

PHYSICAL CULTURE

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Physical Culture by John Bailey

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JOHN BAILEY

PHYSICAL CULTURE



Mrs. John Bailey

To Mr. Horace Fletcher -

PHYSICAL
Virtue faith and the
CULTURE
unfailing energy of
good -

BY

MRS. JOHN BAILEY

Always
M. H. F. Bailey.

Aug. 2nd 1892

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INTRODUCTION.

"Always throwing light on the matter, this is the only sort of speech worth speaking."

—CARLISLE.

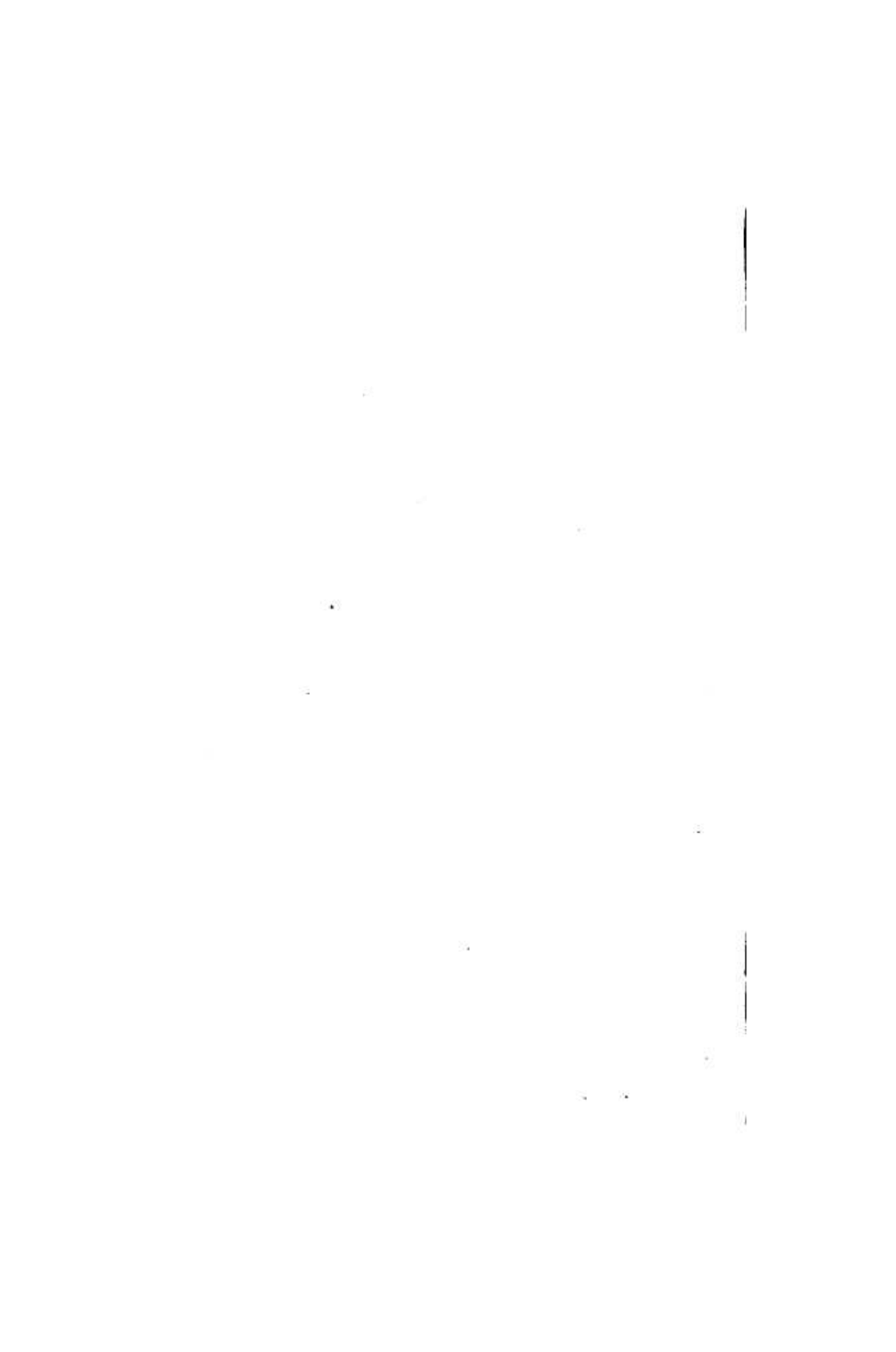
"All we have willed or hoped or dreamed of good shall exist, not its semblance, but itself."

—BROWNING.

This booklet does not assume or aim to treat the subject of physical culture in a comprehensive manner, but is sent out for the "busy ones," hoping to interest them by asking so little time (fifteen minutes daily) for beautifying and bettering of self, that it will tempt them to make a start in the right direction, which will surely arouse enthusiasm and will eventually lead to a true and worthy measure of beauty and health for all. Never satisfying but more and more attracting, until we feel the inspiration for becoming all we were created capable of being; remembering that everyone succeeds who does what he can, that "A good beginning is half-way to the end."—PYTHAGORAS.

MRS. JOHN BAILEY.

39 WEST 65TH STREET,
NEW YORK CITY.



PHYSICAL CULTURE.

ITS OBJECT.

"The highest and most profitable lesson is the true knowledge of ourselves."

—THOMAS À KEMPIS.

"Self reverence (moral), self knowledge (mental), self control (vital). These three ALONE lead life to sovereign power, yet not FOR power. Power of herself would COME uncalled for."

—TENNYSON.

The object of "physical" culture should be the same as any culture—to strengthen, *refine* and beautify; and begin it with this idea as the basis, "that common-sense is always found to be the highest science and secures the best results." Let us take the ground that all women, at least in theory, have reached the conclusion that physical culture is necessary in order to attain the highest type of womanly grace and beauty; and yet a very small proportion of them give it any time, or *thought* even. "Haven't time"—"Too old!" are their excuses. No one is too old—"till the tired heart shall cease to palpitate"—and everyone should be able to employ fifteen minutes daily

in self improvement; surely this is the most practical and beneficial, for you use it every time you breathe, or move or speak. This physical training is the *outer* polish of the mind and soul. I know the theory that the spirit transforms the outer. Is it so? In a degree, but in a degree only. Can a musician whose soul is filled with music, and whose mind has the knowledge of every note and shade, translate it to the world without thorough training of the physical used in producing music? *No*; he must train the muscles employed to obedience—the same in every art. The soul feels, the mind conceives, but the vital *executes*. It teaches us to appreciate and leave undisturbed Nature's beautiful lines, and to *regain* them, of which there is much need, to avoid the rigidity and clumsiness which are apt to come with age and weakness.

Proper training tends to deepen and broaden narrow chests, increasing the strength and capacity of the lungs, to establish harmonious poise and certainty of carriage, to correct uneven hips and shoulders, to promote ease of step and grace of movement in walking, to