

**KEEPING PHYSICALLY FIT;
COMMON-SENSE
EXERCISES FOR THE
WHOLE FAMILY**

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Keeping Physically Fit; Common-Sense Exercises for the Whole Family by William J. Cromie

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WILLIAM J. CROMIE

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COMMON-SENSE
EXERCISES FOR
THE WHOLE FAMILY**



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KEEPING PHYSICALLY FIT

COMMON-SENSE EXERCISES FOR THE
WHOLE FAMILY

BY

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WITH ILLUSTRATIONS

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WJ

PREFACE

IN 1909 "The Saturday Evening Post" published an article on "Fifteen Minutes Daily Invested for Health," and in 1911 "The Outlook" printed a paper "Investing for Health."

The commendatory letters, together with those seeking advice and additional information, as a result of these two manuscripts, from all parts of the United States and many foreign countries, has impelled me to write a series of articles on "Common-sense Exercise for Every Member of the Household." These, together with an article on physical fitness, were written and published in "The Outlook." The chapter on "Deep-breathing" was published in "Life and Health."

After the publication of these papers they were extensively enlarged and revised and are now included in this volume in order that they may have a wider circulation and more permanent form.

CONTENTS

CHAPTER I

EXERCISE FOR THE BUSY MAN	1
-------------------------------------	---

CHAPTER II

EXERCISE FOR THE NERVOUS WOMAN	32
------------------------------------------	----

CHAPTER III

EXERCISE FOR THE GROWING CHILD	59
------------------------------------------	----

CHAPTER IV

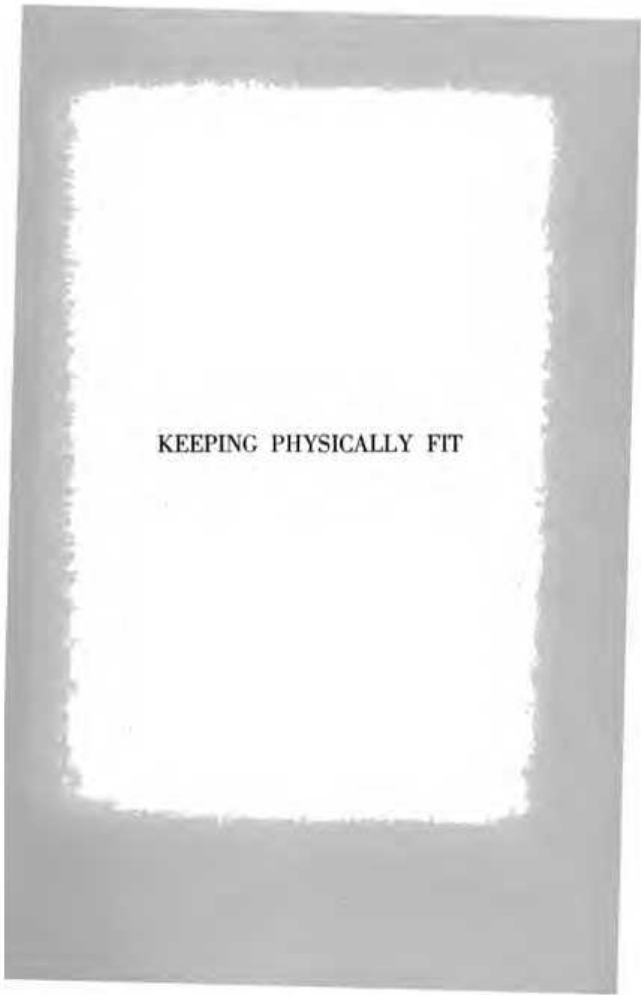
DEEP-BREATHING EXERCISES	91
------------------------------------	----

CHAPTER V

ADDITIONAL METHODS FOR KEEPING FIT	114
----------------------------------------------	-----

CHAPTER VI

MIND VS. BODY	133
-------------------------	-----



KEEPING PHYSICALLY FIT

"Sloth, like rust, consumes faster than labor wears."
Franklin.

"Nature knows no pause, and attaches a curse upon all
inaction."
Goethe.

"To live long it is necessary to live slowly."
Cicero.

"It is part of the cure to wish to be cured."
Seneca.

"'Tis the mind that makes the body rich."
Shakespeare.

"The weaker the body the more it commands; the stronger
the more it obeys."
Rousseau.

KEEPING PHYSICALLY FIT

CHAPTER I

EXERCISE FOR THE BUSY MAN

WOULD you, Mr. Busy Business or Professional Man, believe that you can gain and maintain physical efficiency by devoting but eight of the 1,440 minutes of each day to simple common-sense physical exercise? Well, whether you believe it or not, I shall go on record for making such a claim. If you will meet me half-way by following the instructions contained in this article, I shall by your own verdict at the end of one month prove my assertion.

Who Needs Exercise?

Every one, from the strongest athlete down to the bedridden invalid, needs a certain amount of muscular exercise. If one can do no more than practice deep breathing, then he should do so in order to assist nature in regaining his health and strength. The man