

**MODERN GYMNASTIC
EXERCISES, PART
II. (ADVANCED)**

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Modern Gymnastic Exercises, Part II. (Advanced) by A. Alexander

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A. ALEXANDER

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PART II. (ADVANCED).



BY

A. ALEXANDER, F.R.G.S.,

*Director of the Liverpool Gymnasium. Author of "Musical Drill for Infants,"
"Healthful Exercises for Girls," &c. &c.*

WITH A PREFACE BY

THE RIGHT HONOURABLE THE EARL OF MEATH,

AND

270 ILLUSTRATIONS by B. E. TAPLIN.

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L. L. S. L. L.



TO
THE RIGHT HONOURABLE THE EARL OF MEATH,

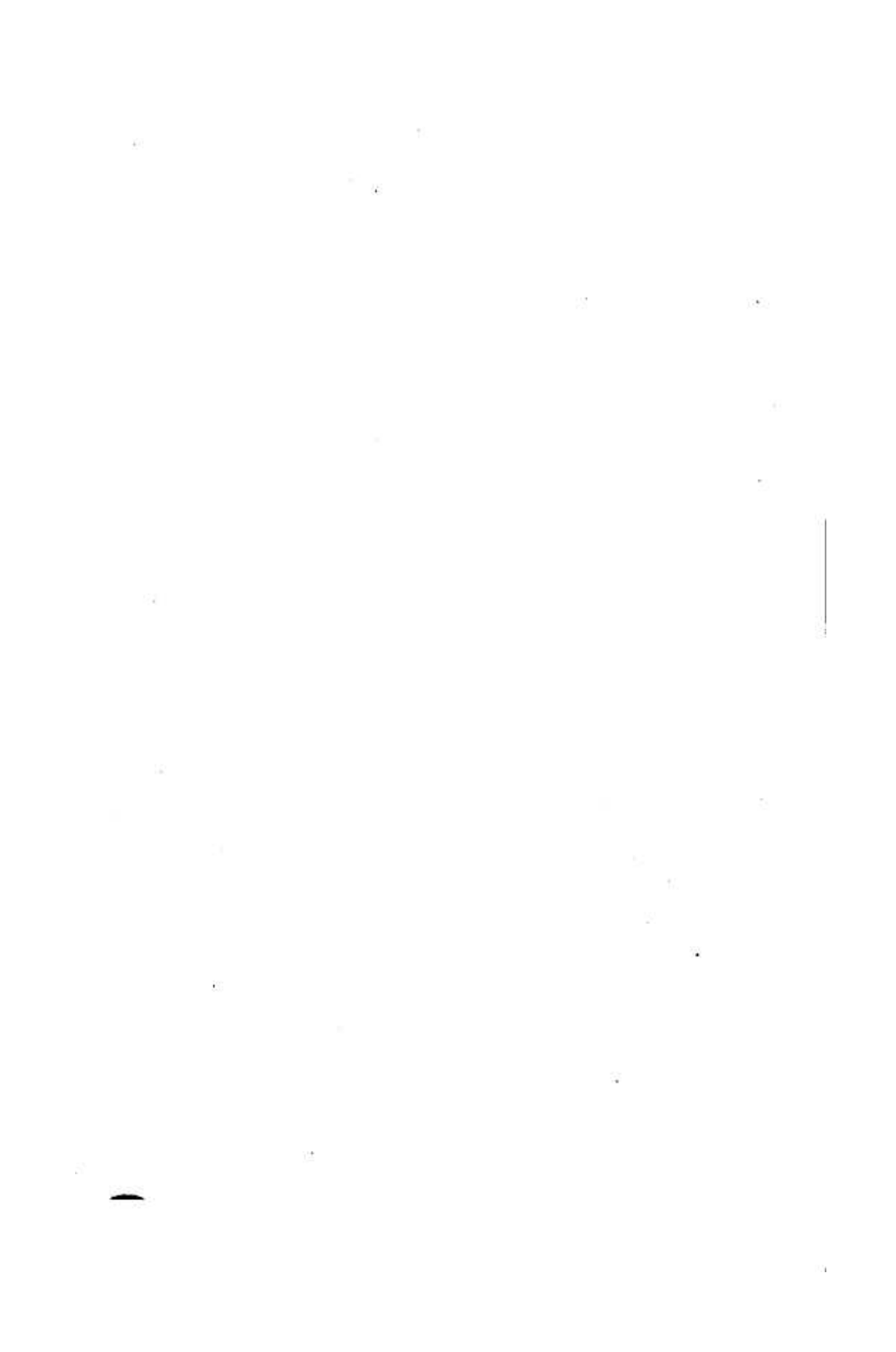
IN ADMIRATION

OF HIS UNTIRING AND UNREMITTING EFFORTS ON BEHALF OF
THE PHYSICAL CONDITION OF THE WORKING CLASSES,

THIS VOLUME IS DEDICATED,

BY HIS MOST OBEIENT AND HUMBLE SERVANT,

THE AUTHOR.



PREFACE.

MR. ALEXANDER has asked me to write a short preface to his book. If any words of mine can be of service to him in driving still further home into the brain of the average Briton a conviction of the necessity of looking to the physical health and strength of the masses of his countrypeople, these words are at his disposal. For no one can feel with greater intensity than I do, that if Great Britain allows her city populations to accumulate within narrow limits, crowded together, without providing them with the means of exercising the limbs and muscles with which they have been endowed by Providence, the day will come when she will regret that, whilst accumulating wealth, she omitted to surround herself with the strong arms and steady nerves necessary to defend that wealth.

The Upper and Middle Classes can strengthen their bodies, and acquire the manly virtues of courage and endurance in the hunting field, on the river, in the football and cricket ground; but the children of the sons of toil who have the misfortune to be born in large cities, what can they do to improve their physical condition? How are they to grow in health and strength? Deprived of air and proper exercise, confined within close and unventilated rooms, with no playground better than the gutter or the reeking court—for these it is imperative that the nation should provide not only playgrounds, which must of necessity always be small and cramped, but school gymnasia for the use of both sexes; at which attendance shall be compulsory for all healthy children, and which shall be thrown open of an evening for a small payment to those older lads and maidens who, having passed their compulsory course, are wise

enough to prefer to spend their evenings in the pursuit of health and strength, rather than in the atmosphere—weakening to both mind and body—of the music hall and the gin palace.

I hail the appearance of this work as a valuable addition to the social literature of the day, and trust that the words of Mr. Alexander (than whom there are few, if any, within the bounds of this Kingdom more entitled to speak upon this subject with authority) may sink into the ears of the British public, and bear fruit, to the advantage of the community and the state.

MEATH.

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