

**TEN MINUTES' EXERCISE FOR BUSY MEN,  
A COMPLETE COURSE IN PHYSICAL  
EDUCATION; FIVE SEPARATE COURSES:  
FREE WORK, CHEST WEIGHTS, DUMB  
BELLS, WANDS, INDIAN CLUBS**

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Ten Minutes' Exercise for Busy Men, a Complete Course in Physical Education; Five Separate Courses: Free Work, Chest Weights, Dumb Bells, Wands, Indian Clubs by Luther Gulick

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**LUTHER GULICK**

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LUTHER GULICK, M. D.

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FIVE SEPARATE COURSES

FREE WORK  
CHEST WEIGHTS  
DUMB BELLS  
WANDS  
INDIAN CLUBS

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## EXPLANATION.

Some years ago I issued a small illustrated leaflet entitled "Ten Minutes' Exercise for Busy Men." These exercises were aimed to secure health, not at any particular form of muscular development or skill. They aimed to affect a man in his most important parts, that is, his digestion, his circulation and his respiration.

If a man gets plenty of good food, and his digestive apparatus works it up into good rich blood; if the heart is strong and regular so that this good blood goes to all parts of the body with vigor and regularity, and if the respiratory and excretory apparatus is in such good order that this blood is kept pure, the fundamental conditions of health are laid.

It is not so important to have big muscles as it is to have good digestion; it is not so important to have powerful muscles as it is

to have a strong, regular heart ; it is not so important to have great skill with one's muscles as to have good lungs and kidneys.

These exercises, entitled "Ten Minutes' Exercise for Busy Men," aimed at health. The experience of years has demonstrated the efficiency of these exercises in securing the ends for which they were devised. Many letters have been written by men, testifying to the great benefit which they have secured from these few minutes of simple but vigorous work.

Since the publication of this leaflet the correspondence schools of physical training have come into great activity. Their general aim is to build up big muscles. A somewhat careful investigation of them satisfies me that they are inferior to the exercises in this drill for purposes of building up vigor and manliness.

One of the most vigorous claims of some of these schools, namely, that the heart particularly is benefited by their work, is false, for I have had case after case of men whose hearts have been injured by taking the correspondence schools' work when they were not in condition for it.

The exercises in this pamphlet are recommended with the confidence of long, successful use. The results secured are better than those possible from the correspondence school work in the specific directions mentioned. There has been an expressed desire for added variety ; accordingly my associate, Mr. Hepbron, has prepared similar exercises to be taken with simple apparatus—wands, dumb-bells, chest-weights and Indian clubs—and I hope that equally good results will be secured from these additional drills.

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