

Girls in Sport World

Callisthenic exercises are not good for girls!

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Girls and young women are rapidly taking their place in the world of sport as evidenced by the large number of entries this year in the Olympic contests being held in America. The girls today enjoy practically every line of sport as they play although a few years ago the public frowned upon the idea of women taking an active part in so many of the so called strenuous sports.

A little more than a century ago there appeared in the American Farmer an article dealing with exercises for women in which the suggestion was made that beauty of face and form, and good health, might be obtained by such sports as rolling the hoop, battle lore and other games that might have been generally classified as dignified. Speaking of more a violent exercise the article said:

“The ladies must understand that callisthenic exercises are not good for them unless it be that which obliges a person to run around an upright pole, which has a pivot on the top to which cords are affixed, and in holding which while she runs, the velocity of the lady is increased by the centrifugal force, until she is raised from the ground and flies, as it were, round the pole. For girls above the age of

twelve such exercises may not be allowable except under particular circumstances of privacy when no males are present”

It has not been long since basketball was looked upon as a sport confined to boys only. Obviously they could not play well if they wore skirts that trailed to the ground, for basketball is a game calling for agility. Some of the bolder girls decided that a kind of gymnasium bloomers should be worn but this caused protest and the critics said that these nice girls were placing themselves on parity with the women who toured the country as members of bloomer girl base ball teams. Public opinion had to be overcome and at length girls' basketball teams. The players, wearing more clothes than their daughters now wear on the street, made their appearance. In this era, girls play basketball in public and wear track suits. The time has come which men can lay claim to no sport or form of athletic endeavor as his exclusive property.