

**A SERIES OF  
CALISTHENIC AND  
HYGIENIC EXERCISES**

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A Series of Calisthenic and Hygienic Exercises by R. S. Thomson

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**R. S. THOMSON**

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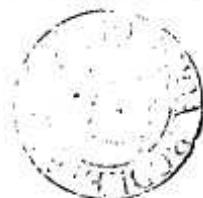
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&c. &c. &c.

BY R. S. THOMSON,

PROFESSOR OF DANCING, GLASGOW.



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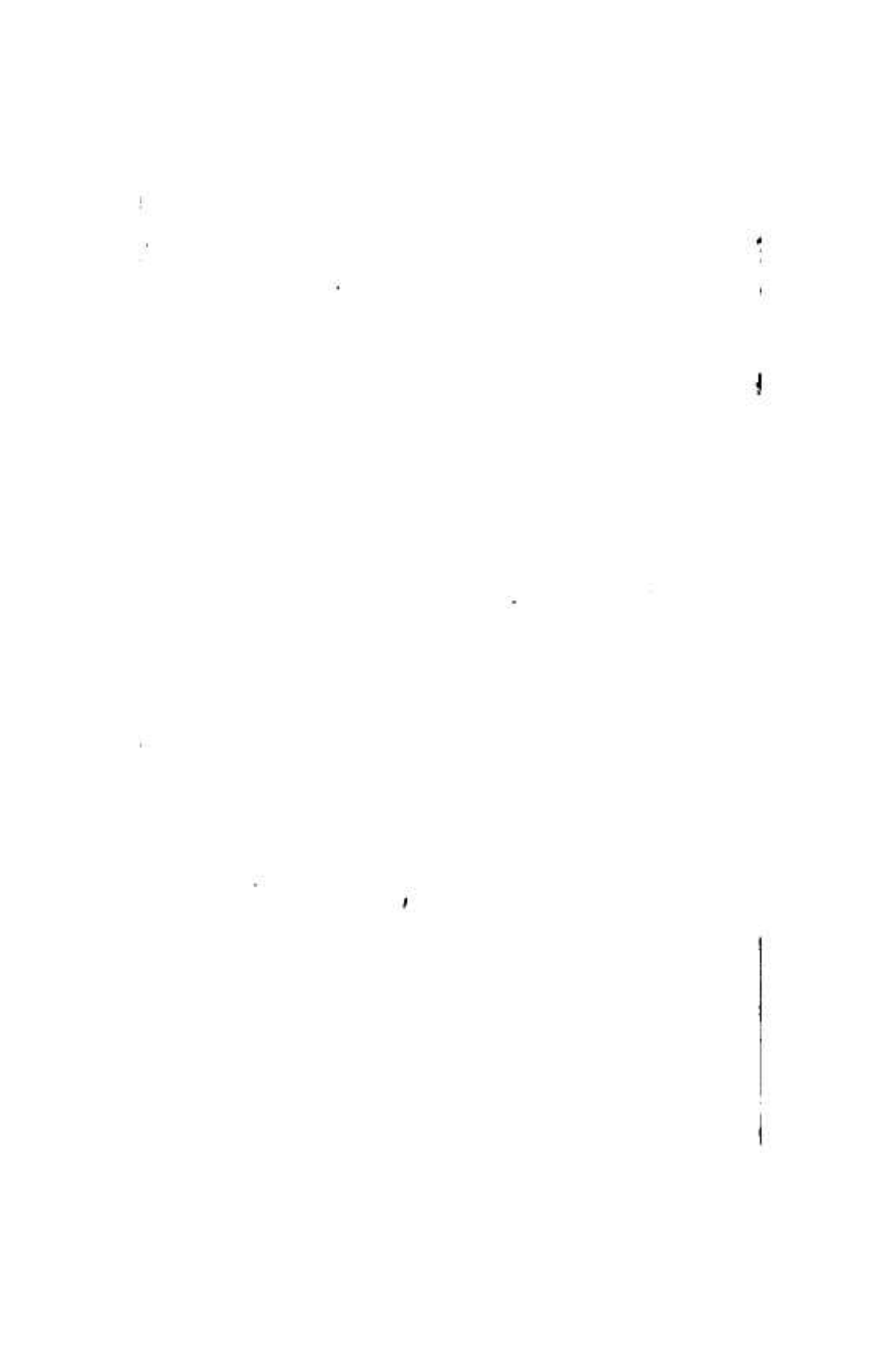
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TO  
HIS FORMER PUPILS,  
AND THE  
YOUTHFUL AND MATURED PORTIONS OF THE COMMUNITY,  
FOR THE ESTABLISHMENT OR RESTORATION  
OF WHOSE HEALTH  
THESE EXERCISES ARE SPECIALLY ADAPTED,  
THIS WORK  
*Is respectfully Inscribed,*  
BY  
THE AUTHOR.





## PREFACE.

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I HAVE often regretted when my connection with my pupils has terminated, that the benefits of Calisthenic Exercises should promise to be so short-lived and evanescent, through their forgetting the various evolutions in which I have had the honour of imparting instruction. I have exulted in the honest pride not only of a professor, but of a philanthropist, as I have noticed day by day the gradual dawning of health on many a pale face; and on many a one of ordinary health, the gradual signs of robustness and vigour which my attentions have been instrumental in bringing about. I have rejoiced to notice the healthy growth and development of many hundreds of children, and been proud to attribute it to the exercises in which they have been engaged under my tuition: with no less pleasure have I observed the successful application

of the principles of the Calisthenic art in the case of ill health, and threatened consumption in youth: in dyspepsia, nervousness, melancholy, and a host of evils to which persons of a more matured age have been subject: and in gout and other maladies of persons who have attained the full complement of threescore years and ten. The thought of having been the means of laying the foundations of permanent health and enjoyment in the young—of substituting health for disease and the prospect of life and comfort, for the apprehension of the tomb in the more matured—all this has been to me a source of never-failing pleasure. And yet with it all there has been mingled a bitter regret. The thought that on the cessation of my instructions, they should be neglected for a while, and then when the necessity of their continued aid is felt, that they should be obliterated from the memory, this caused me on the one hand to deplore the frail tenure of all happiness on my part and of benefit on the part of others—but on the other hand, with the instinct of a practical mind to devise a remedy. Such is the present publication. A few of the most valuable Exercises have been hastily committed to paper, for the benefit of those whom I am now about