

III

I have purposely left out any form of "anthropometrical" measurements; in the past I have had men "worry" over their lack of weight in proportion to height, age, &c. More often than not there was absolutely no need for this foolish worry—there are greyhound types and bull-dog types, but neither are standard, and we may have men, almost *match-like*, as we often hear expressed, whose health is perfect because they are quite normal to their peculiar type. "Worry" is a beastly thing, and there are too many real troubles to worry over. Get the habit of happiness and philosophy.

NOTE.—So far as the author's development is concerned we can say that at 140 lbs. nude he has wrestled heavyweights and never been put on his shoulders, has run around a room with a 6 foot man overhead, and has an exceptional muscular development.