

# GOODYEAR'S POCKET GYMNASIUM,

Or Health-Pull.

We deem it highly important that every Family in the land should become familiar with the advantages to be derived from the use of the

## POCKET GYMNASIUM.

Physicians of all schools are now of one mind with regard to certain leading physiological principles, however they may differ with regard to remedial agencies. All admit that three things are ABSOLUTELY NECESSARY to vigorous health—viz., *Good Air, Good Food, Good Exercise*: and that with either of these lacking, the natural powers of BODY AND MIND are rapidly diminished.

To provide the first two, various intelligent agencies are at work. New York City has an association of scientific men, known as the HEALTH FOOD COMPANY, who are enthusiastically labouring to suggest and provide wholesomer, more digestible, and more nutritive foods. The same city has a society which adopts as its motto the words, "FIRE ON THE HEARTH," the leading object of which is to provide a perfect substitute for the old-fashioned fire-place, with the addition of greatly increased heating power and perfect ventilation. These enterprises are of inestimable value to mankind. Our province is to provide the simplest and MOST PERFECT MEANS FOR INCREASING VIGOUR THROUGH EXERCISE. With this object secured, the trio of ABSOLUTE ESSENTIALS to physical and mental well-being is completed.

With the universal admission that we cannot be well without exercise, we have also the assertion that violent, straining, exhausting exercise is not salutary,—is, in fact, dangerous. Dr. Winship, the "Strong Man," whose enormous muscular development enabled him to lift more than 1600 pounds with his hands alone, told a physician, in 1873, that he had not done wisely by his system of heavy lifting, and expressed that GENTLE EXERCISE WAS TRUE EXERCISE. A short time before his sudden death, this Champion Lifter applied for the Agency of

# Goodyear's Pocket Gymnasium,

for Boston and vicinity, believing that it should supersede all systems of exercise in vogue. If he had lived, he would no doubt have been selected by the proprietors to introduce this popular exercising device, and would have thus been able to undo by his wide influence the errors which he had before inculcated.

THE MOVEMENTS employed in using the POCKET GYMNASIUM are many and graceful. They are adapted to the old and young of both sexes, and of all degrees of muscular development. The feeble invalid may use them in a small way, and gain new strength day by day. The little child may be taught some graceful movements, and will rapidly acquire strength of limb, erectness of posture, and the rosy tint of health. The mother, the father, brothers and sisters,—each member of the household will employ these life-giving tubes with keen satisfaction and increasing benefits. THEY SHOULD BE IN EVERY HOME IN THE LAND. Our intention is to give every intelligent person an opportunity to fully understand this beneficent system of exercise, and to secure HEALTH AND STRENGTH by employing it. In this good work we have the co-operation of scores of the best people,—ministers, doctors, heads of hospitals, editors, and public men. The Publishers of THE YOUTH'S COMPANION, appreciating its value, offer it as a Premium to their subscribers, and thus carry it into many families. Physicians recommend it to patients, and secure for it recognition as a valuable adjunct to remedial measures. Teachers commend it to pupils and instruct them in its use. Whole families are supplying themselves with these beautiful appliances, and are setting apart an evening hour for mutual exercise with

## THE POCKET GYMNASIUM.

We need the help of all thoughtful persons in the introduction of the GYMNASIUM. We grant exclusive agencies in all unoccupied territory, on terms which will surely enrich the active man or woman. EXERCISING PARLORS are being opened in various sections, and great good is being accomplished by this system. We ask all to send to us for our Illustrated Circular, showing a multitude of graceful movements.

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No. 3. " " 8 to 10 years .. .. 1 20	No. 7. " Use by Ladies, Children, or Gents. .. 2 00
No. 4. " " 10 to 14 years .. .. 1 30	No. 8. " Gentlemen of extra strength .. .. 2 50

Full set (*family use*) ONE each (1 to 6), Two 7s and Two 8s, \$16. No. 7 and No. 8 are fitted with a screw eye and hook, to attach in the wall or floor. A pair of No. 7 (\$4 00) or 8 (\$5 00) make a complete Gymnasium. Extra hooks 5 cents each, or 60 cents per dozen. N.B.—*Extra size made to order.*

We send these goods to any address, postpaid, on receipt of price. Sold by Rubber Goods, Toy, Fancy, Sporting, Book and School Supplies Dealers and Druggists generally throughout the United States and the Dominion of Canada. Trade supplied by

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P. O. Box 5156. Exclusive Manufacturers under Letters Patent. 697 Broadway, New York.

Blood and Breath.— This interesting volume of 65 pages, by Prof. I. E. FROBISHER, author of "Voice and Action," is sent to any address by mail on receipt of price, 25 cents. It is illustrated with full outline movements to accompany GOODYEAR'S POCKET GYMNASIUM.