



Bicycling, Gymnastics: Walking, Running, and Leaping; With Chapters on Training, Rowing, Swimming, and Cricket (Classic Reprint)

George Frederick Pardon

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Excerpt from *Bicycling, Gymnastics: Walking, Running, and Leaping; With Chapters on Training, Rowing, Swimming, and Cricket*

The importance of Gymnastic Exercises is admitted by all educators and thinkers. We are weak, it has been admirably said, because it has never entered our heads that we might be strong if we would. Physical culture should hold a place, in the education of every boy and girl, co-ordinate with the culture of the mind. In fact, bodily and mental education should be pursued together, if we would so train up our youth as to secure for them all the advantages of modern science and all the benefits which belong to a sound mind in a sound body.

Believing that most previous treatises on Gymnastics have either been too learned or too simple, I have endeavoured to take the middle path, and make my instructions at once practical and comprehensive - so far, at least, as the limits of my little book would allow.

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