

貧民體育會

朱士方 胡尚新 合編

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朱方編

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

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,

July, 1932.

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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.

(4)

Part One

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

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 exercise.

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 every day.

Yes, I will try.