If you were Chinese, you had (mostly) been excluded since 1882. If you were Japanese, things were complex after 1907–8.

If you were anything else, you were not excluded as such in 1916 although there were many who thought you should be if you were the eastern or southern European that you increasingly were: Russian / Polish Jewish Italian Polish Slavic Greek . . .

— and you could have been excluded as a convict lunatic beggar pauper polygamist anarchist prostitute epileptic contract laborer mental defective bearer of loathsome / contagious disease . . . : a growing list.

If you came after 1892, you probably (90%) arrived on Ellis Island, where in 1906 you were still likely (99%) to be admitted, but where, if you came in 1914, you might have been given an intelligence test by Henry Goddard, the results of which were inconclusive (and your chances of being excluded small) but in 1916 you might (10%) have been marked X mental defect.

If you came in 1917, the new Immigration Act could have excluded you for 33 reasons, and for the first time would have done so if you could not pass a literacy test (for which Madison Grant had lobbied) or if you came from an extensive Asiatic Barred Zone.

If you were admitted, you might have taken a train from New York to southern Illinois, where you probably would have worked in a mine, especially if you were Italian.
Fitter Families

Yea, I have a goodly heritage my mother said her sister said the Bible said and it does and they did we do but

that was also the motto of Fitter Families for Future Firesides, contests featured at state fairs using anthropometric measurements medical dental vision exams intelligence tests personality evaluations of families some with several generations as well as eugenic family histories. The forms had a blank for race (which could be Nordic)

and charts were posted with literacy rates for native-born foreign-born negroes as well as birth rates for native-born alien

There were also displays with flashing lights

This light flashes every 15 seconds
O
Every 15 seconds $100 of your money goes for the care of persons with bad heredity such as the insane, feeble-minded, criminals & other defectives.

—and medals awarded to winners, which read:

YEA, I HAVE A GOODLY HERITAGE
healthy hearty worthy made
to fight explore rule a good
   fit for a fit the facts
to be fit as befitting

un- diseased defective dragging
down might have a right
here in the yard to be tied so can’t
have more of them select

   fit into a square a round
of weeping anger and starts
to be stopped before they throw
   a poor poor and if the shoe