

Weight.

Something like an average at the various ages may be tabled thus :—

				St. lb.					St. lb.
10-11	5 0	14-15	7 0
11-12	5 7	15-16	7 12
12-13	5 9	16-17	8 12
13-14	6 3					

Perhaps the only remark to make here is that King's boys are somewhat heavier than this standard, and the cadet school-boys somewhat lighter, King's boys being throughout about half a stone heavier than the public-school boys. It is, however, to be observed that the boys seem to make a pretty equal start, the average at 10-11 years being in both cases 5 stone, while thereafter the College boys gain on the others. Still, in the general result the public-school boys bear the comparison very favourably.

Expansion.

It is when one comes to the feature "chest expansion" that the beneficial results of systematic physical culture with breathing-exercises becomes apparent. It was very noticeable at the time of the examination at Papakura Camp that the boys from one school where the master conducts daily and systematic breathing-exercises—a fact revealed by the boys' familiarity with the processes of inspiration and expiration—exhibited marked superiority in this respect. But it is observable in the attached table that in extent of and in average expansion physical training has its natural result. The full tables show that in average girth similar results have been obtained.

The following table gives the chest-measurements of King's College School boys, and cadets from public schools :—

Ages.			Number examined.		Highest Expansion.		Lowest Expansion.		Average Expansion.	
			King's.	Cadets.	King's.	Cadets.	King's.	Cadets.	King's.	Cadets.
10-11	28	15	4	3	11¼	3¼	21⅝	21⅕
11-12	10	48	4	3½	13¼	1	24½	23⅞
12-13	20	96	4¾	3½	1	1¾	31⅙	21⅝
13-14	29	89	6	3¾	1½	1	31½	22⅝
14-15	46	40	5	5	1¼	1½	31¾	23⅝
15-16	36	15	6	3½	1	1½	31⅙	21⅕
16-17	22	3	6	3	1½	3	31⅙	31⅕
Totals	..		191	306

Undoubtedly the public-school boys would come out of the test better and do more justice to themselves if they had the same knowledge of how to expand their chests as is possessed by the boys with whom comparison is made.

Dr. Buck, Native Health Officer, has been good enough to supply the average height and weight of Maori boys examined by him, which enables me to give the following table for comparison :—

					Ages.					
					Height.					
					10-11	11-12	12-13	13-14	14-15	15-16
European	4.6	4.8	4.9	4.10½	5.0	5.4
Maori	4.4½	4.7¾	4.9½	4.11½	5.2½	5.4
					Weight.					
European	5.0	5.7	5.9	6.3	7.0	7.12
Maori	5.5	5.10	5.13	7.5	8.0	8.12

Thus, it would appear that the European starts (at 10-11) a little taller than the Maori, but nearly half a stone lighter.

In the matter of height the Maoris gain upon the Europeans until the age of 15-16, when the heights are equal. The physical development as to weight is maintained, until at the ages between 13 and 16 years Maori boys are 1 stone heavier than the European.