

III. PHYSICAL EDUCATION

III-1

Vertinsky, Patricia A. "The Effect of Changing Attitudes Toward Sexu-

al Morality Upon the Promotion of Physical Education for Women in Nineteenth Century America,” *Canadian Journal of History of Sport and Physical Education*, 7, No. 2 (December, 1976), 26-38.

During the nineteenth century, moralists, physicians, and the Womens’ Rights Movement in America began to advocate physical education and sport in order to decrease sexual passions, produce healthy parents, and increase self control. ‘Moral physiologists’ associated sexual continence with asceticism and other virtues, while sexual deviance (all sexual behavior not concerned with procreation) was seen as a disease which would lead to the destruction of society. For women, the movement resulted in the introduction of physical education (via the training of teachers at the Boston Normal Institute), and the promotion of a number of sports (including swimming, tennis, golf, and cycling). Based on secondary works; 38 notes.

Peter Donnelly

III-2

Riordan, William G. “Catharine Beecher: Crusader for Calisthenics,” *Journal of Health, Physical Education and Recreation*, 34, No. 7 (September, 1963), 40, 47.

Catharine Beecher sought to improve the place of women in the nineteenth century. Her educational philosophy was to improve a woman’s health habits and physical education in addition to knowledge and intellect. This philosophy in addition to nominal fees helped her schools succeed. Calisthenics and exercise were always part of her curriculum. She remained a crusader for women throughout her life. No notes.

Miriam F. Sheldon

III-3

Riordan, William G. “Dio Lewis in Retrospect,” *Journal of Health, Physical Education and Recreation*, 31, No. 7 (October, 1960), 46-48.

Dio Lewis introduced his “New Gymnastics” to the American Institute of Instruction in Boston in 1860. He had experimented with his program and was now anxious to publicize his system. Dr. Lewis used light exercises, dumbbells, wands, rings, beanbags, and Indian clubs in his program. Many of Dr. Lewis’ contributions to the advancement of physical education are described. One illustration; no notes.

Miriam F. Sheldon

III-4

McKenzie, R. Tait. "Benjamin Franklin—Illustrious Pioneer in Physical Education," *Journal of Health and Physical Education*, 7, No. 2 (February, 1936), 67-71, 125.

Franklin made valuable contributions to the field of physical education. He enjoyed swimming and spent a great deal of time in the water experimenting on how to swim more efficiently. He also suggested that physical education be a required course in college. The article cites letters written by Franklin regarding swimming. Four illustrations. No notes.

Mirian F. Shelden