

COMPREHENSIVE PHYSICAL CULTURE

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Comprehensive Physical Culture by Mabel Jenness

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MABEL JENNESS

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—BY—

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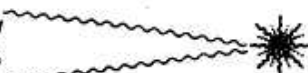
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MABEL JENNESS

"A stream cannot rise higher than its source, neither can the mental and moral faculties be stronger than the source from which they derive life and activity"—MABEL JENNESS

Illustrated



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1892

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PREFACE.

THE following pages upon physical culture are written in answer to a demand for a comprehensive work upon this subject, which has met me everywhere during the years that I have been upon the platform as lecturer on the science of physical education. In almost every instance where classes have been conducted according to my system, the pupils have wished for a book with which to review the exercises they found so universally beneficial. A series of articles in answer to this need was published in the *Jenness Miller Magazine*, but a hand-book which should contain all the exercises of my method was asked for, not only by members of my audiences, but by teachers and those interested in the work throughout the country.

It is believed that the book now presented to the public will find its way to popular favor, because it is founded upon an eclectic system, and not only contains many of the best exercises of the best known systems of physical exercise, but offers movements which I have personally originated, and whose value I have tested. The book is, moreover, designed with the special purpose of appealing to women in the home who feel the need of physical exercise, and yet