

**PHYSICAL
CULTURE:
PRIMARY BOOK**

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Physical Culture: Primary Book by B. F. Johnson

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B. F. JOHNSON

**PHYSICAL
CULTURE:
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A GAME OF BASKET-BALL.

PHYSICAL CULTURE

BY

B. F. JOHNSON



PRIMARY BOOK

REVISED AND ENLARGED.



TENTH THOUSAND.

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1

To the Memory of

LUCIUS, MABEL AND FRANK JOHNSON-

the purity of whose lives, the beauty of whose
characters, and the fragrance of whose
brief presence on earth still abide

with us—

This book is Dedicated.

Preface.

FOR a long time the need of physical culture in school and home has been a want half-acknowledged and wholly felt. While the child is growing is the time to develop those muscles which will support, strengthen and beautify the body, and invigorate the mind. A few minutes in the morning and a few minutes again in the afternoon devoted to light, judicious exercise will do a great deal toward improving the physical and mental condition of the child. Little backs will be strengthened to endure the strain of an upright posture, and the slouchy appearance of half-sitting, half-reclining students will be avoided.

It is high time that our parents and teachers should be paying attention to these matters. A finely built man or woman is so rare that one never fails to draw attention, whether on the street or in the country. This should not be so. Everyone has within himself the power to possess a well-developed, graceful figure, and it is not only a shame but a sin for people to allow their children to grow up with narrow shoulders, depressed chests, uncertain limbs and other deformities which seem now the rule in the physical development of mankind.

The object of this little book is to give easy and practical lessons in physical culture and hygiene; it is not intended to be a full exposition of the subject. A great many books have been written about hygiene and the value of physical culture, but they are too scientific for practical use, and have therefore failed of their purpose. A great many of them contain directions for exercises in a gymnasium. Every school should have a gymnasium, but there must be many changes first, and what is needed now is a practical, every-day course of simple exercises that may be introduced into the schoolroom without incurring the expense of fitting up a gymnasium.

In education it is necessary to care for and develop the body as well as the mind. Body, mind, and soul form a trinity which it should be our pleasure to develop to the highest perfection. We have no right to neglect any member of this trinity, and it should be our constant aim to develop them to the proper standard.

It is a shame that we have to go back hundreds of years in history to find perfectly developed men and women; and then the development was mainly of mind and body. In our lives as individuals as well as in our life as a nation, a new factor—Christianity—enters, taking the place of the heathenism of former ages, and making it possible for us to reach the highest stage of human perfection.

The author's purpose in the following pages is to suggest plans which, if thoroughly taught and faithfully adhered to, will be the means of building up a race of God-like human beings, more nearly perfect in symmetry, broader in intellect, and more deeply spiritual than any race that has ever before existed in the history of the world. By building up our bodies we are preparing a suitable abode for the spirits that inhabit them.

There are a great many ways by which the condition of the body affects the mind and disposition. Perfect health improves the disposition, induces greater kindness of heart, and prompts a strong love of purity, all of which, aided by the religious advantages we enjoy, tend to place us on a loftier plane of life.

When people realize the fullness of life, they feel more deeply the love of an All-Providing Creator, and will bless Him not only with their lips but with their lives. It is, therefore, with the highest motives that this book is sent out to prove a guide and help to all who will use it.

August 1, 1900.

In the second edition of this book a chapter on school games has been added, and a few in-door and out-door games suggested.

THE AUTHOR.

January 15, 1900.