

**AN ESSAY ON THE
SYSTEMATIC TRAINING
OF THE BODY**

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An Essay on the Systematic Training of the Body by Charles Henry Schaible

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OF THE BODY.

BY
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&c.

*A Memorial Essay, published on the occasion of the
First Centenary Festival of
FRIEDRICH LUDWIG JAHN.*

WITH AN ETCHING BY HUBERT HERKOMER

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151. n. 311

"Wherever you have a population generally weakly, stunted, scrofulous, you will find in them a corresponding type of brain, which cannot be trusted to do good work."—*Canon Kingsley's Address*, Birmingham and Midland Institute, October 9, 1872.

"It is not a mind, not a body, that we have to educate; it is a man, of whom we are not to make two beings."—*Montaigne*.

"All those who have reflected on the manner of life of the ancients, attribute to gymnastic exercises that symmetrical vigour of body and soul which distinguishes them the most sensibly from the moderns. The terms in which Montaigne supports this thesis show that he was strongly convinced of its truth; he repeats his arguments incessantly, in a thousand ways. . . . The wise Locke, the good Hollar, the sage Fleury, the pedant Le Crouzas, so different from each other in everything else, are unanimous in this one opinion—that it is important to train thoroughly the bodies of the young."—*J. J. Rousseau*, "Emile."

"As long as man here below has a body, as long as his earthly existence involves corporeal life, a life which, if it be without strength and endurance, without skill and aptitude, will fade away into an empty shadow, so long the art of gymnastics ought to occupy a principal place in the education of mankind."—*Gutemuths*.

"It is the intent of gymnastics to restore to our education that completeness which has been lost; to add bodily training to one-sided mental culture; and to balance over-refinement by manliness regained."—*Jahn*.

"The body is the armour, the cuirass of the soul. Let it first be hardened and tempered to steel."—*J. P. Richter*.

TO
THE MEMORY OF
FRIEDRICH LUDWIG JAHN,
THE GREAT PROMOTER OF GYMNASTICS,
Presented,
ON THE 100TH ANNIVERSARY OF HIS BIRTHDAY,
TO THE
GERMAN GYMNASTIC SOCIETY IN LONDON,
BY A LAUREATE IN THE
NATIONAL GYMNASTIC FESTIVAL
AT HEILBRONN, 1866.

