



**Convegno-Spettacolo**

**GI'Italiani all'Estero**  
 Racconti e canzoni, vittorie e sconfitte  
 della nostra emigrazione nel mondo

**Sistemi educativi a confronto**

Fausto Dordoni, cadetto di Codogno tra i protagonisti di un confronto educativo Italia-Usa nel 1931

Rassegna di Convegni e Spettacoli lungo "Il Cammino degli Emigranti" con

**Ernesto R Milani**  
 Storico dell'emigrazione lombarda

**Bianca Tonali**  
 Cantante



La sede del "Centro Civico" di Castiraga Vidardo è l'edificio dove la giovane maestra Francesca Cabrini, a fine '800, iniziò e si appassionò al "mestiere" dell'insegnare, che fece suo in tutti gli ambiti in cui si occupò durante la sua operosa vita. Continuano i racconti de "Gi'Italiani all'Estero" un lodigiano tra i "cadetti" che nel 1931 furono ospiti negli Stati Uniti d'America in un'esperienza appassionante, che mise a confronto per sei mesi i sistemi educativi del momento.

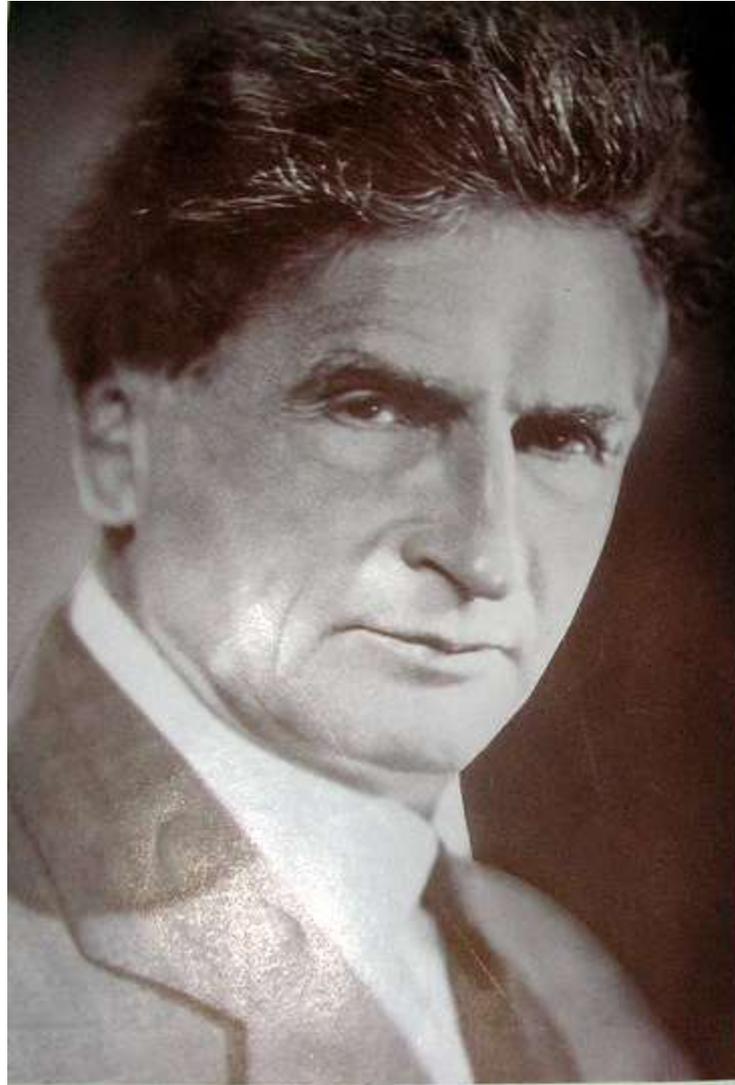
**Venerdì 2 Ottobre 2015**  
 Ore 21,00 Sala Civica - Via Roma, 1  
**Castiraga Vidardo (Lodi)**

*CADETTI 1931,*  
*L'ESPERIENZA AMERICANA DEGLI STUDENTI DELL'ACCADEMIA DI EDUCAZIONE FISICA*  
*DI ROMA PRESSO LE STRUTTURE DI BERNARR MACFADDEN A DANVILLE, NY E LEBANON, TN.*  
 A CURA DI ERNESTO R MILANI

CASTIRAGA VIDARDO , 2 OTTOBRE 2015



**Fausto DORDONI**



Bernarr Macfadden, Editor-in-Chief of the Encyclopedia of Health.

THE  
ENCYCLOPEDIA  
OF HEALTH  
AND PHYSICAL CULTURE

BERNARR MACFADDEN  
EDITOR-IN-CHIEF

A COMPREHENSIVE GUIDE TO THE PROPER CARE  
AND COMPLETE DEVELOPMENT OF THE HUMAN BODY  
WITH DETAILED DIRECTIONS FOR THE  
PREVENTION AND TREATMENT OF DISEASE

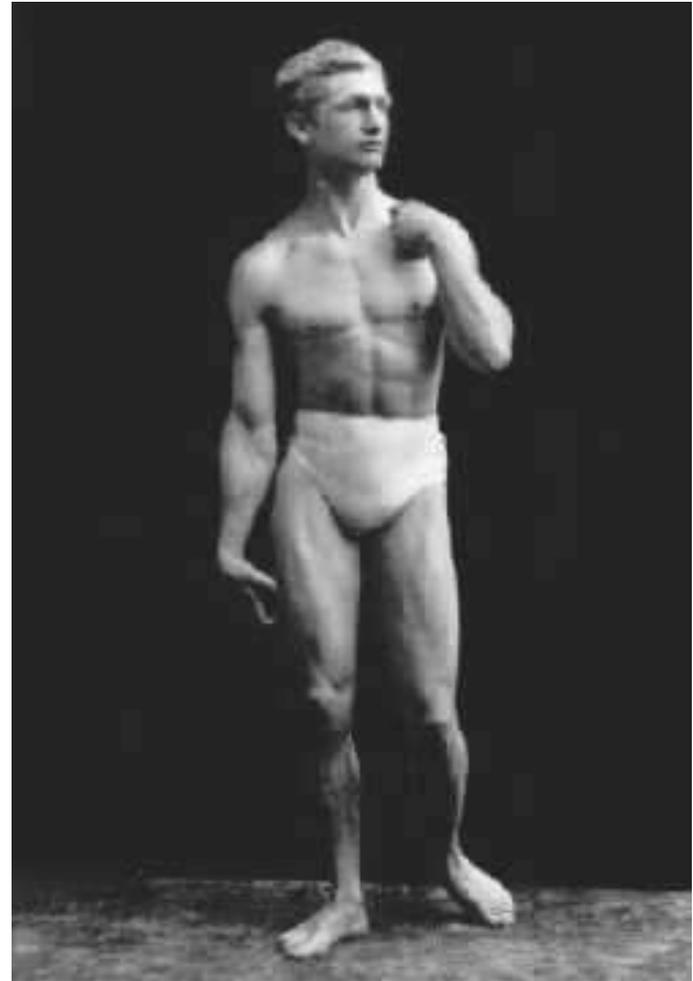
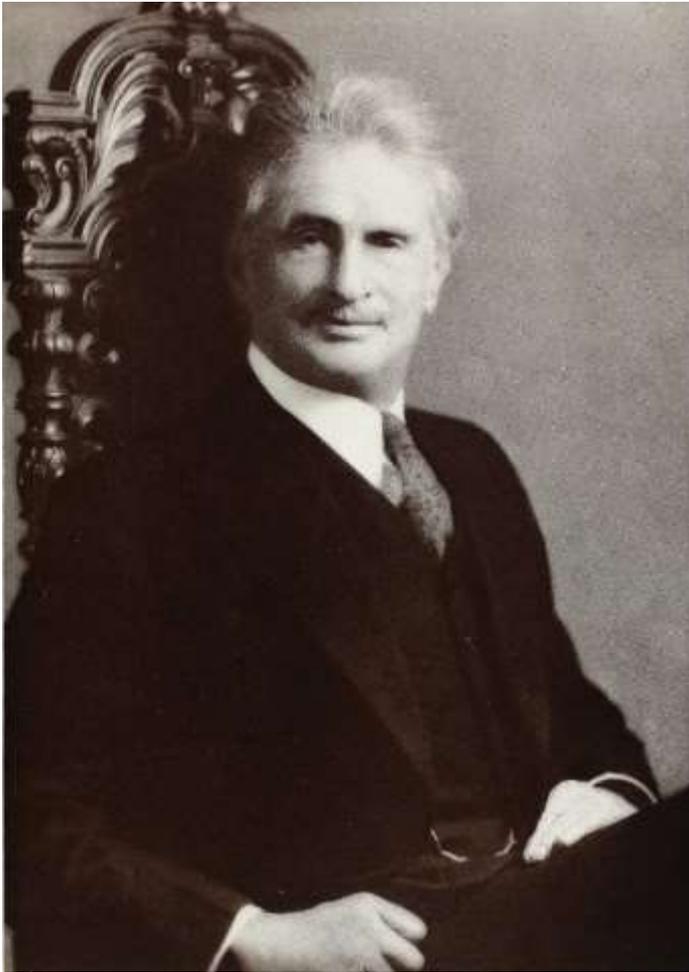
INCLUDING SCIENTIFIC METHODS FOR BUILDING  
DYNAMIC, POWERFUL HEALTH AND ATTAINING  
A SYMMETRICAL, BEAUTIFUL BODY

ARRANGED FOR READY READING  
CLASSIFIED FOR IMMEDIATE REFERENCE

IN EIGHT VOLUMES

VOLUME I

MACFADDEN BOOK COMPANY, INC.  
NEW YORK  
1931



**Bernarr Macfadden**

## PHYSICAL CULTURE WITH RESISTING EXERCISES.

By Bernarr A. Macfadden.

W. M. Sniffen, whose muscular figure assists in the illustration of this article, is an especially remarkable example of the power of physical culture. Although a light man he is able to perform feats of strength that many athletes heavier than he can not equal.—Ed.



THE fact that nearly every part of the body can be strengthened and developed by a series of exercises in which one muscle or set of muscles resist the efforts of another muscle or set of muscles, is not well understood. This is a novel



WM. M. SNIFFEN.



EXERCISE No. 1.

and easy method of building muscular power, and the degree of strength acquired will, of course, depend entirely on the efforts expended. If you work hard at the exercises each day, satisfactory results will speedily appear.

Do not fail to continue each movement until the muscles used in that particular exercise are thoroughly tired.

Be careful that each movement is performed exactly as illustrated. Exercise from five to fifteen minutes on rising, and from ten to thirty minutes just before retiring.

A cold sitz bath (immersing hips only in water) is a great tonic if taken immediately after morning exercise.



**Bernarr MacFadden and Franklin D. Roosevelt in Warm Springs, Georgia, 1931**



**Bernarr Mac fadden con Shirley Temple e Clark Gable**

# Bernarr Macfadden, 87, Dies: Was Owner Of Area Health Center

BERNARR CITY, N. J. (AP) — Bernarr Macfadden, widely regarded as the founder of modern fitness who inspired the slogan "Don't just look good, be good," is dead at 87.

He was born in a tenement house in Newark, the sixth of seven children. A year after when the Macfaddens moved to Jersey City, N. J., where the physical culture movement first blossomed in a street named Ten Acres.

He published the paper in 1910. That year, when the name was changed, it was known as the Physical Culture News.

The magazine, published weekly at that time, inspired James O. Sullivan to publish the National Capital following an outbreak of influenza.

The magazine with its weekly advice columns, also in the English and French, had been distributed in 20 countries and 100,000 subscribers had been added to it in London, according to Macfadden.

From a weekly paper, Macfadden's magazine grew to a daily physical culture and business journal published at one time at 10 and 15 cents.

Macfadden received honorary doctorate degrees from the University of Maryland and the University of Washington in 1930 and 1931, respectively.

Macfadden was the author of such magazines as Physical Culture, Ladies and Men's Health, and the National Geographic magazine for children. He also wrote Physical Culture, The Fitness Book, The Fitness Magazine, and The Fitness News.

During the "fitness" craze Macfadden was one of those who were not in favor of mass exercises. "Only one can do what he can do," he said.

His daughter, Bernice Macfadden, lives in Bernarr City and was elected to Congress last year from the 10th district.

His wife died in 1957. He is survived by three sons, one daughter, and 10 grandchildren. He was buried last year in the Garden of Eatin'.

He wrote the book "How to Live" which has been translated into 15 languages.



BERNARR MACFADDEN

Macfadden wrote a 1950 book and booklet on a field near Bernarr City.

When in the early 30s, Macfadden also had gained the same place and received the same of honors. He received medals, which others in the world have not received before.

In 1930 the Chicago Tribune in the United States was the first to carry Macfadden's name in its list of world famous living persons.

In 1931 at Princeton, the building dedicated the statue in Macfadden's honor at the top of the hill. The statue was named "Macfadden's Gift" and Macfadden, representing himself as student, he was recognized from the crowd and had with him a statue of the statue.

Macfadden was in New Jersey when he died in a hospital. He had been a New York resident for 10 years. He was buried in the Garden of Eatin' in Bernarr City.

Macfadden was married twice and had one son. He was the founder of the Physical Culture News and the National Geographic magazine for children.

Macfadden was one of the first to write the book "How to Live" which has been translated into 15 languages.



**Mac Fadden sponsorizzava camminate di centinaia di chilometri da New York a Philadelphia . La foto mostra Macfadden , a destra, nel 1931 mentre capeggia una “Cracked wheat derby” ovvero una camminata dove i partecipanti potevano nutrirsi solo con crackers di grano. Il gruppo di oltre i 38 persone della foto sopra smaltì oltre 70 chili durante una camminata di due settimane di oltre 500 chilometri.**

# KEEPING FIT

---

# HEALTH

HOW LOST—  
HOW  
REGAINED

---

*“Pep,” Poise, Power for Men  
and Women*

---

BY  
BERNARR MACFADDEN  
*Assisted by a Staff of  
Editorial & Medical Writers*



Bernarr Macfadden and family, taken in 1922



*Four of Bernarr Macfadden's Physical Culture daughters: from left to right,  
Byrnece, Beulah, Braunda, Beverly*



**Bernarr Macfadden nel 1893 e nel 1923**

Keep These Exercises at Your Command: Move Forward Left and Right Around in a Circle.



Keep the feet with lesser weight on ball of foot, with arms high, over head. Bend leg over to the right as shown in illustration. Repeat five times. Then reverse the above exercise to the left. After the same exercise has been completed to the right, repeat the same to the left, as shown in the illustration.



This exercise might be carried out standing. Advance the right foot five or six inches, holding the right foot up to show in the illustration. Repeat five times to the right.



Stretch the right leg and move and hold both feet down. Make a pressure against the ground with the feet on the ground. Repeat five times.



This might be carried out standing. Bend the right and left knees alternately. Repeat five or six times. You may wish to try this exercise while sitting at the breakfast table.



## Ten Minutes a Day for Health



Stretch the right arm over the head and hold it there for five or ten seconds. Repeat five times. Then reverse the above exercise to the left. After the same exercise has been completed to the right, repeat the same to the left, as shown in the illustration.



Stretch the right arm over the head and hold it there for five or ten seconds. Repeat five times. Then reverse the above exercise to the left. After the same exercise has been completed to the right, repeat the same to the left, as shown in the illustration.

Stretch the right arm over the head and hold it there for five or ten seconds. Repeat five times. Then reverse the above exercise to the left. After the same exercise has been completed to the right, repeat the same to the left, as shown in the illustration.



A Combined Series of Exercises for the Feet, Ankle, Hip, Knee, and Leg. Stand with the feet together and the arms at the sides. Bend the right knee and move the right foot forward. Repeat five times. Then reverse the above exercise to the left. After the same exercise has been completed to the right, repeat the same to the left, as shown in the illustration.

# EXERCISES FOR WOMEN

Prepared by  
**MISS HELEN MACFADDEN**  
 Daughter of  
**BERNARD MACFADDEN**

Repeat all exercises from five to ten times or until fatigued



See Photo 11  
 Repeat the above six times in the direction shown. Repeat the exercise on the opposite side. While standing, repeat the exercise on the right side.



See Photo 12  
 (1) Raise the arms with the elbows rigid from the side to the position as shown in the illustration. Then bring the hands downward, raising them as high as a girl with the shoulders.  
 (2) Bring the hands from the side high over the head, holding the elbows rigid. Repeat.  
 (3) Holding with the hands in the position as shown in the illustration, bring the hands slowly backward. Repeat with the shoulders. Repeat.



See Photo 4  
 Repeat the above six times in the direction shown. Repeat the exercise on the opposite side. While standing, repeat the exercise on the right side.



See Photo 7  
 (1) Assume the standing position and bring the arms low, far forward. Submit to tempting position and do the exercise with the right leg. Concentric strength is required to perform the movement. Feet good for giving the body every the needed apparatus as much stressed by every woman.



See Photo 10  
 (1) Bring the leg backward and spread from a standing position as illustrated above. Do the same with the other leg. Repeat.  
 (2) While standing erect bring the right leg as far out to the side as possible, holding the knee straight. Do the same with the left leg. Repeat.  
 (3) Bring the right leg far forward, holding the knee straight and raise as high as possible. Do the same with the left leg. Repeat.



See Photo 8  
 Repeat the above six times in the direction shown. Repeat the exercise on the opposite side. While standing, repeat the exercise on the right side.



See Photo 9  
 Repeat the above six times in the direction shown. Repeat the exercise on the opposite side. While standing, repeat the exercise on the right side.



See Photo 13  
 Repeat the above six times in the direction shown. Repeat the exercise on the opposite side. While standing, repeat the exercise on the right side.



See Photo 14  
 Repeat the above six times in the direction shown. Repeat the exercise on the opposite side. While standing, repeat the exercise on the right side.



**On. Renato Ricci**

100  
**Il Popolo di Lombardia**

SETTIMANALE POLITICO-SINDACALE DELLA FEDERAZIONE PROVINCIALE FASCISTA MILANESE  
Anno X • N. 8 • MILANO - Sabato 25 Febbraio 1931 - Anno IX  
CITIZSIMI 25 DIREZIONE, REDAZIONE, AMMINISTRAZIONE  
Testate: 10091, 2, 3, 4, 5 - Telegrammi

**Il fascista esalta Italo Balbo e i suoi eroici comizi  
rimo fra i primi abbiamo sentito te, nobile popolo di Lombardia  
ndarci di ghermire la vittoria: e la vittoria abbiamo gher**

Questo mondo di sentimenti è di pensatori e fascisti, uomini hanno espresso ai piloti accenditori con un'abilità di rilucanti e un calore di fede che fanno cuore intorno al «prinicipale» e ne indottrina la sempre rinnovata (e, si ripresenta) e il coraggio della spirito, ma, se è sereno, come è vero, che il Balbo è una linea di partenza di un momento per gli uomini e per la storia, nella profondità passione di questo atto del grande valore dell'opera e dei suoi protagonisti. Milano ha capito che non bastavano cuore ferri e si era saliti per respirare anche speranza e fiducia di preparazione e di organizzazione, e potenza e precisione di mezzi. La vittoria non è stata solo un atto di potere, ma anche del merito, del costruttore, del collaboratore, del dirigente. Milano ha capito che il fascismo è un'arte e un'opera di spirito. La vittoria non è stata solo un atto di potere, ma anche del merito, del costruttore, del collaboratore, del dirigente. Milano ha capito che il fascismo è un'arte e un'opera di spirito.



**"Stormi in volo si**

Per poter conoscere un po' di più la vita del Balbo, si è tenuto un comizio nel quale il nostro eroe ha parlato della sua vita e della sua opera. È stato un vero spettacolo, un vero momento di vita e di lotta. Il Balbo ha parlato con un'autorità e una maestria che hanno colpito tutti i cuori. È stato un vero momento di vita e di lotta.

200 (BALBO)  
MILANO, 25 febbraio 1931.  
e primo fra i primi  
abbiamo sentito te,  
nobile popolo di Lombardia

**bilgi giornate milanesi**  
Il giorno di Italo Balbo

Il Popolo di Lombardia esalta la trasvolata di Italo Balbo, 1931

*Urenaica in crociera  
iva a rintracciare in  
parecchio con a bordo  
che, sorpassata la ba-  
lava in pieno Sahara.*

*può riserbare il de-  
del ritorno gli appa-  
io verso Bengasi, un  
le salme del valoro-  
nente Pipitone e Te-  
ià nella giornata del  
enente Pipitone, feri-  
stato portato dal Te-  
o Lordi da El Hauna-  
sieme ad un ascaro,  
te scritto, ora ne ri-  
lme verso il mare.  
ueste righe volò da  
i con la pattuglia di  
ti quel sacro carico.  
sette ore, e stipendo  
olatia.*

nazione ha avuto è che certamente è la  
più importante fra quelle volute e create  
dal Regime.

### **42 allievi dell'Accademia di Educazione Fisica nel Nord America**

I giornalisti hanno anche visitato l'Ac-  
cademia di Educazione Fisica interessan-  
dosi alla sua organizzazione e al suo  
funzionamento. L'onorevole Ricci ha pas-  
sato in rivista 42 allievi del secondo an-  
no dell'Accademia che si recheranno fra  
giorni negli Stati Uniti per frequentare  
uno speciale corso di specializzazione  
sportiva della durata di sei mesi presso  
una di quelle accademie.

### **Quattrocentomila dollari rifiutati per la cessione d'un quadro di Lawrence**

NUOVA YORK, 11.

Il Duca di Durham ha rifiutato di ven-  
dere il quadro di Lawrence: « Ragazzo  
in rosso », nonostante la somma favolo-  
sa che gli veniva offerta. Infatti il col-

**Il Popolo di Lombardia annuncia la partenza dei cadetti per gli USA, 1931**





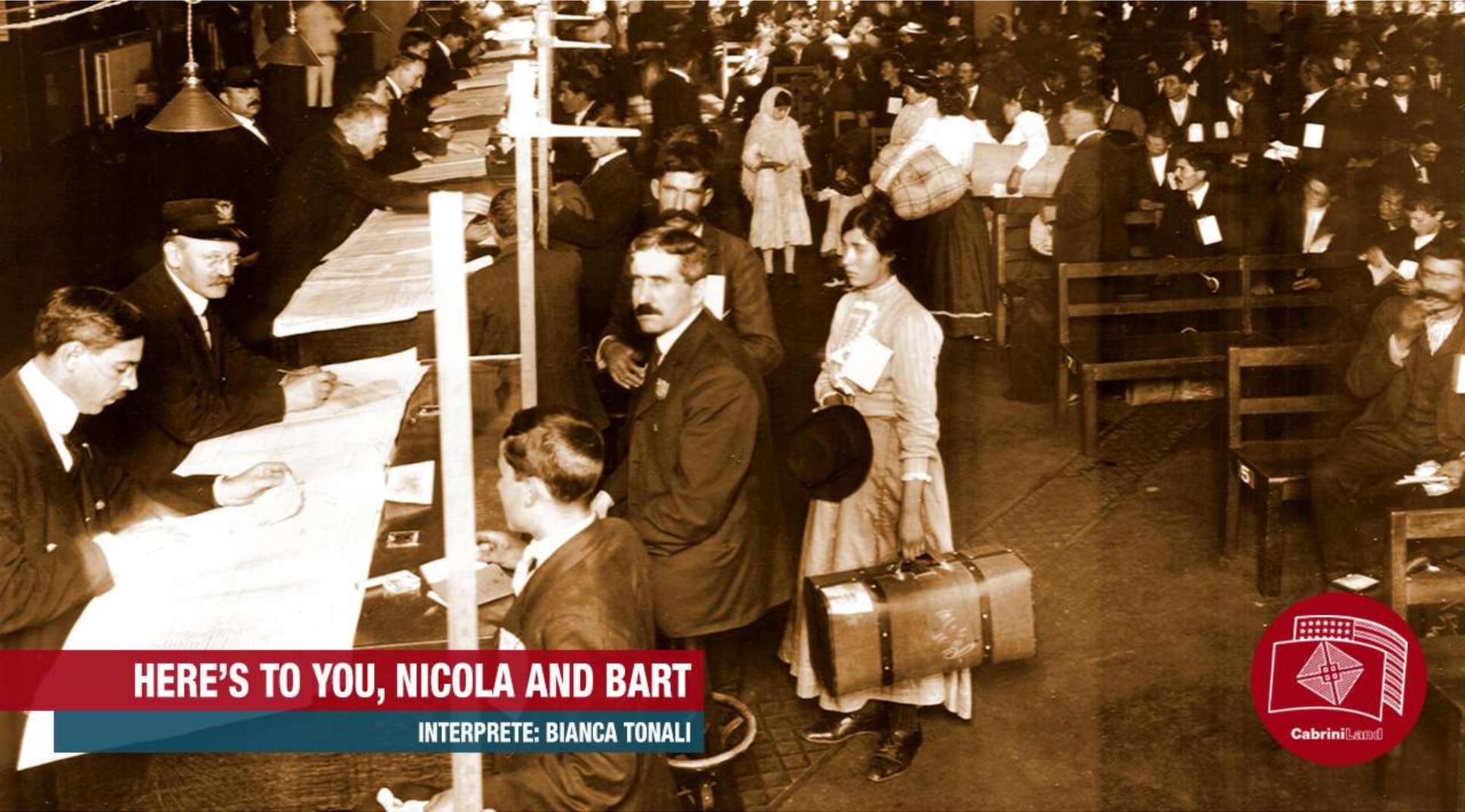




*T/n Conte Biancamano*



**New York : La Statua della Libertà e Ellis Island.**



**HERE'S TO YOU, NICOLA AND BART**

**INTERPRETE: BIANCA TONALI**



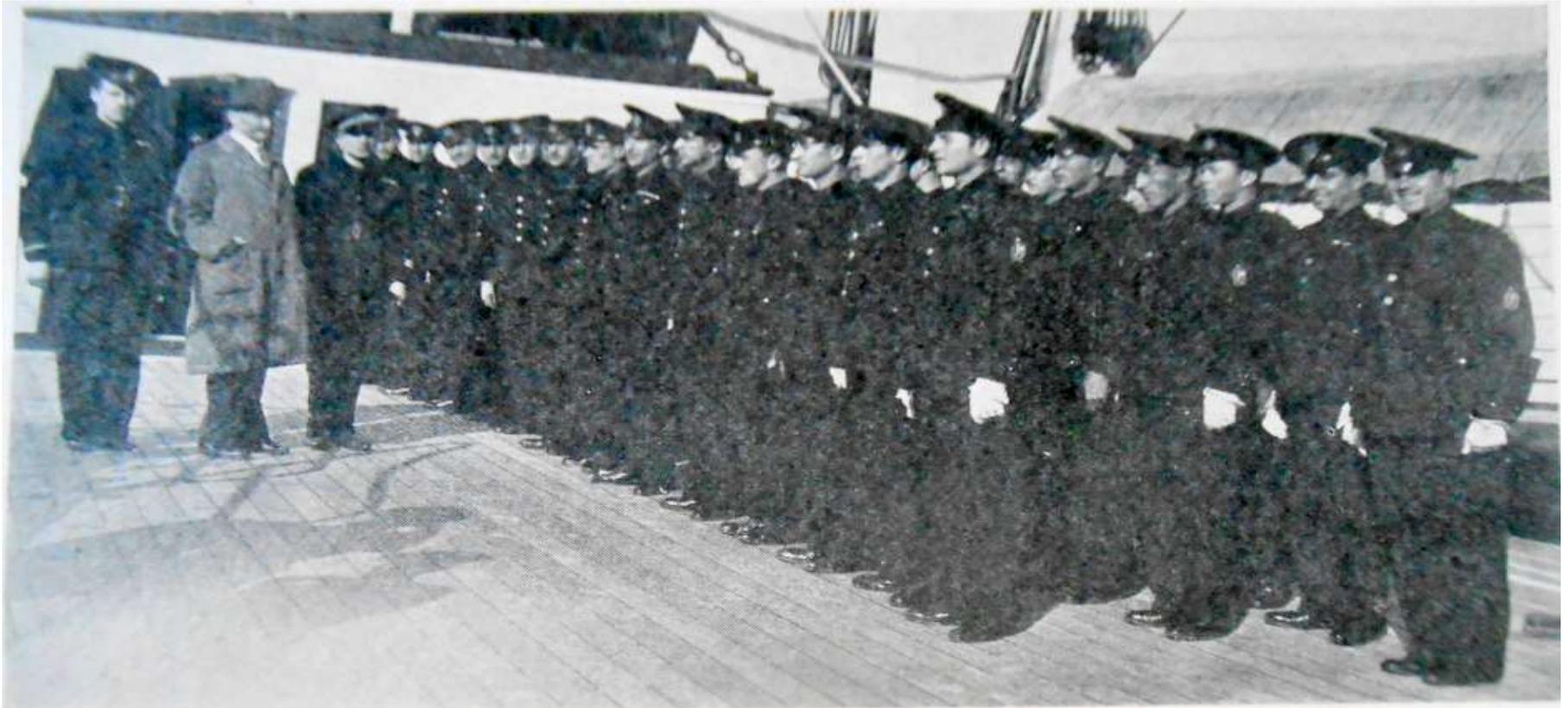
## ELENCO

*Capitano Conte de Furegoni Car. Bernardino	Roma
*Grassi, Emanuele	Arezzo
*Acampora, Gennaro	Napoli
*Badami, Ignazio	Palermo
*Barelli, Italo	Ancona
*Brada, Aldo	Gorizia
*Brunello, Jullano	Milano
*Berton, Roberto	Aosta
*Caraffa, Leopoldo	Calce
*Carafoldi, Elio	Ancona
*Cipriani, Umberto	Trento
*Cozzantini, Angelo	Torino
*Cossaro, Ercolo	Catania
*Cassanego, Saturnino	Gorizia
*Di Pumo, Pertusato	Foggia
*Di Stefano, Angelo	Avellino
*Dordani, Fausto	Cremona
*Diiferia, Gennaro	Avellino
*Eugeni, Carlo	Azoli Piceno
*Faranda, Scipio	Messina
*Maraspin, Piero	Pola
*Maraschini, Dante	Perugia
*Mareu, Mario	Nuoro
*Mignuzzi, Nicola	Taranto
*Nicolai, Aldo	Firenze
*Pallabozzer, Ovidio	Pola
*Parravicini, Mario	Milano
*Pregolin, Attilio	Trieste
*Palazzi, Fernando	Pesaro
*Pariet, Luigi	Catanzaro
*Russo, Giovanni	Palermo
*Russo, Giuseppe	Palermo
*Sala, Umberto	Alessandria
*Scotero, Dino	Venezia
*Speranza, Giuseppe	Spesiz
*Serritelli, Mario	Foggia
*Testi, Tullio	Verona
*Ugo, Giovanni	Pola
*Vaspa, Domenico	Aquila
*Vizzoli, Carlo	Pola
*Zullino, Carmelo	Brindisi





**Generale Emanuele Grazzi, Console italiano a New York**



Mr. Bernarr Macfadden reviews the group of forty Italian students—all university men and the pick of the Italian nation—upon their arrival in New York City. The students were invited to the United States by invitation of Mr. Macfadden, who demonstrated to them the value of his methods of physical culture training.

**NYC – Bernarr Macfadden passa in rivista i cadetti appena arrivati dall'Italia**

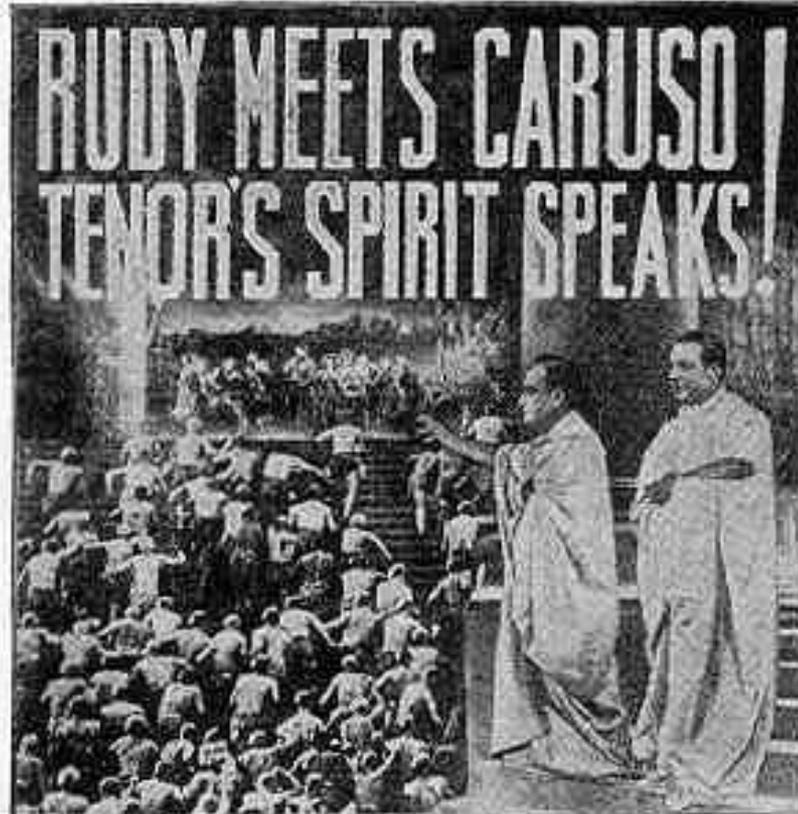
# COP, SHOT, KILLS GUNMAN

THE ONLY COMPLETE PAPER IN THE WORLD

NEW YORK  
**EVENING GRAPHIC**

Final Edition

NEW YORK, THURSDAY, MARCH 10, 1929



**HOW VALENTINO'S SPIRIT MET CARUSO.** The film star, according to the spirit mediums, spoke to the tenor, who died in 1921, and the two spirits conversed. The spirits of the two men were seen by George Wilson, the medium, in a room in New York City. The spirits of the two men were seen by George Wilson, the medium, in a room in New York City. The spirits of the two men were seen by George Wilson, the medium, in a room in New York City.

Gang Queen and 3 Men Held After Police Seize 'Dope' Outfit and Guns in Raid—Story on Page 3

Prima pagina del New York Evening Graphic di proprietà di Bernarr Macfadden con l'incontro spiritico tra Rodolfo Valentino e d Enrico Caruso



**NYC – Madison Square Garden – Un incontro di wrestling**



**NYC – Manhattan Congregational Church, sede dei primi test fisici**



**NYC – Il sindaco di New York, James Walker**



**NYC- Municipio di NYC – Bernarr Macfadden e i cadetti dopo essere stati ricevuti dal sindaco James Walker**



**NYC- Metropolitan - Il 21 marzo 1931 i cadetti assistettero a La Gioconda di Ponchielli  
La foto nel backstage con il direttore Otto Kahn e il sua troupe.**



**Treno della Baltimore and Ohio Railroad con i primi impianti di aria condizionata, 1931**

**For President**

**For Vice President**



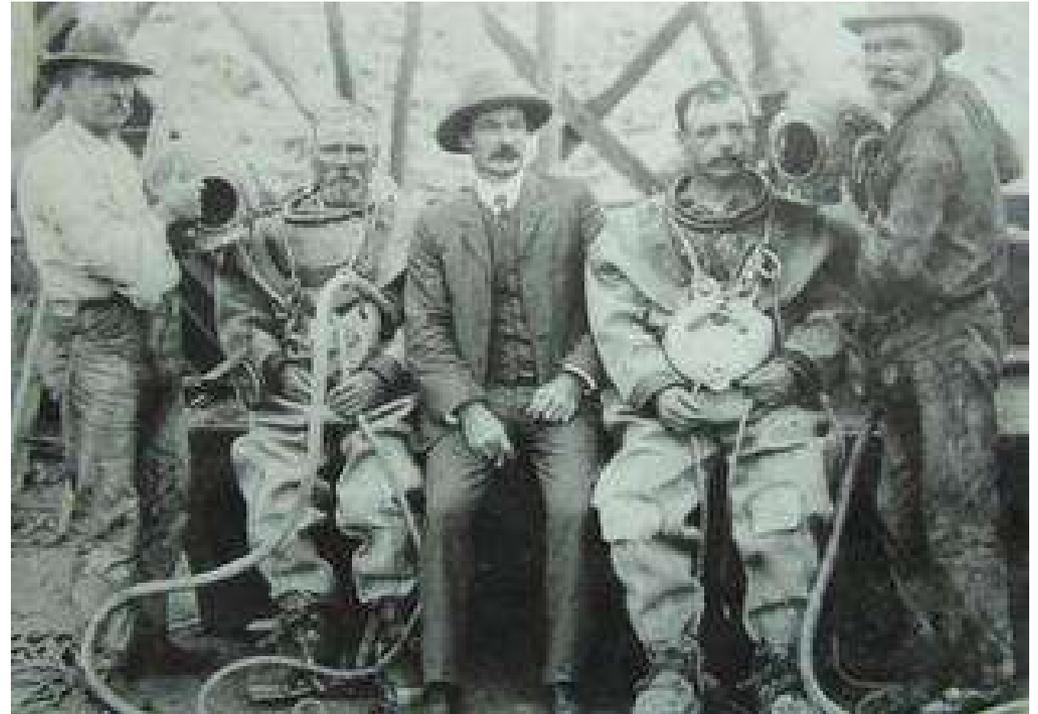
[www.eallte.org](http://www.eallte.org)

**HERBERT HOOVER**

**CHARLES CURTIS**



**Gli atleti italiani, ospiti dell'editore Bernar MacFarrar, fotografati nel cortile della Casa Bianca assieme all'ambasciatore italiano nobile Giacomo di Martini che li aveva appena presentati al presidente Hoover.  
26 febbraio 1931 – Washington, D. C., USA.**



**Modesto Varischetti, minatore di Gorno, Bergamo , con la moglie. Di fianco i soccorritori del gruppo del futuro presidente americano Herbert Hoover che lo salvò mentre era intrappolato in una miniera di Coolgardie nell'Australia dell'ovest, 1907**



**Alberto Campione manager hotel Carlton Washington**



**Wardman Park Hotel di Washington, dove pernottarono i cadetti**



**Washington : Il Campidoglio**



**Washington : Lincoln Memorial**



**Washington : Sullo sfondo l'obelisco in onore di George Washington , di fronte la rotunda dedicata a Thomas Jefferson**



**Washington : Georgetown University , 1931**



**Washington : Interno della Biblioteca del Congresso - Congress Library**



**Annapolis, MD – Accademia Navale**

*Bernarr Macfadden's Health Resort and Physical Culture Hotel, Dansville, New York*



8.5237



**Entrance to Bernarr Macfadden 's Physical Culture Academy , Dansville, NY**



**Niagara Falls – Cascade del Niagara**



**TITANIC** (Francesco De Gregori)

INTERPRETE: BIANCA TONALI



# CASTLE HEIGHTS MILITARY ACADEMY...

## Fading Glory, 1996





*Main Building, Castle Heights Military Academy, Lebanon, Tenn.*





*Administration Building, Castle Heights Military Academy*



10006. Confederate Monument, Lebanon, Tenn.



*Main Entrance to Campus of Castle Heights Military Academy, Lebanon, Tennessee*



*Main Drive on Campus, Castle Heights Military Academy, Lebanon, Tenn.*

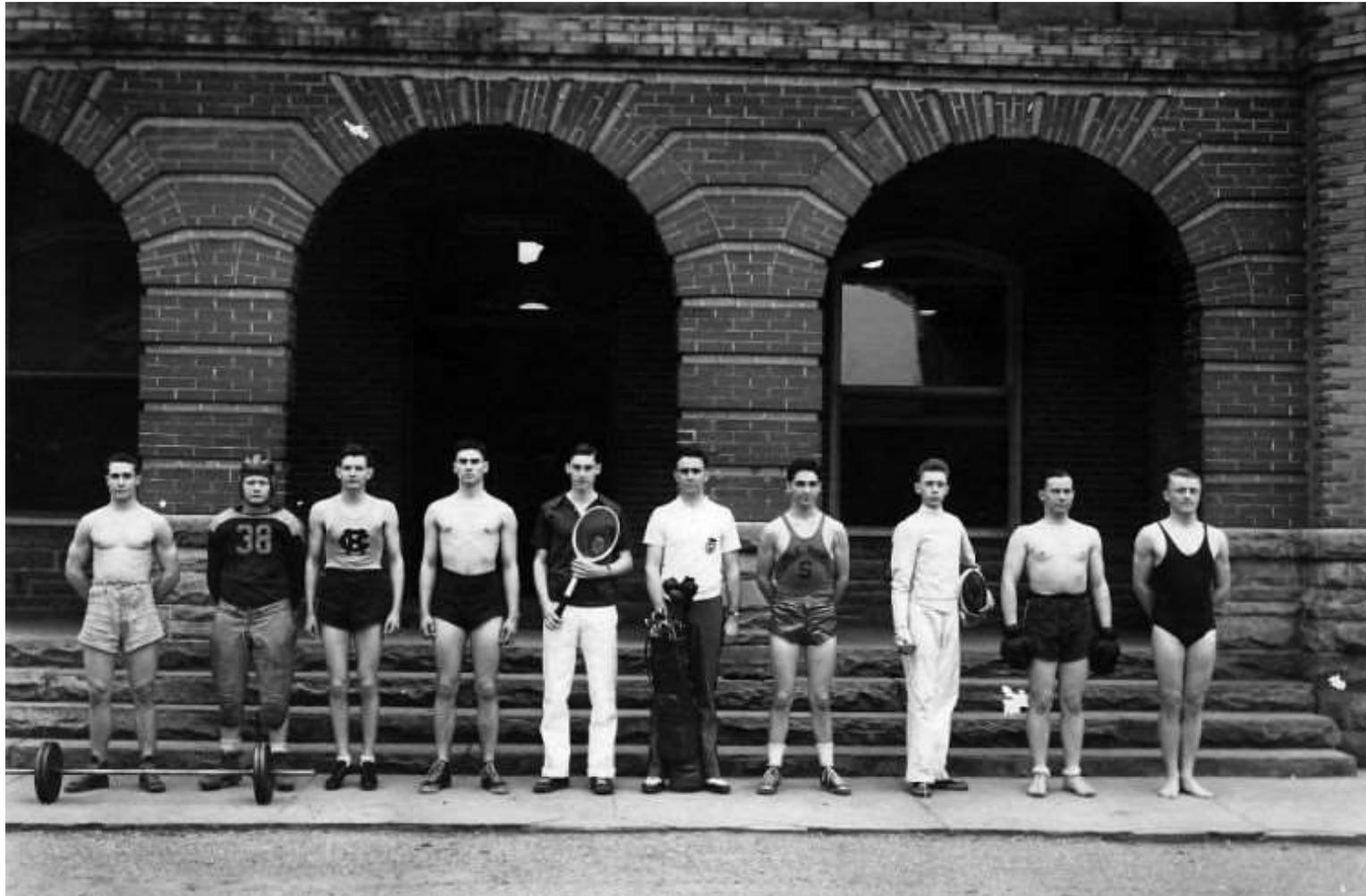




**Lebanon : Horn Spring Hotel fu la sede temporanea dei cadetti prima di essere trasferiti al campus della Castle Heights Academy**



CASTLE HEIGHTS MILITARY ACADEMY  
LEBANON TENN. 1931



**Castle Heights Academy : Le maggiori discipline sportive praticate – pesistica, nuoto, lotta, foot-ball. tennis golf, scherma, pugilato.**



## ELENCO

Letter 4/2/51

XCapitano Conte de Furegoni Cav. Bernardino	Roma
XGrassi, Emanuele	Arezzo
XAcampora, Gennaro	Napoli
XBadami, Ignazio	Palermo
XBarelli, Italo	Ancona
XBraida, Aldo	Gorizia
XBrunello, Juliano	Milano
XBerton, Roberto	Aosta
XCaraffa, Leopoldo	Cairo
XCarafoldi, Elio	Ancona
XCipriani, Umberto	Trento
XConstantino, Angelo	Torino
XCorsaro, Ercole	Catania
XCassanego, Saturnino	Gorizia
XDi Pumpo, Fortunato	Foggia
XDi Stefano, Angelo	Avellino
XDordoni, Fausto	Cremona
XDiaferia, Gennaro	Avellino
XEugeni, Carlo	Ascoli Piceno
XFaranda, Scipio	Messina
XMaraspia, Piero	Pola
XMarucchini, Dante	Perugia
XMerou, Mario	Nuoro
XMignozzi, Nicola	Taranto
XNicolai, Aldo	Firenze
XPallabazzer, Ovidio	Pola
XParravicini, Mario	Milano
XPregello, Attilio	Trieste
XPalazzi, Fernando	Pesaro
XParisi, Luigi	Catanzaro
XRusso, Giovanni	Palermo
XRusso, Giuseppe	Palermo
XSaia, Umberto	Alessandria
XSostero, Dino	Venezia
XSperanza, Giuseppe	Spezia
XSeritelli, Mario	Foggia
XTesti, Tullio	Verona
XUgo, Giovanni	Pola
XVespa, Domenico	Aquila
XVizzoli, Carlo	Pola
XZullino, Carmelo	Brindisi



## ITALIAN BOYS IN LEBANON TO TRAIN

Group Selected by Mussolini Will Undergo Six Weeks' Course.

LEBANON, Tenn., June 11.—(AP)—Twenty-two of Italy's "best boys" selected from the Academy in Rome by Benito Mussolini, arrived in Lebanon by special train Saturday to attend a six weeks' summer course in physical education at the Castle Heights Military Academy.

The boys are here at the personal invitation of Bernard MacFadden, American leading physical culturist, who is owner of the academy here. During a trip to Europe in the summer of 1931, Mr. MacFadden gave the invitation to Mussolini.

Count Claude de Vivaldi, a reserve officer in the British air corps, is in charge of the boys and is the physical director. Vincent Bonifante is his first assistant, and Angelo Spasano is English teacher.

Mr. Bonifante, commenting on the trip, says that the boys are over here to learn American methods of physical culture. They are advised in the Fascist uniform of dark blue, to which they all belong.

They arrived in New York several weeks ago and have been at Mr. MacFadden's physical culture camp in Danvers, N. Y. They were taken to the Horn Springs hotel, where they remained until the commencement exercises at Castle Heights were completed on Monday.

Mr. MacFadden arrived in Lebanon by airplane late Saturday afternoon from Florida. His K. K. Lumbard, publicity director, and two of Mr. MacFadden's sons, arrived Sunday morning. Mr. MacFadden is the guest of honor at the commencement exercises, and will remain in Lebanon until Monday night.

After their course of six weeks is finished at Castle Heights, the boys will return to New York for two weeks before going back to Italy.

Thursday Morning, June 25, 1931.

## Fascist Cadets Are Guests at Lebanon Rotary's First International Dinner

Italian Youths' Songs, Talks by Leaders Delight Wilson County Audience.

LEBANON, Tenn., June 14.—(AP)—The Lebanon Rotary club and its guests their wives and the Fascist cadets of Italy in the first international program ever held in this city, Wednesday night. The dining room of the Cumberland university music conservatory was used for the banquet hall.

True to the fact that a large number of the Fascist cadets have not learned the English language, programs were printed in Italian.

Frank W. D. Young of Cumberland university, secretary of the Rotary club and chairman of the international relations committee, was in attendance. The introduction was presented by Alvin Barry, historian, after which "America, national anthem of America, and "Columbia," national anthem of Italy, were sung by the entire gathering. Mrs. Edward Deard, accompanied by Miss Sue Finley, presided over vocal activities.

Major Tom C. Crawford of Castle Heights Military academy, introduced the guest speaker, Capt. Count de Fergand CAV. Scardafino, through his interpreter, Giuseppe Elmo, delivered the first address. His address was given in Italian and was translated by his interpreter.

The second guest speaker was Count Claude de Vivaldi, reserve officer in the British air corps, who is in charge of the physical culture training of the Fascist cadets in America.

The Italian cadets rendered six stirring Italian songs, including "Bene Ad Italia," "Dove Trovateci," "Bene L'oca," "Bene D'acqua" and "Alcove Italiana." "The Youthful Chorus," in English and Italian, "The Song" by the entire body in about the program.

A total of 26 Englishmen, wives and guests, enjoyed Lebanon's first international program. The number included the 20 Italian cadets and their leaders: Capt. Count de Fergand CAV. Scardafino, Count Claude de Vivaldi, physical director; Vincent Bonifante, assistant physical director; Earl E. Lumbard,

assistant physical director, and Angelo Spasano, English instructor.

Officers of the Lebanon Rotary club are Chairman M. About, president; Neal McClain, vice-president; Will D. Young, secretary, and Frank R. Egan, treasurer. The committee which planned and supervised this first international program for Lebanon was composed of Neal McClain, Chairman; About, E. K. Elliott, Miss Ellis and Will D. Young. The next Rotary club is composed of 11 members.

A dance was given in honor of the forty-three Italian cadets who are the guests of Col. Bernard MacFadden, Thursday evening at Castle Heights gymnasium. Delightful music was furnished by Graham Baird's Tennesseeans. The gymnasium was decorated in colors of red, white and green representing Italy.

At the end of the gymnasium there were flags draped representing Italy and the United States. Delicious refreshments were served.

Out of seven guests were Misses Roberta Piercy of St. Louis, who is the niece of Mrs. Beverly McKinney, Alice Carden of Chattanooga, Sally Hamilton of Nashville, Julia Williamson of Columbia and Miss Dorothy Taylor of Florida.

Lebanon girls were Misses Julia and Charlotte Humphreys, Virginia Goffaday, Catherine and Betty Joe McClain, Frances Frewitt, Mattie Walker, Eugenia Freeman, Catherine Vaughan Adams, Mary and Lillian Moore and Mrs. Minerva Bone Fenton.

Nome	Luogo di nascita	Età
Gennaro Acampora	Castellammare di Stabia (Napoli)	22
Ignazio Badami	Mezzojuso (Palermo)	25
Italo Barciulli	Bagnaia (Viterbo)	21
Roberto Berton	Aosta	22
Aldo Braida	Mariano del Friuli (Gorizia)	26
Giuliano Brunello	Milano	18
Leopoldo Caraffa	Cairo	19
Elio Carofoli	Ancona	27
Saturnino Cassanego	Gorizia	19
Stefano Cipriani	Roncegno (Trento)	28
Angelo Costantino	Rivarolo Canavese (Torino)	23
Ercole Corsaro	Catania	20
Angelo De Stefano	Grottolella (Avellino)	26
Gennaro Diaferia	Lacedonia (Avellino)	24
Fortunato Di Pumpo	Torremaggiore (Foggia)	26
Fausto Dordoni	Cremona	18
Carlo Eugeni	Ascoli Piceno	19
Scipione Faranda	Castroreale (Messina)	32
Emanuele Grassi	Sarzana (Spezia)	24

Piero Maraspin	Pirano (Trieste)	26
Dante Marrucchini	Cortile S.Martino (Parma)	23
Mario Mereu	Jerzu (Nuoro)	25
Nicolo' Mignozzi	Mottola (Taranto)	21
Aldo Niccolai	Firenze	27
Ovidio Pallabazzer	Pola	21
Fernando Palazzi	Tomba di Pesaro (Pesaro)	24
Luigi Parisi	S.Severino (Catanzaro)	30
Mario Parravicini	Oggianno (Como)	22
Attilio Pregellio	Trieste	21
Giovanni Russo	Palermo	20
Giuseppe Russo	Palermo	18
Umberto Saia	Alessandria	25
Mario Serritelli	S.Giovanni Rotondo (Foggia)	27
Dino Sostero	Venezia	20
Giuseppe Speranza	Porto Venere (Spezia)	25
Tullio Testi	Rivoli Veronese (Verona)	22
Giovanni Ugo	Parenzo (Pola)	22
Domenico Vespa	Stati Uniti	20
Carlo Viezzoli	Pola	26
Carmelo Zullino	FrancaVilla Fontana (Brindisi)	29





**THE LEBANON ROTARY CLUB**

Lebanon, Tennessee

has as its guests

**THE ROTARYANNES**

and

**THE FASCIST CADETS**

**Wednesday, June 24th., 7:30 P. M.**

**At Cumberland University**

*E all' ospitalita di Bernarr Macfadden che Lebanon deve il privilegio di avere il primo programma internazionale. Lo scelto gruppo di giovani Fascisti si trova in America per cementare i legami di amicizia nazionale e per aumentare l'ideale della perfezion fisica.*

*It is to the hospitality of Bernarr Macfadden that Lebanon owes the privilege of holding its first international program. This selected group of Fascist manhood is present in the United States to cement the ties of national friendship and to further the ideal of physical perfection.*

# *MENU*

---

FRUTTA COCKTAIL

SEDANI

SALAMOIA

PROSCIUTTO DI CAMPAGNA

ASPARAGI

PURE DI PATATE

CESTI DI LATTUGA CONDITI

PANINI CALDI

BUDINO DI CILIEGE CON CREMA

THE GHIACCIATO

## AMERICA

My Country, 'tis of thee,  
Sweet land of Liberty,  
Of thee I sing.  
Land where my fathers died,  
Land of the Pilgrim's pride,  
From every mountain side,  
Let Freedom ring.

Our father's God, to Thee  
Author of Liberty,  
To Thee, we sing.  
Long may our land be bright,  
With Freedom's holy light,  
Protect us by Thy might,  
Great God, our King.

## GIOVINEZZA

Es compagni in forti schiere  
marcia verso l'avvenire,  
siam falangi audaci e fiere  
pronti a onore e pronti ad ardire,  
trionfi all'fine l'ideale,  
per cui tanto combattemmo,  
fratellanza nazionale  
d'italiana civiltà.

Giovinanza giovinanza  
primavera di bellezza  
nel Fascismo e la salvezza  
della nostra civiltà  
Giovinanza - - - - -

- - - - -

Per Benito Mussolini  
EIA EIA ALALA

# PROGRAMMA

(PROGRAM)

Pregiera (Invocation) - - - - - Allen Barry  
Inni Nazionali (National Anthems):

America  
Giovinezza

Discorso (Address) - - - - - Mr. Will D. Young  
Chairman, International Relations Committee

Inni (Songs) - - - - - Mrs. Edward Devo  
Pianista (Accompanist) - - - Miss Sue Finley

Presentatore degli Invitati (Introduction of Guests) - Major T. M. Crawford

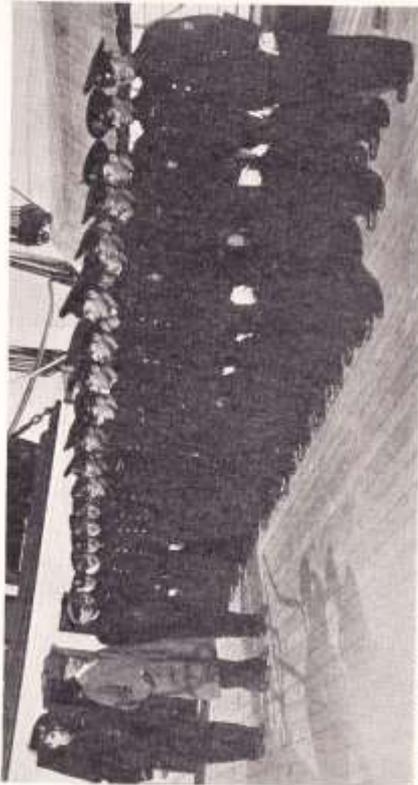
Discorso (Address) - - - Conte Capitano de Furegoni, Cav. Bernardino  
Interprete (Interpreter) - - Sostero Dino

Discorso (Address) - - - - - Mr. Claude M. de Vitalis  
Inni Cantati dai Cadetti Italiani (Songs by Italian Cadets):

1. Inno del Bailla (Bailla Hymn).
2. Inno Imperiale (Imperial Hymn).
3. Santa Lucia (Saint Lucy).
4. Inno Studentesco (Students' Hymn).
5. Inno Dalmato (Dalmatian Hymn).
6. Allarmi Dalmato (Dalmatian Alarm).

Per Vecchia Conoscenza (Auld Lang Syne)

Music by Graham Baird's Tennesseans



Mr. Bernarr Macfadden reviews the group of forty Italian students—all university men and the pick of the Italian nation—upon their arrival in America on the S.S. "Conte Biancamano." These youths were sent by the Italian Government by invitation of Mr. Macfadden, who demonstrated to them the value of his methods of physical culture training.

# ITALIAN PHYSICAL CULTURE DEMONSTRATION

*A Report of the Visit, Training and Accomplishments  
of the Forty Italian Students Who Were Guests  
of Bernarr Macfadden during a Stay of Six  
Months in the United States Studying  
His Methods of Physical Culture*

By

THOMAS B. MORGAN

United Press Representative  
Rome, Italy

With an Introduction

By HIS EXCELLENCY RENATO RICCI

Details of Training Procedure

By CLAUDE M. DEVITALIS

MACFADDEN BOOK COMPANY, INC.

NEW YORK

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Compliments  
of  
Bernard Macfadden

to teach it. In this sport I feel that very good material is present within the group. They are strong, and have a good solid weight plus much speed, and good heads.

### BASEBALL

The boys' interest immediately started with just the mention of the game of baseball. Baseball had never been played by any of these cadets. The method of teaching the game was a different one, inasmuch as the danger of broken fingers and other injuries common to baseball had to be held down to the minimum. We first started with indoor baseball. I noticed that the throwing muscles were underdeveloped, and the direction poor. After about ten days of practice, the group began playing games of baseball using the soft ball. The baseball bat was introduced to them and with practice the game progressed.

One hour in the evening was devoted to blackboard lectures. They learned all the rules and fine points of the game.

In about three weeks time a real baseball was put into play. All were taught how to use the gloves, masks, etc.

It was very interesting to note the improvement. Endurance was increased—due to the two-meal a day diet. The exercising of baseball muscles brought around better accuracy. By the close of the course in Lebanon,

all the boys were playing fair ball, and three exceptionally good players were developed.

Before departing all the boys were purchasing baseball equipment to take home with them. Their enthusiasm was a great tribute to our national game.

On this page and the next are the box scores of games played by the younger boys—those of Groups III and IV.

### BASEBALL BOX SCORE

#### *JUNIORS vs SENIORS*

##### GROUP III

	A.B.	R.	H.	P.O.	A.	E.
Pregelio, c.....	3	0	0	3	0	0
Diaferia, 2b.....	1	1	0	0	1	0
Grassi, 1b.....	2	0	1	8	0	0
Ugo, ss.....	1	0	0	1	1	0
Nicolsi, lf.....	2	0	0	0	0	0
DeStefano, 3b.....	2	0	0	0	0	0
Braida, rf.....	2	0	0	0	0	0
Maraspin, p.....	2	0	0	0	5	0
Cassanego, cf.....	2	1	0	0	0	0
	—	—	—	—	—	—
	17	2	1	12	7	0

##### GROUP IV

	A.B.	R.	H.	P.O.	A.	E.
Dordoni, ss.....	3	1	1	0	0	0
Brunello, cf.....	3	1	1	0	0	0
Sostero, 1b.....	2	2	2	3	0	1
Saia, p.....	2	2	2	1	2	0
Speranza, lf.....	2	0	0	0	0	0

Caraffa, c.....	2	0	0	11	0	0
Barciulli, 3b.....	2	0	2	0	0	0
Mignozzi, rf.....	2	0	0	0	0	0
Russo, 2b.....	2	0	0	0	0	0
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
	20	6	8	15	2	1

Score by innings:

Group III.....	1, 0, 1, 0, 0, .....	2
Group IV.....	3, 0, 3, 0, X, .....	6

### WRESTLING

The wrestling class was very popular, the boys disliking to see the wrestling period brought to an end.

Italy has given a great deal of thought to wrestling and the group as a whole was very clever. Those who specialized in this sport developed neck muscles heretofore dormant. With one individual, wrestling increased his neck circumference one-and one-half inches.

Wrestling is one of the most beneficial exercises I know of, putting into play every muscle of the body. Mr. Macfadden's spinal exercises did much to strengthen the spine, better fitting the boys for the sport.

Many new holds were taught the group, and their exhibitions were evenly matched, and created much interest.

### BOXING

Much interest was displayed in boxing. Classes were popular and the boys worked very hard. We used a

14 and 16 ounce glove, eliminating all chances of severe punishment without holding the blows. This gave the boys the fullest benefits of unrestrained exercise plus scientific information and practice.

### TRACK AND FIELD

The following track and field events were practiced, and competitive meets were held:

- 100 Yard Dash
- 1 Mile Run
- 880 Yard Run
- 100 Yard Low Hurdles
- 220 Yard Low Hurdles
- Discus
- Shot—16 lbs.
- Running Broad Jump.

**100-YARD DASH.** During our final track meet, this event proved to be quite spectacular. Those competing in the finals were evenly matched. Two of the sprinters ran the race in 11 seconds flat, timed by two watches. Two others were placed with 11 1/5 seconds for second place and 11 2/5 seconds for third. Most of the runners learned the start effectively. This reduced the time considerably.

**ONE-MILE RUN.** A field of twenty runners left with the shot of the pistol and before the first quarter was run, the runners had picked their places for the grind.

peat, but lunge the right foot. Continue alternating.  
9. Stand the length of the leg from a table about hip-high. Place right heel upon edge of table. Bring arms overhead and inhale, then exhale and bend forward, extending fingers toward or beyond toes, as illustrated. Come up and inhale and repeat, then change feet and repeat.

10. Standing on knees, arms at side, trunk erect. Raise arms and bend backward, until position of "bending the crab" is readily assumed. It may be better to bend back with hands against a wall at first. Avoid in case of hernia or weak abdomen.

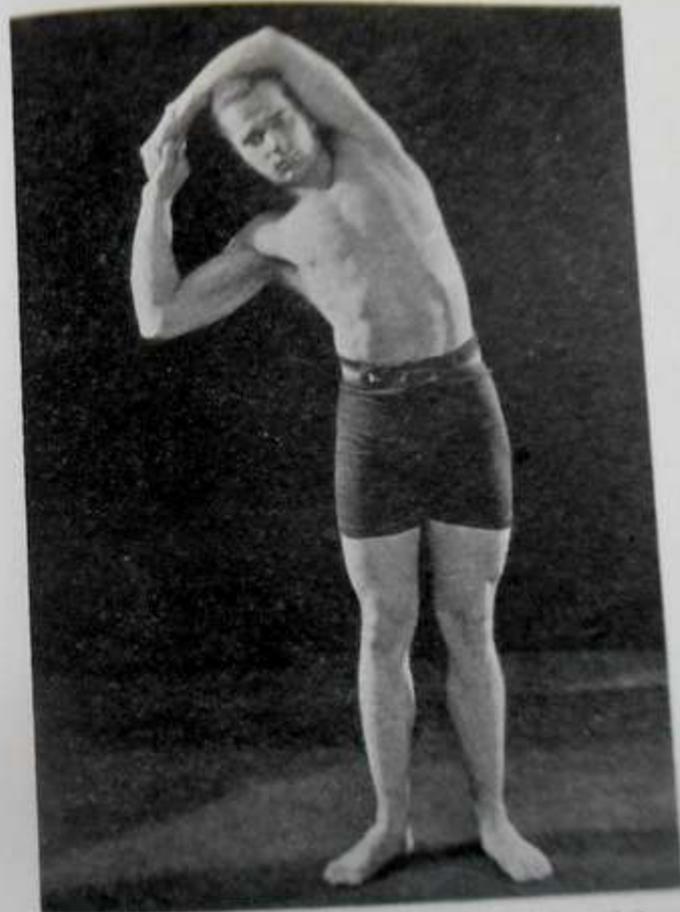
11. Lying first on back, head on pillow, fingers interlaced over abdomen. Raise up to "bridge," on head and feet, then twist the shoulders—left down and right up, then right down and left up. This may well be avoided until the neck is quite strong.

#### SETTING-UP EXERCISES

Every morning the entire group assembled for the setting-up exercises which lasted about fifteen minutes.

This group of exercises put into play all muscles of the body and helped a great deal in creating coordination and precision.

During class work, each student was given teacher practice. A student would be called from the line to lead the class. This was intended to give each student practice and confidence in directing a class. While on



Stand erect, feet slightly apart, fingers locked together (palm to palm) over head. Pull with right hand, bending body well to right. Relax when returning to erect position, then pull and bend left, and continue reversing

## Diet, Sports and Exercise

**U**PON arrival to the United States the entire group of 40 cadets and one captain in charge, were given a physical examination by Dr. Charles A. Clinton who found that all the boys were in good healthy condition. The boys, as a group, were excellent representatives of Italian youth. Physically, it was believed that they were better than average youths of their age. Every individual showed through his physical development that his body had been given considerable attention. The boys were mentally alert, quick to grasp all advantages and they earnestly applied themselves to the work outlined for them to do. A natural coordination of mind and muscle made the complicated American sports comparatively easy for them to master. This splendid group of young men was mentally as well as physically fit and the boys made good friends everywhere they visited. They were of a real credit to their host.

Captain De Ferrugoni was in charge of the discipline and he proved himself to be extremely efficient and

cooperated in every way possible to make the experiment the great success that it was. When he found time to indulge in athletics he proved to be a man of versatile ability.

The most intensive training in physical culture was given the boys at the Physical Culture Hotel at Dansville, New York. At this ideal location high above sea level the boys were under constant training. Their activities consisted in the playing of various sports already known to them, plus the learning of new American games unfamiliar to them. The sports participated in were the following:

Basket-ball	Wrestling
Baseball	Boxing
Tennis	Track

The boys had at their disposal both an outdoor and indoor basket-ball court. The game was played daily in the outdoor court, weather permitting. In this sport the group as a whole showed a fair knowledge of the game, though the tactics differed somewhat from the American methods of playing.

## DIETARY PROGRAM

In conjunction with Mr. Macfadden's other Physical Culture measures, the Italian visitors were given a dietary made up from the balanced-health principles as enunciated in his Encyclopedia of Health and Physical Culture.

The diet was commensurate with the day's activities, sufficient calories being allowed for energy requirements, at the same time taking into consideration the matter of weight-control.

Fruits and vegetables, prepared in different ways for variety's sake, formed the bulk of the menus. These supplied a rich amount of vitamins and minerals.

Calcium needs were met with a plentiful supply of fresh country milk, and additional protein was had in eggs and meat. These two items also increased the iron intake. Whole grain cereals and breadstuff supplemented the fruits, vegetables and dairy products.

#### EXERCISES GIVEN THE BOYS FOR STRENGTHENING THE SPINE

1. Stand erect, feet slightly apart, fingers locked together (palm to palm) over head. Pull with right hand, bending body well to right. Relax when returning to erect position, then pull and bend left, and continue reversing.

2. From lying face down, hands under shoulders, push up the trunk. Keep head up and hips as nearly as possible on floor. If hips rise from floor, "spring" the back several times by dropping hips or straightening arms more, in a series of jerks.

3. From lying face down, hands clasped behind, arms straight down, raise up the head and shoulders

and raise and twist shoulders; then raise the legs singly and together.

4. Stand erect with feet slightly apart, hands clasped behind head. Bend forward slightly to left, attempting to touch left knee with forehead. Come to erect, then bend toward right knee. At end of each downward movement make several vigorous jerks, attempting to bring the head still nearer the knee.

5. Stand erect, feet together or slightly apart. Take a deep breath and raise arms overhead, exhale and bend forward with fingers to floor. Hold this position and raise right arm as high as possible, left still toward floor, inhaling. Lower right hand to floor, exhale, then raise left. Continue alternating.

6. Sitting, legs out, fingers interlaced, arms straight to front. Keep spine erect while rotating far to right, then swing far to left. Give the jerks at end of each twist.

7. Lying on the back, feet together or slightly apart, arms at sides. Cross right leg over left as far as possible, but keep shoulders flat on floor. Repeat or reverse and continue. This is an excellent spinal twisting exercise.

8. Stand with feet together, arms down. Lunge far forward with left foot, inhale, bringing arms overhead straight up; then bend forward and touch floor with hands (exhale at same time). Come to arms-overhead position, then bring feet together and arms down. Re-

the platform they were asked to create an exercise, and from that exercise, as a foundation, to build a series of movements resulting in a complete drill. Many original and beneficial drills were evolved and taught.

#### CLASS WORK IN THE GYMNASIUM

A regular daily period was maintained in the gymnasium. This work consisted of tumbling, pyramids, balancing, and supervised play.

Tumbling was learned rapidly, especially hand-springs and long diving. Two-man acts were very popular. One man would remain on the shoulder of the other and the under-man would perform gym stunts. Then they would change.

Pyramid building was a success. The groups were able to build and destroy a fifteen-man pyramid in nine seconds. Pyramid work calls for very strong backs and spines.

#### SWIMMING

As soon as we were able to use the swimming pool, the swimmers and non-swimmers were separated. The non-swimmers were taught to swim and the swimmers were taught advanced strokes and better application for the strokes learned in Italy.

In this sport the group fell below average, the reason being that only those living near the ocean in Italy had had the opportunity for much practice.

Before leaving, every member of the group was able to swim, and speeds and distances were improved.

**UNDER-WATER SWIMMING:** The students soon learned to perform very well in under-water swimming. Their exceptional lung capacity and ability to hold their breath for a long time enabled them to swim many yards without discomfort. Although 45 yards was the best mark, many would reach between 35 and 40 yards.

The group as a whole were fair divers, being able to handle their bodies in the air with ease.

#### TENNIS

In tennis the boys made a very good showing. It is a game that has been introduced in Italy, and most of the students had participated in matches before coming to this country. The opportunity of plenty of practice, however, resulted in better players and more closely-played matches.

It was noticed that the group of students interested in baseball played a very good game of tennis.

#### FOOTBALL (American Rugby)

All rules and dimensions of field plays in football, etc., were taught the students. There were no competitive games played. Being out of season, no teams were practicing. They did however, play against an imaginary opponent, practicing line rushes—forward passing—punting—drop kicking and signal work.

They grasped enough of the game to enable them

to teach it. In this sport I feel that very good material is present within the group. They are strong, and have a good solid weight plus much speed, and good heads.

### BASEBALL

The boys' interest immediately started with just the mention of the game of baseball. Baseball had never been played by any of these cadets. The method of teaching the game was a different one, inasmuch as the danger of broken fingers and other injuries common to baseball had to be held down to the minimum. We first started with indoor baseball. I noticed that the throwing muscles were underdeveloped, and the direction poor. After about ten days of practice, the group began playing games of baseball using the soft ball. The baseball bat was introduced to them and with practice the game progressed.

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On this page and the next are the box scores of games played by the younger boys—those of Groups III and IV.

### BASEBALL BOX SCORE

#### *JUNIORS vs SENIORS*

##### GROUP III

	A.B.	R.	H.	P.O.	A.	E.
Pregelio, c.....	3	0	0	3	0	0
Diaferia, 2b.....	1	1	0	0	1	0
Grassi, 1b.....	2	0	1	8	0	0
Ugo, ss.....	1	0	0	1	1	0
Nicolsi, lf.....	2	0	0	0	0	0
DeStefano, 3b.....	2	0	0	0	0	0
Braida, rf.....	2	0	0	0	0	0
Maraspin, p.....	2	0	0	0	5	0
Cassanego, cf.....	2	1	0	0	0	0
	17	2	1	12	7	0

##### GROUP IV

	A.B.	R.	H.	P.O.	A.	E.
Dordoni, ss.....	3	1	1	0	0	0
Brunello, cf.....	3	1	1	0	0	0
Sostero, 1b.....	2	2	2	3	0	1
Saia, p.....	2	2	2	1	2	0
Speranza, lf.....	2	0	0	0	0	0

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Cavatta, c	2	0	0	11	0	0
Barciulli, 3b	2	0	2	0	0	0
Mignozzi, 1f	2	0	0	0	0	0
Russo, 2b	2	0	0	0	0	0
	20	6	8	15	2	1

Score by innings:

Group III	1, 0, 1, 0, 0, .....	2
Group IV	3, 0, 3, 0, X, .....	6

### WRESTLING

The wrestling class was very popular, the boys disliking to see the wrestling period brought to an end.

Italy has given a great deal of thought to wrestling and the group as a whole was very clever. Those who specialized in this sport developed neck muscles heretofore dormant. With one individual, wrestling increased his neck circumference one-and one-half inches.

Wrestling is one of the most beneficial exercises I know of, putting into play every muscle of the body. Mr. Macfadden's spinal exercises did much to strengthen the spine, better fitting the boys for the sport.

Many new holds were taught the group, and their exhibitions were evenly matched, and created much interest.

### BOXING

Much interest was displayed in boxing. Classes were popular and the boys worked very hard. We used a

### Diet, Sports and Exercise

103

14 and 16 ounce glove, eliminating all chances of severe punishment without holding the blows. This gave the boys the fullest benefits of unrestrained exercise plus scientific information and practice.

### TRACK AND FIELD

The following track and field events were practiced, and competitive meets were held:

- 100 Yard Dash
- 1 Mile Run
- 880 Yard Run
- 100 Yard Low Hurdles
- 220 Yard Low Hurdles
- Discus
- Shot—16 lbs.
- Running Broad Jump.

**100-YARD DASH.** During our final track meet, this event proved to be quite spectacular. Those competing in the finals were evenly matched. Two of the sprinters ran the race in 11 seconds flat, timed by two watches. Two others were placed with 11 1/5 seconds for second place and 11 2/5 seconds for third. Most of the runners learned the start effectively. This reduced the time considerably.

**ONE-MILE RUN.** A field of twenty runners left with the shot of the pistol and before the first quarter was run, the runners had picked their places for the grind.

The weather was quite hot, but this did not lessen the enthusiasm of the boys, inter-group competition having kept their spirit up. At the finish the runners were far from being exhausted. 5:40  $\frac{2}{5}$  took first place; 6:04  $\frac{2}{5}$  second place, and 6:30 took third.

With the opportunity to specialize in this event, a few of the group could be made exceptionally good mile runners.

**880-YARD RUN—ONE-HALF MILE.** A large number qualified for this event and much ability was displayed. Outstanding was the manner in which the competitors jockeyed for position and reserved their strength for the last sprint.

First place, 2 minutes 24 seconds. Second place 2 minutes 25 seconds, and third place 2 minutes 27 seconds.

The complete field finished the race, showing good sportsmanship.

**100-YARD LOW HURDLES.** Again the well-trained leg of the Italian athlete came in good stead. Hurdling demands accuracy in just clearing the hurdle, without wasting any unnecessary strength, and landing in perfect position to continue the running stride. Remarkable time was made. First finished in 12  $\frac{2}{5}$  seconds, second finished in 13  $\frac{3}{5}$  seconds and third in 14 seconds flat.

**16-POUND SHOT.** The weight-throwing group did very well. We used a heavy shot, and restricted the throw-

ing circle to regulation. A step over would disqualify the athlete. All of the boys paid particular attention to form.

First place—33 feet.

Second place—32 feet.

Third place—31 feet, 8 inches.

**DISCUS.** Either style was permissible—Free American or Roman. Same rules applied here as in the shot event in reference to disqualification.

First place—94 feet

Second place—92 feet

Third place—91 feet, 3 inches

**RUNNING BROAD-JUMP.** On the tryouts all competitors jumping less than 15 feet were disqualified for the finals. Very few of the group finished under 14 feet 6 inches. At first difficulty was experienced in timing the take-off and also in getting height for the carry. This was rectified and the distances greatly improved.

First place—19 ft., 1 in.

Second place—18 ft., 9 in.

Third place—18 ft., 7 in.

#### FIELD DAY RESULTS

Below are the results of Field Day. Group I and II indicate the younger boys or Juniors at the Academy in Rome. Groups III and IV are the older boys, or Seniors at the Academy in Rome.

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EVENT	WINNERS	GROUP	POINTS	RESULT
Shot	Acampora	II	5	30'
	Vespa	I	3	29' 5"
	Testi	II	1	29' 4"
Discus	Acampora	II	5	85' 5"
	Testi	II	3	84' 7"
	Viezzoli	I	1	77' 5"
100 Yards	Testi	II	5	11 seconds
	Acampora	II	3	11 4/5
	Palazzi	I	1	12 flat
R. Broad	Acampora	II	5	17' 11"
	De Pumpo	I	3	17' 7"
	Palazzi	I	1	17' 5"
100 Low Hurdles	Testi	II	5	13 2/5
	Eugeni	II	3	14 2/5
	Viezzoli	I	1	20
Half Mile	Testi	II	5	2-24
	Eugeni	II	3	2-30
	Corsaro	I	1	1 (Fin. but not timed)
EVENT	WINNERS	GROUP	POINTS	RESULT
Shot	Pregelio	III	5	33'
	Sostero	IV	3	32'
	Russo	III	1	31' 8"
Discus	Sostero	IV	5	94'
	Saia	IV	3	92'
	Speranza	IV	1	91' 3"
100 Yards	Russo	III	4	11 flat
	Saia	IV	4	11 flat
	Dordoni	IV	1	11 2/5

*Diet, Sports and Exercise*

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EVENT	WINNERS	GROUP	POINTS	RESULT
R. Broad	Sostero	IV	5	19' 1"
	Saia	IV	3	18' 9"
	Russo	III	1/2	18' 7"
	Cassanego	III	1/2	18' 7"
100 Low Hurdles	Russo	III	5	12 2/5
	Sostero	IV	3	13 2/5
	Caraffa	IV	1	14 4/5
Half Mile	Saia	IV	5	2-24
	Dordoni	IV	3	2-25
	Barciulli	IV	1	1 (Fin. but not timed)

PHOTOGRAPHIC ILLUSTRATIONS AND DESCRIPTIONS OF CERTAIN TESTS

**TWO HANDS PRESS UP.** Standing position, 73½ pounds weight on shoulders. Arms extending upward, bringing weight directly overhead. Return arms to first position.

**ARMS PRESS UP—PRONE POSITION.** With only the toes and palms of the hands touching the floor, lower the body to the floor and raise it again.

**PARALLEL BARS.** Keeping body rigid, lower and raise the body within the bars.

**PULL UP—HORIZONTAL BAR.** Arms full length, weight off the floor. Pull up body until chin is parallel with bar.

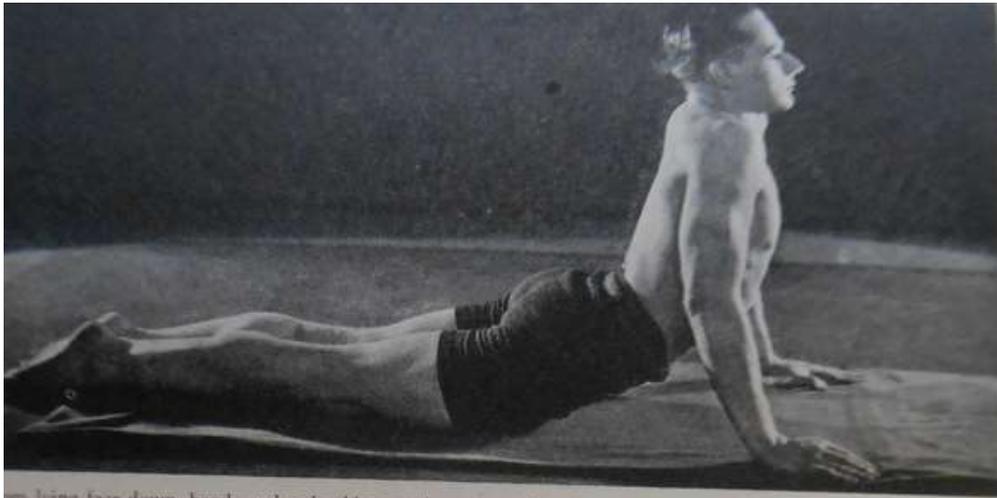
**BACK LIFT.** Feet apart, weight on shoulders. Bend body forward slowly at waist. Return to first position.



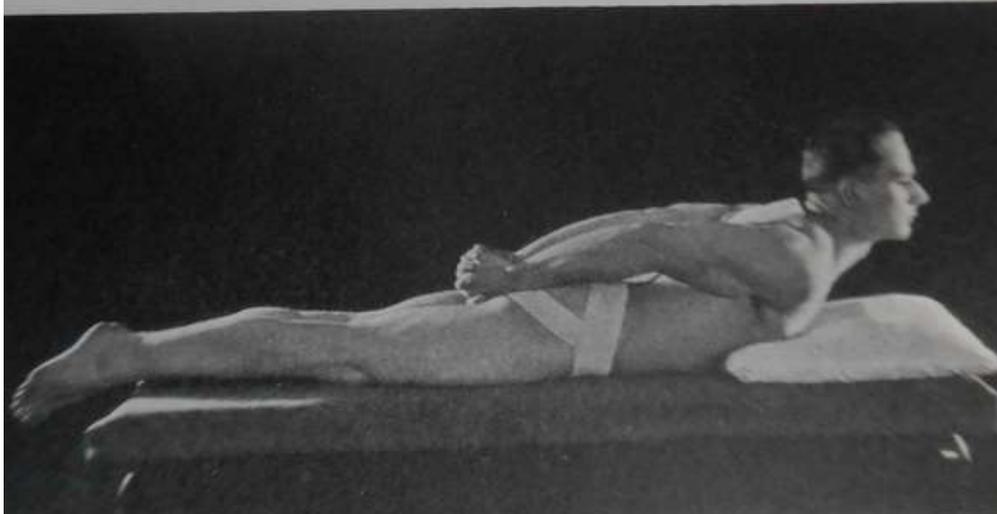
**PANE E CORAGGIO** (Ivano Fossati)

INTERPRETE: BIANCA TONALI

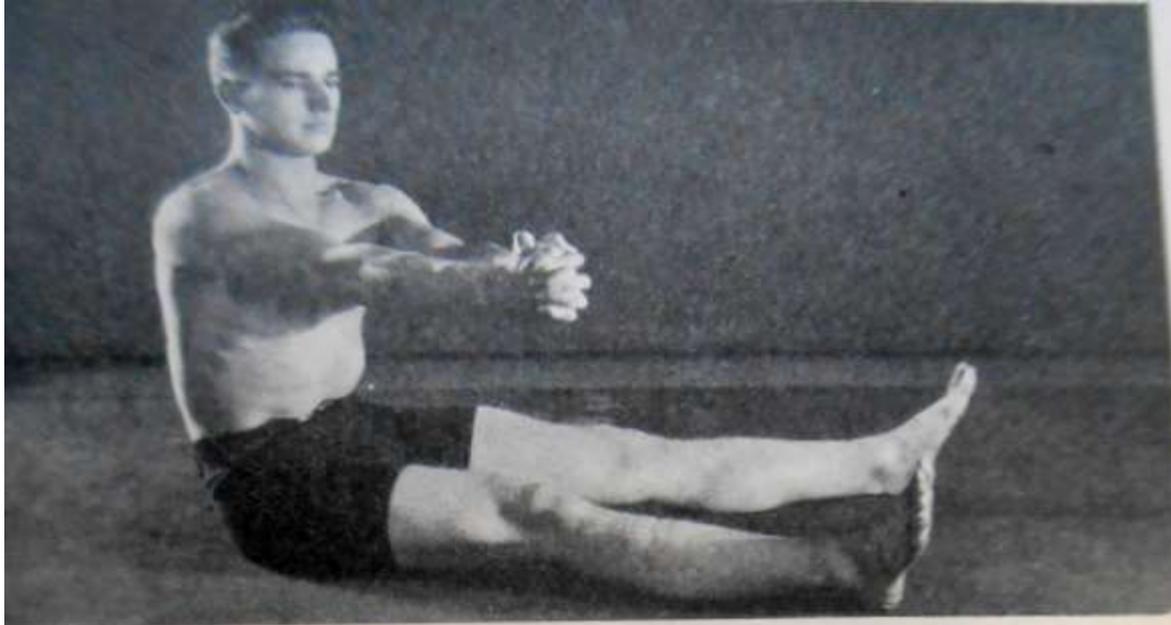




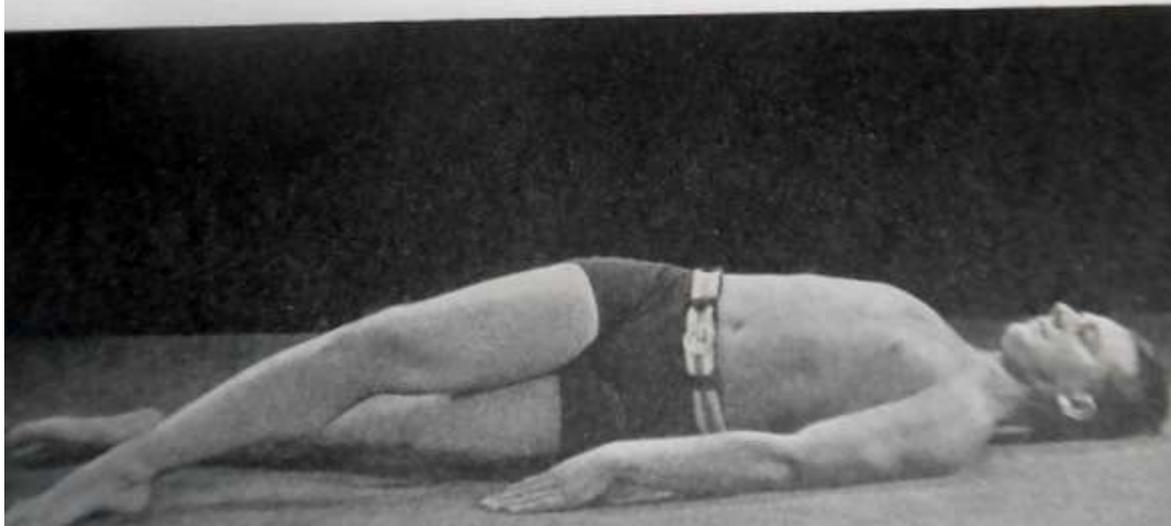
man lying face down, hands under shoulders, push up to position shown. Keep head up and hips as nearly as possible on floor. If hips rise from floor, "spring" the back several times by drooping hips or straightening arms more, in a series of jerks.

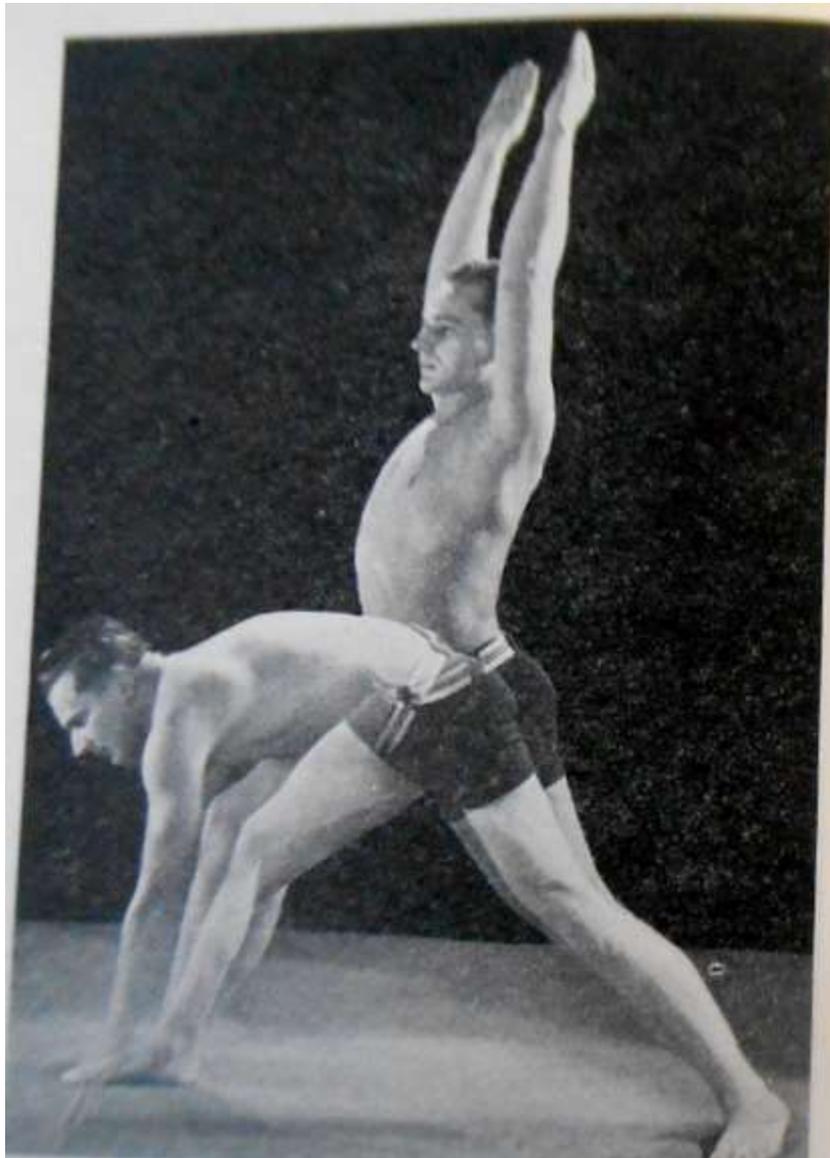






ing as shown, fingers interlaced, arms straight to front. Keep spine erect while rotating far to right, then swing to left. Give the jerks at end of each twist.

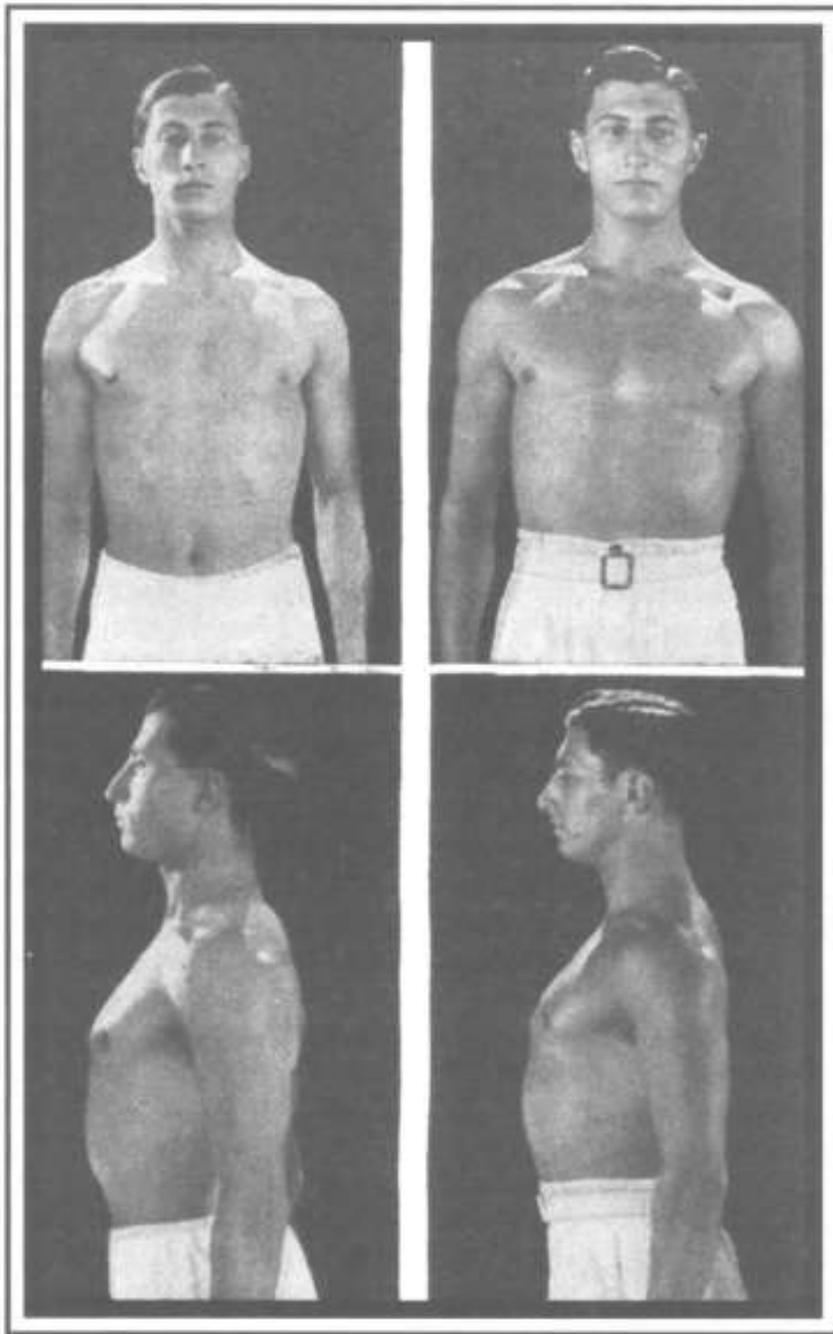


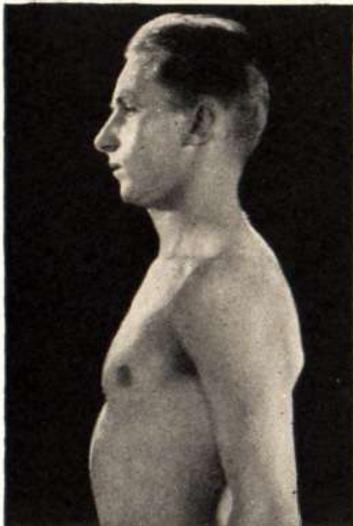
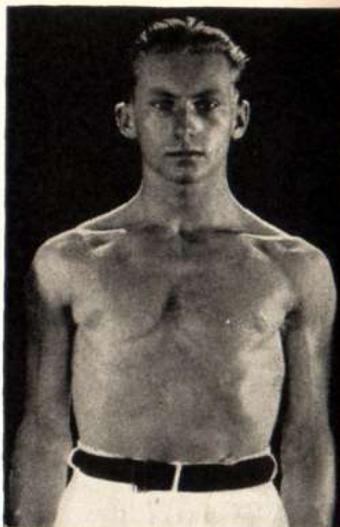
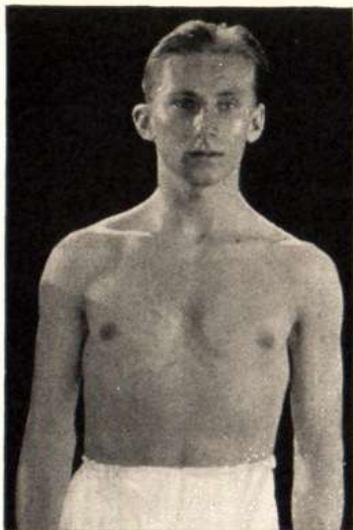




ending on knees, arms at side, trunk erect. Raise arms and bend backward, until position of "bending the crab" is assumed, as shown. It may be better to bend back with hands against a wall at first. Avoid this exercise in case of hernia or weak abdomen.







*On Arrival*

*On Departure*

Dordoni, Fausto. Very good all-round athlete. Fine baseball pitcher. Also good track and field man. Likes baseball best.

*Individual Measurements and Records* 145

**DORDONI, FAUSTO**

Age—18 years  
Height—5 ft. 8½ in.

Weight on arrival—154 lbs.  
Weight on leaving—154 lbs.

*MEASUREMENTS*

	ON ARRIVAL	ON DEPARTURE
Neck	14	15 ¼
Arm	r-10 ½ l-10	r-10 ½ l-10 ½
Arm, Flexed	r-11 ¾ l-11 ¼	r-12 ¾ l-12 ¼
Forearm	r-10 ½ l-10 ¼	r-10 ¾ l-10 ¼
Wrist	r- 6 ¾ l- 6 ¾	r- 7 l- 7
Chest, Normal	36 ¾	37
Chest Contracted	35 ½	35 ¾
Chest, Expanded	38	38 ¾
Waist	28 ½	29 ½
Hips	35	36
Thigh	r-21 ¾ l-20 ½	r-21 l-21
Calf	r-13 ¾ l-13	r-13 ½ l-13
Ankle	r- 8 ½ l- 8 ½	r- 8 ½ l- 8 ¾
Knee	r-14 ¾ l-14 ½	r-14 ¾ l-14 ¾

*TESTS*

*TIMES*

Two Hand Press—73½ lbs	10	29
Arms—Press Up—Prone Position	20	39
Arms—Press Up—Parallel Bars	7	18
Arms—Pull Up—Horizontal Bar	8	18
Back Lift—73½ lbs on shoulders	20	220
Right Hand Press—30 lbs	20	49
Left Hand Press 30 lbs	20	50
Abdominal Lift—30 lbs behind neck	10	20
Deep Knee Bend—103 lbs on shoulders	19	100
100 Yard Dash	12 sec.	11 ½ sec.
1 Mile Run	6 M. 48 s.	6 M. 30 s.



On Arrival

On Departure

FAUSTO DORDONI

Età 18 anni      Peso all'arrivo 69,8 kg  
 Altezza 174 cm      Peso alla partenza 69,8 kg

MISURE

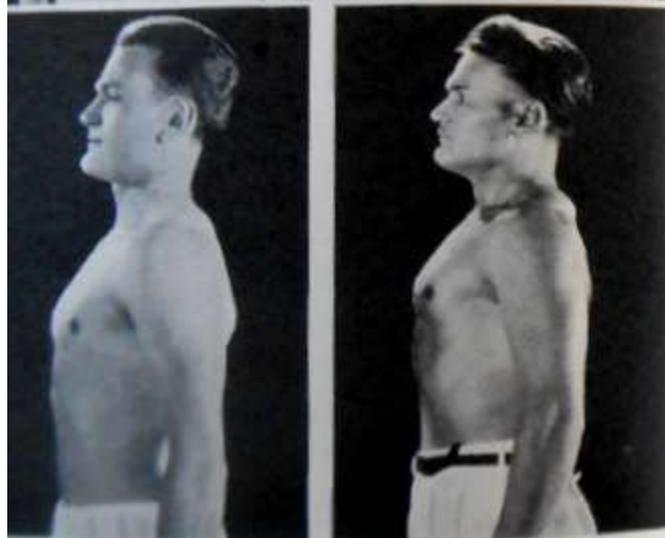
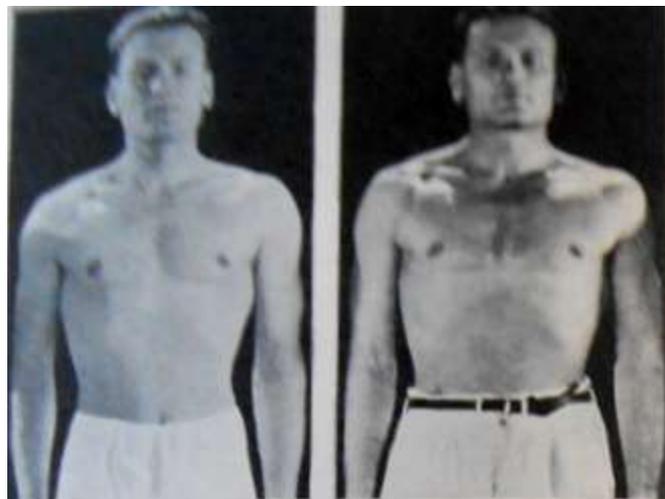
	All'arrivo		Alla partenza	
Collo	14		15 <sup>1/4</sup>	
Braccio	dx	10 <sup>10/10</sup>	dx	10 <sup>1/2</sup>
	sn	10	sn	10 <sup>1/2</sup>
Braccio flessa	dx	11 <sup>3/4</sup>	dx	12 <sup>5/8</sup>
	sn	11 <sup>1/4</sup>	sn	12 <sup>1/4</sup>
Avambraccio	dx	10 <sup>1/2</sup>	dx	10 <sup>3/8</sup>
	sn	10 <sup>1/4</sup>	sn	10 <sup>1/4</sup>
Polso	dx	6 <sup>3/4</sup>	dx	7
	sn	6 <sup>3/4</sup>	sn	7
Torace normale	36 <sup>1/8</sup>		37	
Torace contratto	35 <sup>1/2</sup>		35 <sup>3/4</sup>	
Torace espanso	38		38 <sup>3/4</sup>	
Vita	28 <sup>1/2</sup>		29 <sup>1/2</sup>	
Finchi	35		36	
Coscia	dx	21 <sup>1/4</sup>	dx	21
	sn	20 <sup>1/2</sup>	sn	21
Polpaccio	dx	13 <sup>1/4</sup>	dx	13 <sup>1/2</sup>
	sn	13	sn	13
Caviglia	dx	8 <sup>1/2</sup>	dx	8 <sup>1/2</sup>
	sn	8 <sup>1/2</sup>	sn	8 <sup>3/4</sup>
Ginocchio	dx	14 <sup>3/4</sup>	dx	14 <sup>3/4</sup>
	sn	14 <sup>1/2</sup>	sn	14 <sup>3/4</sup>

TEST

RIPETIZIONI

sollevamento a due mani 73 1/2 libbre (Two hand press)	10	29
Sollevamento braccio dalla posizione prona (Arms-Press Up-Prone Position)	20	39
Parallele (Parallel Bars)	7	18
Sollevamento - Barra orizzontale (Pull Up - Horizontal Bar)	8	18
Sollevamento posteriore 73 1/2 libbre sulle spalle (Back Lift 73 1/2 lbs on shoulders)	20	220
Sollevamento della mano destra con 30 libbre (Right Hand Press 30 lbs)	20	49
Sollevamento della mano sinistra con 30 libbre (Left Hand Press 30 lbs)	20	50
Sollevamento addominale con 30 libbre dietro il collo (Abdominal Lift 30 lbs behind neck)	10	20
Piegamento delle ginocchia con 103 libbre sulle spalle (Deep-Knee Bend-103 lbs on shoulders)	19	100
100 yarde piane	12"	11"
1 miglio di corsa	6' 48"	6' 30"

Fausto Dordoni prima e dopo il training in USA



*On Arrival*

*On Departure*

U. Saia. Learned baseball from the start. Became an excellent player. A very heady base runner. Also made good showing in track and field.

## SAIA, UMBERTO

Age—25 years  
Height—5 ft. 8 1/2 in.

Weight on arrival—261 1/2 lbs.  
Weight on leaving—268 lbs.

### MEASUREMENTS

	ON ARRIVAL	ON DEPARTURE
Neck	14 1/2	15 1/4
Arm	1-10 1/2	1-11 1/4
	1-11 1/2	1-12 1/4
Arm, Flexed	1-11 1/2	1-12 1/2
	1-12 1/4	1-13 1/2
Forearm	1-10 1/2	1-10 1/2
	1-11	1-10 1/4
Wrist	1-6 1/2	1-7 1/4
	1-6 1/2	1-6 1/4
Chest, Normal	38	38 1/4
Chest, Contracted	37	36
Chest, Expanded	39 1/4	40 1/4
Waist	29 1/2	30 1/4
Hips	36	36
Thigh	1-21	1-22
	1-21 1/2	1-21 1/4
Calf	1-15	1-14 1/4
	1-14 1/4	1-15 1/4
Ankle	1-9	1-9 1/4
	1-8 1/4	1-9 1/2
Knee	1-14 1/2	1-15
	1-14 1/2	1-15 1/4

### TESTS

### TIMES

Two Hand Press—75 1/2 lbs	10	30
Arms—Press Up—Prone Position	22	30
Arms—Press Up—Parallel Bars	10	20
Arms—Pull Up—Horizontal Bar	10	20
Back Lift—75 1/2 lbs on shoulders	100	200
Right Hand Press—30 lbs	30	30
Left Hand Press—30 lbs	30	30
Abdominal Lift—30 lbs behind neck	10	30
Deep Knee Bend—105 lbs on shoulders	50	110
100 Yard Dash	13 sec.	10 N. sec.
1 Mile Run	5 M. 47 s.	5 M. 33 s.



**Album dei ricordi - Il sintetico Fausto Dordoni**



Card from Gibraltar.  
To - - - - - Home (Tel)  
By - - - - - Rome.  
On - - - - -

Geom. Carlo Eugeni  
All. Accademia Fascista U. F.  
  
(Fornasini) Rome

To my dear Tom Crawford my best wishes  
for the future; remembering always his friendship  
for us, hoping how I met him here I can meet  
him again in my loved country

Charlie Lawrence

Via Trivio

Ascoli Piceno (Marche)

Lobauca - Castle Heights

7/4/31 IX

I'll remember the stamps \_\_\_\_\_



1942

Remember the red dog —  
Vincent Squillacote  
53 Cottage Place  
New Britain Conn



1942



HORN SPRINGS, TENN. 4/4/42

Baricelli - Russo, Giovanni  
de Stefano, de Vitale - Anne - Tom

## FASCISTS PLAY ERRORLESS BALL

YOUNG ITALIANS NEVER HAD  
BASEBALL IN HANDS UNTIL  
FOUR MONTHS AGO.

### ELEPHANTS WIN

Motion Pictures of Game at Castle  
Heights Will Be Shown All  
Over Italy.

What would you say if somebody told you that nice boys, no one of whom had had a baseball in his hands until four months ago, played an errorless game of regulation nine-inning length?

All right, go on and say it! The Democrat is going to tell you that very thing right now.

It does not matter about giving the boys' names—this reporter must read them, and you can't guess who they are—but they can be found in the box score below. They are Fascist Italians, of the group of forty now in training at Castle Heights Military Academy.

They called themselves the Elephants and the other nine—who also played a good game—were the Monarchs. The big boys not only won the game but out-hit them and out-slugged them in the field. The game was played on the Fascist of July.

These boys will introduce American baseball to Italy. Motion pictures were made of the high spots of the game. These pictures will reach Italy before the return home of the boys and will be shown over the country.

The official record of the game follows:

Runs	Hits	Errors	Left on Base	At Bats	Runs	Hits	Errors	Left on Base	At Bats
Monarchs (D-F)	4	1	0	1	1	2	0	0	1
Assassins, 1st	0	1	0	1	1	2	0	0	1
Mercy, 2d	0	2	1	0	1	2	0	0	1
Constantin, 3d	0	1	0	0	1	2	0	0	1
Farside, 4th	0	0	0	0	0	1	0	0	1
Veaga, 5th	0	1	1	2	2	8	0	0	1
Falkenstein, 6th	0	1	0	1	1	2	0	0	1
Falsetti, 7th	0	1	0	1	1	2	0	0	1
DePargo, 8th	0	0	0	0	0	1	0	0	1
Trell, 9th	0	0	0	0	0	1	0	0	1
Engel, 10th	0	0	0	0	0	1	0	0	1
Vissani, 11th	0	0	0	0	0	2	0	0	2
Cipriani, 12th	0	1	1	0	1	2	0	0	1

Trials	Runs	Hits	Errors	Left on Base	At Bats	Runs	Hits	Errors	Left on Base	At Bats
Elephants (E-F)	4	1	0	1	1	2	0	0	1	1
Delfino, 1st	0	1	0	0	0	0	0	0	0	0
Basso, 2d	0	1	0	0	0	0	0	0	0	0
Bordoni, 3d	0	1	0	0	0	0	0	0	0	0
Sala, 4th	0	1	0	0	0	0	0	0	0	0
Basso, 5th	0	1	0	0	0	0	0	0	0	0
Grassi, 6th	0	1	0	0	0	0	0	0	0	0
Vigi, 7th	0	1	0	0	0	0	0	0	0	0
Bertoni, 8th	0	1	0	0	0	0	0	0	0	0
Carraffa, 9th	0	1	0	0	0	0	0	0	0	0

**Summary.** Two bases hit, Veaga, 5th; three bases hit, Sala, Home run, Sala; two runs hit, off Mercy, 2d; Delfino, 1st; struck out, by Mercy, 2d; by Bertoni, 3d; hit by pitcher, by Bertoni (Mercy, Falsetti), Delfino, DeVito, Constant and Cipriani; Score, Elephants 4, Assassins 0.

**Score by innings:**  
 Monarchs ..... 002 003 016 — 9  
 Elephants ..... 000 000 000 — 0

## CEDAR PENCILS GIFTS TO FASCISTS

CHAMBER OF COMMERCE PRESENTS  
SOUVENIRS TYPICAL  
OF LEBANON PRODUCT.

Bits of Wilson county forest craft will be shipped to more than twenty-five cities of Italy, probably for generations.

Each of the forty-one young Italians at Castle Heights will go back home with a dozen of the best pencils that it is possible to make out of the old red cedar, his name and address printed on each pencil.

The presentation of these pencils was made by the Lebanon Chamber of Commerce. They were specially manufactured, through the cooperation of Edward Graham of the Golf and Cedar Company.

The letter presenting the souvenirs of Lebanon to the Fascist youths follows:

Capitano Costi de Ferraguti, Gen. Bonadino,  
 Castle Heights Military Academy,  
 Lebanon, Tenn.

Dear Sir:  
 Lebanon, the "City of Cedars," as the name implies, is the home of the red cedar (Juniperus Virginiana), the wood from which the best grade pencils are made.

It is also the home of one of the largest mills in the world which saws this wood into slabs of the proper shape and size for the pencil manufacturers, and exports these slabs to practically every civilized country in the world.

One of the craftsmen of this mill is a pencil manufacturer located in Florence, in your native land.

The Lebanon Chamber of Commerce, wishing to present a souvenir of our town to the Fascist cadets, has had a number of the red cedar pencils made with the names of the cadets printed on them, and respectfully request that you present to each cadet the box of pencils bearing his name.

Will you also tell them for us that it is our sincere desire that the nation of Lebanon which they take back home with them may be as pleasant as the memories Lebanon will always hold of them, and we trust that some of these cedar pencils may be laid away as souvenirs to remind you of us in the years to come.

Best, cordially yours,  
 Lebanon Chamber of Commerce,  
 H. A. Eshon, President.

## Italian Cadets Thank Lebanon For Hospitality

LEBANON, Tenn., July 13.—(AP)—The Fascist cadets—the young Italians who have been in training at Castle Heights for the past six weeks—are gone.

They left Lebanon Monday morning by special train on the N. C. & S. L. railway. They will go to New York over the Pennsylvania system, with stops at Pittsburgh and Washington. They will sail for Italy next Monday.

An commander of the group, Count Bernardino de Fubroni, stood on the station platform with his boys around him, he gave the editor of the Democrat the following message for the people of Lebanon:

"Before leaving this picturesque town of Lebanon, where for six weeks we found so much sincere hospitality and so many kind attentions, I wish you to accept from the cadets of the Fascist Academy of Physical Education at Rome the expressions of deepest appreciation for the sincere sympathy shown to us in every occasion and in the columns of your newspaper which represents the voice of the public.

"We shall always cherish the memory of the delightful hospitalities of Lebanon and all its good people.

"Kindly accept my deepest thanks."

C. M. De Vitalis, who has served as physical director for the cadets during their stay in America, said:

"We have never received such hospitality anywhere else and never have we had to leave any place as we have to leave Lebanon. Our thanks are due to the people of this community for a great many kindnesses."

These young Italians came to America as the result of a conference held a year ago between Premier Mussolini of Italy and Bernard Macfadden, owner of Castle Heights and internationally famed physical culturist. They have been Mr. Macfadden's guests during their stay in America. Selected under Mussolini's direction as the best types of the young manhood of Italy, they have added to the best training of their own land the best that could be had in America. Their training is designed to fit them for places of leadership in the greater Italy which is Mussolini's dream and ambition.

Lebanon has profited in many ways by the sojourn of the Italian boys. An inland town with almost exclusive native population, Lebanon generously had scarce opportunity of becoming acquainted with the more cultured classes of the population of Latin Europe. The boys brought a better understanding of the Italian people to Lebanon, just as they did to Donville, N. Y., and other places where they have been during their stay in America.

## FASCIST BOYS EN ROUTE TO ITALY

COUNT FUREGONI EXPRESSES  
APPRECIATION OF LEBANON'S  
KINDNESS.

### DEVITALIS TALKS

Flower of Italian Young Manhood  
Come to America as Guests  
of Bernard Macfadden.

The Fascist cadets—the young Italians who have been in training at Castle Heights for the past six weeks—are gone.

They left Lebanon at 10:30 Monday morning by special train on the N. C. & S. L. railway. They will go to New York over the Pennsylvania system, with stops at Pittsburgh and Washington. They will sail for Italy next Monday.

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## Hickory Handles Go To Italy With 41 Fascist Young Men

Handsome Sovereigns Are Gift of the  
Lebanon Handle Manufacturing  
Company.

Forty-one Scott handles, made of the best quality of Wilson, county white hickory, are on their way to Italy, with the forty-one Fascist cadets who departed from Castle Heights Military Academy Monday. The handles were the gift of H. M. K. Klopenski of the Lebanon Handle Manufacturing company. The name of each boy was stamped in gold on the handle presented to him. The presentation was made at the breakfast table Sunday morning.

Hickory wood which, because of its qualities of lightness and strength, gave Andrew Jackson the nickname which is still a term of endearment to the American people, is one of the historic woods of Middle Tennessee. The Hermitage, home of Old Hickory, belongs as much to Lebanon as to any other city, being but three miles beyond the half way point between Lebanon and Nashville.

The presentation of these sovereigns to the Italian boys constitutes a piece of advertising for the town which will have a more far-reaching and probably a more enduring significance than practically any other advertising enterprise of recent years.

These handles were moved from the log, turned and finished in the plant of the Lebanon Handle Manufacturing company.

## Young Fascists Leave with Sore Knuckles and Memories

Baseball and Lebanon Girls  
Take Toll Among Mus-  
solini's Boys.

By CHRISTOPHER BARKER

It took a long time to get the boys ready to go. They were not only to be ready to go, but they were to be ready to go with a good deal of baggage. They were to be ready to go with a good deal of baggage. They were to be ready to go with a good deal of baggage.

The boys were not only to be ready to go, but they were to be ready to go with a good deal of baggage. They were to be ready to go with a good deal of baggage. They were to be ready to go with a good deal of baggage.

AND BARKER'S FRIENDS

Although the boys were not ready to go, they were to be ready to go with a good deal of baggage. They were to be ready to go with a good deal of baggage. They were to be ready to go with a good deal of baggage.

There will be a long time to get the boys ready to go. They were not only to be ready to go, but they were to be ready to go with a good deal of baggage. They were to be ready to go with a good deal of baggage. They were to be ready to go with a good deal of baggage.

TRANSFERRED TO NASHVILLE

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The Italian Invasion of Lebanon

By Virginia and Dick Lashier

The Italians are coming! The Italians are coming! The cry was heard throughout Lebanon. It was not received in exactly the same way as the cry "The Yankees are coming!" some seventy years previously or even as "The British are coming!" many years preceding that; but to say the news was received with no trepidation at all would be untrue. It was trepidation, however, well-mixed with pleasing but nervous anticipation. One could hear around the square, "Shucks, I don't even know what Eystalians look like--recker they look like us? Mrs. Dan Ingran, a young matron of the Castle Heights official family, fearfully and innocently asked her husband, "Do you suppose we should move off the Hilltop while THEY are here?"

News spread rapidly. Forty Italian boys chosen by Benito Mussolini were coming to Castle Heights as guests of the owner, Mr. Bernard MacFadden, noted physical culture specialist, for a period of three months where they would have "training and direction in activities (sports) designed to give them an American outlook upon life and its problems." These men, chosen from the leading families of Italy were destined to become the military and diplomatic leaders of a regime which was designed, under the Fascist government, to make the land of ancient Rome again the greatest nation in the world.

On May 30th, in that golden summer of 1931, the "forty representatives of the flower of young Italian manhood" arrived in Lebanon and were formally welcomed by Colonel Harry L. Armstrong and Mr. MacFadden, who had flown up in his private plane from Miami for the occasion.

Through Angelo Syracuse, the interpreter, Mr. MacFadden tendered to Count Bernardino de Furogini the facilities of Castle Heights. The young men, all between the ages of 20 and 24, resplendent in their black uniforms, responded with a hearty cheer and the Fascist salute.

The Count then assured Mr. MacFadden that his act of friendship, and

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The importance of the visit could not be overestimated as these young men were students in the Fascist Academy of Physical Education at Rome and were selected from about 4,000 boys as being especially fitted for the American experience. It was a day not likely to be forgotten.

To introduce the boys to the Lebanon young people a dance was given in their honor in the gymnasium where Graham Baird and his Tennesseeans furnished the music. The gym was colorfully decorated in bunting, representing the colors of the American and Italian flags. According to the Lebanon Democrat reporter, "among the Lebanon girls present were: Julia and Charlotte Humphreys, Virginia Golladay, Catherine and Betty Jo McClain, Frances Provitt, Mattie Walker, Eugenia Freeman, Catherine Vaughan, Minerva Bone Fenton." None of the boys spoke English, none of the girls spoke Italian; but long before the evening ended it was found that smiling, flirting, and dancing are universal.

One of the above group recalled that girls were lined up on one side of the gym, boys on the other. During the lining up period there was much giggling, "showing off" and waving back and forth. At a given signal the boys were to race to the partner of their choice and start dancing--a shrill whistle then indicated that the nearest couples exchanged partners. One of the girls said she never lost a compact under more delightful circumstances. Her Italian partner took her compact and said "Please, memento of most beautiful lady!" and dropped it somewhere in one of those numerous dark pockets in his coal black suit. Her nose shone brightly for the rest of the evening, but then she would want to start an international incident over a compact.

Mrs. Ingran recalls that all was very "spit and polish" when Count Furogini wished to make a call, he first sent his interpreter to find out what hour would be most convenient. Exactly at the appointed time he would appear at the door, impeccably dressed in white pants, black jacket extravagantly ~~colored~~, military officer's cap, gloves and swagger stick. Upon being

she received as well as some pictures) After a while this ceased. The next news was some four years later when many of these same young men were reported killed in the Ethiopian Campaign launched by Il Duce to divert the attention of his fellow-Italians from their own desperate needs at home. But the others, now in their sixties, wonder if they ever recall to themselves, or to their grandchildren, that long ago summer of ~~1931~~ '31 when they successfully launched the peaceful invasion of Lebanon?

End

#### WHEN THE ITALIANS CAME TO LEBANON

During a trip to Europe in the summer of 1930, Benito Mussolini sent extended an invitation to the Duke to send young Italian students to the United States to study physical fitness at Castle Heights which at that time was owned by McFadden.

Forty-two students from the Fascist Academy of Physical Education in Rome were personally selected by Mussolini. The students represented twenty-five Italian cities. They arrived in New York in the Spring of 1931 and were taken to McFadden's physical farm at Danville, New York where they stayed for several weeks before continuing their journey to Lebanon.

The cadets arrived in Lebanon on June 11, 1931. They were dressed in their Fascist "Itallian" uniforms of dark blue. From the "Itallian" was born the Hitler Youth Movement. Wilson County Historian Vincent Simms remembers being at the train station when they arrived.

The Italians were first taken to the Horn Springs Hotel where they stayed for several days until the commencement exercises at Heights were over. They then moved to the Heights campus where they remained for about six weeks.

Count Claude de Vivalis, a reserve officer in the British air corps, was in charge of the cadets. His assistant, Vincent Squillacote, stated that "the cadets were here to learn American methods of physical culture." Since few of the Italians spoke English, Squillacote taught them English while they were here.

The Italians were royally treated while in Lebanon. A number of functions were held for them.

The most elaborate was the Rotary Club's first international dinner held in the dining room of Cumberland University's Burs Hall. The program opened with the playing of the American national anthem, "America," and the Italian national anthem, "Giovinezza." The cadets sang six Italian songs including "Inno del Balilla." "Per Vacchia Conoscenza" in English "Auld Lang Syne" was sung by the entire group to close the program.

A dance was held at the Castle Heights gym in honor of the cadets. The gymnasium was decorated in the Italian national colors of red, white, and green. Among the local girls attending were Virginia Golladay Lawlor, Julia and Charlotte Humphreys, Catherine and Betty Jo McClain, and Eugenia Freeman Maddox.

The Italians were guests of the Nashville Rotary Club. While in Nashville, they were served "a real Italian meal" of spaghetti, bread sticks, and broccoli in olive oil. They also attended the Grand Ole Opey.

The Lebanon Chamber of Commerce presented each cadet with a dozen pencils made from bits of Wilson County cedar fence rails. The pencils were said to have been the best pencils that could be made. Each pencil had the name and address of the cadet printed on them.

Hickory handles were given to the cadets by H. M. Kleyentseber of the Lebanon Handle factory. The name of each cadet was stamped in gold on the handle presented to him.

The Italians left Lebanon by train on July 15<sup>th</sup>. Their first stop was in Pittsburg,

Pennsylvania where they were to inspect a steel plant. Next they spent the day in Washington where they were greeted by the Italian ambassador. They then placed a wreath on the Tomb of the Unknown Soldier.

They spent an additional two weeks in New York before leaving for Italy. On their return to Italy, they continued their studies at the Fascist Academy. Upon completion of their classes, they were the equivalent of university graduates in the United States.

While in Lebanon, they were asked what they really thought of Mussolini. Expressing the sentiment of all, one said, "Our life or our death we would give to him." Probably some did.

Now, seventy-seven years later, Dr. Ernesto R. Milani of Milan, Italy is seeking a greater understanding of the Italian youth sent here by writing an account of their sojourn in Lebanon. He has found that at least one of the cadets, Giuseppe Russo, of Palermo, Sicily is still living. The daughter of Fausto Dordoni, another cadet, is assisting in his study.

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Lebanon, Tennessee 37087  
(615) 444-3891



**Gli studenti italiani di cultura fisica di fronte all'Ambasciata italiana di Washington, D.C., USA.  
Washington, 16 luglio 1931.**



**HOTEL ASTOR**  
TIMES SQUARE,  
**NEW YORK**

Wm. C. MUSCHENHEIM.





**Cena di'addio offerta da Bernar MacFadden in onore degli studenti italiani idi educazione fisica all'Hotel Astor di New York. 16 luglio 1931.**



**Bernarr Macfadden saluta i cadetti in partenza per l'Italia sul Conte Biancamano  
NYC - 17 luglio 1931**

# IL DUCE AND THE FATHER OF PHYSICAL CULTURE

Charles Kupfer, Ph.D.  
Michigan State University



Italian dictator Benito Mussolini was fond of the art of the gesture. Once a journalist, he admired the opinion-massaging potential of a well-executed press item. During his rise to power, photographers most often caught him in showy regalia, making speeches, or half-naked, pitching hay with peasants, muscles and machismo on display. His final photograph, however, was grisly. In the closing days of the European conflicts of World War II, Mussolini was arrested along with his mistress Clara Petacci. Embittered Italians mangled both corpses before allowing news cameras to flash the gruesome images across the wire services.<sup>1</sup> Mussolini's macabre finale preceded Adolph Hitler's by just three days.<sup>2</sup>

Mussolini's charismatic influence began to felt nationally when he was named Prime Minister by Italian King Victor Emmanuel in 1922. Self-assured and proud of his virility and vigor, Mussolini never missed an opportunity to identify himself as the solution to Italy's ills. Wearing his black shirt, he told Victor Emmanuel, "Majesty, I have come from the battlefield, fortunately bloodless," when the King named him Prime Minister. Actually, he had come from the railway station, but image is everything when making a myth.<sup>3</sup>

Italy badly needed an infusion of vigor as it emerged from World War I. Dr. Mussolini and his black-shirted followers appeared to have the right medicine. *Dunbar* could refer to his best specimen, *Il Duce himself*, the very ideal of fascist physical prowess: *leaving a delirium or tossing a bale, bare-chested, muscles flexing and smile affixed*

despite—because of—the effort. Hard work in hard times made a hard man.

As Mussolini's power grew, so did the numbers of his followers. As a term, "Fascism" carried classical connotations that Mussolini liked. In Roman times, *lictors*, or bailiffs assisting a magistrate, carried fasces, elm and birch branches bundled around an axe. These symbolized a sergeant-at-arms' power to lop off refractory heads. *Fasci di combattimento*, "bundles for combat," was Mussolini's 1919 term for Black Shirt precursors, the *squadristi* who chopped down leftists and other enemies in pitched street fights.<sup>4</sup> Like Communism, its totalitarian cousin, fascism promised to create a new man and new woman who would find actualization as components of the state. To this end, state control of culture, institutions, and identity was a given.<sup>5</sup> Although Mussolini never managed to wangle the maximum totalitarian sway that Hitler or Stalin did, it was not for a lack of wanting and trying.<sup>6</sup> Further, it would be a mistake to underestimate Mussolini's drive to power, or to attribute any kind of benignity to his doctrine. Italy's fascists grew more, not less powerful, during the Thirties, as they built a lattice of ties with the Church, financial sector, army, and royal court.<sup>7</sup> Fascism assured all that it would end decades, even centuries, of stultification by substituting strength and direct action for weakness and dithering. "Mussolini is always right," was the official credo.<sup>8</sup> Mussolini predicated his rise on his promise to restore lost vigor. Rome had sunk low since the days when men on the Tiber ruled the known world. Impotence depressed a culture that idealized virility. But with slogans like "He Who Has Steel, Has Bread!" or "War is To the Male What Childbearing is to the Females!" and "Right Without

Charles Kupfer analizza il Duce e Macfadden, gennaio 2000.



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*Ministero dell' Istruzione, Università e Scienze*

IL SOTTOSCRITTO DI STATO  
PER L'EDUCAZIONE FISICA E GIOVANILE

I° Tenente 38° Fanteria  
Thomas H. Crawford  
Professore di Scienza Militare e di Tattica  
Lebanon  
(Tennessee)

Caro Comandante,

Ho letto, con vivo gradimento, le espressioni, così gentili e amichevoli, che Ella ha voluto rivolgermi nei riguardi degli Allievi dell'Accademia Fascista di Educazione Fisica.

Io sono molto lieto che essi abbiano saputo degnamente rappresentare in America la loro Patria e il Fascismo, che ne regge le sorti sotto la illuminata guida del Duce.

Essi conserveranno per tutta la loro vita, incancellabile, il ricordo dell'amabile accoglienza che tutto il popolo Americano ha loro tributato e di tutte le premure di cui sono stati oggetto da parte dei loro Istruttori e camerati.

Ringraziandola sentitamente per l'interesse e la simpatia, dimostrata all'Istituzione che ho l'onore di presiedere, Le invio i miei migliori e più distinti saluti.

*RICCI - Minister of Education*

# When the Italians came to Lebanon

By THOMAS R. HARTLOW  
Submitted to The Democrat

During a trip to Europe in the summer of 1931, Bertner McFadden met with Benito Mussolini and extended an invitation to the Duce to send young Italian students to the United States to study physical fitness at Castle Heights, which at the time was owned by McFadden.

Forty-two students from the Fascist Academy of Physical Education in Rome were personally selected by Mussolini. The

students represented 23 Italian cities. They arrived in New York in the spring of 1931 and were taken to McFadden's physical farm in Danville, N.Y. where they stayed for several weeks before continuing the journey to Lebanon.

The cadets arrived in Lebanon June 11, 1931. They were dressed in their Fascist "Ballas" uniforms of dark blue. From the "Ballas" was born the Hitler Youth movement. Wilson County historian Vincent Stamba remembers being at the train station when they arrived.

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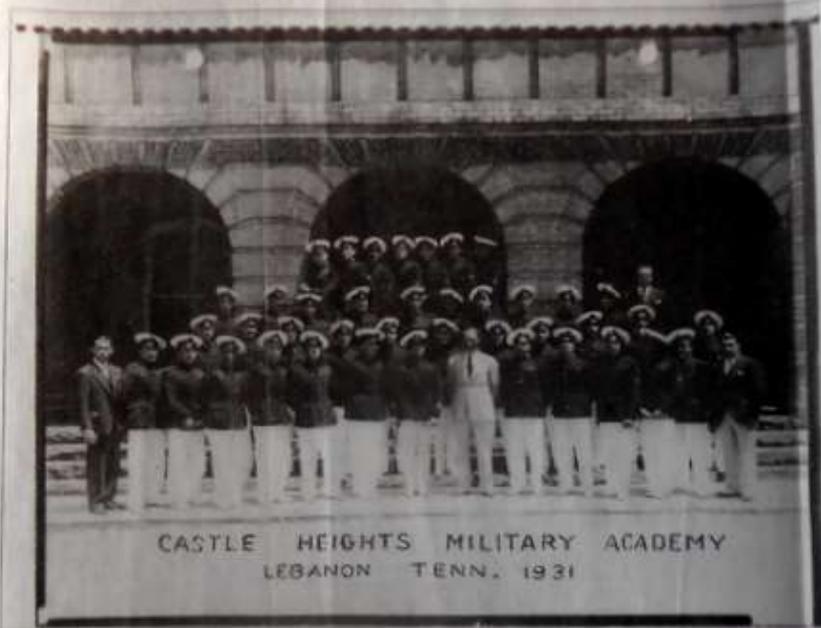


PHOTO SUBMITTED

This photo shows the Italian cadets who attended Castle Heights Military Academy in 1931.

The most elaborate was the Rotary Club's first international dinner held in the dining room of Cumberland University's Dome Hall. The program opened with the playing of the the American national anthem "America" and the Italian national anthem "Cassanova." The cadets sang an Italian song including "Inno del Duce." The "Veerchia

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Commerce presented each cadet with a dozen pencils made from bits of Wilson County red oak tree cuts. The pencils were said to have been the last pencils that could have been made. Each pencil had the name and address of the cadet printed on them.

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Now, 77 years later, Dr. Ernesto R. Milani of Milan, Italy, is seeking a genuine understanding of the Italian youth who were here by writing an account of their sojourn in Lebanon. He has found that at least one of the cadets, Christopher Moore of Padua, Italy, is still living. The daughter of Ernest Moore, another cadet, is willing to help search.

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Lebanon Democrat - 11 marzo 2008 – Ricordando i cadetti italiani del 1931

## Morto Russo Allenò anche Livio Berruti

Ieri a Roma si è spento Peppino Russo, storico allenatore e maestro di atletica leggera: era nato a Palermo il 13 febbraio 1913. Russo era stato azzurro nelle corse ad ostacoli e, nel dopoguerra, responsabile della velocità italiana: sotto la sua guida la staffetta 4x100 (Tito, Perruconi, Monti e Siddi) si aggiudicò il bronzo a Londra 1948. Il suo nome è soprattutto legato all'impresa di Livio Berruti, che ai Giochi di Roma vinse il titolo dei 200 metri, eguagliando per due volte, nel giro di due ore, il primato mondiale (20"5).

**Corriere della Sera 6 luglio 2010  
La morte di Giuseppe Russo**



**Maria Teresa e Chiara Dordoni, figlie del cadetto Fausto Dordoni con i guantoni e le palline da baseball portate da Lebanon nel 1931.**

