

executed by means of a special apparatus and gymnastics which require none. The latter are more accessible to all ages and professions and are the most hygienic.

Q. Describe the gymnastic exercises which require no apparatus.

A. They are as follows:—Make a circular motion with the arms, 20 times; thrust arms directly up, 12 times; thrust them forward, 30 times; outwards (behind), 30 times; take in a long breath, 8 or 10 times; make a circular motion with the trunk, 30 times; rub the hands, 80 times; bend and straighten the trunk, 12 times; raise the knee as high as the pelvis, 18 times; take in a long breath, 8 or 10 times; bring the legs together, 8 times; extend and bend the foot, 40 times; execute the saw motion, 30 times; raise the leg sideways, 12 times; take in a long breadth, 8 or 10 times; thrust the arms forward and backward (in front) 10 times; sit on your heels, 24 times; thrust the legs sideways, 100 times; take in a long breath, 8 or 10 times; thrust the leg forward and backward, 10 times;—sideways, 24 times; jump up and down, 200 times; take in a long breath, 8 or 10 times. This gymnastic practice brings all the articulations and muscles into play.