

CHICAGO HAS 5,000 POLICEMEN-ATHLETES



EAST of Pittsburgh they look upon the man who goes to Chicago as brave. A woman visitor is hailed as a heroine upon her return. They regard Chicago as the frontier of the United States, teeming with wild holdups, ghastly murders, the mecca for confidence men and desperado gangs.

Such is not the case today. Perhaps it was a quarter of a century ago, but the present-day Chicago is perhaps the most carefully guarded city in the country.

The why and wherefore of this greatly improved condition is 5,000 policemen-athletes. And the reason for the athletic force is the civil service law with its physical requirements, which the man who would become a "cop" must equal or excel to become a full-fledged minion of the law.

He must have a perfect chest, heart, lungs, his muscles must be strong, his bones well knitted, he must be at least five feet eight inches in height, and not more than six feet five inches. Applicants in taking physical tests must tip the scales between 150 and 250 pounds.

Obesity, muscular weakness and poor physique are insurmountable barriers to the man with a craving for a place among the "finest." Every muscle in the body undergoes a test, which is made by the use of machines and weights. The Chicago policeman must be able to carry himself well, he must be shifty on his feet, quick to think and act. His eyes and ears must be perfect and his family tree must be absolutely devoid of hereditary diseases.

In fact the Chicago force to-day is one which demands that a man be a soldier, athlete and minion of the law combined. During certain months each year examinations are conducted and during the fiscal twelve-month 6,000 men were examined. Of this number about one-half were successful. First the doctor looks over the applicants, then the physical examiner takes the men in hand and puts them through the most rigid tests required anywhere in the world. After that the written examination is given in which each applicant's education is brought to the fore.

Civil service tests are severe and absolutely honest. It is up to the applicant himself to pass the tests. You cannot be appointed upon the Chicago police force by possessing acquaintance with a man "with a pull." So great has been the success of the system installed by President Elton Lower of the civil service commission and his aides—H. D. Fargo and M. L. McKinley—that today every city of any size in the United States has its eyes focused upon the details and methods employed by the Chicagoans.

Since President Lower became the leading light in the work of giving Chicago an efficient police force, great strides have been taken by the city toward making its citizens absolutely safe from criminals.

Physical Examiner Edward G. Westlake is in a measure responsible for bringing out the best bodily qualifications in the men who are turned over to him for inspection. Says Examiner Westlake: "Stage fright during the physical examination is one of the worst setbacks which the tests meet. When a man becomes 'flustered,' knowing that a good job depends upon his every movement, it is quite natural that the best he knows will not push itself to the surface. Hence it is the duty of the examiner to allay the fears of the applicant as much as possible.



seem difficult to the observer, but try it just once and you'll feel that passing the physical test is far from easy."

Mr. Westlake is a newspaper man on the staff of the Chicago Evening Post and his 20 years in the newspaper business, part of which was spent in knocking about in police districts as a reporter, taught him much regarding the needs of the department. Before he entered a newspaper office, he served as a railroad fireman. The constitution which that rigorous vocation gave him, along with an enviable muscular development, has stood him in good stead in demonstrating the use of the tests before admiring gatherings of would-be "cops."

Firemen and stationary engineers are also included in the civil service physical tests and today Chief Horan of the fire department is working hard with the civil service officials to have the standards raised so that an even sturdier force may be secured to battle with Chicago conflagrations. Following is a table, showing what is required in the way of height and weight before the strength and agility tests are given:

Height	Minimum Weight	Maximum Weight	Minimum Circumference
5 feet 8 inches	155	195	35
5 feet 9 inches	155	195	35
5 feet 10 inches	155	195	35
5 feet 11 inches	155	195	35
6 feet 0 inches	170	215	37
6 feet 1 inch	170	215	37
6 feet 2 inches	180	230	39
6 feet 3 inches	185	240	41
6 feet 4 inches	190	250	42
6 feet 5 inches	195	255	42

Before the applicants face Physical Examiner Westlake, they are scrutinized by physicians and records show that 60 per cent. are rejected. To show some of the men's overstatement of their qualifications it is recorded that recently 1,500 filed applications in a bunch and of this number only 370 succeeded in emerging unscathed from the medical, physical and mental tests.

Mr. Westlake lays out a table of tests, showing the figures which indicate meritorious performances. The table:

Capacity of lungs	Strength Test
Strength of back	250
Strength of legs	245
Strength of upper arm (H. P.)	10-10
Strength of fore arm (R. L.)	10-10
Strength of hand	10-10
Strength of foot	10-10
Strength of neck	10-10
Strength of chest	10-10
Strength of stomach	10-10
Strength of intestines	10-10
Strength of bladder	10-10
Strength of rectum	10-10
Strength of uterus	10-10
Strength of ovaries	10-10
Strength of testes	10-10
Strength of prostate	10-10
Strength of vas deferens	10-10
Strength of epididymis	10-10
Strength of spermatic cord	10-10
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