

Physical Culture Classes at Omaha High School

Snap Shots Taken by The Bee's Staff Artist During a Calisthenic Drill



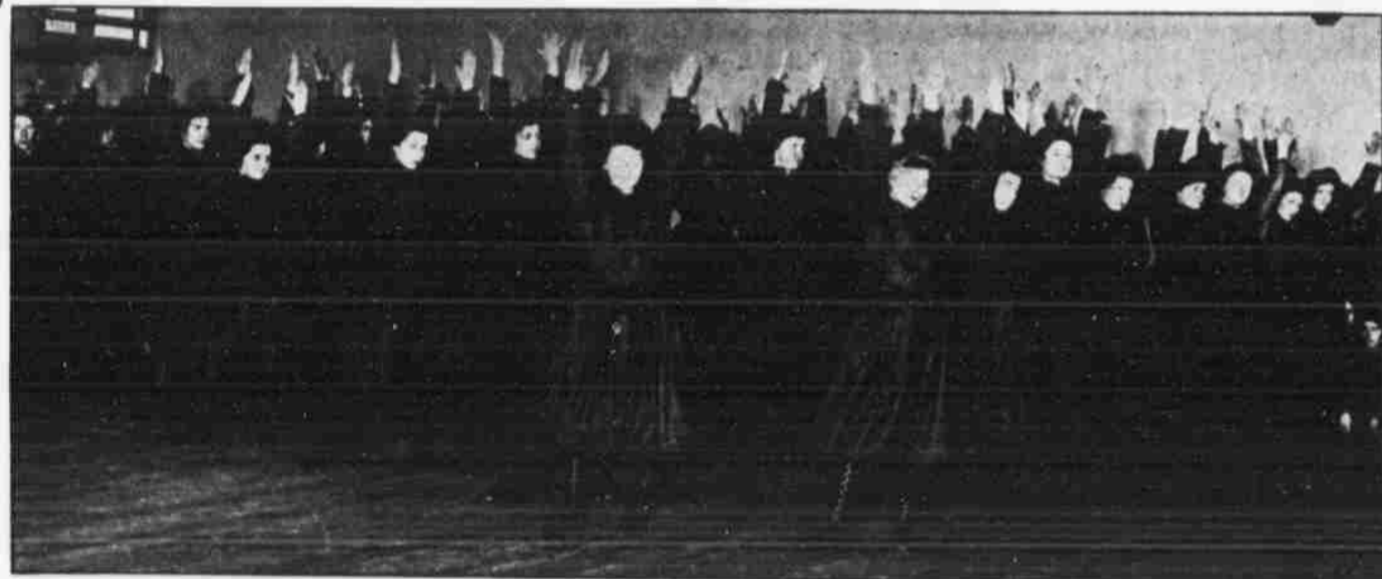
HIGH SCHOOL GIRLS IN GYMNASIUM.



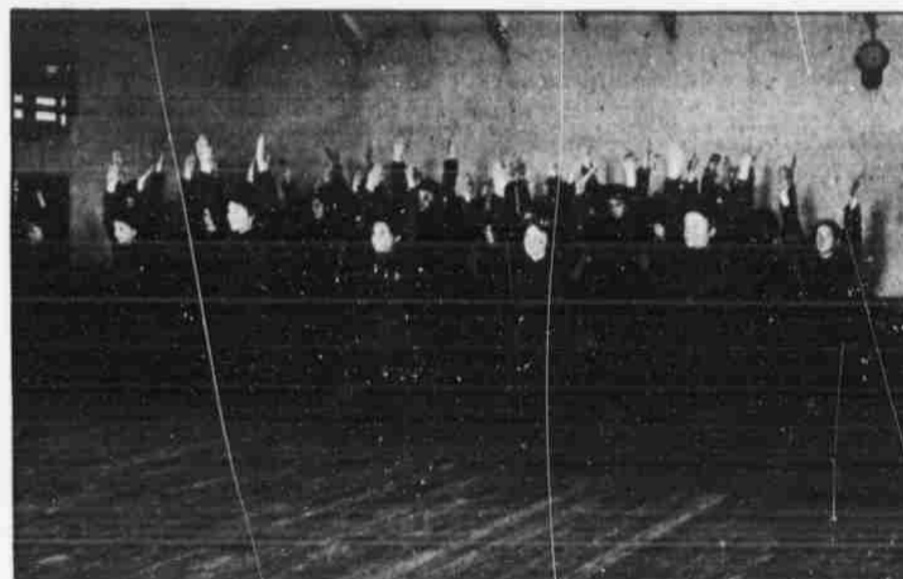
MOVEMENT FOR THE BODY MUSCLES.



STRENGTHENS THE LEGS AND GIVES POISE.



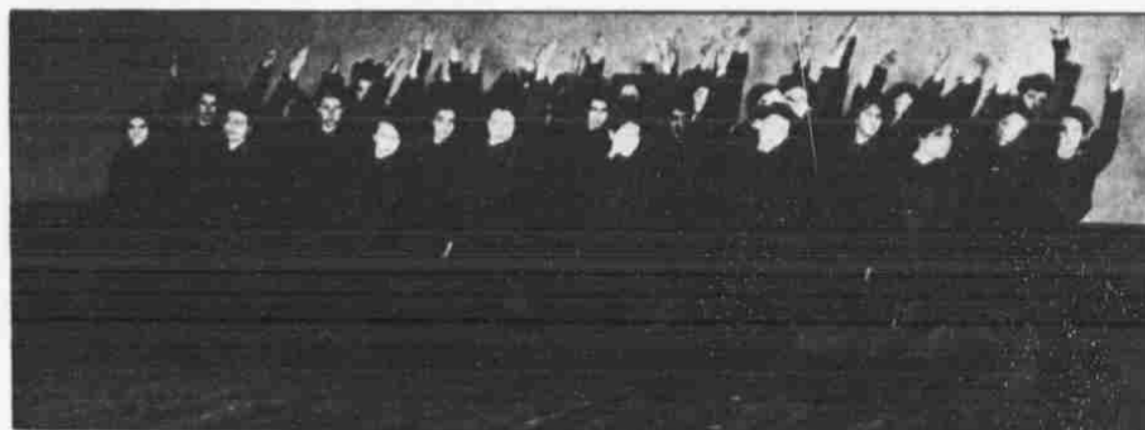
THIS BUILDS UP THE CHEST MUSCLES.



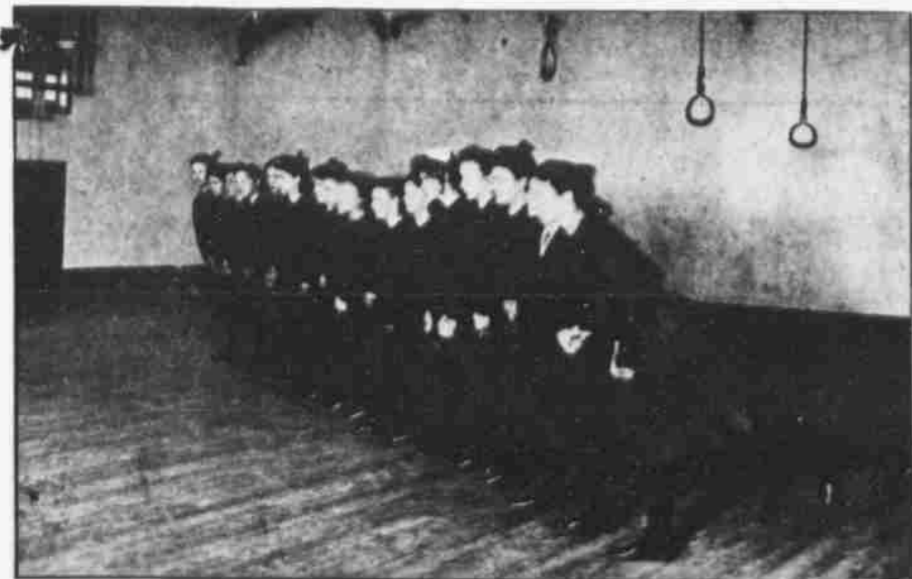
ALL THE MUSCLES WORK IN THIS.



SWIMMING MOVEMENTS ARE HELPFUL.



VARIATION OF THE BODY MOVEMENT.



BRINGS OUT WALKING MUSCLES.



LEG AND ARM MOVEMENTS COMBINED.