



Fig. 26.

Action 40. Hook each other's hands, the toes opposite; then lean back, and go round quickly (fig. 26).

Action 41. As action 39, left foot in front.

Action 42. The feet close, the hands on the hips, rise on the toes, and jump forward with straight knees.



Fig. 27.

Action 43. Grasp the left hand with the right, bring the arms behind the head, and move them from one side to the other (fig. 27).

Action 44. Action 42 backwards.

Action 45. Bring the right arm round the neck and chin, and try to catch the right ear with the right hand.

Action 46. The feet close, the hands on the hips, run forward and kick the thighs alternately.

Action 47. Action 45 with the left arm.

Action 48. The feet close, the hands on the hips, jump forward and kick both thighs with both heels at once.



Fig. 28.

Action 49. See action 17, fig. 12: then extend the arms in front, and fall down on the hands, the arms being straight, the body being brought so as to form a straight line from head to heel, as in action 25. Remain in this position a short time; then bring the feet, by a jump, between the hands, and rise (fig. 28).



Fig. 29.

Action 50. The hands on the hips, the left leg in front, toe towards the ground; then jump forward on the right toe, both legs quite straight (fig. 29).

Action 51. See action 49, then spring up from the ground and clap the hands; rise as in action 50.

Action 52. The same as action 50, only with the left toe.



Fig. 30.

Action 53. The feet close, the hands on the hips, then spread the legs gradually as far as you can, and then try to put the palms of the hands on the ground, the middle between the legs (with great care), (fig. 30). This action cannot well

be performed until the others, previously described, have been performed with diligence, so as to be performed with ease. Then this action can be performed, and that without much difficulty.

Action 54. The hands on the hips; then run forward on the toes, the knees being kept straight.



Fig. 31.

Action 55. Fold the hands behind, put the right foot to the right side forward as far as you can, then bend the right knee, and try to touch the ground with the forehead (fig. 31).

Action 56. The feet close, the hands on the hips, then rise on the toes, and jump to the right or left side quite round (fig. 32).

Action 57. The same as action 55, only with the left leg.



Fig. 32.

Action 58. Lift the left foot behind, bend the right knee, lower the body gradually, touch the ground with the left knee, and rise again (fig. 33).

Fig. 33.

Action 59. This action is performed by two facing each other; each party is to fold the arms, the elbows being kept close to the body, raise the left leg behind, hop on the right leg against one another, and try to bring the other out of his position by a blow with the shoulder, against his shoulder (fig. 34).



Fig. 34.

Action 60. This is the same as action 51, on the left foot.

Action 61. This is the same as action 59, only that the left foot is used to hop upon; the blow is given with the left shoulder.

Having thus noticed the actions to be performed by the individual, unpaid by any machine, the next branch of gymnastic exercises

will introduce the reader into exercises in which the gymnast performs certain evolutions by means of a *POLE*, placed in a *horizontal position*.

In the first exercises the thumbs are to be on the same side of the pole as the fingers, that is, not grasping the pole as one would a roll of paper; arms straight in a line with the body, so that the power may be more effectually applied to move its weight; the knees are to be kept straight and stiff, unless otherwise expressed.

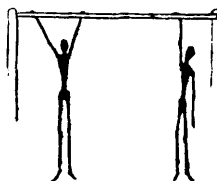


Fig. 35.

Action 62. The gymnast is to hang from the pole by one hand; first, by the right, then by the left, six times alternately (fig. 35).

(TO BE CONTINUED.)

COUNSELS FOR THE YOUNG.

Never be cast down by trifles. If a spider break his thread twenty times, twenty times will he mend it again. Make up your mind to do a thing, and you will do it. Fear not, if trouble come upon you; keep up your spirit, though the day be a dark one.

Troubles never last for ever:
The darkest day will pass away.

If the sun is going down, look up at the stars; if the earth is dark, keep your eyes on heaven. With God's presence and God's promises, a man or a child may be cheerful.

Never despair when fog's in the air,
A sunshiny morning comes without warning.

Mind what you run after. Never be content with a bubble that will burst, or a fire-work that will end in smoke and darkness. Get that which you can keep, and which is worth keeping.

Something sterling, that will stay
When gold and silver pass away.

Fight hard against a hasty temper. Anger will come, but resist it stoutly. A spark may set a house on fire. A fit of passion may give you cause to mourn all the days of your life.

He that revenges knows no rest,
The meek possess a peaceful breast.

If you have an enemy, act kindly to him, and make him your friend. You may not win him over at once, but try again. Let one kindness be followed by another, till you have accomplished your end. By little and little, great things are completed.

Waterfalling day by day,
Wears the hardest rock away.

And so repeated kindness will soften a heart of stone.

Whatever you do, do it willingly. A boy that is whipped to school never learns his lesson well. A man that is compelled to work, cares not how badly it is performed. He that pulls off his coat cheerfully, strips up his sleeves in earnest, and sings while he works, is the man for me.

A cheerful spirit gets on quick;
A grumbler in the mud will stick.

Evil thoughts are worse enemies than lions and tigers; for we can keep out of the way of wild beasts, but bad thoughts win their way everywhere. The cup that is full will hold no more. Keep your head and heart full of good thoughts, that bad thoughts may find no room to enter.

Be on your guard, and strive, and pray,
To drive all evil thoughts away.

THE BEST WAY IS TO CONFESS YOUR FAULTS.

Ellen and Elizabeth were sisters, and both attended school. One day they started homeward together, at the close of school, both rejoicing that they had not been kept among the delinquents to finish their recitations.

"I am so glad," said Elizabeth, "that I have not missed to-day, and so do not have to stay and get my lessons over."

"So am I, too," exclaimed Ellen, "I did not miss to-day."