

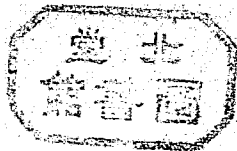
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資體育繪

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編合 新尚胡 方士朱



譯編方士朱江浙

體育新書

五版 游戲教材

三版 柔軟操教學法

再版 球戲

再版 歌舞游戲

再版 早操教本

米勒氏 呼吸運動掛圖

(每種定價大洋四角)

◎經售處◎

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▶現代足十票郵購函埠外◀

朱士方編

中國遊戲

不日出版

本書計有中國遊戲五十
種每種分組織方法規
則等等講解明晰一
目了然爲研究體
育者不可不讀
之本也

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(1)

Preface

The object of this book is to give the student a clear understanding of mechanism of question and answer and a great number of physical training terms. It is suited to any school that offers a course of physical education. Part one emphasizes ball games, while part two appreciates both the field and track athletics.

Very few conversation text-books concerning athletics can be seen on the market. Mr. Chu and I write it in order to supply the demand. We hope that our athletic leaders should write more of this kind, and from teachers of the present book we should be very glad to receive criticisms.

Woo Dzang-sin

Shanghai,

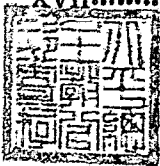
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PART ONE

LESSON I

A modern school

modern 現代 fresh 新鮮 health 健康
harmful 有害 play-ground 運動場

What is this?

This is a modern school.

How can you know it?

I can know it by its big doors, big windows,
and also by its big play-ground behind it.

What are the big windows for?

The big windows are so made as to give plenty
of light and air.

Is good light as well as fresh air necessary to
health?

Yes, Sure.

Are dark rooms and bad air not good for the

health?

No, dark rooms and bad air are harmful to health,

Oh, I see, what's the big play-ground for, then?

The big play-ground is for the school children to play during the time of recess.

Is that so?

Yes, pupils should have some time to forget their lessons in the school and run about on the play-ground.

LESSON II

Ai Kuo girls' school

graduate 卒業 certificate 文憑 執照

entrance examination 入學試驗

In what school are you studying?

I am studying in Ai Kuo Girls' School?

Where is Ai Kuo girls' school?

It's in Kiangwan road, shanghai.

In what grade and department are you?

I am in the first grade of the Physical Training
Department.

How many years that course ended?

For three years only.

What kind of lessons are you studying now?

It is classified into two main items, namely
theory part & practical one.

Is there any Chinese or mathematics?

Chinese only.

Is it very hard to enter that department?

Not very hard but only examine the certificate of any middle school where she graduated.

Then, I like to take entrance examination next year.

Very good. I welcome you during that time.

LESSON III

Don't work too hard

stay 逗留 advice 勸告 weak 羸弱

Good afternoon.

Good afternoon.

Why do you always stay in the class-room?

I have much work to do.

Don't work too hard; it will make your body
and mind weak.

I am only trying to keep up my lessons.

You ought to spend some time for play.

Yes, I think so.

How long have you worked here?

About two hours.

The air in this room is impure.

Yes, the ventilation in this room is rather
poor.

Well, then, to keep up your health, you should

(6.)

Part One

rest at once.

All right, I will follow your advice.

LESSON IV

Play

games 遊戲 swing 擺繩 seesaw 鞦韆
exercise 運動

Do children like to play?

Yes, all children like to play.

What kinds of games do children like to play?

Some children like to play on the swing or on the seesaw, and others like to run about.

How do s play help our body?

It helps to make our bodies strong.

Is walking or runing a good exercise for the body?

Yes, it is a very good exercise.

How does play help the mind?

It gives the mind a little rest, and makes it able to work better.

Do you mean that a strong mind must be in

a strong body?

Yes, That's the idea. Every body, big or small, needs some kind of exercise.

LESSON V

Take exercise every day

trouble 討厭 exactly 不錯

enjoy 享受 cross 失去, 不高興

of course 當然

You take exercise everyday. Don't you?

Oh, yes, it's very important.

Do you find any trouble in taking exercise
everyday?

Oh, no, not at all. Do you find any trouble
in taking three meals everyday?

Of course not.

Exactly, and so it is the same with my exer-
cise.

But I do not know how it can be the same?

Let me now explain it to you. First, I enjoy
my exercise just as much as you enjoy your three
meals.

yes, go on.

Second. I have a habit of taking exercise just as you have a habit of taking three meals. I suppose you would feel.

Quite cross if you should miss your three meals.

And you would feel quite cross too if you miss your exercise?

Quite so, you too had better take some exercise everyday.

Yes, I will try.

LESSON VI

What do you take?

breathing 呼吸 Indian-club 棍棒

free-work 徒手 dumb-bell 啞鈴

Do you take exercise everyday?

Yes, I do.

What kind of exercise do you take?

I take free-work exercise.

Do you take dumb-bell and Indian-club exercises?

Yes, but not very often.

You take breathing exercise every morning.

Don't you?

Yes, it's very important indeed.

Do you like all kinds of athletics?

Yes, I am very fond of them.

Then you are a good athlete.

No, I am not.

(12)

Part One

You also like ball games, I suppose.

Yes, but I like tennis the best.

LESSON VII

Morning exercise

section 節段 contain 包含

Drill ground 操場 morning exercise 早操

Mr. Yung, I am very weak now. What shall I do?

Do you get up early in morning?

Yes, I get up early, but I have nothing to do.

Morning exercise is good for you.

I like so. but what kind is the best?

J. P. Muller's five minutes' exercise is the best of all.

How many sections does it contain?

There are nine sections. In each section there is a breathing exercise at the end.

Can you teach me?

Sure, wait until next week.

That is very good. But we have no drill

ground.

It is not necessary for us to have a drill ground. A yard is quite sufficient for use.

Then I shall wait for you next week.

All right.

LESSON VIII

Take a daily bath

bath 洗澡 harden 堅強, 耐寒

cleanses 淨乾

Do you take a daily bath?

Yes, I take a daily bath.

Is it helpful to your health?

Yes, certainly.

At what hour do you take it?

I bathed directly after I get out of bed in the morning.

You ought to take some exercise which makes you warm first.

Yes, I do. I forgot to mention it just now.

Otherwise, it would be harmful to your health.

Yes, I think so.

Is it a cold bath that you take?

Yes, always a cold bath, even in Winter time.

Which is more healthful, a cold bath or a hot bath?

I can't say that; but cold water serves to harden our skin, while warm water cleanses it better.

LESSON IX

Play tennis (a.)

Suitable 適宜 Stretched 張,掛

Instruments 器具 Raket 網拍

Mr. A, what kind of exercise is most suitable for women?

I think it is Tennis.

What is your reason?

Because it is not so stimulated as foot ball, so it is always fit for women.

What are those instruments which we have to use in playing Tennis?

Net, raket and balls are the necessary instruments.

Where should the net be placed?

It shall be stretched from post to post.

Is there any Tennis court in your garden?

Yes, in the east of our garden we have two

such courts.

How many members of your family can play it.

Oh! almost all of us can play it. but my sister-in-law and I like it most.

LESSON X

Play Base-ball(a)

Base 壘 strike 擊 reach 到
caught 拿到

How fine to-day it is! Let us now play base-
ball.

Are you ready now?

Yes, we have already.

All right. Strike one, strike two, foul ball.

(Strike three, one more) strike four, out. (One
down.)

Ball one, ball two, ball three, ball four, take
a base.

Fine ball, go on.

Now three down, change side.

Out, because the ball has been caught in the
air.

Save, because the man has reached the base.

Two down, because the ball reached the first base.

Three down, because the ball touches his own body.

One Point, because one man has reached the home base.

Now, we stop here.

LESSON XI

Play volley-ball(a)

practise 練習 volley-ball 隊球

required 必需 rear 底綫

Mr. Chu, have we to practise volley-ball to-day?

Yes, you have to.

All right, we go to make a court first.

You know the size of the court, Don't you?

No, what shall be the length of the court?

60 to 90 feet

And the width?

30 to 45 feet.

How many feet high shall the net be hung?

11 feet high.

Well, how many lines are required altogether?

Let me see, besides those at the sides and in the rear, there should be a line in the middle, and then the court is done.

LESSON XII

Play Basket-ball (a)

Create 生, 製造 Interest 趣味

Exercise 練習 Absent 不在, 不到

Badge 記號 Referee 評判

It is rather cold to-day. Let us go and play basketball.

Fine. But a few players can not create much interest.

Never mind. We take exercises only to warm ourselves.

Then one or two absent does not matter.

Let us all go.

Bring the ball, and also these badges.

All right.

Mr. Fong says he is suffering from foot-sore.

We had better ask him to be our referee.

Yes, Mr. Fong knows basket-ball rules well.

He will make a very good referee

Are you all ready?

Wait a minute.

All ready.

Whistle! please.

All right. Ready!

LESSON XIII

Play tennis (b)

Deuce 相等 Worn-out 破壞

Serve 發球 Wrong court 不合格球

Mr. Wang, shall we play tennis?

Good! Let's play.

But where are the balls?

They are in Mr. Li's desk.

You go and bring the balls here.

Oh, Mr. Sun, one of the balls has been worn-out.

Then we only use one ball.

Who is to serve the ball?

You do that, please.

All right, I'll serve the ball then.

Ready!

All right.

Wrong court.

Again.

Love fifteen, fifteen all, thirty fifteen, thirty all, thirty forty, Deuce.

What is called, Mr. Sun?

Deuce one.

No, deuce again

All right.

Now deuce one.

Yes, deuce one.

Game.

LESSON XIV

Foot-ball match

match 比賽 result 結果 tie 輸贏一樣
team 隊 favor 勝

I didn't see you yesterday. Did you attend the
foot-ball match?

Yes, I did.

What was its result?

Its result was a tie.

Was that so?

Yes, quite so.

Did Lee take part in the game yesterday?

No, he didn't.

Oh, I see. That's the reason why the result
was a tie.

Yes, I think so.

Otherwise, the victory would be ours.

That's the idea; but in comparative speaking,

Practical Athletic Conversation (27)

our team is rather poor this year.

What was the score of last year?

The score of last year was 3 to 2 in our favor.

Oh, I see.

LESSON XV

Play volley-ball(b)

Win 勝利 Pass 傳

The volley-ball will be played we should need more practice.

All right, we all should take much care of the ball and try to win some games.

Number one serve.

One point.

Net ball, two more, two points.

Side out.

Out side, one more, ten all.

One more. fine, ten and eleven, change side.

Double, side out.

Touch net, their ball.

Nineteen and twenty.

Jump, nineteen and twenty one, game.

Now we pass the ball.

LESSON XVI.

Play Basket-ball(b)

regulation 章程,規則 ability 技能
compelled 勉強 modified 形容,改變
accordingly 依照,于是 portions 部分
detail 詳細

Winter is the best season for basket-ball playing. Are the girls playing at the same time?

Yes, sure, but there is some difference on regulation.

Then what's the rules for girls?

The play ground for girls playing has two more boundary lines.

What is meaning for that?

It's simply because the girls athletic ability are much less than that of male sex. Hence the rules are compelled to be modified.

Oh! I see. Please explain in more detail.

All right! Divide the play ground into three equal portions, players cannot go over their own lines, if so, then they should be punished accordingly.

That's much better, otherwise it will be too tired for them on running to and fro.

Well, the weather begins to cool, so we can start practicing.

Oh! Wait until fine weather comes. We shall go and play together.

To be sure. I shall accompany with you during that time.

LESSON XVII

Play Base-ball (b)

Quarrel 吵鬧, 爭鬥 Annoying 混鬧

Positively 必然, 確然 Duties 義務, 本分

Direction 命令, 指揮

Baseball is a delightful game for Spring!

Yesterday there was an indoor baseball match
at the public play ground.

Did you see the game?

No, I did not, because we had an athletic
meet of our own in school.

Then how do you know there was a game at
the public play ground?

Oh! my sister went there. She told me all about
it.

I wonder which side won the game?

I am told that somebody broke the rules, a
quarrel took place and the game came to a

stop before it could be ended.

What an annoying thing it is that some athletes do not keep to rules!

Positively! I think if we should have a game with some friendly party, we must keep to rules closely.

That is right, One of the most important duties of an athlete is to obey directions of the referee.

Well, time is getting late, I am going back.
Good-bye!

Good-bye!

LESSON XVIII

Play tennis. (c)

headache 頭痛 join 繼續, 加入

Mr. Chen, why don't you come and play tennis with us these days?

Day before yesterday I came back late and to-day I feel headache. Therefore I can't play.

Can't you play to-morrow, then?

If I feel better to-morrow, I'll come.

I hope you will soon get over your headache.

Thank you, I hope so too.

Mr. Hu, come and join us playing tennis. We need only one man to start the game.

I'll come in a minute.

You take this side while I go to the other.

All right.

Shall we serve the ball, or let them do it?

Let them serve.

LESSON XIX

Play Volley-ball(c)

decide 決定 Points 分數

defeated 失敗

Mr. Chew, we had better stop our volley ball playing.

Why?

Because we are both tired.

Try one more game.

All right, then we can decide who is the winner.

Wake up and play a good game.

Then all watch the ball.

Oh! Mr. Wang, why do you take his place?

I fear that he may lose that ball.

Your side is out now.

Why?

Because he touches the net.

Practical Athletic Conversation (35)

How many points are left there?

3 points more.

Oh, our side is defeated now.

Don't be discouraged, try next time.

LESSON XX

Play Basket-ball(c)

team 隊 forward 向前

Present 到

Have you all been present or not?

We are all present, but in their team one player is awaited.

Oh, he is coming, now every one is present, blow the whistle.

Ready!

Mr. Lu, please be careful, don't let number three catch the ball.

All right, better for you to keep every opposite player one by one from catching the ball.

Mr. Mei, be quick to throw the ball into the basket.

Oh, please rush forward.

Ah, you pass the ball too slowly, don't come

to this side, but that one,

Only three minutes more, please do your best.

Now time is over.

Shall we play five minutes more.

No, we are too tired.

龐權氏啞鈴操

江浙
朱士方譯

定價四角
十月出版

本書內容，共分兩編。上編計
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PART TWO

LESSON XXI

Lectures on Physical education

Lectures 演講 Lecturers 演講者

Physical director 體育主任 Experts 專門家

Admit 允入 Guest 來賓,客

Exclusive 除此以外 Allowed 允准,聽從

Mr. Chang, I haven't seen you for a long time.

How are you?

Thanks, very well. And yourself?

I am nicely, thank you. I learn that your school will hold a meeting to-morrow in which lectures will be given. Is it true?

Yes, true.

What are the lectures going to be?

Mostly on physical education, I am not quite clear of



Who are the lecturers?

Well, besides our physical director, there will be some experts on that subject.

Do you admit guests?

No, sorry. The meeting will be exclusive to our own students only.

Then I am not allowed to attend the meeting to-morrow?

No. Hope you will excuse us.

Certainly.

LESSON XXII

Don't eat too much

Digestion 消化, 融化 Prescribe 開藥方

Medicine 藥 Vegetable 蔬菜

Advice 勸戒

Good night, Dr. Kiang.

Good night, Mr. Fu.

I have been suffering from indigestion.

I wish you will prescribe for me.

I see. How much do you eat every day?

I eat three meals a day, just as every-body does.

And how much do you eat during each meal?

As a rule. I eat four bowls of rice, besides some meat and vegetable.

Oh, you eat too much. Mr. Fu. Now how much time do you spend in eating four bowls of rice?

About ten minutes.

Oh, what a fast eater you are! No wonder your digestion is bad.

What medicine are you going to give me, Dr. Kiang?

Well, I have no medicine to give you, but here is my advice, eat at most two bowls of rice during each meal and spend at least twenty minutes on it.

Then I will try it.

Yes, try it.

LESSON XXIII

After meal

lunch 午膳 meal 餐 least 至少

Oh, my dear sister, better come rightway.

For what?

How can you take exercise just after your lunch time?

Because I like to play ball.

You cannot learn how to play it in one day.

Then how many minutes should be allowed for rest after meal?

At least one hour, for weak person 2 hours.

What is the proper time for me to take rest after dinner?

One hour is enough for you.

Then I shall go there until half past two.

I will come at that time.

That is good, Miss Wang will come also.

(44)

Part Two

Where did you get that news?

She herself said so.

LESSON XXIV

Take a rest

Drill class 體操班 Since 因為,以前

Depart 離開

Miss Pih, why were you absent for so long a time?

Because I have ill-legs.

What is the cause?

Last time I did not dance carefully.

How about now?

Thank you, although they are getting better now, yet I still dare not attend drill class.

Yes, it is better for you to take rest for a few days.

Mr. Chu also advised me on that.

Hello, Miss Pih, are you getting back now?

Yes, it is quite a long time since we departed from each other.

Yes, I am always thinking of you.

This is a class on games. Do you attend it?

Yes, I will

The bell is ringing. Better go now.

LESSON XXV

Take a walk

Foolish 愚的, 呆的 Public Playground 體育場

Good afternoon, Miss Ling.

Good afternoon, Miss Ku.

What a fine day it is to-day! Shall we take a walk?

Yes, we may. It is indeed foolish to stay in doors on so fine a Sunday afternoon.

Quite so. Where shall we go?

I think we may go to the Public Play ground.

All right, go to the Public Playground.

Let us call for Mr. Ting, as we go by.

I think he is not at home.

Why do you think so?

Because he goes to the chunh every Sunday, and he does not like to take any exercise on Sunday.

(48)

Part Two

Is he a chrialian?

Yes, he is.

Oh, I see.

LESSON XXVI

Promote Athletics for girls

devoting 專心 promote 倡提
Impressed 印子心 Increase 增加
capacity 力量 prohibit 妨礙
development 發達, 開展

Miss Liang, are you devoting on athletics during these few days?

Quite true, I am studying now.

How do you think about Promote Athletics for girls; is there any trouble?

No other troubles, -except those bad habits which are so deeply impressed in girls' brain for thousand years, are hard to get rid of.

What are they, can you mention some?

Oh! yes, first, they like to wear those clothes so fashioned as to limit the chest up.

What is the second then?

They like to put on high heel shoes to increase their beauty.

What had effects from these two?

The one limits the capacity on breathing causing lungs weak in future, while the other prohibits the muscular development.

Then we should find some way to correct it. Those Athletic men should show us the proper way.

Thank you for your kind advice. Good-bye.

Good-bye.

LESSON XXVII

The track games for girls

Relating 談及 High hurdle 高欄

Low hurdle 低欄 Personally 自己, 本身

Mr. Vong, have you read over to-day's paper?

No, I haven't; how about you?

I just read over some of it.

Is there any news relating to Athletics.

Yes, there is some, I shall tell you rightnow.

Many thanks.

The main topic is that the rules covering field games for girls have been written out.

Oh! Sure, It is an important affair indeed.

That's why I tell you now.

How many kinds of games have they passed out?

There are nine articles such as high Hurdle, low Hurdle etc. besides 50 meter and 100 meter

dash.

By whom or at which place do they decide those rules?

I have heard that they were passed out by the Athletic Association of Hunan province. If you want to know them in detail, better to go there and read them over personally.

Oh! yes, I shall go now.

LESSON XXVIII

Dancing

Surnamed 姓氏 Aesthetic Dance 優秀舞
Folk Dance 土風舞 Respective 相關的
Merit 功,應得

Have you any class, Miss Fan?

Yes, and you?

No class. What class have you?

Dancing class.

Who conducts it?

A woman teacher surnamed Shew.

What kind of dancing does she teach?

Aesthetic Dance and Folk Dance.

Which do you find more interesting?

They have their respective merits.

Aesthetic Dance is more interesting, but Folk
Dance is necessary.

You have got the idea. I, who agree with you

very much, have learned both of them a little.

Will you go to class?

Good-bye!

Good-bye!

LESSON XXIX

Swimming.

Swimming 游泳 suit 適宜 fail 失望

Are you interested in swimming?

Yes, I am greatly interested in it.

You are a swimming expert, I suppose.

Oh, no, I am very fond of it, but I am not
a Good hand.

At what time do you go to swimming every
day?

I go to swimming at four o'clock in the after-
noon.

At what place?

In the Y. M. C. A. swimming pool.

With whom do you go there?

Nobody else. I go alone, would you like to go
with me tomorrow?

Yes, I will.

What time will suit you best? Say, 4 o'clock.

All right?

Yes, that's all right.

Then do not fail me, if you can help it.

I won't fail you. It would be too bad for you
to wait for me in vain.

LESSON XXX

Boyscout(a)

Boyscout 童子軍 First class 高級

Low class 初級 Flag demonstration 旗語

Quickly remedying 急救 Uniform 制服

Mr. Cho, shall we attend the boyscout class to-day?

Yes, you will. But a test will be given to the first class.

How about our low class?

You are not going to be tested. But you should review your old lessons.

Mr. Cho, can all our lessons be finished in this term?

Perhaps, we can finish them, but we have not enough time to finish the lessons of the first class.

What kinds of lessons of the first class are the most important?

There are some kinds such as flag demonstration, and quickly remedying.

Is it difficult to learn them?

There is no trouble in learning them, if you can study carefully and practice more.

Oh, only three minutes are left. I am going to put on my uniform, we shall attend class.

Very well, be quick to go and come back.

As soon as I have been dressed, I come back.

LESSON XXXI

Boyscout (b)

Record 記錄,成績 Tolerable 尚可

Attendants 同行者,到者 Lack 缺少,須要

Communications 交通,報告,消息

Participators 有分者,共享 Regiment 聯隊

Recollect 想起,回想

Where did you come from, Miss Feng?

From Nanking.

What was your business there?

They had a boyscouts meeting there, and invited me to be an umpire.

Oh! I wish to have been there. How was the record?

Tolerable, except that the attendants are few.

How many?

Only over one thousand.

Why was this?

Because of lack of communications.

Which got the best record?

No. 14 whose dressing and exercising are equally good.

Which did the worst?

More than one regiment, which as I can not recollect right now. let me tell you sometime latter.

LESSON XXXII

The School Athletic meet

probably 或者 crowdy 擁擠

stimulate 振作, 鼓動 opinion 意見, 意思

Miss Mah, do you know that our school will have an athletic meet soon?

Who tells you that news?

Mr. Chu.

At what date?

Probably at the beginning of the following November.

Then we ought to get ready.

To be sure. Next week we begin to practice.

How about middle school?

Oh, also joins, even the primary one.

Then it will be very crowdy on that day.

Yes, in that way it may stimulate more or less public opinion towards athletic in future.

Have you any more classes to attend?

No, I shall go back home just now. Good-bye.

Good-bye.

LESSON XXXIII

The Provincial Athletic meet

represent 代表 noticed 注意,看見

Prize 獎

Where did you go last week?

I went to the Provincial Athletic meet of Kiangsu held on the public play-ground of Chinkiang.

Was that so? Did you see Mr. Ting over there?

No, I didn't see him.

He told me that he was there too. How could it be that you did not see him.

Did he take part in the meet?

Yes, he did.

What school did he represent?

He represented "Shanghai Middle School."

What did he take?

He took one hundred-yard dash.

What, he took one hundred-yard dash?

Yes, he won the first prize, and you should have noticed him.

Was it he who won the first prize?

Yes, d, it was he.

I noticed the man who won the first prize; but sorry I did not recognize him.

Oh, I see.

LESSON XXXIV

The National Athletic meet

Gymnasium 操場 Fetch 追及

Entrance tickets 入場券

National Athletic meet 全國運動會

Where is Miss Bao? I want to see her.

Have you anything important to see her about?

Yes, I must see her this time. Can you tell me where she is?

I am sorry I do not know exactly where she is. But I think she has gone to Gymnasium.

All right, I must go and fetch her.

Hello, Miss Bao.

Hello, Miss Loh, whence have you come?

I came from my school.

Have you anything important to tell me?

Oh, no, I can tell you an unimportant news. I give you some entrance tickets, for tomorrow the

national athletic meet will be held.

Thank you very much.

Never mind.

Now I shall go back, I hope you to go to the national athletic meet tomorrow.

Well, I must go there.

LESSON XXXV

The Far Eastern athletic meet(a)

Far Eastern Athletic meet 遠東運動會

Afraid 恐懼

Qualified 合格, 資格

Good day, Miss Pang.

Good day, Miss Chow.

What are you doing?

I am reading a newspaper.

What paper are you reading?

I am reading the Shun Pac.

Can you tell me an important news?

Yes, I shall tell you the Far Eastern Athletic meet news.

All right, I am glad to hear it.

This time we were defeated in track and field athletics and swimming.

How well did they play balls?

They also failed in playing volley-ball, basket-ball and base-ball. But we won the game in playing foot ball.

Oh, China is yet known for her active foot-ball team, but we should need more practice in the games of track and field athletics and ball games] or I am afraid we shall not be qualified to play the games with others.

Yes, I think so,too.

LESSON XXXVI

The Far Eastern Athletic meet(b)

Take Place 舉行 Honor 榮譽

Champion Games 錦標運動

Philippine 菲列濱

How many times did the Far Eastern Olympic take place?

This is the seventh time.

Where does it take place?

It is in Philippine. I have heard that it will do again in China next time.

What are the Champion games?

There are seven in kind; namely Foot Ball; Base Ball, Basket Ball, Volley Ball, Tennis, Swimming and Track and Field. Did our country get any Championship this evsenth time?

I am sorry to say, we get only one Championship.

Which Country is the first?

It is Philippine.

What is the standing of China.

Very sorry indeed! She is third, the last one.

But I hope the honor will be ours next time.

LESSON XXXVII

The Far Eastern Athletic meet(c)

Pentathlon 五項運動 1500 Meters Run

一千五百米賽跑 Decathlon 十項運動

100Meters Run 一百米賽跑 Running Broad

Jump 急行跳遠 Running High Jump 急行跳高

Javelin Throw 擲標鎗 Shot Put 推鐵球

200 Meters Run 二百米賽跑 Hurdles 蹺欄

Discus Throw 擲鐵餅 Pole Vault 撐竿跳

What are the order of events in Pentathlon?

The Pentathlon consists of five events and the order shall be as follows.

Running Broad Jump.

Discus Throw.

Javelin Throw.

1500 Meters Run.

200 Meters Run.

How many events are there in Decathlon and

what is the order of the events?

The Decathlon shall consist of ten events and the order of events shall be as follows:

First day 1. 100 Meters Run.

2. Running Broad Jump.

3. 16 Lb. Shot Put.

4. Running High Jump.

5. 400 Meters Run.

Second day 6. 110 Meters High Hurdles.

7. Discus Throw.

8. Pole Vault.

9. Javelin Throw.

10. 1500 Meters run.

LESSON XXXVIII.

The athletic magazine of Ai Kuo

magazine 雜誌 classifies 分類

theory 理論 hygiene 衛生

references 參考,引證 miscellaneous 雜類

pamphlets 著作

Miss Yu, I have heard that Athletic magazine of Ai Kuo Girls' School has been published out just now. Do you know that?

Is it true, how about its contents?

It classifies into five headings such as the theory on hygiene; teacher's references on sports and miscellaneous topics.

What is the price for each copy?

50 cents.

Is there any discount for that?

Sure, 20 percent discount.

Then only 40 cents a copy. It is not dear at

all.

Yes, I notice that very few magazines on the market concerning athletics, those for girls even still rare to be seen.

Now I hope that our athletic men should write more pamphlets on girls part.

Yes, I agree with you.

Miss Liu, if you go there to buy such books, please do favor to buy one more for me.

All right, I shall buy for you:

LESSON XXXIX

The athletic magazine of Chinese athletic
association

Chinese Athletic Association 中華體育會
concerning 講到,論及 croquet 槌球
transact 辦理,料理 member 會員,會友
club 會

Where are you going, Mr. Dun?

I am going to Chinese Athletic Association.

For what?

I wish to visit a friend of mine, who is one
of the member of this club.

Is there any important affair to transact?

No, simply I wish to know whether that
athletic magazine has been published out or not.

Oh! That has already been published out once
I saw it in our school library.

Have you seen a book which was written by

me concerning the physical education of girls?

Yes, I saw it, but have not read it all over.

Then I will not go now.

Do you like to go to our place to play croquet
Just now?

All right I like to do so.

In what direction shall we go forward?

To the east.

LESSON XL

The History of physical education

The History of Physical education of the
western countries 西洋體育史 Career 履歷

Pehr Henrik Ling 林氏(瑞典體育家)

Sweden 瑞典 Inventor 發明家

Sweden-Style gymnastics 瑞典式體操

German-Style gymnastics 德國式體操

Gutsmuths 哥斯姆斯(德國體育家)

John 楊氏(德國體育家) Iron bar 鐵杠

Parallel bar 雙杠 Thorough 熟悉

Miss. Tseng, what are you reading there?

I am reading the history of physical education.

What history of the physical education?

A history of the physical education of the
western countries.

Then, I should ask you about some western
educationalists.

As you please.

What was the career of Pehr Henrik Ling the Sweden educationalist?

Oh! he is the inventor of Sweden-Style gymnastics.

Yes, he is the father of it.

And who invented Germanstyle gymnastics?

It is German Gutsmuths.

Who else?

German John the inventor of the iron bar and the parallel bar.

That's right. You have a thorough idea of the history of physical education. Now, we both have class; let us talk again next hour.

All right, all right.

實用體育會話

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實用體育會話

卷 上

第一課

現代學校

這是什麼？

這是一個現代學校。

你怎麼知道的？

我從大的門，大的窗，和大的遊戲場才能知道的。

大的窗有什麼用處？

大的窗可使有充分的光線和新鮮的空氣。

充分的光線對於健康是否和新鮮的空氣全樣需要？

是的，當然。

暗室和濁氣是不是不利於健康？

是的，暗室和濁氣是有損於健康的。

哦，我知道了，那末大的遊戲場有什麼用處？

大的遊戲場可使學生們在休息時間裏遊戲。

(2)

卷

上

是這樣的嗎？

是的，學生應該有一個時間暫把功課忘記到遊戲場去遊戲。

第二課

愛國女校

章小姐，你在什麼學校讀書？

我在愛國女校。

愛國女校在那裏？

在上海江灣路，

你在何科何年？

我在體育科一年級

體育科要幾年畢業？

三年畢業。

學些什麼課程？

分術科與理論兩種

那一種主要？

兩科並重的，

國文算學有沒有？

國文有的，算學沒有。

攻進去難不難？

並不難祇要有中學畢業文憑就行。

那麼我明年也去放去。

好的，我很歡迎。

第三課

不要太用功

你好啊？

你好啊？

你爲什麼總在課室裏坐着？

我忙得很哪。

不要太用功；那是有傷你的身心的。

我不過要趕上我的功課罷了。

你應該用些時間去遊戲。

是的，我也以爲如此。

你在這裏用功多少長久了？

大約二點鐘了。

這屋裏的空氣不潔淨。

是的，這屋裏是不甚通氣。

如果你要保重健康，你該即刻休息。

是了，我聽你的忠告罷。

第 四 課

遊 戲

小孩子都喜歡遊戲嗎？

是的，他們都喜歡的。

他們喜歡什麼遊戲？

有幾個喜作打鞦韆，有幾個喜作
賽跑。

遊戲怎能助身？

遊戲能使我們的身體強健。

散步或賽跑是不是好的運動？

是的，這是一種好的運動。

遊戲怎能助心？

遊戲使心少休則以後作事較佳。

你以為要強心須先強身，是的嗎？

對啊，每一個人，不論大小需要幾種運動。

第五課

天天運動

你每天在那裏練習運動，是不是？

是的，喔，運動多少有益啊！

我看你一年到頭運動，不覺得厭煩嗎？

喔，那裏會厭煩，我問你，你一年到頭吃早飯厭煩不厭煩？

那當然不厭煩的。

那沒我練習運動是一樣的道理，那裏會厭煩呢？

但是我看不出爲什麼會一樣的？

那沒我來解釋你聽，第一我享受運動正和你享受早餐一樣。

是的，請再講下去吧。

第二我有運動的習慣，好像你有吃早餐的習慣一樣。

假如你喪失吃早餐，那一定不高興。

難道你失脫了運動，你也是不高興嗎？

一些不錯，我看你頂好也要每天運動運動才好呢。

是的，不錯；我想也要試着運動運動。

第六課

你運動什麼？

你是否天天運動？

是，我天天運動的。

你運動什麼？

我空手運動。

你玩啞鈴和棍棒嗎？

是的，但並不常常玩。

你天天早晨練呼吸嗎？

我練啊，那是很要緊的。

你喜歡各種劇烈運動嗎？

是的，各種劇烈運動，我都很歡喜。

那末你是個劇烈運動家。

並不。

我想你也喜歡各種球戲。

是的，但是網球我最歡喜。

第 七 課

早 操

殷先生，我近來身體很不好，你看怎麼樣好呢？

你早上起得早嗎？

很早，但是沒有事情做。

那末操操早操不是很好嗎？

是的，我想操鍊操鍊，可惜沒有好的材料。

我看米勒氏五分鐘呼吸運動頂好。

共有幾節？

一共九節，每一節中間還有一節休息呼吸。

你可以教我嗎？

行，等我過了這個星期我來教你。

很好，不過沒有操場。

不要操場的，就在這裏天井裏也行。

下禮拜那末我在這裏等你。

行，我一定來。

第八課

天天洗澡

你天天洗澡嗎？

是，我天天洗澡的。

天天洗澡有益於你的健康是嗎？

正是。

你天天在什麼時候洗澡？

在早晨起牀以後就去洗澡的。

我以為你在洗澡前先該運動一下，使身體暖了。

正是，日常我是運動後才去洗澡的。

不然的話，洗澡是有損於你的健康的。

是的，我也以為如此。

你洗冷水澡嗎？

是的，就是在冬天我也用冷水的。

那一種比較更為有益，冷水澡呢，還是熱水澡呢？

我不能說；不過冷水能使皮膚耐寒，熱水洗得更乾淨些。

第九課

網球(一)

那種運動最適宜於婦女？

我想要算是網球了。

何以呢？

因為這種運動不像足球那樣劇烈，所以常常適合於婦女。

玩網球應當有什麼器具？

網，網拍和網球都是必須器具。

網掛在何處？

網當攀懸在兩柱的中間。

你家裏有網球場麼？

是的，我家花園裏東面有兩塊網球場。

你家有多少是能玩網球的？

哦！差不多個個都能玩，但是要算嫂嫂和我是最歡喜。

第十課

棒 球(一)

今天天氣很好，打棒球頂適宜了。

現在大家預備好嗎？

我們分配好了。

好，第一擊，第二擊，出異，(第三擊，還有一次機會)第四擊，出去(出退一個)

發第一個不好球，第二個，第三個，第四個，占據一壘。
好球，快跑！

現在出三人了，換一邊罷。

出去，因為球在空中，已經被他們拿到了。

得球，因為他已經踏到壘了。

出去(二人)因為球先到。

出去(第三人)因為球觸到他自己身子的緣故。

一分，因為有一人跑進本壘。

現在我們停止罷。

第十一課

隊 球(一)

朱先生，今天我們要不要練習隊球？

要練習的。

那末我們先去劃場子去。

場子的大小，你們知道嗎？

不知道，場子要多少長？

六十呎到九十呎。

要多少寬呢？

三十呎到四十五呎。

網要掛多少高？

十一呎高。

一共劃幾條線呢？

除了邊線底線之外，再劃一條中線那就行了。

第十二課

籃 球(一)

今天天氣很冷我們去打籃球去吧？

好的，但是人太少沒有興味。

不要緊，我們不過運動運動溫暖溫暖身體罷了。

那末少一二個人也不要緊的。

我們大家去吧。

球同帶子一同拿去。

曉得了。

方先生他說脚痛，我們叫他做評判吧。

方先生籃球規則最熟，叫他做評判很好。

大家預備好麼？

請等一會兒。

預備好了。

請吹叫吧。

知道了，預備。

第十三課

網 球(二)

王先生，我們去打網球好嗎？

好的，去吧。

球放在什麼地方？

在李先生課桌裏。

你先去，我拿球去。

孫先生呀，一個球已經破了。

喔，那末我們用一個球也行。

誰先發球？

你先發吧。

好，我先發。

預備！

知道了。

這個球不好。

再發吧。

零與一，大家一，二與一，大家二，二與三，大家三。

相等。

孫先生，現在多少了？

相等多一個。

不對，正是相等。

曉得了。

現在是相等多一個。

是的，相等多一個。

一局完了。

第十四課

足球比賽

昨天我沒有見你，你去看足球比賽嗎？

是，我去看的，

結果怎麼樣？

大家都輸贏一樣。

真的嗎？

是，當正的，

李君昨天在裏頭踢麼？

沒有，他不加入。

哦，我知道了，這就是大家沒有輸贏的緣故，

是，我也想如此，

不然，勝利定屬我們的，

對啊，不過比較的說起來，今年我們的球隊不很好呢。

去年雙方比賽的分數如何？

我們贏三分，他們只有二分。

哦，我知道了。

第十五課

球(二)

隊球快要比賽了，請大家好好兒練習練習。

曉得了，我們要特別留意，多勝幾局。

一號發球。

一分。

網上球，還有兩次，兩分。

失敗。

出界，還有一次，大家十分。

還有一次，好球，十分，十一分，換一邊。

連拍兩次，失敗。

觸網，他們的。

十九同二十。

跳！十九同二十一，一局。

現在我們練習傳球罷。

第十六課

籃 球(二)

冬天是練習籃球的最好時期，女子是不是也在這個時候？
是的，不過他的規則，稍為有些不同。

女子的規則怎樣？

女子籃球中多兩條界線。

那是什麼意思？

因為女子的能力，不及男子，所以規則不能不改變。

喔，我明白了，請你再詳細解釋我聽。

知道了，場子分了三部分之後，球員不能跑過自己的界線。

；如跑過，則要受罰的。

這樣子好多了，可以免往返的勞苦。

現在天氣快冷了，我們可以開始練習了。

喔，等有好的天氣，我們再去玩罷。

當然，我到那時候一定要來玩的。

第十七課

棒 球(二)

現在春天打棒球最好。

昨天公共體育場比賽棒球。

你去看過沒有？

我因為校內開運動會，所以沒有去。

那末你怎樣知道的？

我的姊姊去的是她告訴我的。

不曉得那一邊勝？

聽說有一邊不守規則，所以沒有比完就停止了。

運動員不守規則，乃是頂不好的一件事情。

是的，我想我們如果同人家比賽，一定要守規則才是。

對了，運動員最要緊的，就是要服從評判。

現在時候不早了，我要回去了，再會罷。

再會。

第十八課

網球(三)

陳先生呀，你這幾天打網球爲什麼不來？

前天我回來晚了，今天因爲頭痛，所以不能來玩。

明天你來不來？

明天如果頭痛好了，一定來的。

那末我盼望你頭痛快好。

謝謝你，我也是這樣想。

胡先生，你快來打網球吧，這裏還少一個人呢。

喔！我就來。

你在這邊，我到那邊去吧。

行。

我們先發球，還是讓他們先發？

讓他們先發吧。

第十九課

隊 球(三)

裘先生，我們隊球不要玩了罷。

爲什麼？

我們身體都倦了。

再打一局停止罷。

好的，那我們可以決賽那一邊勝。

大家提起精神來，好好兒打一局。

是的，大家眼睛要看球。

王先生呀，你不要搶他的位置。

不是搶他的，我恐怕他打不到那個球。

你們失敗。

爲什麼？

他手觸網。

還有幾分？

還有三分。

喲，我總失敗了。

不要緊，下次再來罷。

第二十課

籃球(三)

你們到齊沒有？

我們已經到齊了，他們這一隊還少一人。

喔來了，現在統統到齊了，請你吹叫罷。

預備！

盧先生，你要看住第三號，不要讓他接到球。

對了，你們頂好一個看一個。

魏先生，快投籃罷。

喔快跑上去呀！

呀，你傳球太慢了，不要到這邊到那邊去罷。

還有三分鐘，請大家努力。

好，現在時候到了。

我們再延長五分鐘罷。

不要了，太累了。

實用體育會話

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卷 下
第二十一課
演 講

張先生，好久不見了，你好呀？

很好，你好麼？

很好，聽說你們校裏明天開體育講演會，真的麼？

不錯，是的。

講些什麼？

講的都是體育上的事情。

請誰講？

除了我們的體育主任之外，還有幾位體育家。

來賓請麼？

不請，聽講的都是我們的同學。

那末我明天不能奉陪。

不要緊，請你原諒我們。

那自然。

第二十二課

不要吃得太多

好呀！江博士。

好呀！傅先生。

我近來消化器很不好，你替我開一個藥方罷！

我先要問你，你每天吃多少？

我和普通人一樣，每天吃三餐。

每餐吃多少？

我除了肉菜之外，每餐吃四碗米飯。

喔！傅先生你吃得太多了，你吃四碗飯要多少時候呢？

大概二十分鐘。

喔，你為什麼吃得這樣快，無怪你的消化器不好了。

你有藥給我嗎，汪先生？

我沒有藥給你，不過我有一個主張告訴你，就是你每餐至
多吃兩碗，時間至少廿分。

好的，我試試看。

是的，試試看。

第二十三課

飯後

喔，妹妹，你快來罷。

來做什麼？

你纔吃飯，怎麼就在這裏運動呢？

我因爲一心想把這球練習好。

那練習球，不是一天可以練好的，要慢慢才行。

你說吃了飯後多少時候可以運動呢？

至少一小時，身體不好的要二小時。

你看我飯後要多少時候才可以運動？

你大約過一小時就行了。

那末我到二點半再去練習。

那時我亦要來。

那很好，聽說王小姐也要來。

你的消息從那兒來的？

她自己說的。

第二十四課

養 息

畢小姐你爲什麼好久沒有上課？

因爲我的腿有病。

什麼病？

上一次舞蹈的時候，沒有留心，彎了一彎，好幾天走路也走不動。

現在好了沒有？

今天稍爲好一些，但是體操仍舊不能上。

不要上了，休養休養再上罷。

不錯，朱先生也是這樣說。

喔，畢小姐你來了嗎？

是的，我來了，好久不見了。

不錯，好久不見了，我很想念你的。

這一課是遊戲學，你上課麼？

上的。

那末鐘已經打了，去上課罷。

第二十五課

散 步

林小姐，你好呀。

顧小姐，你好呀。

今天天氣多少好，我們要不要去散散步？

是的，要的，今天是星期日下午，天氣又這樣好，在家裏
不出去，真是太呆了。

對呀，一些都不錯，但是我們到那裏去呢？

我想我們到公共體育場去罷。

好的，到公共體育場去。

我們去叫丁先生和我們一同去罷。

我想他一定不在家裏。

你爲什麼這樣想？

因爲星期日他要到教堂裏去做禮拜的，而且在星期日他
不歡喜作任何運動的。

他是個基督徒嗎？

是的。

喔，我知道了

第二十六課

提倡女子體育

梁小姐，你這幾天是不是在那裏專心研究體育？

是的，我現在正在研究。

你想提倡女子體育，覺得有什麼困難？

沒有別的困難，就是幾十年來的惡習慣，印在女子腦筋裏

印得太深了，不容易除去。

那幾種，請你說說看？

好的，第一就是他們喜歡穿時樣的衣服，去裝束她的胸部。

第二樣呢？

那就是穿高跟鞋，算增加美觀的。

這兩種的結果怎樣？

第一種就是約束她的呼吸力量，使她的肺柔弱，并且妨礙她肌肉的發達。

那沒我們應當想個好方法去矯正矯正，我說那許多學體育的人，應當先提倡起來才行。

不錯，我很感謝你的勸告，再會罷。

再會。

第二十七課

女子徑賽

馮先生，你今日的報看過沒有？

沒有，你看過嗎？

我看過一點兒。

有什麼體育新聞沒有？

有的，我來說給你聽，

多謝。

就是女子田徑賽項目已經規定了。

喔！這是一件很重要的事情。

我也是這樣說，所以特地來告訴你的。

規定的那幾種？

除五十米賽跑外還有跳欄等九項。

什麼地方定出來的。

湖南體育會，你如果要曉得他的詳細請你自己去看罷。

好，我去看去，

第二十八課

舞 蹈

范小姐你有課嗎？

有課的，你有課麼？

我沒有，你上什麼課？

我上舞蹈課。

舞蹈是誰教的？

有一位女先生姓沈的教的，

他教的什麼舞？

他教優秀舞有時教些土風舞，

你覺得那一種有興味？

兩樣都有興味，各有各的長處，

我覺得優秀舞有趣，但是土風舞又不能不學，

對了，你的話我也很贊成的，所以我兩種舞都學了一點，

你去上課罷，明天再見，

好，明天再見。

第二十九課

游 泳

你愛游泳麼？

是，我很愛游泳。

我想你是個游泳專家。

哦，並不，我愛游泳，却不是個好手，

你天天在什麼時候游泳？

午後四時，

在什麼地方？

在青年會游泳池。

你和那個全去的？

沒有別人，祇有我一個人去的，明天你喜歡和我全去嗎？

好，我很歡喜，

什麼時候，於你最相宜，我說明天下午四時，好不好？

很好，

那末如果你可以，不要叫我失望，

我不叫你失望，如果要你空候，那是太對不起你了，

第三十課

童子軍(一)

邱先生，我們今天童子軍課上嗎？

要上的，今天高級還要考呢。

我們初級怎樣？

初級不考，就溫習上次的功課。

邱先生，我們的功課，這學期能夠教完嗎？

大概可以教完的，不過高級功課，來不及教完了。

高級功課那幾種頂要緊？

那有好幾種，像旗語拉，急救拉，都是重要的功課。

這幾種功課學起來難不難？

祇要用心學，多練習，並沒有什麼困難。

喔，還有三分鐘就要上課了，我要去穿制服去了。

好的，你快去快來。

我穿好了就來。

行。

第三十一課

童子軍(二)

方小姐，你從那裏來？

我從南京來，

你在那邊幹什麼事？

他們在那邊開童子軍會，叫我做評判員。

噯，可惜我不能去，成績如何啊？

尚佳，除非到會人數略少。

多方？

祇不過超過一千個。

爲什麼這樣少？

因爲交通不便。

那一個成績最好？

第十四號，他的衣服和操練都很好。

那一個最壞？

一聯隊以上，現在我一時想不起來，容後再談罷。

第三十二課

學校運動會

馬小姐呀，我們校裏快要開運動會了，你知道嗎？

啞，我不知道，你聽誰說的？

我聽朱先生說的。

什麼時候開會？

大約在十一月初。

那末我們就要預備起來了。

不錯，下星期起就要開始練習了。

中學部加入嗎？

不但中學加入，就是小學也要加入的。

那倒很熱鬧的。

是的，這樣可使外界對於體育興味比較好些。

你還有課嗎？

我沒有課了，現在就要回去拉，再會。

再會。

第三十三課

省運動會

上星期你到那裏去的？

我幹那鎮江公眾運動場上的江蘇全省運動會去的，

正是這樣嗎？你有沒有看見丁君？

沒有見他？

他說他也在那裏？怎麼會不見他呢？

他加入運動嗎？

是，他加入的。

他代表什麼學校？

他代表“上海中學”。

他加入什麼運動？

他加入百碼賽跑。

什麼，百碼賽跑他也加入的麼？

是，他得了第一名獎賞啊，你該看見他。

得第一名獎的，原來是他麼？

是的是他。

得第一名獎的，我是看見的，但是可惜沒有認清他。

哦，我知道了。

第三十四課

全國運動會

鮑小姐那裏去了，我要找她。

你找她有沒有緊要事情？

有的，我這時候一定要找他，你能告訴我他到那裏去了麼？

我很抱歉，我不能知道她的確在那裏，但我想或者她在操場上。

知道了我定去找她。

喔鮑小姐！

喔陸小姐，你從什麼地方來？

我從學校裏來。

你有沒有緊要事情告訴我？

哦，沒有，我沒有什麼新聞告訴你，不過我因為明天開全國運動會，我特地送二張入場券給你。

謝謝你。

不要客氣。

現在我要回去了，我希望你明天一定去。

好的，我一定去。

第三十五課

遠東運動會(一)

好呀，潘小姐。

周小姐，你好呀。

你在那裏做什麼？

我在這兒看報。

你看的什麼報？

我看申報。

有沒有什麼要緊新聞告訴我？

我告訴你一些遠東運動會新聞罷。

好的，我很喜歡聽。

這一次田徑賽和游泳我國完全失敗。

球類怎樣？

球類像隊球籃球棒球等也是失敗的，不過足球是中國優勝的。

喔中國足球大家知道很好的，不過田徑賽和球類運動要好

好兒練習才行，否則恐怕要沒有資格和人家比賽了。

的是，我也是這樣想。

第三十六課

遠東運動會(二)

遠東運動會已經舉行幾次？

這回已經是第七次了。

這回在什麼地點舉行？

是在菲列濱，聽說下次又到中國來了。

什麼幾種是錦標運動？

錦標運動有七種，他的名目就是足球，壘球，籃球，隊球，游泳，網球及田徑賽。

這次運動會中國也得着什麼錦標嗎？

慚愧得很，我們僅僅得着一種錦標。

那一國得着第一？

是菲列濱。

中國的名次怎樣？

可恥極了！中國是第三就是末位，但是我狠希望下次我們中國能夠獲得第一的榮譽。

第三十七課

遠東運動會(三)

五項運動的次序怎樣？

五項運動共有五種運動，次序寫在下面：

- 一 急行跳遠
- 二 擲標槍
- 三 二百米賽跑
- 四 推鐵餅
- 五 一千五百米賽跑

十項運動的次序怎樣？

十項運動包括十種運動，次序如下面：

- 第一天：
- 一 一百米賽跑
 - 二 急行跳遠
 - 三 16磅鐵球
 - 四 急行跳高
 - 五 四百米賽跑
- 第二天：
- 六 一百十米跳高欄
 - 七 擲鐵餅

- 八 撐篙跳
- 九 擲標槍
- 十 一千五百米賽跑

第三十八課

愛國體育彙刊

余小姐呀，愛國女校的體育彙刊已經出版了，你知道嗎？

是真的嗎，內容怎麼樣？

內容分五部如衛生理論專門教材和雜俎等。

每冊定價多少？

定價五角大洋。

有沒有折扣？

有的，百分之二十。

那末祇四角大洋，這倒不貴。

是的，我覺得關於體育的雜誌很少，對於女子的更少。

我很希望許多體育專家對於女子體育材料多發表些。

是的，我與你有同樣的意思。

劉小姐，你如過去買，請你替我帶一本。

行，我替你多買一本。

第三十九課

全國體育協會雜誌

鄧先生，你到那裏去？

我到全國體育協會去。

你去幹什麼？

我去看朋友，他在那邊做幹事的。

有什麼重要事情去料理？

沒有什麼重要事情，就是去問問他們的體育雜誌出版沒有？

喔已經出版了，我在我們學校裏的圖書室裏看見的。

我有一篇關於女子體育的論文，你有沒有看見？

有的，不過我沒有看完。

那末我不去了。

你現在到我們那邊去打檯球去好嗎？

好，我喜歡的。

我們往那一邊走？

往東邊去罷。

第四十課

體育史

曾小姐，你在那裏讀的什麼？

我讀的是體育史。

什麼體育史？

西洋體育史。

那沒我要問問你西洋的幾個體育家。

行，你問我好了。

瑞典體育家林(Pehr Henrik Ling)

他做些什麼事業？

喔他是發明瑞典式體操的。

不錯，他是瑞典操的鼻祖。

德國式體操是誰發明的？

德人哥斯媽司(Gutsmuths)

還有誰呢？

德人楊氏(Juhu)他是發明單雙器械的。

不錯，你體育史的確純熟，現在我們要上課了，下一點鐘再談罷。

行，下一點鐘再談罷。

中華民國二十一年九月初版

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