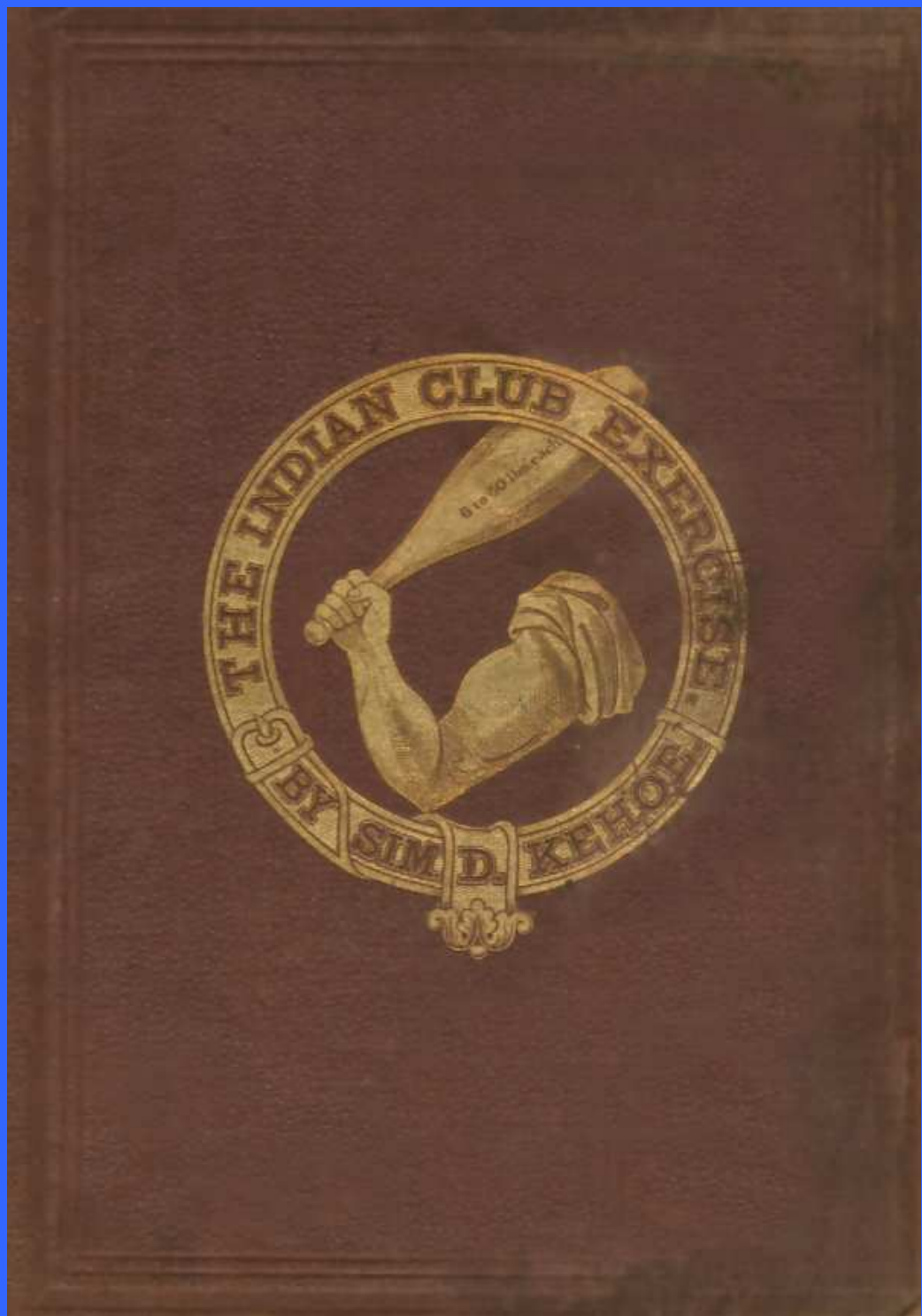


The Indian Club Exercise

Published in 1866 by Sim D. Kehoe

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The Indian Club Exercise

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Sim. D. Rehoe

With the renewed interest in clubs, kettlebells and similar training devices, we bring you Sim D. Kehoe's "The Indian Club Exercises", which obviously is one of the earliest training manuals available in English language, published in 1866.

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TO
GEORGE WILKES, Esq.
THE LOYAL GENTLEMAN, AND TALENTED EDITOR
OF
"WILKES' SPIRIT OF THE TIMES"
THIS WORK IS DEDICATED,
IN REMEMBRANCE OF MANY ACTS OF KINDNESS
SHOWN TO
THE AUTHOR.

P R E F A C E .

The fact that no complete work treating on this popular exercise has ever been published, and, in truth, nothing written on the subject—save a few simple movements to be found in sundry works on Callisthenics—together with the constantly increasing demand for such a work, induced the publication of the present volume.

The author has found it a task attended with considerable difficulty, but trusts that he has been at least partially successful in meeting the requirements of the public, and that they will excuse the unavoidable imperfections of the first edition.

The labor of preparing material for such a work, and the great expense attending the production of the engravings illustrating the exercises—which are all taken from photographs—has been a serious drawback in its publication.

I take this opportunity to publicly convey my thanks to the present Champion of Clubs—Mr. J. Edward Russell, of New York City—for his kind services in standing for the photographs from which the figures have been engraved; also to Professor Dermody and the other gentlemen whose portraits illustrate the results derived from using the Clubs.

In the arrangement of the explanatory exercises and instructions, I have been assisted by a Gymnast of well-known ability, and an expert in using the Clubs. This gentleman, having a large circle of gymnastic friends, both amateur and professional, has been enabled to gather everything extant, and avail himself of valuable assistance in arranging it.

Thus it will be seen that no means have been spared, either by taxing friendships or the liberal outlay of funds, to render this work as complete as possible; and now that, after nearly two years of lingering on the stocks, it is finally launched, the subscriber entertains a hope that it will be found deserving of sufficient patronage to reimburse a disproportionately large outlay.

S. D. KEHOE.

NEW YORK, November 30th, 1866.

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PUBLISHER'S INTRODUCTION.

As a means of physical culture, the Indian Clubs stand pre-eminent among the varied apparatus of Gymnastics now in use. Their first introduction into this country dates but a few years back, at which time very little was known of the exercise, or its origin, other than the fact that it was practiced by several celebrated English athletes, who had attained immense strength and physical development thereby. As the name implies, the Indian Club is an institution of India. In sketches of Indian life, by missionaries and travelers, we have accounts of the various national sports and pastimes of the natives, in which mention is made of the swinging of heavy war clubs, of wood, in various graceful and fantastic motions; that the performers of this exercise exhibited great muscular development and herculean strength.

Officers connected with the British Army in India also give accounts of these Indian recreations. The exercises are thus described by one of them: "The wonderful Club exercise is one of the most effectual kinds of athletic training, known anywhere in common use throughout India. The Clubs are of wood, varying in weight according to the strength of the person using them, and in length about two feet and a half, and some six or seven inches in diameter at the base, which is level, so as to admit of their standing firmly when placed on the ground, and thus affording great convenience for using them in the swinging positions.

"The exercise is in great repute among the native soldiery, police, and others whose caste renders them liable to emergencies where great strength of muscle is desirable. The evolutions which the Clubs are made to perform, in the hands of one accustomed to their use, are exceedingly graceful, and they vary almost without limit. Beside the great recommendation of simplicity, the Indian Club practice possesses the essential property of expanding the chest and exercising every muscle in the body concurrently."

Shortly after the establishment of English colonies in India, the Club exercise was introduced into the British Army as a part of the drill. The full exercise, however, according to the Indian practice, was not adopted, but a Calisthenic exercise with light Clubs was arranged, combining a few of the old Swedish Cure extension movements, more calculated to open the chest, supple the figure, and give freedom to the muscles, than to develop strength or impart practical benefit greater than might be attained by numerous other light Gymnastics, then extant. The portion adopted by the British Army may be found in "Walker's Manly Exercises," as well as a few examples from the Indian practice, vaguely and unsatisfactorily explained.

Previous to the introduction of Indian Clubs into the United States, Mr. Kehoe was extensively engaged in the manufacture and sale of Gymnastic apparatus. This well-known missionary of physical culture, having done much toward the conversion of the people of the United States to the advantages of muscular development, to enjoy a resting-spell from the cares and fatigues of business made a visit to Europe in June, 1861, returning in September of the same year. During his stay abroad he visited all the principal cities of England and Ireland, and thoroughly posted himself with everything pertaining to manly sports and exercises among the English athletes.

On the occasion of seeing Prof. Harrison, of London—a well-known English Professor of Gymnastics—use the mammoth war-clubs, he thought there must be something in it, and determined upon introducing it into the United States upon his return home. Prof. Harrison was then considered the strongest man in England, and the Queen was so pleased with his extraordinary skill in the use of these Clubs, that she presented him with an elegant vase.

On Mr. Kehoe's return to the United States he collected together his ideas, and, with his ingenuity and experience, devised a model Club, far superior to those used by Harrison, both in an ornamental and useful point of view. The present is his fourth year in their manufacture and sale, and his success in introducing them has been encouraging. With a liberal outlay and judicious management, he has built up a business which is hardly yet matured, and in course of time will have its agencies in every city and town in the country.

It would be utterly impossible to enumerate the names of well-known celebrities in manly sports who use Mr. Kehoe's Clubs, or to give a hundredth part of the testimony borne, as to the advantages they have derived from the use of them. Among the oarsmen are the names of Hammill, the Champion, Josh. Ward, the ex-Champion, and the Ward brothers; also the celebrated crews of Harvard and Yale, the Atlantics, of New York, and other celebrated clubs and oarsmen throughout the United States and the Canadas, too numerous to mention. The headquarters of the celebrated Base-Ball Clubs—the Champion Atlantics, of Brooklyn, N. Y., Mutuals, of New York, and Athletics, of Philadelphia—are all adorned with Kehoe's missives of Muscular Christianity.

In the billiard community the Clubs are esteemed invaluable, as the exercise promotes that steadiness of nerve and action required to achieve success, as well as to withstand the fatigue attending the playing of protracted games and matches. Among the noted players who are experts with the Club and Cue are Kavanagh, the ex-Champion, McDevitt, Goldthwait, Foster, Roberts, Champion of England, and a host of other Knights of the Cue, who take the lead in the beautiful and scientific game.

In the severe training undergone by those who engage in pugilistic encounters, the Club is an indispensable adjunct, and more real benefit is derived from it than from any known exercise. John C. Heenan was among the first—if not the first—to adopt it in his training in England, previous to his conflict with King. How he appreciated the exercise and its effects, in a moral and physical point of view, may be learned from the following letter from Mr. Heenan to Mr. Kehoe.

NEWMARKET, ENGLAND, NOV. 12, 1863.

MR. S. D. KEHOE:

DEAR SIR:—The Indian Clubs which you so kindly sent on from New York, for me to use during my training, have been forwarded from London by Owen Swift, and although scarcely a week has elapsed since I have commenced using them, their beneficial results are the subject of much commendation from my trainer, Jack McDonald, and my friends and backers. As an assistant for training purposes, and imparting strength to the muscles of the arms, wrists, and hands, together, in fact, with the whole muscular system, I do not know of their equal, and I find by experience that the popularity in which your Clubs are held by Professors of Gymnastics in various parts of my native country, is fully deserved, and at no distant day they will become one of the institutions of America. At this particular time they will prove of immense advantage, and I cannot but thank you for the unsolicited interest you take in my welfare and success. These Clubs need no recommendation at my hands, and I have only to tender my heartiest wishes for your prosperity and success. With many thanks for your kindness, I remain,

Yours truly,

JOHN C. HEENAN.

Nor are the beneficial effects of the Club exercise by any means confined to professionals of the various manly sports and pastimes. Merchants, bankers, clerks, and those engaged in daily business pursuits, who need some available means of exercise to counteract the ills arising from their sedentary occupations, are many of them becoming experts with the Clubs, and reaping everlasting benefits. Note in the crowded thoroughfare of Broadway now and then an occasional passer-by, with well-knit and shapely form, firm and elastic step, broad-chested and full-blooded, and you may mark him down as one of Kehoe's converts. The names of these well-known New Yorkers are too numerous for mention here.

Mr. Kehoe's determination to make the Indian Club an American institution has been rewarded by a success beyond his most sanguine expectations. A single glance at his order book exhibits the names of our most distinguished generals, statesmen, lawyers, and divines, whom he has supplied with his anti-dyspeptic, anti-consumptive, and anti to every ill that flesh is heir to, promoters of physical strength and symmetrical form. Among the host of distinguished personages above referred to are found the names of Gen. Grant and his entire staff; Hon. R. E. Fenton, Governor of New York, and staff; Hon. Schnyler Colfax, and so on through the Army and Navy, Cabinet and Congress, Pulpit and Bar.

The following letter explains itself:

HEADQUARTERS ARMY OF THE UNITED STATES, }
Washington, D. C., April 9, 1866. }

MR. S. D. KEHOE, 103 ELM ST., NEW YORK:

DEAR SIR:—I have the pleasure of acknowledging the receipt of a full set of rosewood Dumb-Bells and Indian Clubs, of your manufacture. They are of the nicest workmanship.

Please accept my thanks for your thus remembering me, and particularly my boys, who I know will take great delight as well as receive benefit in using them.

Yours truly,

U. S. GRANT, Lieut.-Gen. U. S. A.

Mr. Kehoe has long felt the necessity of a manual of instruction in the Club exercises. There are many who have purchased Clubs, who have no time, or, perhaps, opportunity, to attend a Gymnasium, and thus have no means of learning the beauties of the exercise as performed by experts, which are only to be attained by instruction and practice. Confined, therefore, to a few simple movements of their own invention, calculated, perhaps, to do as much harm as good, as well as being devoid of anything attractive or pleasing, they soon tire of the Clubs, and throw them by with disgust.

The fact is, that but very few of the Gymnasiums throughout the country have arranged or introduced the exercise with anything like system, nor do they seem to be acquainted with the manifold graceful and artistic evolutions that have of late years been remodeled and extended from the Indian practice. The author trusts that the manual may meet the requirements of those for whom it is intended, and that they may reap the full advantage of the benefits and beauties of the exercise

GENERAL REMARKS ON PHYSICAL CULTURE

EDUCATION is divided into two branches—Physical and Moral. More correctly might it be divided into three—Physical, Moral, and Intellectual. Nothing is more certain than that the intellectual and the moral powers may be educated separately; the former being amended while the latter are not, and the converse. Facts in proof of this are abundant. There is as real a distinction between moral and intellectual education, as there is between physical education and either of them. Moral action, intellectual action, and physical action, have their seats and instruments in different parts of the human system; and those parts are essentially connected by sympathy, as well as other ties more mechanical and obvious, and they are all three so intimately connected, that the improvement of any one of them may be made to contribute to that of the others. One of them being injured or benefited, therefore, the others are affected in a corresponding manner. Deriving their being and sustenance from the same source, and serving as elements of the same individual person, each of whose parts is necessary to the integrity and perfection of the whole, it would be singular were it not so.

The organized system of man constitutes the machinery with which alone his mind operates during their connection as soul and body. Improve the apparatus, then, and you facilitate and improve the work which the mind performs with it, precisely as you facilitate steam operation, and enhance its product, by improving the machinery with which it is executed. In one case, steam, and in the other, spirit, continue unchanged; and each works and produces with a degree of perfection corresponding to that of the instrument it employs.

Hence physical education is far more important than is commonly imagined. Without a due regard to it, and a stricter and more judicious attention than is paid to it at present, man cannot attain the perfection of his nature. Ancient Greece might be cited in confirmation of this. If history and other forms of record be credited, the people of that country were, as a nation, physically and intellectually, the most perfect of the human race; and there is every reason to believe that their unrivaled attention to physical culture was influential in producing the result.

As mankind act from motives of necessity and interest, much more than from those of any other sort, physical education, the chief source of superior strength of person, has been greatly neglected, especially by the higher orders of society, for two or three centuries. Knowledge being now the only ground of power and influence, intellectual education receives at present a much more exclusive attention than it formerly did, and much more than comports with the benefit of our race.

The cultivation of bodily strength, in preference to everything else, would establish only the right of the strongest, as it is found to exist in the origin of society. To cultivate the faculties of the mind exclusively, would produce only the weakness of sentiment or excess of passion. There is, for every individual, a means of making all these dispositions act in harmony and the due blending of physical and moral education alone can produce it. Let it be remembered that young persons will much more easily be withdrawn from the application they ought to pay to the study of the sciences, by insipid recreations and trifling games, than by the fatiguing exercises necessary for their development and the preservation of their health, which, however, habit soon renders easy and delightful.

An examination of the human frame demonstrates that it was intended for motion alternately with repose, and not for a state of absolute quiescence. Nor is the mind, which is furnished with so many faculties, and provided with

so many organs of sense, which serve to connect it with the external world, less calculated for active exertion. Any attempt to contravene the laws of nature, which enjoin a reasonable exercise of mind and body, brings a punishment upon the individual. The mind, which he allows to be inactive, loses the capacity for exertion when required, and the body becomes a prey to disease in some shape or form. Let it never be forgotten, however, that the physical education of the human race ought not to be alone confined to the humble object of preventing disease. Its aim should be loftier and more in accordance with the destiny and character of its subject—to raise man to the summit of his nature; and such will be its scope in future and more enlightened times.

The general utility of exercise, then, will only be questioned by those who are not aware that the health and vigor of all the bodily organs depend on the proportioned exercise of each. In active exertion, the member exercised swells with the more frequent and copious flow of blood, and greater abundance of heat is developed in it; and if we repeat the same motions many times, after intervals of repose, all the muscles exercised become permanently developed; a perfection of action ensues in the member exercised, which it did not previously possess, any deformity by which it is affected is corrected, and strength and activity are acquired. That man, therefore, gains the most strength, who engages in muscular exercises that require the application of much power, but which are sufficiently separated by intervals of repose.

The nature of the muscular fiber need not be discussed here; it is enough for us to remark, that, to execute its functions properly, it must be in a certain state of tension, that it may be possessed of sufficient elasticity. A cord proceeding from a fixed point cannot influence a movable body till it be drawn tight; so a muscle cannot raise a limb unless it possesses a certain degree of tightness.

The difference in the power of muscles varies greatly, according to the state of health, or disease, of the individual. If a muscle be taken from an animal in good health, it will not only bear a greater weight than the same

muscle taken from an animal which has long been sick, but the former will be many days going into decay, allowing the weight to drop, while the latter will decay very speedily. To maintain the muscular fibers in the first condition, a due supply of blood and nervous energy is requisite.

The great bulk of the human body is composed of muscle. If you look at the bare skeleton, composed chiefly of hollow bones, you will see how slender an outline of the human form it presents. The clothing of those bones, the closing of the cavities, the formation of the special human outline, is the work of the muscles; the weight of the individual depends chiefly on them.

If we could lay aside the protecting layer of skin and fat which envelopes the body, it would make very little difference in its size, and we should then see the muscular body, red and well defined, and realize more fully how very large a proportion of the body is formed by muscle. It is, as known in the flesh of animals, the lean meat. Its structure is regular and beautiful; we can form no idea of this structure from the meat which we cut at the table, because we generally cut across the grain. If we cut an orange in two, transversely, we can form little idea of its structure; but if we peel it, and split it longitudinally, we then see at a glance the number of parts which compose it, the semi-transparent membrane which incloses each division, the way in which they are united; then if we open one of these divisions we find inside the seed, and the juicy pulp; and even the pulp, now, will present quite a different aspect from the transverse section, for we see that it is arranged in little bundles or fibers lying side by side, and that each bundle is itself incased in such a delicate transparent membrane, that it tears and lets out the juice with every attempt to separate it. Thus, by carefully dissecting the orange, we get a totally different idea of its structure, than by simply cutting it through.

Now, in the same way, if we could peel the human being of its skin rind, we should find the muscles below as well marked as the sections of the orange; each muscle carefully enveloped in its sheath of membrane, and lying across

or beside other muscles similarly enveloped. The number amounts to several hundred, spread all over the body, infinitely varied in shape and size. Some are so large they almost cover the trunk, others so small as to be almost invisible. They are thick and short, long and slender, according to the view and object to be attained, and the part where it is to be attained.

Muscles are mostly in pairs; and the layers which cover the right arm, correspond to those which cover the left. So with those on the legs, and those which cover the face, neck, and chest. They are symmetrical throughout the body, most beautifully so, and the line of beauty is illustrated so perfectly in no part of the body, as in the muscles. This whole assemblage of muscles, so varied, and spreading over the entire body, is the muscular system. Its grand object is movement.

The principle on which exercise acts is evident, the immediate effect being an increase, both in the size and power of the muscles exercised, in consequence of an admirable law which obtains in living bodies, that (within certain limits) in proportion to the exertion which it is required to make, a part increases not only in strength and fitness, but also in size.

Instances of the application of this law may be seen daily, by noting the effect produced on a person who takes regular special exercise. Not only is he improved in strength and dexterity, but the muscles, brought into unusual action, increase rapidly in size and vigor, so as soon to surpass those of the rest of the body which have been less employed. Nor does the beneficial influence stop here. If the exercise be not carried so far as to produce excessive fatigue, all other parts of the body sympathize with the improving condition of that which is chiefly exerted; the circulation excited from time to time by the exercise acquires new vigor, and the blood being thrown with unusual force into all parts of the system, all the functions are carried on with increased activity, an improvement in the general health is soon manifested, and the mind (if at the same time

judiciously cultivated) acquires strength, and is rendered more capable of prolonged exertion.

Having discoursed at some length on the important benefits to be derived from physical culture, and the direct action of exercise on the muscular system, whereby these benefits are imparted, we will now describe some of the special means of exercise common in this country, and the particular advantages of the Indian Club practice, of which this work alone treats.

Of the various species of exercise, that of walking is the most common, for obvious reasons. The majority of the American people, however, derive its benefits from force of necessity, as but a small proportion of them do any more of it than they are obliged to. Notice the cars and omnibuses of our metropolis—the majority of the occupants being persons of sedentary employments, suffering in bodily health for want of sufficient exercise; cooped up all day at the counting-house, and then jammed into the crowded stage or street car, to breathe an air worse than the black hole of Calcutta. They sit down to dinner—is it a wonder they take to the “bitter” resort for an appetite, and the “morning call” to relieve the pangs of dyspepsia?

Others are more judicious. Instead of bitters, they prefer walking, which they find in the end a cheaper and more effectual appetizer, with a consequent healthful nutrition.

But walking is not a sufficient or proper amount of exercise, for persons of sedentary occupations. Many finding this to be the case, and having no time or means at hand to adopt any other, resort to an undue amount of pedestrianism. In the end they find that this does not produce the results anticipated, that they gain no increase of muscular power in the chest and arms, and no development of these parts, so essential to a graceful form and figure. In fact, instances are of common occurrence, where the exercise of walking has been carried to such an extent as to produce unproportionate development between

the upper and lower extremities, owing to the well-known physiological fact that any undue exercise of particular muscles, only weakens the others.

To those accustomed to Gymnasiums and gymnastic exercises, the truth of this is clearly demonstrated by examples of disproportionate development of various kinds. In a complete Gymnasium there is found a variety of gymnastic apparatus, too numerous to specify here, constructed with reference to the training of the entire muscular system. The Gymnast, in his routine of exercise, after having fatigued one set of muscles, changes the apparatus to employ another set, and so on through the various evolutions on poles, bars, ladders, rings, &c., uniformly exerting his muscular system with the object of giving each particular part or member its proportional development. This is the proper method of exercise, though there are many to be found, in the gymnastic classes of every Gymnasium, who become devoted to some special exercise, or particular feat, requiring the distorted development of some particular set of muscles, to the detriment of the rest. Thus it is common to see disproportioned forms, in persons with arms that, in comparison with the rest of the figure, would suffice for legs, and legs disproportioned to the upper extremities.

The majority of newly enlisted members of our public Gymnasiums are young men, to whom exercise has been prescribed by some physician, as a medicine. It is a noticeable fact that nearly all of them are at first disproportionately developed, relatively between the upper and lower extremities, the latter in nearly every case preponderant. This is easily accounted for from the fact that walking has been their only exercise. In a short time, however, the influence of the parallel bars, Indian Clubs, and dumb bells begins to show itself in the expansion of the chest, swelling of the muscles on the arms, breast, and loins, to their proper and natural development. The pads of the tailor are no longer needed, and the shoulders are squared with sinews and muscle, instead of the artificial inventions of the "ninth part of a man."

We have other means of exercise than the Gymnasium, in our various national sports, such as base ball, boating, and other manly pastimes; but these do not come within the reach of all. Men of business, or their clerks and employes, have no time to devote to such amusements, and even if they do take a few days, in the course of a year, to pull an oar or play a game of ball, the result is invariably a strain of the back, sprain of the ankle, twist of the wrist, or some other mishap, and a week or more following, of pain and misery.

The fact of the case is, the American people seem to have no time to exercise, even if they had the means at hand. The Gymnasium is always come-at-able, in most of our large cities, but the time cannot be spared to attend it. Thus physical culture is neglected, for want of time, as eating would be, did not the Almighty wisely provide for man's negligence, by warning him with hunger, that he had neglected something. So has he provided for a warning and punishment to those who are neglecting their physical condition, which will come sooner or later.

It has before been stated, that as a means of physical culture, the Indian Club stands pre-eminent among the varied apparatus of gymnastics now in use. This fact is unquestionable, as those who know how to use them are ready to attest. For simplicity and convenience, they are unsurpassed by any other kind of apparatus, and half the fixtures of an ordinary Gymnasium will not produce such a general development of the muscles from the loins upwards, as a pair of Clubs.

To those, then, who say they have no time for exercise, we heartily recommend the Indian Clubs, which, in connection with a daily walk of a few miles, will be just exactly what is required to secure physical perfection and muscular strength, without putting yourself to but very little trouble to attain it. A half hour with the Clubs, daily, morning and evening, or to suit convenience it need not be so divided, but may all be taken in the morning, or all in the evening, will, in connection with walking, keep the muscular system in perfect

condition, and thus insure perfect bodily health. To those who aspire to more than ordinary development and strength, take more than ordinary exercise with the Clubs, and you can attain what you desire, to almost any limit.

Exercise should never be taken immediately after a plentiful meal, nor should it be taken to excess, particularly during hot weather. In the former case too much cerebral influence for the time being expended in muscular action, the amount of it conveyed to the stomach is insufficient for the laborious function that viscus has to perform, and indigestion is the consequence. It is possible to fatigue the body beyond a proper point, in which case repose becomes necessary; but this is a rare occurrence compared with the instances of insufficient exercise, or where the mind is stretched beyond its natural power to bear, by the ambitious student, the covetous and care-worn merchant, or the adventurer in political life.

Where older people have neglected exercise it is more difficult to induce them to resume its use, but some such device as the following may be tried. "Ogul, a voluptuary who could be managed but with difficulty by his physician, on finding himself extremely ill from indulgence and intemperance, requested advice. 'Eat a basilisk, stewed in rose water,' replied the physician. In vain did the slaves search for a basilisk until they met with Zadig, who, approaching Ogul, exclaimed, 'Behold that which thou desirest! But, my lord,' continued he, 'it is not to be eaten; all its virtues must enter through thy pores. I have therefore inclosed it in a little ball, blown up, and covered with a fine skin. Thou must strike the ball with all thy might, and I must strike it back again, for a considerable time, and by observing this regimen, and taking no other drink than rose water for a few days, thou wilt see and acknowledge the effects of my art.'

"The first day Ogul was out of breath, and thought he should have died of fatigue. The second he was less fatigued, and slept better. In eight days he recovered all his strength. Zadig then said to him, 'There is no such

thing in nature as a basilisk! but thou hast taken exercise, and been temperate, and hast therefore recovered thy health.' ”

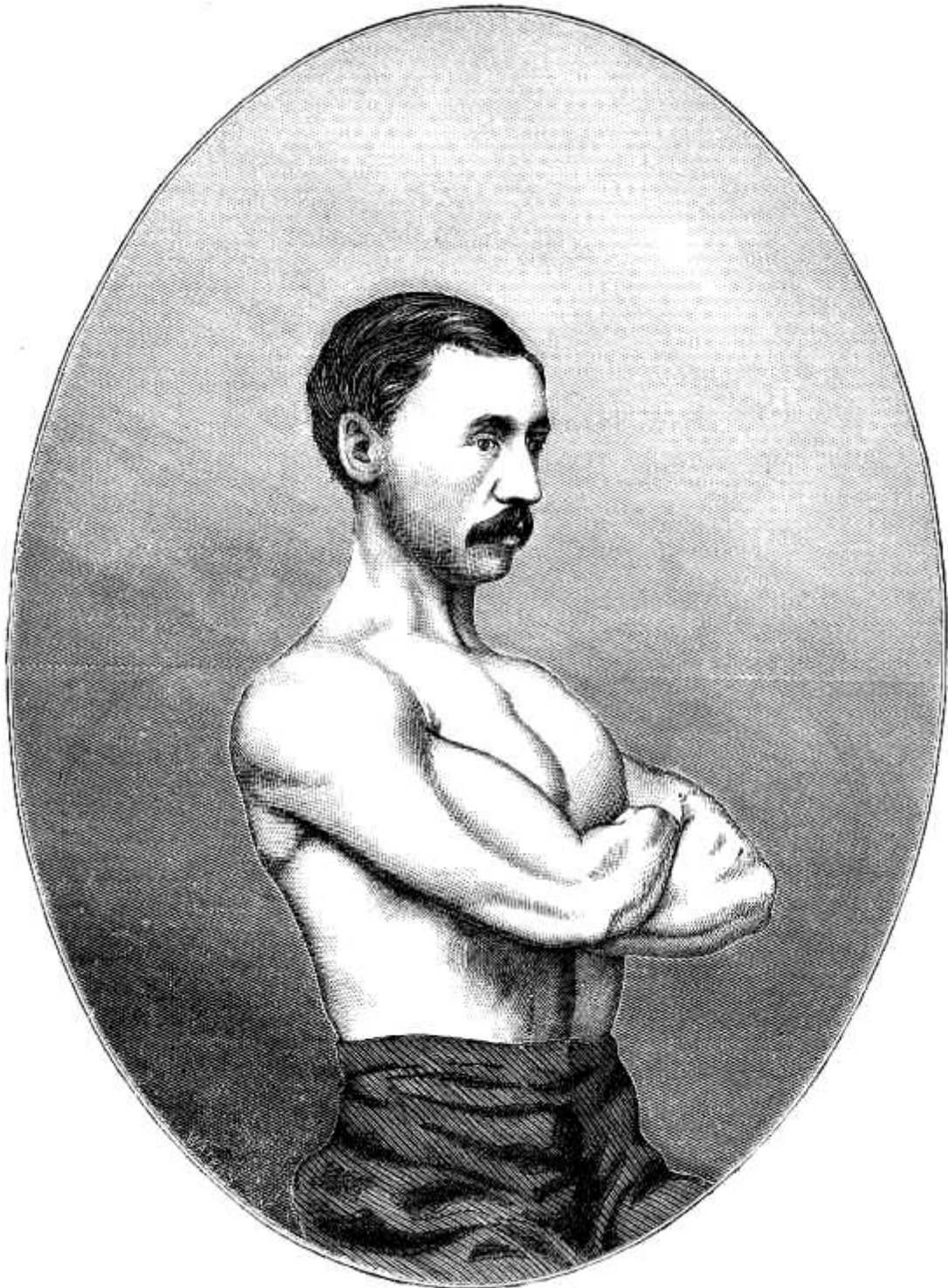
The Indian Clubs will be found as useful for those confined by the weather within doors during the winter months, as the ball of Zadig.

By no means of exercise has such remarkable development of muscle and strength been attained in such a short space of time, as by the Indian Club practice. We will cite a few examples of this fact, and present portraitures of several celebrated athletes of New York City, who owe their immense physical power chiefly to the Club exercise.

Our first portrait is that of Mr. J. Edward Russell, a well-known amateur Gymnast of New York.

Mr. Russell was born in the city, and at quite an early age showed a fondness for manly sports. When but a youth he was celebrated as an expert swimmer, and attracted crowds to the Battery baths, to witness his performances in swimming. When but fifteen years of age he became a member of the well-known Crosby Street Gymnasium, founded by Professor Ottignon, from which institution nearly all the noted Gymnasts of this country are graduates. Young Russell made remarkable progress in the various gymnastic exercises, and was particularly fond of the “Art of Self-Defense,” making very rapid progress in sparring, under the tuition of the renowned Ottignon, and was his favorite pupil.

After the old Crosby Street Gymnasium passed into other hands, and the well-known and elegant Gymnasium of Professor John Wood was erected on Twenty-eighth Street and Fifth Avenue, Mr. Russell joined the classes of the latter, where he has ever since been enrolled as a member. For the past few years, being still quite a young man, he has been actively identified with our principal base-ball and boat clubs, and is always on hand when any hard work is to be done.



J. EDWARD RUSSELL.

Mr. Russell's favorite exercise is the Indian Clubs, in which he excels, having won the Champion Medal, at the great Gymnastic Tourney, at Irving Hall, on the first of May, 1866, presented to the best performer with the Indian Clubs, by Mr. Kehoe. The Club exercise was the principal feature of the evening's entertainments, and several celebrated experts with the Clubs competed for the medal and the championship. The decision of the judges was unanimously in favor of Mr. Russell, and to him was awarded the medal, which is an elegant affair, of which the holder may justly be proud. It is of solid gold, and the work of Tiffany & Co., of New York. The following engraving is a fac-simile of it.



MEDAL PRESENTED TO MR. J. EDWARD RUSSELL—WINNER OF THE CLUB TOURNEY, AT IRVING HALL, MAY 1, 1866, AND CHAMPION OF AMERICA—BY H. D. KEHOE.

Mr. Russell is a gentleman much respected by all who know him, and is engaged in mercantile pursuits. Though an ardent admirer of, and adept in, all the manly sports, he is in no way classed as a professional. On several occasions he has refused tempting offers to enter into professional engagements, preferring the uncertainties of Wall Street.

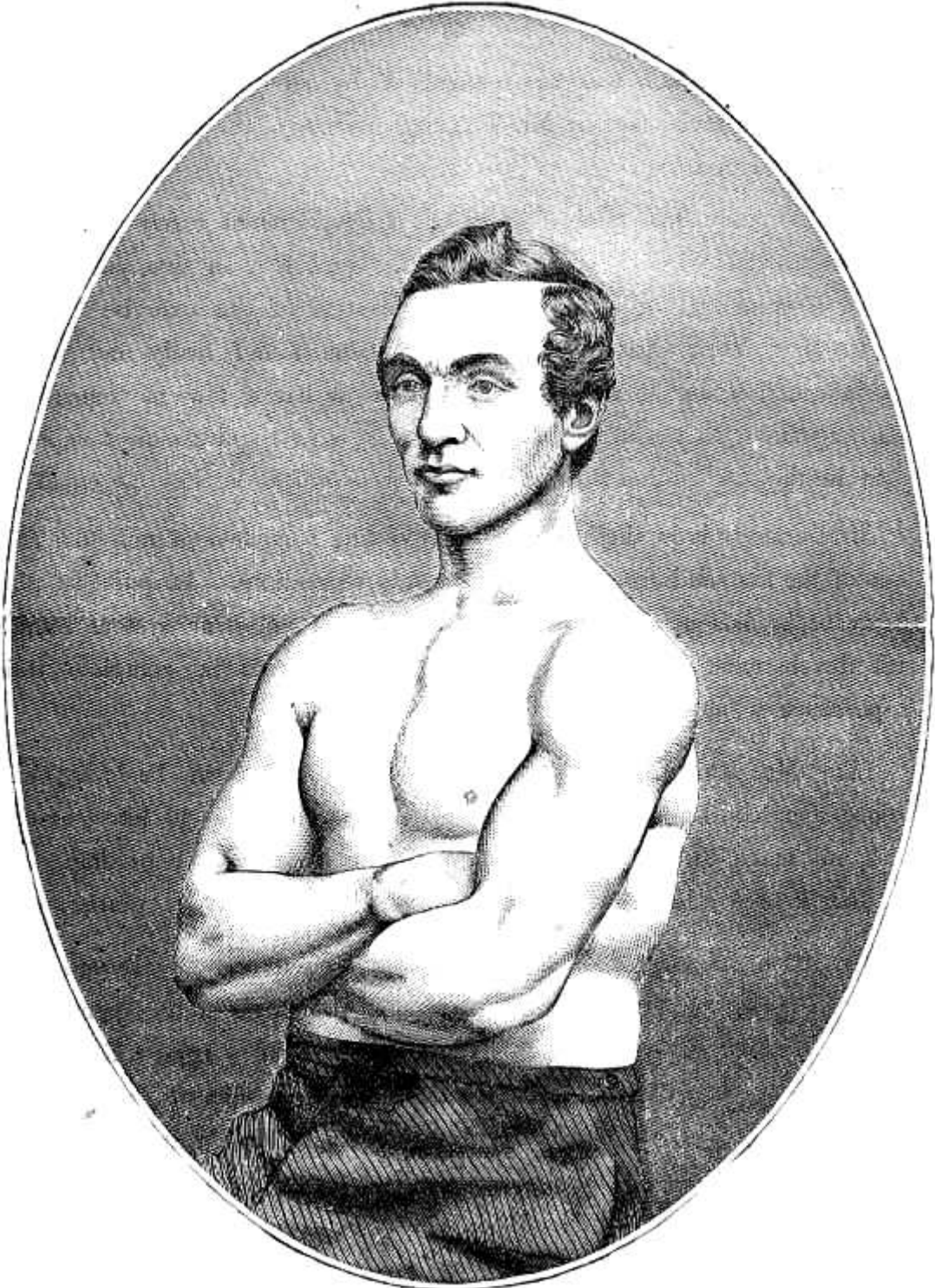
Our next portrait will be recognized by all who have ever seen the good-natured and jovial face of Mr. Timothy Dermody, the well-known Professor of the Club exercise.

Mr. Dermody has attained a physical development rarely equaled, from a constant practice with the Clubs during the past four or five years. He has also been instrumental in introducing the beauties of the exercise to a great extent in New York City, and has always been found ready and willing to impart information on the subject. The Professor has a few movements of his own arrangement, that are particularly difficult, and require almost superhuman strength in their execution. In many of the exercises he has no equal.

Mr. Dermody is in the prime of life—a fine specimen of muscular activity, and one of the first and foremost in our manly recreations. In point of physical development he has attained rare perfection. His muscular system exhibits a general development of a high order, and though not in complete training, his appearance would indicate that he was,

Like Mr. Russell, Mr. Dermody is also engaged in business pursuits, at present merchandising in Brooklyn. Though we have styled him "Professor," he does not make the manly sports a profession, but only a pastime, and his instructions in the Club exercise have always been imparted gratis.

The Club exercise, as practiced by Mr. Russell and Mr. Dermody, differ somewhat in style, the former being particularly proficient in the entire practice, and all the difficult movements, with Clubs of medium weight, while the latter executes several very difficult movements, peculiar to himself, with Clubs of heavy weight. We may take occasion here to remark, that there are personages of Club notoriety, who, by falsely representing the weight of the Clubs they use, have led the public to understand that it is a common thing to use Clubs weighing from thirty to fifty pounds each. A pair of Clubs weighing thirty pounds each is rarely used, and there are but one or two men in this country who can perform more than a few simple movements with thirty pound Clubs.



TIMOTHY DELMODY.

If any one thinks he can refute this statement, and has seen performances where greater weights have been used, let him, on the next occasion, weigh the Clubs himself, instead of taking the figures for granted, that may be given or marked on them.

It is a general failing—if it may be called a failing—for the athlete to be proud of his strength, and to be in no wise backward in exhibiting it at every favorable opportunity. This is all right and proper, provided no deception is used, which, we are sorry to say, is too often the case, and the conscience, with the weight of the Club and dumb bells, is easily stretched. Scripture says, “The glory of a young man is his strength;” but it also says, “A false balance is an abomination to the Lord, but a just weight is his delight.”

Perhaps no institution on the face of the globe has turned out any better Gymnasts or stronger men than the Olympic Club of San Francisco, California; yet they lay no claim to such remarkable performances as we see recorded daily, in reports of gymnastic exhibitions and athletic entertainments, in other States. At a recent exhibition, given by the members of this Club, Mr. Charles Bennett, who is termed the “young California Hercules,” used twenty pound Clubs in a variety of movements, and held fifty-two pounds in each hand, at arm's length, with ease. These are both excellent feats of strength, and would puzzle many of our thirty pound Club swingers, and heavy dumb bell men.

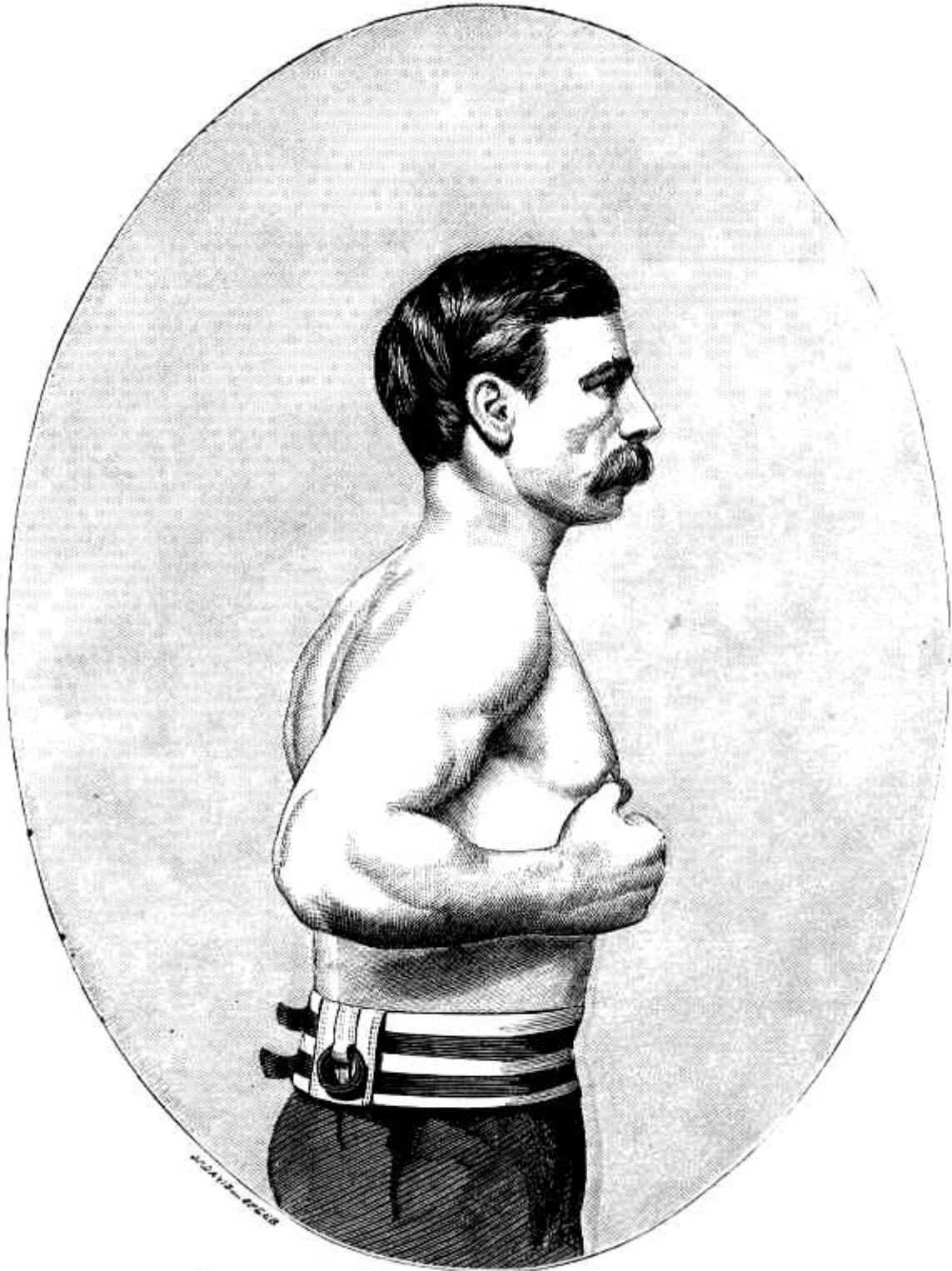
Mr. Charles A. Quitzow, the subject of our next sketch, is a well-known amateur Gymnast, of Brooklyn. Mr. Quitzow, and Mr. Avon C. Buraham, the proprietor of the new Brooklyn Gymnasium, are among the pioneers of Gymnastics in that city, and were brother athletes some fifteen years ago. Those who may have attended the old Brooklyn Gymnasium will recollect the excellent double posturing act performed by them.

Mr. Quitzow has always been passionately fond of gymnastics, and excelled as a Gymnast. He was among the first in adopting the Indian Club practice,

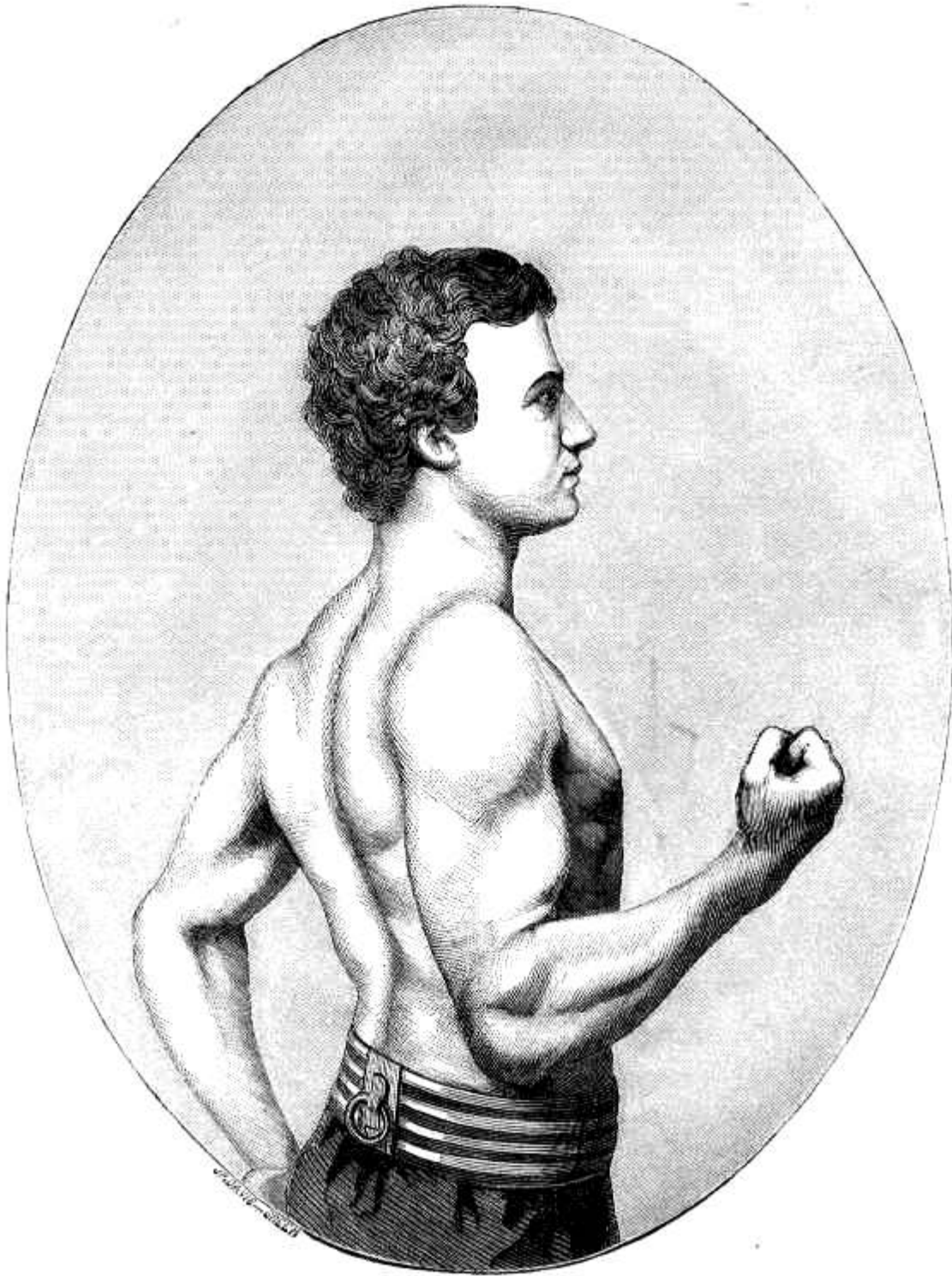
and although for the past four or five years he has neglected the Gymnasium, he retains remarkable strength, and handles a pair of thirty pound Clubs with ease. Mr. Quitzow is a New York merchant, and his physique bears testimony to the benefits derived from exercise, and the magic effects of using the Indian Clubs.

Our last sketch will be that of Mr. Fred. Küner, a young New York artist. Though but twenty-two years of age, he has attained a development of remarkable perfection, exclusively with the Indian Clubs, he rarely taking any other exercise. Mr. Küner is an example of proportional development, and is a model of manly form. Many New Yorkers will remember the celebrated statue of the Indian Hunter, lately on exhibition on Broadway. The artist of this beautiful work of art was indebted to the kindness of Mr. Küner, who served as a model, in the study of the anatomy of the figure, which is, perhaps, the finest piece of anatomical modeling ever executed in this country.

To those who are skeptical regarding the efficiency of the Clubs as a means of exercise, independent of other means, we would refer to Mr. Küner, as to what results may be attained by proper and regular practice.



CHARLES A. QUITZOW



FREDERICK KÜNER