



Practical Training for Running, Walking, Rowing, Wrestling, Boxing, Jumping, and All Kinds of Athletic Feats (Classic Reprint)

Ed James

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Notwithstanding that so many books have been written on Physical Culture, there still remained a large field to be covered hence the publication of the present volume. Great care having been taken in its compilation, we feel confident that the work will be in every sense of the word practical; so that those who desire may follow whatever their fancy prefers in athletic sports, in a creditable manner. In our opinion, the general usefulness of the book could in no way be improved upon; but, in order to be thoroughly posted in the laws governing athletic contests, the Manual of Sporting Rules, as a companion to this work, will be found very beneficial. The table of Proportional Measurements, according to height and weight, will form a good guide for the athlete as to his special muscular development. Banting's system of Reducing Corpulency, though not exactly intended for training purposes, is not to be despised, containing, as it does, much interesting and reliable information, on the subject of diet especially. To complete the treatise, and in order to prove what can be done by man when in proper physical condition, we add a record of the best athletic performances.

(Typographical errors above are due to OCR software and don't occur in the book.)

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