

contract the muscles, and finally to make the mental effort more fully dominate the physical action.

As you can send just as much energy to a part as you need—to lift a pen, or a 20-lb. weight, so you may make a series of movements as at a 20-lb. effort. Isn't it only natural that if you do 30 movements daily with a pen weight, or 30 movements at a 20-lb. weight, that the latter will produce greater muscle results in growth and development?

Hence the need of the mental in physical exercise. Here, too, lies the secret of quick results, and eliminates the waste of time lost by going through series of fanciful or aimless movements. Movements alone bring little or no results, it necessitates *movement plus energy*. You can be vigorous in action, or energetic, without getting the right results. If you control the right muscles, in physiological movement, you will get results.

The whole thing, despite the science of physiology and psychology which exercise should embrace, is very simple, as fortunately these sciences are not needed to be studied by you. All you are required is to follow the exercises, do them, and do them with control, the points to remember being :—

1. Control of muscle in movement.
2. Full movements.

This control must be localised on the working muscles. At first one is disposed to hold the breath and spread the effort all over the body, *i.e.*, putting a strain on the whole physique or large groups near the point of activity. Avoid this as you become more expert in **localising the control** and endeavour to breathe without restriction.