

**THE BRAUNVILLE PAPERS:
BEING MEMORIALS OF
THE BRAUNVILLE
ATHLETIC CLUB**

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The Brawnville Papers: Being Memorials of the Brawnville Athletic Club by Moses Coit Tyler

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MOSES COIT TYLER

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ATHLETIC CLUB.

EDITED BY

MOSES COIT TYLER,

PROFESSOR OF ENGLISH LITERATURE IN MICHIGAN UNIVERSITY.

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PREFACE.

Two or three years ago, I was invited by the Editor of *THE HERALD OF HEALTH* to furnish for that periodical a series of articles on some leading aspects of the subject of Physical Culture:

In yielding to a request which suited so well the bent of my own propensities, I at first thought of throwing the discussion into the shape of formal didactic essays; but after several essays in such a style had been written, it occurred to me that, possibly, a kinder air of reality, a somewhat warmer and more genial breath of personal interest, might be given to the subject under view, if, instead of being considered in that stiff and systematic fashion, they should be evolved, in a sort of colloquial and playful way, from the exploits and the conversations of a group of characters, whom, at about that very time, as it fortunately happened, I actually saw—in my mind's eye, Horatio—residing all together in a single New England village,

in my own well-beloved Utopia of Gymnastics, the peerless and immortal community of BRAWNVILLE.

The twelve papers, which, in as many months, grew up on the stem of this project, appeared in regular course in the journal for which they were intended; and now, in the hope that they may be of some further use or pleasure to a person here and there, they are published once more; this time, in the more convenient form of a book.

M. C. T.

UNIVERSITY OF MICHIGAN, *September 24, 1868.*

"For Athletique, I take the subject of it largely, for any point of ability whereunto the body of man may be brought, whether it be of activity or of patience; whereof activity hath two parts, strength and swiftness; and patience likewise hath two parts, hardness against wants and extremities, and endurance of torments. Of these things the practices are known, but the philosophy that concerneth them is not much inquired into."—*Lord Bacon*.

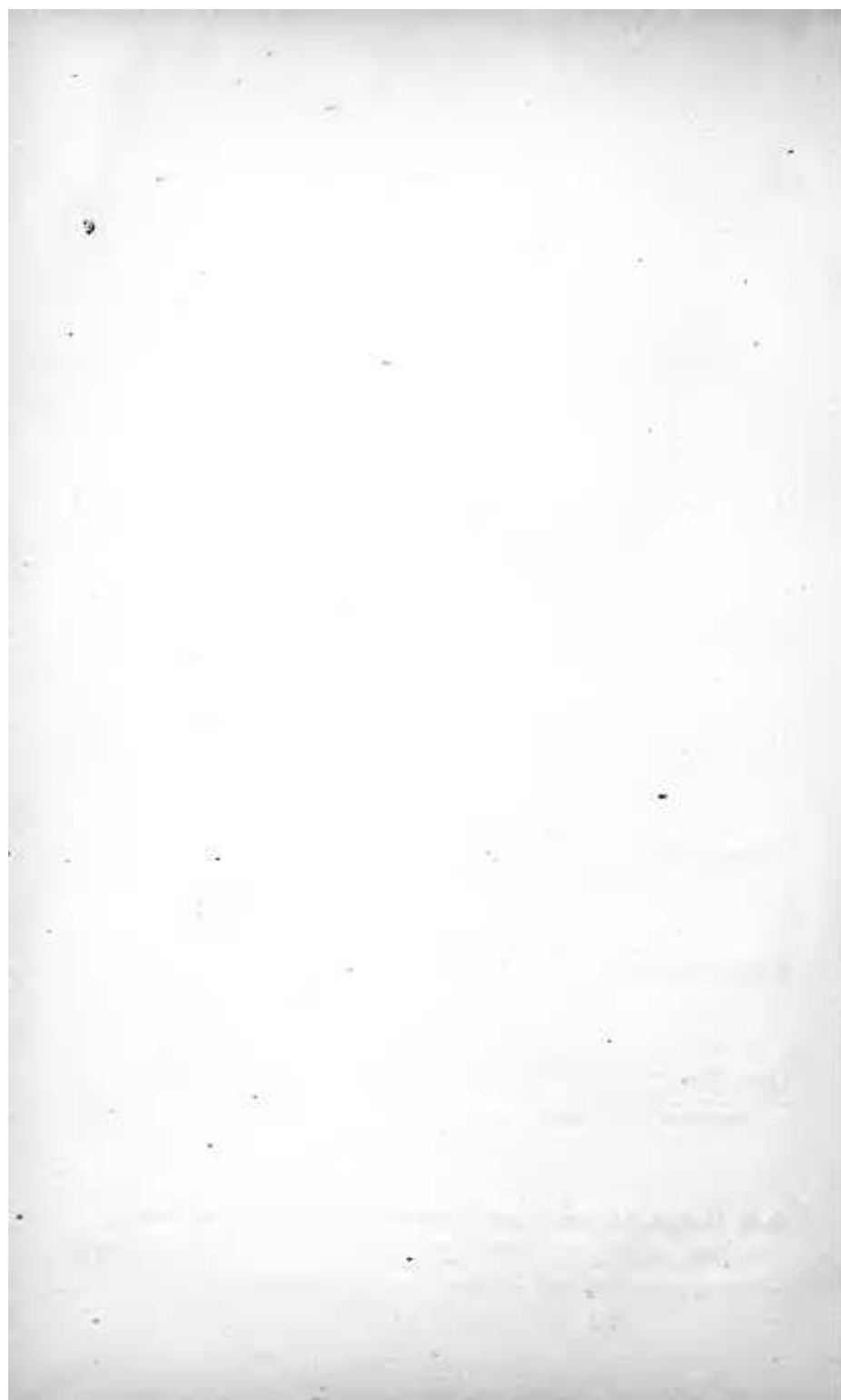
"A SHORT life is not given us, but we ourselves make it so."—*Seneca*.

"We are weak, because it never enters into our thoughts that we might be strong if we would."—*Salomon*.

"The first wealth is health. Sickness is poor spirited, and can not serve any one: it must husband its resources to live. But health or fullness answers its own ends and has to spare, runs over and inundates the neighborhood and creaks of other men's necessities."—*Amerison*.

"O BLESSED Health! thou art above all gold and treasure; 'tis thou who enlargest the soul, and openest all its powers to receive instruction and to relish virtue. He that has thee has little more to wish for; and he that is so wretched as to want thee—wants every thing with thee."—*Sterne*.

"Dox't let reformers of any sort think that they are going really to lay hold of the working boys and young men of England by any educational grapnel whatever, which has n't some *bona fide* equivalent for the games of the old country veast in it; something to put in place of the back-swording and wrestling and racing; something to try the muscles of men's bodies and the endurance of their hearts, and to make them rejoice in their strength. In all the new-fangled comprehensive plans which I see this is all left out."—*Thomas Hughes*.



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