

**POWER AND HEALTH
THROUGH
PROGRESSIVE EXERCISE**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649677283

Power and Health Through Progressive Exercise by George Elliot Flint & Austin Flint

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

GEORGE ELLIOT FLINT & AUSTIN FLINT

**POWER AND HEALTH
THROUGH
PROGRESSIVE EXERCISE**



GEORGE ELLIOT FLINT.

Power and Health
Through
Progressive Exercise

BY
GEORGE ELLIOT FLINT

With an Introduction by
AUSTIN FLINT, M.D.

NEW YORK:
THE BAKER & TAYLOR COMPANY
37-37 EAST SEVENTEENTH STREET
UNION SQUARE NORTH

GV341

.F62

~~XXXXXXXXXXXXXXXXXXXX~~
~~XXXXXXXXXXXXXXXXXXXX~~
JUNE 22, 1938

HARVARD UNIVERSITY
GRADUATE SCHOOL OF EDUCATION
MONROE & GUTMAN LIBRARY

Copyright, 1905,
BY
THE BAKER & TAYLOR COMPANY

Published, March, 1905

PREFACE

THAT the vast majority of men and women are, physically, not what they should be is an undisputed fact. Why? As all desire to be strong and healthy, why are they not so? There are several reasons. In the first place, the many methods of physical culture do not accomplish what they claim; in the second place, they are uninteresting. Those who go through routine drills with light chest-weights, wooden dumb-bells, wands, or Indian clubs, have "faith" that such exercises will make them strong and symmetrical, but they *see* no special result; they have simply been assured that those exercises are "good" for them. No man, trained by light exercises alone, can *do*, either with weights or on apparatus, what amounts to anything. Small wonder, therefore, when he asks, "Of what *practical* use is all this exercise?"

PREFACE

So long as the light-weight system is declared to be the best method of physical culture, so long will the people's interest in physical culture remain apathetic. For, however much a particular system's potentiality for good be reiterated, it will yet be impossible to persuade the majority of people to adopt it, if it itself fails to show practical worth. Again, even a *truly* good system would hardly become popular, did it lack the vital element of interest. And a light-weight system unquestionably lacks interest. It is a delusion often demonstrated, to believe that anyone will practice systematically that which is uninteresting; and what is not practiced systematically is useless as a means of culture.

The crying need in physical culture to-day is for a system that will first inspire interest, and then produce perceptible results. The Progressive System to be delineated inspires a two-fold interest: It introduces the important element, competition; and it enables the subject to see results growing under his hand. When a man can practically demonstrate to himself

PREFACE

each day that he is gaining strength, he will continue his training; he is not likely to continue it otherwise.

There is much value in competition. Parallel bars and dumb-bell classes may be formed in gymnasiums, each member of which should strive—within physiological limits—to outdo the other members. Thus is created as great an interest in competitive gymnastics and weight lifting as that which has always characterized competitive athletics.

It may safely be said that no one will work hard and steadily at anything unless he has a definite object in view. Men who work in gymnasiums in a desultory sort of way, first with this apparatus, and then with that, soon grow tired and give up; whereas others who constantly and ambitiously strive, on each exercising day, to outdo themselves, finally learn to do what others cannot do—something that is worth while. After a man has learned to handle, in a variety of ways, a heavy weight or weights, to do a remarkable feat of strength, or to display surprising activity as well as

PREFACE

strength on some apparatus, he glories in his prowess; and the chances are that he will, for a long time, remain capable as an athlete, if only for his pride's sake.

It must not be thought, however, that this book deals wholly with heavy gymnastics, weight-lifting, and feats of strength. Many light exercises are given as being valuable to promote elasticity and suppleness; and, in addition to these,—as an apprenticeship of *moderate* exercises is absolutely necessary in order that one may become capable of the simplest exhibition of force,—many intermediate exercises are carefully described, and their effects discussed. The effects of common indoor and outdoor athletic sports and exercises are gone into. All which, it is hoped, will make this volume a complete manual of physical culture, suitable alike for those boys and girls, men and women, who may wish, without the aid of a teacher, to make the best of their bodies.

In answer to a thought likely to present itself to some readers, namely, that most persons desire vigorous health rather than great