

GIRL TELLS HOW SHE GREW STRONG

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Gained Strength in Legs by Mountain Climbing; Lifts 800 Pounds 'Just as Easy'

BOSTON, Dec. 20—"I had to come to Boston and to Harvard to have greatness thrust upon me!" exclaimed Miss Mabel Furry of Seattle, Wash., the prize strength pupil of the department of physical education of the Harvard summer school.

Out of 218 classmates Miss Furry won the distinction of being the Sandow of the school and declares she feels like a much heralded sideshow of the big circus.

"And there is nothing unusual

about me, either," she declared. "Just come out to Seattle and you will find load...of girls as strong as I am."

Miss Furry stands five feet seven and a half inches in her stocking feet and weighs 180 pounds. There is not one pound of superfluous flesh. She is all muscle and concentrated energy.

"So you want my recipe?" she queried. "Well, it isn't easy, unless you just love the life of action—the outdoor life. Ever since I was a child I have played hard. I have eaten wholesome food and plenty of it and just lived, moved and had my being out in the glorious sunshine of Seattle. You see, you could not do that in your dreadful climate," she added with a plying depreciation.

"And then you have no mountains to climb, no inspiration, no wonderful motive for your long tramps and hikes."

How to live 24 hours a day as set forth by Miss Furry is convincingly strenuous. She, together with other students of the Sargent summer school are up at 7 for breakfast, and from 8 to 9 is spent in what they call play—tennis or some game to get them ready for the work of the day.

From 9 to 10 a lecture is heard on

preventative medicine, from 10 to 11 methods of teaching, then from 11 to 1 methods are put into practice and a busy two hours is given to dumb-bell exercise, marching tactics and general calisthenics. After luncheon come more tennis and long walks, getting back in time for dinner—"for which we are ready, believe me," laughed Miss Furry.

Corsets and high-heeled shoes are equally pernicious, Miss Furry thinks. "I cannot understand why girls should willingly put themselves into corsets are. Then, again, they stunt corsets are. Then, again, they stunt the growth of the body and rob it of its natural grace, so they are not comfortable. Nobody can be healthy and happy who is all the time uncomfortable."

Miss Furry, who is a graduate of the University of Washington, is physical director of the Queen Anne high school in Seattle.

As to her methods of instruction, she said: "I do not believe in any set form of training for girls. Different constitutions require different instruction. That must be studied just as the mind of the individual is considered, but to everyone plenty of outdoor exercise and hard and earnest playing makes for physical preparedness and," she added thoughtfully, "with physical preparedness the brain is ready to do its part." She attributes her rush into col-

lege limelight due entirely to the unusual strength of the lower muscles of her legs which has been gained mostly from constant and systematic mountain climbing. She can lift with ease 360 kilos or 800 pounds, the weight being placed over the limbs above the knees. She has a grip of 16 kilos and her total strength points reach 459 kilos, the highest of the class.

Dr. Sargent said the men of the summer school proved only one-third stronger than the women, and that 40 percent of the men were below the two highest women in their marks.

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{ this authors note: **Eugen Sandow** (April 2, 1867 – October 14, 1925), born **Friedrich Wilhelm Müller**, was a German pioneering bodybuilder known as the "father of modern bodybuilding". }

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{this authors note: Harvard Summer School of PE in 1916. **Dudley Sargent** was the originator of these summer school sessions and he was instrumental in the formation of Physical Education in this country in the late 1800's and early 1900's. Dudley Allen Sargent was born in Belfast, Maine, Sept. 28, 1849 and died July 21, 1924) was a U.S. educator, lecturer and director of physical training. He was the director of the Normal School of Physical training at Harvard and after 1916 opened the Sargent School of PE. Gymnastics was a big part of the teacher training – mainly the German and Swedish styles.}

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Lincoln Nebraska Daily News August 17, 1916

Charleston Mail, WV, Aug. 19, 1916

SEATTLE WOMAN'S HIGH TEST.
 BOSTON, Mass., Aug. 17.—In a strength test of men and women who attend the Harvard summer school of physical education, Miss Mabel Georgine Furry, physical instructor at the Queen Anne high school, Seattle, attained a total of 459 points, the highest number scored in the women's division.

Miss Mabel G. Furry of Seattle, a student at the Sargent summer school in Cambridge, demonstrated during strength tests here that she can lift 500 pounds with the muscles of the lower legs and that she has a grip of 40 kilos. The total number of points for strength was 459. The leg muscles were tested by attaching weights above her knees. The reports of the test do not divulge how hard she can hit. Miss Furry is a graduate of the University of Washington and is physical director at the Queen Anne High School in Seattle.

Logansport Daily Tribune, IN Sept. 5, 1916

1939 Queen Anne High School Yearbook - Grizzly

PORK, BEANS AND EXERCISE.
 Boston, Sept. 4.—Early to bed and early to rise, with plenty of food and exercise, will increase biceps, calves and thighs and make a girl of trifling size startle men and open their eyes. This is the viewpoint of Mabel Furry, who, in matters of strength, indeed, should worry. Out at the Cambridge school, where physical strength is the usual rule, Miss Furry, before a few showed lower limb strength possessed by few. She lifted with muscles below the knees 500 pounds of crockery.
 When those about—that favored few—asked her just why she thus could do, she answered in these words so true:
 "Early to bed and early to rise, with plenty of food and exercise, will make one's muscles run to size."



MABEL FURRY — University of Washington, B.A.; Physical Education; Health. "This is the way the spring dance goes."

1949 Queen Anne High School Yearbook - Grizzly





WOMEN'S ATHLETIC ASSOCIATION

Women's Athletics

Honors are granted to those who play in any final, and those making four honors in different semesters, only two of which are in the same sport, are granted a W and sweater by the Board of Control. Those granted a W and sweater in the last year were Mabel Furry and Belle Tennessee. The officers of the Association are:

ETHEL SKIRLS	President
MARJORIE DORRILL	Vice-President
HAZEL LEARNED	Secretary
BERYL DILL	Treasurer

Executive Board

SARAH POWELL	Baseball
JANET STEVENSON	Basket Ball
NELL HFFLAND	Hockey
MARIE WILLIAMS	Tennis

Advisory Board

MABEL FURRY	Senior
LUCY DAUBNEY	Junior
EMILIE HENSEL	Sophomore

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