

Privilege.

If one asks oneself "By what right do you put your ideas on paper for public perusal?" one treads on delicate ground.

If there is one thing which spoils the usual book on any phase of physical training it is the autobiography which seems to be the invariable follow on, in American parlance—the advertising stunt. I suppose, in the ordinary business brochures, issued free, a certain amount of horn-blowing is pardonable, in view of the fact that one is left at a disadvantage, if we refrain, whilst others push their own wares. Such is the susceptibility of the average public that they give the most kudos to him who blows the loudest horn. Unfortunately the charlatan is a pretty useful person on the horn, and it is not so easy therefore to differentiate twixt knowledge and pretence. If the enemy use asphyxiating gas, we are forced to do so to be on equal terms.

I do not think I should have ventured to write this book unless I had experienced something of each subject. To hurry over a tender point I hardly know, now, why I have indulged in gymnastics, weight-lifting, wrestling, or other forms of athletics in the past except as a hobby or sport, not, I think, with any idea of championship laurels or vaudeville purposes. When, years ago, I passed a well-known examining body as a diplomaed gymnastic instructor, it was hardly with the idea of following it professionally, perhaps, for I have never adopted the ordinary gymnasium instructor's vocation professionally. The same may be said, I think, of