

**LADIES' HOME  
CALISTHENICS: A  
GUIDE TO HEALTH FOR  
WOMEN AND CHILDREN**

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Ladies' Home Calisthenics: A Guide to Health for Women and Children by Anonymous

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**ANONYMOUS**

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CALISTHENICS: A  
GUIDE TO HEALTH FOR  
WOMEN AND CHILDREN**



LADIES'  
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HOME CALISTHENICS.

A GUIDE TO HEALTH

FOR WOMEN AND CHILDREN.

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*"And in the symmetry of her parts is found  
A power like that of harmony and sound."*

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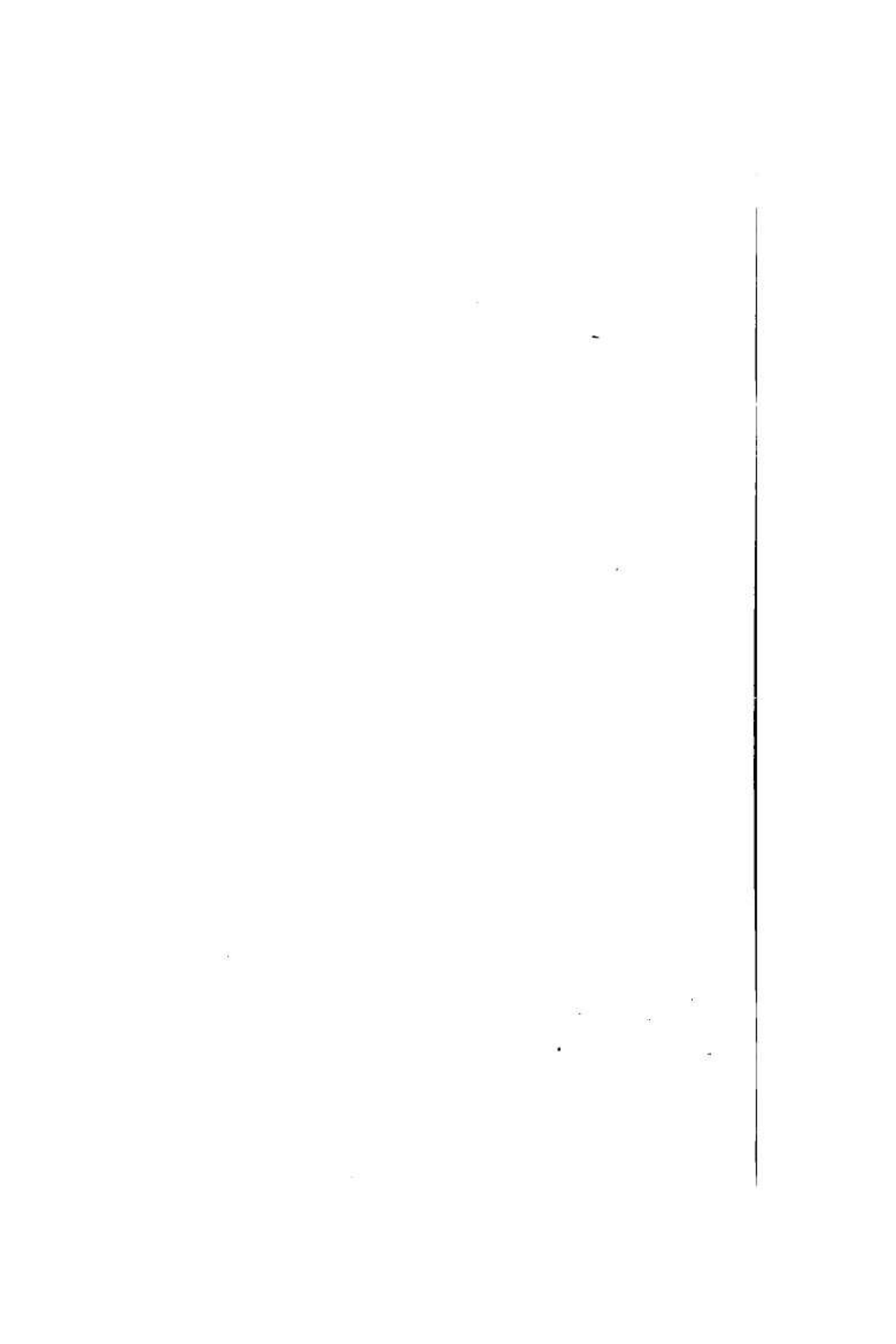
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## INTRODUCTION.



THE health of coming generations and the future of a nation depend in great part upon the girls. They are to be the coming mothers; and, as such, obligations for the formation of a new race are incumbent upon them. These obligations they can by no means fulfill unless they are sound in body and in mind.

It is, indeed, a great problem in civilization to establish a firm foundation for the sound development of women—to find proper training and suitable guidance by which health may be preserved and strength acquired.

Our natures exhibit a unity of body and soul; and a full and complete development, in which perfect harmony exists, can be found in maturity, only when both body and mind have been fairly developed by suitable and intelligent training through childhood and youth.

We appreciate highly mental culture, but do little comparatively in the way of body development, especially in the upper walks of life, or if it is attempted, little or no system is used.

All people engaged in mental and sedentary work—scholars, tradesmen, clerks, professional men—all suffer from a one-sided development, caused by the lack of such bodily exercises as excite to activity the organs of respiration and circulation. But much as men suffer from these conditions of life, they suffer far less than do women and girls.

Custom allows boys to engage in energetic play; and later in life, gymnasiums give ample opportunity to city boys for further exercise. Walking, rowing, swimming, base ball—all these are at their command.