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THE SYSTEM OF PHYSICAL CULTURE

TAUGHT AT

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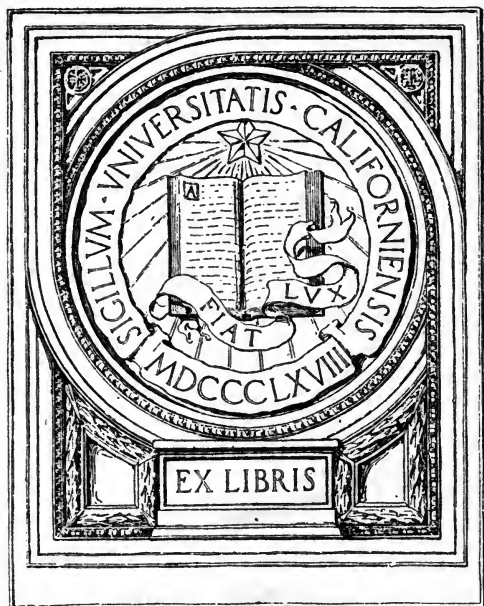


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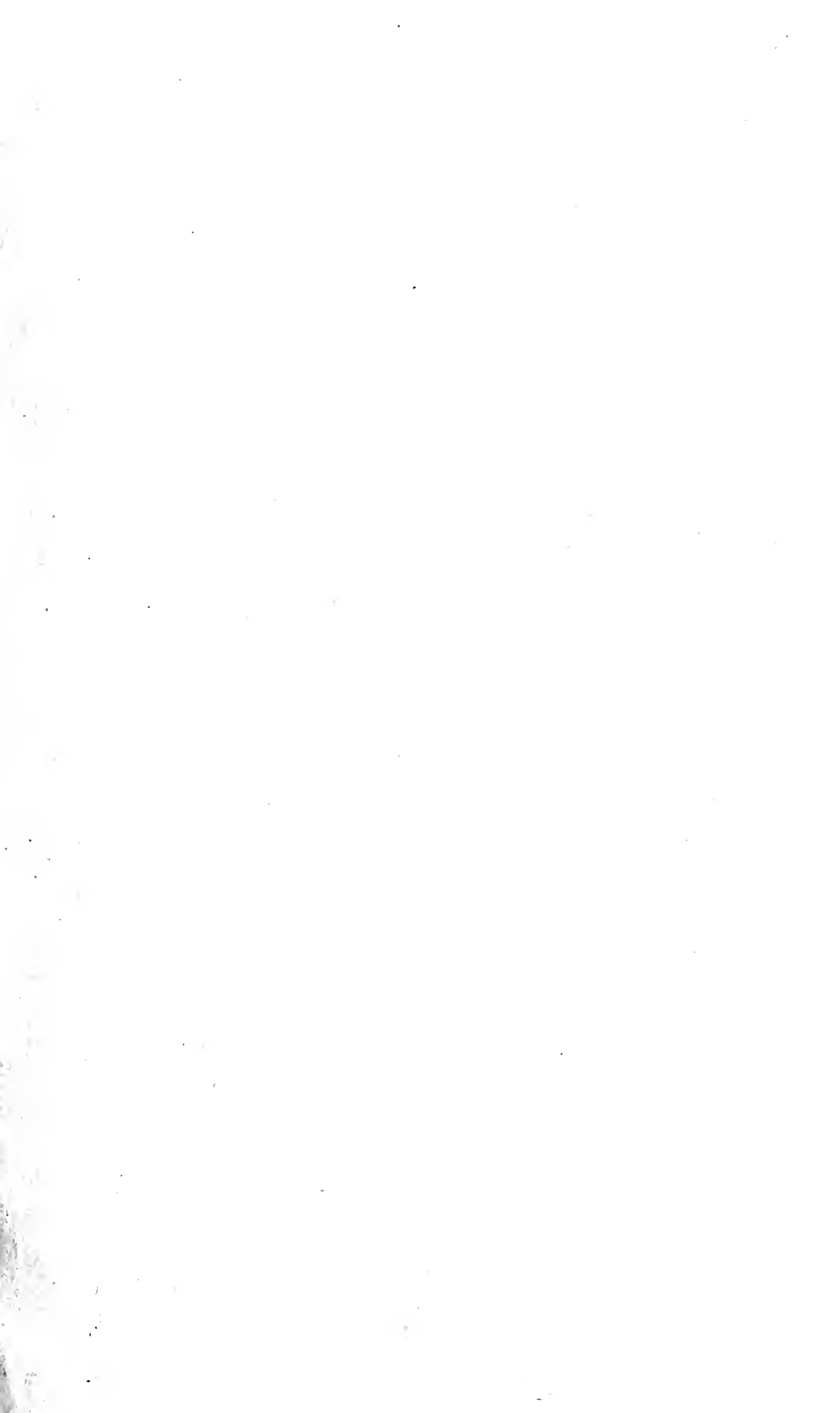


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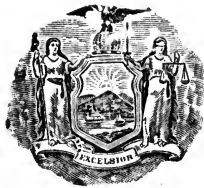


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The System of Physical Culture

Taught At

The New York State
Reformatory
Elmira,
N. Y.

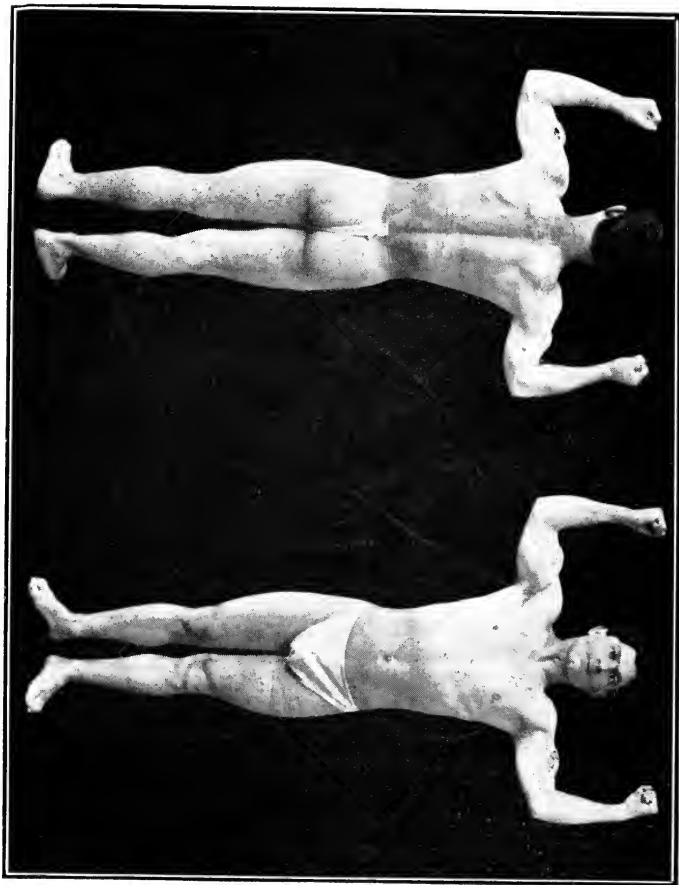


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The result of six months training for a period of two hours a day.

NO. 1000
ALPHABETIC

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New York State Reformatory

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Superintendent

FRANK L. CHRISTIAN, M. D.
Assistant Superintendent

FRED C. ALLEN
Private Secretary

Clerical

IVAN T. SMITH
Chief Clerk

THOMAS F. MURPHY
Steward

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JOHN R. HARDING, M. D.
Senior Physician

C. H. TURNER, M. D.
Assistant Physician

WALTER D. TAYLOR, B. E.
Director, Physical Culture

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Protestant Chaplain

REV. AUGUSTINE F. TEMMERMAN
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Jewish Chaplain

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ABRAM DEYO
Director, School of Letters

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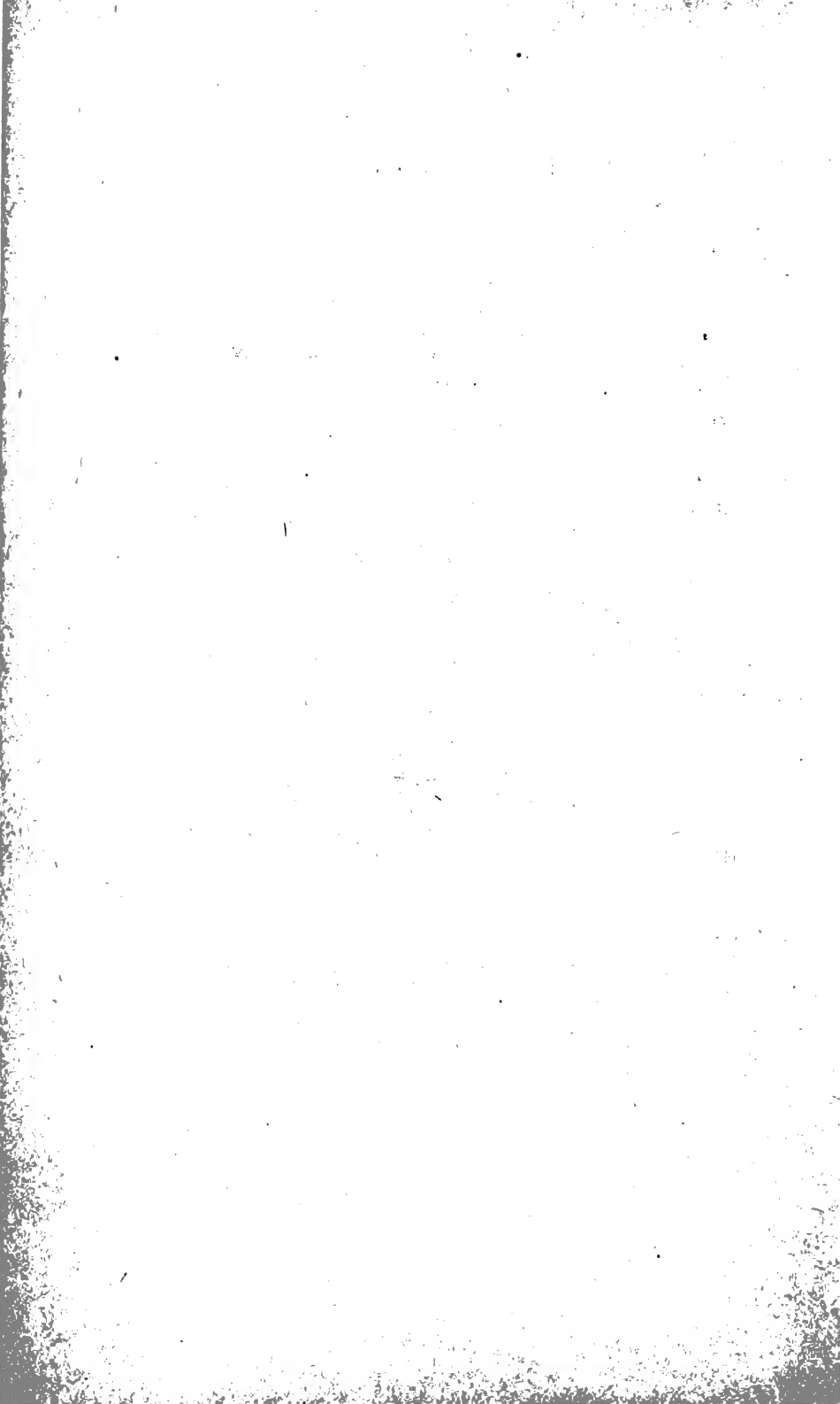
VINCENT M. MASTEN, *Instructor*

Disciplinary

JAMES H. GUNDERMAN
Disciplinary Officer

Engineering

GORDON A. SHEPARDSON
Chief Engineer



THE
MUSEUM OF
THE
SMITHSONIAN INSTITUTION
WASHINGTON, D. C.



A full blood Seneca Indian who had eight months training.

TO THE
ALPHABET

THE GYMNASIUM

The gymnasium is a brick structure, 140 feet in length by 80 feet in width, and stands near the center of the original reformatory enclosure. It contains a large exercising hall, 100 feet long by 80 feet wide; bath rooms occupying a space 60 feet long by 40 feet wide. These include a spray room with two shower and needle baths; a plunge room having a swimming pool 12 feet wide by 47 feet long and 6 feet deep, (with spring board attached,) and a drying room. There is also an office and a receiving room, 40 feet by 20; and a dressing room, which is 80 feet in length by 40 feet in width. The building is heated by steam, and lighted and ventilated by fifty large windows. The southern exposure of the building faces the enclosed lawn and parade grounds.

Extending around the four sides of the gymnasium proper, about ten feet from the floor, is a padded gallery for running, one sixteenth of a mile in length. The gymnasium is also furnished with various apparatus—such as parallel bars, chest weights, vaulting horses, horizontal bars, dumb bells, Indian clubs, wands, etc., etc.—but, from experience, we have learned that such apparatus is not so well adapted to the class of boys assigned to this department as is the system we here present. The floor space beneath the running track will accommodate about 200 pupils at a time.

The gymnasium suit consists of white duck trousers, sleeveless knit shirt, leather belt and leather-soled canvas slippers. A suit is furnished each pupil assigned to the gymnasium. This suit is worn only during class work, and is kept in an individual compartment in the gymnasium lockers. All such apparel is numbered so that each boy retains his own suit as long as he stays in the gymnasium, and each boy is held responsible for the condition of his individual outfit.

There are two classes held in the gymnasium each day. The morning class, which is in session from 7:30 to 10 o'clock, is composed, on an average, of about 100 boys; the afternoon class, which is in session from 12:30 to 3 o'clock, has an attendance of from 40 to 50 boys. On Saturday afternoons both the A. M. and the P. M. classes meet in session for about an hour's drill, between one and two o'clock.

Each member of the physical culture classes is assigned to the gymnasium for some specific reason,—such as: weak chest, weak lungs, weak heart, round or stooped shoulders, general physical or mental debility, and other kindred defects and ailments—and, while all boys take the same exercises, each boy is taught to make the degree of exertion to fit his own powers of endurance. In support of the effectiveness of this method of teaching, I could cite many cases where boys, who, at the time they began the class work, were unable to run once around the hall without having severe pains in the region of the heart or a painful shortness of breath, yet who, after a few months of diligent training, could run a mile or more at a fairly good rate of speed with ease and without these symptoms of weakness showing at all. However, the individual is never allowed to go to the limit of his powers—each boy is taught to stop before the danger point is reached.

After the members of the class have prepared themselves for the exercises, they assemble on the floor of the gymnasium proper and are allotted places in such a manner that will give each pupil the greatest possible amount of space. At command of the class leader, the piano sounds the signal for all to begin a set of exercises in unison with the leader and in time with the music, which is arranged to fit each exercise of the set. After the ending of a set, which requires from six to twenty minutes, a short rest is had and

then another set is taken up in the same manner, which is followed by another rest and then another set of exercises in turn until the allotted time for the session is consumed.

After each session of exercises the class is given a hot shower bath, which is followed by a cold plunge in the swimming pool for those boys who are in a condition to go into the cold water. The work is done by the class in a systematic and well established manner.

The bulk of the individual instructing work is performed by a corps of inmate instructors selected by the director of the gymnasium for this purpose and to assist in perserving order and discipline in the class. This method encourages those who would become instructors, and at the same time inculcates a respect for authority in the other members of the class.

In conjunction with these methods of instructing, the director of the gymnasium lectures to the classes on physical hygiene, from large charts representing the structure of our bodies; moral talks are also given for the purpose of stimulating the more noble traits of character in the individual members of the class; and, last, but not least, the great value of *time*, and the best method of putting it to use, is constantly kept before the minds of each and every member of the gymnasium.

The great ends sought in this work are: health of body and mind, self-control, and an ambition, on the part of each boy, to "make good", here and in his after life.

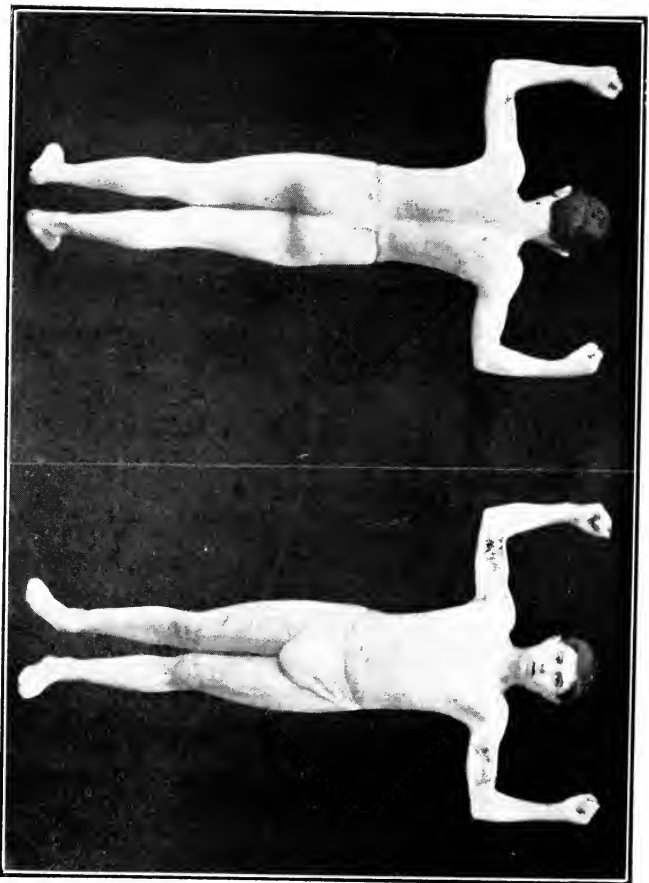
INTRODUCTORY REMARKS

This system of exercises has been largely adapted from "The Ralston System of Physical Culture", and is fundamentally the same as that taught at the Ralston University of Expression, Washington, D. C., (to which school due credit is here rendered). Many changes have been effected for the purpose of fitting it perfectly to the conditions and needs of institutional work—the great purpose being to establish a healthy body within which may dwell a normal mind, that by and through both a more wholesome character may be developed.

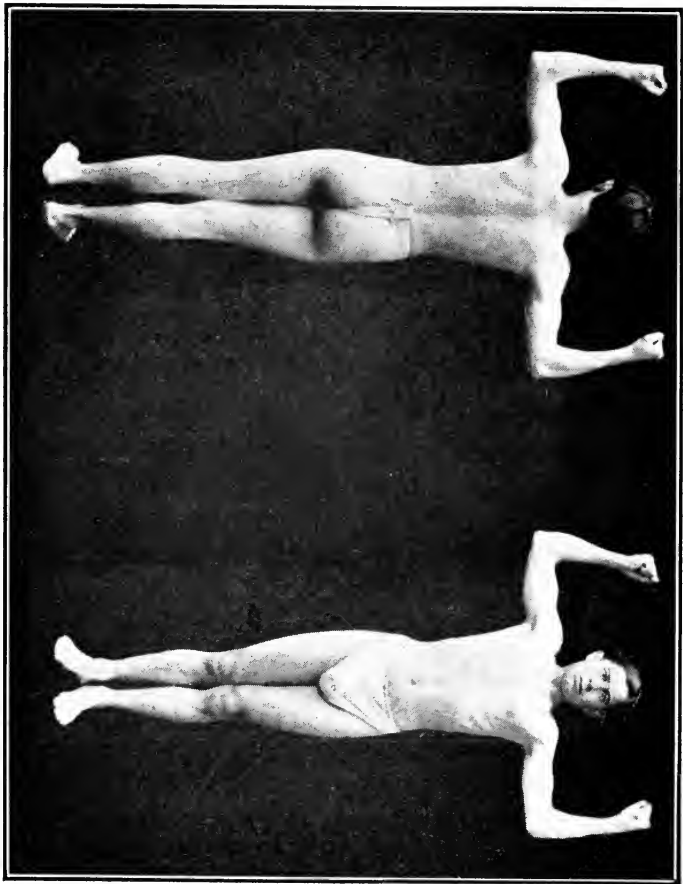
The great success attending our efforts is attested by the thousands of boys, who, passing through this course of training in the gymnasium, have shown the power and ability to "make good" in after life.

All that these boys have done in self-improvement you can likewise do if you only make up your mind that you *will*, and then stick to that one resolution until you have reached the goal; but, first of all, you must desire self-improvement; then, to make this desire effective, you must thoroughly understand the course you are to pursue, and finally, you must carry out such a course, through all its exacting detail, to the end.

The exercises hereinafter explained are arranged in such a manner that one division of the body after another is brought into action until the entire structure has been uniformly employed. Not only are the muscles developed but also the eye, by observing the leader; the ear, by following the time, or counts, and, finally, the will which gradually gains perfect control over the actions of the mind by a regular and constant shifting of the movements of the body in harmony with the thoughts passing through the brain—such as: "How should I do this exercise?" "How many counts must I do in all?" "How many have I done?" "How



Poorly developed weak youth before training. Compare facial expression with next picture of him.



Boy in preceding picture after six months training. Observe facial expression, showing mental awakening.

APPENDIX

many must I yet do?" "What exercise follows this one?" and so on throughout the entire lesson.

As the quality of the results obtained through systematic exercising depends largely upon the manner in which the individual enters into the training—an exercise of the greatest worthiness losing some, if not practically all, of its value through careless execution on the part of the individual,—I feel it incumbent upon me to do all in my power to get each pupil properly started in this course of training.

To begin with, each set of exercises is here arranged with the intention that the entire set shall constitute ONE EXTENSIVE EXERCISE by causing a continuous change of action from the beginning to the end of each set; and, with that end in view, the body attitudes, or positions, which connect one exercise with its successor, have been reduced to two in number to be known hereafter as, "first" position and "second" position, and which may be explained thus:

"FIRST" POSITION:—Stand erect, the legs straight; the heels and knees touching; the weight placed well forward on the balls of the feet; the toes spread some six or eight inches apart; the chest well up and held fully expanded (this act alone strengthening many of the muscles in the most vital part of the body); the front walls of the abdomen raised and drawn inward as much as possible (this is another very important feature, for it strengthens to a great extent the muscles that help to eliminate much of the effete matter of the body); hold the head up, the chin on a level and drawn back into the neck somewhat; and press the hands firmly against the waist while they rest upon the hips—all these being a bit exaggerated without too much stiffness in the attitude, remembering that this is as much of an exercise as any in the regular sets:

"SECOND" POSITION:—This position is exactly the same as "first" position, with the exception that the arms hang naturally from the shoulders, instead of the hands resting upon the hips.

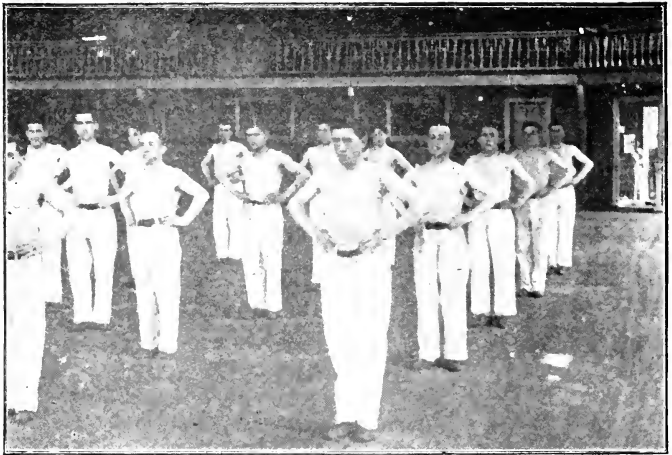
The careful observation of these general directions and the putting of them into use—with exaggerations removed—while working and playing as well as while exercising, will prove very beneficial to the health of the individual.

Now that you have the exercising positions, you are to bear in mind a few explanations as to how you exercise, in order to reach the best results in the quickest possible time:

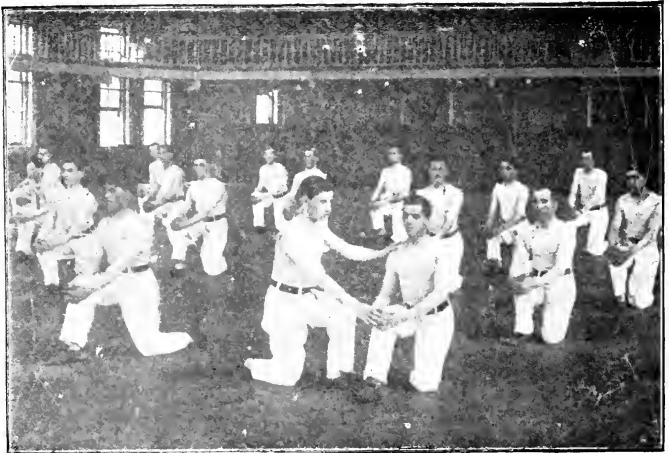
The one thing that excites and develops the energy—no one knowing just what that energy really is—in the body, is an action on the part of the muscles which we call "tension"; therefore, we should pay some attention to this condition while performing our exercises—a few proper tensions of the muscles, especially after they are once properly developed, doing more good than long-extended movement. We find from experience that this tensing of the muscles should take place on the strong impulse of each of the most important counts of the exercise, and just before this impulse the muscle should be as limp as the circumstances will permit; however, I would strongly advise that you avoid going to extremes in these tensing acts, both as to the degree of effort put forth and as to the duration of the same—bearing in mind that it is the conscious and pre-determined power of the will over the muscles in their acts of tensing and relaxing which really count the most in the end.

My space here is too limited to go further into these matters, so I consign the book to your personal use with the hope that you will enter into the spirit of its teachings and reap a bountiful reward therefrom.

WALTER D. TAYLOR, B. E.



"First Position"



Individual Instructions

NO. 1000
AUGUST 1900

THE RELATION OF PHYSICAL CULTURE AND REFORMATION

The necessity of physical culture in the development, both physical and mental, of the delinquent has been recognized at this institution for nearly thirty years. In the summer of 1886 the close relationship existing between corporal conditions and mental operations and conduct was recognized, and the application of physical education to the reformation of inmates was begun. Four years later the gymnasium was built and men regularly assigned there, who had been selected for this training after examination by the physician. Since that time this department has been in active operation and nearly fifty per cent. of the men who have been sent here have received physical training and treatment.

For many years we used the usual gymnasium apparatus for the development of the men. While this was to some extent successful, it gave in many instances a more localized development than was desired and tended to produce the athlete rather than the uniform development that we desired. Our intention has been always to secure a normal condition of health and a uniform development of the muscles without attempting to foster athleticism. With this purpose in mind, some eight years ago, we changed the system of exercises and used exclusively free hand work without the use of any apparatus whatsoever, excluding even wands, dumb bells, and clubs. While this was at first in the nature of an experiment, we are gratified to acknowledge that it has proven far superior to the old methods. With this new system, which is described in detail in this volume, we have secured an excellent development of the muscles and, in conjunction with this, have succeeded in securing considerable improvement in those who are mentally retarded. These exercises, conducted as they are

with music, a distinct selection for each series of exercises, demand the attention of both the eye and the ear. The movements are executed in time with the music and are repeated until the cadence is perfect. This method improves co-ordination in the retarded ones and secures a mental awakening that is extremely gratifying. We can develop certain functions of the brain by movements of parts of the body, and these exercises through this channel have accomplished excellent results for many of the pupils. In addition to the above advantages this system as taught here can be practiced by the pupil in after life without any special preparation, without apparatus, without gymnasium and without an instructor. Arising in the morning, he can devote five or ten minutes to this work and maintain an excellent condition of body and mind. Moreover, this system has not produced the over-development that we frequently experienced in the use of apparatus. The pupil who is over-developed and "goes stale", has in many cases suffered greater harm than had he never indulged in physical culture. Especially is this true if he has acquired an hypertrophied heart. His muscles may become flabby and he may lose his muscular development but he will not be able to rid himself of this over-development, which will remain a severe handicap in the future and may even be a menace to his health.

Statistics gathered from many sources demonstrate clearly that the delinquent is physically, mentally, and morally below par. It therefore seems unnecessary to indicate that an attempt must be made to correct these shortcomings before the lad can be expected to hold his place in society and to maintain himself in the industrial strife. Normal strength, vitality, indurance, and average mentality are but the rightful heritage of every boy. Unfortunately, with a large proportion of the reformatory pupils, nature

has dealt unfairly. It is the duty of reformative institutions to correct so far as possible all physical and mental defects of the inmates, and where this is neglected, the authorities come far from fulfilling their duties and obligations. We do not believe that the correction of physical and mental defects will prevent crime, yet we do believe that to have a fair chance in life, a boy should be free from defects both physical and mental.

In comparing the reformatory inmate with the Amherst college student of twenty-one years of age, the reformatory inmate is below the Amherst student's average ten pounds, according to the usual life insurance tables of weight proportion, to height. He falls below the Amherst student of twenty one years, 3.3 inches in height. He is also below him, fifty-six cubic inches in lung capacity. In strength of chest, he falls short twenty pounds, but reaches the college man in strength of legs, and is below him thirty-two pounds, in strength of back. In strength of arms the college man has the advantage by two dips. Compared with the Wellesley college students, (women) of twenty-one, he is within one pound of weight and falls short in height 1.7 inches. In lung capacity he is a trifle stronger, blowing thirteen cubic inches more. In strength of chest he is only nine pounds stronger and superior, naturally, in strength of back and legs. Comparing the average reformatory man with the average student of twenty-one years of age of Amherst and Wellesley (women) colleges, it appears that in weight, lung capacity and strength of chest, he more nearly approaches the average of the Wellesley student, but is inferior to the Amherst man in lung capacity, strength of chest and back. The above comparisons are based upon tables of measurements according to age prepared at Amherst and Wellesley.

The following tables are also of interest and substantiate preceding statements.

University of Pennsylvania	Harvard	N. Y. State Reformatory
Av. Height.... 67.4 in.	67.8 in.	65 in.
Av. Weight...132 lbs.	135.5 lbs.	130 lbs.
Av. Leg lift...540 lbs.	485 lbs.	310 lbs.
Av. Grip..... 92.5 lbs.	80 lbs.
Av. Lung Cap.250 cu. in.	232 cu. in.	185 cu. in.

It would seem that the above clearly demonstrates the impaired physical condition of the delinquent. Similar observations concerning the mental condition of the delinquent have shown from twenty-five to forty per cent. of the inmates of prisons and reformatories are mentally defective. The following statistics illustrate the number considered defective in different institutions:

INSTITUTION	Per Cent. Mental Defectives
N. Y. State Reformatory, Elmira.....	about 37
N. J. State Reformatory, Rahway.....	" 33
N. Y. Reformatory for Women, Bedford.....	" 37
Mass. Industrial School for Girls, Lancaster.....	" 50
Maryland Ind., School for Girls, Baltimore.....	" 60
N. J. State Home for Girls, Trenton.....	" 33
Illinois State School for Boys, St. Charles.....	" 20

The result of our system as demonstrated by its effects upon these retarded inmates has been excellent. Practically all of those sent to the gymnasium for mental quickening have shown improvement. In many instances this has been of such character as would seem incredible. Some of the illustrations in this volume, showing the boys before and after training, demonstrate in a striking manner the improvement that has taken place. Lads who were dull, stupid and apathetic, and who showed this in their facial expression, after a few months of training show a mental awakening that is remarkable. Of course it is impossible to improve all, and the mental progress and improvement made depend entirely upon the quality of material upon which we work. We cannot

give brains to those to whom nature has denied their full share, but where there is material of such quality that it can be improved, the result cannot be denied.

Physical culture has here secured a permanent place in the curriculum. Through it we do not expect to accomplish the impossible. It is rather to be considered one of the important factors by which we hope to so prepare the delinquent that he may become strong in body and in mind. We know that after the training received in this department he will be better fitted to do his work both here and in civil life in a more thorough and satisfactory manner. No mental or industrial instruction that we could impart would give the inmate the special training that is acquired through these gymnastic exercises. As a reformative agent it is as necessary as any other single factor in the treatment of the delinquent.

FRANK L. CHRISTIAN, M. D.

CLEAN LIVING

By JOHN R. HARDING, M. D.

Physician to the New York State Reformatory



Any boy who attains success in life must be physically healthy, mentally well disciplined, socially clean, and of good moral character—anything short of this constitutes a defect that will limit him in his life work. Accordingly, an attempt will be made here to discuss our subject from a *physical*, a *mental*, a *social*, and a *moral* point of view.

I
PHYSICAL

Let us first look at the *physical* side of life. From this viewpoint we are closely allied with the lower animals; with the same bones, muscles, nerves and bloodvessels as we find in them. In order that we may keep our bodies nourished it is necessary that we should eat, drink and sleep as do the animals. The Creator has also given us sexual instincts, similar to those possessed by them, so that we may reproduce our kind.

But here the direct analogy ceases. The young animal usually leads a clean and regular life. He has little if any reasoning power, but obeys his instincts and thus controls his appetites and passions exactly as nature intended that he should. The boy, on the contrary, is actuated by different motives. Nature has not made him a slave to blind instinct; he has been endowed with intelligence, and is free to decide for himself. Unhappily, he does not always choose wisely.

When he becomes old enough to attend school he meets all classes of boys, some of whom tell him of the vices and dissipations of the lower world. In this way many boys get into bad habits before they know the danger they are in. But the boy who has a wise father to tell him the truth and guide him during his

earlier years will be prepared to control his passions and appetites when temptations come to him.

The sexual instinct is the strongest force in our physical nature. As in all nature, so in man is this force made attractive solely that the race may be perpetuated. Every boy carries within his body the life and well-being of his future children. This human seed has also very much to do with the boy's own health and happiness. It has not been placed there just as a means of selfish pleasure. Nowhere in nature has any provision been made for sexual intercourse except in wedlock, and for the purpose of propagating the species: it is life's *fortune*.

The boy who abuses himself squanders life's fortune. After the habit is once formed it is very difficult to break up. Self-abuse makes the sexual organs weak and excitable, and the face covered with pimples and blackheads. Don't say: "It has never hurt me yet." Later in life, when the man with clean habits is strong and happy, the one who has masturbated will find himself broken down in health. But this is not all, his children will invariably be weak and degenerate, and will show natural tendencies toward crime and dissipation. Nature will surely exact her tribute sooner or later from him who violates this law.

Venereal disease is a curse upon human society. It affects not only the guilty individual, but also brings disease and suffering upon his family and children. It destroys the sexual organs and thus strikes at the very sources of life itself.

Gonorrhoea may be "stopped" but it is not so easily cured. It really kills one in every 200 of its victims; it cripples one in every 100; it often destroys the testicles, and brings

loss of manhood; it causes many cases of gonorrhœal rheumatism, varicocele, stricture, and broken health. It may break out suddenly, years after it has stopped discharging. The man who says "gonorrhœa is no more serious than a hard cold" is a *fool*.

Syphilis is still more serious for it enters the blood. Anyone using a drinking cup, a towel, or a pipe in common with a syphilitic person may catch the disease. One can never be sure of an absolute cure, for the disease often shows itself years later in the form of paralysis or insanity. Syphilis is a loathsome disease. It shortens life and destroys its victim, physically, mentally, and morally. If you have had it, your children will inherit it; thus you will be the means of destroying the health and ruining the lives of those dearest to you.

Bathing It ought not to be necessary to go into detail here concerning the advantages of frequent bathing. The modern bath is not only a luxury but a necessity. The pores of the skin are like tiny sewers that bring up their waste matter and deposit it upon the surface of the body. When the bath is neglected this waste matter accumulates, decays, and smells badly. The unclean person with a bad odor about him is always most repulsive.

Pure Air It is also highly necessary that we breathe pure air, especially at night. During sleep, nature stores up energy for the next day's work. Each inspiration we take brings oxygen to the blood, and the return expiration carries off poisonous gases. Many ignorant people sleep with their windows and doors all closed at night; and some even cover over their heads with the bedding. The boy who always sleeps with his head under cover breathes the same air over and over. He is sure to die of consumption sooner or later.

Constipation is another common evil. It is usually due to careless neglect of the calls of nature. The stools are poisonous. When the bowels do not move regularly, the poisons are reabsorbed into the blood, and the health soon fails in consequence. If too long neglected the hard part of the stool causes piles and sometimes appendicitis. To be healthy the bowels must be kept regular.

II. of life is equally, if not more
THE MENTAL SIDE important, than the physical. Man's mentality distinguishes him from the lower animals and gives him his commanding place in life. Unlike the latter, he is able to think, feel, and act for himself. Every man thus may become King of his own realm.

Many long years of a boy's life must be given to education in order to train him to think and act wisely; for we really live in our thoughts: "As a man thinketh, so is he." We all have good thoughts and bad thoughts. But the thoughts that are held continually in the mind eventually make us what we are. They determine our *character*. The boy who harbors dishonest thoughts will steal at the first good opportunity; and he who entertains licentious thoughts will eventually become a libertine.

The Will-Power is the force that enables us to choose what we will think and how we will act. By keeping our thoughts pure and honest we can "win out". Even though we have fallen, we may rise again if we *will* to do so. This is the power that moulds and shapes our lives. If the will-power is brought into operation in time, and is wisely directed there is, as a rule, no environment and no evil habit or passion so strong that it may not be gradually overcome. It is the will that makes the differ-

ence—and “where there’s a will there’s a way.” This is the one great power that the Creator has committed into our hands.

Let every boy then decide upon a clean, manly life and then like a hero, say: “So help me, God, I will do it or die.”

Judgment is that part of the mind that enables us to decide just what it is best for us to do.

The boy who has thought out and decided upon a clean life will be ready for temptation when it comes to him. Moreover, his character will have been formed by the time he is twenty years of age. The motive for every act of later life will have then been thought out and his future career determined. “All of life’s great battles have been fought in the boy’s own mind by the time he is twenty.”

Thus life does not begin when we become of age; its foundations are laid during youth.

Most great men have started from very humble beginnings. They have raised themselves step by step, thru persistent effort and rigid self-denial, to places of honor. There are marvelous possibilities within the reach of every boy who is willing to pay the price of hard work and self-denial.

But a complete control of all our thoughts and motives is of even greater importance. Without such control we are, like a ship at sea without rudder or compass, completely at the mercy of our appetites and passions.

III. The normal man is a social creature. But out of the thousands of people he has met, only a very few have been selected as his real friends. The basis for this selection is his love for them. We each have friends of our own sex whom we love but all real love is

founded upon the sexual attraction between male and female.

Every boy's first love is a pure love for his mother. A little later, in his relations with his sister and playmates, this love develops into chivalry; and the boy learns to respect and defend the opposite sex. The young man with a clean mind never ceases to look upon woman in general with virtuous respect. He is always ready to defend the honor and chastity of other boys' sisters as loyally as he would that of his own sister. To such a man womanhood reveals the wealth and beauty of its nature.

But it is utterly impossible for any boy to associate with loose women or prostitutes, and still retain his honor and self-respect. He thereby not only sacrifices his own virtue, but also destroys his capacity for winning and loving a pure woman. Later he will awake to the fact that he no longer enjoys the friendship of pure women, because he looks upon every member of the opposite sex as a possible victim of his lust. He is a patron of the "social evil."

Sooner or later every prostitute contracts venereal disease, and the one who patronizes her is taking desperate chances. The boy of clean habits always keeps away from loose women because he believes in personal purity.

The clean young man is a wise one. He reserves the whole force of his love for the woman of his choice. "Only a pure man has any right to associate with pure women, and none but the strong can win her love."

Nature intended that every man should love and marry a noble woman. Let us all will to keep clean *socially* during our youth, that we may be ready one day to fulfill our part in Life's great plan.

IV. of life relates to *character*.
THE MORAL SIDE Almost one-third of our whole life is spent in building this character in order that we may be ready to make the most of that which follows.

The boy who plays his childish games honestly, and who leads a clean, straight life, is laying the foundation for a good moral character when he becomes a man.

We all unconsciously exert an *influence* upon those about us. This influence is primarily helpful unless we have failed to curb our appetites and passions. There are great possibilities for good in each one of us. Now let us look for a moment at some of the influences that tend to destroy character.

Selfishness is an animal trait, and a defect in any character. It is the most insidious evil that we have to contend with. Unless it is curbed in early life it eventually dominates the whole personality and causes its victim to entirely disregard the rights and comforts of others.

It is the direct incentive for all crime. No one who thinks only of his own interests and pleasure can ever be strong or manly.

Narcotics. The most dangerous enemy we have is *alcohol*. Every one knows that one "spree" reduces the capacity for labor for days after. All prisons and insane asylums can show the terrible effects of this narcotic poison. 50% of insanity, and from 75 to 90% of all crime is traceable to the saloon. It also destroys the health, weakens the mind and breaks down the moral character. Half of the idiots and epileptics in the world have been born in that way because of drunken parents.

What has been said of alcoholic liquors is largely true of the *cigarette*. This evil is in a class by itself. It is not the nicotine that is so harmful in cigarette smoking, but a poisonous gas that comes from the burning cigarette wrapper. This is the same kind of gas that kills its victim in "coal gas poisoning", only in smaller quantities.

It is on account of this gas in the wrapper that boys who smoke cigarettes are stunted in their growth, and this is also the cause of the muddled brains and the nervous hearts of those who follow up the habit.

Weak moral character and cigarette smoking are almost synonymous. Many prisoners have been cigarette fiends. A good authority upon this subject has declared that, "any boy who follows up the cigarette long enough will eventually become a drunkard, a thief, or a libertine."

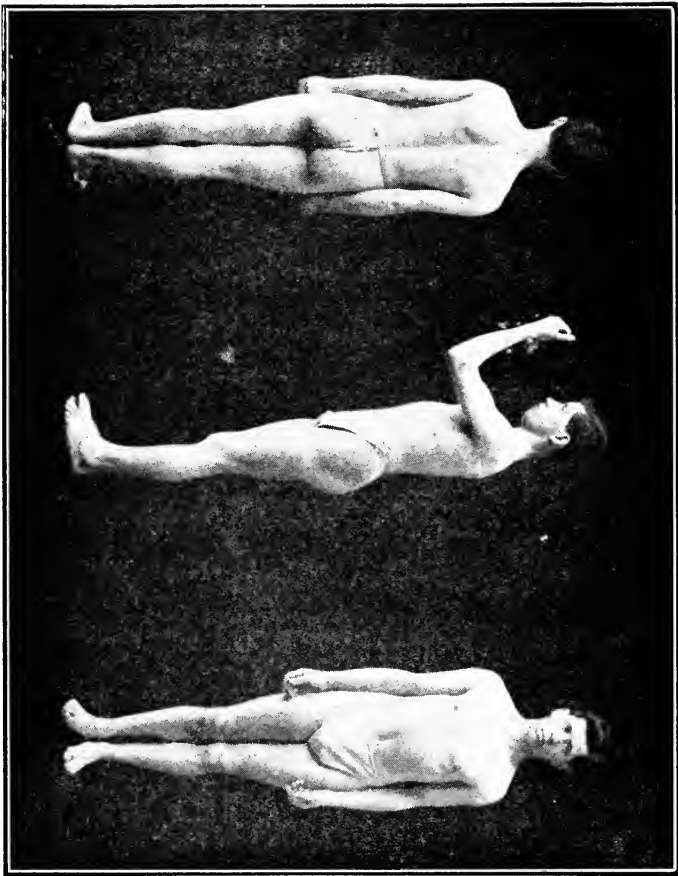
Opium, Heroin, and Cocaine are stronger narcotics which destroy the mind and character even more rapidly than do alcohol and cigarettes. The use of these drugs soon leads to crime and insanity in the majority of cases. They destroy the will power, and grip the victim so tightly that he is unable to stop their use without a great struggle.

Bad Company is the direct cause of many of the failures in life. Young boys are especially influenced by their associates and environment. They do just what they see the men and older boys do, because they want to be manly themselves. Add to this the boy's consciousness that he is doing something questionable, and you have a doubly strong incentive for him to "sow a few wild oats" when he is in bad company.

“A boy is known by the company he keeps,” for it is not very long before he becomes the same as his associates.

It has not been the writer's intention to “preach at” those who read this article, but to try and set forth a few important facts that may be of use to them in life. Character building is a difficult task. It requires constant watchfulness, and a close adherence to the Golden Rule. And the young man who would build up a good character must lead a clean life. He must be truthful at all times, and he must always stand ready to “give the other fellow a square deal.”

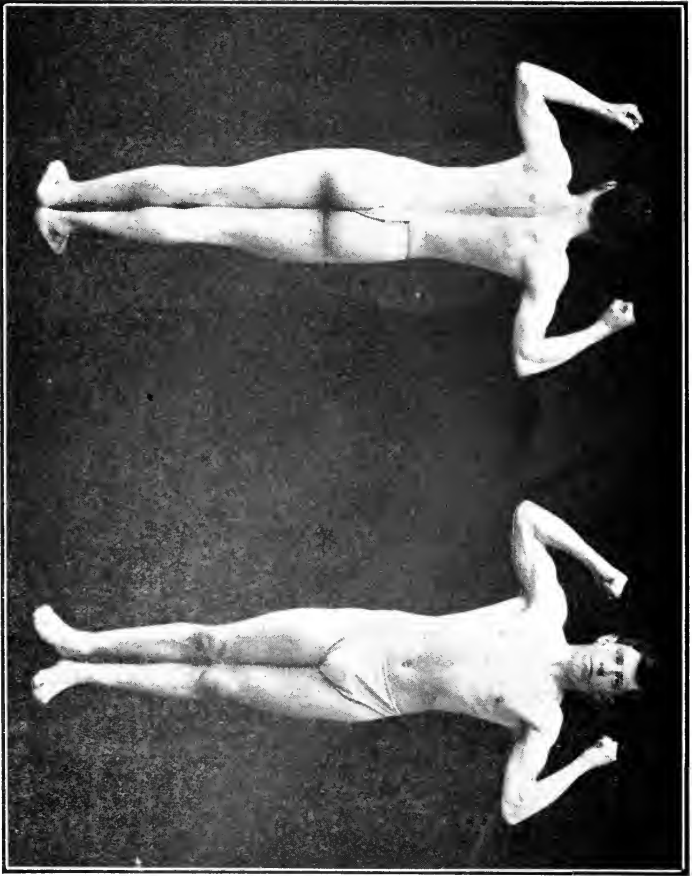
And after all, such a character is worth working for. When we have kept ourselves pure for the sake of our manly honor, for the sake of the woman who is to be our life long companion, for the sake of our children, and for the good of society in general we awake to the fact that we are living just as the Creator intended that we should.



Physical condition of weak youth before training.

THE NEW
AMERICAN

THE
MUSCULAR
SYSTEM



Lad in previous picture after six months training.

parallel in front on a level with the shoulders; keep the body erect; keep the left knee straight and the left heel upon the floor; and, on count TWO come back to position—hands pressed against the waist and resting on the hips, fingers to the front, thumbs to the rear, heels and knees touching, toes spread apart, weight on the balls of the feet, chest well up, abdomen drawn in, shoulders pressed down but not back, head erect. Breathe all the air you can in a silent and controlled manner. Keep your mind upon the muscles which are to be particularly employed.

On count THREE repeat count one, and on count FOUR repeat count two. Continue in this manner, stepping out with the right foot on all the ODD counts and back to position on all the EVEN counts for eight counts; after which, step out to the front with the left foot for eight counts in the same manner as the right was used during the previous eight counts, but instead of bringing the arms out in front extend them parallel over the shoulders perpendicularly, all other motions being the same as above described only that they relate to the opposite side of the body.

During the THIRD EIGHT counts repeat the first eight counts, and on the FOURTH EIGHT counts repeat the second eight counts thus making 32 counts in all, ending in "first" position.

No. 5.**HIP EXERCISE**

Waltz Time

"Foward Hip"

On count ONE throw the head and shoulders as far forward and down to the front as you can, by bending at the hips while keeping the knees straight and bending the waist as little as possible; and, on count TWO bring the head and shoulders up to their former position and as far backward as you can.

On count THREE repeat count one; and, on count FOUR repeat count two. Continue in this manner for 32 counts; but, at the beginning of the second eight counts (the ninth count) instead of keeping the hands in their position on the hips, bring them straight downward until the fingers touch the floor, if you can, without bending the knees; and on count TWO of the second eight, as you come up to position, while keeping the arms perfectly straight, bring them parallel up, over the shoulders and as far back as you can without straining yourself.

On count THREE repeat count one and on count FOUR repeat count two, and so continue with the arms for eight counts, bringing the hands up to their position on the hips on the eighth count, continuing the motion of the body independent of the arms just as was done during the first eight counts.

Repeat the first eight counts on the THIRD EIGHT counts and the second eight counts on the FOURTH EIGHT counts, and so continue in this manner for 64 counts, ending in the "first" position.

No. 6.**WAIST EXERCISE**

Common Time

"Lateral Waist"

On count ONE throw the head and shoulders as far over and down to the right as you can, by bending at the waist; on count TWO straighten up to position; on count THREE throw the

head and shoulders over and down to the left, bringing the body to position on count FOUR.

Repeat counts one, two, three and four on counts FIVE, SIX, SEVEN and EIGHT, coming to position on the eighth count.

On count ONE of the second eight repeat count one of the first eight, but on count TWO of the second eight instead of stopping in an upright position continue the motion of the head and shoulders on, over and down to the left side.

On count THREE of the second eight pass the head and shoulders from their position on the left up, over and down to the right side, and reverse the motion on count FOUR. Continue in this manner for eight counts, coming to position again at the end of the second eight.

Repeat the first eight during the THIRD EIGHT, but instead of starting toward the right, throw the head and shoulders over and down to the left on count ONE, coming to position on count eight; and repeat the second eight counts on the FOURTH EIGHT, thus making 32 counts, then repeat the entire exercise again—making 64 counts.

Keep the hands on the hips throughout the 64 counts.

No. 7.

CHEST EXERCISE

Waltz Time

“Breathing”

This is a VERY important exercise, and I would have you learn it thoroughly and execute it properly; for, unless it is understood, both as to its purpose and as to the results sought, the exercise will fail to produce the intended good.

To begin with, the aim of this exercise is to make the chest-frame flexible, to develop the lungs and to establish better breath-control; therefore, you must make your MIND the master while following these directions:

Having ended the previous exercise in the “first” position, on count ONE of this “breathing exercise” bring the hands up until the thumbs are back of and below the arm-pits, fingers forward, palms well back and pressed FIRMLY against the lower ribs; now, let about one-quarter of the air out of the lungs in a STEADY out-going breath; on count TWO let out another quarter of the air and press the palms more firmly against the ribs; on count THREE let out still another quarter of the air and press still harder with the palms; on count FOUR let out ALL THE AIR YOU CAN and press very hard with the palms against the chest—it being remembered that during these four counts the air must pass from the lungs in a steady stream, and must be under the absolute control of the will at all times.

Now that the lungs are comparatively empty, you are ready to begin the second part of the exercise: On count FIVE, while still holding the palms firmly against the chest, draw into the lungs about one-quarter of the air which you think they will hold; on count SIX draw in another volume of air equal to that taken in on count FIVE; on count SEVEN take in more air, as before; on count EIGHT draw ALL THE AIR YOU POSSIBLY CAN into the lungs while holding the palms pressed firmly against the ribs—being sure, during counts five, six, seven and eight, to breathe steadily, smoothly and without noise from the air passing thru the nose, and be sure to keep the in-going

Do not forget: Close the hands tightly, when in motion; tense the arms, while keeping them straight; hold the chest well up and firmly set, when the shoulders are being lowered; raise the shoulders as high as possible, and shove them down with all your might—especially after you have had a few days' training.

No. 9. ARM EXERCISE Twostep Time
"Revolving Arm"

In passing from one exercise to its successor you should do so without losing a single count.

On count ONE of this arm exercise close the right hand tightly in the fist-shape by setting the ends of the fingers deeply into the palm of the hand and extending the first joint of the thumb over the first and second fingers between the second and third joints; hold the arm perfectly straight and bring it directly out to the side on a level with the shoulders, and at the same time revolve the arm forward until the back of the hand faces the floor, if you can, still holding the arm straight, directly to the side and on a level with the shoulders.

On count TWO revolve the right arm in exactly the opposite direction until the back of the hand again faces the floor—holding the arm as though you were boring with a gimlet.

On count THREE repeat count one and on count FOUR repeat count two, and continue in this manner with the right arm for eight counts—turning the arm as usual and bringing it to "second" position on the eighth count.

Repeat the same motions with the left arm during the following eight counts, and do the same with both arms for sixteen counts—making 32 counts.

Repeat the entire exercise as above described—thus requiring 64 counts—and end in "second" position.

No. 10. HAND EXERCISE Twostep Time
"Hand Closing"

On count ONE raise the right hand up with the arm straight, from its position at the side, until it is midway between the hips and on a level with the shoulders; keep the arm straight and hold the back of the hand downward; close the hand in the fist-shape with a quick energetic motion as tightly as you can, giving a decided exertion to the muscles of the forearm at the very moment the hand closes—remembering at all times to hold the body in its proper position as heretofore described, and remembering also to keep your mind and will centered upon your efforts with a feeling of pride in the development which you hope to acquire.

On count TWO open the hand and spread the fingers as far apart and as far backward as you can—your efforts becoming greater as the muscles grow stronger.

On count THREE repeat count one and on count FOUR repeat count two, and so continue with the right hand for eight counts—bringing the right hand to the "second" position at the end of the eighth count.

During the following eight counts repeat the same exercise, in the same manner, with the left hand; after which, use both hands in unison for sixteen counts and then repeat the

reversing the directions of the motions of each fist; that is, bring both fists to a standstill and immediately start the right fist in exactly the opposite direction from that which it took during the first four counts and likewise reversing the motions of the left fist, and continuing in this manner—changing every four counts for 32 counts.

An excellent variation of this exercise is to hold the left fist still while the right fist is moving as above described for eight counts then use the left fist in like manner for eight counts—while the right fist is held still—and then use both together as above described for sixteen counts, after which, repeat the whole exercise—thus making 64 counts.

Come to "first" position on the last count.

No. 14. LIGHT-STEP EXERCISE Waltz Time
"Plain Light Step"

On count ONE swing the right foot out about twenty-four inches in front of the left knee; bend the right knee and raise it almost, but not quite, as high as the hips; point the toe of the right slipper toward the floor; give a strong spring on the left foot, jumping six inches or more off the floor and landing lightly on the ball of the left foot on the last part of the count; bring the right foot down to its former position on the floor beside the left foot, and repeat the motions above described on count TWO but reverse the action of the feet, that is, do with the left foot that which you were told to do with the right foot on count one and do with the right foot that which was assigned for the left to do on that count.

On count THREE repeat count one and on count FOUR repeat count two, and so continue for 32 counts.

No. 15 DEVITALIZING EXERCISE Waltz Time
"Hand Devitalizing"

In rapidity of motion, this exercise is similar to the "rapid exercise," No. 13 above, in that both exercises are to be performed with great speed.

On count ONE, while holding the elbow close to the body, raise the right hand directly out in front of and on a level with the right elbow, palm of the hand facing downward, and, by an act of the will, take all the tension, or stiffness, out of the right wrist—allowing the hand to hang as limply as possible—and move the wrist up and down a few inches in rapid succession thereby making the hand and fingers appear as a solid mass.

Continue as above directed for eight counts with the right hand—bringing the right hand down by the side on the eighth count—and exercise the left hand in precisely the same manner during the succeeding eight counts, then use both hands at the same time for sixteen counts, after which, repeat the entire exercise—making 64 counts—and come to "first" position at the end of the last count.

No. 16. ARTISAN EXERCISE Twostep Time
"Ladder Climbing"

In this exercise imagine that you are climbing a ladder, and on count ONE bend the right elbow and raise the right hand

Continue in the above manner—first using the left foot, then the right foot, and then the left foot in turn—until you have gone one or more times around the room, coming to the starting place at the end of the exercise, and then take the “breathing exercise” as described above in No. 7.

END OF “FIRST SET”

Comment: You have in this first division a combination of exercises which, while apparently simple, are sufficient to keep the body in prime condition, as far as it is possible for exercises to do; but I would advise that, during the first few days of training you put forth not too much effort in executing these movements.

After the last exercise (the “skip”) is finished take the breathing exercise as explained in No. 7 above,—In fact, the breathing exercise should be performed at the end of each and every set of exercises hereinafter explained.

SECOND SET

No. 1. WHOLE-LEG EXERCISE Waltz Time “Swaying”

Take “first” position; and, on count ONE, jump up off the floor; spread the feet about thirty-six inches apart—landing on the balls of the feet with the right foot about eighteen inches to the right of where it was when in “first” position, and the left foot about eighteen inches to the left of its former place on the floor;—keep the body erect from the hips upward and, on the strong note of the count, sway it as far over to the right as you can by bending the right knee and keeping the left leg straight.

On count TWO, straighten the right knee; bring the body up and sway it as far as you can over to the left by bending the left knee as much as possible—keeping the body erect, from the hips upward, throughout the entire exercise.

On count THREE, sway over to the right side by again bending the right knee and straightening the left knee; and, on count FOUR, repeat count two.

Continue swaying as above directed, from side to side, for 32 counts—coming to “first” position on the last count, by springing up off the floor and bringing the heels together at the end of that count. Keep the hands on the hips during the entire thirty-two counts.

No. 2. FOOT EXERCISE Waltz Time “Rising on Toes”

On count ONE, rise as high as you possibly can—on the very ends of the toes, if you are able to rise so high—and hold that attitude for about two seconds.

On count TWO, lower the heels gently to the floor, but do not place any weight upon them. Keep the body erect, as previously described for the “first” position.

On count THREE, repeat count one; and, on count FOUR, repeat count two. Continue in this manner—first rising as high

upon the toes as you can and then lowering the heels gently to the floor—for 32 counts.

No. 3. ANKLE EXERCISE Waltz Time
 “Ankle Rocking”

By retaining “first” position, on count ONE raise upon the toes exactly as you were directed to do in the previous foot exercise.

On count TWO, lower the heels gradually to the floor and, while leaning the head and shoulders slightly forward to preserve the balance, lift the toes as high as you possibly can off the floor and hold them up for about two seconds.

On count THREE, bring the toes down to their former position on the floor and lift the heels off the floor as in count one.

Repeat count two on count FOUR, and so continue—rising upon the tips of the toes, then lifting the toes as high as possible off the floor, then again rising upon the toes and so on—for 32 counts.

No. 4. KNEE EXERCISE Waltz Time
 “Lateral Knee”

On count ONE, step about thirty-six inches, directly out to the right side; land upon the ball of the right foot; bend the right knee as much as you can; throw all the weight of the body upon the ball of the right foot; bring the hands up from their position on the hips; extend the arms outward laterally until they are on an exact line with each other and on a level with the shoulders; keep the chest square to the front; hold the body erect from the hips upward; hold the left leg straight; have the toes and heels of both feet touching the floor, but throw the weight of the body upon the ball of the right foot, and give a decided tension of the muscles of the right leg, on the strong part of the count.

On count TWO, give a strong spring, or impulse, with the right knee, and thereby bring the body, the right foot and the hands up to “first” position.

Step out to the right again on count THREE; come back to position on count FOUR, and so continue to the right for eight counts.

On count ONE, of the second eight, step out to the left side exactly as was described for count one of the first eight, and come back to position on count TWO.

Continue as above directed, to the left, for eight counts; then change by alternating the motions: that is, step to the right on count ONE, of the third eight; back to position on count TWO; to the left on count THREE; back to position on count FOUR; to the right again on count FIVE, and so on for sixteen counts; then repeat the entire exercise from the beginning—thus making 64 counts.

Remember, while doing any and all of these exercises, breathe deeply and steadily, and keep the mind upon the part of the body which is to be developed—just say to yourself: “My muscles are growing large and strong,—so strong that they feel able to lift a building!” Engage your whole being in

you make every effort to follow the idea that I shall strive to make clear.

Be sure that your whole body is in "first" position—as clearly explained in the first set.

On count ONE, move the right hand, from its position on the hip, downward, outward and upward until the arm is straight out to the right side and on a level with the shoulders; close the right hand very tightly in the fist shape; have the back of the right hand facing the rear; and, while the arm and hand are held in this condition, swing them forward and around until the muscles of the arm strike so firmly against the large muscle which connects with the chest and right shoulder, that the arm and hand are stopped directly in front of the right shoulder, on the strong impulse of the count: In order to do this you will find it necessary to keep the shoulders well down, the front of the chest raised more than usual and the hand slightly below the horizontal, and both the right arm and the chest held exceedingly tense, or rigid, at the moment of contact. Do not allow the chest to be moved by the force of the blow.

On count TWO, swing the arm back easily to a lateral position on a level with the shoulders, and take all the tension out of the muscles that you can and yet keep the arm up and the hand closed.

On count THREE, repeat count one by again swinging the right arm forward against the chest; and, on count FOUR, repeat count two.

Continue in the above manner with the right arm for eight counts—bringing the right arm down by the side, in "second" position, at the end of count eight—after which use the left arm and hand in precisely the same manner; then, during the following eight counts, alternate the motions by holding the left arm out to the left side, at the end of the second eight and during count ONE, of the third eight, while the right arm is thrown forward, as on count one of the first eight; then, while the right arm is being brought back to the lateral position, throw the left arm out on count TWO; bring the left back and throw the right out on count THREE; the right back and the left out on count FOUR, and so on for eight counts during the last count of which hold the left arm out on a level, with the shoulders to the left side while the right arm is being brought back to a like position on the right side—thus ending the third eight with the arms extended laterally and on a line with each other.

On count ONE, of the fourth eight, bring both arms forward at the same time, but have the chest sufficiently elevated and expanded and the arms sufficiently tensed to prevent the hands from coming any closer together than are the arms near the shoulders—all of which require a decided concentration of both the mind, and the energy of the muscles, on the strong part of each count.

On count TWO, of the fourth eight, swing the arms easily back to their lateral position; and, on count THREE, repeat count one.

Continue using both arms together during the fourth eight, and on the last count of this fourth eight bring both

possibly can—having the wrist, hand and fingers straight, and the back of the hand facing the front.

On count THREE, lower the forearm still more, until the elbow is straight and the whole arm is on a level with the shoulders, while the wrist is bent and the hand and fingers are held perfectly straight and at right-angles with the forearm—that is, are straight-up-and-down,—which, at first, you will find rather difficult to do.

On count FOUR, straighten the wrist—thus bringing the fingers, the hand, the forearm and the upper arm into perfect line with each other while still held directly in front of and on a level with the right shoulder.

On counts FIVE, SIX, SEVEN and EIGHT, repeat counts one, two, three and four, and bring the right arm down by the side at the end of count eight.

During the SECOND EIGHT counts, repeat the same exercise by using the left arm, hand and fingers in exactly the same manner as above described for the right.

Continue as above directed—first the right, then the left, then the right again, and so on—for 32 counts, and end the exercise in “second” position.

No. 10.

HAND EXERCISE

March Time

“Interlaced Fingers”

On count ONE, bring the arms, from their position at the sides, up to a little below a level with the shoulders; bend the elbows until the hands meet each other; spread the fingers apart and cause them to interlace so that the fingers of the right hand press firmly against the back of the left hand and the fingers of the left hand press firmly against the back of the right hand while the palms of the hands are pressed together and the front part of the wrists are facing toward and are held near to the chest.

On count TWO, strive with all your might to pull the hands apart while causing the fingers to resist this attempt by forcing them against, and, to cling to the backs of the hands. Pull from the shoulders, and keep the arms all the time almost as high as the shoulders.

On count THREE, bring the palms of the hands together, as on count one, but do not allow the knuckles to point upward, make them point outward and downward. In this way you bring a certain tax upon the muscles of the hands and wrists that is conducive to good results.

On count FOUR, repeat count two; close the palms together again on count FIVE; pull them apart on SIX, and so continue for 32 counts—coming to “first” position on the last count.

A variation to this exercise is, instead of keeping the elbows bent all the time, straighten the arms on the first count of the second and fourth eights and hold them straight during these two eights—they being held bent, as heretofore described, during the first and third eights. All other conditions and movements are to be the same as was described in the beginning.

SECOND EIGHT counts, exactly as was above explained for the right foot—using the arms and hands as before.

Repeat the first eight counts during the THIRD EIGHT counts, and repeat the second eight during the FOURTH EIGHT, thus completing the exercise and ending in "first" position, at the finish of the fourth eight.

No. 13. RAPID EXERCISE March Time
"Measuring"

This is a simple exercise, but laden with good, when properly executed. Remember, it is a "RAPID" exercise.

On count ONE, bring the hands down from the hips, swing them outward until the arms, hands and fingers are parallel with each other, on a level with the shoulders, and the palms of the hands are facing each other; and, on the strong part of the count, make a slight motion, or ictus, with both hands.

On count TWO, while still holding the arms straight and on a level with the shoulders, spread the hands about fourteen inches farther apart and make another slight motion as though beating time to the count; spread the hands still farther apart and make the ictus on count THREE; spread them yet farther apart and give the ictus on count FOUR; do the same on counts FIVE, SIX, SEVEN and EIGHT, but on count eight there are a number of other things to be done—here is where the "rapid" part comes in;—on this count, eight, the hands must be as far from their forward position as you can get them; while the arms and hands are held straight and are on a level with the shoulders, they must be brought with lightning speed forward, the palms must strike together with a clap, the arms and hands must pass again outward and backward until they are as far back as they were before, then they must pass once more forward with such rapidity that the palms are again struck together by the time the count is finished.

This eighth count requires the concentration of the energy of practically every muscle, nerve and sinew of the entire body, but more especially those of the chest, arms and hands. Do it correctly and do it rapidly.

Repeat all the above described motions during the SECOND, THIRD and FOURTH eights, and come to "first" position immediately after the last count.

No. 14. LIGHT-STEP EXERCISE March Time
"Lateral Light-Step"

During counts ONE and TWO, swing the right foot out and as high up to the right side as you can; and, at the same time, give two strong springs with the left foot thus jumping at least six inches off the floor and landing upon the ball of the left foot on the strong impulse of each count.

During counts THREE and FOUR, spring off the floor again with the left foot, throwing the left foot out and as high up to the left side as you can; and, at the same time, bring the right foot down from its elevated position, to the right, so that the ball of the right foot strikes the floor where it formerly rested, on the strong impulse of count THREE, and immediately give a

muscles; nevertheless, this exercise does strengthen the muscles as well as make them graceful; therefore, try to get both your mind and body in harmony with this purpose:

On count ONE, raise the right foot; step about twenty-four inches out to the right-oblique-forward (exactly half way between the front and the right side); throw all the weight of the body upon the ball of the right foot; move the body to the right-oblique-forward and upward until only the toe of the left slipper touches the floor,—but do not move the left foot entirely off or along the floor—and in the mean time the hands are brought down from their position on the hips; are swung outward and upward until the right arm is perpendicularly above the right shoulder; the right hand and fingers are closed as if grasping a bell rope hanging from the ceiling directly over the right hand—making the position of the closed hand coincide with the position of the imaginary rope;—the right arm held straight; the left elbow is held near the body and is bent so that the left hand—being closed, just as above described for the right hand—is in front of, quite close to, but not touching the right shoulder; the chest well up; the abdomen contracted; the head erect; and the chest, face and eyes held square to the front. Get all these motions and attitudes correct before going further.

On count TWO—while imagining that you are ringing a heavy bell—sway the body in an easy swing to the left-oblique-backward; bend the left knee considerably; throw all the weight of the body upon the left leg; keep the right leg straight; the toe of the right slipper on the floor; bring the hands downward in a firm, steady and yet easy swing until the right arm is straight downward from the shoulder and the right hand is almost touching the floor between the feet; the left elbow straightens, the left hand passes downward until the left arm is near to, and on a line with the body—which should be only slightly bent, the bending of the left knee being the principal means of lowering the body—the face and eyes turned to the front so that the instructor or leader may be easily seen.

On count THREE, repeat count one; on count FOUR repeat count two, and so continue to the right-oblique-forward and to the left-oblique-backward for eight counts—returning to “first” position on the eighth count.

During the SECOND EIGHT count, do the same exercise to the left-oblique-forward and the right-oblique-backward—ending, as before, in “first” position on the eighth count, and remembering to use the left hand, arm and foot as directed to use the right hand, arm and foot during the first eight.

During the THIRD EIGHT counts, repeat the first eight, with the exception that, instead of holding the toe of the left slipper upon the floor on count ONE, raise the left foot, pass it to the right-oblique-forward and up until the heel is about twelve inches off the floor, the instep arched until the soul of the left shoe is facing the right foot—all other motions being the same as formerly described for count one of the first eight; and, on count TWO, of this third eight, bring the left foot down to its former position on the floor and, while moving all other parts of the body exactly as above directed for count two of the first eight, raise the right foot off the floor and, by bending the right knee, pass

cribed above for the left arm and hand and bend the right knee so that the toe—not the heel—of the left slipper may touch the floor on the strong impulse of the count; and, during counts SIX, SEVEN and EIGHT, repeat counts two, three and four—the only difference being that the left hand and the left foot lead the action during these four counts instead of the right hand and foot, which lead during the first four counts.

The two changes above described are known as “The Gunning” positions: because they are supposed to imitate, in general, the holding of a gun up to the left and then to the right shoulders respectively—with, of course, a few other details added to fill out the exercise.

Now we come to two other positions, known as, “The Foiling” positions: because, here we are supposed to imitate the general attitude of the body in holding a foil while in the act of fencing—with, as stated above, a few details added to complete the exercise.

On count ONE, of the second eight, extend the right foot directly to the right side; keep the right leg straight; bend the left knee so that the toe of the right slipper may touch the floor as far out to the right side as possible; and, at the same time, turning the ankle so as to keep the right foot straight to the right, and only the toe of the slipper touching the floor; extend the right hand, fingers held as above directed, exactly to the right side and on a level with the shoulder, back of the hand facing the rear; bring the left arm out to the left side, up and over and bend the elbow until the hand is at least eighteen inches from, and directly over, the right shoulder; remove all the stiffness from the left hand and wrist so that the fingers hang limply from above the shoulder, the back of the hand facing upward; throw the left elbow backward until it is on a plane with both shoulders and the right arm; hold the hips and chest square to the front; the face turned to the right, and the eyes following the direction in which the index finger of the right hand is pointing; and, on the strong impulse of the count, tap the floor lightly with the toe of the right slipper.

On count TWO, straighten the left knee, thereby lifting the body and the right leg at least six inches higher; then bend the left knee again as much as you can, and, on the strong impulse of the count, tap the floor with the toe of the right slipper as far directly to the right side as possible.

Repeat count two, on count THREE, and come to “first” position on count FOUR.

During counts FIVE, SIX, SEVEN and EIGHT, of the second eight, repeat Left Gunning; and during counts ONE, TWO, THREE and FOUR, of the third eight, repeat Right Gunning; then, on count FIVE, extend the left foot and hand to the left and raise the right hand high above the right shoulder exactly as directed to do with the opposite side for count one of the second eight, and proceed during the remainder of the third eight, in this “Foiling” position to the left, just as above described for the “Foiling” position to the right.

In the First Gunning position the right hand and foot lead; in the Second Gunning position the left hand and foot lead; in the First Foiling position the right hand and foot lead

to the right side; and, in the Second Foiling position the left hand and foot lead to the left side—always doing TWO “Gunnings” to ONE “Foiling”.

Hold the names of these four positions in mind, for they will be frequently referred to hereafter in this exercise.

Thus far: on counts ONE, TWO, THREE and FOUR we had “First Gunning”; on counts FIVE, SIX, SEVEN and EIGHT we had “Second Gunning”; on counts ONE, TWO, THREE and FOUR, of the second eight, we had “First Foiling”; on counts FIVE, SIX, SEVEN and EIGHT we had “Second Gunning” again; on counts ONE, TWO, THREE and FOUR, of the third eight, “First Gunning”; and, on counts FIVE, SIX, SEVEN and EIGHT we had “Second Foiling”, which completed the four positions—but not all the changes.

Continue in this manner: On counts ONE, TWO, THREE and FOUR, of the fourth eight, do First Gunning; on the next four counts, do Second Gunning; the next four do First Foiling; and, the next four, do Second Gunning, and so on, for 48 counts; then change the exercise by starting with First Gunning, and tap but ONCE in each direction and come to “first” position on the next count—remembering, that after the right hand and foot have led in either position the LEFT hand and foot MUST THEN LEAD in the following position—and so continue for 32 counts, ending in “first” position, after having finished Second Gunning; then change the exercise again by quickly rising from the floor and passing to First Gunning position; and on the next count arise from the floor again and, while in this position change to second Foiling position; then again, on the next count, arise from the floor and change to First Gunning position, and so continue in this manner for 32 counts—ending very suddenly in Second Foiling position, to the left side; hold this position for three counts (either dead-still or by giving three taps with the toe of the left slipper upon the floor) and come back to “first” position on the FOURTH count—thus completing the entire exercise of Gunning and Foiling once.

Do all the above described movements once more, and, instead of holding the Second Foiling position, as in the first ending, bring the body up to “first” position immediately after the strong impulse of the last count.

For the benefit of the beginners, the following table or chart is here presented:

R. G. (right gunning) will represent, “First Gunning”;

L. G. (left gunning) will represent, “Second Gunning”;

R. F. (right foiling) will represent, “First Foiling”;

L. F. (left foiling) will represent, “Second Foiling”; and,

8 will represent, eight counts:

First Part, three taps and then “first” position:

R. G. & L. G., 8; R. F. & L. G., 8; R. G. & L. F., 8;

R. G. & L. G., 8; R. F. & L. G., 8; R. G. & L. F., 8;

Second Part, one tap and then “first” position:

R. G., L. G., R. F. & L. G., 8; R. G., L. F., R. G. &

L. G., 8; R. F., L. G., R. G. & L. F., 8; R. G., L. G.,

R. F. & L. G., 8;

Third Part, “double-time”:

R. G., L. F., R. G., L. G., R. F., L. G., R. G. & L. F., 8;

ping backward with the left foot on all the ODD counts, and coming up to position on the EVEN counts; all other motions being in harmony with this change; then, during the THIRD and FOURTH EIGHTS, alternate by stepping backward first with the right foot—coming to position on the following count—then stepping backward with the left foot, and so on to the end of the fourth eight.

Repeat the entire exercise—thus making 64 counts—and end in “first” position on the last count.

No. 5.

HIP EXERCISE

Waltz Time

“Hip Squares”

On count ONE, while keeping the hips and chest square to the front and the head directly over the feet, move the hips straight to the right side, exactly as you were directed to do in the hip exercise of the Second Set—by inclining the legs to the right as much as you can and at the same time leaning the body from the hips upward over to the left, thereby preserving the balance and keeping the head over the feet.

On count TWO, bring the hips up to position and move them to the rear—observing the directions given above for count one.

On count THREE, come up to position and move the hips as far as you can over to the left side—but do not twist the hips in the least.

On count FOUR, come up to “first” position and hold there for an instant.

On count FIVE, move the hips to the left again; then to the rear on count SIX; to the right on count SEVEN, and hold in “first” position on count EIGHT.

Repeat all these motions during the SECOND EIGHT, and so continue for 32 counts.

No. 6.

WAIST EXERCISE

Waltz Time

“Diagonal Waist”

In this exercise be sure that the hips are held square to the front all the time.

On count ONE, incline the head and shoulders over and down to the right-oblique-forward as far as you can; come up to “first” position and incline the head and shoulders over and down to the left-oblique-backward, on count TWO.

Repeat count one on count THREE; repeat count two on count FOUR, and so continue to the right-oblique-forward and to the left-oblique-backward, for eight counts.

During the SECOND EIGHT, repeat the first eight; but, move the head and shoulders over and down to the left-oblique-forward and up, over and down to the right-oblique-backward, instead of to the right-oblique-forward and to the left-oblique-backward.

On count ONE, of the third eight, step out about thirty-six inches, with the right foot to the right-oblique-forward; bring the hands down from the hips, extend them outward and downward in the same direction; bend the right knee while the left knee is held straight; and, while moving the head and shoulders as directed to do on count one of the first eight, cause the tips

of the fingers of the right hand to touch the floor beside the right foot, while the fingers of the left hand are about eighteen inches above the floor—this difference being due to the fact that the chest faces outward and not downward. Do not twist the hips; keep them to the front.

On count TWO keep the arms straight and lift them, with the head and shoulders, and incline them over and down to the left-oblique-backward, as far as you can, without too much strain, and at the same time, straighten the right leg, and bend the left leg.

On count THREE, while keeping the elbows straight and the arms parallel with each other, lift the arms, head and shoulders, and incline them over and down to the right-oblique-forward, as on count one; repeat count two on count FOUR, and so continue this second part to the right-oblique-forward, and to the left-oblique-backward, for eight counts—coming up to “first” position on the last count.

On count ONE, of the fourth eight, step out to the left-oblique-forward with left foot and proceed to move the arm, head and shoulders to the left-oblique-forward, and to the right-oblique-backward, during the fourth eight as directed to do during the third eight—coming up to “first” position on the eighth count.

Repeat the entire exercise from the beginning—thus making 64 counts.

No. 7.**CHEST EXERCISE**

Two Step Time

“Wing Action”

On count ONE, bring the hands down from the hips, swing them forward, upward and back until the tips of the fingers touch the hollow of the throat at the top of the chest; and, on the strong impulse of the count, while the tips of the fingers remain in the same place, lift the right elbow with a quick, energetic action as high as you can; and hold it there for an instant, while keeping the left elbow close to the body.

On count TWO, lower the right elbow rapidly, and cause the upper arm to strike the chest a good hard blow while the chest is held expanded as much as possible and its muscles firmly tensed.

Lift the right elbow again on count THREE; lower it on count FOUR, and so continue for eight counts; then, during the SECOND EIGHT, repeat the same exercise with the left elbow while the right remains near the body and its muscles are de-vitalized—the fingers remaining in the hollow of the throat.

On count ONE, of the third eight, lift the right elbow as before; and, on count TWO, while the right elbow is being lowered, lift the left elbow and bring it down; on count THREE the right elbow is being lifted again; bring the right down and lift the left on count FOUR, and so continue this alternating movement for eight counts—holding the left elbow against the chest on the last count, while the right elbow is being lowered.

On count ONE, of the fourth eight, lift both elbows together; lower them on count TWO; lift them again on count THREE, and so continue for eight counts.

Repeat the entire exercise once more—thus making 64

On count THREE, swing the head, shoulders and arms over and down as directed to do on count one, the hands, after passing below the level of the shoulders, being gradually drawn together until the tips of the fingers touch each other as they touch the floor some two or three inches to the rear of where they touched before.

I might add here, that you are to imagine—if you have not the real thing at hand—that on the first downward movement you drop your handkerchief on the floor and on the next downward movement you pick it up, then drop it again a little farther back on the next downward movement, and so on to the end of the exercise. This is why we call it the “Handkerchief Exercise.”

Lift the head, shoulders and arms, and incline them backward on count FOUR, and continue as above directed for 32 counts—springing from the floor and coming up to “first” position on the last count.

This is an excellent exercise. Execute it with a will.

No. 13. RAPID EXERCISE Two Step Time
“Farmers’ Warming”

This is a familiar movement, and an excellent exercise for warming the body when its chilled condition is due to a sluggish circulation.

Keep the lungs well supplied with fresh air, while carrying out the following directions:

On count ONE, bring the hands down from the hips, swing them outward, and up to a level with the shoulders, then pass them very rapidly forward and around, until the palms and the fingers strike the back of the shoulders a good hard blow. To make the movement sufficiently rapid, it will be necessary to tense the muscles of the arms and chest considerably, while the will and determination are centered in the one thought of making the movement a very rapid one.

On count TWO, take the excessive tension out of the muscles, and move the arms as far around to the rear as you can; and then, on the strong impulse of the count, bring them around, as on count one, with sufficient speed to finish the motion before the beginning of another count. Of course the speed will be determined by the rapidity of the counting, therefore the counting—whether oral or in time to music—should be such that, as the individual or the class improves in ability from day to day, a constant effort, with increased speed, is maintained.

On count THREE, repeat count two, and so continue for 32 counts—coming to “first” position on the last count.

NOTE: You will find it best to make the right arm pass above the left arm on the first forward movement, then the left arm pass above the right arm on the succeeding forward movement, and so on, alternating these courses, to the end of the exercise.

No. 14. LIGHT-STEP EXERCISE Two Step Time
“Combination”

This is quite a catchy exercise, and one that is pleasing to observers as well as beneficial to the performer. The move-

ments should be lively and full of spring, while at the same time smooth and graceful.

On count ONE, lift the right foot well off the floor and bring it across in front of the left leg until the heel of the right slipper is from twelve to eighteen inches to the left-oblique-forward of the left leg; the right foot arched so that the sole of the slipper turns backward and downward; give two hops in rapid succession on the left foot, springing up off the floor some two or three inches and landing lightly upon the ball of the left foot each time; then, on count TWO, bring the right foot down to its position on the floor and give two hops on the right foot while the left foot is being thrown across to the right-oblique-forward, as the right foot was thrown to the left-oblique-forward on count one, and land lightly upon the ball of the foot as before directed.

Lift the right foot again, and give the two hops on the left foot on count THREE; give the two hops on the right foot on count FOUR, and so continue for sixteen counts—bringing the right foot down to its place on the floor beside the left foot on the strong impulse of the last count.

During the SECOND SIXTEEN counts, repeat the same exercise, but, instead of making the right foot lead as before, lift the left foot and bring it across to the right-oblique-forward, and give the two hops on the right foot as above explained—ending as before at the finish of the sixteenth count.

On count ONE, of the third sixteen, bring the right foot out and up directly to the right side and give the two hops as before—keeping the right leg straight—then, on count TWO, bring the right foot down to its position on the floor and extend the left foot out and up to the left side and give the two hops on the right foot; bring the right foot to the right again, on count THREE; the left foot to the left on count FOUR, and so on for sixteen counts—ending on the last count as above directed.

During the FOURTH SIXTEEN counts, repeat the third sixteen counts by bringing the left foot out and up to the left side and giving the two hops on the right foot on count ONE, and proceed in the usual manner to the end—bringing the left foot down to its proper place on the floor at the finish of the sixteenth count.

During the FIFTH SIXTEEN counts, bring the right foot directly forward and the left foot directly backward and give the two hops on the foot remaining on the floor each time the opposite foot moves to the front or to the rear—ending as before, by bringing the foot that leads (the right foot, in this case) down to its proper place on the floor beside the other foot.

Keep the hips square to the front; the legs straight, and bring the feet directly forward and directly backward.

During the SIXTH SIXTEEN counts, repeat the fifth sixteen counts by having the left foot lead to the front and the right foot move to the rear, while the hopping continues as usual—ending as before by bringing the left foot down to the floor beside the right foot on the last count.

Now we come to the part which combines all these movements in a succession of changes:

Bring the right foot over and across to the left-oblique-

oblique-forward, and the right arm is somewhat higher than the left arm when the hard push is given.

On count TWO, come back to "first" position; step forward and give the push again on count THREE; come back to position on count FOUR, and so continue stepping forward on the right foot during the third eight; then step forward with the left foot in like manner on all the odd counts and come back to position on all the even counts during the fourth eight—all changes of the body-positions must correspond with the change of step.

Repeat the entire exercise: that is, push to the right-oblique-forward and back to position during the first eight; to the left-oblique-forward and back to position during the second eight; step directly forward with the right foot and back to position during the third eight, and step directly forward with the left foot and back to position during the fourth eight—thus requiring 64 counts in all.

END OF THIRD SET.

FOURTH SET

No. 1. WHOLE-LEG EXERCISE Waltz Time
"Sitting on Heel"

Take "first" position and during counts ONE, TWO, THREE and FOUR, without inclining the body forward in the least, gradually bend the knees until at the finish of the fourth count you are sitting upon your heels.

To preserve your balance, allow the heels to rise from the floor and the knees to pass slightly forward as the body descends, at the same time pressing the hands more firmly against the waist.

Remain sitting upon the heels until just before the strong impulse on count FIVE, on which count you begin straightening the knees again and continue so doing during counts SIX, SEVEN and EIGHT—gradually bringing the body up to its former position, but not inclining the body forward in so doing.

The knees should reach "first" position on the strong impulse of count eight, and not an instant before. Do not rise high upon your toes on count seven, and then bring the heels down on count eight—as most people would do—but bring the heels to the floor on count seven, and hold them there until the knees straighten at the finish of count eight.

Sit upon the heels during the SECOND, the THIRD and the FOURTH eights—thus doing the exercise four times in 32 counts.

This exercise must be done slowly and steadily, and the muscles must be under the control of the will at all times.

No. 2. FOOT EXERCISE Waltz Time
"Front Circles"

Hold the upper part of the body carefully in "first" position during this exercise.

On count ONE describe a large circle out in front, with the right foot, by passing this foot, first forward, then in a curved course to the left and upward, some three feet or more, and over

and across to the right and downward in a wide swing; and, by bending the left knee considerably, touch the floor a light glancing blow with the toe of the right slipper as far out in front as you can on the strong impulse of the count, as the right foot passes in its downward sweep to the left in completing the circle.

Strive to keep the toe of the right slipper pointing to the front, in a line with the leg, instead of having it point upward. Keep the right leg straight.

Continue the movement of the right foot into another circle on count TWO; and into still another on count THREE, and so on for eight counts—bringing the right foot down to its position beside the left foot on the last count.

Each time the left knee is bent to allow the right foot to touch the floor, out in front, it should be again straightened, as the right foot once more passes upward in its circular course.

During the SECOND EIGHT, describe these circles with the left foot as directed to do with the right foot during the first eight.

Use the right foot again during the THIRD EIGHT, and the left foot again during the FOURTH EIGHT—making 32 counts, and ending in "first" position at the finish of the exercise.

No. 3. ANKLE EXERCISE Common Time
"Prying"

In the past, we have had much trouble in getting the class to understand this simple exercise well enough to properly execute it; therefore, I wish you would observe closely the directions here given.

On count ONE, swing the right leg around, in front of the left, until the back of the right knee presses firmly against the front of the left knee, and the right foot reaches as far as possible to the rear, while only the tip of the toe of the right slipper touches the floor. All other parts of the body are to be held in "first" position.

On count TWO, straighten and stiffen the right leg, and bend the left knee until the right foot is pushed as far forward as possible. Both knees are to be kept together and, as one knee straightens the other knee bends.

On count THREE, step as far forward as you can, by straightening the left leg, and passing the left foot to the right side of the right foot and onward to the front, the right knee bending to permit the longer stride, and swing the body forward until the weight is again placed upon the ball of the left foot, and the right knee is bent so that only the tip of the toe of the right slipper touches the floor to the rear, as at the end of count one.

Repeat count two, on count FOUR; repeat count three on count FIVE, and so continue this manner of prying the right foot forward, on the EVEN counts, for eight counts—ending the eighth count with the right foot extended far out to the front.

During the SECOND EIGHT, return to your starting point by first swinging the right foot to the rear, passing it to the left side of the left foot, into the position above described for the ending of count one of the first eight; then, on the following count, straighten the right knee suddenly, thereby causing it

the left foot, and then the right foot again, and so on for sixteen counts; after which, repeat the entire exercise from the beginning—making 64 counts in all.

No. 6. WAIST EXERCISE Waltz Time
 “Revolving”

On count ONE, lift the arms until they are as high as the shoulders and on a perfect line with each other—the palms of the hands turned to the floor—and, on the strong impulse of the count, swing the arms and chest as far around to the right as you can without moving the hips—thereby giving a strong twisting action to the muscles of the waist.

Remember: Keep the arms horizontally straight and on a perfect plane with the shoulders and back, and do not move the hips any more than you can possibly help.

On count TWO, swing the arms and chest around from the right side as far to the left as you can; swing them around to the right on count THREE; to the left again on count FOUR, and so continue for 32 counts—coming to “second” position on the last count.

No. 7. CHEST EXERCISE Two Step Time
 “Perpendicular Drill”

On count ONE, close the right fist tightly, and draw it up under the armpit as closely as possible; expand the chest to its fullest extent and hold it well up, as the fist shoots downward in a strong punching manner, on count TWO; raise the right fist again on count THREE; shoot it downward on count FOUR; and so continue with the right fist for eight counts; then use the left fist in a like manner, while the right arm hangs simply at the side, during the SECOND EIGHT; after which alternate by lifting the right fist on count ONE, and lifting the left fist on count TWO as the right fist is being brought down, then lowering the left, and raising the right again on count THREE, and so on during the third eight—holding the left fist down at the end of count seven while the right fist is being brought down on count eight,—then change again by using both fists in the same manner simultaneously during the FOURTH EIGHT.

Repeat the entire exercise once more—making 64 counts—and end in “second” position on the last count.

This is an excellent exercise for solidifying the shoulders and upper chest muscles, if you observe the following precautions:

Always have the chest well up, and fully expanded, on each and every downward punch of the fists; breathe as evenly and as deeply as you can, but do not spasmodically expel the air at the downward motions of the arms; and, last, but not least, make these punches energetically.

No. 8. SHOULDER EXERCISE Two Step Time
 “Great Circles”

On count ONE, tense the muscles of the arms, and hold the elbows perfectly straight, while the fists are closed tightly,—the backs of the hands turned to the rear—and swing the arms out laterally, upward and over, until the edges of the hands strike against each other high above and slightly to the rear of the

head—making the upper arms touch the head, just behind the ears, without inclining the head forward in so doing.

On count TWO, keep the chest fully expanded, and bring the hands and arms down, along the previous course, to their former position at the side—still holding the backs of the hands to the rear.

Repeat count one, on count THREE; lower the hands again on count FOUR, and so continue—holding the fists closed tightly—for eight counts.

On count ONE, of the second eight, open the hands and swing them outward and upward, as on count one of the first eight, until the palms strike together with a loud clap, on the strong impulse of the count; bring the hands down and strike the palms together just behind the hips, on the strong impulse of count TWO; raise them again on count THREE, and so continue during the second eight, but DO NOT ALLOW THE ELBOWS TO BEND AT ANY TIME, for, unless the arms are held perfectly straight on the strong impulse of each count, the muscles of the upper chest and shoulders are not brought into proper play and a corresponding loss in the attainable result follows.

Repeat the first eight during the THIRD EIGHT; repeat the second eight during the FOURTH EIGHT, and so continue for 64 counts—ending in "second" position.

No. 9.

ARM EXERCISE

Waltz Time

"Tensing"

The above title clearly sets forth the character of this exercise, but there is a peculiar gradation that must be observed in executing the movements.

To begin with, empty the lungs as well as possible, and gradually fill them again during counts ONE, TWO and THREE, as the arms are being raised steadily outward and upward until they are perpendicular above the shoulders: then, on count FOUR, close the hands firmly in the fist shape, draw all the air you possibly can into the lungs, bend the elbows so that the fists are brought down to a level with the top of the head, and at the same time, send a gradually increased tension into all the muscles of the hands, arms and chest without allowing any of the air to escape from the lungs; lower the hands to a level with and just in front of the throat, and continue to gradually increase the tension of the muscles of the hands, arms and chest until such tension is very decided, on the strong impulse of count FIVE; on counts SIX, SEVEN and EIGHT gradually remove the tension out of these muscles and let all the air you can, out of the lungs—assuming a limp and listless attitude, at the end of the last count.

All these changes must take place very smoothly, and very gradually—but not too slowly—and must be under the determined control of the will at all times.

Repeat the first eight counts, during the SECOND EIGHT, during the THIRD EIGHT, and again during the FOURTH EIGHT—thus making 32 counts, and ending in "second" position on the last count.

Make each repetition of the exercise, more severe as to the degree of tension, but, if the exercise appears to cause dizziness

On count THREE, throw the weight over on the right arm, raise the toe of the left foot and the right knee clear of the floor and swing the body around and sit upon the floor with the back turned toward the right wall.

On count FOUR, bring the right hand up from the floor and interlace the fingers of both hands around the left leg just below the knee, and remain during the rest of the count in an easy reclining attitude, - imagining, if you like, that you are around a real camp fire listening to the stories of great adventures,—broken into by the sound of count FIVE, when you immediately disengage the fingers, place the left hand upon the left knee, return the right hand to its former place on the floor; exactly as at the end of count three.

On count SIX, place the weight on the right hand, the left heel and right toe, and swing the body around until the right knee rests upon the floor beside the left foot, just as at the end of count two.

On count SEVEN, bring the body up erect and the hands to the hips, as at the end of count one—being sure that the body does not lean forward but is held perpendicular above the right knee.

On count EIGHT, straighten the left knee and thereby bring the body up to "first" position.

During the SECOND EIGHT, repeat all these motions by using the hands and feet in the opposite manner, that is, kneel upon the left knee, place the left hand upon the floor and swing the body around and sit with the back facing the left wall, and then come up to "first" position again in accordance with the directions given above.

Repeat the first eight during the THIRD EIGHT, and then repeat the second eight during the FOURTH EIGHT—thus completing the exercise in 32 counts, and ending in "first" position.

The exercise may be continued for another 32 counts if the leader so directs.

No. 13.**RAPID EXERCISE**
"Arm Circles"

Gallop Time

This is a RAPID exercise, and, like all our "rapid" exercises, the one controlling characteristic is SPEED; the main reason for this is, that with increased speed, under the control of the mind, there is a corresponding concentration of the whole being, both mental and physical.

On count ONE, extend the right arm straight out in front; hold the arm perfectly straight; hold the hand and fingers as in "Gunning and Foiling" (the last exercise in the Second Set, No. 17), and, while holding the chest square to the front, and without bending the arm at any place except at the shoulder joint, describe as many circles as you possibly can (one or more) by moving the hand first upward, then over to the right, and then downward in a curve to the starting point—which should be not more than six or eight inches below the level of the shoulder—and then upward as before—rising not more than six or eight inches above the level of the shoulder—and then over, around and down again until the second circle is completed.

Continue these circles, as above directed, for eight counts;

counts; then use the left arm and hand in like manner during the **SECOND EIGHT**; and then use both arms and hands simultaneously for sixteen counts; after which, repeat the entire exercise—thus making 64 counts—and bring the hands up to “first” position immediately after the last count.

Note: You will find this exercise very refreshing, if you allow the whole body—especially the chest—to become limp, each time the arms fall in unison. This will be especially true if you have been hard at work beforehand.

No. 16.

ARTISAN EXERCISE

Waltz Time.

“Mowing Grass”

It is very easy to drift into a half-hearted manner of performing this exercise, but the exact opposite is the plan you should adopt—always remembering, of course, that there are two extremes: in the one, you practically do nothing, while in the other, you overdo. It is best to keep between these two extremes, by striking a “happy medium.”

On count **ONE**, jum up off the floor and separate the feet by about thirty-six inches—moving each foot about eighteen inches laterally from its former place on the floor;—throw the head and shoulders over and down to the right side until the side of the chest rests upon the right leg, while the right knee is so bent as to bring the upper right leg almost parallel with the floor; hold the chest partly facing the front and extend the arms so that the right arm is straight out toward the right side from the knee, while the left elbow is bent until the left hand almost touches the front of the right knee; both hands closed tightly, as if grasping the handle of a scythe, with the back of the right hand facing the rear and the back of the left facing outward from the knee.

On count **TWO**, imagining that you are to cut a wide swath of grass with the supposed scythe which you hold in your hand, give a tremendous drawing pull with the arms, and at the same time swing the body over to the left side until the side of the chest rests on the upper left leg, the opposite to count one; straighten the right knee and bend the left; straighten the left elbow, extend the left arm out to the left of the knee, and bend the right elbow until the right fist is close to the left knee. The chest should face the front as nearly as possible and the face should be turned so that you may observe the leader’s movements at all times.

On count **THREE**, raise the body slightly higher, and swing it over to the right side, exactly as on count one; give the strong pull again on count **FOUR**, exactly as directed to do on count two, and so continue for eight counts—jumping up off the floor and bringing the feet together and the hands to the hips, in “first” position, on the last count.

On count **ONE**, of the second eight, jump up off the floor and spread the feet apart again; lean over to the left side—instead of over to the right as before—and repeat the movement described for the first eight, giving the strong swinging pulls, from left to right, on the **EVEN** counts—springing off the floor and coming to “first” position on the eighth count.

During the **THIRD EIGHT**, repeat the first eight, and during

On count ONE, when the right knee is bent, and the weight is placed upon the right leg, lift the left foot some six inches off the floor, point the toe of the left slipper out toward the left side, in line with the left leg, and, on the strong impulse of the count, tense the muscles of the leg and foot and stretch them out as if giving a strong kick, directly to the left side; but be sure to keep the body erect in so doing—that is, do not lean the head and shoulders over to the right or to the front, as you will be naturally tempted to do—just hold them directly over the hips and see how far you can stretch the left leg in delivering this side-kick; but you must not bend and straighten the left knee; you must hold it straight, all through the count.

On count TWO, bring the left foot down to its former place on the floor (about thirty-six inches from the other foot); sway the body over to the left side; straighten the right leg, bend the left, throw the weight upon the left knee, and, on the strong impulse of the count, lift the right foot off the floor and give the stretching kick with the right leg and foot as above directed for the left foot; then bring the right foot down as you did the left, on count one, and proceed in this swaying and lifting—following closely the directions above given—for 32 counts. Jump up off the floor, and bring the feet together in “first” position on the last count.

No. 2. FOOT EXERCISE Waltz Time.
“Floor Circles”

On count ONE, bend the left knee as much as you can, and describe as large a circle as possible, upon the floor, by sliding the toe of the right slipper lightly along the floor, first to the front, then around as far as you can to the right-oblique-forward, and then, as the left leg straightens, swing the right foot around in a curved course to its proper place beside the left foot—bringing the heels together on the final impulse of the count.

On count TWO, bend and straighten the left knee again and describe another large circle with the toe of the right slipper—bringing the right heel up against the left heel as before; repeat this process again on count THREE, and so continue for eight counts; then bend and straighten the right knee on each count, and describe these large circles with the toe of the left slipper during the SECOND EIGHT, as directed to do, during the first eight.

During the THIRD EIGHT, repeat the first eight; and, during the FOURTH EIGHT, repeat the second eight—thus making 32 counts and ending the exercise in “first” position.

The body should not lean forward or backward, but should be held erect throughout the entire exercise.

No. 3. ANKLE EXERCISE Two Step Time.
“Ankle Swing”

On count ONE, lift both heels slightly off the floor, and swing them outward until the toes are pointing toward each other, and the heels are pointing toward their respective sides so that the feet are brought as nearly as possible into line with

each other, at the time the heels are brought down to the floor on the strong impulse of the count.

On count TWO, lift the heels slightly off the floor, and swing them around to "first" position; swing them outward again on count THREE; bring them back to position on count FOUR, and so continue for 32 counts—ending in "first" position on the last count.

Each time the heels are swung outward the knees may bend to permit a greater range; but the heels must touch the floor on the strong impulse of each and every count. Hold the body erect throughout the entire exercise.

No. 4. KNEE EXERCISE Waltz Time.
"Kneeling and Rising"

On count ONE, place all the weight on the ball of the left foot; lift the right foot and swing it some twelve inches or more directly to the rear; keep the body erect and bend the left knee until the right knee is brought down close to the floor and rests up against the left side of the left instep on the strong impulse of the count, and hold this attitude without any motion of the body for about two seconds; then straighten the left leg and bring the right foot up to "first" position on count TWO.

Repeat counts one and two, on counts THREE and FOUR, and so continue kneeling upon the right knee, for eight counts; then kneel upon the left knee in like manner during the SECOND EIGHT; after which, alternate by first kneeling upon the right knee; then upon the left knee; and then upon the right knee again, and so on for sixteen counts.

Repeat the exercise from the beginning—making 64 counts—and end in "first" position.

The main points to be observed in this exercise are: The body must be held erect; the foot which leads must move directly to the rear; the knee on which you kneel must touch the opposite side of the other foot, and the knee sustaining the weight must bear the burden even when the opposite knee reaches its lowest point.

No 5. HIP EXERCISE Common Time.
"Side-Swing"

On count ONE, throw the head and shoulders over and down to the right side; and, on the strong impulse of the count, lift the right foot and throw it out and up, to the right side, as high as you possibly can, but do not bend either knee in so doing.

This exercise brings into play the hip-muscles in a manner differing from any heretofore given.

On count TWO, lift the head and shoulders, and bring the right foot down to its proper place on the floor, beside the left foot.

On count THREE, throw the head and shoulders over and down to the left side, and raise the left foot off the floor, and throw the left leg out and up to the left side as far as you can,—as directed to do with the right leg, on count one.

On count FOUR, lift the head and shoulders, and bring the left foot to "first" position, as you did with the right on count two.

Throw the right foot out and up, to the right side, on count FIVE; return to "first" position on count SIX; throw the left out and up to the left side on count SEVEN, and so continue for 32 counts—ending in "first" position on the last count.

Be sure that the foot which leads and the head and shoulders move toward each other, on each and every outward movement, and that the leg is thrown as high as possible, as the head and shoulders are brought downward.

No. 6. WAIST EXERCISE Waltz Time.
"Walking-Beam"

On count ONE, lift the arms out laterally and upward, until they are on a level with the shoulders and are in line with each other and are on a plane with the back—the palms of the hands facing the floor while the fingers are held straight, and in line with the hands and arms; hold the muscles of the arms, hands and fingers tense, and, on the strong impulse of the count, without bending at the shoulder joints in the least, swing the head and shoulders as far over and down to the right side as you can while holding the hips square to the front.

This final movement should bring the arms, hands and fingers to a nearly, or quite, perpendicular attitude—due entirely to the bending at the waist line.

On count TWO, while still keeping the shoulders, arms, hands and fingers in a straight line, lift the head, and shoulders and throw them over and down to the left side—thus causing the right arm to rise and the left arm to lower, until they are again almost perpendicular, as on count one.

Lift the head and shoulders, and throw them over, and down to the right side again on count THREE; to the left again on count FOUR, and so continue, in a smooth and even manner, for 32 counts—bringing the body up erect and the hands down to "first" position on the last count.

No. 7. CHEST EXERCISE Two Step Time.
"Double Slapping"

This is another excellent chest exercise but, like the others, it must be properly executed if the best results would be obtained.

On count ONE, bring the hands down from the hips and swing them out in front, and up, until the palm of the left hand strikes the front of the chest a good sound blow, on the strong impulse of the count, while the right hand and arm pass outward to the right side and upward to a level with the shoulders, and the palm of the hand faces the front.

While these movements are taking place the chest should be held well up, and fully expanded—having been filled with fresh air just before starting the exercise.

On count TWO, swing the right hand around, and strike the back of the left hand, a good hard blow with the palm of the right hand, on the strong impulse of the count.

On count THREE, draw the left hand out from under the right hand, and pass it out to the left side, as directed to do with the right on count one, and, at the same time, extend the

right hand some twenty-four inches directly forward and bring it swiftly back so that the open palm strikes the chest, but at a different point, on the strong impulse of the count.

On count FOUR, swing the left hand around and strike the open palm against the back of the right hand, as directed to do on count two.

On count FIVE, draw the right hand out and pass it to the side, and extend the left hand out about twenty-four inches to the front, and bring it back swiftly so that the open palm strikes the chest, still at another point, as above directed.

Continue the above manner of striking the chest with the open palm on one count and holding the palm pressed firmly against the chest, until the other palm strikes a heavy blow against the back of the hand, on the strong impulse of the following count, and so on for 32 counts—bringing the hands down to "first" position immediately after the last count.

During this exercise, every part of the front of the chest should receive its share of the blows; the chest should be held well expanded, and the lungs should be emptied and refilled several times.

A very good variation to this exercise is: Pass the hand out laterally to a level with the shoulders, on the first half of each eight and high above or low down below the shoulders on the last half of each eight; that is: on counts ONE, TWO, THREE, and FOUR, of the first eight, the hands are to pass out to a level with the shoulders (as they move in accordance with the above directions); on counts FIVE, SIX, SEVEN and EIGHT, the hands move upward as high as possible; the next four counts are for a level with the shoulders again; bring them as low as possible during the next four counts; on a level with the shoulders during the next four; the right goes above while the left goes below during the next four counts; on a level the next four; and then the left hand goes up and the right hand goes down during the last four; after which, repeat the process from the beginning, but, in so doing, do not change the slapping action, as first explained. This variation requires a greater attention to the work at hand.

No. 8.

SHOULDER EXERCISE

Waltz Time.

"Plucking Grapes"

On count ONE, step out about twenty-four inches with the right foot, to the right-oblique-forward; pass the body over in that direction until all the weight is placed upon the ball of the right foot, while only the tip of the toe of the left slipper touches its former place on the floor; bring the hands down from the hips, pass the left slightly backward, and swing the right outward and upward to the right-oblique-forward, until it is high above the right shoulder; then, on the strong impulse of the count, rise as high as you can upon the toes of the right foot, and reach upward with the fingers of the right hand as high as possible—striving to pluck a bunch of imaginary grapes that are just a little out of reach—and thereby stretch the muscles of the right shoulder to their utmost length.

Bring the body, hands and feet, back to "first" position on count TWO; repeat count one on count THREE, and so

continue in this manner of stretching the muscles of the right shoulder for eight counts; then stretch the muscles of the left shoulder by stepping with the left foot out some twenty-four inches to the left-oblique-forward, and reaching up for the imaginary grapes—that are just beyond your reach—with the left hand during the SECOND EIGHT, as directed to do with the right hand during the first eight.

Repeat the exercise from the beginning during the THIRD and FOURTH EIGHTS—thus making 32 counts—and end in “first” position on the last count.

No. 9. ARM EXERCISE Two Step Time.
“Flying”

On count ONE, bring the hands down from the hips and swing them outward and upward until they are some six inches higher than the shoulders; then allow them to fall about a foot; lift them up above the shoulders again, and bring them downward (about twelve inches) once more on the ending of the count—all the time keeping the palms facing toward the floor, and holding the arms, hands and fingers perfectly straight.

On count TWO, lift the hands as above directed; lower them the same distance; lift them again, and bring them down as before—thus making four distinct movements of about twelve inches each, during the count, while keeping the arms and hands laterally extended, moving slightly above and then slightly below on a level with the shoulders.

Continue these easy movements—imitating the flapping of wings for eight counts; then, during the SECOND EIGHT, raise the hands as high as possible, and bring them down alongside-of the legs on the strong impulse of each count, without allowing the hands to actually touch the legs: that is, you expand the chest and hold it so; you tense the muscles of the arms and hands and keep them rigid; you lift the hands as high as you can, and then bring them down as swiftly as possible, so that the upper arm strikes against the chest, on the strong impulses of eight successive counts.

During the THIRD EIGHT, repeat the first eight, by again making the movements comparatively light and easy; then, during the FOURTH EIGHT repeat the second eight, by making the movements as extensive in range as possible—thus requiring 32 counts, and ending the exercise in “second” position.

At first, you may wonder how thus holding the arms straight while moving them, can strengthen the muscles; however, by following carefully the directions given, you will soon understand where the strain lies.

No. 10. HAND EXERCISE Waltz Time.
“Front Semi-Circles”

On count ONE, swing the right hand out and up until it is about half way from a level with, to a point directly above, the shoulder; and, at the same time, swing the left arm outward laterally until the hand is about half way to a level with the shoulder, and is in a direct line with the other arm—

hand outward and upward until they are perfectly straight and both arms are perpendicular to the floor.

On count THREE, return the right knee to its former place beside the left foot; lift the head and shoulders until they are erect, and bring the hands to the hips, as at the end of count one.

On count FOUR, straighten the left knee and bring the body up to "first" position.

On counts FIVE, SIX, SEVEN and EIGHT, repeat counts one, two, three and four, by kneeling upon the left knee; (instead of on the right knee as before), throwing the weight over upon the left arm, and raising the right arm and hand until they are perpendicular, and are in line with the left arm; and then returning to "first" position as above directed.

Repeat all these motions during the SECOND EIGHT, and so continue for 32 counts—doing the exercise first to one side and then to the other side, throughout the full number of counts, but do not lean the body forward at any time.

No. 13. RAPID EXERCISE Two Step Time.
"Elbowing"

On count ONE, raise both hands up in front of the chest; close the hands in the fist-shape; clench the right fist tightly, swing it across to the front of the left shoulder, and then, with lightning speed, throw the elbow as far around to the rear as you can on the strong impulse of the count.

On count TWO, bring the right fist forward and around until it touches the left shoulder again, and then throw it rapidly to the rear, as on count one.

On count THREE, repeat count two, and so continue for eight counts; then use the left arm and hand in like manner during the SECOND EIGHT; after which, alternate during the THIRD EIGHT, by bringing the right fist around to the left shoulder, and then throwing the elbows swiftly to the rear on count ONE; bringing the left fist around to the right shoulder and throwing the elbows swiftly to the rear on count TWO; bringing the right fist forward and around to the left shoulder and throwing it to the rear on the strong impulse of count THREE, using the left fist and elbow again in like manner on count FOUR, and so on,—holding the right elbow to the rear as the left elbow is thrown backward, on the last count.

Bring both fists forward and around to the opposite shoulders and then throw them swiftly to the rear on the strong impulse of count ONE; repeat this on count TWO, and so continue during the FOURTH EIGHT; and, after this, repeat the entire exercise from the beginning—making 64 counts—and bring the hands down to the hips, in "first" position, immediately following the last count.

No. 14. LIGHT-STEP EXERCISE Waltz Time.
"Sailors' Rope Dance"

This is an excellent exercise for developing general gracefulness of action; however, it requires considerable thoughtful practice on the part of each individual to perfect himself in the various movements and their many changes.

In class work, each pupil should make it a point to keep in perfect line with those to his right, to his left, and directly in front of him; for, when the whole class moves in unison, the combination of movements is very pleasing.

On count ONE close both fists tightly and bring the right hand forward and upward until the front of the fist presses firmly against the pit of the stomach, while the left hand passes backward and upward until the back of the hand presses firmly against the small of the back, just opposite to the right hand; throw the head and shoulders slightly to the right-oblique-forward and the hips slightly to the left-oblique-backward; place all the weight on the ball of the left foot and raise the right foot and pass it across in front of the left leg and then swing it outward and place it on the floor about eighteen inches to the right-oblique-forward of the left foot, and bring the hollow of the instep of the left foot up against the back of the heel of the right foot on the strong impulse of the count as the hips are advanced slightly to the right-oblique-forward and the head and shoulders are moved an equal distance to the left-oblique-backward. The chest must be held square to the front while these changes are taking place. These motions are slight, but they, nevertheless, are distinct movements, and must be executed with the greatest smoothness possible, with ut appearing shiftless—the entire body should move as though full of life, and the tension of the muscles should be such that it makes you feel as though you would like to put forth a great deal more effort than the directions allow: All this being very difficult to make clear on paper; you must try to catch the spirit of the exercise yourself.

On count TWO, while still holding the chest square to the front, and the hands pressed firmly against the body in their respective places above the belt, throw the head and shoulders slightly to the right-oblique-forward and the hips slightly to the left-oblique-backward, as on count one; lift the right foot, pass it backward in front of the left leg and then outward about eighteen inches to the right-oblique-forward and place it on the floor, as above directed to do on count one; draw the left foot up and swing it in the same direction until it passes above and beyond the right foot—arching the instep as it passes so that the toe of the slipper does not point upward,—and, at the same time move the head and shoulders slightly to the left-oblique-backward while the hips move an equal distance in the opposite direction, and hold the attitude a second or so.

On count THREE, bring the hands from their respective positions at the front and rear and swing them forward and upward until the right arm is straight out to the right-oblique-forward, with the fingers closing around an imaginary rope, while the left elbow bends so that the left hand passes up just in front of the chest, the fingers closing around the same rope about eighteen inches from the right hand—bearing in mind that the position of the hands should coincide with the position of the rope—then step to the left-oblique-backward with the left foot to the exact place it occupied at the end of count one and draw the heel of the right foot back to the instep of the left foot; lower the head and shoulders and bring the hands

down almost as low as the knees, and, on the strong impulse of the count, give a quick, strong pull with both hands as though jerking the imaginary rope away from someone—thereby bringing the right hand back to the chest and the left hand back under the armpit.

On count FOUR take another step to the left-oblique-backward with the left foot and place it on the exact spot it occupied at the beginning of the exercise, and draw the right foot backward and pass it across in front of the left leg, as directed to do on the first count, and, at the same time, extend the arms outward to the right-oblique-forward and give the strong jerking pull on the strong impulse of the count—bringing the right fist back against the pit of the stomach, and the back of the left hand around against the small of the back, as explained above for the beginning of count one, and returning the head and shoulders to “first” position in preparation for the next move.

During the succeeding four counts repeat the first four, and continue, to the right-oblique-forward and to the left-oblique-backward, for sixteen counts—performing all the various motions four times and coming to “first” position on the last count.

During the SECOND SIXTEEN, move to the left-oblique-forward and to the right-oblique-backward in accordance with all the directions above given—ending, as before, in “first” position on the sixteenth count.

Repeat the first sixteen counts during the THIRD SIXTEEN, and move to the left-oblique-forward and to the right-oblique-backward again during the FOURTH SIXTEEN thus completing the exercise on the 64th count—and end in the “second” position so that you may pass directly into the exercise which follows this one.

At first it will be necessary for you to move rather slowly through these various changes, but, after a time, the mind and muscles will work in harmony and the speed may be increased until many of the motions can be executed simultaneously while others follow in rapid succession.

Pay close attention to the leader at all times, for by this method you train the eyes to a greater usefulness; and pay equal attention to the counting—especially if the exercises are accompanied by music—for, by this method, the ear is trained to a keener perception of the variations of sound.

No. 15. DEVITALIZING EXERCISE Waltz Time.
“Swinging”

The primary purpose of these devitalizing exercises is to take the stiffness from the muscles and to leave them firm yet very pliable by training the nerves controlling the various muscles to submit to the dictation of the will: which is all worthy of our patient attention.

Take all the tension out of the muscles of the arms, shoulders, chest, waist, hips and legs—leaving only sufficient strength in these muscles to prevent the body from falling,—and, on count ONE, turn the chest and shoulders as far around to the right as you can and allow the arms and hands to follow

touching, the pit of the stomach, while the right fist is drawn as far back under the armpit as you can get it; turn the front of the chest toward the right side, and bend the body well backward until the weight is placed on the right leg.

On count TWO, straighten the right leg; bend the left knee; turn the front of the chest as far around toward the left side as possible; bring the left fist down and swing it to the rear; bend the body well over to the front, and shoot the right fist rapidly forward, and land a very strong punching blow upon an imaginary bag, at the end of the count.

Hold the body in this final attitude for about two seconds—the arms being in line with each other and the muscles firmly tensed

On count THREE, turn the chest around toward the right side again; bend the body backward over the right leg, and bring the left fist around forward and up in front while the right fist is brought back under the armpit—observing all the directions given above for count one.

Repeat count two on count FOUR, and so continue for eight counts—bringing the right foot up beside the left foot as the right fist shoots forward and the left fist swings backward on the last count, and hold the attitude for about two seconds as before directed; then, on the NEXT count step to the rear with the left foot; twist the chest around toward the left side; bring the right fist down in front of the stomach; raise the left fist up under the armpit, and proceed during the SECOND EIGHT as directed to do during the first eight—bringing the left foot up beside the right foot, as the left fist shoots forward and the right fist swings backward on the last count.

During the THIRD EIGHT, repeat the first eight, with the exception that, on all the even counts you take a long stride forward with the right foot, which was previously placed to the rear—bringing this leading foot up beside the left foot on the eighth count, as heretofore directed, while shooting the right fist forward and swinging the left fist backward as usual.

During the FOURTH EIGHT, repeat the second eight, observing the exception just mentioned, then repeat the whole exercise from the beginning—thus making 64 counts—and end in “first” position on the last count.

END OF FIFTH SET

SIXTH SET

No. 1. WHOLE-LEG EXERCISE Two Step Time.
“Side Sliding”

The exercises of each succeeding set in this system have, as a whole, grown more and more strenuous until we find some in this sixth set which are quite difficult to perform according to directions: In fact, it is only by having mastered the exercises, in the order in which they have been given, that this set becomes thoroughly practical. However, no exercise is given here, or in any other set, for that matter, that is at all dangerous or even harmful to the body or to the health of the individual, if that individual uses a little common-sense in regulating the degree of exertion to conform to his present

power of endurance—always avoiding the two extremes in exercising, as in everything else,—neither overdoing nor underdoing, but, on the contrary, striking the “happy medium” that in time brings the surest and most lasting results.

Take “first” position and, on count ONE, jump up off the floor and spread the feet about thirty-six inches apart (less if necessary); then, on the strong impulse of count TWO, without springing up from the floor, draw the feet over the floor until they come together, while the knees are held straight.

This last effort severely taxes the muscles of the inner part of the legs—especially when the weight is placed equally on both feet, and the pull is made steadily and without any springing upward of the body.

On count THREE, jump up off the floor; spread the feet apart as before, and draw the feet together again on the strong impulse of count FOUR.

Continue as above directed for 32 counts—ending in “first” position on the last count.

No. 2. FOOT EXERCISE Common Time.
“Half-Circles”

On count ONE, bend the left knee and extend the right foot as far forward as you can.

On count TWO, while still keeping the left knee bent, swing the right foot as far out to the right, and around to the rear as possible—allowing only the toe of the slipper to touch the floor.

On count THREE, straighten the left knee and bring the right foot up to “first” position.

On count FOUR, hold the body motionless.

Repeat counts one, two, three and four on counts FIVE, SIX, SEVEN and EIGHT; then describe these half-circles with the left foot during the SECOND EIGHT—observing the directions above given for the first eight.

Describe these half-circles with the right foot again during the THIRD EIGHT, and do the same with the left foot again during the FOURTH EIGHT—making 32 counts, and ending the exercise in “first” position on the last count.

No. 3. ANKLE EXERCISE Two Step Time.
“Ankle Dance”

Rise as high as you can upon the toes of both feet, and swing the heels as far around toward both sides as possible on the strong impulse of count ONE, and hold them well up in this lateral attitude for about a second while the body remains steady.

On count TWO, bring the heels back so that they strike together on the strong impulse of the count; swing them outward again on count THREE; bring them back on count FOUR—always keeping the heels as high as possible—and so continue for 32 counts—bringing the heels down to the floor, in “first” position, immediately after the last count.

Strive to hold the body erect and steady while performing this ankle exercise—which is not so easily done as you may at first think.

On count FOUR, while allowing the right foot to remain on the floor, separate the hands; swing them outward and around, until the fingers are again interlaced just back of the neck; and, in the mean time, raise the head and shoulders up and bend them backward until the face is turned toward the ceiling, and the back of the head rests in the palms of the hands. This is a severe attitude, and it is only by having previously strengthened the muscles of the back and waist that you will be able to perform this exercise steadily and with precision.

On count FIVE, disengage the fingers and pass the hands directly forward until the fingers interlace below the right knee, while the head and shoulders are brought forward and down, so that the forehead rests upon the right knee again on the strong impulse of the count.

Repeat count four, on count SIX; repeat five on count SEVEN; and, on count EIGHT, bring the right knee down beside the left knee, the body up erect and the hands back to the hips.

On the following count lift the left knee, extend the left foot out to the front; bring the forehead down to the knee, and clasp the hands around the left leg, all as above directed; then bend backward on the next count, and so continue during the SECOND EIGHT—bringing the left knee down beside the right knee, the head and shoulders up, erect, and the hands back to the hips on the last count.

Extend the right foot forward again and continue during the THIRD EIGHT, as directed to do during the first eight; then extend the left foot forward again, and proceed during the FOURTH EIGHT, in the usual manner—bringing the body up, erect, the hands to the hips, and the left knee down beside the right knee, on count SIX; sit upon the heels on count SEVEN, and rise up to "first" position on the LAST count.

No. 7. CHEST EXERCISE Two Step Time.
"Semi-Circles

On count ONE, bring the hands down from the hips; close the fists tightly, and swing them forward and upward until the backs of the fingers rest against the front of the chest near the throat; then, immediately bring the fists rapidly downward, passing close along the chest and hips, and outward and upward as high as the hands will easily reach, on the strong impulse of count TWO—turning the fists as they move so that the backs of the hands face the ceiling.

Bring the clenched fists straight downward, and pass them inward and upward, close along the front of the hips and chest until the backs of the fingers again press against the chest near the throat, on the strong impulse of count THREE—the backs of the hands facing outward and the fists touching each other.

Bring the hands down, out and upward on count FOUR, as on count two; repeat count three on count FIVE, and so continue for 32 counts—returning the hands to the hips immediately after the last count.

The fists should be tightly clenched, the muscles should be well tensed, and the arms should move energetically—always remembering to pass the hands along as near the chest and hips

the chin shoots forward: Hold the chest firm and move the chin as far as possible.

No. 12. WHOLE-BODY EXERCISE Common Time.
"Turkish Salute"

Here we have another exercise which is very difficult to make clear on paper, but I shall do my best to trace out for you the various movements.

Starting from "first" position, on count ONE, place all the weight on the ball of the left foot; swing the right foot around and place it on the floor about thirty inches to the left-oblique-backward; bring the hands from off the hips and pass them upward and outward in front of the chest—the chest having been turned, the arms extend toward the right-oblique-forward—on a level with the shoulders, with the open palms facing upward in an easy attitude.

On count TWO, bend the right knee about one-third as much as it is possible for you to bend it; keep the left leg straight; bring the hands downward about half-way to the hips; lower the head and shoulders slightly forward, and pass the hips backward toward the right foot until the weight of the body is placed more and more upon the right leg.

On count THREE, pass the hips still further over the right foot and throw still more of the weight upon the right leg; bring the head and shoulders still lower, and draw the hands down even with the legs.

On count FOUR, while keeping the left foot in its original position, and holding the left leg straight, bend the right knee still more, and pass the hips backward over the right foot until you almost sit upon the right heel; bring the head and shoulders on downward until the body—from the hips to the head—is parallel with, and as close to the floor as you can get it; and bring the hands backward until the arms are on a line with, and are held quite near the body—but not higher—while the palms face the floor.

This last count calls for an attitude which is extremely difficult to take and to hold steadily; however, there is little risk of overstraining any part of the body in this exercise, if the previous sets of exercises have been mastered.

On count FIVE, return to the attitude described for the ending of count three.

On count SIX, return to the attitude described for the ending of count two.

On count SEVEN, return to the attitude described for the ending of count one.

On count EIGHT, bring the body up erect; swing the right foot around beside the left foot, and bring the hands gracefully over and down to the hips, in "first" position, on the strong impulse of the count.

During the SECOND EIGHT, repeat the first eight by swinging the left foot around to the right-oblique-backward; raising the hands, out and up, to the left-oblique-forward, and proceeding in exact accordance with the directions above given.

Repeat the first eight, in all its details, during the THIRD

EIGHT; repeat the second eight during the FOURTH EIGHT, and so continue for 64 counts—ending the exercise in “first” position on the last count.

**No. 13. RAPID EXERCISE Two Step Time.
“Jumping”**

On count ONE, bring the hands down from the hips; clench the fists, and throw the arms directly forward and upward as high as they will go; and, at the same time, bend and straighten the knees.

On count TWO, swing the hands forward, downward and backward, and bend and straighten the knees again,—just as if preparing to make a long jump.

On count THREE, swing the arms outward and upward, and bend and straighten the knees as before; lower the hands, and bend and straighten the knees again on count FOUR, and so continue for eight counts—remembering always to bend and then straighten the knees, each and every time the hands pass upward, and again bend and straighten them, each and every time the hands pass downward.

During the first eight, cause the momentum of the whole body to steadily grow greater and greater until the feet are lifted a little off the floor on count ONE of the second eight; are lifted slightly higher on count TWO; still higher on counts THREE, FOUR, FIVE and SIX; then, on count SEVEN, jump as high into the air as possible, landing lightly upon the toes on the strong impulse of count EIGHT.

Repeat all the above described movements four times—making 64 counts—and end in “first” position on the strong impulse of the last count.

**No 14. LIGHT-STEP EXERCISE Common Time.
“Rocking Run”**

On counts ONE and TWO, incline the body well forward; throw the right foot directly backward, and up, as high as you can—keeping the hips square to the front and holding the right leg straight,—and give two successive hops with the left foot, landing lightly on the toes on the strong impulse of each count.

On count THREE, bend the body well backward; spring up from the floor and pass the left foot directly forward and up, as high as possible, and bring the right foot down to its proper place on the floor on the strong impulse of the count; spring up off the floor and land lightly on the toes of the right foot again on the strong impulse of count FOUR, while the left leg is still held as high as possible and the hips are kept square to the front.

On count FIVE, bend the body forward again; spring up from the floor; throw the right foot directly backward, while holding the right leg straight and the hips square to the front as above directed for count one; bring the left foot down to its former place on the floor; and, while the right leg is still out to the rear, spring up from the floor and land lightly on the toes of the left foot again on count SIX; repeat the same with the right

foot while the left leg is out in front during counts SEVEN and EIGHT, as explained above for counts three and four, and so continue for 32 counts—bringing the left foot down to the floor beside the right foot on the last count; then, during the next 32 counts, repeat the exercise all over again by throwing the left foot to the rear and the right foot forward—observing all the rules given above for the first half, and ending as before on the last count.

A good variation to the above is: During the FIRST EIGHT, throw the right foot to the rear, and the left foot forward; on counts ONE, and TWO, of the SECOND EIGHT, give two extra hops on the right foot and at the same time swing the left foot, from out in front, backward and up to the rear, and, on count THREE, throw the right foot out and up in front and proceed in the regular manner to the end of the second eight; then change again, in accordance with the directions just given, by throwing the right foot to the rear and the left foot forward during the THIRD EIGHT; and change again on the beginning of the FOURTH EIGHT; and proceed as usual—bringing the right foot down, from the front, to the floor beside the left foot on the last count and immediately begin the exercise again by throwing the left foot to the rear and the right foot forward, and continuing in harmony with the directions given above for the first part—ending in “first” position on the last count.

Another very good variation to the above, that is fitted especially for class work, is: Each pupil, at the command of the leader, is to bring his hands down from the hips and raise them out laterally and upward to a level with the shoulders and in line with each other, and then, at another command of the leader, the class may move forward, backward, to the right, to the left, or in any other direction the leader chooses to prescribe,—all the time keeping in line with each other and in time with the music; or, those on the right and those on the left may move toward the center file—allowing the outstretched arms to pass until the hands rest on the shoulders of the adjacent pupils, each right arm passing in front of the other’s left arm, and the outside pupils bringing the hands which have no place to rest down to the hips, in unison, at the command of the leader—until each line is joined solidly together and is working in harmony with all the other lines so formed; then, while bound together in this fashion, the class may move in any direction the leader desires to command, as, for instance, the whole class may move forward or backward, to the right or to the left, or turn to the right or turn to the left, or part move in one direction while another part moves in another direction, and so on without limit,—always moving the body forward and backward, giving the regular hops and throwing the feet to the front and to the rear while keeping the legs straight and the hips from turning sidewise, all in accordance with the directions above given, and returning, each pupil to his own spot on the floor, before the finish of the exercise.

When continued for any considerable length of time, this exercise becomes rather strenuous and for that reason should not be given too freely to undeveloped or weak pupils; however in moderation, it is good for one and all.

No. 15. **DEVITALIZING EXERCISE** **Waltz Time.**
 "Neck, Chest, Waist and Knees"

On count **ONE**, take all the energy out of the muscles of the neck, allowing the head to fall forward apparently lifeless; on count **TWO**, take all the energy out of the muscles of the arms and chest, allowing the chest to lower and the hands to fall from the hips in a limp condition; on count **THREE**, take all the energy out of the muscles of the waist, allowing the upper part of the body to fall as low as it will, while the legs yet remain straight; on count **FOUR**, take all the energy out of the muscles of the knees and allow the whole body to sit in a heap upon the heels—the energy remaining in the ankles only preventing the body from falling flat upon the floor.

On count **FIVE**, while still keeping the upper part of the body thoroughly devitalized, tense and straighten the knees; on count **SIX**, tense and straighten the waistline; on count **SEVEN**, energize the muscles of the chest and arms, and bring the hands up to the hips; and, on count **EIGHT**, vitalize the muscles of the neck and bring the head up to "first" position.

During the **SECOND EIGHT**, repeat the first eight, and so continue for 32 counts—ending the exercise in "first" position.

To do this devitalizing in divisions as above explained, the muscles must respond rapidly and freely to the commands of the will—which is an excellent practice.

No. 16. **ARTISAN EXERCISE** **Waltz Time.**
 "Shoveling"

Imagine that you are holding in your hands an ordinary long-handled shovel and, that you are to force this shovel into a pile of sand and then throw the contents in the various directions hereinafter prescribed.

On count **ONE**, pass the right foot some twenty inches out to the right-oblique-forward; bring the hands down from the hips; swing the right hand forward until the back of the right hand presses firmly against the inside of the right knee; close the fingers of both hands tightly around the handle of the imaginary shovel—the hands and the shovel-handle being held in such a manner that the attitude would be both exact and natural just as though it was all real—and be in readiness for the next move, which is, to throw the weight forward upon the right leg; bend the right knee, and tense all the muscles at the moment the imaginary shovel is pushed clear up to the handle in the imaginary sand pile near the right foot on the strong impulse of the count.

On count **TWO**, straighten the right knee and bend the left knee; lift the imaginary shovel full of sand and swing it around toward the left side, turning the front of the chest in that direction at the same time; bend the body slightly backward and throw the weight upon the left leg; and then, on count **THREE**, straighten the left knee and bend the right, and throw the sand as far over to the right side as possible—striving to see in your own mind just where it should land,—and, on count **FOUR**, straighten the right knee again and bend the left as the back of the right hand is brought down against the inside of the right

knee and the left hand is brought down in front of the left leg—both hands still holding the imaginary shovel as above described.

On count FIVE, fill the shovel again; lift it up and swing it to the left on count SIX; throw the sand over the right shoulder and as far to the rear as possible, on count SEVEN; and, on count EIGHT, bring the hands back to the position prescribed above for count four.

Continue in accordance with the directions as given above for sixteen counts—throwing the sand out to the right side on count three, of both the first and second eights, throwing it back over the right shoulder on count seven of the first eight, directly out in front on count seven of the second eight,—and bring the hands back to the hips, and the body up to “first” position on the last count.

During the SECOND SIXTEEN counts, repeat all these movements to the opposite side, by using the left hand and foot as directed to use the right hand and foot during the first sixteen; then repeat the entire exercise from the beginning—thus making 64 counts, and ending in “first” position as usual.

No. 17.**IMITATION EXERCISE**

Waltz Time.

“Pulling”

On count ONE, step about thirty-six inches directly to the front; bend the right knee as much as possible; lean the body well over the right foot; extend the hands as far forward as you can; and, while the backs of the hands are facing upward, grasp an imaginary bar attached, by ropes, to heavy chest weights; then, on count TWO, straighten the right leg and bend the left knee; straighten up the head and shoulders, and incline them backward; and, while tensing all the muscles energetically, draw the hands backward as far as you can by moving the shoulders to the rear in a quick, strong pull, while still holding the arms perfectly straight and on a level with the shoulders.

On count THREE, bend the body forward again as on count one; give the strong pull backward on count FOUR, and so continue for eight counts—coming up to “first” position on the last count.

Step forward with the left foot, and repeat the first eight during the SECOND EIGHT.

Step forward with the right foot again on count ONE, of the third eight, exactly as directed to do on count one of the first eight, and, on count TWO, as the body leans backward, swing the right foot some thirty inches directly to the rear; bend the right knee and throw the weight on the right leg; bend the elbows and pull the fists rapidly backward under the armpits as far as possible. Make this pull a very energetic one, on the strong impulse of the count.

Step forward with the right foot again on count THREE; step to the rear, and make the pull with the body, shoulders, arms and hands on count FOUR, and so continue for eight counts—coming up to “first” position on the eighth count,—then step forward and backward with the left foot, and make the strong pulls on all the even counts, during the FOURTH EIGHT; after which, repeat the entire exercise from the begin-

ning—thus making 64 counts—and end, as usual, in “first” position.

This ends the last set of exercises, but I strongly recommend that the “BREATHING” exercise, as described in the first set, be performed immediately after the ending of each and every set; it is an exercise which you cannot over-do, and one which I would encourage you to do as often as possible.

END OF SIXTH SET

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EXERCISES FOR STRENGTHENING THE STOMACH

SET	DIVISION	NAME	COUNTS	PAGE
3	RAPID	Farmers' Warming	32	52
1	WHOLE-LEGS	Forward Bending	8	25
6	RAPID	Jumping	64	83
2	CHEST	Chest Resistance	16	35
6	DEVITALIZING	Neck, Chest, Waist, and Knees	64	85
2	WHOLE-LEGS	Swaying	16	33
4	ARTISAN	Mowing Grass	32	64
3	CHEST	Wing Action	16	49
6	IMITATION	Pulling	64	86
4	CHEST	Perpendicular Drill	16	59
1	HIPS	Forward Hip	64	26
5	CHEST	Double Slapping	16	68
1	WAIST	Lateral Waist	32	26
6	CHEST	Semi-Circles	8	79
5	WAIST	Walking-Beam	32	68
3	SHOULDER	Right-Angles	8	50
6	WAIST	Kneeling Waist	32	78
4	SHOULDERS	Great Circles	8	59
6	ARMS	Double Circles	64	80
2	HIPS	Lateral Hip	16	35
3	WHOLE-BODY	Handkerchief	32	51
1	ARMS	Revolving Arm	16	29

Note: The entire series of these exercises, is to be executed at one session only after the muscles of the waist shall have become strong, and until such time, the exercises are to be taken, two, or four, at a time, increasing the number (always by twos) as the stomach shall become gradually habituated to the new exertions required. Take the "breathing" exercise before and after each trial—the trials being two or three hours apart.

EXERCISES TO COMBAT APOPLECTIC TENDENCIES

SET	DIVISION	NAME	COUNTS	PAGE
4	WHOLE-LEGS	Sitting on Heels	32	56
1	HIPS	Forward Hip	16	26
4	ANKLES	Prying	64	57
1	WAIST	Lateral Waist	16	26
6	WAIST	Kneeling Waist Action	32	78
5	WAIST	Walking-Beam	8	68
3	CHEST	Wing Action	64	49
1	WHOLE-LEGS	Forward Bending	16	25
6	SHOULDERS	Pushing and Pressing	32	80
1	FEET	Lifting One Foot	16	25
4	CHEST	Perpendicular Drill	64	59
2	FEET	Rising on Toes	16	33
1	SHOULDERS	Lifting Shoulders	64	28

SET	DIVISION	NAME	COUNTS	PAGE
1	CHEST	Breathing	16	27
1	NECK	Forward Head	16	30
2	DEVITALIZING	Feet Devitalizing	16	41
1	WHOLE-BODY	Hand Over Head	32	30
5	DEVITALIZING	Swinging	16	74
2	LIGHT-STEPS	Lateral Light-Step	32	40
6	DEVITALIZING	Neck, Chest, Waist and Knees	16	85

Note: In performing these movements for the above named purpose, great care must be exercised not to put too much exertion into your efforts—especially during the first few weeks,—but watch yourself and fit the exercises to your condition. Do all these exercises in one session, only after your weakness (tendency to apoplexy) shall have vanished. Always begin and end each trial with the “breathing” exercise, and always take these exercises in pairs—counting from the first.

EXERCISES TO REMEDY FEEBLENESS, AND COLD HANDS AND FEET

SET	DIVISION	NAME	COUNTS	PAGE
4	WHOLE-LEG	Sitting on Heels	32	56
4	WAIST	Revolving Waist	8	59
6	WHOLE-LEG	Side-Sliding	32	76
5	WAIST	Walking-Beam	8	68
3	FEET	Rising on Toes of One Foot	32	46
5	CHEST	Double Slapping	8	68
2	ANKLES	Ankle Rocking	32	34
6	CHEST	Semi-Circles	8	79
6	HIPS	Kneeling Hip Action	32	78
4	SHOULDERS	Great Circles	16	59
5	ARMS	Flying	32	70
3	HIPS	Hip Squares	8	48
4	ARMS	Tensing	32	60
6	KNEES	Double Kneeling	8	78
5	HANDS	Front Semi-Circles	32	70
5	NECK	Rolling Head	8	71
3	RAPID	Farmers' Warming	32	52
3	WHOLE-BODY	Handkerchief	8	51
2	IMITATION	Gunning and Foiling	224	43
4	DEVITALIZING	Whole-Arm Devitalizing	32	63

Note: You may take two or three, or even more, lessons each day, but it is best not to do more than four of the exercises at any one time until the muscles shall have become sufficiently strong to easily endure more—taking the first on the list during the first few days; and then gradually take up the others as you become stronger. Always do the exercises in pairs—following a long count with a short count. Be sure to begin and end each lesson with that excellent exercise, “breathing.”

EXERCISES TO CORRECT TENDENCY TO BILIOUSNESS

SET	DIVISION	NAME	COUNTS	PAGE
6	HIPS	Kneeling Hip Action	32	78
5	RAPID	Elbowing	32	72
3	WAIST	Diagonal Waist	64	48
1	WHOLE-LEGS	Forward Bending	16	25
1	WHOLE-BODY	Hand Over Head	32	30
2	WHOLE-LEGS	Swaying	8	33
5	WHOLE-BODY	Earth and Sky	32	71
4	RAPID	Arm Circles	16	62
6	LIGHT-STEPS	Rocking Run	64	83
1	RAPID	Rapid Fist Circles	16	30
2	ARTISANS	Ringing the Bell	64	41
2	RAPID	Measuring	16	40
3	ARTISANS	The Anvils	32	54
1	CHEST	Breathing	32	27
4	ARTISANS	Mowing Grass	32	64
2	DEVITALIZING	Feet Devitalizing	16	41
5	ARTISANS	Digging	64	75
2	CHEST	Chest Resistance	32	35
1	IMITATION	Skip	64	32
5	CHEST	Double Slapping	32	68
4	IMITATION	Stretching Rubber	64	65
1	ARMS	Revolving Arms	16	29
5	IMITATION	Punching	64	75
2	ARMS	Whip Lash	16	37
6	IMITATION	Pulling	64	86
6	NECK	Craning	16	81

Note: Always take these exercises in pairs, and begin and end each lesson with the "breathing" exercise.

EXERCISES TO CORRECT TENDENCY TO FLAT CHEST AND HOLLOWES

SET	DIVISION	NAME	COUNTS	PAGE
2	CHEST	Chest Resistance	64	35
1	KNEES	Front Knees	16	25
3	CHEST	Wing Action	64	49
2	KNEES	Lateral Knees	16	34
4	CHEST	Perpendicular Drill	64	59
3	KNEES	Back Step	16	47
5	CHEST	Double Slapping	64	68
4	KNEES	Reversed Laterals	16	58
1	SHOULDERS	Rising Shoulders	64	28
1	WHOLE-LEGS	Forward Bending	16	25
2	SHOULDERS	Shoulder Squares	64	37
1	ANKLES	Making V's	16	25
3	SHOULDERS	Right Angles	64	50
2	ANKLES	Ankle Rocking	16	34
4	SHOULDERS	Great Circles	64	59
5	ANKLES	Ankle Swing	16	66
5	ARMS	Flying	32	70

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SET	DIVISION	NAME	COUNTS	PAGE
6	ARMS	Double Circles	32	80
5	KNEES	Kneeling and Rising	16	67
5	HANDS	Front Semi-Circles	64	70
2	HIPS	Lateral Hip	16	35
5	NECK	Rolling Head	32	71
6	NECK	Craning	32	81
5	RAPID	Elbowing	64	72
4	WHOLE-LEGS	Sitting on Heels	16	56
5	IMITATION	Punching	64	75

Note: Take the "breathing" exercise before and after each lesson—doing as many exercises as you like, and as often as you can find the time.

WEAK CHEST

SET	DIVISION	NAME	COUNTS	PAGE
2	WAIST	Circular Waist	64	35
1	WHOLE-LEGS	Forward Bending	16	25
5	ARMS	Flying	64	70
2	WHOLE-LEGS	Swaying	16	33
4	HANDS	Palm Action	64	61
3	WHOLE-LEGS	Front and Lateral Bending	16	46
3	RAPID	Farmers' Warming	64	52
5	WHOLE-LEGS	Swaying and Lifting	16	65
4	ARMS	Tensing	64	60
1	FEET	Lifting One Foot	16	25
3	HANDS	Hooked Fingers	64	50
2	FEET	Rising on Toes	16	33
2	RAPID	Measuring	64	40
5	FEET	Floor-Circles	16	66
4	RAPID	Arm Circles	64	62
6	FEET	Half-Circles	16	77
1	ARTISANS	Ladder Climbing	64	31
6	DEVITALIZING	Neck, Chest, Waist and Knees	16	85
4	ARTISANS	Mowing Grass	32	64
5	DEVITALIZING	Swinging	8	74
8	IMITATION	Wall Pushing	64	55
4	FEET	Front-Circles	16	56
4	IMITATION	Stretching Rubber	64	65
2	DEVITALIZING	Foot Devitalizing	16	41

Note: Do these exercises as much and as often as circumstances will allow and your physical condition will permit. Do not forget to do the "breathing" exercise before and after each trial; you would find it to your advantage even if you did this exercise between each pair of exercises in the above list—it is indeed a worthy exercise and one that you cannot over-do. "First" position is so important in overcoming "weak chest" that you should hold the chest in that position as much as possible.

WEAK LUNGS

SET	DIVISION	NAME	COUNTS	PAGE
1	CHEST	Breathing	64	27
1	WHOLE-LEGS	Forward Bending	16	25
2	CHEST	Chest Resistance	64	35
2	WHOLE-LEGS	Swaying	16	33
5	CHEST	Double Slapping	64	68
3	WHOLE-LEGS	Front and Lateral Bending	16	46
6	SHOULDERS	Pushing and Pressing	64	80
5	WHOLE-LEGS	Swaying and Lifting	16	65
1	ARMS	Revolving Arm	64	29
1	FEET	Lifting One Foot	16	25
4	CHEST	Perpendicular Drill	64	59
3	FEET	Rising on Toes of One Foot	16	46
3	ARMS	Quarter-Circles	32	50
4	FEET	Front-Circles	16	56
4	ARMS	Tensing	32	60
1	ANKLES	Making V's	8	25
1	RAPID	Rapid Fist Circles	32	30
2	ANKLES	Ankle Rocking	8	34
2	RAPID	Measuring	64	40
4	ANKLES	Prying	16	57
4	RAPID	Arm Circles	32	62
5	ANKLES	Ankle Swing	8	66
4	IMITATION	Stretching Rubber	64	65
3	ANKLES	Ankle Walking	16	47

Note: If your lungs are very weak you must proceed with caution—neither working too hard, nor too long at a time. Get all the fresh air you can, and take the “breathing” exercise very frequently—about every third exercise being the “breathing”—you can hardly over-do it. “First” position is also very important in overcoming “weak lungs.”

WEAK HEART

SET	DIVISION	NAME	COUNTS	PAGE
1	WHOLE-LEGS	Forward Bending	32	25
2	HIPS	Lateral Hip	8	35
2	WHOLE-LEGS	Swaying	32	33
1	CHEST	Breathing	8	27
3	WHOLE-LEGS	Front and Lateral Bending	32	46
1	SHOULDERS	Lifting Shoulders	16	28
5	WHOLE-LEGS	Swaying and Lifting	32	65
1	ARMS	Revolving Arms	16	29
5	FEET	Floor-Circles	32	66
3	WAIST	Diagonal Waist	16	48
5	WAIST	Walking Beam	32	68
2	SHOULDERS	Shoulder Squares	16	37
6	CHEST	Semi-Circles	32	79
2	ARM	Whip-Lash	16	37
4	SHOULDERS	Great Circles	32	59
2	DEVITALIZING	Feet Devitalizing	16	41
3	RAPID	Farmers' Warming	32	52
1	NECK	Forward Head	8	30

SET	DIVISION	NAME	COUNTS	PAGE
6	RAPID	Jumping	32	83
5	DEVITALIZING	Swinging	8	74
1	LIGHT-STEPS	Plain Light-Step	32	31
2	NECK	Lateral Head	8	39
3	LIGHT-STEPS	Combination	64	52
3	SHOULDERS	Right-Angles	16	50
2	IMITATION	Gunning and Foiling	224	43
1	CHEST	Breathing	32	27

Note: If your heart is very weak you must be extremely careful in exercising, to the end that the exertions, as to duration of time and severity of effort, may gradually increase, from the shortest and lightest possible movements, to a more strenuous degree of action—always doing less than you would like to do, provided, however, that you are not naturally lazy; in which case you are to reverse this part of the directions.

Begin this treatment by taking about two exercises at a lesson two or more times a day—beginning always at the top of the list, after having done the “breathing” exercise gently, and ending the lesson with the same exercise—and increase the number from day to day, as the heart becomes stronger, until you are able to do the entire set with ease.

Study yourself, and your own physical condition, and use due care, and you will find that these exercises are capable of greatly benefiting your condition; however, it is the entire system that must be depended upon for a complete cure—that is, as far as such cure lies within the range of exercises to perfect.

INDIGESTION

SET	DIVISION	NAME	COUNTS	PAGE
1	CHEST	Breathing	32	27
1	ANKLES	Making V's	8	25
1	KNEES	Front Knees	32	25
2	ANKLES	Ankle Rocking	8	34
2	KNEES	Lateral Knees	32	34
1	HANDS	Hand Closing	16	29
1	HIPS	Forward Hip	32	26
2	WHOLE-LEGS	Swaying	8	33
5	HIPS	Side Swing	32	67
3	ANKLES	Ankle Walking	16	47
1	CHEST	Breathing	64	27
1	WHOLE-LEGS	Forward Bending	8	25
1	WAIST	Lateral Waist	32	26
6	WHOLE-LEGS	Side-Sliding	8	76
3	WAIST	Diagonal Waist	64	48
3	WHOLE-LEGS	Front and Lateral Bending	8	46
2	WAIST	Circular Waist	64	35
4	WHOLE-LEGS	Sitting on Heels	16	56
5	CHEST	Double Slapping	64	68
5	ANKLES	Ankle Swing	16	66
4	ARMS	Tensing	32	60
5	WHOLE-LEGS	Swaying and Lifting	8	65

SET	DIVISION	NAME	COUNTS	PAGE
1	WHOLE-BODY	Hand Over Head.....	32	30
6	NECK	Craning.....	8	81
3	WHOLE-BODY	Handkerchief Exercise.....	32	51
1	NECK	Forward Head.....	8	30
6	RAPID	Jumping.....	32	83
5	DEVITALIZING	Swinging....	16	74

Note: In the special treatments heretofore given, you have been cautioned to go into the work with great care, to always fit the severity of the work to your powers of present endurance—in some cases, especially heart weakness, you were warned to do the work with more than ordinary caution;—but, with the special treatments that follow, you are allowed much more liberty for exertion: In fact, after a few days' practice, you are urged to increase the degree of effort until it becomes decidedly vigorous—avoiding our common enemy, EXCESS.

Always begin and end each trial with the "breathing" exercise, and pay particular attention that you hold the chest and abdomen in "first" position, both during exercise and while following the duties of the day.

There is an exercise, not described within the main system, (it is called, "The Pelvic Exercise") which is given in the list of exercises for "Obesity," and also in the list of exercises for "Constipation," which is further along in this book, that would be well for you to employ occasionally in this remedy for indigestion.

OBESITY

SET	DIVISION	NAME	COUNTS	PAGE
1	HIPS	Forward Hip	64	26
1	WHOLE-LEGS	Forward Bending.....	8	25
1	WAIST	Lateral Waist.....	64	26
2	WHOLE-LEGS	Swaying	8	33
2	WAIST	Circular Waist.....	64	35
3	WHOLE-LEGS	Front and Lateral Bending	8	46
3	WAIST	Diagonal Waist.....	64	48
4	WHOLE-LEGS	Sitting on Heels	16	56
5	WAIST	Walking-Beam	64	68
5	WHOLE-LEGS	Swaying and Lifting	8	65
1	CHEST	Breathing.....	64	27
1	FEET	Raising One Foot.....	16	25
1	WHOLE-BODY	Hand Over Head.....	64	30
1	ANKLES	Making V's.....	16	25
3	WHOLE-BODY	Handkerchief Exercise.....	64	51
2	ANKLES	Ankle Rocking.....	16	34
6	WHOLE-BODY	Turkish Salute.....	64	82
3	DEVITALIZING	Forearm Devitalizing.....	16	54
1	ARTISANS	Ladder Climbing.....	64	31
1	NECK	Forward Head.....	16	30
4	ARTISANS	Mowing Grass	64	64
2	NECK	Lateral Head.....	16	39
4	IMITATION	Stretching Rubber.....	64	65

SET	DIVISION	NAME	COUNTS	PAGE
5	NECK	Rolling Head	16	71
5	IMITATION	Punching	64	75
5	DEVITALIZING	Swinging	16	74

Note: To the above list of exercises add the "PELVIC EXERCISE," as described under the list for "constipation," and do this pelvic exercise at least a dozen times each day. Also, you are to use the "breathing" exercise very frequently, and you are to make an extra effort to hold the chest and abdomen in "FIRST POSITION," as much of the time as possible.

You should do all the exercises in this list at least three times each day, (especially after the muscles have become accustomed to the new conditions), and you should increase the degree of exertion as your powers of endurance become greater—remembering that diligence and determined effort is the price charged by Nature for the results we seek in this case. Stick to it and you will win.

CONSTIPATION

SET	DIVISION	NAME	COUNTS	PAGE
1	CHEST	Breathing	32	27
		Pelvic Exercise	16	95
1	WHOLE-BODY	Hand Over Head	32	30
		Pelvic Exercise	16	95
3	WHOLE-BODY	Handkerchief Exercise	32	51
		Pelvic Exercise	16	95
4	SHOULDERS	Great Circles	32	59
1	CHEST	Breathing	32	27
		Pelvic Exercise	16	95
4	CHEST	Perpendicular Drill	64	59
1	HIPS	Forward Hip	64	26
1	CHEST	Breathing	32	27
		Pelvic Exercise	16	95
6	RAPID	Jumping	32	83
5	CHEST	Double Slapping	64	68
1	CHEST	Breathing	32	27
3	RAPID	Farmers' Warming	32	52
		Pelvic Exercise	16	95
4	DEVITALIZING	Whole-Arm Devitalizing	32	63
2	ARTISANS	Ringling the Bell	64	41
1	CHEST	Breathing	32	27
		Pelvic Exercise	16	95
6	DEVITALIZING	Neck, Chest, Waist and Knees	32	85
1	CHEST	Breathing	32	27

THE PELVIC EXERCISE

Take "first" position, and, on count ONE, draw the lower and front walls of the abdomen up as high as possible; then, on count TWO, shoot this part of the abdomen forward and downward in a quick, hard punch on the strong impulse of the count.

Draw the abdomen up again on count THREE; shoot it outward and downward again on count FOUR, and so continue for the desired number of counts.

Note: This exercise is excellent for reducing the waist line, as well as aiding in the treatment for constipation, when taken in conjunction with the other exercises given in the above list.

In the curing of constipation, there is one thing that must be acquired, and that is, **REGULAR HABITS**; for, without this regularity of habit, your training can have no lasting effect—all that training of any kind can do is to establish new habits within the body or mind of the individual.

Life is a constant warfare against life's enemies—one of the greatest being **INERTIA**, or; the indisposition to active motion.

FIRST SET		SECOND SET	
NAME	PAGE	NAME	PAGE
Forward Bending.....	25	Swaying	33
Rising on One Foot.....	25	Rising on Toes.....	33
Making V's.....	25	Ankle Rocking.....	34
Front Knees.....	25	Lateral Knee.....	34
Forward Hip.....	26	Lateral Hip.....	35
Lateral Waist.....	26	Circular Waist.....	35
Breathing.....	27	Chest Resistance....	35
Lifting Shoulders.....	28	Shoulder Squares.....	37
Revolving Arm.....	29	Whip-Lash.....	37
Hand Closing.....	29	Interlaced Fingers.....	38
Forward Head.....	30	Lateral Head.....	39
Hand Over Head... ..	30	Neck To Knee.....	39
Rapid Fist Circles.....	30	Measuring	40
Plain Light-Step.....	31	Lateral Light-Step.....	40
Hand Devitalizing.....	31	Feet Devitalizing.....	41
Ladder Climbing.....	31	Ringing the Bell.....	41
Skip	32	Gunning and Foiling....	43
THIRD SET		FOURTH SET	
NAME	PAGE	NAME	PAGE
Front and Lateral Bending	46	Sitting on Heels.....	56
Rising on Toes of One Foot	46	Front Circles.....	56
Ankle Walking.....	47	Prying	57
Back Step.....	47	Reversed Laterals.	58
Hip Squares.....	48	Cross-Leg Action.....	58
Diagonal Waist.....	48	Revolving Waist.....	59
Wing Action.....	49	Perpendicular Drill.....	59
Right-Angles.....	50	Great Circles.....	59
Quarter Circles.....	50	Tensing.....	60
Hooked Fingers.....	50	Palm Action.....	61
Reversed Circles.....	51	Head Turning.....	61
Handkerchief Exercise...	51	Gypsy Camp.....	61
Farmers' Warming.....	52	Arm Circles.....	62
Combination	52	Side Step	63
Forearm Devitalizing.....	54	Whole-Arm Devitalizing.	63
The Anvils.....	54	Mowing Grass.....	64
Wall Pushing.....	55	Stretching Rubber.....	65

SYSTEM OF PHYSICAL CULTURE

97

FIFTH SET

NAME	PAGE
Swaying and Lifting.....	65
Floor-Circles	66
Ankle Swing.....	66
Kneeling and Rising.....	67
Side Swing.....	67
Walking-Beam	68
Double Slapping.....	68
Plucking Grapes.....	69
Flying	70
Front Semi-Circles	70
Rolling Head.....	71
Earth and Sky.....	71
Elbowing.....	72
Sailors' Rope Dance.....	72
Swinging.....	74
Digging.....	75
Punching.....	75

SIXTH SET

NAME	PAGE
Side-Sliding.....	76
Half-Circles.....	77
Ankle Dance.....	77
Double Kneeling.....	78
Kneeling Hip Action....	78
Kneeling Waist Action..	78
Semi-Circles	79
Pushing and Pressing... 80	
Double Circles.....	80
Happy Hand Action.....	81
Craning.....	81
Turkish Salute.....	82
Jumping	83
Rocking Run.....	83
Neck, Chest, Waist and Knees.....	85
Shoveling	85
Pulling.....	86

SEVENTH SET

NAME	PAGE
Sitting on Heels.....	56
Swaying	33
Half-Circles	77
Ankle Dance	77
Combination Knees (Lat. & Rev.)	34 58
Forward Hip.....	26
Combination Waist (W. Beam & Rev. W.)....	68 59
Chest Semi-Circles.....	79
Great Circles.....	59
Double Circles.....	80
Head Turning.....	61
Handkerchief Exercise..	51
Elbowing.....	72
Sailors' Rope Dance.....	72
Hand Over Head.....	30
Digging.....	75
Stretching Rubber.....	65
Pulling.....	86
Combination Light-Step..	52
Gunning and Folling.....	43

EIGHTH SET

NAME	PAGE
Forward Knee Bending..	25
Rising on Toes.....	46
Ankle Rocking	34
Combination Knees (Front & Lat.)	25 34
Forward Hip.....	26
Lateral Waist.....	26
Wing Action.....	49
Breathing.....	27
Lifting Shoulders.....	28
Right-Angles	50
Revolving Arm.....	29
Hand Closing.....	29
Forward Head.....	30
Hand Over Head.....	30
Rapid Fist Circles	30
Lateral Light-Step... ..	40
Combination Dev't'g. (Hand & Foot)	31 41
Ladder Climbing.....	31
Stretching Rubber.....	65

Note: "Comb." means that the exercises in parentheses are to be combined into one exercise.

NINTH SET

NAME	PAGE
Swaying	33
Side-Sliding	76
Lateral Waist.....	26
Double Slapping.....	68
Double Circles.....	80
Handkerchief Exercise...	51
Jumping	83
Punching.....	75
Stretching Rubber.....	65
Rocking Run.....	83

TENTH SET

NAME	PAGE
Floor-Circles	66
Sitting on Heels.....	56
Walking-Beam	68
Mowing Grass.....	64
Punching.....	75
Forward Hip.....	26
Ladder Climbing	31
Great Circles.....	59
Combination Light-Steps	52
Gunning and Foiling.....	43

ELEVENTH SET

NAME	PAGE	NAME	PAGE
Swaying	33	Hand Over Head.....	30
Sitting on Heels.....	56	Handkerchief Exercise..	51
Comb. Knees (Front, Lat., Rev., Kneeling, 25 34 53)	67	Jumping	83
Forward Hip.....	26	Anvils.....	54
Walking-Beam	68	Ladder Climbing.....	31
Chest Resistance.....	35	Mowing Grass.....	64
Double Slapping.....	68	Ringling the Bell.....	41
Right-Angles.....	50	Rocking Run.....	83
Great Circles.....	59	Sailors' Rope Dance.....	72
Double Circles.....	80	Punching.....	75
Happy Hand Action.....	81	Combination Light-Steps	52
Rolling Head.....	71	Gunning and Foiling.....	43

TWELFTH SET

NAME	PAGE	NAME	PAGE
Side-Sliding	76	Jumping	83
Prying	57	Rocking Run.....	83
Double Slapping.....	68	Shoveling	85
Plucking Grapes.....	69	Sailors' Rope Dance.....	72
Happy Hand Action.....	81	Skip	32
Turkish Salute.....	82	Breathing.....	27

Note: The seventh, eighth, ninth, tenth, eleventh and twelfth sets are taken from the first six sets, and are arranged for the purpose of adding more pleasure to the work by giving a greater variety of changes—some of the sets being quite short while others are much longer. They fit the time which the class has at its disposal, very nicely, and tend to lessen the monotony, as well.

Below, is given a unique set, arranged from the same exercises; in fact, we have here three distinct sets of exercises that are to be done simultaneously by three divisions, of the same class—the first division doing the "1st. Set;" the second division doing the "2nd. Set;" and the third division doing the "3rd. Set;" all in time to the same music,

COMBINATION SETS

SET No. 1.	SET No. 2.	SET No. 3.	TIME.	COUNTS.
NAME	NAME	NAME		NO.
Swaying	Forward and Lat. Bend. . .	Sitting on Heels.....	Waltz (moderate)	32
Forward Bending.....	Lateral Knee.....	Kneeling and Rising.....	Waltz'	64
Forward Hip.....	Circular Waist.....	Walking-Beam.....	Waltz.....	32
Chest Resistance.....	Perpendicular Drill.....	Semi-Circles.....	Waltz.....	64
Lifting Shoulders.....	Right-Angles.....	Great Circles.....	Waltz (fast)	64
Flying.....	Double Circles.....	Front Semi-Circles.....	Waltz.....	32
Forward Head.....	Lateral Head.....	Head Turning.....	Waltz.....	32
Hand Over Head.....	Neck to Knee.....	Handkerchief Exercise.....	Waltz (slow)	32
Measuring.....	Elbowing.....	Jumping.....	Two Step (moderate) 64	64
Sailors' Rope Dance.....	Rocking Run.....	Mowing Grass.....	Two Step (moderate) 64	64
Ringing the Bell.....	Stretching Rubber.....	Punching.....	Waltz (moderate)	64
Combination Light Steps.....	Combination Light Steps.....	Combination Light Steps.....	Two Step.....	64
Gunning and Foiling.....	Gunning and Foiling.....	Gunning and Foiling.....	Two Step.....	224
Running.....	Running.....	Running.....	Galop.....

GENERAL INDEX

To assist the student in finding any particular exercise his desire may call for, a recapitulation of all the series is here given from the beginning to the end of the system.

WHOLE-LEG EXERCISES

SET		PAGE	SET	PAGE	
1	Forward Bending.....	25	4	Sitting on Heels.....	56
2	Swaying.....	33	5	Swaying and Lifting.	65
3	Forward & Lat. Bend. .	46	6	Side-Sliding.....	76

FEET EXERCISES

1	Lifting One Foot.....	25	4	Front-Circles.....	56
2	Rising on Toes.....	33	5	Floor-Circles.....	66
3	Rising on Toes of One Foot.....	46	6	Half-Circles.....	77

ANKLE EXERCISES

1	Making V's.....	25	4	Prying.....	57
2	Ankle Rocking.....	34	5	Ankle Swing.....	66
3	Ankle Walking... ..	47	6	Ankle Dance.....	77

KNEE EXERCISES

1	Front Knees.....	25	4	Reversed Laterals....	58
2	Lateral Knee.....	34	5	Kneeling and Rising..	67
3	Back Step.....	47	6	Double Kneeling.....	78

HIP EXERCISES

1	Forward Hip.....	26	4	Cross-Leg Action....	58
2	Lateral Hip.....	35	5	Side Swing.....	67
3	Hip Squares.....	48	6	Kneeling Hip Action.	78

WAIST EXERCISES

1	Lateral Waist.....	26	4	Revolving Waist.....	59
2	Circular Waist.....	35	5	Walking-Beam.....	68
3	Diagonal Waist.....	48	6	Kneeling Waist Action	78

CHEST EXERCISES

1	Breathing.....	27	4	Perpendicular Drill...	59
2	Chest Resistance.....	35	5	Double Slapping.....	68
3	Wing Action.....	49	6	Semi-Circles.....	79

SHOULDER EXERCISES

1	Lifting Shoulders.....	28	4	Great Circles.....	59
2	Shoulder Squares.....	37	5	Plucking Grapes.....	69
3	Right-Angles.....	50	6	Pushing and Pressing.	80

ARM EXERCISES

1	Revolving Arm.....	29	4	Tensing.....	60
2	Whip-Lash.....	37	5	Flying.....	70
3	Quarter Circles.....	50	6	Double Circles.....	80

HAND EXERCISES

1	Hand Closing.....	29	4	Palm Action.....	61
2	Interlaced Fingers....	38	5	Front Semi-Circles... 70	
3	Hooked Fingers.....	50	6	Happy Hand Action..	81

NECK EXERCISES

1	Forward Head.....	30	4	Head Turning.....	61
2	Lateral Head.....	39	5	Rolling Head.....	71
3	Reversed Circles.....	51	6	Craning.....	81

WHOLE-BODY EXERCISES

1	Hand Over Head.....	30	4	Gypsy Camp.....	61
2	Neck To Knee.....	39	5	Earth and Sky.....	71
3	Handkerchief Exercise	51	6	Turkish Salute.....	82

RAPID EXERCISES

1	Rapid Fist Circles....	30	4	Arm Circles.....	62
2	Measuring.....	40	5	Elbowing.....	72
3	Farmers' Warming....	52	6	Jumping.....	83

LIGHT-STEP EXERCISES

1	Plain Light-Step.....	31	4	Side Step.....	63
2	Lateral Light-Step....	40	5	Sailors' Rope Dance	72
3	Combination.....	52	6	Rocking Run.....	83

DEVITALIZING EXERCISES

1	Hand Devitalizing....	31	4	Whole Arm Dev't'g..	63
2	Foot Devitalizing.....	41	5	Swinging.....	74
3	Forearm Devitalizing..	54	6	Neck, Chest, Waist and Knees.....	85

ARTISAN EXERCISES

1	Ladder Climbing.....	31	4	Mowing Grass.....	64
2	Ringing the Bell.....	41	5	Digging.....	75
3	The Anvils.....	54	6	Shoveling.....	85

IMITATION EXERCISES

1	Skip.....	32	4	Stretching Rubber..	65
2	Gunning and Foiling..	43	5	Punching.....	75
3	Wall Pushing.....	55	6	Pulling.....	86

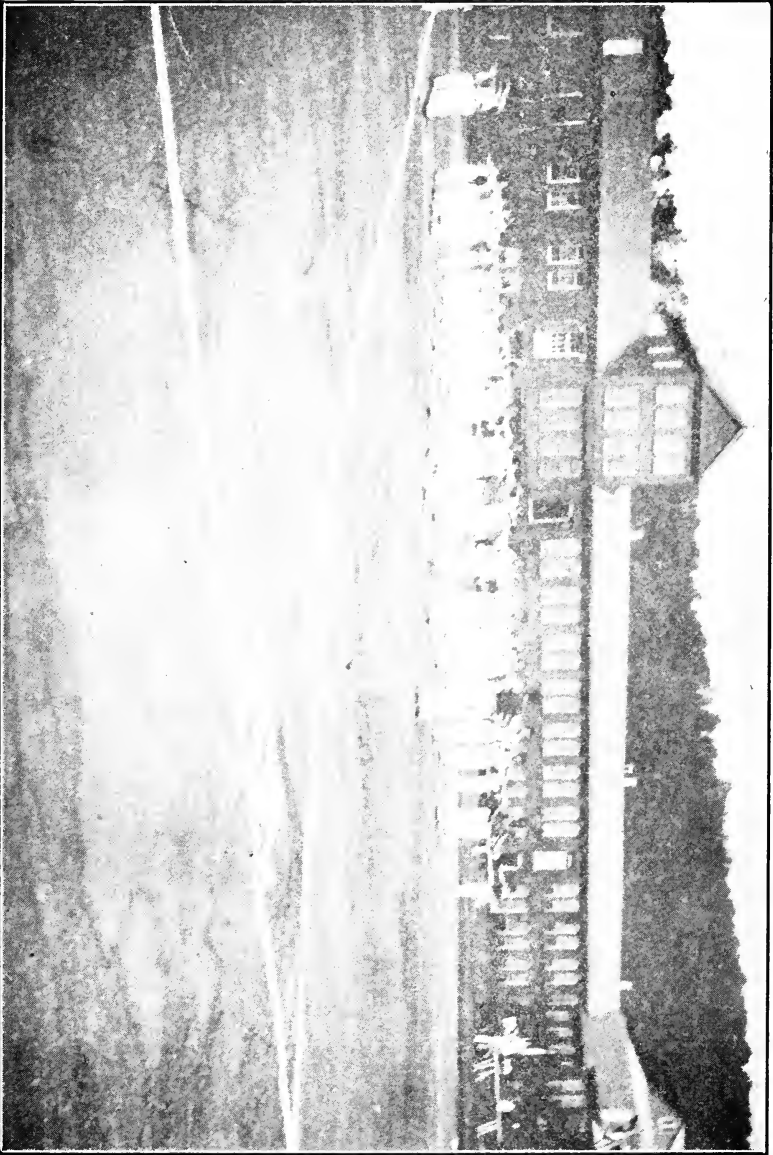
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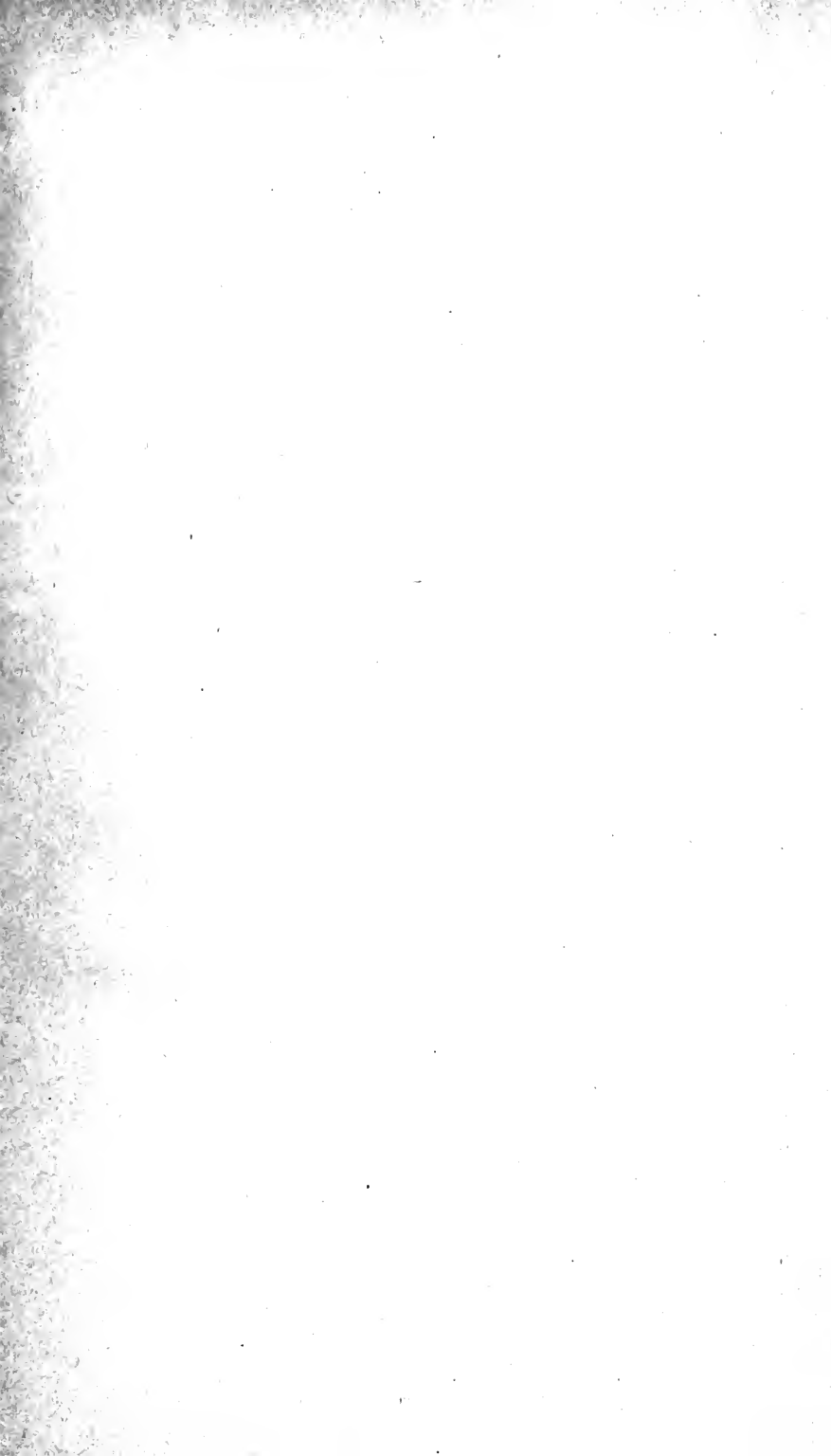
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Seventh Set... ..	97	Eighth Set.....	97
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Eleventh Set.....	98	Twelfth Set.....	98
Combination Sets.....	99	Pelvic Exercise	95



A "Four Squad Drill" on the Parade Grounds. (One squad faces each of the four directions.)

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