

The American Man

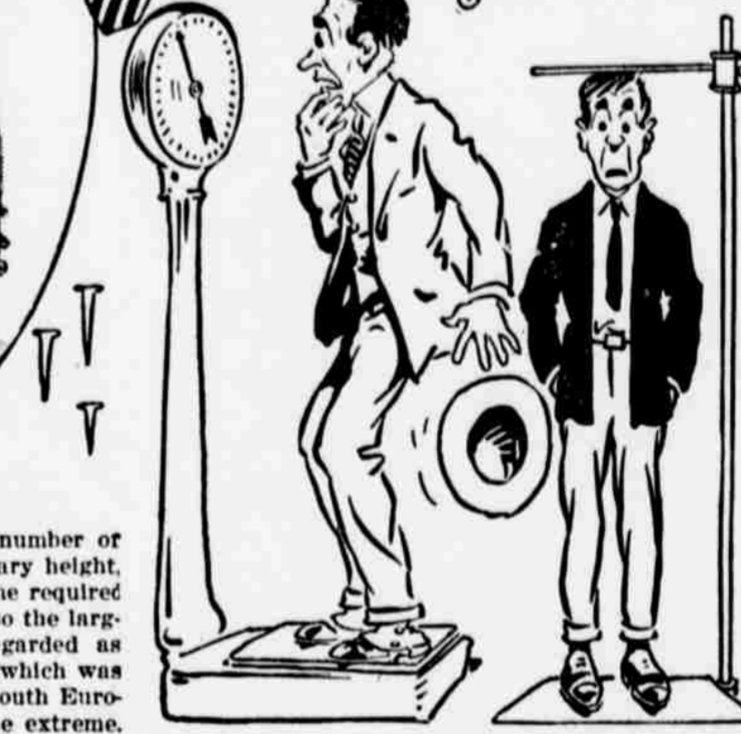
His Height, Weight and Other Qualities As Shown by Army Records of Surgeon General, U.S.A.



"FIGHTING SOLDIER OF THE A. F. F." PETER MONTANA



WEST POINT HONOR MAN



Rhode Island had the largest relative number of men who were below the required military height, the largest percentage of those below the required military weight for their height, and also the largest percentage of those who were regarded as obese. In other words, the population, which was composed to a considerable extent of South Europeans and French-Canadians, ran to the extreme. The men from certain of the other states, and especially from the North Central and Northwestern states, were much better proportioned.

"It was a matter of surprise to many that the actual gain in weight of the men while in military service was only about three and one-third pounds. There were premature reports of average gains of from 12 to 15 pounds. What actually happened, however, was that the lean men became more robust, while those who were overweight were trained down to their proper proportion.

"The average height or stature of 1,000,000 men was 67.49. The shortest men came from Rhode Island, 66.4 inches; the tallest from Texas, 68.4 inches. Considering the population groups, the tallest men came from the mountain area of North Carolina. These men were of Scotch descent and averaged 68.67 inches.

"The average weight for the United States was 141.54 pounds. The heaviest men were from South Dakota, 148.96 pounds, and the lightest from Rhode Island, 136.44 pounds.

"In each 100 men from the urban districts there were 61 defects noted, and from the rural 53. Chicago, 62, and Boston, 63, were above the average for the cities, while Philadelphia, 60, and New York, 60, were both below the average.

"Of the individual defects, that which was recorded most frequently was flat feet, 11.7 per cent of the men examined. Nineteen and six-tenths per cent of all defects noted were for this one.

"The effect of race upon the relative frequency of this defect is shown by the fact that the sections with 45 per cent of negroes had relatively a much smaller number of cases, 7.5 per cent, than those of the Scandinavians, 12.8 per cent, those of the Germans and Scandinavians, 11.8 per cent, or of those of the Germans and Austrians, 12.4 per cent. Consequently, the states of the North Central section and of the Northwest had a relatively high percentage of cases of this defect.

"Flat foot was noted only 77 per cent as frequently among the men from the rural districts as among those from the urban.

"According to the best information available, venereal diseases were noted in 5.7 per cent of the selective service men who were sent to the military camps. Five and eight-tenths per cent of all the diseases noted belonged to this class. The relative prevalence of this class of disease varied from 16.4 per cent among the men from Florida to 1.3 among those from Vermont.

"The third most frequent defect noted was hernia, the result of insufficient muscular abdominal support, probably aggravated by excessively heavy labor. Of each 100 men examined, four had an actual or potential hernia. Seven and one-tenth per cent of all the defects noted were of this character. The relative number of cases was greatest among the men from Oregon, 11.8 per cent, and least among those from Kentucky, 2.2 per cent.

"The refractive errors of the eye stood fourth in numerical frequency. Of each 100 men, 3.3 had defective vision, due to some character of refractive error. Of all the defects noted 5.9 per cent belonged to this class.

"Two and one-half per cent of all of Class 1 men were rejected as unfit for military service on account of tuberculosis, or of suspected tuberculosis. Expressed in absolute numbers, 94,000 men out of 3,764,000 were unfit for military service as the result of this disease. It was relatively most frequent among the men from certain of the states of the West and Southwest to which either they or their ancestors had migrated on account of it. The percentage of cases was greatest among those from Arizona, 6.7 per cent, and least among those from Wyoming, 1.2 per cent. Arizona was followed by New Mexico, Colorado, California and then Rhode Island.

"A greater number of cases were reported among the men from the cities, 2.4 per cent, than among those from rural districts, 1.8 per cent. The relative number of men rejected for this cause from the four large cities was greatest among those from Philadelphia, 2.4 per cent, followed by New York, 2.3 per cent, Chicago, 2.2 per cent, and Boston, 2.1 per cent.

"One and five-tenths per cent of all of the men examined were rejected on account of mental ab-

normalities. The maximum of cases was reported among the men from Vermont, 3.8 per cent, and the minimum among those from Nevada, 3 per cent. Among the population groups, the highest percentage was among the mountain whites, 3 per cent, and the least among the Mexicans, 1.1 per cent.

"The findings show that the health of the population of the various sections of our country is very materially influenced by a number of factors, one of the most important of which is the character of the population, both foreign and native born. Environment is also of great importance, such as surrounds people in densely populated industrial centers, or in sparsely settled districts; in a healthy plateau section, or in a semi-tropical one with a constant exposure to the possibility of contracting chronic malarial and hookworm infections. Occupation also plays an important part; mill-work in the South, and lumber work in the North together with employment on the railroads cause the loss of extremities; agriculture is associated with good eyes and straight limbs, and in the South, but less in the North, with freedom from flat foot and distorted toes; standing in shops and walking on pavements in improperly fitted and improperly shaped shoes, together with the more constant use of the shoes in early life, accounts for many of the cases of imperfect feet in the city population; and much school work and much clerical work tends to produce myopia in those so disposed. In early life bad posture at school, especially among undernourished and rickety children accounts for much of the curvature of the spine, and this is especially true in cities with their large percentage of foreign population."

Average American of Fighting Age by States.

| State | Mean Height Inches | Mean Weight Pounds | Defectives Per 1,000 |
|----------------------|--------------------|--------------------|----------------------|
| Alabama | 68.01 | 141.28 | 427 |
| Arizona | 68.15 | 143.04 | 410 |
| Arkansas | 68.20 | 141.28 | 384 |
| California | 67.67 | 143.98 | 583 |
| Colorado | 68.15 | 141.06 | 544 |
| Connecticut | 66.71 | 139.82 | 507 |
| Delaware | 67.19 | 139.45 | 473 |
| District of Columbia | 67.63 | 140.53 | 453 |
| Florida | 67.58 | 139.32 | 541 |
| Georgia | 67.99 | 140.82 | 453 |
| Idaho | 68.10 | 145.31 | 479 |
| Illinois | 67.40 | 141.71 | 471 |
| Indiana | 67.75 | 141.64 | 416 |
| Iowa | 68.04 | 144.72 | 425 |
| Kansas | 68.20 | 143.72 | 354 |
| Kentucky | 68.02 | 140.00 | 382 |
| Louisiana | 67.60 | 139.62 | 428 |
| Maine | 67.28 | 141.03 | 608 |
| Maryland | 67.08 | 140.40 | 536 |
| Massachusetts | 66.76 | 138.40 | 535 |
| Michigan | 67.23 | 141.99 | 457 |
| Minnesota | 68.04 | 146.41 | 421 |
| Mississippi | 68.27 | 143.23 | 426 |
| Missouri | 67.95 | 141.43 | 480 |
| Montana | 68.01 | 146.32 | 456 |
| Nebraska | 68.08 | 144.74 | 396 |
| Nevada | 67.83 | 145.35 | 476 |
| New Hampshire | 66.97 | 140.33 | 505 |
| New Jersey | 66.77 | 138.81 | 452 |
| New Mexico | 67.50 | 138.47 | 458 |
| New York | 66.72 | 139.53 | 502 |
| North Carolina | 68.15 | 141.49 | 453 |
| North Dakota | 67.92 | 146.95 | 438 |
| Ohio | 67.38 | 141.38 | 421 |
| Oklahoma | 68.28 | 142.35 | 432 |
| Oregon | 68.09 | 146.38 | 570 |
| Pennsylvania | 66.72 | 139.72 | 500 |
| Rhode Island | 66.40 | 136.44 | 640 |
| South Carolina | 67.64 | 140.49 | 423 |
| South Dakota | 68.05 | 146.96 | 373 |
| Tennessee | 68.27 | 140.10 | 442 |
| Texas | 68.40 | 142.22 | 402 |
| Utah | 67.85 | 143.13 | 505 |
| Vermont | 67.12 | 140.33 | 613 |
| Virginia | 67.80 | 140.34 | 604 |
| Washington | 67.96 | 145.44 | 549 |
| West Virginia | 67.87 | 141.53 | 507 |
| Wisconsin | 67.60 | 144.50 | 465 |
| Wyoming | 67.79 | 144.61 | 514 |
| Alaska (Territory) | 68.15 | 150.49 | 547 |
| Average for U. S. | 67.49 | 141.54 | |

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"After Dec. 15, 1917, the basic classification of all registrants was first as to their economic availability for military service. All who were found to be available at once were classed as Class 1. The total number of these men of the first and second registrations, and including all who went to camp, prior to Dec. 15, 1917, was 3,704,000. Of this group over a half million, 556,000, were rejected by their local boards as physically unfit for all military service. Of those considered physically fit, amounting to approximately 3,209,000, over 2,700,000 entrained for the military camps.

"The physical examinations of these Class 1 men by the local and camp examining boards showed that 47 per cent of them had a military defect of sufficient importance to note on the report of the examinations.

"The percentage of the defective men varied materially according to the section of the United States from which they were drawn. The number of defective men varies by states from 64 per cent in Rhode Island to 35 per cent in Kansas. Rhode Island, the most urban of all states, whose population is largely engaged in manufacturing, stood at the top, largely because of the defective and non-resistant stock which has been drawn to this state. Kansas, on the other hand, is largely agricultural and such of its population as is of foreign origin is of the more robust type. The percentage of the native born in Kansas is 65 per cent and in Rhode Island 29.4 per cent.

"Of all Class 1 men 21 per cent were found physically unfit for all military service, or a little more than one in five were physically unfit to perform any type of military service either at home or abroad. The more important causes of rejection were:

"Organic disease of the heart, 11.5 per cent of the total cases of rejections; tuberculosis, 9.3 per cent; errors of refraction, 8.4 per cent; underweight, 7.8 per cent; mental deficiency, 4.5 per cent; hernia, 4.3 per cent; flat foot, 3.0 per cent; defective and deficient teeth, 3.2 per cent, and defective speech and hearing, 2.6 per cent. Of the large class of diseases the defects of the bones and organs of locomotion ranked first, 17.2 per cent of the total causes of rejections; diseases of the heart and blood vessels second, 15 per cent; diseases of the eye third, 12.6 per cent, and tuberculosis fourth, 9.3 per cent.

"Rhode Island, which had the largest number of defectives, also had the largest number of men rejected. Forty-two per cent, or almost one-half of all between the ages of 21 and 30, who were examined in that state, were rejected. In Wyoming only 13 per cent were found to be physically unfit.

"More men from the cities were rejected, 23 per cent, than from the rural districts and small towns, 20 per cent, due not only to the environmental condition in the large cities, but again also to the character of the foreign population which had congregated in them.

"A defect of some character was noted in 80 per cent of all men from Rhode Island, while those from Kansas had only a little over half this number, 42 per cent. The physique of the population of the various states varied even to as great an extent as the number of physical defects did.