

HITCHCOCK. (E.)

Average and mean
anthropometric data of
Amherst College Students
March 1888.



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AVERAGE AND MEAN ANTHROPOMETRIC DATA

—OF—
Amherst College Students.

MARCH, 1888.

Items of Observation.		The average Amherst Student.	The Amherst Student of average Height.	The Amherst Student of "mean" Proportions.	Items of Observation.		The average Amherst Student.	The Amherst Student of average Height.	The Amherst Student of "mean" proportions.
Heights.	Kilos.	61.2	61.7	61.5	Breadths.	Millimeters.	155	153	154
	Millimetres.	1725	1725	1720		Head,	108	108	109
	Body,	1410	1408	1410		Neck,	430	432	425
	Sternum,	1030	1030	1030		Shoulder,	250	254	250
	Navel,	860	862	860		Waist,	323	323	325
	Pubes,	476	475	478		Hips,	198	197	200
	Knee,	903	902	904		Nipples,	372	372	370
	Sitting,	572	572	568		Sh'lder Elbows,	458	462	460
	Head,	349	352	350		Elbow Tips,	260	262	255
	Neck,	880	887	890		Feet,	1780	1785	1781
Girths.	Chest Repose,	927	928	930	Lengths.	Str'tch of Arms,	1732	1730	1728
	Chest Full,	724	724	730		Horiz'l Length,			
	Belly,	900	891	900		Kilos.	1.5	1.3	1.5
	Hips,	515	518	515		Lungs,	137	138	135
	Thighs,	355	357	355		Back,	166	164	160
	Knees,	345	348	345		Legs,	39	38	37
	Calves,	241	240	240		Forearms,	454	456	450
	Insteps,	295	294	295		Total,			
	R. U. Arm Cont'd,	257	258	255		No. of times.	6	6	6
	Upper Arms,	249	250	248		Dip,	9	10	10
Elbows,	260	260	262	Pull Up,					
Forearms,	161	165	160	Liters.	4.11	4.19	4.27		
Wrists,				Lung Capacity,					
				Part of the body.	2.25	2.10	2.25		
				Pilosity,					

These are "Metric" measurements, and where the item is taken double—right and left parts—the average of the two is the record.



STATISTICS BEARING UPON THE AVERAGE AND TYPICAL STUDENT IN
AMHERST COLLEGE, MARCH, 1888.

The three columns of figures on the opposite page are the results of an attempt to learn what are the measures and proportions of *the average student, and the student of mean proportions* in Amherst College as derived from the anthropometric data gathered in the Department of Physical Education and Hygiene.

The first column gives the *averages*—in the several different items—of *all the students* who have been connected with College from 1861-2 up to 1887-8 inclusive.

The second column gives the *averages* of the same items of those students only who were of *the average height of all College*—those whose height was 1725 millimeters, or 67.9 inches.

The third column is made up in this manner. Each item is separated into numerical groups—or columns of figures—of a small range—of a few millimeters each, and arranged side by side on a horizontal line so as to show the relative size of each one to the other, or of the largest to those of middle proportions, and of each of these to the smallest, the top of the columns representing an ascent and descent.

This will give a gradually ascending series from the left or smallest individuals to about the center of the groups, where the columns will grow shorter and shorter to the right, or to the largest individuals. The central column or the point between the two columns—if they chance to be two columns of equal numbers—will give *the mean or typical measurement of the item*.

In the item of *Height* for example, we may divide it into groups of ten millimeters or about half an inch each, beginning with 1600 to 1610 m. m. or 63 inches, and running to 1830 m. m. or 72 inches. This will give us 25 groups in all—and each man's Height as preserved in the book of Records will have been placed in the proper groups.

When all are gathered together in this manner we have an ascending series from the lowest or smallest measure to a certain point where the series begins to descend to the highest or largest measure. This point—or recorded height—where the greatest number of observations are found, constitutes the “mean” or the central point of all the heights, and is to be regarded as the typical or standard height of all the students. Hence this third column indicates the *student of mean Proportions*, while the other columns indicate the relations of the *Average Student*.

