Cultivation of the Chest, Or, the Highest Physical Development of the Human Form

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CULTIVATION
OF THE
CHEST ...

OR THE
HIGHEST PHYSICAL DEVELOPMENT
OF THE
HUMAN FORM

BY
EDMUND SHAFTESBURY. [pseud.]

... The Tenth Degree Book...

OF THE
RALSTON HEALTH CLUB.

The Chest is the Seat of Life, and its Vitality is the Central Force of Existence, from which spring the Principles of Personal Power,
GRACE, MAGNETISM, BEAUTY OF FORM,
THE CHARMs OF GOOD PRESENCE
AND THE
SUPREME ENJOYMENT OF HEALTH

That which we lose will come not back again
Without some struggle and perchance some pain
That which we lack, by art we must attain.

MARTYN COLLEGE PRESS,
WASHINGTON, D. C.
1886.
Business Announcement

The present volume contains a complete course of lessons in the cultivation of the chest, the price of which is

SIX DOLLARS.

As a mere book, as books go, the amount asked may at first seem too much, for paper can be bought by the pound. In every age some books much smaller have cost more money.

The volume whose pages you are now opening is more than a book. It is a school. You are a pupil. The teacher talks to you in every line; and you are trained, consciously and unconsciously, in every word, suggestion and exercise of its many chapters.

Teachers, whose skill in training pupils has led to marked results through methods exclusively their own, are unwilling to make those methods public even in high-priced books; for the individual control of a successful system is a matter of pride as well as a personal advantage.

The chapters of this book contain a complete system of personal training, occupying the time of at least one school year, and worth not less than one hundred dollars, whether in class or private lessons. The main part has never been published before in any form; while, incidental to this, are the contents of two well-known books by the same author (Artistic Deep Breathing, and Grace and Deportment), reproduced in compact form and better shape than ever before.

Therefore we feel confident that any person who appreciates this volume because of its contents and their very marked results when applied to the training of human life, will regard it as a valuable era of schooling, and the price asked very low indeed.
REGARDED from any standpoint, life is a drift of mere existence, modified only by influences that play around it. Nor does it matter in the least whether the life is contained in a plant, a brute, or in man. The mode of drift is the native character of the existence, and the influence that varies it is its culture. Some forms of life are susceptible to modification to a large degree, while others drift almost always in the channel of their native character.

While man and the intelligent beasts may be trained, it is often said of plant life that habits are fixed, that variation is possible only by culture in breeding, and that the lack of intelligence prevents an adaptation to influences; but this is not true. The tree is made to grow in almost any way, by leading its energies at will; and the most cultured man is similarly trained. If the wind blows chiefly from one direction, the tree leans; if the forest is crowded the trunks are long and slender, with foliage favoring the top; if the fruiter is left to itself, suckers will spring up and sap the general strength, while the fruit becomes wild.

The effect of plant training is seen in the vine. It will serve whatever use you give it. A low lateral bud, if given the full strength of the plant, will send a ground branch a long distance and become a creeper; or, if you cut it back to a single bud on the upper side, it will climb a trellis and there grow at your bidding. It will grow as a bush, a ground creeper, a side-rack vine, an arched-trellis climber, or a hundred other things if its energies are directed by an intelligent hand; but, if neglected, it becomes a tangled mesh, thin, awkward, ugly, and the producer of sour and shrunken fruit.

Civilization and culture are closely related. We call them