THE EFFICIENT LIFE

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The efficient life by Luther H. Gulick

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LUTHER H. GULICK

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The Efficient Life

By

LUTHER H. GULICK, M. D.

Director of Physical Training in the New York City Schools

> WITH DOUBLE-PAGE FRONTISPIECE



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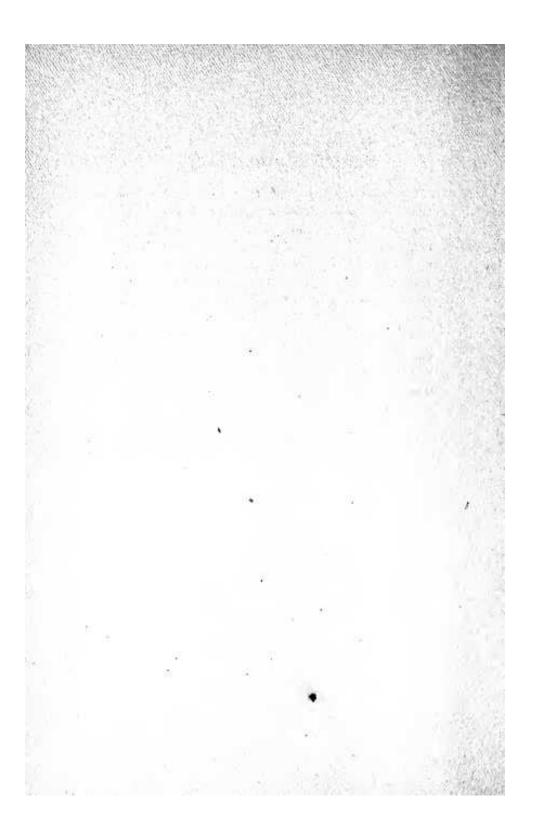
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THEODORE ROOSEVELT

to

WHO SOMETIMES LEADS THE SIMPLE LIFE, WHO OFTEN LEADS THE STRENUOUS LIFE, BUT WHO ALWAYS LEADS THE EFFICIENT LIFE



A WORD TO THE READER

My father once had medical care of an Hawaiian Chief, one of the Kamehamehas, I believe. The treatment involved the use of a rather drastic pill every evening for a number of days. The result of the first day's pill was so favourable that the chief took the rest of the boxful at once. His life was saved with great difficulty. So do not attempt to carry out all the suggestions in this book at once.

Take a chapter at a time. Mark freely all ideas that strike you favourably—jot down at the end of each chapter a few words to indicate the extent to which you think it applicable to yourself. Only undertake at first what seems to fit your one greatest need.

LUTHER H. GULICE, M. D.