE XVI.—WAND EXERCISES.

No. 13.

Position: Same as No. 1.

Swing wand overhead and down to back of hips, as shown; return to position.

Repeat ten times.

Exercises back and shoulder muscles.

No. 14.

Position: Unless otherwise stated, this attitude constitutes "Position" for remaining movements.

No. 15.

Position: Same as No. 14.

Raise left knee as high as possible; return to position.

Repeat ten times.

Same with right knee; wand in right hand.

Repeat ten times.

Exercises leg, and abdominal muscles.

No. 16.

Position: Same as No. 14.

Sink to squat, as shown; return to position.

Repeat ten times.

Exercises legs, abdomen and back.

PLATE XVII.—WAND EXERCISES.

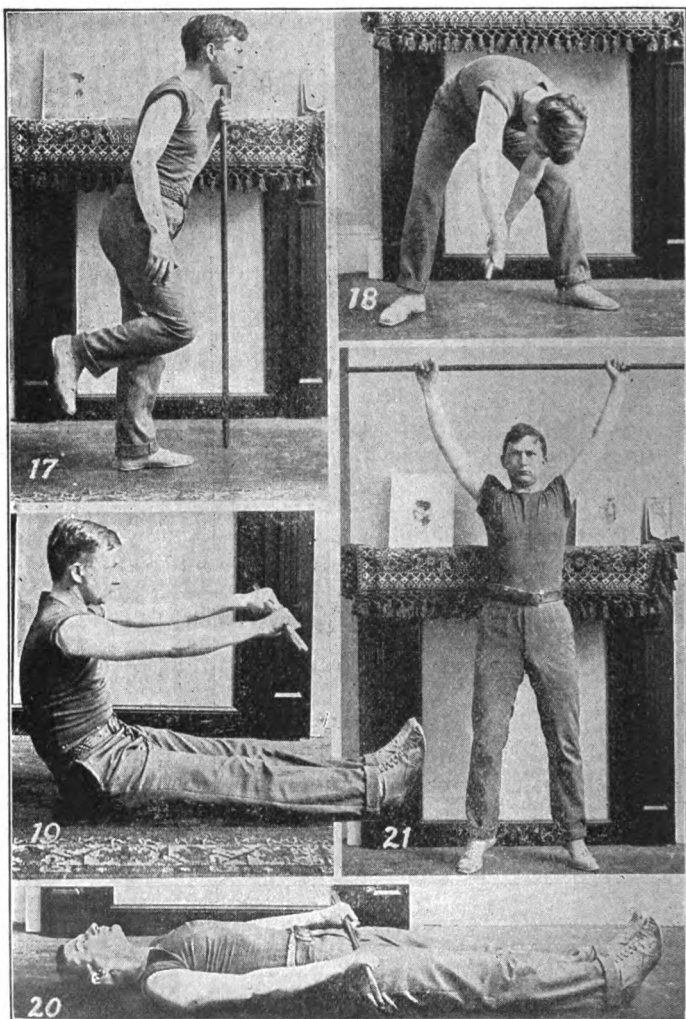


PLATE XVII.—WAND EXERCISES.

No. 17.

Position: Same as No. 14.

Stationary run, retaining grasp on wand. Run for thirty seconds.

Exercises legs, develops lung power and heart.

No. 18.

Position: Same as No. 14.

Raise wand to overhead, bend body; twist wand to pass between legs, as shown.

Repeat ten times.

Exercises arms, waist, abdomen and legs.

No. 19.

Position: Lying on floor, wand resting on front of legs.

Raise wand forward to level of shoulders, and simultaneously sit up, as shown.

Repeat ten times.

Exercises abdomen strongly.

No. 20.

Position: Lying on floor, wand as shown.

Raise legs to right angle, and simultaneously raise wand to perpendicular.

Repeat ten times.

Exercises chest and abdomen.

No. 21.

Position: Same as No. 14.

Raise wand to overhead, stretch body to full length, and rise on toes at end of stretch.

Repeat ten times.

Exercises legs, chest and arms.

TEN MINUTES' EXERCISE FOR BUSY MEN

INDIAN CLUB EXERCISES*

* These movements are for exercise only; no movements for the development of skill have been included. Two numbers of Spalding's Athletic Library are devoted to Indian club movements, fully illustrated with diagrams—No. 143, by J. H. Dougherty, amateur champion of America, and No. 166, by Prof. E. B. Warman. Price of each, 10 cents.

PLATE XVIII.—INDIAN CLUB EXERCISES.

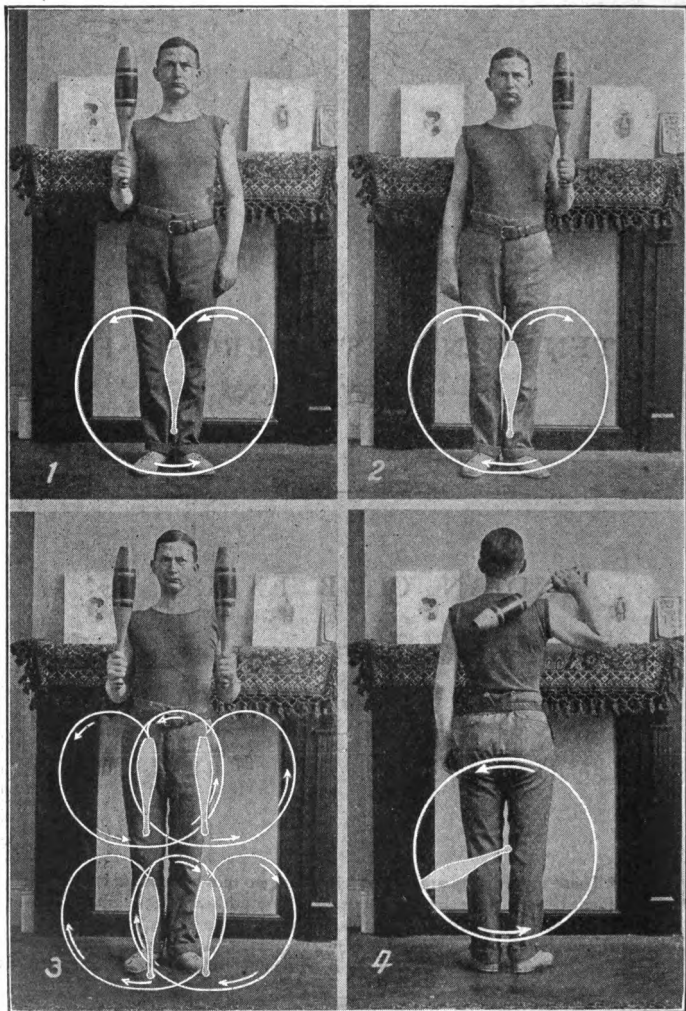


PLATE XVIII.—INDIAN CLUB EXERCISES.

No. 1.

Position: Club in right hand, as shown.

Full swing to right, passing front of body on return;
swing to position.

Repeat ten times.

Same, in opposite direction with same hand.

Repeat ten times.

No. 2.

Position: Club in left hand, as shown.

Repeat Exercise No. 1 to the left ten times.

No. 3.

Position: As shown.

Same as No. 1, using both clubs.

Repeat ten times.

Same as No. 2, using both clubs.

Repeat ten times.

No. 4.

Position: Club in right hand at position of No. 1.

Describe a circle, as shown, to right.

Repeat ten times.

PLATE XIX.—INDIAN CLUB EXERCISES.

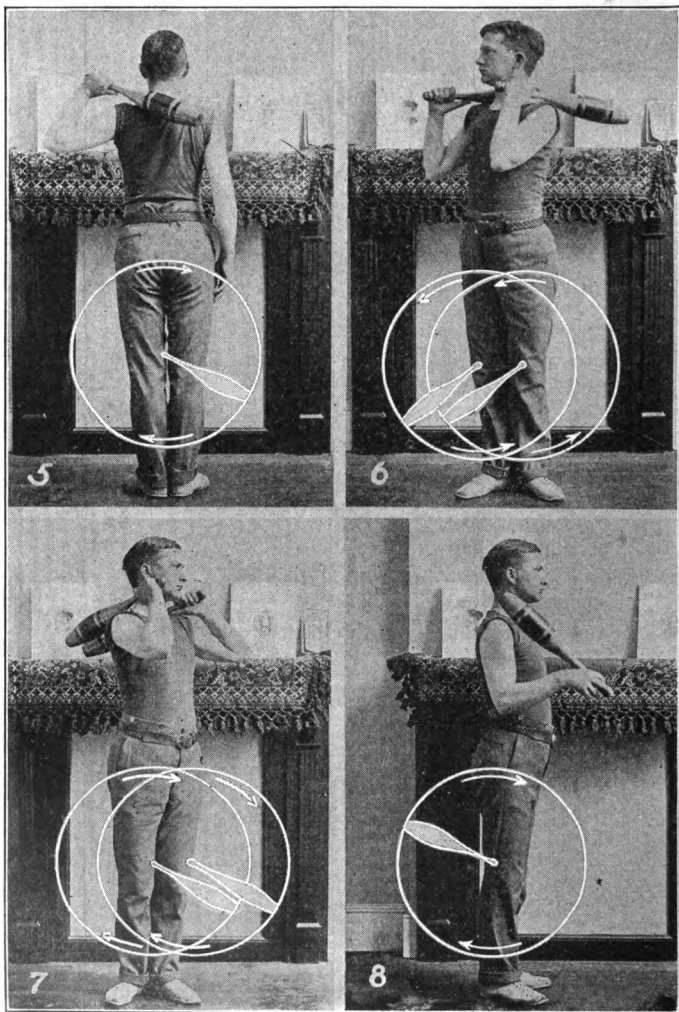


PLATE XIX.—INDIAN CLUB EXERCISES.

No. 5.

Position: Club in left hand at position of No. 1.

Describe a circle, as shown, to left.

Repeat ten times.

No. 6.

Position: Clubs at position of No. 1.

Describe a circle behind both shoulders; ends of clubs pointed, as shown, and continuing to the left to position.

Repeat ten times.

No. 7.

Position: Clubs at position of No. 1.

Same as No. 6, in opposite direction.

Repeat ten times.

No. 8.

Position: Club in right hand, as shown.

Forward circle, allowing the club end to fall forward and circle the outside of arm.

Repeat ten times.

Same with left hand.

Repeat ten times.

PLATE XX.—INDIAN CLUB EXERCISES.

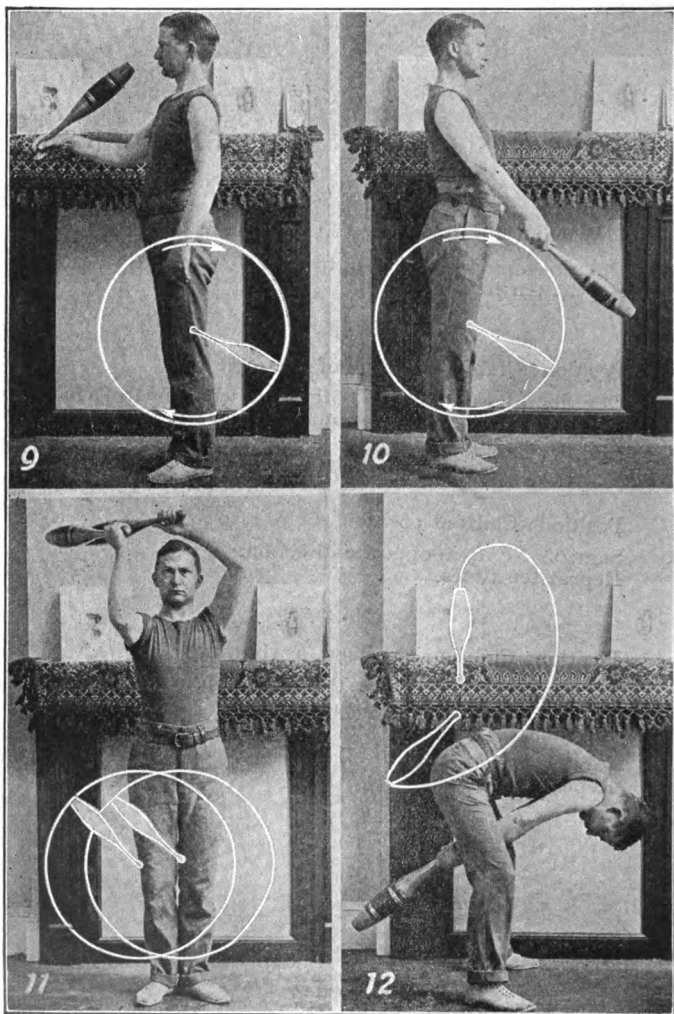


PLATE XX.—INDIAN CLUB EXERCISES.

No. 9.

Position: Club in right hand, as shown.

Rear circle, allowing the club end to fall toward body and circle outside of arm.

Repeat ten times.

Same with left hand.

Repeat ten times.

No. 10.

Position: Club in right hand at position of No. 1.

Describe forward full-arm circle to position.

Cut shows club in downward flight to rear.

Repeat ten times.

No. 11.

Position: Clubs in both hands, as shown, parallel with floor.

Describe a full-arm circle, passing over the head each time. Allow the body to sway with the movement of the clubs.

Repeat ten times.

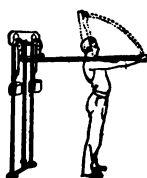
No. 12.

Position: Clubs in both hands at position of No. 1.

Swing forward and down to between legs, as shown; return to position.

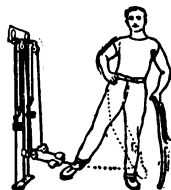
Repeat ten times.

HOME EXERCISING—WHAT TO USE



To the grown man who has not started young to exercise systematically, it is necessary when the years commence to tell, to go back over lost ground and try to pick up the threads of his health and try to brace up once more the tired frame that seems to grow more weary with each departing year. However, let those whose youth has departed without giving them the opportunity to experience real delightful and health-giving exercise, not despair, but endeavor by taking up now rational exercise to regain perhaps a little of that vigor which they knew not so long ago and which they may be able to recall. One of the aims of physical training is to make exercise interesting and enjoyable, and in doing this there is no better method for the ordinary man, especially the man with a family, than to make his exercise a part of the family work. There is no reason why he should not have the entire family group all entering into the spirit of it, and in this way the burden is lightened and exercising becomes more enjoyable and interesting, and incidently more beneficial.

The first article that suggests itself for home exercise is a satisfactory style of chest-weight machine, and A. G. Spalding & Bros., in their endeavor to put out goods that would be really suitable for home use, have included in their line a number of styles of chest-weight machines which are well made, and which they sell at prices that are exceedingly reasonable. Their No. 2 Chest-Weight Machine costs \$5 complete. This price was unheard of before the unequaled facilities of this concern made it possible for them to market such a number of these machines that they were able to bring

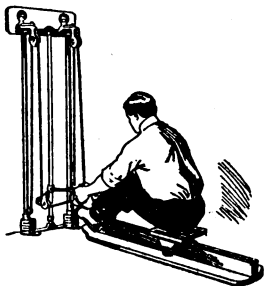


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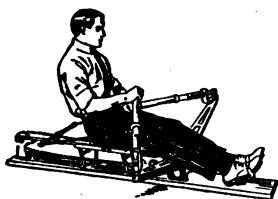


the price down to this figure. The machine is well made and easy-running. The wall and floor boards are of hardwood, nicely finished and stained. All castings are heavily japanned and every part of the machine is guaranteed free of defect. The weights are 5-lb. iron dumb bells, and they can be removed to use as dumb bells if desired. An exceedingly satisfactory style of machine is the Spalding Chest Weight No. 12, at \$10.00 each. This is a very well-made machine, indeed. The 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, and the weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with ten pounds of weights. This machine is an exceedingly satisfactory style. Something that is very useful as an attachment to the chest-weight machine is the foot and leg attachment. Spalding furnishes this, well made of heavy cowhide, readily attached to one handle or both of the machine and to be worn with or without shoe. The price of this foot and leg attachment is \$1.50 each. Spalding also furnishes a head and neck attachment, to be used with the chest-weight machine, made of heavy cowhide, and ready for use by simply snapping to one of the handles of the machine or both. The price of the No. 3 head and neck attachment is also \$1.50 each.

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; but not because of the food you have eaten so much as on account of the lack of exercise. A little ex-

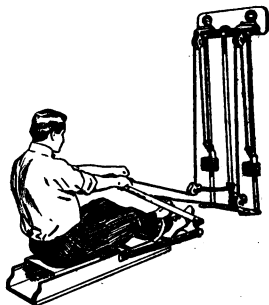


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ercise is all that is necessary to keep one in good condition. Some rational, pleasant, and interesting exercise persisted in with regularity is all that is required, and really there is no exercise more interesting and so well within the reach of the ordinary man in his

own home as that which can be obtained from a satisfactory style of rowing machine. Spalding furnishes two different styles of complete rowing machines. In the one the means used to produce the resistance is a simple friction clutch. This style of machine is known as the Laflin Machine. It 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. Each machine is adjustable to any amount of friction or resistance. The Laflin Machine, No. 119, costs \$16.00 each. The other style of rowing machine furnished by Spalding is known as the Kerns. This is the ideal boat for home use and training purposes. It is suitable alike for the athlete or the ordinary man or woman. It is used by the leading athletic clubs and by prominent oarsmen all over the world, and has been pronounced the most perfect rowing machine ever produced. It is fitted with the patent roller seat and adjustable shoes, and by turning a thumb-nut the belt can be tightened to any desired figure, and thus more or less friction thrown into the running parts, imitating the resistance when forcing a rowboat through the water. This machine can be used by women as well as men simply by loosening the thumb-nut to reduce 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



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and turn them the same as he could during the return and feathering motion with a boat oar. The price of the No. 600 Kerns' Rowing Machine, described in the foregoing, is \$30.00 each.

It is not a new thing to say that "modern people eat too much." The evidence of the fact is present in almost every home in the land. The remedy, however, is not so well known. More exercise is needed, and not, as many suppose, a course of dieting. A little exercise with the Indian clubs and dumb bells every evening, and perhaps every morning also, would go a great way towards curing many of the faults in our present mode of living, and toward eradicating many of the ailments to which most of us are subjected. To those who have not picked up an Indian club or dumb bell in years the improvements that have been made in the models of the Indian clubs particularly are very noticeable. The time was when the matter of balance was not considered a great deal in an ordinary Indian club. It was simply cut out of a piece of wood, and that was all there was to it; but to-day Indian clubs that are proper are made with all regard to weight and balance, and in the Spalding line are included scientifically correct clubs to exercise with is really a pleasure and a privilege. The best-grade clubs in the Spalding line are known as the "Gold Medal" style. They are made of selected first-grade clear maple, natural color, high finish. The grain of the wood is not hidden, and the clearness of the maple and the perfect quality of material is very evident in these clubs, which are turned out with such care at the Spalding factory. Two models are made in these Gold Medal best-grade Indian clubs: Model E is popular with a great many of the best Indian club swingers, and Model D is the more familiar style. The prices per pair for the different clubs furnished in these two models are as follows:

Model E (weights specified are for each club), $\frac{1}{2}$ -lb. size, 60 cents per pair; $\frac{3}{4}$ -lb.,



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60 cents; 1-lb., 70 cents; 1½-lb., 80 cents; 2-lb., \$1.00; 3-lb., \$1.20.

Model B (weights specified are for each club), ½-lb. size, 50 cents per pair; ¾-lb., 50 cents; 1-lb., 55 cents; 1½-lb., 60 cents; 2-lb., 70 cents; 3-lb., \$1.00.

Spalding also furnishes in the same models, but in cheaper quality, and in what is known as the stained finish, two models: Model ES and Model BS, corresponding to Models E and B, respectively, in shape. The prices per pair for these clubs are as follows:

Model ES (weights specified are for each club), ½-lb. size, 35 cents per pair; ¾-lb., 35 cents; 1-lb., 40 cents; 1½-lb., 50 cents; 2-lb., 60 cents; 3-lb., 70 cents.

Model BS (weights specified are for each club), ½-lb. size, 30 cents per pair; ¾-lb., 30 cents; 1-lb., 35 cents; 1½-lb., 45 cents; 2-lb., 55 cents; 3-lb., 65 cents.

The same care in turning out each article is shown in the line of Spalding wooden dumb bells as in the line of Indian clubs, and the best grade in these dumb bells is also known as the "Gold Medal." These are made of selected first-grade clear maple, natural color, lathe polish, high finish, and in this grade they are known as the Model A. The prices per pair for the different weights furnished are:

Model A (weights specified are for each bell), ½-lb. size, 40 cents per pair; ¾-lb., 45 cents; 1-lb., 50 cents; 1½-lb., 55 cents; 2-lb., 65 cents.

In the same model, but in cheaper quality, stained finish, Spalding furnishes the Model AW, at prices specified below, the weights mentioned being for each bell.

Half-pound size, 30 cents per pair; ¾-lb., 30 cents; 1-lb., 35 cents; 1½-lb., 45 cents; 2-lb., 55 cents.

For fancy or exhibition swinging, Spalding supplies two different styles of Indian clubs, handsomely finished in ebonite. The clubs are hollow, with a



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large body, and although extremely light, represent a club weighing three pounds or more. In these clubs the prices are as follows:

No. A, ebonite finish, per pair, \$3.50. No. AA, with German silver bands, per pair, \$5.00.

Iron dumb bells and nickel-plated dumb bells are also supplied by Spalding. The iron dumb bells, black enamel, in sizes from 2 to 40 lbs., cost 6 cents per lb., and in sizes over 40 lbs. each, cost 8 cents per lb. When required, bar bells made in any weight and with wrought-iron handles, any length desired, will be furnished by Spalding at 10 cents per lb. Nickel-plated dumb bells make a nice appearance, and Spalding furnishes them in sizes from 1 to 5 lbs. each. The plain nickel-plated dumb bells, natural polish, cost, for the different sizes, as follows: No. 1N, 1-lb. size, 25 cents per pair; No. 2N, 2-lb., 50 cents; No. 3N, 3-lb., 65 cents; No. 4N, 4-lb., 75 cents; No. 5N, 5-lb., \$1.00.

Nickel-plated dumb bells nicely polished and furnished with rubber bands, so that when they drop they do not make a noise, are furnished by Spalding also, and the prices are as specified below :

No. 1B, 1-lb. size, 65 cents per pair; No. 2B, 2-lb., 75 cents; No. 3B, 3-lb., \$1.00; No. 4B, 4-lb., \$1.15; No. 5B, 5-lb., \$1.25.

It is necessary to have Indian club and dumb bell hangers in order to keep the Indian clubs and dumb bells in proper shape. They should not be scattered around the room, but by simply putting up a pair of hangers they can be kept in good condition, and out of the way when not in use. Spalding furnishes these hangers, made of iron and nicely japanned, at prices as noted.

No. 3, for Indian clubs, complete with screws for attaching, 16 cents per pair.

No. 4, for dumb bells, complete with screws for attaching, 16 cents per pair.

No. 5, for Indian clubs, mounted on oak strips, 25 cents per pair.

No. 6, for dumb bells, mounted on oak strips, 25 cents per pair.





Many men do not realize the importance of exercise as a preventive of disease, and as an aid to the enjoyment of good health. It is not so important to have large powerful muscles, as it is to have perfect digestion; it is not so essential to have wonderful agility as it is to possess a strong regular heart, and the importance of having good lungs and kidneys is something that cannot be overestimated. Natural functions of the body are aided by rational exercises; different parts of the body are kept in good condition if exercise is regular. If this was thoroughly understood and the importance of it realized by all men, the race would be healthier and have better chance of developing further, and beyond what has been achieved so far. It rests, however, in the hands of each individual to see to it himself that he uses the health that is his to further develop his bodily strength. Exercise is a debt that every man owes to his constitution, and he cannot pay it up too promptly. Heredity gave to each of us as a gift a certain quota of health. Posterity demands that you increase that quota to as great an extent as possible, and even if we do not value health for ourselves, we should have enough consideration for those who are to come after us to leave them no greater handicap in the race of life than we started with. To do this it is not necessary for us to become athletes or to neglect our business affairs. Good health simply necessitates that we take a moderate amount of exercise in a rational way.

- Following out the idea of having other members of the family enter into the matter of exercises, so that it becomes a family concern, and not merely a matter for one individual member of the family, there is one article of exercise that lends itself naturally to exercises in the home—that is the Medicine Ball. Many people—in fact, a great many—do not know anything about exercising with the medicine ball. Some of them have never heard of this article, or if they have heard of it, perhaps imagine it is something altogether different from what it really is. To all of those we would



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recommend that they get immediately a copy of the Spalding Athletic Library, No. 262, entitled "Exercises with the Medicine Ball." The following is an extract from this publication:

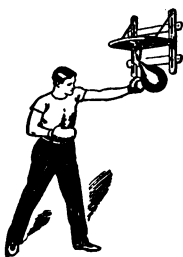
"One of the aims of physical training is to make exercise interesting and enjoyable. To be beneficial in the highest sense it must be recreative. Particularly is this true of physical exercise for business men. As a class, in their daily work they are kept on a constant mental strain. Besides, they are, 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."

This is in the category that we class exercises with the medicine ball. It is particularly useful for the business man, especially in his own home. Spalding furnishes three different sizes of medicine balls, weighing from 4 to 9 pounds. Covering is of selected tanned leather, sewn in the same manner as a foot ball. The quality throughout is first-class. Particular care has been taken in making these balls to be sure that they would hold their shape. The exercises with the ball consists of throwing the ball from one to another, and the catching of it develops the chest, exercises the back, arms, and legs, and, in fact, improves the whole system. The price of the medicine ball is—for the No. 11, 4-lb. ball, \$5.00; for the No. 12, 6-lb. ball, \$6.00 each, and for the No. 13, 9-lb. ball, \$7.00 each.

As an aid to limbering up and making the muscles supple, the wands and wooden bar bell should not be neglected. Spalding furnishes a very satisfactory style of calisthenic wand in their No. 4, 4½ feet long and 1 inch in diameter. The cost of these is very reasonable, the price being \$1.60 per dozen. They also furnish a school wand, their No. 3, 3½ feet long, made of straight-grain maple, for \$1.30 per dozen, and in the bar bells their best grade is known as the Model S. This was specially designed by Dr. Watson L. Savage, of New York City. Has large pear-shaped ends with a flexible



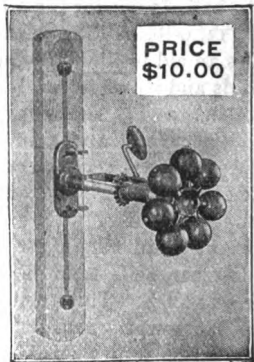
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hickory shaft one-half inch in diameter, producing a vibratory exercise similar to that obtained with the French wand. The price of the Model S, Savage bar bells, is \$6.00 per dozen, and for the ordinary bar bells, Spalding No. 2, made of selected material, highly polished, and 5 feet long, the price is \$5.00 per dozen.

An article that is interesting as part of the exercising equipment in the home is a suitable style of striking bag platform or disk fitted with a good durable bag. Spalding furnishes a very satisfactory article of this character in their No. PR Adjustable Platform Disk, without bag, for \$5.00 each. They also furnish other styles in their No. FR for \$5.00, without bag, and their No. CR for \$7.50, without bag. Striking bags they furnish in prices from \$1.50 up to \$8.00 each.

The Automatic Abdominal Masseur is based upon the principle of muscular contraction (the force which nature uses), and by its mechanical arrangement it effectually applies force in the same direction that nature does, and will gradually discard the use of cathartics. So promptly does the Automatic Abdominal Masseur excite the muscular contraction of the intestines that only a few moments' use at the proper time is necessary before its effects will be felt. Its action upon the liver and stomach is equally as prompt and effective, and derangements of these organs are speedily remedied. Obesity is a condition that troubles a great many persons, and the Automatic Abdominal Masseur will relieve them in a prompt and agreeable manner. It is an effective remedy for torpidity of the liver, dyspepsia and pendulous abdomen. It can be used in the home by all members of the family, and it is always ready for use. It may be conveniently placed in the bath room. It

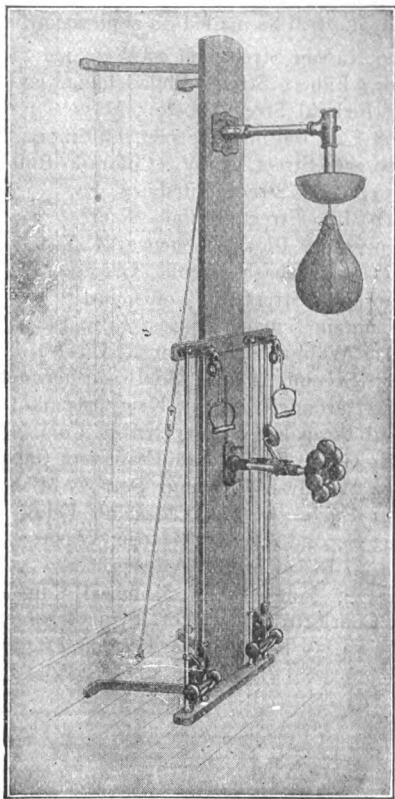


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occupies very small wall space and is adjustable in height to the needs of any person using it. Equipped with polished detachable gear cover, the Spalding Automatic Abdominal Masseur costs, complete, \$10.00.

A complete gymnasium for the home is the Spalding Home Gymnasium Board. Convenient, it does not take up much room, is always ready, and is really the most compact, simplest and best arrangement for providing a complete set of home exercising apparatus that has ever been devised. Comprises board (with attachments for fastening to floor so that walls need not be marred), and Spalding Abdominal Masseur, No. PR Spalding Adjustable Striking Bag Disk, No. 2 Spalding Chest Weight Machine, including pair of 5-lb. Dumb Bells and No. 14 Spalding Striking Bag. The cost, complete, all attached, is \$31.50. The board is only fastened to the floor. Braces are padded with leather so that walls will not be damaged. It can be put up in any room with a ceiling 8 feet high.

It is well for all of those who are interested in exercising, who may by any chance need anything of



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this kind, to send for a copy of the Spalding catalogue. It should be kept convenient, so that orders can be sent in as any article of exercise may be required, and the prices of the Spalding apparatus and exercising and athletic goods will be found reasonable when the quality of the material and workmanship furnished is considered.

The addresses of the Spalding stores, from which copies of the catalogue will be mailed on application, are as follows:

- 126 Nassau Street and 29 West 42d Street, New York City.
- 1013 Filbert Street, Philadelphia, Pa.
- 73 Federal Street, Boston, Mass.
- 208 East Baltimore Street, Baltimore, Md.
- 709 14th Street, N. W. (Colorado Building), Washington, D. C.
- 439 Wood Street, Pittsburg, Pa.
- 611 Main Street, Buffalo, N. Y.
- University Block, Syracuse, N. Y.
- 147-149 Wabash Avenue, Chicago, Ill.
- 710 Pine Street, St. Louis, Mo.
- Fountain Square, 27 East Fifth Street, Cincinnati, Ohio.
- 1111 Walnut Street, Kansas City, Mo.
- 507 Second Avenue, South, Minneapolis, Minn.
- 140 Carondelet Street, New Orleans, La.
- 1616 Arapahoe Street, Denver, Colo.
- 134 Geary Street, San Francisco, Cal.
- 254 Woodward Avenue, Detroit, Mich.
- 741 Euclid Avenue, Cleveland, Ohio.
- 711 Second Avenue, Seattle, Wash.
- 74 N. Broad Street, Atlanta, Ga.
- 443 St. James Street, Montreal, Can.
- 3 Charlotte Street (cor. Princes Street), Edinburgh, Scotland.
- 53, 54, 55 Fetter Lane, London England.

OFFICIAL RULES FOR ALL ATHLETIC SPORTS.

The following list contains the Group and the Number of the book of Spalding's Athletic Library in which the rules wanted are contained. See front pages of book for complete list of Spalding's Athletic Library.

	GROUP.	No.
All-Round Athletic Championship.....	12	182
A. A. U. Athletic Rules.....	12	311
A. A. U. Boxing Rules.....	12	311
A. A. U. Gymnastic Rules.....	12	311
A. A. U. Water Polo Rules.....	12	311
A. A. U. Wrestling Rules.....	12	311
Archery.....	11	248
Badminton.....	11	188
Base Ball.....	1	1
Indoor.....	9	9
Basket Ball, Official.....	7	7
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Boxing—A. A. U., Marquis of Queensbury, London Prize Ring.....	14	162
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Y. M. C. A. Athletic Rules.....	12	302
Y. M. C. A. Hand Ball Rules.....	12	302
Y. M. C. A. Pentathlon Rules.....	12	302
Y. M. C. A. Volley Ball Rules.....	12	302

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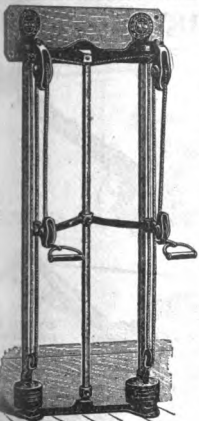
THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding Chest Weight No. 5

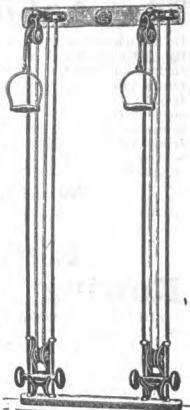
This machine has the Center Arm Adjustment, which permits of all the lower as well as the direct and upper chest movements. The various changes are made by raising or lowering the center arm, requiring but a few seconds. It really combines two machines in one, and is particularly suitable for home use where space is a consideration. Japan finish. One of the most reliable and satisfactory machines ever built. Each machine is equipped with 16 pounds of weights. Each, **\$15.00**

Spalding Chest Weight No. 2

An ideal machine for home use. Well made and easy running. Rods are $\frac{3}{8}$ -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. Each, **\$5.00**



No 5



No. 2

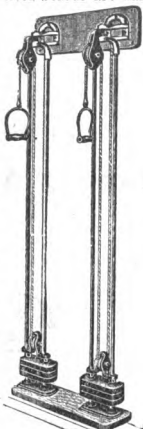
Spalding Chest Weight No. 12

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.

Each, **\$10.00**



Showing important details of Construction of No. 12 Machine.



No. 12

Spalding Foot and Leg Attachment



Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.

No. 2. Made of heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. Each, **\$1.50**

Spalding Head and Neck Attachment



Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

No. 3. Well made of heavy cowhide, Ready for use by simply snapping to one of the handles or both. Each, **\$1.50**

Communications addressed to

A. G. SPALDING & BROS.

in any of the following cities will receive attention.
For street numbers see inside front cover of this book.

**Montreal
Canada**

**New York
Buffalo
Syracuse
Boston**

**Pittsburg
Baltimore**

**Philadelphia
Washington**

**New Orleans
Kansas City**

**Cleveland
Cincinnati**

**San Francisco
Minneapolis**

**London
England**

**Chicago
Detroit
St. Louis
Denver**

Prices in effect July 6, 1908. Subject to change without notice.

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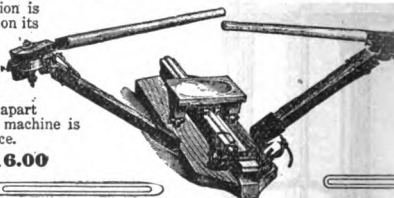
**TRADE-MARK
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SUBSTITUTE**

THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE

The Laffin 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



Kerns' Rowing Machine

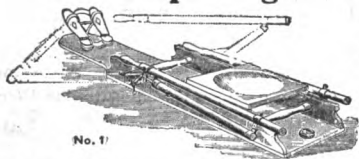
Suitable alike for the Athlete or the ordinary man or woman

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 handle any amount of resistance. The oars are pivoted in such a way that the operator can handle and turn them same as he would during the return and feathering motion with a boat oar.



No. 600. Kerns' Patent Single Scull Rowing Machine. Each, \$30.

Spalding Rowing Attachments



No. 1

The Rowing Attachments listed below, which are used in connection with Chest Weight Machines, will be found particularly suitable for home use, as they can be detached from the weight machine quickly and then be put away in a very small space until the opportunity for use presents itself.



No. 2

To be used in connection only with chest weights which have center arm adjustment, or with heavy weights arranged so that they can be pulled from a bracket close to the floor.

No. 1. This attachment as will be noted, has out-riggers and arms similar to the rowing machine. It offers a great variety of work when used in connection with the chest weight. Complete \$10
No. 2. Designed to fill the demand for a low priced article of this kind, built along substantial lines. Complete, \$8
give entire satisfaction.

NOTE—These Attachments can be used only in connection with the No. 5 Type of Chest Weight Machine.

Montreal Canada	Communications addressed to A. G. SPALDING & BROS. in any of the following cities will receive attention. For street numbers see inside front cover of this book.						London England
New York Buffalo Syracuse Boston	Pittsburg Baltimore	Philadelphia Washington	New Orleans Kansas City	Cleveland Cincinnati	San Francisco Minneapolis		Chicago Detroit St. Louis Denver

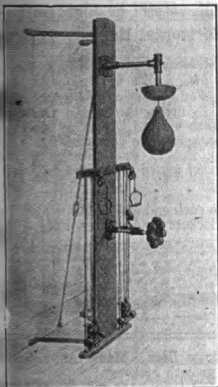
Prices in effect July 6, 1908. Subject to change without notice.

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**TRADE-MARK
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THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.



Spalding Home Gymnasium Board A Complete Gymnasium for the Home on One Board

Convenient, does not take up much room, is always ready, and is really the most compact, simplest and best arrangement for providing a complete set of home exercising apparatus that has ever been devised. Consists of Board with attachments for fastening to floor of room so that walls need not be marred.

Spalding Abdominal Masseur.	\$10.00
No. PR Spalding Adjustable Striking Bag Disk.	10.00
No. 2 Spalding Chest Weight Machine, including pair of 5-lb. Dumb Bells.	5.00
No. 14 Spalding Striking Bag.	5.00

Complete, all attached. **\$31.50**

Board itself will be furnished separately if desired. **\$10.00**

Board only is fastened to floor. Braces are padded with leather, so that walls will not be damaged. Can be put up in any room with a ceiling 8 ft. high. As the Complete Outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with any other articles already attached.

Spalding Bar Stalls

This well known and popular piece of apparatus is particularly adapted for use in the home, as it is compact, of simple construction, and because it may be used for the greatest variety of movements affecting every part of the body. The principal requirements of apparatus for the home are abdomen and chest movements, and for these the Bar Stall is especially adapted. Apparatus more compact cannot be found. The Stall may be erected against the wall, behind a door, or against any other flat surface. The dimensions are eight feet high, thirty-six inches wide on center of

uprights, and it extends six inches into the room. It is of such simple construction that anyone can put it up in a few minutes, and best of all, it is impossible to get out of order, there being no moving or working parts. Made from selected hard pine, modeled after the latest and most approved pattern, oval fronts, rounded corners, etc. Nicely finished and well made throughout. Furnished complete with necessary wall boards, floor flanges for upright, screws, etc. Where it is necessary to attach this to a door it can be supplied smaller in size or less in height than as described above.

No. 20H. Bar Stalls. For Home Use. Per section, **\$8.00**

Bar Stall Bench. Made of hard pine, strong and substantial. The top is padded with hair felt and covered with canvas. We think it is preferable, for sanitary reasons, that this canvas should be painted (a special elastic paint is used), and unless otherwise specified, our stock benches will be so furnished.

No. 205. Single Bench. Each, **\$4.00**

The Spalding Automatic Abdominal Masseur A Safe and Sure Cure for Constipation and other kindred ailments. The Automatic Abdominal Masseur is offered the public for treatment of constipation, based upon the principle of muscular contraction (the force which nature uses), and, by its mechanical arrangement, it effectually applies force in the same direction that nature does, and will gradually discard the use of cathartics. So promptly does the Automatic Abdominal Masseur excite the muscular contraction of the intestines, that only a few moments' use at the proper time is necessary before its effects will be felt. Its action upon the liver and stomach is equally as prompt and effective, and derangements of these organs are speedily remedied.

N. E. Cor. 15th and Locust Sts., Philadelphia, Pa., May 24, 1906.

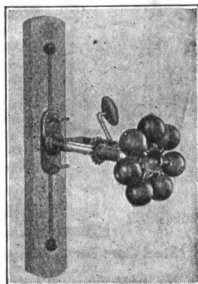
L. G. Spalding & Bros., New York, N.Y.

Dear Sirs: I have used the Spalding Automatic Abdominal Masseur in my practice for over fifteen years. I have found it of great benefit in chronic constipation and indigestion. Your improvement increases its value. Very truly yours, Walter A. Ford, M. D.

The Spalding Automatic Abdominal Masseur. Equipped with Japanese Complete, **\$10.00**

Leather Covered Shot. For Abdominal Massage. This consists of an iron ball, which is wound with electric tape and is then covered with a very soft and smooth grade of horsehide. It is made in either 6 or 8 pounds weight.

No. A. . Each, **\$5.00**



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**TRADE-MARK
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Spalding Adjustable Doorway Horizontal Bar

No. A. The bar itself is made of selected hickory, having steel tubular ends into which iron sockets screw, holding rubber cushions. The socket on one end contains a left hand thread, on the other end a right hand thread. By fitting the bar in the doorway and turning it with the hands the ends are made to expand. Size of doorway in which bar will be used must be stated when ordering, as the adjustment is not great enough to meet all requirements in one size bar. Each, **\$4.00**.
This No. A Bar is supplied regularly to fit any doorway under 33 inches in width. Bars to fit wider doorways. Extra, **50c**.

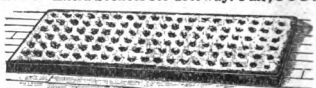


Spalding Doorway Horizontal Bar No. 101. The keys fastened to each end of bar fit in the side sockets, which are secured to door jamb. Complete with parts, **\$2.00** Extra Sockets for doorway. Pair, **50c**.

Spalding Mattresses

Covered with best No. 10 white duck, filled with two layers of best one-inch hair felt, closely tufted and strongly sewed. Two inches thick.

No. 00. 3x5 ft. \$8.00	No. 02. 5x 6 ft. \$15.00
No. 01. 4x6 ft. 12 00	No. 03. 5x10 ft. 25.00



Spalding Floor Horizontal Bar



No. 72. Iron pipe uprights, cast steel head pieces, steel guy wires, wrought iron turnbuckles and floor plates; steel core bar.

Complete, **\$30.00**

No. 73. Same as our No. 72, except furnished with split hickory bar instead of steel core bar. Complete, **\$25.00**

No. 75. Iron uprights and guys, solid hickory bar. Complete, **\$20.00**

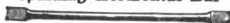


Spalding Wall Horizontal and Vaulting Bar

No. 74. The uprights, slides and adjusting feature are the same as used in all of our combination bars. When not in use it may be folded back against the wall. Complete, **\$35.00**

Vaulting Bar Folded Back Against Wall.

Spalding Horizontal Bar



Steel Core Bars. The core is made of the finest tool steel. Every bar warranted.

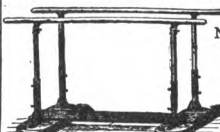
No. 112. 5½ ft. \$7.50	No. 114. 6½ ft. \$8.50
No. 113. 6 ft. 8.00	No. 115. 7 ft. 9.00

Spalding Solid Hickory Bars. Made of selected second growth hickory.

No. 116. 4 ft. \$2.00	No. 119. 5½ ft. \$3.00
No. 117. 4½ ft. 2.50	No. 120. 6 ft. 3.25
No. 118. 5 ft. 2.75	No. 121. 6½ ft. 3.50

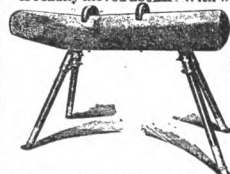
Spalding Parallel Bar

No. 101. This is an excellent medium priced bar, made adjustable in height and of good material throughout. The base is constructed of hard wood, the uprights are iron. The adjusting screws do not protrude as shown in cut. The hand rails are 8 feet long, regular but may be furnished in any desired length at additional cost. Complete, **\$35.00**



Spalding New Parallel Bar

No. 102. On account of lightness in its construction, is readily moved about. With wood base. **\$25.00**



Spalding Vaulting Horse

No. 1. Four legs, telescoping, the inside or extension legs made of hard wood, with iron hoofs. Body covered with cowhide of the best quality.

Closed pommels, easily detachable. Complete, **\$60.00**

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Spalding Swinging Rings—Complete for Home Use

Made of japanned iron, 8 inches in diameter, outside measurement.

- No. 1. With 5-foot ropes. Pair, **\$3.50** || No. 3. With 7-foot ropes. Pair, **\$4.00**
No. 2. With 6-foot ropes. " **3.75** || No. 4. With 8-foot ropes. " **4.25**

Rings, leather covered, **\$4.00** per pair extra.

Without Ropes and Clamps.

- No. 10. 6-inch. Pair, **\$1.00**
No. 20. 8-inch. " **1.50**
No. 30. 10-inch. " **2.00**

Sizes mentioned are inside measurements.

Rings, leather covered, **\$4.00** per pair extra.

Spalding Wooden Exercising Rings

No. 1. Made of three thicknesses of black walnut and maple glued together, with grain crossing.

Per pair, **\$1.00**

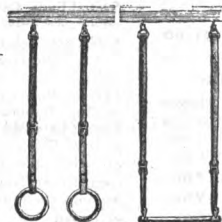
No. 2. Made of one piece of solid maple, nicely finished. Pair, **75c.**

Spalding Single Trapeze Complete for Home Use.

Prices, including 8 ft. of rope or less.

- No. 1. 2½ foot bar. Each, **\$3.00**
No. 2. 3 foot bar. " **3.25**
No. 3. 3½ foot bar. " **3.50**

Spalding Home Gymnasium Combining Swinging Rings, Trapeze, Stirrups and Swing



Can be put up
Anywhere

Especially adapted
for use by Boys
and Girls

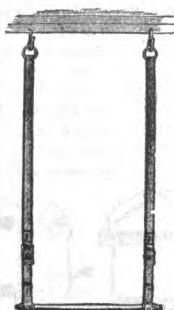
No. 1. The apparatus is supported by two strong screw-hooks in the ceiling, about eighteen inches apart. It can also be used out of doors. The straps are of extra strong webbing and adjustable to any desired height; rings heavily japanned. Can be put up in any room, and removed in a moment, leaving only two hooks in the ceiling visible. The various combinations can be quickly and easily made. We furnish in addition, a board, adjustable to the stirrups, which forms an excellent swing. Complete, **\$6.00**

Spalding Trapeze Bars, Without Rope

- No. 1B. 2½ feet long, bars only. Each, **\$1.25**
No. 2B. 3 feet long, bars only. " **1.50**
No. 3B. 3½ feet long, bars only. " **1.75**

Spalding Adjustable Trapeze and Swinging Rings

Furnished complete, with everything necessary for suspending. The supports are made of extra strong webbing. Perfectly safe under all conditions and with the adjustable buckle may be adapted to any ceiling from 16 feet down.



No. 201. Adjustable
Trapeze



No. 301. Adjustable
Swinging Rings

- No. 201. Trapeze. **\$3.50**
No. 301. Complete with 6-inch Japanned Swinging Rings. **\$3.50**

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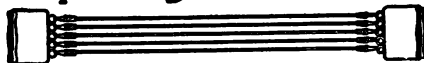


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Whitely-Exercisers

- No. 3A. Whitely "Special" and "Anderson's Physical Education." Complete in box, with charts, foot attachment, door hinge attachment and package of hooks. Choice of heavy, medium or light cable. Improved in quality and finish. Each, **\$5.00**
- No. 2A. Whitely "Athlete" and "Anderson's Physical Education." Made with extra large, finely finished rosewood pulleys, self-oiling bearings, very light and strong throughout. Recommended for gymnasium and for strong men. Each, **\$3.50**
- No. 1. Whitely "Standard" and "Anderson's Physical Education." Complete in box, with foot attachment, door hinge attachment and package of hooks. Choice of either heavy, medium, light or child's cable. Each, **\$2.00**
- No. 0. Whitely "Vim" and Charts. Complete in box, with door hinge attachment and package of hooks. Choice of heavy, medium, light or child's cable. Each, **\$1.50**
With "Anderson's Physical Education." 25c. extra.

Spalding Health Pull



Formed of five cords of heavy elastic, durable in quality. Has two handles, one at each end, and strength may be varied by using with different numbers of cords. A very beneficial article of exercise.

No. HP. Spalding Health Pull. . . . Each, **\$1.50**

The Spalding Elastic Home-Exerciser



It is readily attached to door frame, window casing or any convenient place in room, is absolutely noiseless, takes up very little space, and can be quickly removed when not in use.

No. 1H. Heavy Tension Elastic. Each, **75c.**

No. 2M. Medium Tension Elastic, " **75c.**

No. 3L. Light Tension Elastic. " **50c.**

Wrist Machines

Strengthens and develops fingers, hands, wrists, arm and forearm. Cures cramps and stiffness of the joints.



No. 1. Elastic cord, wood handle. . . . Each, **25c.**

No. 2. Elastic cord, cork handle. " **50c.**

No. 3. Metal springs, wood handle. " **25c.**

No. 00. Whitely "Ideal." Good quality, with three wood pulleys, regular attachment. Medium or light cable. **\$1.00**

Extra Cables, Complete with Swivel Ends, for Whitely Exercisers.

Cables are packed each in individual tubes, convenient for handling or mailing. This also keeps the rubber from the light and air. When not specified, medium tension will be sent.

Style 00. For "Ideal" Whitely Exerciser. Choice of either light or medium tension. Each, **70c.**

Style 0. For "Vim" Whitely Exerciser. Choice of either light, medium or heavy tension. Each, **90c.**

Style 1. For "Standard" Whitely Exerciser. Choice of either light, medium or heavy tension. **\$1.00**

Style 2A. For "Athlete" Whitely Exerciser. Each, **\$1.50**

Style 3. For "Special" Whitely Exerciser. Choice of light, medium, heavy or extra heavy tension. **\$1.50**

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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

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 fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag.

MODEL E

Weights specified are for each club.

PAIR		PAIR	
$\frac{1}{2}$ lb.	\$.60	$1\frac{1}{2}$ lb.	\$.80
$\frac{3}{4}$ lb.	.60	2 lb.	1.00
1 lb.	.70	3 lb.	1.20

MODEL B

Weights specified are for each club.

PAIR		PAIR	
$\frac{1}{2}$ lb.	\$.50	$1\frac{1}{2}$ lb.	\$.60
$\frac{3}{4}$ lb.	.50	2 lb.	.70
1 lb.	.55	3 lb.	.00



Model E



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

Weights specified are for each club.

PAIR	
$\frac{1}{2}$ lb.	35c.
$\frac{3}{4}$ lb.	35c.
1 lb.	40c.
$1\frac{1}{2}$ lb.	50c.
2 lb.	60c.
3 lb.	70c.



Model ES

MODEL BS

Weights specified are for each club.

PAIR	
$\frac{1}{2}$ lb.	30c.
$\frac{3}{4}$ lb.	30c.
1 lb.	35c.
$1\frac{1}{2}$ lb.	45c.
2 lb.	55c.
3 lb.	65c.



Model BS



Spalding Gold Medal Wood Dumb Bells

Natural Color, Lathe Polished, High Finish

Spalding Gold Medal Wood 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.

Pair,	$\frac{1}{2}$ lb.	$\frac{3}{4}$ lb.	1 lb.	$1\frac{1}{2}$ lb.	2 lb.
	40c.	45c.	50c.	55c.	65c.



Model A

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.

Model AW

Weights specified are for each bell.

Pair,	$\frac{1}{2}$ lb.	$\frac{3}{4}$ lb.	1 lb.	$1\frac{1}{2}$ lb.	2 lb.
	30c.	30c.	35c.	45c.	55c.



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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.

No. A. Ebonite finish. Pair, \$3.50
No. AA. With German Silver Bands. Per pair, \$5.00

Spalding Indian Club and Dumb Bell Hangers

Made of iron and nicely japanned
No. 3. For Indian Clubs, with screws. Per pair, 16c.

No. 4. For Dumb Bells, with screws. Per pair, 16c.

No. 5. For Indian Clubs, mounted on oak strips. Per pair, 25c.

No. 6. For Dumb Bells, mounted on oak strips. 25c.



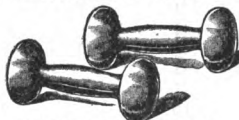
Iron Dumb Bells

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.

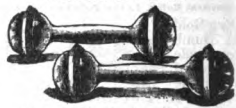
Spalding Nickel-Plated Dumb Bells **Spalding Nickel-Plated Dumb Bells**

With Rubber Bands



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



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 $\frac{1}{2}$ -inch in diameter, producing a vibratory exercise, similar to that obtained with the French wand. Per dozen, \$6.00

Spalding

No. 2. Selected material, highly polished, 5 feet long.

Spalding School Wand

No. 3. $3\frac{1}{2}$ feet long. Made of straight grain maple. Per dozen, \$1.30

Ash Bar Bells

Per dozen, \$5.00

Spalding Callisthenic Wand

No. 4. $4\frac{1}{2}$ feet long. 1 inch diameter. Per dozen, \$1.60

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The Spalding Striking Bags

The Bladders used in all our Striking Bags are made of pure Para rubber and Fully Guaranteed.

All our single end bags except No. G are made with solid leather top, through center of which rope passes, making them the most certain in action of any. Laces on side at top, so that the bladder can be inflated without interfering with rope. Each bag is most carefully inspected and then packed complete in box with bladder, lace and rope.

No. G. This is a heavy durable Gymnasium Bag suitable for all around exercise work and the strongest bag made. The cover is of heavy English grain leather, same as used in our best grade foot balls and basket balls and made in the same way. It will outlast two or three bags of any other make. With loop top. Each, **\$8.00**



No. G

No. 19. Made of highest quality Patna kid, the lightest and strongest of leather. Sewed with linen thread, double stitched and red welted seams. Especially suitable for exhibition work, and a very fast bag. Each, **\$7.00**

No. 19S. Same material as No. 19, but furnished with special light bladder and weighs only 7 ounces complete. The fastest bag made, but very strong and durable. Each, **\$7.00**



No. 19

No. 18. The "Fitzsimmons Special." Made of finest selected olive Napa tanned leather, extra well made; double stitched, red welted seams and reinforced throughout. For training purposes particularly this bag will be found extremely satisfactory in every respect. Each, **\$5.00**

No. 18S. Same as No. 18, but smaller in size and lighter. Intended for very speedy work. Each, **\$5.00**

No. 20. Made of finest selected calfskin, double stitched, red welted seams and reinforced throughout. Very fast and a durable bag for all around use. Each, **\$7.00**

No. 12. Made of olive tanned leather, specially selected; double stitched, red welted seams and reinforced throughout. Excellent for quick work. Each, **\$4.00**

No. 10. Made of specially tanned brown glove leather; double stitched, red welted seams and reinforced throughout. Well made in every particular. Each, **\$3.50**

No. 17. Made of fine craven tanned leather well finished; double stitched, red welted seams and reinforced throughout. A good bag. Each, **\$3.50**

No. 16. Made of extra fine grain leather; full size and lined throughout **\$3.00**

No. 15. Made of olive tanned leather; full size and lined throughout; red welted seams. Each, **\$2.00**

No. 14. Good quality drab leather; lined throughout. Each, **\$1.50**

SPALDING STRIKING BAG SWIVELS



No. 8



No. 11



No. 9



No. 12



No. 6

No. 8. The simplest and most effective ball bearing swivel on the market. Rope can be changed instantly without interfering with any other part of swivel. Each, **\$1.50**

No. 9. With removable socket for quickly suspending or removing bag without readjusting. Each, **.50**

No. 11. Swivel action, with bell cord coupling and rope attached. Fastens permanently to disk; japan finish. Each, **50c.**

No. 6. Janned iron stem for use with platform or disk. Each, **35c.**

No. 12. Ball and socket action. Fastens permanently to disk; nickel-plated. Each, **25c.**

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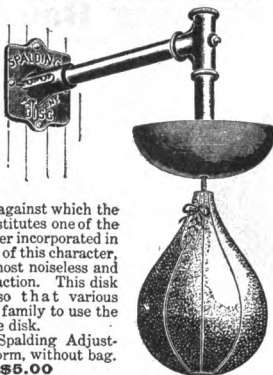
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The Spalding Disk Platform

Patented
April 19, 1904

The metal disk against which the bag strikes constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action. This disk is adjustable so that various members of the family to use the same disk.

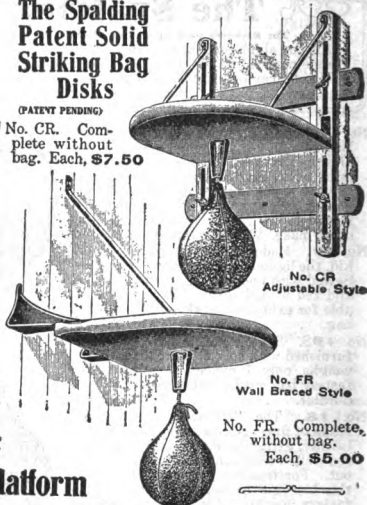
No. PR. The Spalding Adjustable Disk Platform, without bag. Each, **\$5.00**



The Spalding Patent Solid Striking Bag Disks

(PATENT PENDING)

No. CR. Complete without bag. Each, **\$7.50**



No. CR
Adjustable Style

No. FR
Wall Braced Style

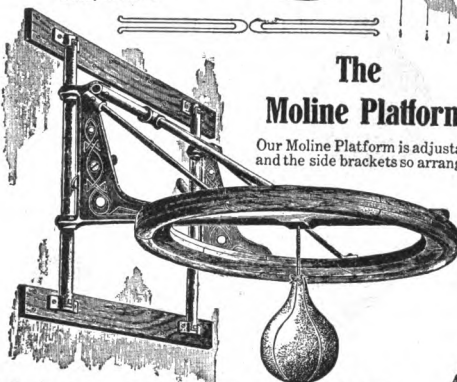
No. FR. Complete,
without bag.
Each, **\$5.00**

The Moline Platform

Our Moline Platform is adjustable in height, readily attached to any wall, and the side brackets so arranged that it touches three rows of studding.

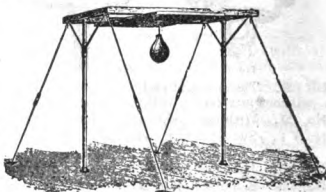
Each platform supplied with everything necessary for attaching to wall, and crated ready for shipment.

No. 1. Moline Platform. **\$12.00**
Bag is not included in above price. See list of bags on preceding pages.



Spalding Adjustable Floor Disk

No. 82F. Attached to the floor, and combines with absolute rigidity the adjustable feature so necessary in an article that is for home use to make it suitable for various members of the family. Capable of three adjustments of two inches each or a total of six inches. Without bag. Each, **\$25.00**



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THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding Hand Balls

- 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 balls, regulation size and weight, leather cover. . . Each, **\$1.25**
No. 2. Expert, leather cover. . . **.85**
No. 6. Rubber hand ball, 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, **35c.**
BLACK ACE, IRISH REGULATION black rubber ball. . . Each, **35c.**

For other balls suitable for Hand Ball, send for Catalogue of Lawn Tennis Goods



Spalding Hand Ball Gloves and Mitts

- No. A. Gloves. Made of best quality glove leather with stitched front and special wrist pad. Pair, **\$3.00**
No. B. Mitts. Lightly padded. . . Per pair, **\$3.00**
No. C. Gloves. Full fingered. . . Pair, **1.25**
No. D. Fingerless Gloves. . . **.60**



Spalding Official Push Ball

- No. H. Inflated, this ball measures six feet in diameter, and it is so constructed that there is practically no danger of puncturing. The cover is of heavy cowhide, the bladder is made of pure Para rubber, and with each ball we supply a large foot pump for inflating. Complete, **\$200.00**

Spalding Water Polo Ball

Made of white rubber fabric. Inflated with key. Regulation size. Each, **\$2.00**

Water Polo Guide, containing directions for playing; official rules. No. 129. Each, **10c.**

Spalding Volley Ball

- Of white leather. With capless ends and furnished with pure gum guaranteed bladder.
- No. V. Regulation size, best quality. . . Each, **\$4.00**
No. W. Regulation size, good quality. . . Each, **\$2.50**
No. A. Guaranteed Pure Para Rubber Bladder, for either Nos. V or W Volley Ball. . . Each, **75c.**

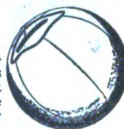


Spalding Volley Ball Net and Standards

- No. 2. Volley Ball Standards, 8 feet high. With net, **\$8.50**

Spalding Improved Medicine Balls

Weigh from four to nine 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.



- No. 11. 4-lb. ball. . . Each, **\$5.00**
No. 12. 6-lb. ball. . . **6.00**
No. 13. 9-lb. ball. . . **7.00**

Spalding Official Iron Quoits

No. O. Malleable iron, 8½ inches in diameter, with hand clasp, as shown in cut. Set of 4, **\$10.00**



Spalding Official Quoit Pins

- No. X. Steel Pins. Measure 36 inches long by 1 inch in diameter. Pair, **\$2.00**

Spalding Quoit Game

- No. Q. Consists of metal stand with nickel-plated upright pin and six gutta percha quoits. Complete, **\$3.00**
No. QR. Rings same as furnished with No. Q. . . Each, **25c.**

Spalding Loaded Rubber Quoits

- No. 6. Will not slide or roll. Weigh about 5 lbs. to a set. Specially adapted for indoor use. 4 to a set, **\$3.00**

Spalding Rubber Quoits

- No. 5. Made of best Para rubber. For indoor or outdoor use. 4 quoits to set, **\$2.00**

Spalding Indoor Quoit Pins

- No. J. Floor plate and detachable pin. Pair, **75c.**

Spalding Japanned Iron Quoits

- No. 1. 4½ inches diameter. Set of four, **60c.**
No. 2. 5 in. diameter. . . Set of four, **\$.75**
No. 3. 5½ in. diameter. . . **.90**
No. 4. 6 in. diameter. . . **1.25**
No. W. Wrought Iron Pins. . . Per pair, **.30**



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**THE SPALDING
GUARANTEES
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**TRADE-MARK
ACCEPT NO
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THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

STOCK COLORS AND SIZES. Worsteds Goods, Best Quality. Are knit of the purest and finest worsted yarn, full fashioned or woven to the shape of body and arms. Very soft and elastic; will never lose their shape. We carry following colors regularly in stock: Black, Navy Blue and Maroon, in stock sizes. Shirts, 26 to 44 in. chest; Tights, 28 to 42 in. waist. Other colors and sizes made to order at special prices. Estimates on application.

Our No. 600 Line Worsteds Goods. Made of worsted yarn. Full covered seams and warranted not to rip. Furnished in Gray and White, Navy Blue, Maroon and Black only. Stock sizes: Shirts, 26 to 44 in. chest; Tights, 28 to 42 in. waist.

Sanitary Cotton Goods. Selected sea island cotton, knit on strictly scientific and sanitary principles, and, owing to their porosity and elasticity, are peculiarly adapted for gymnasium and athletic purposes. Colors: Bleached White, Navy, Black, Maroon and Gray. Stock sizes: Shirts, 26 to 44 in. chest; Tights, 26 to 42 in. waist.



Spalding Sleeveless Shirts

No. 1E. Best Worsted, full fashioned, stock colors and sizes. Each **\$3.00**

No. 600. Cut worsted, stock colors and sizes. Each, **\$1.50**

No. 6E. Sanitary Cotton, stock colors and sizes. Each, **50c.**



**Spalding
Striped Sleeveless Shirts**

No. 600S. Cut Worsted, with 4-inch stripe around chest, in following combinations of colors: Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White stripe; Black with Red stripe; Gray with Cardinal stripe. Each, **\$1.50**

No. 6ES. Sanitary Cotton, solid color body, with 4-inch stripe around chest, in same combinations of colors as No. 600S. Each, **75c.**



Spalding Shirts with Sash

No. 6ED. Sanitary Cotton, sleeveless, solid color body with sash of different color. Same combinations of colors as No. 600S. Each, **75c.**



Spalding Quarter Sleeve Shirts

No. 1F. Best Worsted, full fashioned stock colors and sizes. Each **\$3.00**

No. 601. Cut Worsted, stock colors and sizes. Each, **\$1.50**

No. 6F. Sanitary Cotton, stock colors and sizes. Each, **50c.**

Spalding Full Sleeve Shirts

No. 3D. Cotton, Flesh, White, Black. Each, **\$1.00**

Spalding Knee Tights

No. 1B. Best Worsted, full fashioned, stock colors and sizes. Pair **\$3.00**

No. 604. Cut Worsted, stock colors and sizes. Pair, **\$1.50**

No. 4B. Sanitary Cotton, stock colors and sizes. Pair, **50c.**

Spalding Full Length Tights

No. 1A. Best Worsted, full fashioned, stock colors and sizes. **\$4.00**

No. 605. Cut Worsted, stock colors and sizes. **\$2.00**

No. 3A. Cotton, full quality. White, Black and Flesh. **\$1.00**

Spalding Worsteds Trunks

No. 1. Best Worsted, Black, Maroon and Navy. Pair **\$2.00**

No. 2. Cut Worsted, Navy and Black. Special colors to order. Pair, **\$1.00**

No. 3. Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order. Pair, **\$1.00**

Spalding Velvet Trunks

No. 3. Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order. Pair, **\$1.00**

No. 4. Sateen, Black, White. Each, **50c.**

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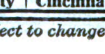
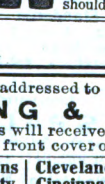
No. 4. Sateen, Black, White. Each, **50c.**

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**TRADE-MARK
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THE SPALDING TRADE-MARK IS PLACED UPON EVERY GENUINE SPALDING ARTICLE. ACCEPT NO SUBSTITUTE.

Spalding "Highest Quality" Sweaters



Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal. Other colors to order. Prices on application. All made with 9-inch collars; sizes, 28 to 44 inches.

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. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight. Our No. AA Sweaters are considerably heavier than the heaviest sweaters ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

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 for Foot Ball and Skating. Heaviest sweater made. Each, **\$8.00**
No. A. "Intercollegiate," special weight. 6.00
No. B. Heavy weight. Each, **\$5.00**

Spalding Shaker Sweater

We introduced this wool sweater to fill a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price, and after much experimenting, we are in a position to offer it in the following colors only: Black, Navy Blue, Maroon, Gray or White. Sizes 30 to 44 inches.

No. 3. Standard weight, slightly lighter than No. B. Each, **\$3.50**



No. 3



Front View



Back View

Spalding Combined Knitted Muffler and Chest Protector

No. M. Made of special weight, highest quality worsted in solid colors. Gray, Dark Brown Mixture, and Sage Gray to match our sweaters.

Each, **\$1.00**

Spalding "Winter Sports" Sweater



No. WJ. For Skating, Hockey, Tobogganing, Snow Shoeing, tramping during cold weather; in fact, for every purpose where a garment is required that will really give protection from the cold, and that at the same time may be changed to the most comfortable and convenient kind of a button front sweater by simply turning down the collar. Made in Gray only, in highest quality special heavy weight worsted. Sizes, 28 to 44 inches. Each, **\$7.50**



SPECIAL NOTICE—We will furnish any of the above solid color sweaters with one color body and another color (not striped) collar and cuffs in stock colors only at no extra charge.

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Spalding New and Improved 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.



Nos. 1P, 10P, 12P



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. Made of special quality worsted. Solid colors: Navy Blue, Black, Maroon and Gray. Each, **\$4.00**

No. 10P. Solid colors, worsted, fashioned; same colors as No. 1P. Each, **\$3.00**

No. 12P. Worsted; colors as No. 1P **2.50**

No. 12PB. Boys' Jersey. Worsted same quality as No. 12P, but in sizes 26 to 36 inches chest measurement only. Colors: Black, Navy Blue, Gray or Maroon; no special orders. Each, **\$2.00**

No. 6. Cotton, good quality, fashioned, roll collar and 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**

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.

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.

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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. ¶ Any other combinations of colors or different width trimming or stripe to order only and at advanced price.

Quotations on application.

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. Colors: Solid Gray; Gray trimmed Navy; Gray trimmed Cardinal; Gray trimmed Dark Green. Pearl buttons. No. 10C. Same grade as our No. 10P. **\$3.50**
No. 12C. Same grade as our No. 12P. **\$3.00**
No. 10CP. Pockets, otherwise same as No. 10C. Each, **\$4.00**



Nos. 10C and 12C



No. 10CP

Spalding Striped and V-Neck Jerseys

No. 10PW. Good quality worsted, same grade as No. 10P. Solid color sleeves, 6-inch stripe around body. Colors: Black and Orange; Navy and White; Black and Red; Gray and Cardinal; Gray and Royal Blue; Royal Blue and White; Columbia Blue and White; Scarlet and White; Black and Royal Blue; Navy and Cardinal; Maroon and White. Second color mentioned is for body stripe. **\$3.25**



Nos. 10PW and 12PW



No. 12PV

No. 12PW. Worsted, with solid color sleeves and 6-in. stripe around body. Colors, same as No. 10PW **\$2.75**
No. 10PX. Good quality worsted, fashioned; solid color body, with alternate striped sleeves, usually two inches of same color as body, with narrow stripe of any desired color. Combinations of colors as No. 10PW. **\$3.25**



Nos. 10PX and 12PX

No. 12PV. Worsted, solid colors, has V-neck instead of full collar as on regular Jerseys. Colors: Navy Blue, Black, Maroon and Gray.

Each, **\$2.75**

No. 12PX. Worsted, solid color body, with alternate striped sleeves. Same arrangement and assortment of colors as No. 10PW. Each, **\$2.75**

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Spalding Jacket Sweaters

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



No. VGP

Button Front

No. VG. Best quality worsted, heavy weight, pearl buttons. Made in Gray, White and Dark Brown Mixture only.

Each, \$6.00

No. DJ. Fine worsted, standard weight, pearl buttons, fine knit edging. Made in Gray, White and Sage Gray only.

Each, \$5.00

No. 3J. Standard weight wool, shaker knit, pearl buttons. In Gray or White only.

Each, \$4.50

With Pockets

No. VGP. Best quality worsted, heavy weight, pearl buttons. Made up in Gray or White only. Made with pocket on either side and a particularly convenient and popular style for golf players.

Each, \$7.00

Spalding Vest Collar Sweaters



No. BG. Best quality worsted, good weight. Gray or White only, with extreme open or low neck. Each, \$5.50

Boys' Jacket Sweater



No. 3JB. This is an all wool jacket sweater, with pearl buttons; furnished in Gray only, and sizes from 30 to 36 inch chest measurement. Each, \$3.00

SPECIAL NOTICE—We will furnish any of the above solid color sweaters 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

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Spalding Gymnasium Shoes



- No. 15. Kangaroo, elk skin sole, extra light, hand made. Per pair, \$5.00
 No. 155. Elk skin sole, soft and flexible; in ladies' and men's sizes. 4.50
 No. 166. Low cut shoe, selected leather, extra light and electric sole; in ladies' and men's sizes. 3.00
 No. 90L. For Ladies. Low cut shoe, good quality black leather, with electric sole and corrugated rubber heel. Very light and well made. Per pair, \$2.00

- No. 85L. Special ladies' low cut shoe, selected black leather, roughened electric sole. Per pair, \$2.00
 No. 19. Fine horse hide low cut shoe, flexible oak sole, roughened to prevent slipping; very light and comfortable. Per pair, \$2.00
 No. 19L. For Ladies. Otherwise same as No. 19. Per pair, \$2.00
 No. 21. High cut. 2.00
 No. 20. Low cut; selected leather; electric sole. A very easy and flexible shoe. Per pair, \$1.75
 No. 20L. For Ladies. Otherwise this shoe is same as No. 20. Per pair, \$1.75

- No. 1H. High cut, best grade canvas shoe, white rubber sole; in ladies' and men's sizes; men's made of white canvas, ladies' of black. Per pair, \$1.75
 No. 1. Low cut, best grade canvas shoe, white rubber sole; in ladies' and men's sizes; men's made of white canvas, ladies' black. Per pair, \$1.50
 No. M. High cut canvas, rubber sole. \$1.00
 No. K. Low cut canvas shoe, rubber sole. 75
 No. E. Low cut canvas shoe, canvas sole. Very popular for gymnasium. Per pair, 35c.

SPALDING LADIES' SHOES, WITH FLEXIBLE SOLES

- No. BHL. Ladies' gymnasium shoes, made of good quality selected leather, black color, with elk skin sole, high cut. Per pair, \$1.50
 No. PL. Ladies' gymnasium shoes, elk skin, pearl color, with electric soles, high cut. Pair, \$1.50
 No. OPL. Same as No. PL, except low cut. \$1.25



- No. OHL. This shoe is the same as our No. BHL shoe, except low cut. Per pair, \$1.25
 No. SL. Ladies' gymnasium shoes, made of selected leather, drab color, and high cut. Per pair, \$1.00
 No. OSL. Same as No. SL, except low cut. 90c.



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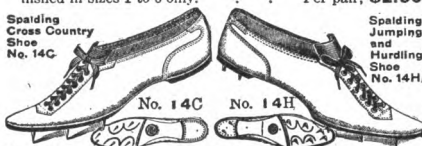
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Spalding Running, Jumping and Hurdling Shoes



- No. 2-0.** This Running Shoe is made of the finest Kangaroo leather; extremely light and glove fitting. Best English steel spikes firmly fastened in place. Pair, **\$6.00**
- No. 10.** Finest Calfskin Running Shoe; light weight, hand-made, six spikes. Per pair, **\$5.00**
- No. 11 T.** Calfskin Running Shoe, machine made, solid leather tap sole holds spike firmly in place. Pair, **\$4.00**
- No. 11 L.** Calfskin Running Shoe, machine made. 3.00
- No. 12.** Leather Running Shoe, complete with spikes, furnished in sizes 1 to 6 only. Per pair, **\$2.50**

Spalding
Cross Country
Shoe
No. 14C



- No. 14C.** Cross Country Shoe, finest Kangaroo leather; low broad heel, flexible shank, hand sewed, six spikes on sole; with or without spikes on heel. Per pair, **\$6.00**
- No. 14H.** Jumping and Hurdling Shoe; fine Kangaroo leather, hand-made, specially stiffened sole, and spikes in heel placed according to latest ideas to assist the jumper. Pair, **\$6.00**
- No. 14J.** Calfskin Jumping Shoe, partly machine-made; spikes correctly placed. Per pair, **\$4.50**

Spalding Indoor Running Shoes Made with or without Spikes

- No. 111.** Fine leather, rubber tipped sole, with spikes. **\$4.00**
- No. 12.** Leather shoe, special corrugated rubber tap sole, no spikes. Per pair, **\$3.00**
- No. 114.** Leather shoe, rubber tipped, no spikes. **2.50**



- Spalding Indoor Jumping Shoes Made with or without Spikes**
- No. 210.** Hand-made, best leather, rubber soles. **\$5.00**



Spalding Running Pants

- No. 1.** White or Black Sateen, fly front, lace back. Pair, **\$1.25**
- No. 2.** White or Black Sateen, fly front, lace back. Pair, **\$1.00**
- No. 3.** White or Black Silesia, fly front, lace back. Pair, **75c.**
- No. 4.** White or Black Silesia, fly front, lace back. Per pair, **50c.**
- Silk Ribbon Stripes down sides of any of these running pants **25c.** per pair extra.
- Silk Ribbon Stripe around waist on any of these running pants **25c.** per pair extra.



Spalding Athletic Grips

- No. 1.** Made of selected cork and shaped to fit the hollow of the hand. Per pair, **15c.**

Spalding Special Grips—With Elastic

- No. 2.** Best quality cork, with elastic bands to hold on hand when starting without necessity for gripping. Pair, **20c.**



Spalding Protection for Running Shoe Spikes

- No. N.** Thick wood, shaped and perforated to accommodate spikes of running shoes. A convenience for runners. Pair, **50c.**

Spalding Chamois Pushers

- No. 5.** Fine chamois skin, to be used with running, walking, jumping and other athletic shoes. Per pair, **25c.**



Competitors' Numbers

Printed on heavy Manila paper or strong Linen.

No.	MANILA		LINEN	
	PER SET	1 No.	PER SET	1 No.
4	No. 1. 1 to 50.	Set, \$.50	\$2.50	
	No. 2. 1 to 75.	" .75	3.75	
	No. 3. 1 to 100.	" 1.00	5.00	
	No. 4. 1 to 150.	" 1.50	7.50	
	No. 5. 1 to 200.	" 2.00	10.00	
	No. 6. 1 to 250.	" 2.50	12.50	

For larger meets we supply Competitors' Numbers on Manila paper only in sets as follows:

No.	PER SET	No.	PER SET
7. 1 to 300.	\$3.00	16. 1 to 1200.	\$12.00
8. 1 to 400.	4.00	17. 1 to 1300.	13.00
9. 1 to 500.	5.00	18. 1 to 1400.	14.00
10. 1 to 600.	6.00	19. 1 to 1500.	15.00
11. 1 to 700.	7.00	20. 1 to 1600.	16.00
12. 1 to 800.	8.00	21. 1 to 1700.	17.00
13. 1 to 900.	9.00	22. 1 to 1800.	18.00
14. 1 to 1000.	10.00	23. 1 to 1900.	19.00
15. 1 to 1100.	11.00	24. 1 to 2000.	20.00

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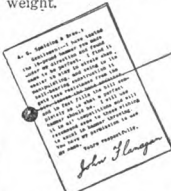
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The Spalding Championship Hammer

with Ball Bearing Swivel, originally designed by John Flanagan, has been highly endorsed only after repeated trials in championship events. The benefits of the ball bearing construction will be appreciated by all hammer throwers. Guaranteed absolutely correct in weight.



JOHN FLANAGAN,
16-lb. Hammer
Thrower.

- No. 02. 12-lb., with sole leather case. \$7.50
No. 02X. 12-lb., without sole leather case. 5.50
No. 06. 16-lb., with sole leather case. 7.50
No. 06X. 16-lb., without sole leather case. 5.50

Spalding

No. 9 New Regulation Hammer

With Wire Handle—Guaranteed Correct in Weight

- | | | | |
|---------|---------------------------|-------|--------|
| No. 9. | 12-lb., lead, practice. | Each, | \$4.50 |
| No. 10. | 16-lb., lead, regulation. | " | 6.00 |
| No. 12. | 8-lb., iron, juvenile. | " | 2.50 |
| No. 14. | 12-lb., iron, practice. | " | 3.50 |
| No. 15. | 16-lb., iron, regulation. | " | 3.75 |

Extra Wire Handles—For Above Hammers

- No. FH. Improved design, large grip, heavy wire.
Each, 75c.

Spalding Regulation 56-lb. Weight

Made after model submitted by Champion J. S. Mitchell, and endorsed by all weight throwers. Packed in box and guaranteed correct in weight and in exact accordance with rules of A. A. U.

No. 2. Lead 56-lb. weights.
Complete, \$12.00

Spalding Rubber Covered Indoor Shot

(Patented December 19, 1905)

This shot is made according to scientific principles, with a rubber cover that is perfectly round; gives a fine grip, and has the proper resiliency when it comes in contact with the floor; will wear longer than the ordinary leather covered, and in addition there is no possibility that the lead dust will sift out, therefore it is always full weight.

- No. P. 16-lb., \$10.00 | No. Q. 12-lb., \$9.00

Spalding Indoor Shot, with our improved leather cover. Does not lose weight, even when used constantly.

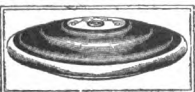
- | | | | |
|---------|---------|-------|--------|
| No. 3. | 12-lb., | Each, | \$7.00 |
| No. 4. | 16-lb., | " | 7.50 |
| No. 26. | 8-lb., | " | 5.00 |

Spalding Regulation Shot, Lead and Iron Guaranteed Correct in Weight

- | | | | |
|---------|---------------|-------|--------|
| No. 19. | 16-lb., lead. | Each, | \$3.50 |
| No. 21. | 12-lb., lead. | " | 3.00 |
| No. 23. | 16-lb., iron. | " | 1.75 |
| No. 25. | 12-lb., iron. | " | 1.50 |
| No. 18. | 8-lb., iron. | " | 1.25 |

Spalding Olympic Discus

Since the revival of Discus Throwing at the Olympic Games, at Athens, in 1896, the Spalding Discus has been recognized as the Official Discus, and is used in all competitions because it conforms to the official rules, and is the same as used at Athens, 1906, and London, 1908. Packed in sealed box, and guaranteed absolutely correct. \$5.00



Spalding Youths' Discus

Officially adopted by the Public Schools Athletic League

For the use of the more youthful athletes we now make a special Discus smaller in size and lighter in weight than the regulation Discus, but made in accordance with official specifications. Price, \$4.00

Foster's Patent Safety Hurdle

The frame is 2 feet 6 inches high, with a wooden hurdle 2 feet high, swinging within the frame on steel bolts, the swinging joint being 6 inches from one side and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw. It would be hard to conceive any device more simple or more easily handled than this. It has met with the approval of the best known physical directors and trainers of the country.

Single Hurdle, \$3.50

Per Set of Forty Hurdles, \$100.00



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THE "SPALDING" "OFFICIAL" BASKET BALL



THE ONLY OFFICIAL BASKET BALL

**Extract from
Official Collegiate
Rule Book**

The Spalding Official Basket Ball, No. M. is the official ball of the Intercollegiate Basket Ball Association, and

**OFFICIAL
N°M
BASKET BALL**

must be used in all match games.

Extract from Men's Official Rule Book

RULE II—BALL.

Sec. 3. The ball made by A. G. Spalding & Bros. shall be the official ball.

**OFFICIAL
N°M
BASKET BALL**

Sec. 4. The official ball must be used in all match games.

**Extract from
Women's Official
Rule Book**

RULE II—BALL.

Sec. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

**OFFICIAL
N°M
BASKET BALL**

Sec. 4. The official ball must be used in all match games.

OFFICIALLY adopted and standard. The cover is made in four sections, with capless ends and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. The bladder is made specially for this ball of extra quality Para rubber. Each ball packed complete, in sealed box, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions it is stipulated that this ball must be used in all match games of either men's or women's teams.

No. M. Spalding "Official" Basket Ball. Each, \$6.00

Montreal Canada	Communications addressed to A. G. SPALDING & BROS. in any of the following cities will receive attention. For street numbers see inside front cover of this book.				London England
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THE SPALDING OFFICIAL INTERCOLLEGIATE FOOT BALL



THIS is the **ONLY OFFICIAL RUGBY 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 pure Para rubber bladder, an inflater, lacing needle and rawhide lace.

No. J5. Complete, \$5.00

THE SPALDING GUARANTEE means that we stand back of our promise to deliver a perfect article. We do not guarantee against abuse or ordinary wear. In a foot ball, if there is any imperfection in material or workmanship not apparent upon first inspection, it will certainly show during the first game or in preliminary practice, and, if it does, the ball should be returned to us at once. We will not replace any ball that shows from its appearance that it has been abused or one that has simply been worn-out.

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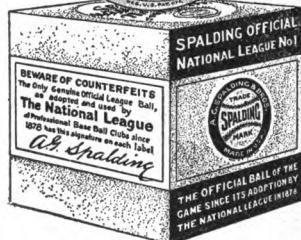


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Spalding Official National League Ball

IS THE STANDARD OF THE WORLD



Spalding Official National League Ball

OFFICIAL ball of the game for over 30 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, \$1.50

Special to clubs. Postpaid \$1.52

Spalding Official National League Jr. Ball

Made with horse hide cover, and in every respect same as our Official National League Ball No. 1, except slightly smaller in size. Especially designed for junior clubs (composed of boys under 16 years of age), and all games in which this ball is used will be recognized as legal games. Warranted to last a full game when used under ordinary conditions.

No. B1. Each, \$1.00

It is the Original League Ball It is the Official League Ball
It is the Universally Adopted League Ball
It is the Best League Ball

IT HAS BEEN FORMALLY ADOPTED AS THE OFFICIAL BALL OF THE NATIONAL LEAGUE FOR OVER 30 YEARS

It has also been adopted as the Official Ball for all Championships Games by the following Professional Leagues:

Eastern League for 20 years	Western Association for 11 years	N. Y. State League for 11 years
New England League for 20 years	Pacific Coast League for 5 years	Central League for 5 years
Northern League for 5 years	Inter-State League for 9 years	Cotton States League for 5 years
Indiana, Illinois and Iowa League for 7 years		

and by 22 other Professional Leagues that have adopted the Spalding Official National League Ball from 1 to 4 years

THE SPALDING OFFICIAL NATIONAL LEAGUE BALL was first adopted by the National League in 1878, and is the only ball that has been used in Championship League Games since that time. In the recent great World's Championship Game in Chicago between the Chicago Nationals and the Detroit Americans the Spalding Official National League Ball was used.

IN ADDITION to the different American adoptions, the Spalding Official National League Ball has been made the official ball by the governing Base Ball Associations of Mexico, Cuba, Canada, Australia, South Africa, Great Britain, Philippine Islands, Japan, and, in fact, wherever Base Ball is played. The Spalding Official National League Ball has received this universal adoption because of its well established reputation for uniformity and high quality but the special object of such adoptions, from the players' standpoint, is to secure absolute uniformity in a ball, that will prevent unfair "jockeying" with an unknown ball, and make National and International Base Ball contests possible, and at the same time make the records of players of value, and uniform throughout the world, which can only be secured by standardizing one well known ball.

The Spalding Official National League Ball

is used by Yale, Harvard, Princeton and all prominent college teams. The soldiers and sailors in the U. S. Army and Navy use it exclusively. In fact, the Spalding Official National League Ball is in universal use wherever Base Ball is played. Once in a while a minor league will experiment for a short time with some other ball, but invariably returns to the Spalding Official National League Ball, which has now become **The Standard of the World**

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THE following index from Spalding's latest Catalogues will give an idea of the great variety of Athletic Goods manufactured by A. G. Spalding & Bros.

Ankle Brace, Skate
Archery
Ash Bars
Athletic Library
Attachments, Chest Weight

Bags, Bathing Suit
Bags, Caddy
Bags, Cricket
Bags, Uniform
Balls, Base
Balls, Basket
Ball Cleaner, Golf
Balls, Cricket
Balls, Golf
Balls, Playground
Balls, Squash
Balls, Tennis
Bandages, Elastic
Bar Bells
Bar Stalls
Bars, Parallel
Bases, Base Ball
Bases, Indoor
Basket Ball Wear
Bathing Suits
Bats, Base Ball
Bats, Cricket
Bats, Indoor
Batting Cage, Base Ball
Belts
Bladders, Basket Ball
Bladders, Foot Ball
Bladders, Striking Bags
Blades, Fencing
Blouses, Umpire
Boxing Gloves
Caddy Badges
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Caps, University
Caps, Skull
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Center Straps, Canvas
Chest Weights
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Collars, Swimming
Combination Uniforms
Corks, Running
Cricket Goods
Crequet Goods
Cross Bars

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Discs, Marking
Discs, Rubber Golf
Disks, Striking Bag
Dumb Bells

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Equestrian Polo
Exerciser, Home
Exhibition Clubs

Fencing Sticks
Field Hockey
Finger Protection
Flags, College
Flags, Marking
Fois, Fencing
Foot Balls, Association
Foot Balls, Rugby
Foot Ball Goal Nets
Foot Ball Timer
Foul Flags

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Gloves, Cricket
Gloves, Fencing
Gloves, Golf
Gloves, Handball
Gloves, Hockey
Glove Softener
Goals, Basket Ball
Goal Cage, Polo
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Plates, Teeing
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Poles, Vaulting
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Protector, Abdomen
Protector, Elbow
Protector, Polo
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Pushers, Chamois
Puttees, Golf

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Skates, Ice
Skates, Racing
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Skates, Tubular
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Slippers, Bathing
Snow Shoes
Squash Goods
Standards, Vaulting
Standards, Volley Ball
Starters' Pistol
Steel Cable
Sticks, Polo
Stockings
Stop Boards
Striking Bags
Studs, Golf
Sumps and Bails
Suits, Union, Foot Ball
Supporters
Supporters, Ankle
Supporters, Wrist
Suspensories
Sweaters
Swimming Suits
Swivel Striking Bags
Swords, Duelling
Swords, Fencing
Tackling Machine
Take off Board
Tapes, Adhesive
Tapes, Marking
Tapes, Measuring
Tees, Golf
Tennis Posts
Tether Tennis
Tights
Toboggans
Toboggan Cushions
Toboggan Toe Caps
Toe Boards
Toques
Trapeze, Adjustable
Trapeze, Single
Trousers, A. M. C. A.
Trunks, Bathing
Trunks, Velvet
Trunks, Worsted
Umpire Indicator
Uniforms, Base Ball
Varnish for Gut
Volley Balls
Water Polo Ball
Wands, Calisthenic
Watchers, Spro
Water Wings
Weights, 5-lb.
Whistles, Referees'
Whitely Exerciser
Wrist Machine

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