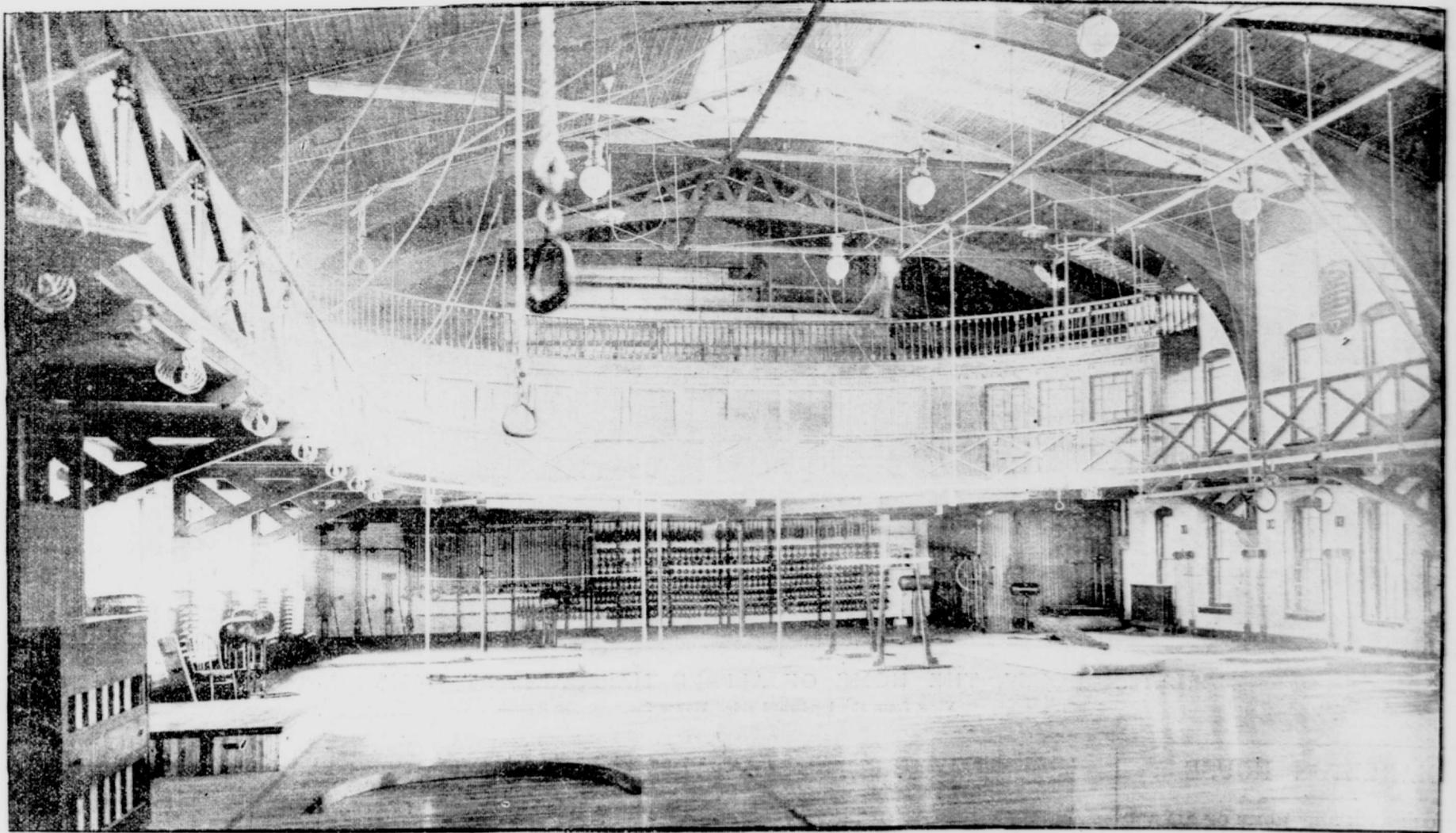
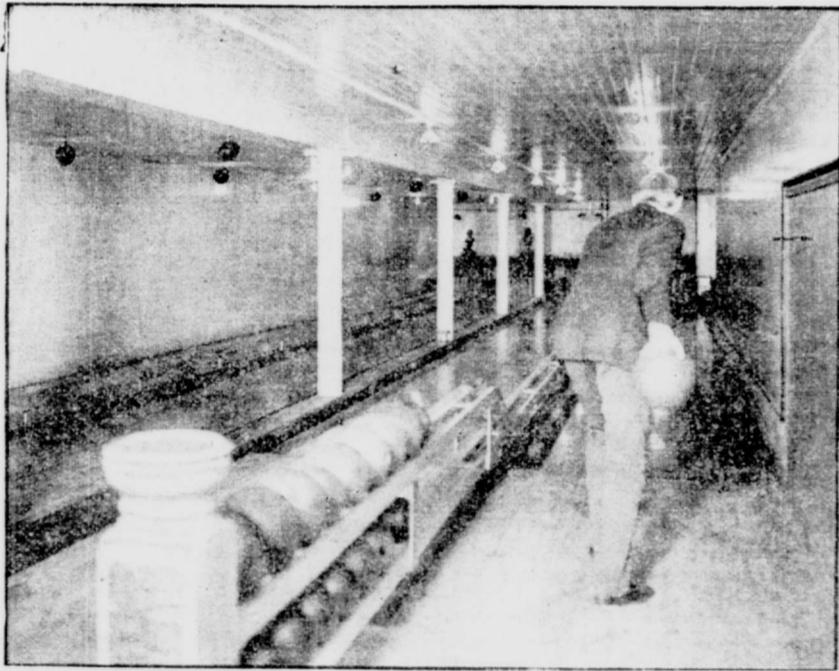


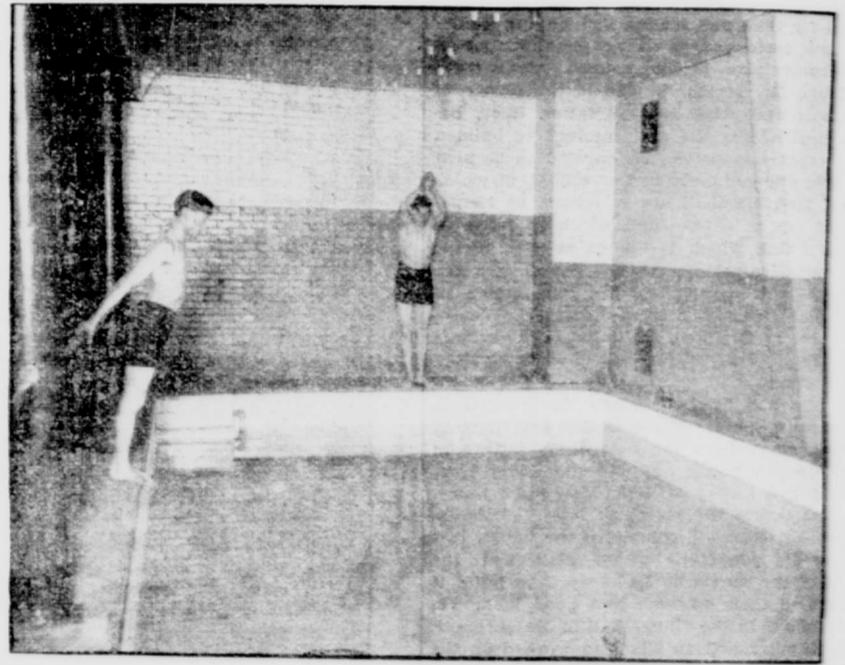
MUSCLE IS CAREFULLY CULTIVATED AS WELL AS MORALS AT THIS YOUNG MEN'S CLUBHOUSE



THE GYMNASIUM AT THE YOUNG MEN'S CHRISTIAN ASSOCIATION (CENTRAL BRANCH), BROOKLYN.



THE BOWLING ALLEY.



THE SWIMMING TANK.

FOR PHYSICAL WELLBEING.

FACILITIES FOR PROMOTING HEALTH
AND SECURING RECREATION AT
BROOKLYN Y. M. C. A.
GYMNASIUM.

One of the distinctive features of the work of the Brooklyn Young Men's Christian Association is the admirable gymnasium which forms a part of the central building at Bond and Fulton sts. When the funds were provided from the large estate of Frederick Marquand for the construction of this edifice, at the time regarded as the best equipped in the country, it was wisely decided to do as much for physical wellbeing as for moral and spiritual welfare. The maxims of the gospel of health, "A sound mind in a sound body," and "Cleanliness is next to godliness," were borne in mind as well as the Decalogue and the Golden Rule.

To secure the desired end the fund provided by the trustees of the Marquand estate, which with the amount raised for endowment reached nearly half a million dollars, was expended so as to give adequate room for the fine gymnasium hall with its accompanying swimming tanks and shower baths and the other needed accessories. While these facilities were deemed ample sixteen years ago, the capacity of the gymnasium is not now equal to the demands upon it, and were it not that the branches also provide for physical exercise and recreation the need of enlargement would be imperative. As it is some



THE HANDBALL COURT.

of the evening classes fill every foot of room in the gymnasium hall, and there has to be a waiting list of applicants. Men of all ages make use of the facilities of the gymnasium.

The Young Men's Christian Association gymnasium occupies an almost separate building from the main structure, with a frontage of sixty feet in Hanover Place, but the exterior is seldom seen by members, as all enter the gymnasium from the offices of the cen-

tral building and gain admittance to the floor by passing through the locker and dressing rooms. There is a gallery at one end to which spectators of the performances on the floor are admitted from the class room portion of the edifice. The gymnasium floor is 96 by 54 feet, and the ceiling is 24 feet high. Eight feet above the floor is the running track of twenty-two laps to the mile. All the apparatus that can be used effectively is provided, and there

is a handball court and a basketball field.

Most of the work done is class work, three evenings a week being devoted to general classes, while special classes meet in the afternoons. A busy scene is presented when the floor is filled with athletes engaged in various forms of the development of muscle and the promotion of health. Here a minister may be seen taking a preliminary warming up on the running track, there a physician is at work with chest weights; in one part of the floor a group is discussing the next game of basketball, in another there is a heavyweight seeking to reduce his excessive avoirdupois of nearly 300 pounds, and near by a slender youth is doing his best to increase his weight and fill out his lank frame. As most of the members are actively engaged in business hours, they find their only opportunity to enjoy and profit by the privileges of the gymnasium in the evening; hence the congestion in the hours between dinner and bedtime.

The floor below the gymnasium proper is devoted to the 1,200 lockers, the swimming tank and the fourteen shower baths, while in the basement beneath are the bowling alleys. This is another scene of busy activity, especially at night, as the alleys have a deservedly high reputation by reason of the condition in which they are maintained. With scores of players engaged in running up their scores and many spectators eagerly watching the play, the alleys are the centre of much interest.

One of the special features of the Young Men's Christian Association gymnasium is the swimming tank, which is supplied not with the city water, which is fre-