

"GETTING-UP" EXERCISES FOR MEN WHO DON'T GET EXERCISE WORKING WITH THEIR HANDS

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With Pictures Especially Posed by J. H. Nichols, Gymnasium Instructor of the University.

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benefits to be derived from muscular contraction. If a man has the opportunity to play tennis or handball or volleyball, or to skate or swim, by all means let him do so and gain the



Figures 1, 2, 3, 4 of Dr. Reed's First Physical Culture Lesson.

LESSON NO. 1.

In response to request for simple and effective exercises for men who work, but who get no exercise in their work, it may be said at the outset that the ideal type of exercise is one which provides fun in addition to the

nervous and mental relaxation and recreation which make bodily exercise more valuable.

The man whose work in life is not