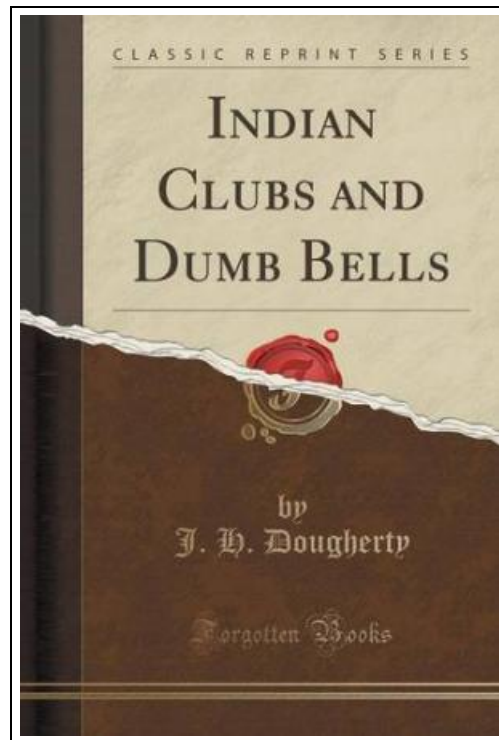


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Forgotten Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Indian Clubs and Dumb Bells Physical culture is a subject on which volumes yet remain to be written before its necessities are fully grasped or generally understood. Professors of the art have increased and multiplied throughout the country and yet doctors, hospitals and cemeteries are as liberally patronized as in the dark ages. Certain favored classes have made a practical study of the subject and reaped golden benefits. Students have had its theory and practice drilled into them at college and have come forth into the battle of life with the physique of gladiators. Elaborately fitted gymnasiums have sprung up in every city and developed specimens of manhood which an Olympian champion might envy. This progress is cheering as far as it goes: But how far does it go? The classes have undoubtedly mastered the subject, but have the masses been benefited? Take any one of the thousands of young men who scramble out to business in New York or any other large city every day after bolting a nominal and tasteless breakfast, and ask him about his health and habits. The answer will only vary as regards his freedom or otherwise from actual disease. Beyond this he knows nothing on the subject. His habits, he will assure you, are quite regular. He rides direct to his business every morning; stands at his desk, or counter or case for ten or twelve mortal hours at a stretch; rides direct home again, bolts his supper, reads the paper and goes to bed. Is this man living, in the true sense of the word? No! He is slowly but surely decaying, without ever having bloomed. He has occasionally thought of joining...



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