



Promotion & Conservation of Health, Strength & Mental Energy: (Original Version, Restored)

Lionel Strongfort

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"STRENGTH is an absolute essential in securing and maintaining any normal degree of health. There are those who, themselves lacking in muscular vigor, are prone to speak contemptuously of the same, declaring that what they desire is not great "ugly" muscles, but just health! It occasionally happens also that some weakling will declare that he is in perfect health, inasmuch as he is out of bed and able to walk around. But, as a matter of fact, no one can enjoy a high degree of health unless he represents a high standard of physical vigor. He should be a good specimen of animal life. And th:s means that he must be at least normally strong. What would we think of the health of a horse or dog that was not thoroughly alive with active energetic muscles?" - Lionel Strongfort A must have in your physical culture library. Visit our website and see our many books at PhysicalCultureBooks.com

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