

Tests See What Makes Freddie Grow

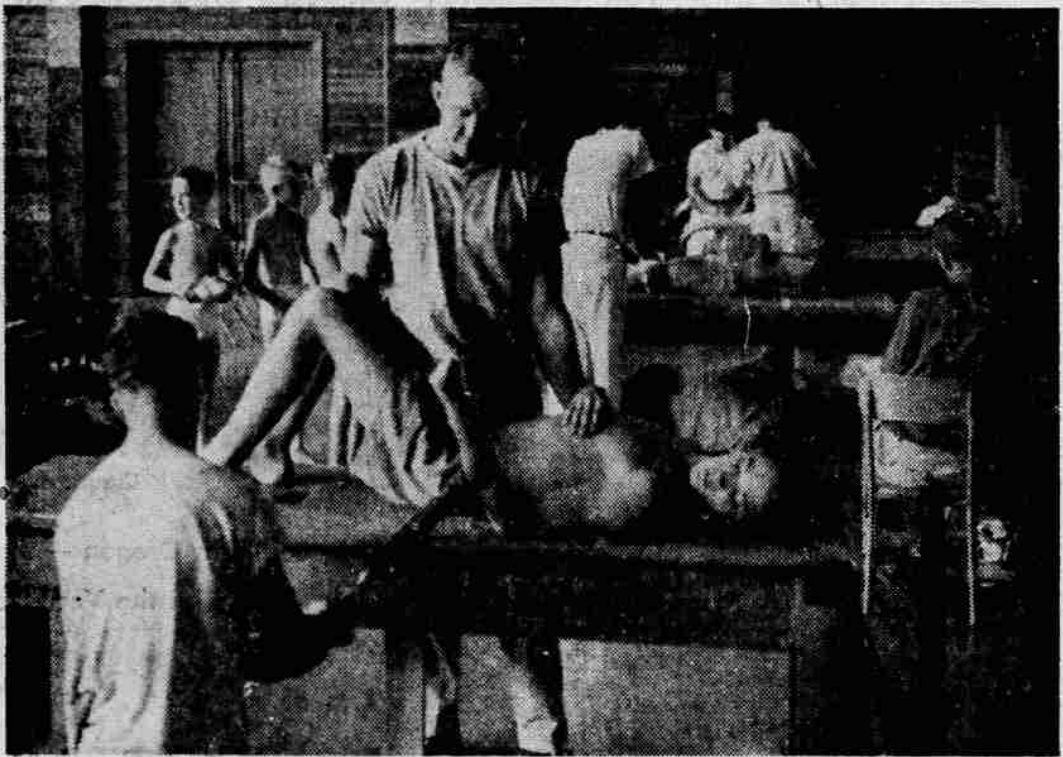
14 MAIL TRIBUNE, Medford, Or. Sunday, Oct. 25, 1959



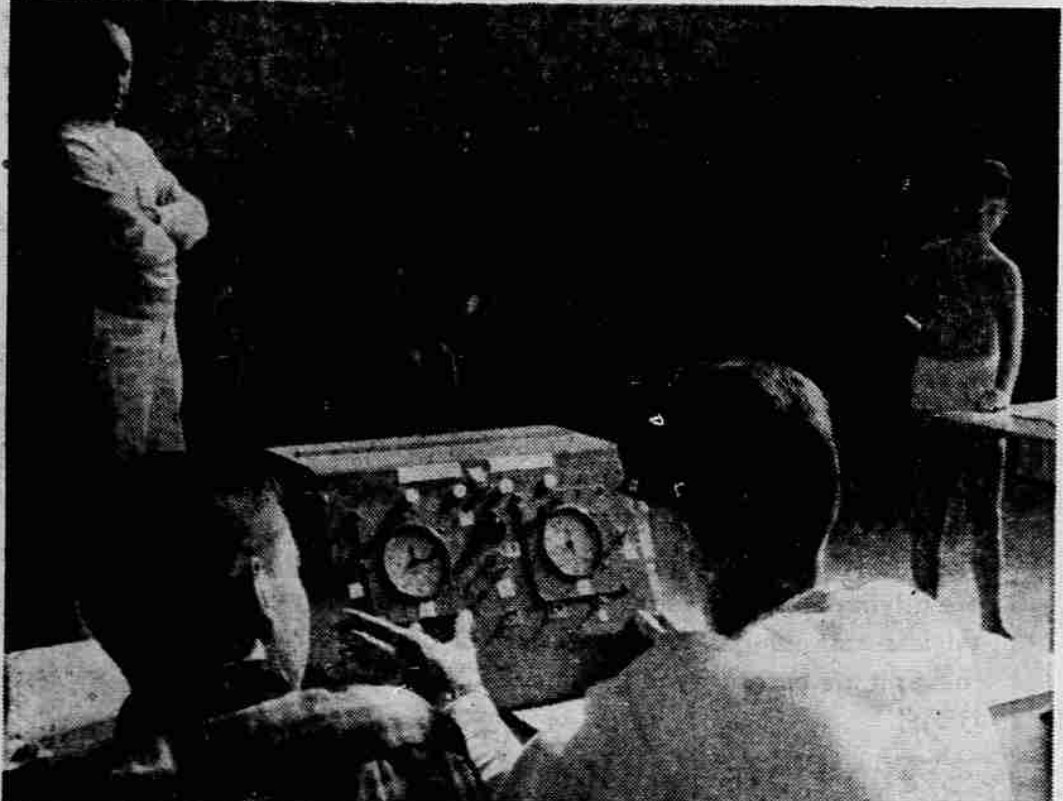
FAT TEST—The amount of subcutaneous fat on body of 10-year-old Tommy Jewett is being measured above by Norman Watt of the University of Oregon, graduate as-



SEEK ANSWERS — Members of staff of Medford's Boys' Growth Study program include the four men shown above. They are, left to right, Ted Schopf, physical education director of Southern Oregon college; Dr. H. H. Clarke, research professor of physical education at University of Oregon and prin-



STRENGTH TESTS—In a corner of the Medford High school gymnasium last week, groups of Medford youngsters underwent strength tests of arm, leg, back and stom-



ELECTRONIC TIMER — The instrument above records reaction time of youngster as he moves his hand from one pad (on the table before him) to another. The dial at left shows how long it took him to move at

What Grandma Doesn't Know Is Research Subject

Medford Children Chosen for Program

When grandma says, "My goodness Freddie, how you've grown," more than likely all that is apparent to her is that the boy is a lot bigger than he was when she saw him last year.

The numerous factors that influenced Freddie's growth, and what part each are playing (for the good or bad) in his climb to physical and emotional maturity, are probably far from grandma's mind.

A team of research men, working with groups of Medford school children, are currently conducting a series of extensive tests to determine what these influencing factors mean to growth processes and how a boy's physical performance is related to his mental and social development. Now in the fourth year, the tests will take 12 years to complete.

The program, being conducted through the School of Health and Physical Education at the University of Oregon, represents the most comprehensive research of its kind ever attempted in this country . . . and it is being done only in Medford.

Medford was chosen because organized inter-school athletic competition has been conducted in the late elementary grades for many years and because the Medford school system has an outstanding health examination program. In addition, strong enthusiasm for the project on the part of Medford school administrators showed promise of much-needed cooperation in the undertaking.

Many Questions

Primarily, the program was initiated because of the question of whether or not current practices of inter-school competitive athletics were harmful to a boy's physical and emotional welfare, but the tests will provide answers to many other questions related to children's growth. In addition, it is hoped that the program will aid in the discovery of improved testing methods for research that will follow.

Heading the program are two of the country's leaders in the field of physical education, Dr. H. Harrison Clarke, research professor and principal investigator, and Dr. Arthur A. Esslinger, dean of the School of Health and Physical Education, both of the University of Oregon. Among those from this area helping with the program are Lee Ragsdale, director of physical education for Medford public schools and Ted Schopf, director of physical education at Southern Oregon college.

Working on a tight budget, much of the work in conducting the tests is done by student volunteers who are working for degrees, while students from Medford schools assist in handling of test cards and other duties.

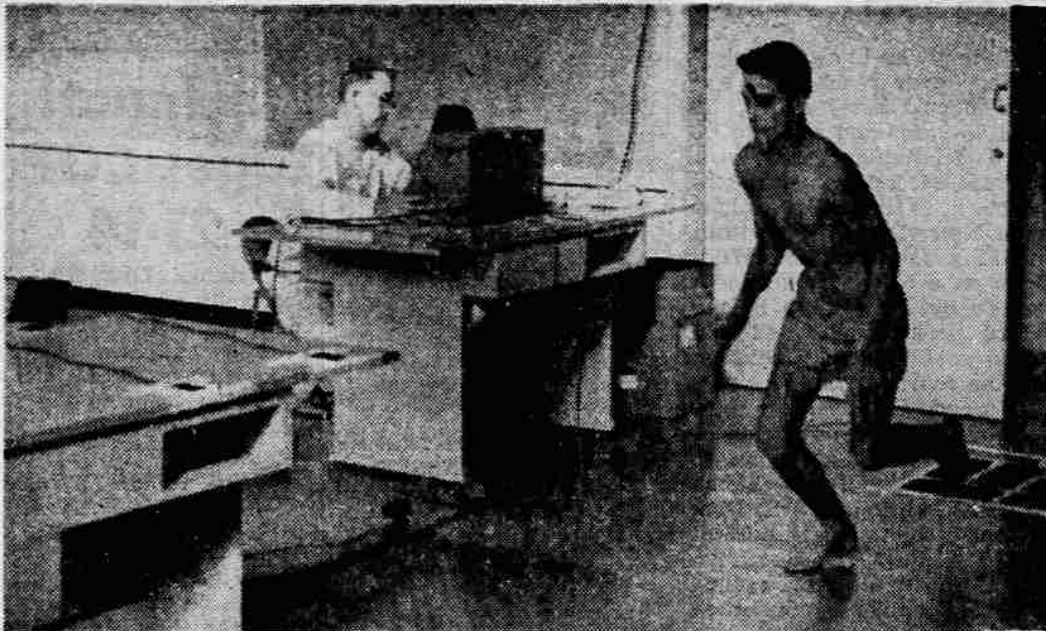
Youngsters whose birthdays fall within two months either side of the testing date are selected for the tests, 100 each of 7, 9, 12 and 15-year-olds, who will be checked three times a year until they graduate from high school.

Into Melting Pot

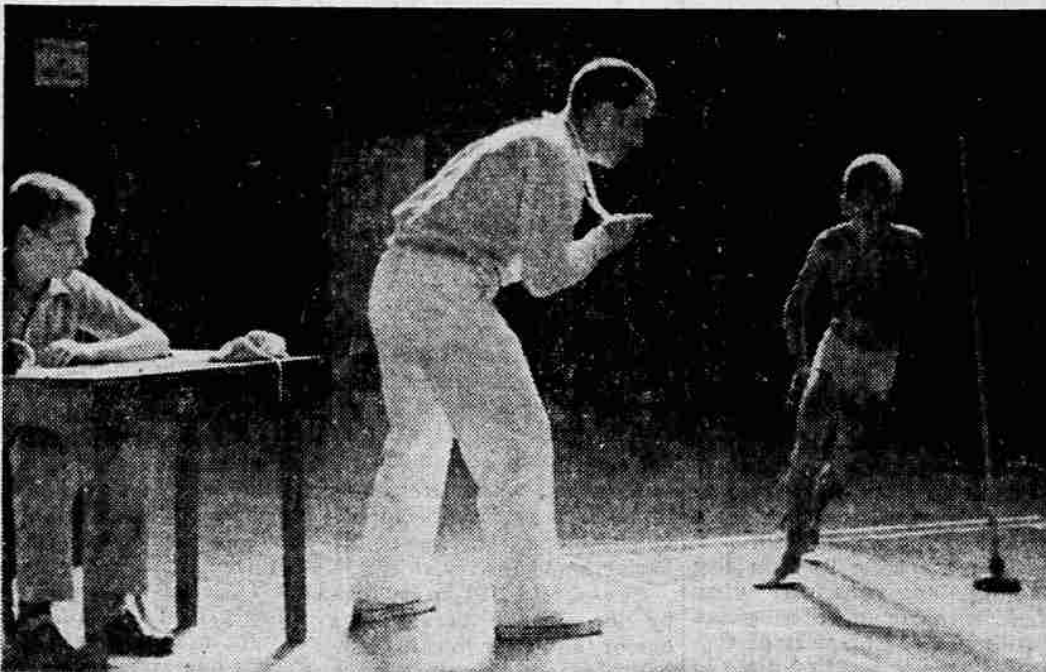
Besides the 52 physical tests, results from about an equal number of sociometric (social interest) and psychological tests go to make up the research data for each boy. Bone growth, girth, height, posture, the amount of subcutaneous fat, all correlated with the youngsters' body type and numerous other factors, go into the scientific melting pot for cross-analysis.

According to Dr. Esslinger, this is the most comprehensive experiment in the history of the field of physical education. Thousands of man-hours of compiling data and analyzing results are going into the project, with the sought-after information still years away.

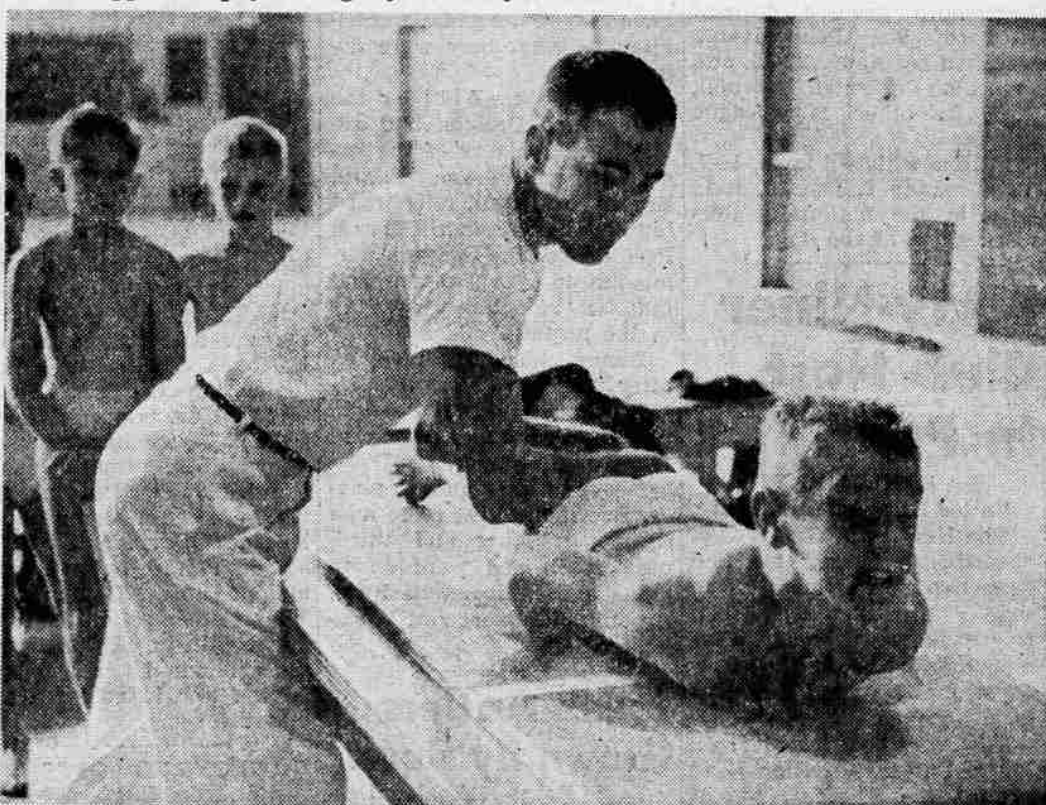
Dr. Clarke, who is one of America's foremost research specialists in physical education, has written many articles for scientific journals and has given a number of lectures on the project. Dr. Esslinger, who is president of the National Association of Health, Physical Education and Recreation, has also lec-



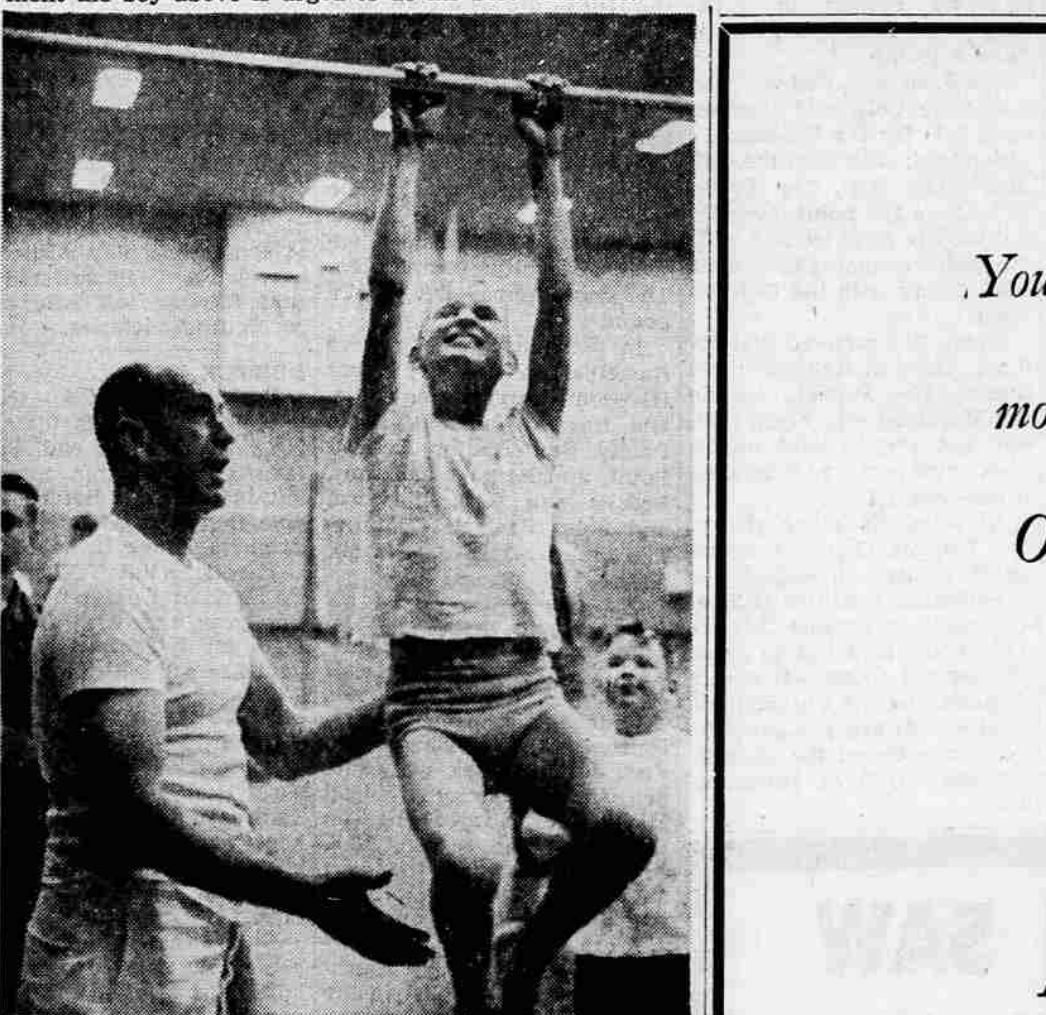
REACTION TEST—By means of a special electronic device, reaction time of Jeryl Benje, 15-year-old Medford youth, is being measured above. Time lapse is measured to within 1/100th of a second between the



RACE TRACK — Danny O'Duane hurries around pylon above as technician gives him moral support in physical agility test. Boy



BEST EFFORT — With lots of encouragement by technician as he undergoes test of back muscles, the boy above is urged to do his best.



PULL-UPS—Joe Page, director of health and physical education at Seattle university, helps youngster above get set for series of pull-ups in the boys' gymnasium at McLoughlin Junior high school last week.

tured extensively on the subject. Already, 17 doctoral and master's dissertations on the basis of the tests have been completed, but the final conclusions cannot be drawn until the pre-determined time period is up. People in the field of physical education throughout the nation, and the world, are watching with interest the tests that have been going on quietly under our very noses, unbeknown to most southern Oregon residents.



LEG TESTS—Gary Swanson, 10, takes a good grip on the table with his right hand as assistants in the Medford Boys' Growth study put him through a test of leg extensor muscles.



HAND GRIP—Putting out his utmost in physical strength, the youngster above squeezes with all his might to get high reading on hand dynamometer. Results are kept on cards that boys carry with them during tests.

Policemen Called In Trial of Elkins

Portland—UPI—Six policemen testified for the state Friday as the criminal conspiracy trial of James B. Elkins ended its first week. The alleged conspiracy involves burglary plots in Portland.

Circuit Judge Eugene K. Oppenheimer issued a bench warrant for the arrest of one of the state's subpoenaed witnesses, Victor E. Downes, Portland, who failed to show up. The prosecution considers him a key witness.

In Seattle, Superior Court Judge Donald L. Gaines ruled Friday that Robert Fink of Seattle will have to come here to testify in the Elkins trial. Fink went to court and pleaded that he not be forced to answer a subpoena, contending that if he does his life will be in danger.

The judge told Fink that Oregon and Washington have a reciprocal attendance-of-witness law and that he had no choice but to testify.

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