GIRL TELLS HOW She grew strong

Miss Furry Plays Hard in Open Air, Eats Plenty of Most Wholesome Food.

Gained Strength in Legs by Mountain Climbing; Lifts 800 Pounds 'Just as Easy'

BOSTON, Dec. 20—"I had to come to Boston and to Harvard to have greatness thrust upon me!" exclaimed Miss Mabel Furry of Seattle. Wash., the prize strength pupil of the department of physical education of the Harvard summer school.

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Girl Tells How She Grew Strong

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{ this authors note: **Eugen Sandow** (April 2, 1867 – October 14, 1925), born **Friedrich Wilhelm Müller**, was a German pioneering bodybuilder known as the "father of modern bodybuilding".}

"And there is nothing unusual about me, either," she declared. "Just come out to Seattle and you will find load...of girls as strong as I am."

Miss Furry stands five feet seven and a half inches in her stocking feet and weighs 180 pounds. There is not one pound of superfluous flesh. She is all muscle and concentrated energy.

"From 5 to 19 a lecture is heard on preventative medicine, from 10 to 11 methods of teaching, then from 11 to 1 methods are put into practice and a busy two hours is given to dumbbell exercise, marching tactics and general calesthenics. After funchoon come more tennis and long walks, getting back in time for dinner---"for which we are ready, belleve me, laughed Miss Furry.

Corsets and high-heeled shoes are equally pernicious, Miss Furry thinks. "I cannot understand why girls should willingly put themselves into corsets are. Then, again, they stunt corses are. Then, again, they stunt the growth of the hedy and rob it of its natural grace, so they are not comfortable. Nobody can be healthy and happy who is all the time uncomfortable."

Miss Furry, who is a graduate of the University of Washington, is ph.sical director of the Queen Anne high school in Scattle.

As to her methods of instruction, she said: "I do not believe in an set form of training for girls. Different constitutions require different instruction. That must be studied just as the raised of the individual is consldered, but to everyone plenty of outdoor exercise and hard and earnoust playing makes for physical preparedness and," she added thougattelly, "with physical preparedness the brain is ready to do its part."

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She attributes her rush into college limelight due entirely to the anusual streagth of the lower muscle of her legs which has been gained mostly from constant and systematic mountain elimbing. She can lift with ease 350 kilos or 800 pounds, the veight being placed over the limbs above the knees. She has a grip of 10 kilos and he total strength points reach 459 kilos, the highest of the class.

Dr. Sargent said the men of the summer school proved only one-third tronger than the women, and that do percent of the men were below the two highest women in their marks. "So you want my "receipe"," she queried. "Well, it isn't easy, unless you just love the life of action – the outdoor life. Ever since I was a child I have played hard. I have eaten wholesome food and plenty of it and just lived, moved and had my being out in the glorious sunshine of Seattle. You see, you could not do that in your dreadful climate," she added with a pitying depreciation. "And then you have no mountains to climb, no inspiration, nor wonderful motive for you: long tramps and hikes."

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{this authors note: Harvard Summer School of PE in 1916. **Dudley Sargent** was the originator of these summer school sessions and he was instrumental in the formation of Physical Education in this country in the late 1800's and early 1900's. Dudley Allen Sargent was born in Belfast, Maine, Sept. 28, 1849 and died July 21, 1924) was a U.S. educator, lecturer and director of physical training. He was the director of the Normal School of Physical training at Harvard and after 1916 opened the Sargent School of PE. Gymnastics was a big part of the teacher training – mainly the German and Swedish styles.}

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Lincoln Nebraska Daily News August 17, 1916

SEATTLE WOMAN'S HIGH TEST. BOSTON, Mass., Aug. 17.—In a strength test of men and women who attend the Harvard summer school of physical education, Miss Mabel Georgine Furry, physical instructor at the Queene Anne high school, Seattle, attained a total of 459 points, the highest number scored in the women's division.

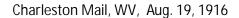
Logansport Daily Tribune, IN Sept. 5, 1916

PORK, BEANS AND EXERCISE.

Roston. Sept. 4.—Early to bed and carly to rise, with plenty of food and exercise, will increase biceps, calves and thighs and make a girl of trifling size startle men and open their eyes. This is the viewpoint of Mabel Furry, who, in matters of strength, indeed, should worry. Out at the Cambridge school, where physical strength is the usual rule, Miss Furry, before a few showed lower limb strength possessed by few. She lifted with muscles below the knes 500 pounds of crockery. When those about-that favored few-asked her just why she thus could do, she answered in these words to true: "Early to bed and early to rise, with

plenty of food and exercise, will make one's muscles run to size."

1949 Queen Anne High School Yearbook - Grizzly



Miss Mabel G. Furry of Seattle, a student at the Sargent summer school in Cambridge, demonstrated during strength tests here that she can lift 500 pounds with the muscles of the lower legs and that she has a grip of 40 kilos. The total number of points for strength was 459. The leg muscles were tested by attaching weights above her knees. The reports of the test do not divulge how hard she can hit. Mi-s Furry is a graduate of the University of Washington and is physical director at the Queén Anne High School in Seattle.

1939 Queen Anne High School Yearbook - Grizzly



MABEL FURRY – University of Washington, B.A.; Physical Education; Health. "This is the way the spring dance goes."



1911 Tyee UW yearbook



