

undergoing a course in mechanotherapy ; it was done more in a sense of "research," if I may use that word, with the idea of omitting nothing which might be useful. I did many things as an amateur. I might have had ideas of following medicine, but as a matter of fact circumstances caused me to take up the work of a physical specialist for muscular and remedial purposes. In other words, as a consultant physical culture man. In this capacity I have studied facts, more for their possible utility, in the benefit of other people, than with a personal idea of blossoming as an athlete of repute on or off the stage. The whole thing may be due to curiosity (that woman's ailment), a desire to get to the bottom of things.

However, in view of the fact that you, my reader, would not be helped if I told you I had a bigger chest or arm than you, nor by giving a glowing account of athletic or muscular successes, such a proceeding is needless. Any good you may get from me will come from my head and not my muscles. None the less, as no man has a right to speak or write authoritatively on this subject, unless he possesses in his knowledge, and in his muscular development, sufficient proof of having practised what he preaches, I will say that the reader may be quite satisfied that I have not written on any matter of which I have not had a pretty good theoretical and practical experience.

The exercises and principles given in the earlier part of this book are protected, as an actual part of my own copyrighted system, since 1912, but believing that thousands who need just that knowledge cannot afford a large price for some elaborate system, which will not give as good results, I gladly put them before you in the hope that my