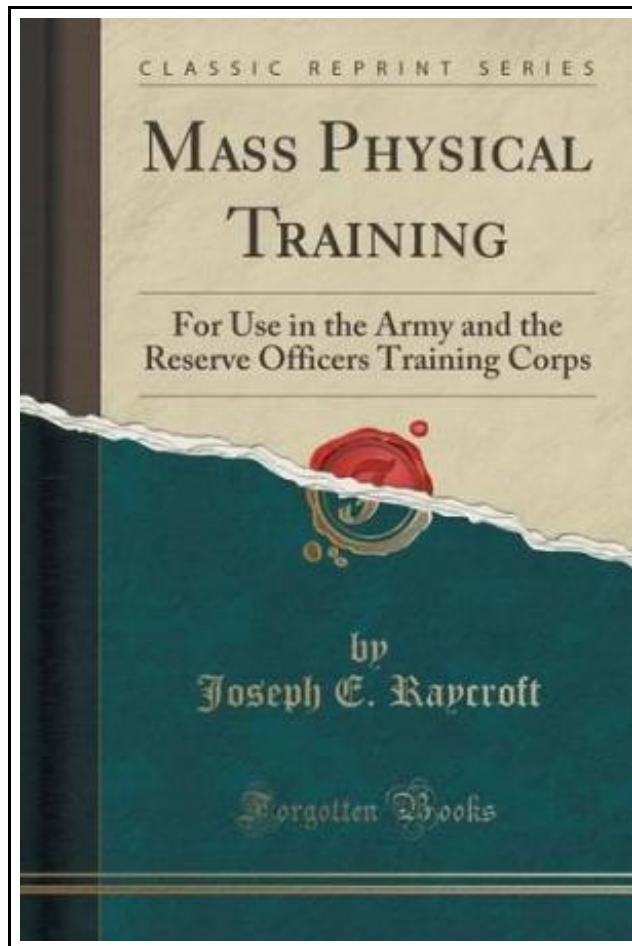


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from *Mass Physical Training: For Use in the Army and the Reserve Officers Training Corps* The text of this book has been prepared by Doctor Joseph E. Raycroft, who was chairman of the Athletic Division of the War Department Commission on Training Camp Activities, and as such, under the supervision of the Training and Instruction Branch of the War Plans Division of the General Staff, had charge of the physical upbuilding of the great force which the United States contributed to the World War and which constitutes a remarkable chapter in the history of the military operations of our Country. Under his direction, millions of men to whom physical training and athletics had been a sealed book, were introduced to the advantages of systematic physical development. Hundreds of thousands of them were taught for the first time how to combine health-giving exercise with play in the form of athletic games and sports. It furnished a striking demonstration of the value of such activities in the basic training of the soldiers. Months were spent in experimenting with and testing out systems and schemes of training and instructing in the subjects covered. In this work Dr. Raycroft was assisted by the best talent available - masters in every phase of physical culture and development. Experts in every field of athletics and sports joined with him in placing their years of experience at the disposal of our military forces. For the first time in military history losses from sickness and disease were less than those from bullets, an achievement, due in no small measure, to the magnificent physique with which our soldiers, in consequence of their physical training, entered the...



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