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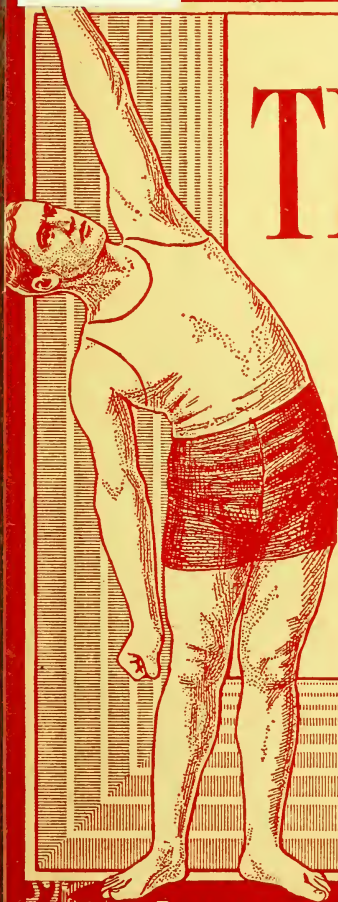
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# TENSING EXERCISES



EDWARD B. WARMAN

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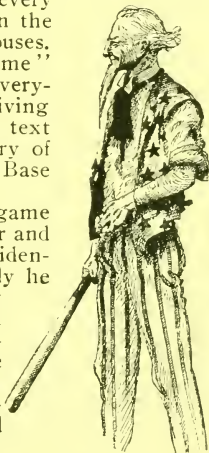
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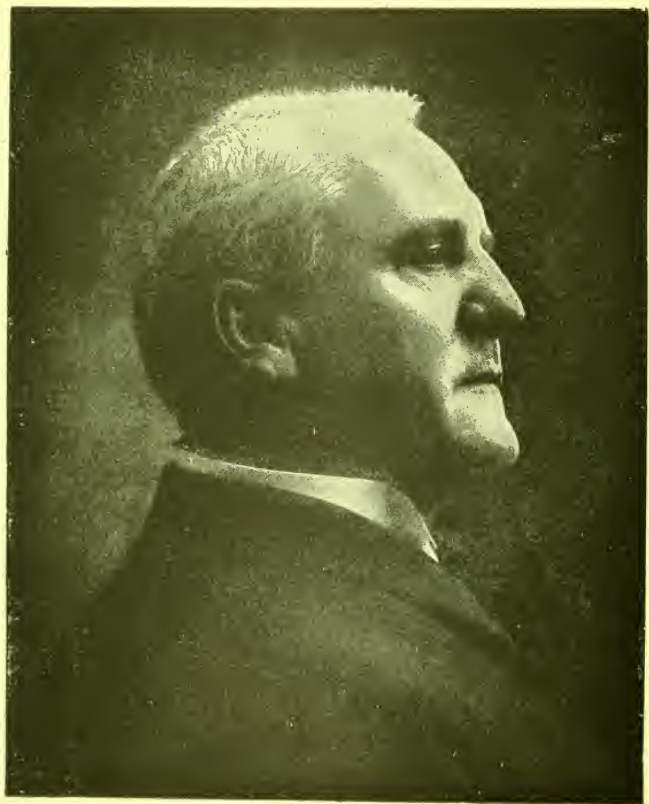
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# TENSING EXERCISES

BY  
EDWARD B. WARMAN, A.M.  
LOS ANGELES, CALIFORNIA



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## INTRODUCTORY.

There is *good* in *all* systems of Physical Education, but there is *more* good in some than in others. Being more or less familiar with every system extant, I have no hesitancy in declaring in favor of a system that did more in six years than any other system or combination of systems did in thirty years. That is what this "Tensing" and "Resisting" system of exercises did for me, and I now publish it for the first time—as a system.

It is the most thorough, the most complete, the most satisfactory and the most fascinating of systems.

Notwithstanding all this, you will seriously mistake if you depend solely upon *any* system of exercises for the purpose of obtaining and retaining health while at the same time you disregard the laws of hygiene.'

I have devoted these pages exclusively to my system of exercises, inasmuch as I have elsewhere endeavored to treat, quite fully, the important subjects of *Eating, Drinking, Bathing, Breathing, Ventilation, Underwear, Insulation, Color of Clothing, etc.*, etc.

Assuming that you are interested in the all-around development, I take the liberty of suggesting that you procure my previously published series (covering the foregoing subjects)—six in number, as follows: Nos. 142, 149, 166, 185, 208, 213; only ten cents each.

All of these belong to the popular Spalding's Athletic Library Series, and may be obtained from any agent handling the "Spalding Athletic Goods"; or of any newsdealer, or may be ordered direct from the publishers, the American Sports Publishing Company, New York City, N. Y.

Vigorously yours,

EDWARD B. WARMAN.



## A FEW POINTERS.

Tire a muscle (not yourself) if you desire its greatest development. This, however, is not necessary to secure general contour of figure.

Only forty minutes are required to take all the exercises herein given. If you do not need all, do not take all. Of this you must be the judge. Believing, as I do, that every part of the body needs daily exercise, I take all of them daily; all (except the floor exercises) immediately after arising; all of the floor exercises before retiring.

Whatever you do, be it never so little, do it regularly and systematically.

Do not hold the breath while exercising. Contract the muscles as if you were overcoming an actual resistance. When a muscle is brought to its greatest tension, it should be held a moment, then thoroughly relaxed.

To hold your breath when exercising is to let your muscles tear down at a rapid rate. The carbon dioxide accumulates very fast in the muscles and if you shut off the supply of blood or impoverish it, particularly during vigorous exercise, it is surely a tearing down instead of a building up process; whereas, if you breathe continuously and rhythmically, fresh blood flows to the parts exercised. The gasping that follows the too long holding of the breath during exercise is liable to injure the valves of the heart.

Bear in mind that muscles are not made better merely by *working* them, but by *nourishing* them; also, by giving them fresh blood upon which to feed regularly.

To extract the maximum amount of work from all the slow, tense exercises (those that have an interval of rest) the muscular contraction at the *end* must be positive; i. e., when you

have done all you can (?), just do a little more, give an extra squeeze, impulse or contraction before relaxing.

Full contraction of a muscle is absolutely necessary to produce the best results; i. e., the greatest possible shortening of which a muscle is susceptible. To illustrate: If a twelve-inch muscle is contracted to the full—say, seven inches—then fresh blood, necessary to its nutrition, is caused to flow through all its smallest vessels; but this is not the case if the muscle is contracted to only eight inches. The contraction must be the fullest possible, whatever may be the shape of the muscle.

*"Accuse not Nature; she hath done her part:  
Do thou but thine."*

—MILTON





FIG. 1

## CORRECT POSITION.

### Standing.

*See Fig. 1.*

Correct position means the harmonic poise of the entire body. The chest should be prominent; the hips and abdomen drawn back, the chin drawn in, slightly.

The weight of the body should be neither upon the heels nor too far forward, but about midway between the two extremes. Do not bow back nor bend forward nor allow the chest to sink.

When you have correct standing position you will be able to rise on your toes and descend again to your heels without striking them heavily or bearing your weight thereon. In thus ascending and descending, the body will not sway either backward or forward.

To know what the correct position *is*, is one thing; to *get* it, is quite another, but to *retain* it habitually is the sum total of the "knowing" and the "getting."



FIG. 2

## **CORRECT POSITION.**

### **Sitting.**

*See Fig. 2.*

When sitting at the desk to write or at the table to eat, one rule holds good: viz., do not have your chair too close to the desk or table. Sit as far back in the chair as you can without your back touching the chair back. Avoid stooping. Incline your body from the hips, not from the waist. Keep your eye (your mental eye) on your backbone. That right; all right. But it is never right (in either a standing or sitting posture) if there is a hump in it.



FIG. 3



## CORRECT POSITION.

### Walking.

*See Fig. 3.*

To obtain a graceful carriage of the body—strength and grace combined—it is essential that the head be well poised, the chest prominent (the abdomen, not too much in evidence), the step firm but elastic.

Be unconscious of the legs except as a means of support. Walk, as it were, from the chest. The walls of the chest should be raised and fixed (muscularly), the breathing at the waist (diaphragmatic), the mouth closed.

The athlete should show that he is an athlete at all times and on all occasions; he should show it because he can't *help* showing it; he should show it by his activity in repose, his clear complexion, his bright eye, his buoyancy and his general manly bearing.



FIG. 4

## DIAPHRAGMATIC BREATHING.

### Abdominal.

*See Fig. 4.*

Place the tips of the fingers firmly just below the base of the sternum (breastbone), about over the pit of the stomach. Stand erectly, but do not incline the body backward lest you tense the muscles of the abdomen. Inhale (through the nostrils) slowly but fully, causing a strong outward pressure against the fingers (not below). Check the movement a moment, then slowly expel all the air possible, the fingers following the relaxing muscles.

Should you have any difficulty to get a strong movement of these abdominal muscles, lie on the floor flat upon your back, and place a heavy book or other object directly over the spot on which you pressed the fingers. Raise the object by the breathing. You will thus gain control of the breathing and, at the same time, greatly strengthen the abdominal muscles.



FIG. 5

## DIAPHRAGMATIC BREATHING.

### Intercostal.

*See Fig. 5.*

Place the back of the fingers against the ribs and while pressing firmly, inhale slowly and fully, causing a strong outward pressure against the fingers. Check the movement a moment, then slowly expel all the air possible, the fingers following the receding movement.





FIG. 6

## DIAPHRAGMATIC BREATHING.

### Dorsal.

*See Fig. 6.*

Place the hands to the small of the back, the thumbs pressing on each side of the spinal column. Inhale slowly and fully, causing an outward pressure against the thumbs. Check the movement a moment, then slowly expel all the air possible, the thumbs following the receding movement.



FIG. 7

## DIAPHRAGMATIC BREATHING.

### Belt.

*See Fig. 7.*

Draw around you an *imaginary*, elastic belt. Span as much of the waist as possible. Inhale slowly and fully, exerting an equal pressure front, sides and back. Check the movement a moment, then slowly expel all the air possible, the hands following the relaxing of the waist muscles.

You will observe that this is a combination of the three forms of exercises previously given. After gaining perfect control of the abdominal, intercostal and dorsal breathing, then, in all exercises requiring deep breathing, use the latter form—the belt.



FIG. 8



FIG. 9





## ACTIVE AND PASSIVE CHEST.

*See Figs. 8 and 9.*

By an *active* chest. I mean that the chest should be raised to its highest position *muscularly*; i. e., independently of the breathing—purely a muscular exercise; the passive chest being a complete relaxing of the muscles.

I am not an advocate of clavicular breathing to the extent of the raising of the clavicle (collar bone). All breathing should begin at the waist (diaphragm) and then extend upward, but *without lifting the upper chest.*

The mobility of the chest can be obtained and retained by muscular action—active to passive, passive to active, etc., and by exercising the shoulder, back and chest muscles as hereinafter indicated.

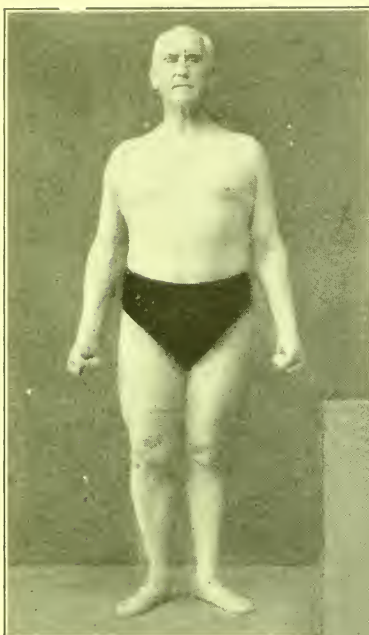


FIG. 10



FIG. 11



## FOREARMS AND FINGERS.

*See Figs. 10 and 11.*

With the arms full length hanging at side, open and shut the fingers alternately. This should be done very slowly and powerfully as if resisting an opposing force.

Extend the fingers and thumbs, in opening the hand, as if some one exerted a strong pressure against each finger and thumb and almost prevented your opening the hand, extending the digitals to the utmost. Relax, retaining position of fingers.

Starting from this point, tense fingers and thumbs, and gradually *close* the hands against the same resisting force, clenching the fist as tightly as possible before relaxing and repeating.

Ten or more times.

FIG. 13

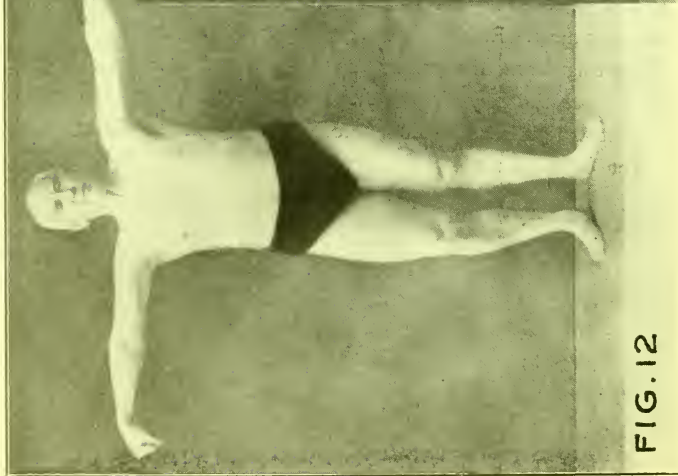


FIG. 12

## FOREARMS AND FINGERS.

*See Figs. 12 and 13.*

Extend the arms full length at side, palms down. Grasp, tightly, an imaginary or light dumbbell or rubber grips.

Without lowering the arms, draw the hands as far underneath as possible. This should be done slowly as if resisting an opposing force. Relax. Again tensing the muscles, raise the hands slowly to position and above as far as possible (without raising the arms), resisting the same imaginary opposing force.

Ten or more times.

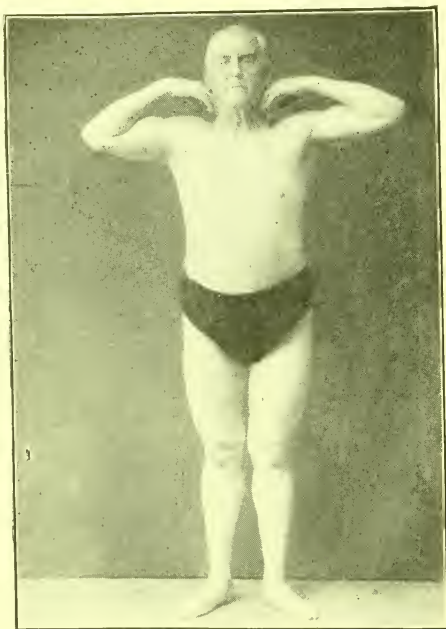


FIG. 14

**NECK.**

*See Fig. 14.*

Imagine that some one is trying to choke you, and you have no other recourse than to tense your neck muscles.

Think strongly, as it were, at the neck and, through the action of your thought, you can swell the neck muscles as if actually overcoming a strong resistance.

Ten or more times.



FIG. 15



FIG. 16



**ABDOMEN, BACK, SHOULDERS, ARMS.**

*See Figs. 15 and 16.*

With the body resting only on the palms of the hands and on the toes, raise and lower the body slowly—without getting your back up.

Push the body up full length of the arms and then lower it until the face nearly touches the floor. Do this very slowly, but do not allow the body to sag in going down nor to curve the other way in going up. From the head to the feet it should remain as rigid as a log.

Ten or more times.



FIG. 17

**SIDES, SHOULDERS, ARMS, BACK.**

*See Fig. 17.*

Tense your arms to the utmost—after pushing them out a short distance from the sides of the body—and then bring them *to-ward*, but not quite *to*, the body, checking them in opposition to a strong imaginary force.

This exercise—so difficult to make plain through the medium of the pen—is not only one of the most fascinating, but one that exercises a set of muscles that is rarely, *otherwise*, developed.

Twenty-five times.



FIG.18

FIG.19



**ABDOMEN, SHOULDERS, CHEST, BACK.**

*See Figs. 18 and 19.*

Raise the hands high above the head as if to touch the ceiling, bend slightly backward to get an impulse for the swinging forward. Keep the arms extended and as you sway forward touch the hands to the floor (or try to) *without bending the knees*. Then bring the body up to position and as far back as you can without undue straining, swinging the arms up and back of the head.

CAUTION—*Always bend the knees when going backward.*

Fifty times; back and forth, counting one.



FIG. 20



FIG. 21

**ABDOMEN, SHOULDERS, CHEST, HIPS.**

*See Figs. 20 and 21.*

As you raise the right arm—fully extended—and swing it up over your head, bend your body as far to the left as possible (straight to the left) keeping both feet solidly upon the floor.

Then swing the body as far as possible to the right, raising the left arm and lowering the right; keeping both feet solidly upon the floor. Tense the arms.

Twenty-five times; right and left counting one.



FIG. 22



FIG.23





## ABDOMEN AND HIPS.

### Liver Squeezer.

*See Figs. 22 and 23.*

Stand perfectly erect. Twist the body *slowly* to the right and *slowly* to the left. Do not move the feet. This may be taken with the arms akimbo until accustomed to the movement, then the arms may be tensed and swung right and left as though striking at some one on each side as right or left is used.

Fifteen times; right and left counting one.

NOTE.—The three exercises just preceding are known throughout the land as my “pet exercises.” There are no series of movements better adapted for obtaining and retaining the suppleness of the waist muscles and for reducing or preventing excessive flesh on the hips and abdomen. To be effectual, however, they must be taken the full quota of times and with daily regularity.



FIG. 25



FIG. 24

## ABDOMEN.

*See Figs. 24 and 25.*

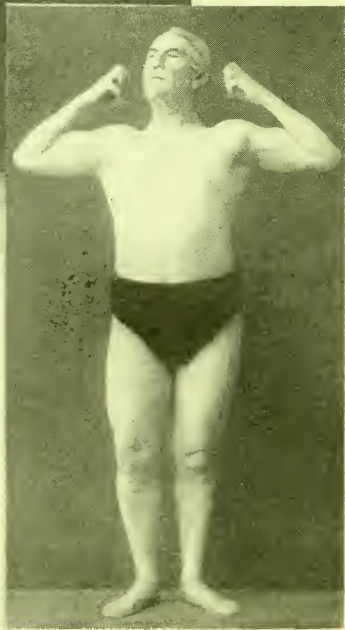
Lie flat upon the back, the arms stretched above the head and in line with the body. Draw up both knees, clasp them with the hands, press them firmly against the abdomen, exhaling as you press. Then inhale deeply as you extend the arms and legs in opposite directions—back to position.

Twenty-five times.



FIG. 26

FIG. 27



## UPPER ARMS.

*See Figs. 26 and 27.*

Extend the arms horizontally. Tense the arms, close your hands *half way* (thumb and fingers opposing each other). Pull both hands straight for the shoulders; pull slowly as if resisting an opposing force. Make the muscular contraction very positive at the end of every movement. Relax. Push the hands back to position slowly as if resisting an opposing force. Extend arms to the utmost. Relax.

Do not allow the elbows to lower in either movement.  
Seven times.

FIG. 29

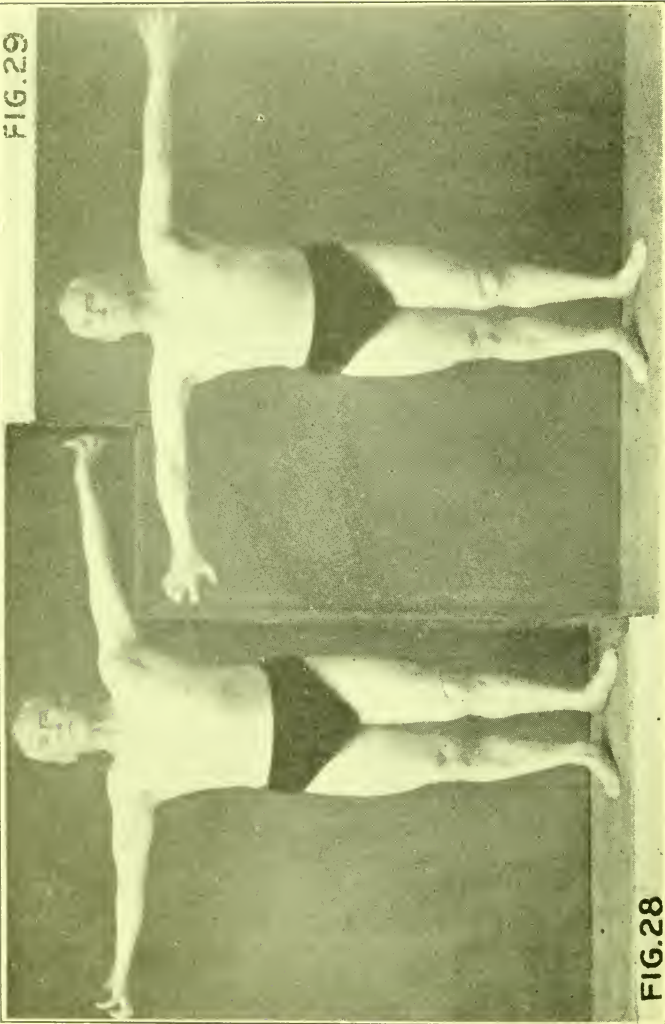


FIG. 28

## UPPER ARMS.

*See Figs. 28 and 29.*

Extend the arms horizontally. Hands half closed, palms down. Tense the arms. Think of the arms as a strong steel rod. Rotate the arms as far to the right and as far to the left as possible—very slowly, and as if resisting an opposing force.

In order to retain the arms in position, imagine each hand turning, as it were, in a hole in the wall.

Seven times.



FIG. 30

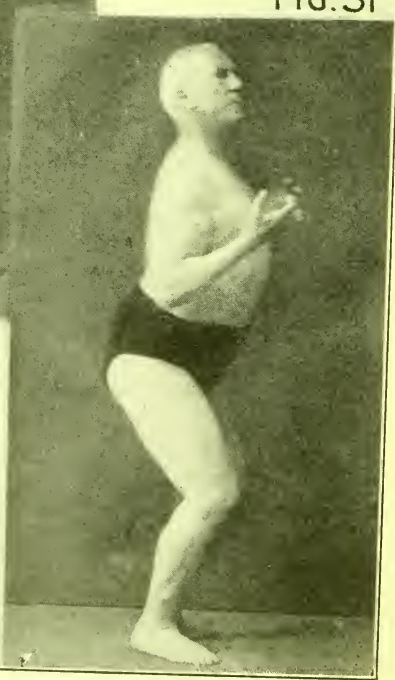


FIG. 31



## UPPER ARMS.

*See Figs. 30 and 31.*

Bow the legs. Arms at side, close to the body. Hands half-closed, palms forward. Tense the arms. Lift both hands, slowly, as if lifting a very heavy weight in each hand. Close the arms with a positive muscular contraction. Relax. Tense hands and arms again and lower them, slowly, as if resisting an opposing force.

Seven times.

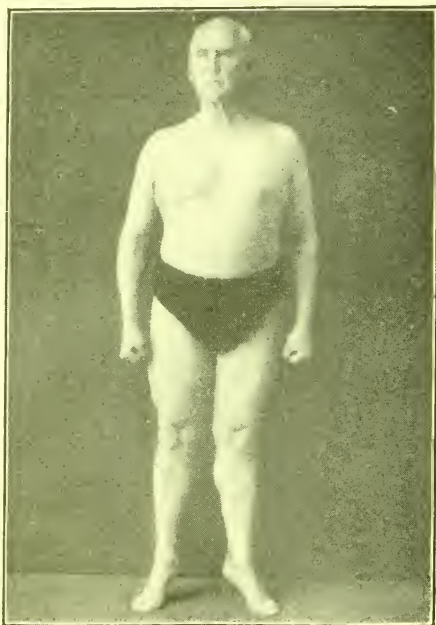


FIG. 32

## CALF AND FOREARM.

*See Fig. 32.*

Standing in the correct position—the weight of the body over the center of the feet—raise the heels as far as possible from the floor and lower them again to position without swaying the body forward and backward. Rise slowly, and settle very lightly on the heels.

As you rise, tense your entire body and imagine a very powerful person holding his hands on your shoulders. This will necessitate *very slow* movement with *great resistance*. As you descend, the same force is used to overcome an imaginary resistance—as if powerful hands were placed under your arms.

Seven times.

Fifty times, when taking the movements more rapidly—without the resistance. These, for the sake of suppleness, should follow the resisting exercise. At the same time close and open the hands as in exercises Nos. 10 and 11.

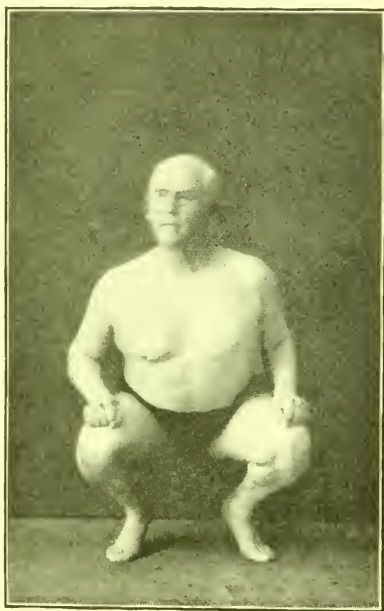


FIG. 33

## THIGHS.

*See Fig. 33.*

The squatting exercise. Settle the body as nearly as possible on the heels as they rise from the floor—the knees well apart. Then rise to position.

Tense your entire body as you slowly descend against an imaginary resisting force. Do the same as you rise. The slower and the greater force exerted the more rapid and complete the development.

Seven times.

Twenty-five times rapidly, without resistance. There is no better exercise to give elasticity to one's step.



FIG. 34

## THIGHS AND KNEES.

*See Fig. 34.*

Resting the left hand, lightly, on back of chair (for balance) and weight of body on left foot, KICK vigorously forward and out with right leg, and recover quickly.

The same with the left leg—the right hand on back of chair and the right leg bearing the weight of the body.

Take this mildly at first so as to avoid any undue strain of tendon or ligament.

Fifty times with each foot.

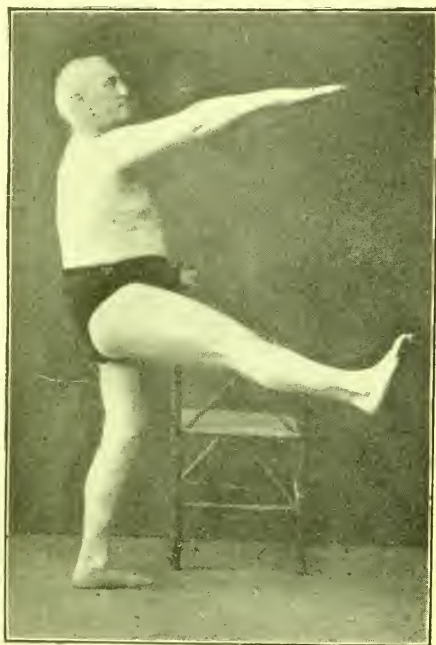


FIG. 35



## HIPS, THIGHS, KNEES.

*See Fig. 35.*

Resting the weight on the left foot, the left hand on the hip or chair, extend the right arm to its fullest extent, palm of hand toward the floor, the arm on a level with the shoulder (or higher). Kick high enough with the right foot to touch the toes to the palm of the hand—*without lowering the hand.*

Then, resting the weight on the right foot, repeat the movement with the left foot.

Ten times—each foot.

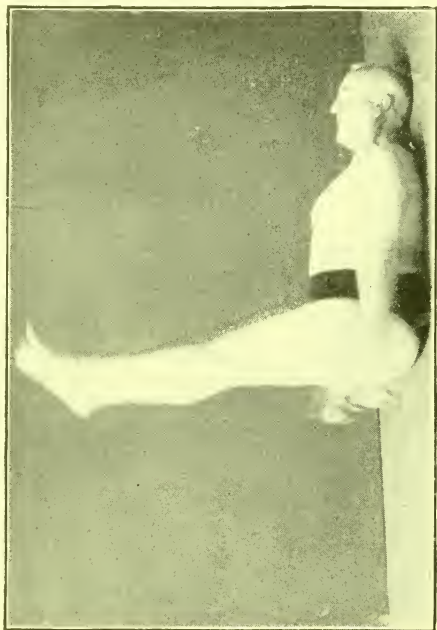


FIG. 36

## ABDOMEN.

*See Fig. 36.*

Lie flat upon the back. Tense the arms alongside the body, but not resting them on the floor. Tense the legs. Lift them and lower them slowly, without bending the knees. Keep the legs together. Do not allow the head to rise from the floor.

Seven times—up and down—without the legs or heels resting upon the floor until the seventh time.

CAUTION.—*Do not hold the breath.* Inhale as the legs ascend; exhale as they descend; or, as is my rule in general, let the breathing take care of itself, *providing you do not restrict it.*

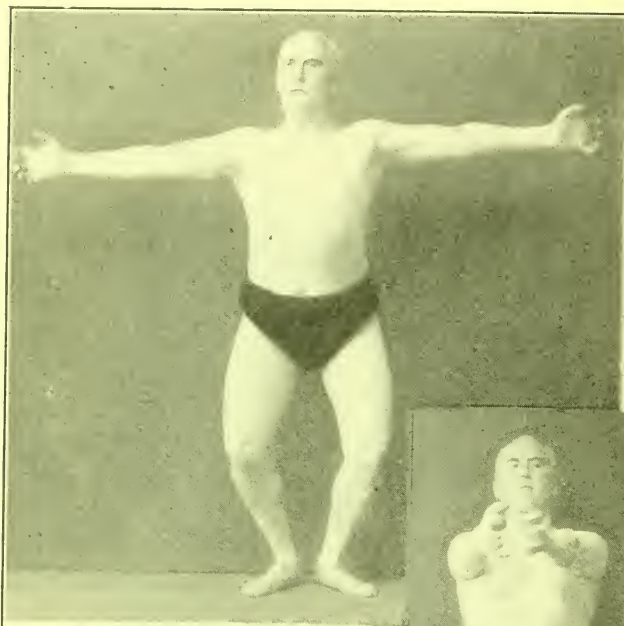


FIG. 37



FIG. 38

## CHEST AND SHOULDERS.

*See Figs. 37 and 38.*

Bow the legs. Extend arms to the side. Tense arms and half-closed hands. Bring them to the front on a line with the shoulders; then back to position without lowering the arms. This should be done rapidly and very vigorously.

Fifteen times, without stopping.

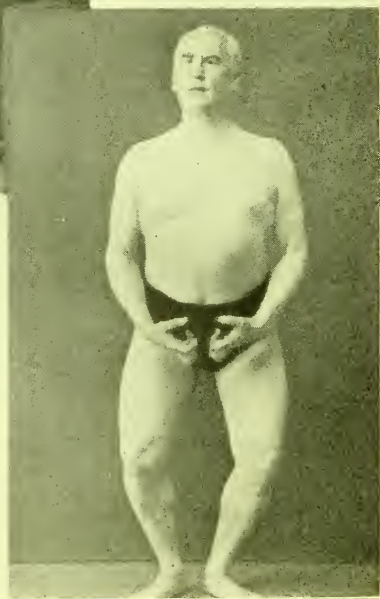
CAUTION.—*Do not hold the breath.*



FIG.39



FIG.40



## CHEST AND SHOULDERS.

*See Figs. 39 and 40.*

Bow the legs. Bring the half-closed hands to the front near the body, palms up, the fingers toward each other, the arms not fully extended but bent at elbow, forming a sort of half circle. Tense the arms and hands very strongly and swing them out and up at the sides, almost above the head, completing the circle without opening the arms. Rapidly and vigorously.

Fifteen times, without stopping.

CAUTION.—*Do not hold the breath.*

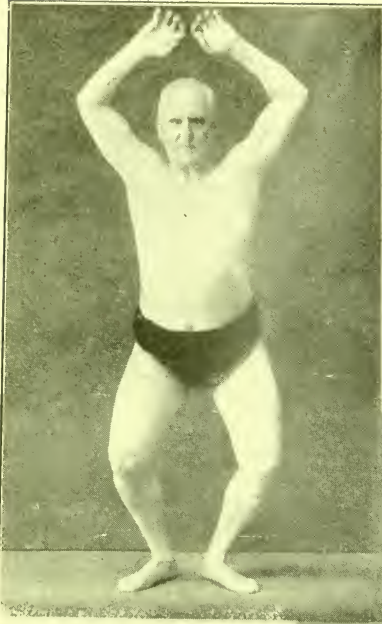


FIG. 41

FIG. 42





## CHEST AND SHOULDERS.

*See Figs. 41 and 42.*

Bow the legs. Bring the half-closed hands toward the body, thumbs almost touching each other, elbows extending somewhat sidewise. Tense the arms and hands and swing them up in front and above the head without changing the relative position of the hands and arms. Up and back to position rapidly and vigorously. Fifteen times without stopping.

CAUTION.—*Do not hold the breath.*



FIG 43

## CHEST AND SHOULDERS.

*See Fig. 43.*

Bow the legs. Tense the arms and half-closed hands, extending one arm up and forward, the other down and back. Swing the arms, alternately, down and back, up and front, keeping perfect time. Keep the arms perfectly straight and at the side, not allowing the body to twist. Keep the tension of the arms throughout.

Twenty-five times without stopping.

CAUTION.—*Do not hold the breath.*



FIG. 44



FIG. 45



## NECK AND CHEST.

*See Figs. 44, 45, 46, 47, 48 and 49.*

Have the head well poised. Bend it as far forward as possible—chin to chest, and then as far backward. Do not move the body.

Have the head well poised. Endeavor to lay the ear upon the shoulder—first right, then left. Do not move the body from side to side nor allow the shoulders to lift. Keep the eyes toward the ceiling (about 45 degrees) in order to keep the correct position of the head.

Have the head well poised. Turn it to the right and left alternately—without moving the body.

If you desire muscular development of the neck, tense the muscles as if someone was placing the hand against the head to prevent the various movements.

If you desire flexibility take the movements without tensing or resisting.

Fifteen times forward and back.

Ten times side to side.

Five times, turning or twisting right and left



FIG. 46



FIG. 47





FIG. 48



FIG. 49

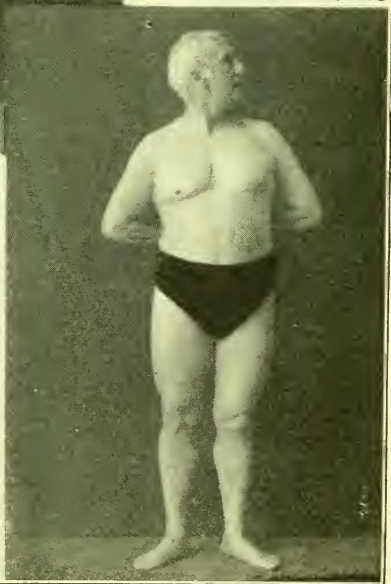




FIG. 50



FIG. 51



## ABDOMEN.

*See Figs. 50 and 51.*

Lie flat upon the back. Extend the arms full length above the head, resting them upon the floor. Tense the arms and legs. Raise them both simultaneously, arms and legs toward each other above the body. The legs kept together and unbent. Do not allow the head to rise from the floor.

Seven times—up and down—without the legs or heels resting upon the floor until the seventh time.

CAUTION.—Do not hold the breath. Inhale as the legs and arms ascend, and exhale as they descend; or, as is my usual custom, let the breathing take care of itself, *providing* it is not restricted.



FIG. 52



FIG. 53

## ABDOMEN.

*See Figs. 52 and 53.*

Lie flat upon the back. Fold the arms easily across the chest. Rise to a sitting posture without allowing the heels to lift from the floor or the knees to rise. Lower the body as slowly as you rise. Keep the legs flat upon the floor.

If your abdominal muscles are not sufficiently strong, at first, to do this without a jerk or without lifting the legs, place the feet under the dresser, couch or some other object until the muscular contraction is sufficient of itself to raise and lower the body slowly.

As this movement has an interval of rest at the end of the sitting and lying posture, I would suggest that you inhale before each movement and exhale at the close, i.e., inhale before rising, exhale after rising; inhale before returning, exhale after returning.

Seven times, up and down.



FIG. 54

FIG. 55



FIG. 56



## ARMS AND SHOULDERS.

*See Figs. 54, 55 and 56.*

(1) Lock the *thumbs* together. Extend the arms downward close to the body. Pull vigorously and steadily for a moment or two. Then lock the *forcfingers* and do likewise; then the *middle* fingers; then the *third* (or ring) fingers; then the *little* fingers; then grip the *ends* of *all* the fingers of one hand with the ends of all the fingers of the other hand.

(2) Repeat the foregoing with the hands higher up—the fore-arms at right angles with the upper arms.

(3) Repeat the foregoing with the hands higher up—about opposite the neck.



FIG. 57



FIG. 58



## ARMS AND SHOULDERS.

*See Figs. 57 and 58.*

(4) Repeat the exercise on previous page, with the hands back of the head.

(5) Repeat the foregoing by starting at the last position and ending at the first by a steady attempt to pull apart from start to finish. During the entire passage the arms should be fully extended after raising them above the head and moving forward.

Avoid bending backward; rather incline the body forward.

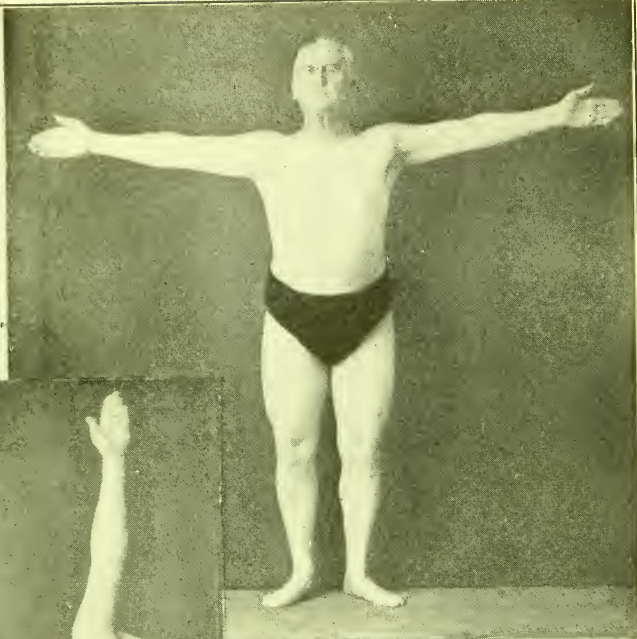


FIG. 59

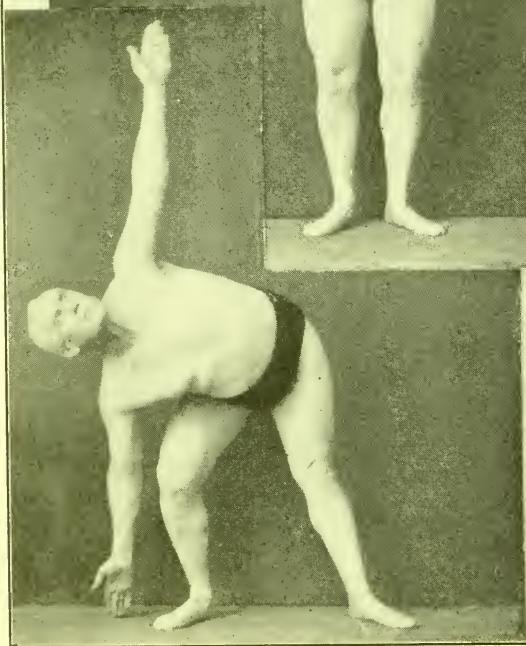


FIG. 60



## **ANOTHER LIVER-SQUEEZER.**

*See Figs. 59 and 60.*

Stand erect, arms outstretched, feet 20 inches apart, abdomen drawn back.

Bend to the left, flexing the left knee, but keeping the right leg straight. Touch the floor with the left hand, by the side of the foot.

Recover, make a momentary pause, and reverse the movement by flexing the right knee, keeping the left leg straight and touching the floor with the right hand, by the side of the foot.

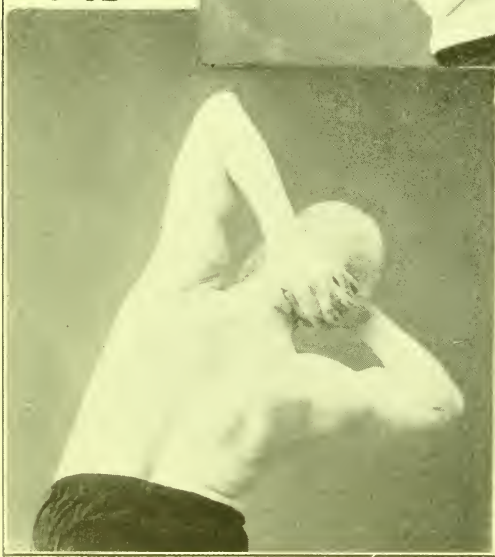
Keep the abdomen well drawn in, especially when returning to position.

Ten times side to side.

FIG.62



FIG.61



## A REST FOR BODY AND BRAIN.

*See Figs. 61 and 62.*

Place the hands back of the head. Interlace the fingers. Lean slightly backward and move the body sidewise—right and left—*stretching* the body to the utmost. Relax the mind as you stretch the body.

This need not be taken at any specified time nor any number of times, but when brain or body needs a recreative exercise.

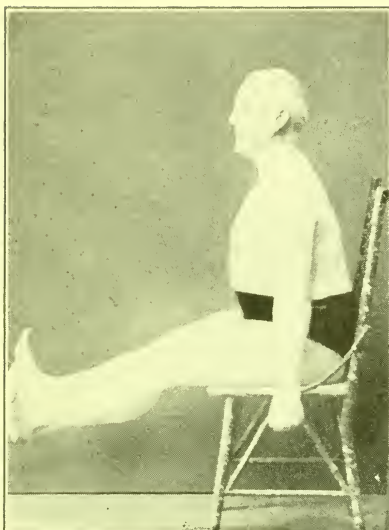


FIG. 63

FIG. 64



**CALF, SHIN, ANKLE, FOREARM.**

*See Figs. 63 and 64.*

Sit. Extend the legs straight in front, high enough for the feet to escape the floor. Extend the arms down by your side. Tense the arms and legs. Close and open the hands as in exercises Nos. 10 and 11. As you close the hands with a firm grip, draw the ball of the foot firmly toward your body (heels pressed forward). As you open the hands and extend the fingers, press the ball of the foot firmly forward (the heels toward the body). Do not raise or lower the legs.

Twenty-five times.



FIG. 65



FIG. 66

## **ABDOMEN, SIDES, BACK, SHOULDERS.**

*See Figs. 65 and 66.*

Sit on the floor, body erect. Hold a rod or stick in the hands; knuckles up.

Work the body right and left, as when paddling a canoe with a single oar. Carry each movement to the extreme turning point, the face following the movements of the hands. Endeavor to look directly to the rear, forcing the leading hand (the lower one) as far as possible. Do not allow the legs to move. This is an excellent exercise for the liver and kidneys.

Twenty-five times.



FIG. 67



**ABDOMEN AND THIGHS.**

*See Fig. 67.*

Lie on the right side, supporting the head with the hand, the other hand on the hip.

Raise the left leg as far as possible. Keep the leg perfectly straight as you tense it and carry it as far forward and as far backward as possible. Point the foot downward. Endeavor to move the leg horizontally.

Turn over and repeat the exercise with the right leg.

Twenty-five times; each leg.

## A CHAPTER FROM A BUSY LIFE.

Written for *Health Culture*, 151 West Twenty-third Street,  
New York.

*My Dear Mr. Turner:*

About once a year I get around to make my bow to the readers of *Health Culture*, to let them know that I am neither dead nor sleepeth, but, instead, as the years go by, my enthusiasm for perfect health and manly strength keeps ever apace with the times.

As figures do not lie (except in election returns), I trust that the following comparative table will prove to your many readers that the fool doctor of Chicago was entirely off his base when he declared that a man could not and should not attempt to develop, physically, after reaching thirty-five years of age. This statement is about as absurd as that of Dr. Osler, who claims that a man's usefulness is over at forty and that he should be chloroformed at sixty, and laid on the shelf.

Last Saturday (April 29) I celebrated my birthday anniversary (fifty-eight) in my usual way, by riding as many miles on my wheel (before breakfast) as I am years old—or, I should say, years young. You see, I am within two years of the chloroform period, but it would take a mighty good man to lay me on the shelf, or even on my back.

While I am interested in the physical education of the young of both sexes, I am especially interested in the betterment of the physical condition of those persons having reached or having passed the foretieth or fiftieth milestone—an age at which they are liable to let up in their active physical life. I desire to assure them that letting up in daily exercise means letting down in health.

Of course, the average man or woman of middle age does not possess the vigor of youth; however, I think it possible (as in my own case). Yet, as the mind has a most wonderful effect upon the body, I would suggest that the thought of health and strength should be constantly held, and then appropriate exer-

cise taken to conform with that thought; then, add to this, right living.

If I were asked as to the indications of health I would answer:

1. Correct position of the body.
2. Correct carriage of the body.
3. A light and elastic step.
4. A clear complexion.
5. A bright eye.
6. A sweet breath.
7. An odorless body.

These, all of these, may be obtained and then retained until long after passing three-score-and-ten.

If I were asked how to get and how to keep health (health is wholeness, so there is no modification or qualification of that term; no good health nor poor health nor tolerable health—just health), I would call attention to seven more important factors, viz.:

1. We eat and drink to make blood.
2. We should exercise to circulate it.
3. We should breathe deeply to oxygenate (purify) it. Then keep normally and naturally active the four eliminating agents:
4. The bowels.
5. The skin.
6. The lungs.
7. The kidneys.

To do this we should eat wholesome food (eating no more than the system requires), bathe daily (the temperature of the bath being suited more to the needs of the body than to the whims of the mind), exercise regularly (not spasmodically), and be temperate in all things.

Any one can theorize, but to live up to one's theory is quite another question. I am willing to be measured by the same standard wherewith I measure; therefore to encourage any that "may have come tardy off" I submit the following figures, which plainly indicate that I take my own medicine:

## AN INTERESTING AND ENCOURAGING RECORD.

*Age Does Not Seem to Have Its Limitations. Began in 1868—Still at it in 1905. Note the Record of the Past Few Years.*

WARMAN.	1895	1896	1897	1898	1899	1900	1901	1902	1903	1904	1905
Age .....	48 yrs.	49	50	51	52	53	54	55	56	57	58
Weight .....	202 lbs.	197	193	186½	187	190	187	167	176	180	180
Waist .....	42 in.	42	42	42	41	40	38	37	36	36	35
Hips .....	44 in.	44	43	42	42	41½	41	40	39	39	39
Forearm .....	11 in.	11	11	11	11¼	11½	11½	11¾	12	12	12
Upper Arm.....	12¼ in.	12¼	12¼	12¼	12½	12¾	13½	14	14½	14½	14½
Neck .....	15 in.	15	15	15	15¼	15½	15¾	16	16	16	16
Calf .....	15 in.	15	15	15	15¼	15½	15¾	16	16	16	16
Thigh .....	23 in.	23	23	23	23½	23½	23¾	24	24	24	24½
Chest (normal) ..	43 in.	43	43	43	43½	43¾	44½	45	45	45	45
Chest (contracted) ..	..	..	..	..	..	..	..	38¼	38	38	37
Depth of Chest (Normal) .....	..	..	..	..	..	..	..	10.3	10.3	10.3	10.3
Seventh Rib (expanded) .....	..	..	..	..	..	..	..	40	41	41	41
Seventh Rib (contracted) .....	..	..	..	..	..	..	..	36	35	35	35

I have no record of measurements previous to 1895. I remember, however, that my weight in 1871 (during my "sparring bouts" with my old chum, Charlie Nolting, in the old Fourth Street gymnasium, in Cincinnati, Ohio.) was then but 145 pounds.

From 1895 to 1898 the measurements remained about the same, but in the latter part of 1898 (having passed my fifty-first birthday anniversary) I formulated my system of tense exercises (double contraction), which I now take daily.

Note the increase in the measurements of the forearm, upper arm, neck, calf, thigh and chest; the decrease in waist and hip measurements, and the great decrease in weight since 1895.

It will be observed that in 1902 I dropped down to 167 pounds (the lowest in twenty years). This was due to a change of diet—but only in one respect, viz.: the complete cutting out of meat for a period of three months. This occurred during our never-to-be-forgotten sojourn in that most charming city, country and climate—Victoria, B. C.

During that period I made no other change in my habits, but rode my wheel, as usual, in the early morning hours (covering 1,039 miles), and ate, as usual, but two meals a day.

Not being a vegetarian, I did not partake of those vegetables that are a substitute for meat (beans, peas, lentils), except occasionally the former. This was not because I do not believe in them, but because I do not like them. In the place of meat I ate eggs and cheese, daily. Notwithstanding the fact that I ate cereals with an abundance of sugar and cream, more potatoes in the three months than I would usually eat in a year, cheese (of which I am exceedingly fond); these and other fattening foods, I lost in weight instead of gaining. Physiologically considered, this may seem to be almost paradoxical; but not so. In the ordinary run of life this would make one very fleshy (adipose tissue), but my exercise was so vigorous that instead of this food forming fat cells it was consumed as heat for the necessary muscular energy.

The result as regards health? I was, have since been, am

now, and always shall be well—perfectly well every minute of every day. Yes, I have gone back to the flesh-pots of Egypt, but I am not an extremist. When I want meat I eat it. Nature makes out my bill of fare and when she calls for meat it is forthcoming; sometimes once a day, for two or three days in succession; sometimes only three or four times a month. Therein I know I am not a slave to appetite.

It is not so much what you eat as how you eat, not how much nor how little you eat. Out of my thirty-seven years' experience it took me twenty years to learn this little, simple, yet fundamental principle; to learn, also, that physical training, *per se*, is but half the battle; that health, strength and longevity depend equally as much upon right living; that every man should be a law unto himself, but he must understand the law. I have no patience with the extremists or the faddists only inasmuch as they get people out of a rut and cause them to think for themselves.

I trust that this little message may be the means of arousing to action some casual reader of H. C. (the regular readers "need no spur to prick the sides of their intent"). Then, in conclusion, I say—*Begin now!*

"How wise we are when the chance has gone  
And a backward glance we cast;  
We know just the thing we should have done  
When the time to do is past."

Vigorously yours,

EDWARD B. WARMAN.

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No. 11. 4-lb. Ball.	. " 5.50	No. 14. 11-lb. Ball.	. " 10.00

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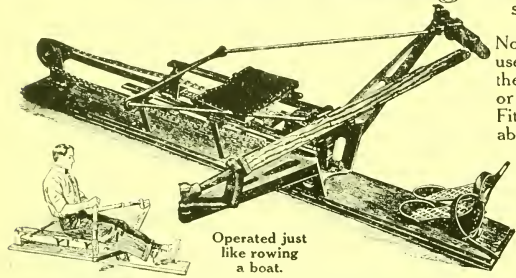


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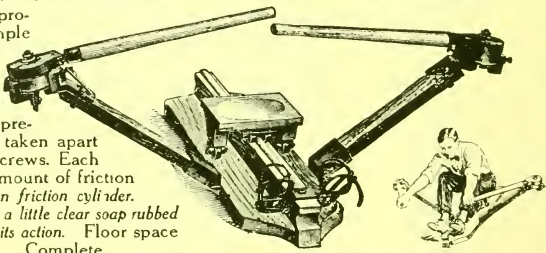
Operated just like rowing a boat.

No. 600. The ideal boat for home use and training purposes. Brings the exercise usually obtained on river or lake into the home or bedroom. Fitted with roller seat and adjustable shoes to fit either a tall or a short person. Thumb-nut arrangement controlling belt allows more or less friction to be thrown into the running parts, imitating the resistance which exists when forcing a row boat through the water. The resistance may be reduced for the weaker sex or increased to suit the

strongest athlete. Oars are pivoted in such a way that operator can handle and turn them same as he would during the return and feathering motion with a boat oar. Floor space required, 6x5 ft. Ea.,

## THE LAFLIN FRICTION ROWING MACHINE

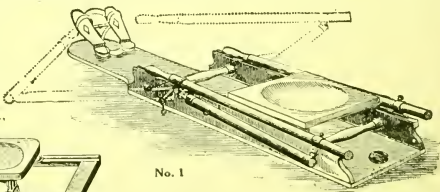
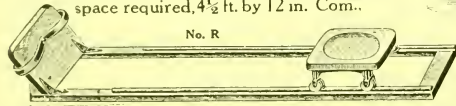
No. 119. The means used to produce the resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and retains the pressure till its completion, when it instantly releases it, precisely as in a boat. Quickly taken apart without loosening any bolts or screws. Each machine is adjustable to any amount of friction or resistance. *Do not use oil on friction cylinder. If its action is not perfectly smooth a little clear soap rubbed on its surface will properly correct its action.* Floor space required, 4½ feet by 4½ feet Complete,



SPALDING ROWING ATTACHMENTS, in connection with Chest Weight Machines, will be found particularly suitable for home use; can be detached from the weight machine quickly and put away in a very small space until the next opportunity for use presents itself. To be used in connection only with chest weights which have center arm adjustment, or with handles arranged so that they can be pulled from a bracket close to the floor.

No. 1. This attachment, as will be noted, has outriggers and arms similar to the rowing machine, and offers a great variety of work when used in connection with chest weight. Floor space required, 4½ ft by 4½ ft. Complete,

No. R. Designed to fill the demand for a low priced article of this kind, built along substantial lines. Gives entire satisfaction. Floor space required, 4½ ft. by 12 in. Com.,



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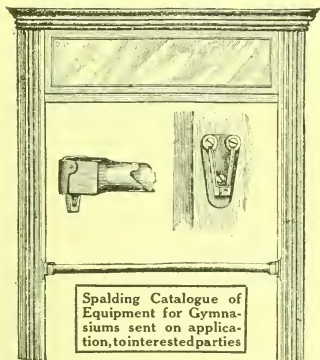
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# Spalding Adjustable Doorway Horizontal Bar



No. A. The bar itself is made of selected hickory, having steel tubular ends into which iron sockets screw, holding rubber cushions. The socket on one end contains a left hand thread, on the other end a right hand thread. By fitting the bar in the doorway and turning it with the hands the ends are made to expand, and the friction applied by the rubber against the sides of the doorway is sufficient to sustain the weight of a heavy man. This bar may be used for chinning exercises, being adjustable to any height, also for abdominal work, as shown by cuts in margin of this page. Size of doorway in which bar will be used must be stated when ordering, as the adjustment is not great enough to meet all requirements in one size bar

This No. A Bar is supplied regularly to fit any doorway under 33 inches in width. Bars to fit wider doorways. . . . . Extra, 50c.  
Should not be used in doorways wider than 42 inches. If length larger than 42 inches is required, it would be advisable to use a regular horizontal bar. Various styles listed below.



## Spalding Doorway Horizontal Bar

No. 101. The keys fastened to each end of bar fit in the side sockets, which are secured to door jamb and hold the bar firmly in place. The parts are of malleable iron, very light, yet strong enough to sustain the heaviest man. The bar may be quickly removed when not in use, leaving no projecting part. Complete with parts.

This No. 101 Bar is supplied regularly to fit any doorway under 37 inches. Bars to fit wider doorways, Extra, 50c. Should not be used in doorways wider than 42 in. If length larger than 42 in. is required, it would be advisable to use a regular horizontal bar. Various styles listed below.

Extra sockets for doorway. Pair, 50c.

With two pairs of sockets bar may be used for either chinning or abdominal exercises.



## Spalding Horizontal Bars

Our steel core hickory bars are superior to anything of the kind in the market, and are almost exclusively used by professionals. The core is made of the finest tool steel. Every bar warranted.

### Steel Core Bars



- No. 112. 5½ feet.
- No. 113. 6 feet.
- No. 114. 6½ feet.
- No. 115. 7 feet.

### Solid Hickory Bars

Made of selected second growth hickory.

- No. 116. 4 feet.
- No. 117. 4½ feet.
- No. 118. 5 feet.
- No. 119. 5½ feet.
- No. 120. 6 feet.
- No. 121. 6½ feet.



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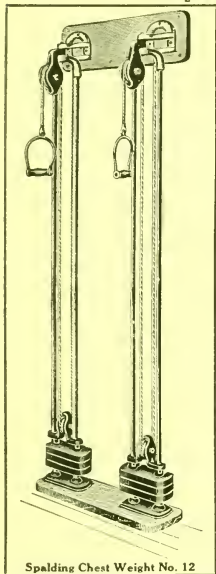
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## Spalding Chest Weight No. 12

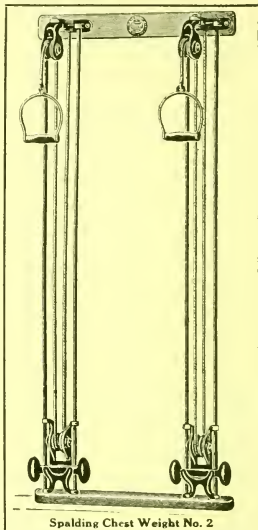


Spalding Chest Weight No. 12

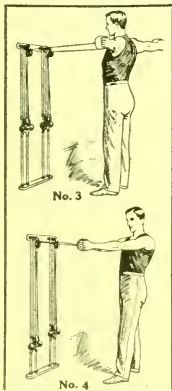
No. 12. This machine, especially designed for home exercise, will be found high grade in every particular. Cast iron parts are all nicely japanned. The wheels are iron, turned true on centers, and have hardened, steel cone point bearings. The guide rods are spring steel, copper-plated. The weight carriage has removable felt bushings, noiseless and durable. Each handle is equipped with 10 pounds of weights.

## Spalding Chest Weight No. 2

No. 2. A good machine for home use. Well made and easy running. Rods are  $\frac{3}{4}$ -inch coppered spring steel. Bearings are hardened steel cone points running in soft, gray iron, noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5-pound iron dumb bells, one to each carriage, and may be removed and used as dumb bells. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.



Spalding Chest Weight No. 2



No. 3

No. 4

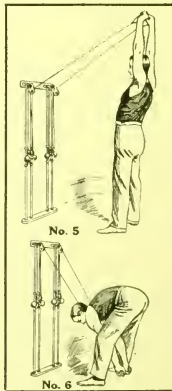
Illustrations show movements with above type of machine, with notes as to corrective effects. Complete course of exercises given in Spalding's Athletic Library, No. 161, "Ten Minutes Exercise for Busy Men," by Luther Halsey Gulick, M.D. Price 10 cents.

**Exercise No. 3** (see cut). Strengthens back, upper arm and upper back. Especially good in correcting round shoulders and flat chest.

**Exercise No. 4** (see cut). Strengthens all waist muscles, aids digestion, corrects constipation, develops hips.

**Exercise No. 5** (see cut). Corrects round shoulders and flat chest, develops whole back arm.

**Exercise No. 6** (see cut). Aids digestion, corrects constipation, reduces size of abdomen.



No. 5

No. 6

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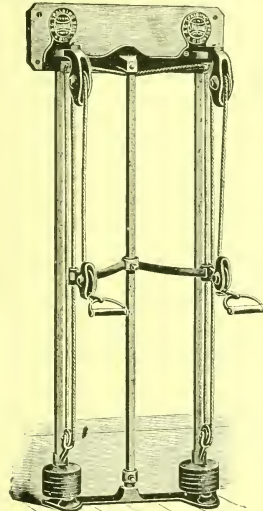
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# Spalding Chest Weight No. 5 and Attachments



## Spalding Chest Weight No. 5

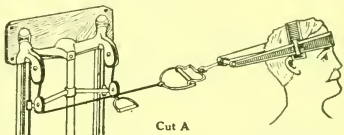
The movements for which this machine was specially designed are calculated to correct defects incident to school and office work, correct flat chest, round shoulders, forward head, regulate digestion and assist nature in the elimination of the waste products of the system, and in conjunction with the bath to produce that buoyant feeling which makes life really worth living. To get best results enter into the exercises as described and illustrated in "Pulley Weight Exercises," Spalding Athletic Library, No. 29, price 10 cents, with your whole being, so as to induce copious perspiration.

No. 5. Because of its adjustment feature, which permits of all lower, as well as direct chest movements, this machine is ideal for home use. The various changes are made by raising or lowering the center arm, requiring but a few seconds. It really combines two machines in one, and is particularly suitable where space is a consideration. Japan finish. Each machine is equipped with sixteen pounds of weights.

Spalding Chest Weights may be put up in a few minutes

## Spalding Head and Neck Attachment No. 3.

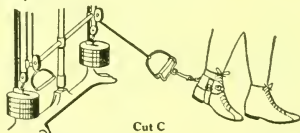
Heavy cowhide. Ready for use by simply snapping to one of the handles or both. Each, \$1.50 For business men. Overcomes tendency to forward head, due to continuous work at desk. For women, will help develop a nicely rounded neck. This attachment, together with special center arm movements, as shown in cut B, and exercise with foot and leg attachment, shown in cut C, will produce an absolutely erect carriage.



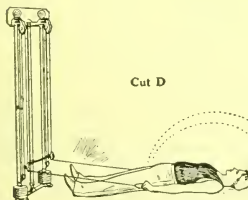
Illustrating Method of Fastening Head and Neck Attachment to No. 5 Chest Weight Machine.

## Spalding Foot and Leg Attachment No. 2.

Heavy cowhide. Readily attached to one handle or both; can be worn with or without shoe. Ea., \$1.50 This provides a local exerciser for all muscles of the leg. As such it is an excellent device for strengthening weak muscles, toning up others and giving exercise to stiff joints.



Illustrating Method of Fastening Foot and Leg Attachment to No. 5 Chest Weight Machine.

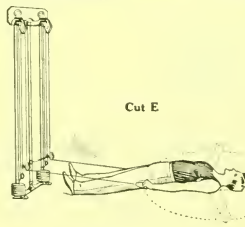


Cut D

### To Deepen the Chest

Lying on the mat, feet toward the machine (ropes through lower pulleys), swing arms forward and over the head (not sideways) as far as possible. Keep elbows rigid. Inhale as the arms swing forward over the head; exhale as the arms return.

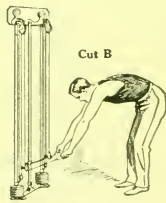
For extremely stout business men particularly, the exercises shown in Cuts D and E will overcome, to a large extent, breathlessness, due to climbing stairs, etc. Never exercise within two hours after eating.



Cut E

### To Widen the Chest

Lying on the mat with feet toward the machine, place the cords in lower pulleys, pull the cords over the head sideways, keeping the arms and hands close to the floor, elbows stiff. Inhale as the arms swing sideways over the head; exhale as they return.



Cut B

### Illustrating Special Exercise with No. 5 Chest Weight for Producing Erect Carriage.

Bend body forward and flex thighs. Pull from floor. This movement exercises the lower back and thighs and part of upper back.

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# Spalding Gold Medal Wood Dumb Bells

Special skill is used in turning Spalding wood dumb bells. They feel right because they are so.



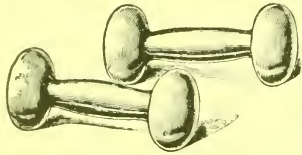
Model A Dumb Bells



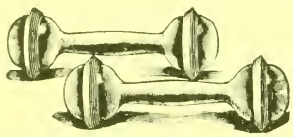
Model AW Dumb Bells



Iron Dumb Bell



Nickel-Plated Dumb Bells



Nickel-Plated Dumb Bells, with Rubber Bands

Model A. Natural Color, Lathe Polished, High Finish  
Spalding Gold Medal Dumb Bells are made of selected first grade clear maple, and are perfect in balance. Each bell bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag. Weights specified are for each bell.

- 1/2 lb. Bells.      1 lb. Bells.      2 lb. Bells.
- 3/4 lb. Bells.      1 1/2 lb. Bells.

## Spalding Trade-Mark Wood Dumb Bells Model AW. (Stained Finish)

Spalding Trade-Mark quality. Made of good material and superior in shape and finish to the best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell.

- 1/2 lb. Bells.      1 lb. Bells.      2 lb. Bells.
- 3/4 lb. Bells.      1 1/2 lb. Bells.

## Spalding Iron Dumb Bells

Made on approved models, nicely balanced and finished in black enamel. Sizes 2 to 40 lbs 6c. ★ 5c. lb. Over 40 lbs., 8c. lb.  
★ 6 1/2 c. lb.

Bar Bells, weight 25 lbs. or more for complete Bar Bell, supplied regularly with steel handles, length 3 feet between bells. . . . 12c. lb. ★ 10 1/2 c. lb.

Bar Bells, weight 25 lbs. or more for complete Bar Bell, with steel handles, either shorter or longer than regular length as noted above. 15c. lb. ★ 13 1/2 c. lb.  
Prices for Bar Bells weighing other than above quoted on application.

Quantity prices in italics preceded by ★ will be allowed on 25 lbs. or more of iron dumb bells or 100 lbs. or more of bar bells

## Spalding Nickel-Plated Dumb Bells (Nickel-Plated and Polished)

- No. 1N, 1 lb. Bell      No. 3N, 3 lb. Bell
- No. 2N, 2 lb. Bell      No. 4N, 4 lb. Bell
- No. 5N, 5 lb. Bell

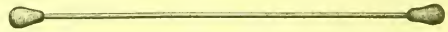
### WITH RUBBER BANDS

- No. 1B, 1 lb. Bell      No. 3B, 3 lb. Bell
- No. 2B, 2 lb. Bell      No. 4B, 4 lb. Bell
- No. 5B, 5 lb. Bell



## Savage Bar Bell Especially designed by Dr. Watson L. Savage.

Model S. Has large pear shaped ends, with a flexible hickory shaft 1/2-inch in diameter, producing a vibratory exercise similar to that obtained with the French wand.



## Spalding Ash Bar Bells

No. 2. Selected material, highly polished, 5 feet long.

## Spalding School Wand

No. 3. 3 1/2 feet long. Straight grain maple, black finish.

## Spalding Calisthenic Wand

No. 4. 4 1/2 feet long. 1 inch diameter. Black finish.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one dozen pairs or more on sizes up to one pound and on one-half dozen pairs or more on sizes over one pound in weight. Quantity prices will NOT be allowed on items NOT marked with ★

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## Spalding Gold Medal Indian Clubs

Model, material and finish as perfect as the most complete and up-to-date factory can make them

NATURAL COLOR, LATHE POLISHED, HIGH FINISH  
Spalding Gold Medal Indian Clubs are made of selected first grade clear maple, in two popular models and are perfect in balance. Each club bears fac-simile of the Spalding Gold Medal. Each pair is wrapped in paper bag.

Model E — *Weights specified are for each club*



Model E

$\frac{1}{2}$  lb. Pair,  
1 lb. " " " " " "

$1\frac{1}{2}$  lb. Pair,  
2 lb. " " " " " "

Model B — *Weights specified are for each club*



Model B

$\frac{1}{2}$  lb. Pair,  
1 lb. " " " " " "

$1\frac{1}{2}$  lb. Pair,  
2 lb. " " " " " "

## Spalding Trade-Mark Indian Clubs

STAINED FINISH

The following clubs bear our Trade-Mark, are made of good material, and are far superior in shape and finish to the best clubs of other makes. Furnished in two popular models. Each pair wrapped in paper bag.

Model ES — *Weights specified are for each club*



Model ES

$\frac{1}{2}$  lb. Pair,  
1 lb. " " " " " "

$1\frac{1}{2}$  lb. Pair,  
2 lb. " " " " " "

Model BS — *Weights specified are for each club*



Model BS

$\frac{1}{2}$  lb. Pair,  
1 lb. " " " " " "

$1\frac{1}{2}$  lb. Pair,  
2 lb. " " " " " "

## Spalding Exhibition Clubs

Handsomely finished in ebonite; for exhibition and stage purposes. The clubs are hollow, with large body, and although extremely light, represent a club weighing three pounds or more.

No. A. Ebonite finish, \$3.50  
No. AA. With German Silver Bands. . . . . Pair, \$5.00



No. A No. AA

## Indian Club and Dumb Bell Hangers



No. 1

Made of Iron and Nicely Japanned

No. 1. . . . . Pair,  
No. 1M. Mounted on oak strips. Pr., 25c. ★ \$2.70 Doz.

*The prices printed in italics opposite items marked with ★ will be quoted only on orders for one dozen pairs or more on sizes up to one pound, and on one-half dozen pairs or more on sizes over one pound in weight. Quantity prices will NOT be allowed on items NOT marked with ★*



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# Spalding Automatic Abdominal Masseur

A Safe and Sure Cure for Constipation and Other Kindred Ailments

Useful for treatment of constipation, based upon the principle of muscular contraction (the force which nature uses). It effectually applies force in the same direction that nature does, and will gradually discard the use of cathartics. A few moments' use each night, before retiring, and in the morning, upon arising, is all that is necessary. Its action upon the liver and stomach is equally as prompt and effective, and derangements of these organs are speedily remedied. Complete, \$10.00

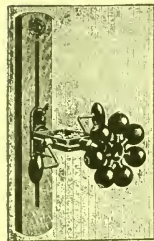
N. E. cor. 15th and Locust Sts., Philadelphia, Pa.  
May 24, 1906.

A. G. SPALDING & BROS.

Gentlemen: I have used the Spalding Automatic Abdominal Masseur in my practice for over fifteen years. I have found it of great benefit in chronic constipation and indigestion. Your improvement increases its value. Very truly yours, WALTER A. FORD, M.D.

## Spalding Home Gymnasium Board

A Complete Gymnasium for the Home on One Board. Floor space required, 3 ft. by 2 ft. Height, 8 ft. Floor board and staple plate only are attached permanently. Upper board is held in position by pressure of guy rod and will not mar the wall in the slightest degree.



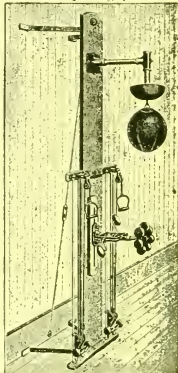
Convenient, does not take up much room, is always ready, and is really the most compact, simplest and best arrangement for providing complete set of home exercising apparatus that has ever been devised. Consists of

- Board, with attachments for fastening to floor of room, so that walls need not be marred. . . . .
- Spalding Abdominal Masseur. . . . .
- No. PR. Spalding Adjustable Disk. Complete with Striking Bag. . . . .
- No. 2. Spalding Chest Weight Machine, including pair of 5-lb. Dumb Bells. . . . .

Complete, all attached,

*Board itself will be furnished separately if desired.*

As the complete outfit is made up and carried in stock by us, equipped as noted above, we cannot supply board with different



articles already attached.

## Spalding Correctional Chest Exerciser

No. W. To use this simple piece of apparatus simply stand squarely in front of it, grasping both handles firmly, then push forward, at the same time extending the hands so as to put the strain on the chest and shoulder muscles. Designed particularly to correct round shoulders and will benefit greatly young people especially, who are inclined to stoop, aiding also in the development of an erect and graceful figure. Attached with two screws to wall, door or other convenient place. Ea., \$1.50

Attached with two screws to wall, door or other convenient place. Ea., \$1.50

## Spalding Bar Stall Bench



No. 205. Hard pine, strong and substantial. Top padded with hair felt, canvas covered. Preferable, for sanitary reasons that canvas be painted (a special elastic paint is used), unless specified, stock benches will be so furnished. . Each,

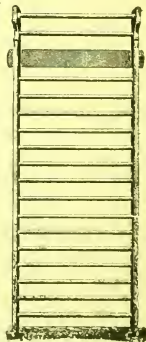
## Spalding Leather Covered Shot



No. A. For abdominal massage. An iron ball, wound with electric tape and then covered with very soft, smooth grade of horsehide. 6 or 8 lbs. weight. . Each,

## Spalding Bar Stalls

No. 20H. Adapted for use in the home; compact, of simple construction, used for the greatest variety of movements affecting every part of the body, and especially abdomen and chest movements. Erected against wall, behind door, or any flat surface. 8 feet high, 36 inches wide and extends 6 inches into room. Floor space required, 1 ft. by 2½ ft. Height, 8 ft. Per section,



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# Spalding Elastic Exercisers



No. 3. Spalding "Special" Elastic Exerciser, with chart of exercises and Spalding Athletic Library, No. 29, "Pulley Weight Exercises." Complete in box, with charts, door hinge attachment and package of hooks. Choice of heavy or medium cable. Improved in quality and finish. . . Each, \$5.00

No. 1. Spalding "Standard" Elastic Exerciser, with a chart of exercises and Spalding Athletic Library, No. 29, "Pulley Weight Exercises." Complete in box, with door hinge attachment and a package of hooks. Choice of either heavy or medium cable. . . . . Each, \$3.00

No. 0. Spalding "Lively" Elastic Exerciser, with chart of exercises and Spalding Athletic Library, No. 29, "Pulley Weight Exercises." Complete in box, with door hinge attachment and package of hooks. Choice of heavy or medium cable. . . . . Each, \$2.00

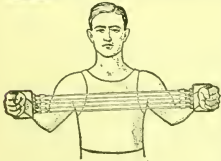
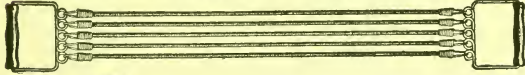
### EXTRA CABLES

Complete with Swivel Ends, for Spalding Elastic Exercisers  
Cables are packed each in individual tubes, convenient for handling or mailing. This also keeps the rubber from the light and air. If not specified, medium tension will be sent.

- Style C. Cable only, for No. 3, Elastic Exerciser. Heavy or medium tension. . . . . Each, \$2.50
- Style B. Cable only, for No. 1, Elastic Exerciser. Heavy or medium tension. . . . . " 1.50
- Style A. Cable only, for No. 0, Exerciser. Either heavy or medium tension. . . . . " 1.25



## Spalding Health Pull



No. HP. Formed of five cords of heavy elastic, durable in quality. Has two handles, one at each end, and strength may be varied by using with different numbers of cords. A very beneficial article of exercise. . . . . Each, \$1.50

### Spalding Elastic Home Exerciser

No Pulleys

It is readily attached to door frame, window casing or any convenient place in room, is absolutely noiseless, takes very little space, and can be quickly removed when not in use.



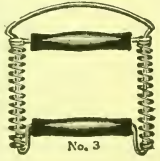
- No. 1H. Heavy Tension Elastic. . . . . Each, \$1.00
- No. 2M. Medium Tension Elastic. . . . . Each, 85c.
- No. 3L. Light Tension Elastic. . . . . Each, 70c.

## Spalding Wrist Machines



Strengthens and develops fingers, hands, wrists, arms and forearm. Cures cramps and stiffness of joints.

- No. 1. Elastic cord, wood handle. Each, 25c.
- No. 2. Elastic cord, cork handle. Each, 50c.
- No. 3. Metal springs, wood handle. Ea. 25c.



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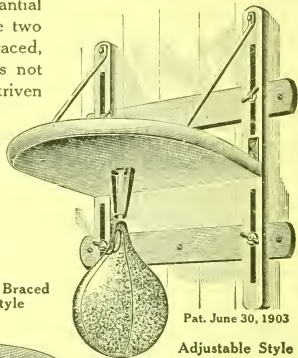


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# SPALDING PATENT SOLID STRIKING BAG DISKS

A striking bag disk must be substantial if it is to be of use, and in the two styles, both adjustable and braced, which we list, this feature has not been neglected, while we have striven to put out a disk which is suitable for home use and moderate in price.

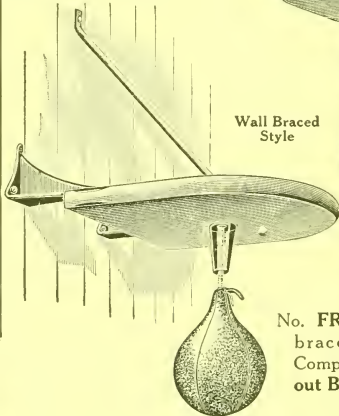


Pat. June 30, 1903

Adjustable Style

No. CR

No. CR. Patent adjustable style. Complete, without Bag.



Wall Braced Style

No. FR. Wall braced style. Complete, without Bag.

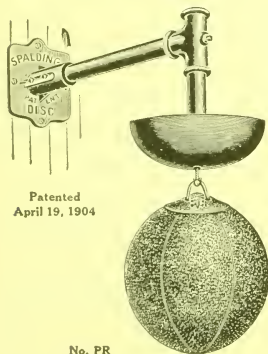
No. FR



## SPALDING DISK PLATFORM

Can be put up in a very small space and taken down quickly when not in use by simply detaching the pipe fixture from the wall plate. The metal disk against which the bag strikes constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action. This disk also combines an adjustable feature that is simple to operate and makes it possible for various members of the family to use the same disk.

No. PR. Spalding Adjustable Disk Platform. Complete with bag.



Patented  
April 19, 1904

No. PR

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**A. G. SPALDING & BROS.**  
STORES IN ALL LARGE CITIES

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THE SPALDING

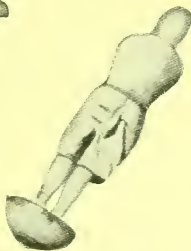


TRADE-MARK

GUARANTEES  
QUALITY

# SPALDING FIGHTING DUMMIES

Patented March 22, 1910; October 31, 1911



A very popular piece of exercising apparatus, consisting of an inflated figure covered with heavy brown canvas, mounted on a hidden steel frame, and fastened (removably) to a heavy bowl shaped iron base. Trains the eye, keeps the mind occupied, and will bring into play the muscles actually needing

development for everyday use. A number of persons, by standing in a circle, may use the one dummy.

- No. 1. Full size dummy, for men's use. . . . Each, **\$50.00**
- No. 2. Medium size dummy, for boys up to 16 years, and for ladies' use. . . . . Each, **\$25.00**
- No. 3. Small size dummy, for young boys and girls. . . . . Each, **\$15.00**

## Rubber Bladders for Fighting Dummies

- No. 1-0. Full size to fit No. 1 dummy. Each, **\$6.00**
- No. 2-0. Medium size, to fit No. 2 dummy. . . . . Each, **\$5.50**
- No. 3-0. Small size, to fit No. 3 dummy. Each, **\$5.00**

We issue a special Catalogue devoted to our line of Equipment for Outdoor Playgrounds. Copy of this Catalogue will be sent on request to interested parties. Correspondence is solicited with School Committees, Boards of Education and those who control Public Playgrounds.



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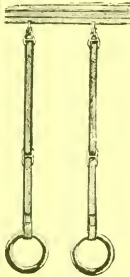
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# SPALDING HOME GYMNASIUM

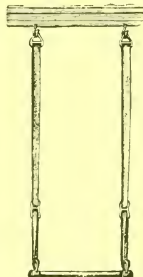
Combining Swinging Rings, Trapeze Stirrups and Swing

## Home Apparatus

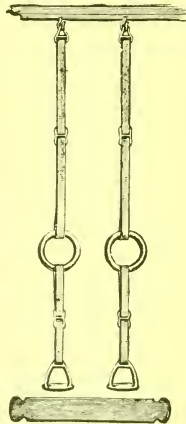
Start with the boy by making him take some kind of exercise, and if he is not inclined to do so without urging, provide him with suitable apparatus that is at the same time interesting. It won't be long before you will see the effects in his improved physique and no urging will be necessary to induce him to show off his prowess on swinging rings or trapeze. The boy that is started this way grows up with the inclination for athletic exercise that will keep him in good health during the balance of his life.



Can be put up  
Anywhere



Especially adapted for  
use by Boys and Girls



The apparatus is supported by two strong screw-hooks in the ceiling, about eighteen inches apart. It can also be used out of doors. The straps are of extra strong webbing and adjustable to any desired height; rings heavily japanned. The apparatus can be put up in any room, and removed in a moment, leaving only two hooks in the ceiling visible. The various combinations can be quickly and easily made.

We furnish in addition, a board adjustable to the stirrups, which forms an excellent swing.

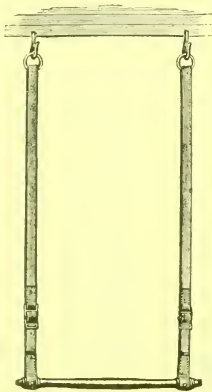
No. 1. Complete, ready to put up.

## SPALDING ADJUSTABLE TRAPEZE AND SWINGING RINGS

Furnished complete; everything necessary for suspending. The supports are made of extra strong webbing. Perfectly safe under all conditions, and with the adjustable buckle, may be adapted to any ceiling from 16 feet down.

No. 201. Trapeze.

No. 301. Complete, with 6-inch Japanned Swinging Rings.



No. 201. Adjustable  
Trapeze



No. 301. Adjustable  
Swinging Rings

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GUARANTEES  
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# SPALDING'S NEW ATHLETIC GOODS CATALOGUE

The following selection of items from Spalding's latest Catalogue will give an idea of the great variety of ATHLETIC GOODS manufactured by A. G. SPALDING & BROS. ∴ ∴ ∴ SEND FOR A FREE COPY.

## SEE LIST OF SPALDING STORES ON INSIDE FRONT COVER OF THIS BOOK

<ul style="list-style-type: none"> <li>Ankle Brace, Skate</li> <li>Ankle Supporter</li> <li>Athletic Library</li> <li>Attachments, Chest Weight</li> </ul>	<ul style="list-style-type: none"> <li>Emblems</li> <li>Embroidery</li> <li>Exercisers— Elastic Home</li> </ul>	<ul style="list-style-type: none"> <li>Jackets— Fencing Foot Ball</li> <li>Javelins</li> <li>Jerseys</li> </ul>	<ul style="list-style-type: none"> <li>Platforms, Striking Bag</li> <li>Poles— Ski</li> <li>Vauling</li> <li>Polo, Roller, Goods</li> <li>Protectors— Abdomen Eyeglass Finger, Field Hockey Indoor Base Ball Knee Thumb, Basket Ball Protection, Running Shoes</li> <li>Pucks, Hockey, Ice</li> <li>Push Ball</li> <li>Pushers, Chamois</li> </ul>	<ul style="list-style-type: none"> <li>Skate Bag</li> <li>Skate Keys</li> <li>Skate Rollers</li> <li>Skate Straps</li> <li>Skate Sundries</li> <li>Skis</li> <li>Snow Shoes</li> <li>Sprint Lanes</li> <li>Squash Goods</li> <li>Standards— Vauling Volley Ball</li> <li>Straps— For Three-Legged Race.</li> <li>Skate</li> <li>Sticks, Roller Polo</li> <li>Stockings</li> <li>Stop Boards</li> <li>Striking Bags</li> <li>Suits— Base Ball, Indoor Gymnasium, Ladies'</li> <li>Soccer</li> <li>Swimming</li> <li>Water Polo</li> <li>Supporters— Ankle Wrist</li> <li>Suspensories</li> <li>Swelters</li> <li>Swivels, Striking Bags</li> <li>Swords, Fencing</li> <li>Swords, Dueling</li> </ul>
<ul style="list-style-type: none"> <li>Bags— Caddy</li> <li>Striking Skate</li> <li>Balls— Base Basket Field Hockey Foot, College Foot, Rugby Foot, Soccer Golf Hand Hurley Indoor Base Lacrosse Medicine Playground Polo, Roller Polo, Water Push Squash Volley</li> <li>Ball Cleaner, Golf</li> <li>Bandages, Elastic</li> <li>Bar Bells</li> <li>Bar Stalls</li> <li>Bars— Horizontal Parallel</li> <li>Bases, Indoor</li> <li>Bats, Indoor</li> <li>Belts— Elastic Leather and Worsted</li> <li>Wrestling</li> <li>Bladders— Basket Ball Fighting Dummy Foot Ball</li> <li>Striking Bag</li> <li>Blades, Fencing</li> <li>Blankets, Foot Ball</li> </ul>	<ul style="list-style-type: none"> <li>Felt Letters</li> <li>Fencing Sticks</li> <li>Fighting Dummies</li> <li>Finger Protection, Hockey</li> <li>Flags— College Marking, Golf Foils, Fencing</li> <li>Foot Balls— Association College Rugby</li> <li>Foot Ball Clothing</li> <li>Foot Ball Goal Nets</li> <li>Foot Ball Timer</li> </ul>	<ul style="list-style-type: none"> <li>Knee Protectors</li> <li>Knickerbockers, Foot Ball</li> <li>Lace, Foot Ball</li> <li>Lacrosse Goods</li> <li>Ladies— Fencing Goods Field Hockey Goods Gymnasium Shoes Gymnasium Suits</li> <li>Skates, Ice</li> <li>Skates, Roller</li> <li>Skating Shoes</li> <li>Snow Shoes</li> <li>Lanes for Sprints</li> <li>Leg Guards— Foot Ball Ice Hockey</li> <li>Letards</li> <li>Letters— Embroidered Felt</li> <li>Liniment, "Mike Murphy"</li> </ul>	<ul style="list-style-type: none"> <li>Quits</li> <li>Racks, Golf Ball</li> <li>Racquet, Squash</li> <li>Rapiers, Fencing</li> <li>Referee's Whistle</li> <li>Rings— Exercising</li> <li>Swinging</li> <li>Rowing Machines</li> </ul>	<ul style="list-style-type: none"> <li>Socks</li> <li>Socks, Roller Polo</li> <li>Stockings</li> <li>Stop Boards</li> <li>Striking Bags</li> <li>Suits— Base Ball, Indoor Gymnasium, Ladies'</li> <li>Soccer</li> <li>Swimming</li> <li>Water Polo</li> <li>Supporters— Ankle Wrist</li> <li>Suspensories</li> <li>Swelters</li> <li>Swivels, Striking Bags</li> <li>Swords, Fencing</li> <li>Swords, Dueling</li> </ul>
<ul style="list-style-type: none"> <li>Ball Cleaner, Golf</li> <li>Bandages, Elastic</li> <li>Bar Bells</li> <li>Bar Stalls</li> <li>Bars— Horizontal Parallel</li> <li>Bases, Indoor</li> <li>Bats, Indoor</li> <li>Belts— Elastic Leather and Worsted</li> <li>Wrestling</li> <li>Bladders— Basket Ball Fighting Dummy Foot Ball</li> <li>Striking Bag</li> <li>Blades, Fencing</li> <li>Blankets, Foot Ball</li> </ul>	<ul style="list-style-type: none"> <li>Gloves— Boxing Fencing Golf</li> <li>Hand Ball</li> <li>Hockey, Field</li> <li>Lacrosse</li> <li>Goals— Basket Ball Foot Ball Hockey, Field</li> <li>Hockey, Ice</li> <li>Lacrosse</li> <li>Golf Clubs</li> <li>Golf Sundries</li> <li>Golfette</li> <li>Grips— Athletic Golf</li> <li>Gymnasium, Home</li> <li>Gymnasium Board, Hon.</li> <li>Gymnasium, Home Outfits</li> </ul>	<ul style="list-style-type: none"> <li>Masks— Fencing None</li> <li>Masseur, Abdominal</li> <li>Mattresses, Gymnasium</li> <li>Mattresses, Wrestling</li> <li>Megaphones</li> <li>Mitts— Handball Striking Bag</li> <li>Moccasins</li> <li>Monograms</li> <li>Mouthpiece, Foot Ball</li> <li>Mufflers, Angora</li> </ul>	<ul style="list-style-type: none"> <li>Sacks, for Sack Racing</li> <li>Sandals, Snow Shoe</li> <li>Sandow Dumb Bells</li> <li>Scabbards, Skate</li> <li>Score Books— Basket Ball</li> <li>Shin Guards— Association College</li> <li>Field Hockey</li> <li>Ice Hockey</li> <li>Shirts— Athletic Rubber, Reducing Soccer</li> <li>Shoes— Acrobatic Basket Ball Bowling Clog Fencing</li> <li>Shoes— Foot Ball, College Foot Ball, Rugby Foot Ball, Soccer Golf Gymnasium Jumping Running Skating Snow Squash Street Walking</li> <li>Shot— Athletic Indoor Massage</li> <li>Skates— Ice Roller</li> </ul>	<ul style="list-style-type: none"> <li>Tackling Machine</li> <li>Take-Off Board</li> <li>Tape, Measuring, Steel</li> <li>Tee, Golf</li> <li>Tennis Posts, Indoor</li> <li>Tights— Full Full, Wrestling Hockey Knee</li> <li>Toboggan</li> <li>Toboggan Cushions</li> <li>Toe Boards</li> <li>Toques</li> <li>Trapeze, Adjustable</li> <li>Trapeze, Single</li> <li>Trousers— Y. M. C. A. Foot Ball Trunks Velvet Worsted</li> <li>Uniforms— Base Ball, Indoor</li> <li>Wands, Calisthenic</li> <li>Watches, Stop</li> <li>Weights, 56-lb.</li> <li>Whistles</li> <li>Wrestling Equipment</li> <li>Wrist Machines</li> </ul>
<ul style="list-style-type: none"> <li>Caddy Badges</li> <li>Caps— Lacrosse Outing Skull University Water Polo</li> <li>Chest Weights</li> <li>Circle, Seven-Foot</li> <li>Clack Golf</li> <li>Collarette, Knitted</li> <li>Corks, Running</li> <li>Cross Bars, Vaulting</li> </ul>	<ul style="list-style-type: none"> <li>Hammers, Athletic</li> <li>Hangers for Dumb Bells</li> <li>Hangers for Indian Clubs</li> <li>Hats, University</li> <li>Head Harness</li> <li>Health Pull</li> <li>Hob Nails</li> <li>Hockey Pucks</li> <li>Hockey Sticks, Ice</li> <li>Hockey Sticks, Field</li> <li>Holder, Basket Ball, Canvas</li> <li>Hole Cutter, Golf</li> <li>Hole Rim, Golf</li> <li>Horse, Vaulting</li> <li>Hurdles, Safety</li> <li>Hurley Sticks</li> </ul>	<ul style="list-style-type: none"> <li>Needle, Lacing</li> <li>Nets— Basket Ball Golf Driving Volley Ball</li> <li>Numbers, Competitors'</li> <li>Pads— Chamois, Fencing Foot Ball Wrestling</li> <li>Paint, Golf</li> <li>Pants— Basket Ball Boys' Knee Foot Ball, College Foot Ball, Rugby Hockey, Ice Running</li> <li>Penname, College</li> <li>Pistol, Starter's</li> <li>Plastrons, Fencing</li> <li>Plates— Teeing, Golf</li> </ul>	<ul style="list-style-type: none"> <li>Indian Clubs</li> <li>Inflaters— Foot Ball Striking Bag</li> </ul>	<ul style="list-style-type: none"> <li>Discus, Olympic</li> <li>Disks— Marking, Golf Rubber, Golf Shoe</li> <li>Disks, Striking Bag</li> <li>Dumb Bells</li> </ul>

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SEP 24 1918

# Standard Policy

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A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 14 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

*First.*—The user is assured of genuine Official Standard Athletic Goods and the same prices to everybody.

*Second.*—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 14 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding*  
PRESIDENT.



# Standard Quality

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An article that is universally given the appellation "Standard" is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-seven years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

*A. G. Spalding & Bros.*

# SPALDING

ATHLETIC GOODS

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A separate book covers every Athletic Sport  
and is Official and Standard  
Price 10 cents each

GRAND PRIZE



ST. LOUIS, 1904



GRAND PRIX



PARIS, 1900

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ARE THE STANDARD OF THE WORLD

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NEW YORK	CHICAGO	ST. LOUIS
BOSTON	MILWAUKEE	KANSAS CITY
PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
BUFFALO	CLEVELAND	SEATTLE
SYRACUSE	COLUMBUS	MINNEAPOLIS
ROCHESTER	INDIANAPOLIS	ST. PAUL
BALTIMORE	PITTSBURGH	DENVER
WASHINGTON	ATLANTA	DALLAS
LONDON, ENGLAND	LOUISVILLE	
LIVERPOOL, ENGLAND	NEW ORLEANS	
BIRMINGHAM, ENGLAND	MONTREAL, CANADA	
MANCHESTER, ENGLAND	TORONTO, CANADA	
EDINBURGH, SCOTLAND	PARIS, FRANCE	
GLASGOW, SCOTLAND	SYDNEY, AUSTRALIA	

Factories owned and operated by A.G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.