

**ANDERSON'S PHYSICAL
EDUCATION:
HEALTH AND STRENGTH,
GRACE AND SYMMETRY**

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Anderson's Physical Education: Health and Strength, Grace and Symmetry by William Gilbert Anderson

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WILLIAM GILBERT ANDERSON

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EDUCATION:
HEALTH AND STRENGTH,
GRACE AND SYMMETRY**



ANDERSON'S
PHYSICAL EDUCATION

HEALTH AND STRENGTH
GRACE AND SYMMETRY

ARRANGED AND COMPILED

BY

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Alfred Stieglitz

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Anderson's Physical Education.

PART I.

SECTION I.

INTRODUCTION.

All time and money spent in training the body pays a larger interest than any other investment. GLADSTONE.

Today no apology is needed in making a plea for gymnastic or physical training. Every institution of learning of any importance in America advertises courses for the education of the body, while the buildings devoted to the training of the physique at our colleges and universities are the finest and most elaborate of their kind in the world. Were argument needed to persuade the skeptical that it is well to care for the body, certainly the action of the faculties of our colleges in permitting the expenditures of vast sums of money on "Temples of Health" would be most convincing.

The statement can at once be made that those who go to the universities will receive the benefit, but how about those who are not among the "Elect?" What can be done for the great army of men, women, and children who can neither attend institutions of learning, nor have the time or opportunity to go to gymnasiums?

If there is a desire to keep out of the hands of the

physician, and a wish to enjoy the happiness and exhilaration that comes from perfect health, it is possible to attain this condition, provided there is no organic or functional disorder. It is only necessary to glance at the advertisements of nostrums and quack medicines to understand that a vast amount of "stuff" is taken into the system as curative and preventive remedies for complaints which need not exist at all. It is because the people let these ailments exist that they are common. If the time that is given to taking medicines could be spent on exercise, the results would indeed be different.

In this day of specialists there are opportunities, for those who wish it, to become familiar with the latest and most approved methods of preventing, and in some instances curing, the ailment by gymnastics. The parent who is anxious about the child, can find movements that will widen and deepen the chest, and draw the shoulders back. The young man who is worried about his lungs and stooping shoulders can do much for them in his home. The business man who is on the verge of physical collapse, due to overwork, can draw back and be saved if he will, without going to a gymnasium. The busy editor, lawyer, or minister can rest the active and overworked brain without leaving the office or study.

The society woman, who finds that the adipose tissue is accumulating too rapidly over the abdomen, the housewife who can no longer climb the stairs without losing her breath, the young lady who is troubled about the "bones in her neck showing"—all these can do much for themselves in their own home if they only will, but that which is good involves work.