INDIAN CLUB SWINGING

ONE TWO AND THREE CLUB JUGGLING

BY FRANK E. MILLER
INDIAN
CLUB-SWINGING
One, Two, and Three Club Juggling

BY
FRANK E. MILLER

1900
THE SAALFIELD PUBLISHING CO
NEW YORK   AKRON, O.   CHICAGO
DEDICATED TO MY PUPILS

"Nor love, nor honor, wealth nor power
Can give the heart a cheerful hour
When health is lost. Be timely wise—
With health all taste of pleasure flies."
PREFACE

The object of this book is, first, to introduce a simple nomenclature for club-swinging and club juggling; second, to present the work in such a way that it can be given on the gymnasium floor; third, to provide exercises for those that care to practice advanced club-swinging and juggling. The physical director will find a basis for drills in class-work in the 5th, 4th, 3d, 2d, and 1st grades. Club-swinging as a part of calisthenics has not the place in our regular class-work that it should have. This is probably due to the fact that there has been no simple and comprehensive nomenclature for club-swinging, and that it is considered by many to be too complicated and difficult for ordinary class-work. For class-work, do not limit yourself to exercises for arms and chest only, but use the clubs, as you would a pair of dumb-bells, and exercise lower limbs and trunk.

I do not insist that this arrangement of the subject of club-swinging is absolutely correct, but
I believe that I am near the truth, and hope that the book will at least serve as a basis and starting point for a better treatise of the subject in the future. I have tried to explain and arrange the work so that a novice might take up club-swinging and juggling from the very beginning. This book contains exercises which I have taught to my pupils and practiced myself. It can be relied upon as practicable. I have as far as possible followed the terms set forth in the regular "Gymnastic Nomenclature" of the Young Men's Christian Associations of North America.

I am indebted to Dr. D. M. F. Krogh, physical director of the Southwark Turnverein, Philadelphia, Pa., for valuable assistance in the practical work of club-swinging. Also to Dr. H. L. Chadwick, physical director of the Young Men's Christian Association, Philadelphia, Pa., for reviewing the manuscript, and to Dr. H. F. Hallenberg, physical director Secretarial Institute and Training School of Young Men's Christian Associations, Chicago, Ill., for valuable suggestions as to the arrangement and nomenclature.

Frank E. Miller,
Physical Director Young Men's Christian Association, Dallas, Texas.
The mistake is often made of using clubs that are too heavy. My experience has convinced me that clubs weighing one pound and a half each are heavy enough for the best results in class-work, and those weighing one pound each are heavy enough for solo swinging.

A pair of hollow clubs 18 inches long, with round knobs 4\(\frac{3}{4}\) inches in circumference, and with body 12\(\frac{1}{2}\) inches in circumference at the thickest part, and 6 inches in circumference at the ends, make very finely shaped clubs which are nicely balanced for club-swinging. The weight of each club should be from one to one and a half pounds (See Fig. 9 for illustration of clubs.) German silver, light copper, brass, or tin, cut in the shape of diamonds, stars, or bands around the clubs, adds greatly to their appearance. No exercise is prettier than club-
swinging, and none is more interesting. For old and young its value needs no comment.

By giving one hour each day for two years to the practice of club-swinging and juggling one can become quite an expert, and, as there is no limit to the number of movements and combinations that can be made, one may make up original movements and combinations.

If, after practicing for ten or fifteen minutes you feel fatigued, practice breathing exercises for from two to four minutes, also exercises for lower limbs and trunk. At first the effect of the exercises will be to strengthen and enlarge all the muscles of the body; but with one who is very fleshy, after practicing three or four weeks, the muscles will become smaller in volume, but wiry and sinewy in texture with no superabundant fat among their fibers. Time given to exercise is never lost. People are beginning to awake to the idea that the health of the body is most influential upon the mind. When the body is indisposed the mind cannot act properly and the intellectual powers lose their grasp. There seems now to be a general
feeling that the mind and body ought to be developed to the utmost, for they are both gifts to us, for the proper use of which we are responsible. I have for years been much impressed with the great value of club-swinging exercises in educating the co-ordinating powers of old and young, for "when we endeavor, for the first time, to perform a hitherto unknown movement, it seems at first that our muscles, so docile in ordinary actions, have become rebellious to the orders of the will. When the muscles finally obey, the long levers in turn seem to refuse to move in the desired direction, and the body, notwithstanding our violent efforts, will not assume the attitude we wish. But the faculty of co-ordination, like all physiological faculties, rapidly improves with practice. The man who exercises his body every day becomes able to use his organs, and gets more work out of them by making them serve him better. It must be remembered too, that a man need not possess very large muscles to be a strong man."—La Grange.

Dress—The best costume for club work is a pair of Spalding's Y. M. C. A. trousers
INTRODUCTION

No. 3, quarter sleeve shirt No. 1F, belt, and shoes or slippers. The foot-gear should be quite light, and made of soft cloth, canvas, or leather. They can be bought of A. G. Spalding & Bro., New York, Philadelphia, or Chicago.

BATHING.—The gymnast will be much benefited by sponging with tepid water immediately after he has finished his exercises. If practicable, a shower bath is even better, finishing with cold water. After drying with an ordinary towel, spend five minutes massaging the body, and especially the upper and lower limbs.

GRADING.—The 1st, 2d, 3d, and 4th sections are in grade 5.
The 5th and 6th sections are in grade 4.
The 7th and 8th sections are in grade 3.
The 9th and 10th sections are in grade 2.
The 11th and 12th sections are in grade 1.
One-Club Juggling, section 13.
Two-Club Juggling, section 14.
Three-Club Juggling, section 15.

APPENDIX

Dual Club Juggling.
Electric Light Club-swinging.
CONTENTS

SECTION 1. Single Swings—Lateral Plane .................. 28
SECTION 2. Single Hand Swings and Plain Swings—
Lateral Plane .............................................. 30
SECTION 3. Single Circles with Combination of Swings
—Lateral Plane ............................................. 35
SECTION 4. Single Hand Circles with Combinations of
Plain and Hand Swings—Lateral Plane. 38
SECTION 5. Double Swings, Hand Swings, Circles, etc.,
—Lateral Plane .............................................. 42
SECTION 6. Double Swings and Hand Circles—Lateral Plane .............................................. 53
SECTION 7. Combinations of Circles in the Lateral
Plane, with Hand Circles in the Horizontal Plane .............................................. 64
SECTION 8. Swings, Full Arm Circles, Hand Circles,
etc., Antero-Posterior Plane .................. 75
SECTION 9. Full Arm and Hand Circles, Swings, etc.,
in Lateral, Horizontal, and Antero-Posterior Planes .............................................. 86
SECTION 10. “Snake Movements,” Swings, Hand Circles, etc., Lateral and Horizontal Planes. 109

(9)
CONTENTS

SECTION 11. "Snake Movements," Hand Circles, etc.,  
Antero-Posterior Plane..........................124

SECTION 12. Combinations of Movements Between  
the Legs—Lateral Plane .......................129

SECTION 13. One-Club Juggling ..................136

SECTION 14. Two-Club Juggling ..................154

SECTION 15. Three-Club Juggling .................166

APPENDIX

Dual Club Juggling ...............................174
Electric Light Club-swinging ....................181
The following definitions will give the beginner a basis from which to work out the movements.

**NOMENCLATURE**

1. **Plain Swing.**—All plain swings should be with the long axis of the club in line with the forearm. A swing is any part of a circle less than 360 degrees.

2. **Plain Circle.**—In all plain circles the long axis of the club should be in line with the forearm, executing 360 degrees.

3. **Full Arm Circle.**—Fixed point, shoulder.

4. **Forearm Circle.**—Fixed point, elbow.

5. **Hand Circle.**—Fixed point, wrist.

6. **Hand Swing.**—Fixed point, wrist.

7. **Single Swing or Circle.**—One arm of any swing or circle.

8. **Double Left or Right.**—Both arms of any swing or circle in the same direction.

9. **Alternate.**—First left complete, and then right.
10. **Counter Like.**—The same for opposite side, or with other arm.

11. **Continuous Alternation.**—First with left, then with right, before either movement has been completed.

12. "**Snake Movement.**"—See section 10.
DIRECTION OF CIRCLES

In Lateral Plane, they are taken from the motion of the clock hands placed in front of and facing the body; right circles with the hands; left circles against the hands.

In Horizontal Plane, the clock is regarded as on the floor, face up, right circles with the hands, left circles against the hands.

In Antero-Posterior Plane the clock is regarded as placed at the left side, facing the body. Circles in the direction of the motion of the clock hands are forward circles, those in the opposite direction are backward circles.

Swings, fraction of a circle.

To make it as simple as possible to get starting position, fraction of circles, etc., see illustration, Fig. 1.
START double left or right, at left or right horizontal. To make a double right swing 180 degrees, start at double left and make a half circle; to make a double left swing 180 degrees, start at right horizontal. To execute double right full arm circles, start at 180 degrees, as in Fig. 1, go through an arc of 360 degrees, taking 135, 90, 45, 1.360, 315, 270, 225.
If executing a double left full arm circle, start from double right horizontal 180 degrees, going to 225, 270, 315, 360, 1, 45, 90, 135, back to 180 degrees, executing a full circle, as in Fig. 1, lateral plane.

ABBREVIATIONS

The arm will always be designated first, the direction second, as L. L. full arm circle would be with left arm a full arm circle to the left. R. R. swing 315 degrees, from left horizontal, right arm a swing to the right, 45 degrees less than a circle and return to starting position at left horizontal. R. right. L. left.

Do not fail to study the Nomenclature and get it clear in your mind before you take up the exercises. A little study will soon master it, and you will have no trouble in reading any of the movements.
AXES AND PLANES

Three axes and three planes are considered:

Fig. 2
A. The Vertical Axis corresponds to the spinal column in whatever position.

B. The Antero-Posterior Axis corresponds with, or is parallel to, a line drawn from front to back at right angles to the vertical and horizontal axes.

C. The Horizontal Axis corresponds with, or is parallel to, a line drawn through the shoulders at right angles to the vertical axis.

A. Lateral Plane.

B. Antero-Posterior Plane.

C. Horizontal Plane.

NOTE

The pupil should imagine himself between two board partitions, which are about two feet apart, with his face toward one and his back toward the other. Do not watch the clubs, but look straight ahead as much as possible. It is well to practice before a mirror, to see if you are getting the movements correct.
POSITION OF THE BODY

Shoulders back, head erect, chin in, heels together. All swaying of the body, either forward or backward, or from side to side, or turning to the R. or L. should be avoided unless absolutely necessary. All the elementary swings and circles should be from the shoulders or wrists, as the case may be. If the chest is thrown well forward and the hips slightly backward, in a slightly stooping position, there is less danger of the clubs striking the shins. There is a great tendency for the beginner to shorten the swings and circles. This should be guarded against.

(18)
METHODS OF HOLDING CLUBS

For all plain swings and circles, the fingers are so placed that they can manipulate the club and guide it in the various planes. The hand should grasp the club as in Fig. 3,
the knob touching the wrist, first finger straight, so the club will be in a straight line with forearm. The heaviest part of the club will be brought near the hand.

Fig. 4

The grasp is used only for elementary swings. In executing circles remove the finger to side next the third finger then place it on the club as before, after executing the circle, as it helps
to keep the club in a straight line with the forearm.

Fig. 5

**METHOD OF HOLDING CLUB** for the more advanced movements: Let the club slide from the grasp of elementary position, holding the knob
loosely with the ends of the fingers, so the club will swing freely. See Fig. 4.

The thumb, second, and third fingers do most all the holding; try to revolve the club in the hand while making circles, as it helps in making them smooth and rounded.

For those who have had practice with Indian clubs, and can do the following movements well, it would be best if they took up the exercises at Section 5, as Sections 1, 2, 3, and 4 are with one club, for beginners. For starting position in Section 5 see Fig. 5.
LATERAL PLANE


2. From position double L., Fig. 5, swing R. a R. R. 180 degrees.

3. L. R. and R. L. swing 180 degrees from position as in Fig. 6.

Fig. 6
4. Hold L. arm at L. horizontal, while R. arm makes a R. L. swing, see Fig. 5.

5. From double L. make full arm circles L
6. At R. horizontal make full arm circles R
7. Hold R. arm at R. horizontal, while L.
LATERAL PLANE

arm makes a L. L. swing 180 degrees, see Fig. 6.

Fig. 8

8. Full arm circles L. L. and R. R. Fig. 7.
9. From arms at side horizontal, as Fig. 6, L. R. and R. L. full arm circles.
10. L. R. and R. L. full arm circles, and hand circles back of head, see Fig. 8.

Fig. 9

To make the work as simple as possible we have only three starting positions in the lateral plane, Fig. 5, double L.—double R., same as
Fig. 5 at the R. side of body — and Fig. 6, arms at side horizontal. All exercises in the lateral or horizontal planes will begin at one or the other of these starting positions as may be designated.

It is well to get this set of exercises correct, as all the others are based on this as a foundation.
"Tis physical exercise that gives health and vigor to the mind."

SINGLE SWINGS

SECTION 1—LATERAL PLANE

1. From L. horizontal, L. R. swing 180 degrees.
2. Counter like.
3. L. R. forearm swing back of body 180 degrees.
4. Counter like.
5. L. R. swing front of body, L. R. swing back of body.
6. Counter like.
7. L. R. swing 180 degrees, at L. horizontal a hand swing on top of forearm.
8. Counter like.
9. L. R. swing back of body 180 degrees, hand swing on top of forearm at L. horizontal.
10. Counter like.
11. L. R. swing 180 degrees, as club is at 180 degrees a hand swing on top of forearm.
12. Counter like.
13. L. R. swing 180 degrees at L. horizontal a hand swing on top of forearm, as you swing 180 degrees to the R., a hand swing on top of forearm.

(28)

15. L. R. forearm swing back of body 180 degrees at L. horizontal a hand swing on top of forearm. L. R. swing front of body 180 degrees; as L. arm is at 180 degrees to the R. a hand swing on top of forearm.

16. Counter like.

17. L. R. swing 270 degrees.

18. Counter like.

19. L. R. swing 270 degrees; as you return to starting position, let club swing on top of forearm, flexing the forearm, keeping the club on the forearm until it reaches front of chest.

20. Counter like.

21. L. R. forearm swing back of body 180 degrees at L. horizontal a hand swing on top of forearm, L. R. swing front of body 270 degrees; as you return to starting position, let the club swing on top of forearm, flexing the forearm, keeping the club on forearm until it reaches front of chest.

22. Counter like.
Application is the price to be paid for physical powers. To have physical powers we must spend time in physical exercises.*

SINGLE HAND SWINGS AND PLAIN SWINGS

SECTION 2—LATERAL PLANE

1. L. R. hand swing back of head, see Fig. 10, from L. horizontal; grasp club by the thumb and second finger, knuckles forward, rotate arm backward; from this position flex forearm letting club swing back of L. shoulder. Raise elbow to vertical with forearm over head, right angles to upper arm, club in line with forearm; after forearm reaches front of chest, swing back to starting position L. horizontal.

2. Counter like.

3. L. R. hand swing back of head, L. R. forearm swing back of body 180 degrees, hand swing on top of forearm at L. horizontal.

4. Counter like.

5. L. R. hand swing front of head, 225 degrees, see Fig. 11.

6. Counter like.

7. L. R. hand swing back of head, see Fig. 10. L. L. hand swing front of head, see Fig. 11.

(30)
8. Counter like.

Fig. 10

10. Counter like.
11. L. R. hand swing front of head 225 degrees, L. L. hand swing back of head, see Fig. 12.
12. Counter like.
13. L. R. hand swing back of head, hand swing on top of forearm at L. horizontal.


15. L. R. hand swing front of head 225 degrees, L. L. hand swing back of head, hand swing on top of forearm at L. horizontal.
SINGLE HAND AND PLAIN SWINGS

16. Counter like.

17. L. R. forearm swing back of body 180 degrees, L. R. hand swing back of head.

Fig. 12

18. Counter like.

19. L. R. forearm swing back of body 180 degrees, L. R. swing front of body 180 degrees, hand swing on 3
34  

**INDIAN CLUB-SWINGING**

top of forearm at R. horizontal 180 degrees, L. L. hand swing front of body.

20. Counter like.

21. L. R. hand swing front of head 225 degrees, L. L. hand swing back of head, L. R. swing back of body 180 degrees.

22. Counter like.

23. L. R. hand swing back of head 225 degrees, L. L. hand swing front of head, at L. horizontal a hand swing on top of forearm.

24. Counter like.

25. L. R. hand swing back of head 225 degrees, L. L. hand swing front of head, at L. horizontal a hand swing on top of forearm, L. R. swing back of body 180 degrees.


27. L. R. hand swing back of head, L. R. forearm swing back of body 180 degrees, at L. horizontal a hand swing on top of forearm, L. R. swing front of body 180 degrees, as arm is at R. horizontal 180 degrees a hand swing on top of forearm.

28. Counter like.

Try to get up combinations that are original, from the start, as it will help you in getting up new combinations of movements when we start on advanced club-swinging.
"He who loseth wealth loseth much; he who loseth a friend loseth more; but he who loseth his health and strength loseth all."

SINGLE CIRCLES AND SWINGS

SECTION 3—LATERAL PLANE

1. L. L. full arm circle.
2. Counter like.
3. L. L. forearm circle.
4. Counter like.
5. L. R. full arm circle.
6. Counter like.
7. L. R. forearm circle.
8. Counter like.
9. L. L. full arm circle, L. R. swing 180 degrees.
10. Counter like.
11. L. R. full arm circle, L. R. swing 180 degrees.
12. Counter like.
13. L. L. full arm circle, L. R. swing 180 degrees at L. horizontal a hand swing on top of forearm.
15. L. L. full arm circle, L. R. forearm swing back of body.
16. Counter like.
17. L. L. full arm circle, L. R. hand swing back of head.
18. Counter like.
19. L. L. full arm circle, L. R. hand swing back of head 225 degrees, L. L. hand swing front of head.
20. Counter like.
21. L. R. full arm circle, L. R. hand swing back of head 225 degrees, L. L. hand swing front of head, at L. horizontal hand swing on top of forearm.
22. Counter like.
23. L. L. full arm circle, L. R. hand swing back of body 180 degrees, at L. horizontal hand swing on top of forearm, L. R. swing front of body 180 degrees, as arm is at L. horizontal 180 degrees a hand swing on top of forearm.
24. Counter like.
25. L. R. full arm circle, L. R. swing 225 degrees, L. L. hand swing front of head.
27. L. L. full arm circle, L. R. swing 225 degrees. L. L. hand swing front of head. L. R. swing back of body.
28. Counter like.
29. L. L. full arm circle, L. R. swing 270 degrees, as you return to starting position, hand swing on top of forearm, keeping club on forearm until it is in front of chest.
30. Counter like.
31. L. R. full arm circle, L. R. swing back of body 180 degrees, L. L. full arm circle.
32. Counter like.
33. L. R. hand swing back of head 225 degrees. L. L. swing front of head. L. R. full arm circle.
34. Counter like.
36. Counter like.
37. L. R. hand swing back of head. L. R. full arm circle, hand swing on top of forearm at L. horizontal, L. R. swing 225 degrees, L. L. hand swing front of head.
38. Counter like.
40. Counter like.
"He that swings Indian clubs
Strengthens nerves, and sharpens skill,
And stores up power."

SINGLE HAND CIRCLES, AND FULL ARM CIRCLES—HAND SWINGS

SECTION 4—LATERAL PLANE

It would be well to keep in mind in starting this section, that a hand circle is just a continuation of a hand swing executing a movement through a radius of 360 degrees.

1. L. L. hand circle back of L. shoulder, Fig. 13, flex forearm, letting elbow drop at side of body.
2. Counter like.
3. L. L. full arm circle, L. L. hand circle back of L. shoulder.
4. Counter like.
5. L. R. hand circle back of L. shoulder.
6. Counter like.
8. Counter like.

(38)
10. Counter like.
11. L. L. hand circle front of L. shoulder.
12. Counter like.

Fig. 13

13. L. L. hand circle back and front of L. shoulder.
15. L. L. full arm circle, L. L. hand circle back of L. shoulder, L. L. forearm circle.
16. Counter like.

17. L. L. full arm circle, L. L. hand circle front of L. shoulder, L. R. swing 180 degrees, at L. horizontal a hand swing on top of forearm.

18. Counter like.

19. L. R. forearm swing 180 degrees, L. R. forearm circle front of body, L. R. forearm swing back of body.

20. Counter like.

21. L. R. hand swing back of head. L. R. hand circle back of head.

22. Counter like.

23. L. R. hand circle back and front of L. shoulder, L. R. full arm circle.

24. Counter like.


28. Counter like.

29. L. R. swing 180 degrees, as arm is at 180 degrees R. horizontal a hand swing on top of forearm, L. R. hand circle back and front of L. shoulder.

30. Counter like.

31. L. R. forearm swing back of body 180 degrees, at L. horizontal hand swing on top of forearm, L. R. swing
225 degrees. L. L. hand swing in front of head. L. L. hand circle front and back of L. shoulder.

32. Counter like.


34. Counter like.

Practice each movement with one club about 16 times before practicing with the other arm.
"The noblest thing in the world is to have good health."

DOUBLE SWINGS, HAND SWINGS, CIRCLES

SECTION 5—LATERAL PLANE

1. From double L., Fig. 5, double R. swing 180 degrees.
2. Counter like.
3. Double R. swing, L. R. swing back of body 180 degrees.
4. Counter like.
5. Double R. swing, L. R. hand swing back of head 180 degrees.
6. Counter like.
7. Alternate.
9. Counter like.
10. Alternate.
12. Counter like.
13. Alternate.

(42)
15. Counter like.
16. Alternate.
18. Counter like.
19. Alternate.
21. Counter like.
22. Alternate.
24. Counter like.
25. Alternate.
26. Double R. swing 180 degrees. Double R. hand circles at R. side of body dropping elbows at side of body as you execute hand circles. Fig. 14.
27. Counter like.
28. Alternate.
30. Counter like.
31. Alternate.
32. Double R. full arm circles, double R. hand circles at R. side of body.
33. Counter like.
34. Alternate.

Fig. 14

36. Counter like.

37. Alternate.

39. Counter like.
40. Alternate.
41. Double L. full arm circles. Double L. hand circles at R. side of body.
42. Counter like.
43. Alternate.
44. Double L. hand circles at L. and R. sides of body.
45. Counter like.
46. Alternate.
48. Counter like.
49. Alternate.
51. Counter like.
52. Alternate.
53. Double L. full arm circles, L. R. hand swing back of head, R. R. swing 180 degrees front of body.
54. Counter like.
55. Alternate.
57. Counter like.
58. Alternate.
60. Counter like.
61. Alternate.
63. Counter like.
64. Alternate.
66. Counter like.
67. Alternate.
69. Counter like.
70. Alternate.
72. Counter like.
73. Alternate.
75. Counter like.
76. Alternate.
78. Counter like.
79. Alternate.
81. Counter like.
82. Alternate.
83. Double L. full arm circle. Double L. hand circle back of shoulders. Fig. 15.
84. Counter like.
85. Alternate.
87. Counter like.
88. Alternate.
90. Counter like.
91. Alternate.
93. Counter like.
94. Alternate.
95. Double L. hand circles inside and outside of arms at L. and R. sides of body. Double L. hand circles back and front of shoulders.

Fig. 15

96. Counter like.
97. Alternate.
98. L. L. full arm circles. R. L. hand circle back of R. shoulder.

99. Counter like.

100. Alternate.


102. Counter like.

103. Alternate.

104. Double L. full arm circles. Double L. hand circles in front of thighs. Fig. 16.

105. Counter like.

106. Alternate.


108. Counter like.

109. Alternate.


111. Counter like.

112. Alternate.


114. Counter like.
115. Alternate.

116. Double L. hand circles at L. side of body. Double L. hand circles back of thighs. Fig. 17.

Fig. 16

117. Counter like.

118. Alternate.

120. Counter like.
121. Alternate.

Fig. 17

123. Counter like.
124. Alternate.

126. Counter like.

127. Alternate.


129. Counter like.

130. Alternate.
"Dost thou love health and strength?
If so, do not squander time,
But take time to exercise."

SWINGS—CIRCLES

SECTION 6—LATERAL PLANE

For starting position see Fig. 6, arms at side horizontal.

1. L. R. and R. L. swing 180 degrees. Fig. 7.
2. L. R. forearm swing back of body 180 degrees.
R. L. swing front of body.
3. Counter like.
4. Alternate.
13. L. R., and R. L. full arm circles. L. R. and R. L. hand circles back of head. Fig. 8.


21. L. L. and R. R. full arm circles. L. L. and R. R. hand circles back of head. Fig. 8.


24. L. R. and R. L. full arm circle. L. R. and R. L. hand circle back of thighs. Fig. 18.


27. L. L. and R. R. hand circles back and front of head.
29. L. L. and R. R. hand circles back of thighs and back of head.
30. L. L. and R. R. hand circles front and back of thighs.
31. L. L. and R. R. hand circles front of thighs, and front of head.
32. L. L. and R. R. hand circles back of thighs, and back of head, front of head, and front of thighs.
36. L. R. full arm circle. R. L. hand circle back of head.
37. Counter like.
38. Alternate.
39. L. L. full arm circle. R. R. hand circle back of head.
40. Counter like.
SWINGS — CIRCLES

41. Alternate.
42. L. R. full arm circle, and hand circle back of L. shoulder. R. L. hand circle back of R. shoulder.
43. Counter like.
44. Alternate.
45. L. L. full arm circle and hand circle back of L. shoulder. R. R. hand circle back of head.
46. Counter like.
47. Alternate.
49. Counter like.
50. Alternate.
52. Counter like.
53. Alternate.
54. L. R. hand circle front of head. R. L. hand circle back of head.
55. Counter like.
56. Alternate.
57. L. L. hand circle front of head. R. R. hand circle back of head.
58. Counter like.
59. Alternate.
60. L. R. hand circle front of L. thigh. R. L. hand circle back of R. thigh.
61. Counter like.
62. Alternate.
64. Counter like.
65. Alternate.
67. Counter like.
68. Alternate.
69. L. L. hand circle back of head. R. R. hand circle back of R. thigh.
70. Counter like.
71. Alternate.
72. L. R. hand circles front and back of L shoulder. R. L. hand circle back and front of R. thigh.
73. Counter like.
74. Alternate.
75. L. L. hand circles front and back of head. R. R. hand circles front and back of R. thigh.
76. Counter like.
77. Alternate.
79. L. L. hand circles back and front of head. R. R. hand circles front and back of thigh.
80. Counter like.
81. Alternate.
82. L. L. and R. R. full arm circles, continuous alternation.
83. L. R. and R. L. full arm circles, continuous alternation.
84. L. L. and R. R. full arm, forearm, and hand circles, continuous alternation.
85. L. L. and R. R. hand circles back of thighs, continuous alternation.
86. L. L. and R. R. hand circles front of thighs, continuous alternation.
87. L. L. and R. R. hand circles front and back of thighs, continuous alternation.
89. L. R. and R. L. hand circles front of thighs, continuous alternation.
91. L. L. and R. R. full arm circles, forearm circles front of body, hand circles back and front of thighs, continuous alternation.
92. L. R. and R. L. full arm circles, forearm circles, and hand circles in front of thighs, continuous alternation.
93. L. L. and R. R. hand circles front of thighs, and front of head, continuous alternation.
94. L. L. and R. R. hand circles back of thighs, and back of head, continuous alternation.
95. L. L. and R. R. hand circles front and back of thighs, and back and front of head, continuous alternation.

96. L. R. hand swing back of head. R. L. full arm circle.

97. Counter like.

98. Alternate.

99. L. R. hand swing back of head. R. L. hand circle back of head.

100. Counter like.

101. Alternate.

102. L. R. hand swing back of head. R. L. hand circle back of R. thigh.

103. Counter like.

104. Alternate.


106. Continuous alternation.


108. Continuous alternation.


![Fig. 19]

II2. L. L. and R. R. hand circles, arms to vertical, side horizontal, and front of thighs, continuous alternation.
113. L. R. hand swing back of head. R. R. hand circle front and back of R. thigh, continuous alternation.

114. Counter like.

115. Alternate.


117. Continuous alternation. Fig. 19.


120. L. L. and R. R. hand circles back and front of arms, arms at vertical, side horizontal, hand circles front and back of thighs, continuous alternation.

121. L. L. and R. R. hand swing on top of forearms; as arms are at sides of thighs flex forearms with hands over shoulders, letting clubs slide back of shoulders. L. L. and R. R. hand circles front and back of shoulders.

122. Continuous alternation.

123. L. L. and R. R. hand swing on top of forearms; as arms are at the sides of thighs, flex forearms, with hands over shoulders, letting clubs slide back of shoulders.
L. L. and R. R. hand circles front and back of shoulders, and front and back of thighs.

124. Continuous alternation.


127. Continuous alternation.


129. Continuous alternation.


131. Continuous alternation.


133. Continuous alternation.
Exercise with a merry heart,
For it doeth good
And is better than a medicine.*

SWINGS—CIRCLES

SECTION 7—LATERAL AND HORIZONTAL PLANES

Position for starting, Fig. 6. For the part of the exercise in horizontal planes, for brevity, will use h. p., for the part of the exercise in lateral plane, l. p.

1. L. L. and R. R. hand circles, h. p. Fig. 6. L. L. and R. R. full arm circles, l. p.
2. L. R. and R. L. hand circles, h. p. Fig. 6. L. R. and R. L. full arm circles.
3. From starting position, Fig. 5, double R. hand circles, swinging clubs to R. horizontal, h. p. Double L. swing 180 degrees, l. p.
4. Counter like.
5. Alternate.
7. Counter like.
8. Alternate.

(64)
10. Counter like.
11. Alternate.
12. Double R. hand circles, h. p. Double R. hand circles front of thighs, l. p. Fig. 16.
13. Counter like.
15. L. L. and R. R. hand circles in h. p. and l. p., position for starting Fig. 6.
16. Double R. hand circles, h. p. Double R. hand circles back of thighs, l. p. Fig. 17.
17. Counter like.
18. Alternate.
Double R. hand circles, h. p.
20. Counter like.
Double R. hand circles, h. p.
23. Counter like.
25. L. R. and R. L. hand swing back of head, l. p. from clubs in front of chest, Fig. 7. L. L. and R. R. hand circle, h. p.
27. Counter like.
28. Alternate.


30. Counter like.

31 Alternate.

32. Arms at side horizontal, L. L. and R. R. hand circles on top and under arms, h. p.

33. L. R. and R. L. hand circles on top and under arms, h. p. arms at side horizontal.


39. L. L. and R. R. hand circles on top of arms, at side horizontal, h. p., continuous alternation.
40. L. R. and R. L. hand circles on top of arms, at side horizontal, h. p., continuous alternation.

41. L. L. and R. R. hand circles under arms, at side horizontal, h. p., continuous alternation.

42. L. R. and R. L. hand circles under arms, at side horizontal, h. p., continuous alternation.

43. L. L. and R. R. hand circles on top and under arms, at side horizontal, h. p., continuous alternation.

44. L. R. and R. L. hand circles on top and under arms, at side horizontal, h. p., continuous alternation.


47. L. L. and R. R. hand circles back of head, l. p. L. L. and R. R. hand circles on top and under arms, at side horizontal, h. p., continuous alternation.


52. Counter like.

53. Alternate.


55. Counter like.

56. Alternate.


58. Counter like.

59. Alternate.


61. Counter like.

62. Alternate.

64. Counter like.
65. Alternate.
67. Counter like.
68. Alternate.
70. Counter like.
71. Alternate.
72. L. L. and R. R. hand circles front of thighs, and back of head, l. p. L. L. and R. R. hand circles from Fig. 7, h. p.
73. L. R. and R. L. hand circles front of thighs, and back of head, l. p. L. R. and R. L. hand circles from Fig. 6, h. p.
74. L. L. and R. R. hand circles back of thighs, and back of head, l. p. L. L. and R. R. hand circle from Fig. 7, h. p.
76. Alternate 72 and 74.
77. Alternate 73 and 75.

Fig. 20

78. Begin double R continuous alternation, Fig. 20. L. L. and R. L. hand circle in h. p. begin with one-half circle with R. club before you start the L. club. As you make the circle to the L. first have R. club over
L. then change with the L. club over R. as clubs are making a L. L. and R. L. hand circle in h. p.

79. Counter like.
80. Alternate.
82. Counter like.
83. Alternate.
85. Counter like.
86. Alternate.
88. Counter like.
89. Alternate.
91. Counter like.
92. Alternate.
94. Counter like.
95. Alternate.

Fig. 21

96. L. L. and R. L. hand circles on top and under arms, h. p., Fig. 21, continuous alternation.
97. Counter like.
98. Alternate.

100. Counter like.

101. Alternate.


103. Counter like.

104. Alternate.


106. Counter like.

107. Alternate.


109. Counter like.

110. Alternate.

111. L. L. hand circle on top of arm. R. L. hand circle under arm, h. p., hands close together, continuous alternation.

112. Counter like.

113. Alternate.

114. L. L. and R. L. hand circles front and back of head, l. p. L. L. hand circle on top of arm. R. L. hand
circle under arm, h. p., hands close together, continuous alternation.

115. Counter like.
116. Alternate.
117. Start at side horizontal, L. L. hand circle on top of arm, R. L. hand circle under arm, move arms to front of body slowly until L. hand is over R., h. p., continuous alternation.
118. Counter like.
119. Alternate.
121. Counter like.
122. Alternate.
123. L. L. and R. R. hand circles L. hand on top of R. hand, h. p., continuous alternation.
124. Counter like.
125. Alternate.
127. Counter like.
128 Alternate.
"I wear my trusty sword when I do exercise."

SWINGS—CIRCLES

SECTION 8—ANTERO-POSTERIOR PLANE

Starting position for movements in antero-posterior plane, front horizontal.
1. Double swing backward 150 degrees.
2. Forward and backward swing 180 degrees, Fig. 22. Alternating L. forward while R. is backward.
3. Full arm circles forward, continuous alternation.
4. Full arm circles backward, continuous alternation.
5. L. full arm circles forward. R. full arm circles backward, continuous alternation.
6. Counter like.
7. Alternate.
8. Forward hand circles, with elbows at sides of body, continuous alternation.
9. Backward hand circles, with elbows at sides of body, continuous alternation.
10. Backward full arm circles, hand circles backward, elbows at sides of body, continuous alternation.
11. Forward full arm circles, hand circles forward, elbows at sides of body, continuous alternation.

(75)
12. Forward full arm circles, hand circles forward front horizontal, and sides of thighs, continuous alternation.

13. Backward full arm circles, hand circles backward front horizontal, and sides of thighs, continuous alternation.

14. Forward full arm circles, hand circles forward inside of arms at front horizontal, and sides of thighs, continuous alternation.

15. Alternate 12 and 14
16. Backward full arm circles, hand circles backward, inside of arms at front horizontal, and sides of thighs, continuous alternation.

17. Alternate 13 and 16.

18. Forward and backward swing 180 degrees. Forward hand circles at front horizontal, continuous alternation.

19. Forward hand circles, inside and outside of arms, front horizontal, continuous alternation.

20. Backward hand circles, inside and outside of arms, front horizontal, continuous alternation.

21 Forward full arm circles, hand circles inside and outside of arms, continuous alternation.

22. Backward full arm circles, hand circles inside and outside of arms, continuous alternation.

23. Forward full arm circles, hand circles inside and outside of arms, and at sides of thighs, continuous alternation.

24. Forward hand circles, arms at vertical, forward horizontal, and sides of thighs, continuous alternation.

25. Backward hand circles, arms at vertical, forward horizontal, and sides of thighs, continuous alternation.

26. L. forward hand circles, R. backward hand circles, front horizontal, continuous alternation.

27. Counter like.

28. Alternate.

29. L. forward hand circles, inside and outside of arms, R. backward hand circles, inside and outside of arms, front horizontal, continuous alternation.
30. Counter like.
31. Alternate.

32. Forward full arm circles, R. forward forearm and hand circle over L. upper arm. L. forward forearm and hand circle under R. upper arm, Fig. 23, continuous alternation.
SWINGS — CIRCLES

33. Counter like.
34. Alternate.
35. Backward full arm circles, R. backward forearm and hand circle over L. upper arm. L. backward forearm and hand circle under R. upper arm, continuous alternation.
36. Counter like.
37. Alternate.
38. Backward full arm circles, R. backward forearm and hand circle over L. upper arm, L. backward forearm and hand circle under R. upper arm, backward hand circles front horizontal, continuous alternation.
39. Counter like.
40. Alternate.
41. Forward full arm circles, R. forward forearm and hand circles over L. upper arm, L. forward forearm and hand circle under R. upper arm, hand circles forward at sides of thighs, continuous alternation.
42. Counter like.
43. Alternate.
44. Backward full arm circles, R. backward forearm and hand circle over L. upper arm, L. backward forearm and hand circle under R. upper arm, backward hand circles inside and outside of arms and at sides of thighs, continuous alternation.
45. Counter like.
46. Alternate.
47. Forward full arm circles, hand circles forward, inside and outside of arms, at sides of thighs, and front horizontal, continuous alternation.

48. Backward full arm circle, hand circles backward, inside and outside of arms, at sides of thighs, and front horizontal, continuous alternation.

49. Forward L. full arm circle, forward R. hand circle at R. side of body, continuous alternation.

50. Counter like.

51. Alternate.

52. Forward L. full arm circle, backward R. hand circle at R. side of body, continuous alternation.

53. Counter like.

54. Alternate.

55. Forward hand circles, inside and outside of arms at thighs, front horizontal, and outside of arms at vertical, continuous alternation.

56. Backward hand circles, inside and outside of arms at thighs, front horizontal, and outside of arms at vertical, continuous alternation.
SAMPLE COMBINATIONS

FULL ARM CIRCLES, HAND SWING AND CIRCLES WITH COMBINATIONS TO CHANGE FROM ONE MOVEMENT TO ANOTHER WITHOUT STOPPING—LATERAL PLANE

1. Double L. and R. swing 180 degrees.
5. Alternate 3 and 4.
7. Double L. full arm circles.

6 (81)
11. L. L. and R. R. full arm circles.
12. L. L. and R. R. full arm circles, continuous alternation.
13. Change at double L. horizontal, with double L. hand circles.
15. Counter like.
16. Alternate.
18. Counter like, change with a L. R. hand swing back of head, R. R. swing front of body 180 degrees.
19. Alternate.
21. Counter like.
22. Alternate.
25. From forearms front of chest, Fig. 7, from L. R. and R. L. hand swing back of head. L. L. and R. R. hand circles in horizontal plane.


30. Double L. full arm circles and hand circles back of shoulders. Fig. 15.

31. Counter like, double L. hand swing back of head, double R. hand circles at R. side of body.

32. Alternate, with hand circles, at R. side of body after double L. hand circles back of shoulders, at L. side of body after double R. hand circles back of shoulders.

33. From double L. hand circles at L. side of body, double L. hand circles back of thighs and shoulders.

34. Counter like, with hand circles double R. at R. side of body, as you change.

35. Alternate with hand circles double L. and R. at L. and R. sides of body.

36. From double L. hand circles at L. side of body, L. R. and R. L. full arm circles and hand circles back of head. Fig. 8.
38. Counter like.
39. Alternate.
40. L. R. full arm circle. R. L. hand circle back of R. shoulder.
41. Counter like.
42. Alternate.
44. Counter like.
45. Alternate.
47. At side horizontal, L. R. and R. L. hand circle in horizontal plane.
48. From side horizontal L. L. and R. R. hand circles back of thighs, shoulders, and head.
49. From L. L. and R. R. hand circles back of shoulders. L. L. and R. L. full arm circles, and hand circles back of head, continuous alternation.
50. Counter like, with hand circles, L. R. and R. R. at R. side of body, as you change.
51. Alternate, with hand circles at L. and R. sides of body.
52. From L. L. and R. L. hand circles at L. side of body, continuous alternation, full arm circles forward, antero-posterior plane, R. forward forearm and hand cir-
SAMPLE COMBINATIONS

...cle over L. upper arm, L. forward forearm and hand circle under R. upper arm, Fig. 23, continuous alternation.

53. Counter like.

54. Alternate, with hand circles inside and outside of arms, at front horizontal.
"Strength of character consists of two things—power of will and power of endurance."

SWINGS—CIRCLES

SECTION 9—LATERAL AND HORIZONTAL PLANES

1. Double R. full arm circles, double R. hand circles back of R. shoulder. Fig. 24.
2. Counter like.
3. Alternate.
4. Double L. full arm circles, double L. hand circles back of R. shoulder. Fig. 24.
5. Counter like.
6. Alternate.
7. Double R. full arm circles, double R. hand circles back of R. shoulder with L. hand under R. upper arm. Fig. 25.
8. Counter like.
11. Counter like.
12. Alternate.

(86)

15. Alternate.
16. Double L. full arm circles, double L. hand circles back of L. shoulder, then change double L. hand circle back of L. shoulder with R. hand under L. upper arm.
17. Counter like.
18. Alternate.

19. Double L. full arm circles, double L. hand circles back of R. shoulder, then change double L. hand circles back of R. shoulder with L. hand under R. upper arm.

20. Counter like.


22. Combine 16 and 17.
23. Double L. full arm circles, double L. hand circles back of shoulders, double L. hand circles back of L. shoulder.
24. Counter like.
25. Alternate.
27. Counter like.
28. Alternate.
31. Counter like.
32. Alternate.
33. Double L. full arm circles, double L. hand circles back of shoulders, double L. hand circles back of R. shoulder L. hand under R. upper arm.
34. Counter like.
35. Alternate.
37. Counter like.
38. Alternate.
39. Double L. full arm circles, double L. hand circles back of shoulders, double L. hand circles at L.
side of body, double L. hand circles back of R. shoulder L. hand under R. upper arm, double L. hand circles at R. side of body.

40. Counter like.

41. Alternate.

42. Double L. hand circles back of shoulders, double L. hand circles back of L. shoulder, double L. hand circles back of L. shoulder R. hand under L. upper arm, double L. hand circles back of R. shoulder L. hand under R. upper arm, double L. hand circles back of R. shoulder.

43. Counter like.

44. Alternate.

45. Double L. hand circles outside and inside of arms at L. side of body, double L. hand circles front and back of thighs, double L. hand circles back of R. shoulder.

46. Counter like.

47. Alternate.

48. Double L. hand circles front and back of shoulders, double L. hand circles inside and outside of arms at L. side of body, double L. hand circles front and back of thighs, double L. hand circles inside and outside of arms at R. side of body, double L. hand circles back of R. shoulder.

49. Counter like.

50. Alternate.

52. Counter like.
53. Alternate.
55. Counter like.
56. Alternate.
58. Counter like.
59. Alternate.
60. Alternate 54 and 57.
61. Counter like.
62. Alternate.
63. L. R. hand swing back of head, R. L. hand circle back of R. shoulder, and full arm circle, L. L. and R. L. hand circle back of R. shoulder, continuous alternation.
64. Counter like.
65. Alternate.
67. Counter like.
68. Alternate.
70. Counter like.
71. Alternate.


73. Counter like.

74. Alternate.


76. Counter like.

77. Alternate.


79. Counter like.

80. Alternate.

81. Alternate 78 and 75.

82. Counter like.

83. Alternate.

shoulder, L. L. and R. L. hand circles inside and outside of arms at R. side of body, L. L. and R. L. hand circles on top and under arms in h. p., Fig. 21, continuous alternation.

85. Counter like.
86. Alternate.

87. L. L. and R. L. hand circles front and back of head, L. L. and R. L. hand circles on top and under arms in h. p., continuous alternation.

88. Counter like.
89. Alternate.

90. L. L. and R. L. hand circles front and back of thighs, and front and back of head, L. L. and R. L. hand circles on top and under arms in h. p., continuous alternation.

91. Counter like.
92. Alternate.


94. Counter like.
95. Alternate.

97. Counter like.
98. Alternate.

99. L. L. and R. L. full arm circles, L. L. forearm and hand circle over L. upper arm, L. L. forearm and hand circle under R. upper arm, L. L. and R. L. hand circle back and front of head, continuous alternation.

100. Counter like.
101. Alternate.

102. L. L. and R. L. hand circles at L. side of body, R. L. forearm and hand circle over L. upper arm, L. L. forearm and hand circle under R. upper arm, L. L. and R. L. hand circles on top and under arms, h. p., continuous alternation.

103. Counter like.
104. Alternate.
105. Alternate 93 and 96.
106. Counter like.
107. Alternate.
109. Counter like.
110. Alternate.

111. L. L. and R. L. hand circles at L. side of body, R. L. forearm and hand circle over L. upper arm, L. L. forearm and hand circle under R. upper arm, L. L. and R. L. hand circles back and front of head, continuous alternation.

112. Counter like.
113. Alternate.

114. L. L. and R. L. hand circles inside and outside of arms at L. side of body, R. L. forearm and hand circle
over L. upper arm, L. L. forearm and hand circle under R. upper arm, L. L. and R. L. hand circles inside and outside of arms at R. side of body, continuous alternation.

115. Counter like.
116. Alternate.
117. Alternate 111 and 114.
118. Counter like.
119. Alternate.
120. L. L. and R. L. full arm circles, and hand circles back of shoulders, R. L. forearm and hand circles over L. upper arm, L. L. forearm and hand circle under R. upper arm, continuous alternation.
121. Counter like.
122. Alternate.
123. L. L. and R. L. full arm circles, and hand circles back of shoulders, R. L. forearm and hand circle over L. upper arm, L. L. forearm and hand circle under R. upper arm, L. L. hand circle back of R. shoulder, R. L. full arm circle, continuous alternation.
124. Counter like.
125. Alternate.
127. Counter like.
128. Alternate.
129. Alternate 123 and 126.
130. Counter like.
131. Alternate.
132. L. L. and R. L. full arm circles and hand circles
back of shoulders, L. L. and R. L. hand circles back of
R. shoulder, L. L. and R. L. full arm circles and hand
circles back of R. shoulder L. hand under R. upper
arm, continuous alternation.
133. Counter like.
134. Alternate.
135. L. L. and R. L. full arm circles, and hand circle
back of shoulders, L. L. and R. L. hand circles back of
R. shoulder L. hand under R. upper arm, L. L. and R.
L. hand circles front and back of head, continuous alter-
nation.
136. Counter like.
137. Alternate.
138. L. L. and R. L. hand circles at L. side of body,
R. L. forearm and hand circle over L. upper arm, L. L.
forearm and hand circle under R. upper arm, L. L. and
R. L. hand circle back of R. shoulder L. hand under R.
upper arm, continuous alternation.
139. Counter like.
140. Alternate.
141. Alternate 135 and 138.
142. Counter like.
143. Alternate.
144. L. L. and R. L. hand circles at L. side of body,
L. L. and R. L. hand circles front and back of thighs,
L. L. and R. L. hand circles at R. side of body, L. L.
and R. L. hand circles front and back of head, L. L. and R. L. hand circles on top and under arms, h. p., continuous alternation.

145. Counter like.
146. Alternate.

148. Counter like.
149. Alternate.
150. Alternate 144 and 147.
151. Counter like.
152. Alternate.
153. L. L. and R. L. hand circles back of R. shoulder, L. L. and R. L. hand circles front and back of L. thigh, R. arm across small of back, Fig. 26, continuous alternation.

154. Counter like.
155. Alternate.
156. L. L. and R. L. hand circles front and back of L. thigh, R. arm across small of back, continuous alternation.

157. Counter like.
158. Alternate.
159. Alternate 153 and 156.
160. Counter like.
161. Alternate.

Fig. 26

162. L. L. and R. L. hand circles at L. side of body, L. L. and R. L. hand circles front and back of L. thigh, Fig. 26, continuous alternation.
163. Counter like.
164. Alternate.
165. L. L. and R. L. hand circles front and back of head, L. L. and R. L. hand circles front and back of L. thigh, Fig. 26, continuous alternation.
166. Counter like.
167. Alternate.
168. L. L. and R. L. hand circles at L. side of body, L. L. and R. L. hand circles front and back of head, L. L. and R. L. hand circles front and back of L. thigh, Fig. 26, continuous alternation.
169. Counter like.
170. Alternate.
171. L. L. and R. L. hand circles back of L. shoulder, L. L. and R. L. hand circles front and back of L. thigh, Fig. 26, continuous alternation.
172. Counter like.
173. Alternate.
174. L. L. and R. L. hand circles back of L. and R. shoulders, L. L. and R. L. hand circles front and back of L. thigh, Fig. 26, continuous alternation.
175. Counter like.
176. Alternate.
177. Alternate 168 and 174.
178. Counter like.
179. Alternate.
181. Counter like.
182. Alternate.
184. Counter like.
185. Alternate.
187. Counter like.
188. Alternate.
190. Counter like.
191. Alternate.
193. Counter like.
194. Alternate.
195. Double L. hand circles back of L. shoulder. Double L. hand circles under L. upper arm. Fig. 27.
196. Counter like.
197. Alternate.
198. Double L. hand circles back of L. shoulder. Double L. hand circle under L. upper arm. Fig. 27. Double L. hand circles back of R. shoulder.
199. Counter like.
200. Alternate.


Fig. 27

hand circles under L. upper arm. Fig. 27. Double L. hand circles back of R. shoulder.

202. Counter like.
INDIAN CLUB-SWINGING

203. Alternate.
205. Counter like.
206. Alternate.
208. Counter like.
209. Alternate.
211. Counter like.
212. Alternate.
214. Counter like.
215. Alternate.
217. Counter like.
218. Alternate.
hand circles under R. upper arm. Double L. hand circles back of R. shoulder.

220. Counter like.

221. Alternate.


223. Counter like.

224. Alternate.


226. Counter like.

227. Alternate.


229. Counter like.

230. Alternate.

232. Counter like.
233. Alternate.
235. Counter like.
236. Alternate.
238. Counter like.
239. Alternate.
240. Alternate 231 and 237.
241. Counter like.
242. Alternate.
244. Double L. hand circles front and back of L. shoulder. Double L. hand circles front of R. thigh, L. arm back of body.
245. Counter like.
246. Alternate.
inside and outside of arms at R. side of body. Double L. hand circles front and back of shoulders.

248. Counter like.
249. Alternate.


251. Counter like.
252. Alternate.


254. Counter like.
255. Alternate.

256. L. R. hand circle back and front of L. shoulder. R. L. hand circle front and back of L. thigh, R. arm back of body.

257. Counter like.
258. Alternate.


260. Counter like.
261. Alternate.


263. Counter like.

264. Alternate.


266. Counter like.

267. Alternate.


269. Counter like.

270. Alternate.


272. Counter like.

273. Alternate.

275. Counter like.
276. Alternate.
278. Counter like.
279. Alternate.
281. Counter like.
282. Alternate.
284. Counter like.
285. Alternate.
286. Alternate 277 and 280.
287. Counter like.
288. Alternate.
290. Counter like.
291. Alternate.
293. Counter like.
294. Alternate.
295. Alternate 289 and 292.
296. Counter like.
297. Alternate.
299. Counter like.
300. Alternate.
"It is not luck, but pluck, with mental and physical powers which weaves the web of life, and gives to him sound health

"SNAKE MOVEMENTS" — SWINGS—CIRCLES

SECTION 10—LATERAL AND HORIZONTAL PLANES

1. "Snake Movement" with one club: L. L. From front horizontal grasp club by the knob, swing it on back of L. forearm, about 225 degrees, with the neck lying over the outside of wrist; at the same time rotating the forearm to the R. knuckles turned well to the R., see Fig. 28. Flex forearm, with L. hand under L. armpit, flexing the wrist well; keep the club as close to the wrist as you can, see Fig. 29. L. R. swing club under L. forearm, at the same time extending arm to side horizontal, flexing wrist well, see Fig. 30. Flex forearm, hand front of chest. Fig. 31. L. L. hand circle on top of arm. After executing movement in sections, as illustrated, make the movement continuous L. L. hand circles as described. Familiarly known as "Snake Movement," or "Snake Circles."

2. Counter like

3. Alternate.

INDIAN CLUB-SWINGING


Fig. 28


Fig. 29


Fig. 30


21. Counter like.

22. Alternate.


24. Counter like.

25. Alternate.

27. Counter like.
28. Alternate.
30. Counter like.
31. Alternate.
33. Counter like.
34. Alternate.
36. Counter like.
37. Alternate.
39. Counter like.
40. Alternate.
42. Counter like.
43. Alternate.
44. Double L. hand circles inside and outside of arms at L. side of body. "Snake Movement" double L. at L. side of body. Double L. hand circles front and back of
thighs. Double L. hand circles inside and outside of arms at R. side of body.

45. Counter like.
46. Alternate.
47. Alternate 44 and 41.
48. Counter like.
49. Alternate.
   Double L. hand circles front and back of thighs, starting
51. Counter like.
52. Alternate.
   Double L. hand circles front and back of thighs, starting
   Double L. hand circles front and back of head, starting
54. Counter like.
55. Alternate.
56. Alternate 50 and 53.
57. Counter like.
58. Alternate.
59. L. L. "Snake Movement" at L. side of body. R.
   L. hand circle in front of R. thigh.
60. Counter like.
61. Alternate.
62. L. L. "Snake Movement" at L. side of body. R.
   L. hand circles back of R. thigh and back of R. shoulder.
63. Counter like.
64. Alternate.
65. L. L. "Snake Movement" at L. side of body. R.
L. hand circle front and back of R. shoulder.
66. Counter like.
67. Alternate.
68. L. L. "Snake Movement" at L. side of body. R.
L. hand circles back and front of R. thigh.
69. Counter like.
70. Alternate.
71. L. L. "Snake Movement" at L. side of body. R.
R. hand circles back and front of R. thigh, and back and
front of R. shoulder.
72. Counter like.
73. Alternate.
74. L. L. "Snake Movement" at L. side of body. R.
L. hand swing back of head.
75. Counter like.
76. Alternate.
77. "Snake Movement" double L. at L. side of body.
Double R. hand swing back of head. "Snake Move-
ment" double R. at R. side of body.
78. Counter like.
79. Alternate.
80. "Snake Movement" double L. at L. side of
body. L. R. hand swing back of head. R. R. hand
swing front of head. Double L. hand circles at R. side
of body.
81. Counter like.
82. Alternate.
84. Counter like.
85. Alternate.
87. Counter like.
88. Alternate.
89. L. L. hand circle and "Snake Movement" at L. side of body. R. L. hand circle front and back of R. shoulder.
90. Counter like.
91. Alternate.
92. "Snake Movement" L. L. and R. R. h. p., continuous alternation. Fig. 32.
96. Counter like.
SWINGS — CIRCLES

97. Alternate.
98. Double L. hand circles back of R. shoulder and under R. upper arm. Double L. hand circles back of

Fig. 32

shoulders, double L. "Snake Movement" at L. side of body.

99. Counter like.
100. Alternate.


102. Counter like.

103. Alternate.

104. Double L. hand circles at L. side of body. "Snake Movement" double L. finishing the first part of the movement at sides of thighs, the last part of the circle between arms and thighs. Double R. hand swing back of head.

105. Counter like.

106. Alternate.


109. Counter like.

110. Alternate.


112. Counter like.

113. Alternate.

115. Counter like.
116. Alternate.
118. Counter like.
119. Alternate.
121. Counter like.
122. Alternate.
124. Counter like.
125. Alternate.
129. Counter like.
130. Alternate.
"Snake Movement" double L. at R. side of body. Double L. hand circles back and front of shoulders.

132. Counter like.
133. Alternate.
   Double R. hand circles front and back of shoulders.
135. Counter like.
136. Alternate.
138. Counter like.
139. Alternate.
141. Counter like.
142. Alternate.
144. Counter like.
145. Alternate.
147. Counter like.
148. Alternate.
150. Counter like.
151. Alternate.
153. Counter like.
154. Alternate.
CIRCLES—"SNAKE MOVEMENTS"

SECTION 11—ANTERO-POSTERIOR PLANE

Starting position arms front horizontal.

1. Double forward hand circles, "Snake Movement" double forward at front horizontal. Double forward hand circles at sides of thighs.

2. L. forward full arm circle, "Snake Movement" R. forward at front horizontal.

3. Counter like.

4. Alternate.

5. L. full arm circle forward, R. hand circle forward. L. hand circles forward at front horizontal, "Snake Movement" R. forward at front horizontal.

6. Counter like.

7. Alternate.


9. Counter like. L. forearm on top of R.

10. Alternate.

(124)
II. "Snake Movement" L. forward at front horizontal. R. forward hand circles at R. thigh, continuous alternation.

Fig. 33

12. Counter like.
13. Alternate.
14. L. forward full arm circles, R. backward full arm circles, L. forward hand circle, and "Snake Movement"
front horizontal, R. backward hand circles inside and outside of arms, front horizontal, continuous alternation.

15. Counter like.

16. Alternate.

17. Forward full arm circles. R. forward forearm and hand circle over L. upper arm. L. forward forearm and hand circle under R. upper arm. "Snake Move-
ment" forward at front horizontal, see Figs. 33 and 34, continuous alternation.

18. Counter like.
19. Alternate.
20. Double forward hand circles at sides of thighs, "Snake Movement" double forward at front horizontal and vertical.
21. L. forward hand circles, R. backward hand circles and "Snake Movement" front horizontal, continuous alternation.
22. Counter like.
23. Alternate.
24. R. backward full arm circle and "Snake Movement" at front horizontal. L. backward full arm circles, continuous alternation.
25. Counter like.
26. Alternate.
27. Backward full arm circles, R. backward forearm and hand circle over L. upper arm. L. backward forearm and hand circle under R. upper arm. "Snake Movement" backward at front horizontal, same as Figs. 33 and 34 backward, continuous alternation.
28. Counter like.
29. Alternate.
30. L. backward hand circles, arm at vertical, R. backward hand circles at R. thigh, backward "Snake Movement" at front horizontal, continuous alternation.
31. Counter like.
32. Alternate.
33. Alternate 27 and 30.
34. Counter like
35. Alternate.
Indian club-swinging makes a man strong, both mentally and physically.

"SNAKE MOVEMENTS" CIRCLES BETWEEN THE LEGS

SECTION 12—LATERAL PLANE

Position, stride stand, heels are two lengths of the foot apart laterally, legs extended and supporting body equally, feet at angle of 90 degrees.

2. Counter like.
3. Alternate.
5. Counter like.
6. Alternate.
8. Counter like.

11. Counter like.

12. Alternate.


15. Alternate.


17. Counter like.

18. Alternate.

19. Alternate 10 and 13 with hand circles front and back of thighs.

20. Counter like.


23. Counter like.
27. Alternate.
29. Counter like.
30. Alternate.
33. Alternate 31 and 32.
35. L. R. and R. L. hand circles back of head, and full arm circles. L. R. hand circles back of L. thigh. R. L. hand circles between legs
36. Counter like.
37. Alternate.
38. Double L. hand circles under L. upper arm. L. L. hand circle back of R. thigh. R. L. hand circle between legs R. forearm crossing L.
39. Counter like.
40. Alternate.
42. Counter like.
43. Alternate.
45. Counter like
46. Alternate.
48. Counter like.
49. Alternate.
51. Counter like.
52. Alternate.
53. Alternate 50 and "Snake Movement."

54. Counter like.

55. Alternate.

56. Alternate 53 with "Snake Movement" at L. side of body.

57. Counter like.

58. Alternate.

59. Alternate 56 with "Snake Movement" at front horizontal, h. p.

60. Counter like.

61. Alternate.


63. Counter like.

64. Alternate.


66. Counter like.

67. Alternate.

68. Alternate 65, with hand circles on top and under arms, h. p.

69. Counter like.

70. Alternate.

L. L. hand circle back of L. thigh. R. R. hand circle between legs.

72. Counter like.
73. Alternate.

74. "Snake Movement" double L. at L. side of body.

75. Counter like.
76. Alternate.


78. Counter like.
79. Alternate.
80. Alternate 77 with "Snake Movement" double L. at R. side of body.

81. Counter like.
82. Alternate.

84. Counter like.
85. Alternate.

86. L. L. forearm and hand circle under R. upper arm. R. L. forearm and hand circle over L. upper arm. L. L. forearm and hand circle over R. upper arm. R. L. forearm and hand circle under L.

87. Counter like.
88. Alternate.

90. Counter like.
91. Alternate.
92. Alternate 86 and 89.
93. Counter like.
94. Alternate.
95. Alternate 92 with "Snake Movement" front and back of head.
96. Alternate 95 with "Snake Movement" at R. side of body.
98. Counter like.
99. Alternate.
ONE-CLUB SWINGING, JUGGLING, SLIDING, AND BALANCING

SECTION 13—LATERAL PLANE

In one-club juggling it is best to have a large sized club. (See Fig. 9 for illustration of different sized clubs.) I use, in my own work, a club 28 inches long, body at thickest part 28 inches in circumference, weight 4 to 6 pounds. Decorations add to the appearance. It is best not to paint the handle.

Take one movement and perfect it before you begin the next one. After practicing all the exercises in one-club juggling in stride-stand position, practice the same exercises running three or four steps before catching club.

(136)
NOMENCLATURE

FOR ONE-CLUB JUGGLING

1. Right to left.—L. club throw to L. hand.
2. Left to right.—L. club throw to R. hand.
3. Single circle in the air.—Throwing the club and catching, after making one revolution in the air.
4. Double or triple circles in the air.—Two or three revolutions of the club before catching it.
5. Direction of the club.—Will be designated by the hands of a clock as for swinging.
6. Starting position.—L. or R. horizontal as may be designated.

(137)
ONE-CLUB JUGGLING AND SWINGING

STRIDE STAND

1. L. L. full arm circle, L. R. swing 180 degrees. L. L. to L. single circle in the air.

2. R. R. full arm circle, R. L. swing 180 degrees R. R. to L. single circle in the air.

3. L. L. hand circle back of L. shoulder. L. R. swing 135 degrees under R. leg, flexing R. leg and thigh, see Fig. 35. L. L. to R. single circle in the air at R. side of body.


5. L. R. swing front of body 225 degrees. L. L. to L. single circle in the air, catching club back of R. hip, L. arm back of body.

6. L. R. single circle in the air to L. at L. side of body.

7. L. R. swing 180 degrees in front of body. L. L. single circle in the air to R. at R. side of body.

(138)
8. R. L. swing front of body 225 degrees. R. R. to R. single circle in the air, catching club back of L. hip, R. arm back of body. Fig. 36.

Fig. 35

9. R. L. single circle in the air to R. at R. side of body.

10. R. L. swing 180 degrees in front of body, place
L. hand under body of the club, and make a R. R. single circle in the air to L. at L. side of body.

11. L. R. swing 180 degrees front of body, place R. hand under body of the club, and make a L. L. single circle in the air to R. at R. side of body.


15. R. L. single circle in the air to R. at R. side of body.


17. L. L. full arm circle. L. R. swing 225 degrees front of body. L. L. double circle in the air to L. catching club back of R. hip L. arm back of body.

18. L. R. double circles in the air to L. at L. side of body.

19. L. R. swing 180 degrees back of body. L. L. single circle in the air to R. at R. side of body.

21. R. L. single circle in the air to R. at R. side of body.


23. L. R. swing 180 degrees back of body. L. L. circle in the air to L. catching club with L. arm under R. leg, flexing R. leg and thigh.

24. L. R. single circle in the air to L. at L. side of body.

25. L. L. double circle in the air to R. at R. side of body.

26. R. L. double circle in the air to L. catching club back of R. thigh, L. arm back of body.

27. L. R. double circle in the air to R. catching club back of body, R. arm back of body.

28. R. L. single circle in the air to L. catching club with L. arm under R. leg, flexing R. leg and thigh.

29. L. R. single circle in the air to R. catching club with R. arm under L. leg, flexing L. leg and thigh.

30. R. L. single circle in the air to L. catching club at R. thigh, L. arm back of body.

31. L. R. single circle in the air to R. catching club under L. leg, flexing L. leg and thigh.

32. R. L. single circle in the air to L. catching club under R. leg, flexing R. leg and thigh.

33. L. L. swing 180 degrees. One-half R. circle in the air to L. One-half L. circle in the air to L. at L. side of body.
34. One-half R. circle in the air to L. One and one-half L. circles in the air to L. at L. side of body.
35. L. R. swing 180 degrees front of body. L. L. single circle in the air to R. at R. side of body.
36. One-half L. circle in the air to R. One-half R. circle in the air to R.
37. One-half L. circle in the air to R. One and one-half R. circles in the air to R.
38. R. L. swing 180 degrees, grasp butt of club with L. hand, and make one-half R. circle in the air to L.
39. L. R. swing 180 degrees, grasp butt of club with R. hand, and make one-half L. circle in the air to R.
40. R. L. swing 180 degrees, grasp butt of club with L. hand, and make one and one-half R. circles in the air to L.
41. L. R. swing 180 degrees, grasp butt of club with R. hand, and make one and one half L. circles in the air to R.
42. R. R. double circle in the air to R. catching club back of L hip, R. arm back of body.
43. R. L. single circle in the air to R. catching club at R. side of body.
44. R. L. double circle in the air to L. catching club back of R. hip, L. arm back of body.
45. L. R. single circle in the air to L. catching club at L. side of body.
46. L. L. single circle in the air to L. throw the club from under L. leg, flexing L. leg and thigh, and catch with L. hand under R. leg, flexing R. thigh and leg.
47. L. R. double circle in the air to L. catching club at L. side of body.

48. L. R. single circle in the air to R. catching club at back of L. thigh, R. arm back of body.

49. R. R. single circle in the air to R. throw the club from under R. leg and thigh, and catch with R. hand under L. leg, flexing L. thigh and leg.
50. R. L. single circle in the air to R. catching club at R. side of body.
51. R. L. triple circles in the air to R. at R. side of body.
52. R. R. single circle in the air to L.
53. L. R. triple circles in the air to L. at L. side of body.
54. Make one-third turn L.—L. L. single circle in the air to L., flexing L. forearm letting the club come from behind L. shoulder.
55. L. L. single circle in the air to R. catching club at R. side of body.
56. Make one-third turn R.—R. R. single circle in the air to R. flexing R. forearm letting the club come from behind R. shoulder.
57. R. R. one-half circle in the air to a balance on L. forearm, drop the arm slightly as club strikes the forearm, see Fig. 37.
58. Drop L. arm to the side of body about 45 degrees while the club is in a balance, Fig. 37, let the club fall knob first, with the L. hand assisting in making a L. L. one-half circle in the air to L.
59. L. L. one-half circle in the air to a balance on R. forearm same as 37 on R. forearm.
60. Drop R. arm to the side of body about 45 degrees while the club is in a balance, let the club fall knob first, with the R. hand assisting in making a R. R. one-half circle in the air to R.
61. R. R. one-half circle in the air to a balance on back of L. hand, at side horizontal.

62. L. L. one-half circle in the air to L.

63. L. L. one-half circle in the air to a balance on back of R. hand at side horizontal.

64. R. R one-half circle in the air to R.
65. R. R. single circle in the air to a balance on palm of L. hand. Fig. 38.

Fig. 38

66. L. L. single circle in the air to a balance on palm of L. hand. Fig. 38.

67. L. L. single circle in the air to L. catch club at L. side of body.
68. L. L. single circle in the air to a balance on palm of R. hand.

69. R. R. single circle in the air to a balance on palm of R. hand.

70. R. R. single circle in the air to R. catch club at R. side of body.

71. R. R. forearm circle, R. R. "Snake Movement" finish last part of the "Snake Movement" with R. hand over L. shoulder. R. forearm front of neck. Fig. 39. Place L. forearm on neck of club, at the same time removing R. arm to R. side of body. Fig. 40. Straighten L. arm obliquely downward letting the club slide over back of L. wrist, catching club with L. hand as it is falling. Fig. 41.

72. L. R. single circle in the air to L. at L. side of body.

73. L. L. forearm circle, L. L. "Snake Movement," finish last part of "Snake Movement" with L. hand over R. shoulder, L. forearm front of neck. Fig. 39. Place R. forearm on neck of club at the same time removing L. arm to side of body, Fig. 40. Straighten R. arm obliquely downward, letting the club slide over back of R. wrist, catching club with R. hand as it is falling, Fig. 41.

74. R. L. single circle in the air to R. at R. side of body.

75. R. R. "Snake Movement," R. L. swing 180 degrees back of body, place L. forearm on neck of club at the same time removing R. arm to side of body.
Fig. 41. Straighten L. arm obliquely downward letting club slide over back of L. wrist, catching club with L. hand as it is falling.

76. L. L. double circles in the air to L. at L. side of body.

77. L. L. "Snake Movement," L. R. swing 180 degrees back of body, place R. forearm on neck of club
at the same time removing L. arm to side of body. Fig. 41. Straighten R. arm obliquely downward letting club slide over back of R. wrist, catching club with R. hand as it is falling. Fig. 41.

78. R. R. double circle in the air to R. at R. side of body.
79. R. R. forearm circle, R. R. "Snake Movement," R. L. swing 180 degrees under L. leg, flexing L. leg and thigh, place L. forearm on neck of club, at the same time removing R. arm to side of body. Straighten R. arm obliquely downward letting club slide over back of L. wrist, catching club with L. hand as it is falling. Fig. 41.
80. L. R. single circle in the air to L. at L. side of body.

81. L. L. triple circles in the air to R.

82. R. R. triple circles in the air to L.

83. L. L. forearm circle, L. L. "Snake Movement," L. R. swing 180 degrees under R. leg, flexing R. leg and thigh, place R. forearm on neck of club at the same time removing L. arm to side of body. Straighten R. arm obliquely downward letting club slide over back of R. wrist, catching club with R. hand as it is falling. Fig. 41.

84. R. L. single circle in the air to R. at R. side of body.

85. R. R. double circles in the air to L. while the club is in the air, make a full R. turn with body, turning on the ball of the R. foot.

86. L. R. triple circles in the air to L.

87. L. L. double circles in the air to R. While the club is in the air make a full L. turn with body, turning on the ball of the L. foot.

88. R. L. triple circles in the air to R.

89. R. R. single circle in the air to R., catching club back of body, R. arm back of body.

90. R. L. single circle in the air to L., catching club back of body, L. arm back of body.

91. L. R. double circle in the air back of body to R., catching club back of body, R. arm back of body.
92. R. L. double circles in the air back of body to L., catching club back of body, L. arm back of body.

93. L. R. single circle in the air to R. catching club under R. leg, flexing L. leg and thigh. R. L. single circle in the air to L. catching club under R. leg, flexing R. leg and thigh.

94. L. R. double circles in the air to R., catching club back of body, R. arm back of body.

95. R. L. single circle in the air to L., catching club under R. leg, flexing R. leg and thigh. L. R. single circle in the air to R., catching club under L. leg, flexing L. leg and thigh.

96. R. L. double circles in the air to L., catching club back of body, L. arm back of body.

97. L. R. one and one-half circles in the air to a balance on the L. forearm.

98. One-half R. circle in the air to a balance on palm of L. hand.

99. L. L. single circle in the air to R., catching club at L. side of body.

100. R. L. one and one-half circles in the air to a balance on R. forearm.

101. One-half L. circle in the air to a balance on palm of R. hand.

102. R. R. single circle in the air to L., catching club at R. side of body.

103. L. R. triple circles in the air to R., catching club back of body, R. arm back of body.
104. R. L. triple circles in the air to L., catching club back of body, L. arm back of body.

105. L. R. triple circles in the air to R., catching club under L. leg, flexing L. leg and thigh.

106. R. L. triple circles in the air to L., catching club under R. leg, flexing R. leg and thigh.
TWO-CLUB JUGGLING, SWINGING, SLIDING, AND BALANCING

SECTION 14—LATERAL AND ANTERO-POSTERIOR PLANES

NOMENCLATURE for two-club juggling is the same as for one-club juggling and swinging. In two-club juggling clubs should be 18 inches long, 12 inches in circumference at the thickest part, each weighing from one to two pounds. (See Fig. 9 for illustration of clubs.)

Note suggestions for one-club juggling, for nomenclature, etc.

TWO-CLUB JUGGLING—LATERAL PLANE

1. Starting position double L. Double R. single circle in the air to hands.

2. Swing double R. 180 degrees. Double L. single circle in the air to hands.


(154)
5. Double R. hand circles back of thighs, swing to double L. Double R. circles in the air to hands.
6. Double L. hand circles back of thighs, swing to double R. Double L. circles in the air to hands.
7. Double L. hand circles at R. side of body. Double L. single circle in the air to hands.
10. Double L. swing 180 degrees. Double R. double circles in the air to hands.
16. Double L. swing 180 degrees. Double R. single circle in the air, catch R. club in L. hand near body,
catch L. club back of body, with R. arm back of body.

17. 15, with double circles in the air.
18. 16, with double circles in the air.
22. Double L. swing 180 degrees. R. R. hand circles. L. R. double circles in the air to L.
23. Double R. full arm circle. L. R. single circle in the air to L.—R. R. full arm circle.
27. Double L. swing 180 degrees. Double R. double circles in the air to hands.


32. Double R. swing 180 degrees. Double L. hand circles inside and outside of arms. Double L. double circles in the air to hands.

33. 31, with hand circles back of shoulders.

34. 32, with hand circles back of shoulders.

35. Double L. swing 180 degrees. Double R. single circles in the air to hands, catching R. club under L. leg, flexing L. leg and thigh, with L. hand catching L. club at L. side of body.


41. L. R. and R. L. full arm circles and hand circles back of thighs, L. R. and R. L. double circles in the air to hands, side horizontal.

Starting position for movements in antero-posterior plane, front horizontal, continuous alternation.

42. L. and R. backward single circles in the air to hands.

43. L. and R. backward double circles in the air to hands.

44. L. and R. forward single circles in the air to hands.

45. L. and R. forward double circles in the air to hands.

46. L. and R. forward single circles in the air to hands. Throwing clubs from under upper arms, clubs coming over shoulders. Fig. 42.

47. L. and R. forward double circles in the air to hands. Throwing clubs from under upper arms. Fig. 42.

48. L. forward single circle in the air to L., R. backward single circle in the air to R.

49. L. backward single circle in the air to L., R. forward single circle in the air to R.
50. One-half backward circle in the air to L., one-half forward circle in the air to L., one-half backward circle in the air to R., one-half forward circle in the air to R. Make the forward and backward one-half circles as one continuous movement.

51. Same as 50 with one and one-half forward circles in the air to hands.
52. L. and R. forward triple circles in the air to hands.

53. L. backward single circle in the air to R., R. backward single circle in the air to L. Do not throw R. club until L. makes one-half circle in the air.

54. L. backward single circle in the air to R., R. forward single circle in the air to L.

55. L. forward single circle in the air to R., R. backward single circle in the air to L.

56. 53, 54, and 55 with double circles in the air to hands.

**LATERAL PLANE**

57. L. L. and R. R. "Snake Movement" at side horizontal. At last part of "Snake Movement" place clubs between upper arms and forearms. Fig. 43. Straighten arms obliquely downward, letting clubs slide over back of wrist, catching them with hands as they are falling. Fig. 44.


59. 57, continuous alternation.

60. 58, continuous alternation.

61. L. L. and R. R. hand circles back of thighs. L. L. and R. R. hand circles back of shoulders. 3 L. L. hand circles back of shoulder. R. R. single circle in
the air to R., throwing clubs from behind body, catching clubs in front of body.


Fig. 43

hand circles back of shoulder. L. L. single circle in the air to L. throwing clubs from behind body, catching clubs in front of body.

II
63. 61, with double and triple circles in the air.
64. 62, with double and triple circles in the air.

Fig. 44

65. L. R. and R. L. swing back of body 180 degrees. L. L. single circle in the air to R. R. R. single circle in the air to L. (Catch club at side horizontal.)
66. 65, with double circles in the air.

68. L. L. and R. R. hand circles back of shoulders. L. L. and R. R. triple circles in the air to hands. (Catch club at side horizontal.)

69. L. L. and R. L. full arm and hand circles back of shoulders. At L. side of body, L. L. single circle in the air to L. R. L. single circle in the air to R., continuous alternation.

70. R. R. and L. R. full arm and hand circles back of shoulders. At R. side of body, R. R. single circle in the air to R. L. R. single circle in the air to L., continuous alternation.

71. 69, with double circles in the air.

72. 70, with double circles in the air.

73. L. R. and R. L. full arm circles. One-half L. R. circle in the air to L. One-half R. L. circle in the air to R. One and one-half L. L. circle in the air to L. One and one-half R. R. circle in the air to R.

74. L. club at side horizontal, R. R. one-half circle in the air to a balance on L. club. Balancing club on long axis of club. Fig. 45.

(For balancing club glue a piece of felt on the end of clubs.)

75. R. club at side horizontal, L. L. one-half circle in the air to a balance on R. club. (Same as 74 R.)
76. L. club at side horizontal, R. R. one and one-half circles in the air to a balance on L. club.

77. R. club at side horizontal, L. L. one and one-half circle in the air to a balance on R. club.

Fig. 45

78. L. club at side horizontal, with club in vertical position, R. R. one-half circle in the air to a balance on the end of L. club. Fig. 46.
79. R. club at side horizontal, with club in vertical position, L. L. one-half circle in the air to a balance on the end of R. club.

Fig. 46

80. 78 and 79 with one and one-half circle in the air to a balance on the end of club.
THREE-CLUB JUGGLING AND BALANCING

SECTION 15—ANTERO-POSTERIOR PLANE

NOMENCLATURE for three-club juggling is the same as for one-club and two club-juggling. For three-club juggling the clubs should be light, not more than one and one-half pounds in weight, length 18 inches, and 12 inches in circumference at the thickest part of the body. (See Fig. 9 for illustration of clubs.) Starting position two clubs in R. and one in L. hand, grasping them about two inches from the ends. Fig. 47.

CONTINUOUS ALTERNATION

1. Starting position, Fig. 47, with heels together, or stride-stand position. R. backward single circle in the air to L. L. backward single circle in the air to R., R. backward single circle in the air to L. (Do not
THREE-CLUB JUGGLING

throw L. club to R. until R. makes one-half circle in the air.) Always have one club in the air. See Fig. 48.

Fig. 47

2. R. backward circle in the air to L., L. backward single circle in the air to R. R. backward single circle in the air to L. throwing R. club over L., L. backward single circle in the air to R. throwing L. club over R.
3. 1, with double circles in the air.
4. 2, with double circles in the air.

5. Same as 1. L. backward single circle in the air to L., L. backward single circle in the air to R. R. backward single circle in the air to R., R. backward single circle in the air to L.
Three-Club Juggling

6. Same as 1. Throw R. backward single circle in the air to L. from under L. forearm. L. backward single circle in the air to R., L. backward single circle in the air to R. from under R. forearm.

7. Same as 5, with double circles in the air. L. to L. and R. to R.

8. Same as 6, with double circles in the air. L. to R. under R. forearm, and R. to L. under L. forearm.

9. Same as 1, with backward double circles in the air. L. to R., R. to L. backward single circles in the air. L. to R. backward single circles in the air. R. to L. backward double circles in the air.

10. Same as 1, with L. backward hand circles. R. to R. backward single circles in the air. Juggling two clubs with R. hand with L. backward hand circles.

11. Counter like.

12. Alternate.

13. Same as 1. Throwing R. to L. backward circle in the air from under R. leg, flexing R. leg and thigh. After throwing club from under leg replace foot on floor. Fig 49.


15. Alternate.

16. Same as 15, walking forward.

17. Same as 15, walking backward.

18. Same as 13, keeping R. leg and thigh flexed, while throwing three backward single circles in the air. R. to L.
19. Counter like.
20. Alternate.
21. Same as 13, with double circles in the air.

Fig 49

22. Same as 10, with "Snake Movement" L. forward.
23. Counter like.
25. Same as 1, with R. backward single circle in the air to L. Throwing R. club from back of body.
27. Alternate.
28. Same as 25, with L. backward single circle in the air to R. Throwing L. club from under L. leg, flexing L. leg and thigh.
29. Counter like.
30. Alternate.
31. Same as 25. Throwing backward double circles in the air L. to R.
32. Same as 28. Throwing backward double circles in the air R. to L.
33. Same as 1. From standing position place L. knee on the floor. Strike the ends of clubs lightly on the floor.
34. From position 33 sit on the floor while juggling and rise to standing position.
35. Same as 33, with backward double circles in the air.
36. Same as 1, with forward circles in the air R. to L. Throwing R. club from under R. upper arm. See Fig. 42 with two clubs.
37. Counter like.
38. Alternate.
39. Same as 36, with forward double circles in the air R. to L.
40. Counter like.
41. Alternate.
42. Same as 1, with R. backward single circle in the air to L., L. forward single circle in the air to R.
43. Counter like.
44. Alternate.
45. Same as 42, with R. backward double circles in the air to L.
46. Counter like.
47. Alternate.
48. Same as 45, with L. forward double circles in the air to R.
49. Counter like.
50. Alternate.
51. Same as 1, with L. forward single circle in the air to R., R. forward single circle in the air to L.
   L. forward single circle in the air to R.
52. Same as 1. While juggling three clubs, throw a R. backward one-half circle in the air to a balance on L. club. See Fig. 45 with two clubs.
53. Counter like.
54. Alternate.
55. Same as 52, with one and one-half R. backward circles in the air to a balance on L. club.
56. Counter like.
57. Alternate.
58. Same as 1. While juggling three clubs, throw a R. backward one-half circle in the air to a balance on the end of L. club. L. club in vertical position. See Fig. 46 with two clubs.
59. Counter like.
60. Alternate.
61. Same as 58, with one and one-half R backward circles in the air to a balance on the end of L. club.
62. Counter like.
63. Alternate.
64. Same as 1, with tripple backward circles in the air to hands.
65. Same as 64, catching club under legs, flexing legs and thighs.
APPENDIX

DUAL CLUB JUGGLING

Two club-jugglers that can get their time of juggling to correspond with one another, can, in a short time, do some very pretty juggling together with 3 and 6 clubs.

1. One of the men, A., juggling three clubs, the other man, B., stepping to the L. side of A. from the rear—A. makes a R. backward single circle in the air to B.'s L. While A. is throwing the second club (when it is one-half backward single circle in the air), B. makes a L. backward single circle in the air to A.'s R. A. continues to make a R. backward single circle in the air to B.'s L. B. continues to make a L. backward single circle in the air to A.'s R. After B. receives the first club, A. only uses his R. hand, and B. uses his L. hand. Fig. 50.

2. A. receives the three clubs from B., and walks forward, continuing juggling three clubs.

3. B. walks to the L. of the room, A. turns and faces B. (A. and B. stand about six feet apart facing one another.) A. continues to juggle three clubs. A. throws (174)
a R. backward single circle in the air to B.'s R., B. throws a R. backward single circle in the air to A.'s L. While B. is throwing a R. backward single circle in the air to

Fig. 50

A.'s L., A. throws a L. backward single circle in the air to B.'s L., B. throws a L. backward circle in the air to A.'s R. Fig. 51. A continues to make R. and L. back-
ward single circles in the air to B.'s R. and L. B. continues to make L. and R. backward circles in the air to A.'s L. and R.

4. Same as 3, with double circles in the air.

5. A. receives clubs from B. and takes position as in 1 and repeats 1 with double circles in the air.

6. B. receives clubs from A. after executing 5, and after juggling three clubs for a few minutes stops juggling until A. picks up three clubs. A. places three clubs in L. hand. After A. and B. place clubs in hands, B. mounts on A.'s shoulders, see Fig 52. B. places R. hand in A.'s R. hand while mounting
shoulders. When in position on shoulders, A. and B. each juggle three clubs. At a signal from A. or B. each start and stop at the same time. See Fig. 53 for position on shoulders. (Execute the same with single and double circles in the air.)

7. Same as 3 with forward, single, and double circles in the air, throwing clubs from under L. and R. upper arms, clubs coming from over shoulders. The same as in Fig. 42.

8. A. and B. facing one another, about 10 feet apart with three clubs in their hands, at a signal both start at the same time to juggle three clubs; at the next signal A. and B. exchange clubs as in 3, by single backward circles in the air. As soon as club is received on exchanging, continue to juggle as before, always having a signal when to throw, such as two clubs coming to R. hand, and exchanging on the third one, the next time two clubs coming to L. hand, and exchanging on the third one. If A. exchanges R. to B.'s R., B. will exchange R. to A.'s L., and when A. exchanges L. to B.'s L., B. will exchange L. to A.'s R. Both must throw the clubs at the same time on the exchange.

9. The same as 8 with double circles in the air, standing about 15 feet apart. Fig. 54.

10 Combine 8 and 9 throwing single and double circles in the air.

Note.—A. throw single circles in the air to B. B. throw double circles in the air to A., etc. 8 is also
done with forward single and double circles in the air, throwing from under upper arms, as in 7.

With study and practice many more combinations can be made from the suggestions given.

ELECTRIC LIGHT CLUB-SWINGING

Nearly all the movements that are executed with ordinary swinging clubs can be done with electric light swinging clubs. There are several different systems used for electric club-swinging. The most elaborate and expensive clubs and fixtures are arranged thus: Get a pair of clubs about 20 inches long with very small incandescent lamps of different colors (red, blue, and green) attached to them in rows with the wire running to the ends of the clubs. From the ends the wires are arranged so as to turn off and on any set of the colored lamps. For a less expensive pair of electric clubs, get a pair of handles of any ordinary clubs about 7 inches long, with a hole bored through the center for an electric wire. (See Fig. 9 for illustration of clubs.) Attach an electric incandescent lamp to the ends of the handles, cover the lamps with a wire frame, over which put different colors of transparent celluloid. The effect will be very pretty and fantastic. Have the wire frame the same length as any ordinary swinging club. The ends of wire from the ends of the clubs are arranged to run up the sleeves of
a shirt or sweater, down the back, and down each trouser leg to plates of zinc on a pair of rubber soled shoes or slippers. From a wire attached to the power wire for any incandescent lamp, you can get current to run to a pair of small plates of zinc. (Do not let one touch the other while the current is on.)

The latter system can be made for less than $5.00 if one puts the different pieces together himself.
JOHN L. STODDARD'S POPULAR PICTORIALS

GLIMPSES OF THE WORLD
Hundreds of full-page views portraying scenes all over the world, taken from photographs collected by the celebrated traveler and lecturer, John L. Stoddard, who has charmingly described each one. 550 pages; paper of the richest and heaviest quality; size 11x14 inches. Unquestionably the finest work of the kind ever published.

English Edition:
- Buckram, Chemograph .................. $6.00
- Buckram, Half-Tone ..................... 4.50
- Full Morocco, Half-Tone, Gold Stamped ... 7.50

German Edition:
- Green Silk Cloth Binding, Gold Stamped... 3.50

Spanish Edition:
- Silk Cloth Binding, Gold Stamped ........ 3.50
- Full Morocco, Gold Stamped ............. 7.50

FROM THE ATLANTIC TO THE PACIFIC
A grand panorama of famous scenes and noted places on our own Continent. Most interesting to the student of Art, Science, or Literature. Read this page of the world's history first; be familiar with your own country. Cloth bound, extra quality enameled paper printed on one side of leaf only. Stamped in two colors. Price, $2.00.

SUNNY LANDS OF THE EASTERN CONTINENT
A pictorial journey through the tropical countries of the Old World, containing the choicest views from Italy, Greece, Turkey, India, Syria, Palestine, China, Japan, Egypt, Africa, Australia, etc. People interested in missionary work should possess this volume. Handsomely bound in cloth; 128 pages; enameled paper; special cover design in two colors. Price, $2.00.

FAMOUS PARKS AND PUBLIC BUILDINGS OF AMERICA
One hundred and twenty-eight full-page views of the marvelous works of Nature in the New World. To those who have seen these grand originals, these pictures will prove charming souvenirs, and cannot fail to be interesting to all Americans. Bound in cloth. Only one side of page utilized. Enameled paper. Cover design stamped in two colors. Price, $2.00.

A TOUR THROUGH NORTHERN EUROPE

Any of the above Books sent postpaid upon receipt of price by

THE SAALFIELD PUBLISHING COMPANY, AKRON, OHIO.
YOUNG PEOPLE'S LIBRARY

A series of ten volumes, selected from the best works of the most popular authors. Bound in cloth with artistic cover designs stamped in three colors. No two alike. 12mo.

Price, 50c. each.

Titles:

THE STORY OF ELECTRICITY FOR AMATEURS AND STUDENTS
By James W. Steele. The greatest facts of the present civilization set forth in a clear manner. Many illustrations and diagrams.

THE ART OF GOOD MANNERS
By Shirley Dare. Lessons in regard to etiquette taught by this little book will be remembered long on account of the charming manner in which they are presented.

SOME QUEER AMERICANS
A gossipy sketch of the queer characters to be found in the Blue Ridge, their costumes, manner of living, and speaking.

MR. SWEET POTATOES
A story of a Chinese Milkman.

A NIGHT WITH PAUL BOYTON
An interesting experience with this noted sailor on a Florida River, with descriptions of the quaint costumes worn on this excursion.

MILTON'S MULBERRY TREE
Near the College at Cambridge, and the care it receives. Also five stories of Colonial life, "Murillo's Boy," etc.

A QUEER LETTER-CARRIER
A Massachusetts letter-carrier whose route was between two forts during the Revolutionary War.

THE RAGAMUFFINS AND GENERAL WASHINGTON
An attractive story for young patriots.

BUSINESS OPENINGS FOR GIRLS
By Sallie Joy White. A pure, earnest talk with girls.

A BOY'S RACE WITH GENERAL GRANT
A glowing description of a race on the plains of Turkey between Gen. Grant and the son of the American Consul.

Any of the above Books sent postpaid upon receipt of price by

THE SAALFIELD PUBLISHING COMPANY, AKRON, OHIO.
THE BOYS' AND GIRLS' LIBRARY

A series of sixteen volumes, by the world's foremost juvenile writers. Each volume bound in cloth, stamped in three bright colors, with the exception of "Secrets of Success" (which is bound in cream pebble grain, stamped in green and silver). Special cover designs, no two alike. Profusely illustrated.

Price, 25c. each.

Titles:

Joe, the Chimpanzee. An account of a lady's visit to the cage of the famous Chimpanzee of London. Also stories of foreign countries.

David Bushnell and His American Turtle. The first submarine boat used during the Revolutionary War. Dr. Franklin is one of the characters in this interesting book.

A Child in Florence. Glowing descriptions of the beautiful paintings and sculpture in this City of Art.

'Mandy's Quilting Party. How a little Vermont girl invited her friends to a quilting party without the consent of her mother.

The Wonderful Cookie. A true story of a German King, and the Cookie which was baked especially for him.

Aunt Polly Shedd's Brigade. A story of Colonial times.

Shetland Ponies, with a description of the Shetland Isle, the home of the famous pets.

Choosing Abe Lincoln Captain. An interesting account of how Abe's friends elected him Captain during the Black Hawk War. Also "Sally's Seven League Shoes."

Indian Children and Their Pets.

Children of the Koppenberg. A new version of the famous old legend of the "Pied Piper of Hamelin."

Babouscka. A Russian Christmas Story.

The Jewelled Tomb. The grandest sepulchre in the world, built by a King of India.

A Hero. A tale of Revolutionary times.

Secrets of Success — By REV. FRANCIS E. CLARK, "Father of the Christian Endeavor."

St. Botolph's Town. Many interesting facts of the ancient city, which was our Boston of to-day.

A Hero in Peace and War. A character sketch of Israel Putnam and his bravery at Bunker Hill. Also "The Only Woman in the Town," a sweet old lady of Boston, magnanimous enough to entertain her enemies during a siege in Colonial times.

Any of the above Books sent postpaid upon receipt of price by

THE SAALFIELD PUBLISHING COMPANY, AKRON, OHIO.
BOOKS BY THOMAS W. KNOX

Who, as a Juvenile Writer, has held a prominent place among the very best writers of boys' books in the world

BOYS' LIFE OF GENERAL GRANT
Illustrated; large, square 12mo. Cloth binding. 420 pages. This account of our great General begins with the arrival of his ancestors on American soil; follows him through his childhood; his career at West Point, and active military career thereafter. It will give the boy reader a clear idea of the Mexican War, and quite a full account of the War of the Rebellion. The General's voyage around the world also enlivens the narrative. Told in the spirited and absorbing way that Mr. Knox has of writing for boy readers.

THE LOST ARMY
A story illustrative of the camp and military life of the soldiers of the Federal Army in the Civil War.

"It is a stirring, well-told narrative of patriotic adventure and service, and will kindle the love of Country and Humanity in the young reader."
—Congregationalist.

"It is full of stirring incidents."—San Francisco Chronicle.
Cloth bound, with emblematic cover design; illustrated.

CAPTAIN JOHN CRANE
The hero of this book tells his adventures on the sea from 1800 to 1815; his experiences with the pirates; the dangers of our ships during the trouble with France and Tripoli; how British war ships overhauled our merchantmen; their manner of searching for deserters, etc., etc. Sailors' superstitions are woven into the narrative in the most admirable manner. The story is historically correct and entertainingly related. Handsomely bound in cloth, stamped in two colors, 311 pages.

A CLOSE SHAVE
Or how Major Flagg won his bet, and journeyed around the world in seventy days. Modern aids to travel and communication; valuable scientific discoveries and inventions brought to the reader's attention in an attractive form. The routes, time-tables, monsoons, etc., described in "A Close Shave" may be relied upon as being absolutely correct. An excellent description of the country between New York and San Francisco; a train robbery with one of the notorious Jesse James gang as a leader; an exciting experience with a school of whales; a typhoon and the wreck; the story about monsoons; Chinese and Malay pirates; a train accident in Egypt, etc., etc. Will prove exceedingly interesting to all boy readers. Cloth bound. Special cover design. Illustrated.

THE TALKING HANKERCHIEF
Under this title, Colonel Knox, that inveterate globe-trotter and writer of stories for boys, has gathered a collection of absorbing tales of adventure in Russia, China, India, and elsewhere, which will prove of deep interest to both young and old. Cloth bound; illustrated with over one hundred drawings by John Henderson Garnsey. 12mo.

Price, $1.25 each.

Any of the above Books sent postpaid upon receipt of price by -

THE SAALFIELD PUBLISHING COMPANY, AKRON, OHIO.
THE FAMOUS OTIS BOOKS FOR BOYS

James Otis, the Popular Juvenile Writer, needs no introduction to the boys of to-day.

TELEGRAPH TOM'S VENTURE

A highly entertaining story of a boy who assisted a United States officer of the law in working up a famous case. The narrative is both interesting and instructive in that it shows what a bright boy can accomplish when thrown upon his own resources. Throughout an intensely interesting and exciting story. 228 pages.

MESSER NO. 48

Relates the experiences of a faithful messenger boy in a large city, who, in answering a call was the means of ferreting out a band of criminals who for years had baffled the police and detectives. The story tells of the many dangers and hardships these boys have to undergo; the important services they often render by their clever movements; and how by his fidelity to duty, Messenger Boy No. 48 rose to a most important position of trust and honor. It teaches boys that self-reliance, pluck, and the faithful performance of duties are the real secret of success. 241 pages.

DOWN THE SLOPE

The hero of this story is a boy, who, in order to assist his mother, works as “breaker” in a coal mine. The book tells how coal miners work; their social condition; their hardships and privations; and the older reader will get an excellent idea of the causes of labor troubles in this industry, and will become more sympathetic toward this class of people. The young readers will find in this book a high ideal of a boy's devotion to his mother, and will learn how manly courage and a brave heart will overcome great difficulties, and lead to success and honor. 273 pages.

TEDDY

A captivating story of how Teddy, a village boy, helped to raise the mortgage on his mother's home, and the means he took for doing so. The obstacles his crabbed uncle placed in his way; his connection with the fakirs at the county fair; his successful cane and knife board; his queer lot of friends and how they aided him; and how he finally outwitted his enemies, are all set forth so clearly and attractively in this volume that we forget that the hero is not a real boy, and his trials and successes real occurrences. The characters are taken from life, Mr. Otis himself acting as "fakir" in order to become thoroughly acquainted with the surroundings. "Teddy" is sure to win a warm place in the hearts of all boy readers. 293 pages.

All of the above are bound in cloth, have special cover designs in two colors, with titles stamped in gold; illustrated; 12mo.

Price, 75c. each.

Any of the above Books sent postpaid upon receipt of price by

THE SAALFIELD PUBLISHING COMPANY, AKRON, OHIO.
NAPOLEON, THE WORLD'S GREATEST HERO

NAPOLEON, LOVER AND HUSBAND

By Frederic Masson, translated by J. M. Howell. If there is any figure in the world's history that the present age might suppose that it knew, Napoleon Bonaparte would be taken as preeminently the best known; and yet, the real Napoleon, the Lover and Husband, has been fairly left untouched until to-day. Frederic Masson reveals the lover side of Napoleon in the most fascinating manner, and shows that his greatest enterprises have been to a grave extent influenced or modified by feminine associations. Polished buckram; gold side and back stamps; gilt top; 320 pages; printed on fine paper. Price, $1.25.

NAPOLEON'S MILITARY CAREER

By Montgomery B. Gibbs. A gossipy, anecdotal account of Napoleon as his marshals and generals knew him on the battlefield and around the camp-fire. Reveals something new on every page concerning this son of a poor Corsican gentleman who "played in the world the parts of Alexander, Hannibal, Caesar, and Charlemagne."

"The illustrations beginning with the famous 'snuff-box' portrait are capital, and the book is a dignified adjunct to modern study of a redoubtable giant."—Chicago Herald.


NAPOLEON FROM CORSICA TO ST. HELENA

By John L. Stoddard. A pictorial work illustrating the remarkable career of the most famous military genius the world has ever known. It contains pictures of all of Napoleon's marshals and generals, his relatives, the famous places where Napoleon lived as Emperor, and the monuments erected to perpetuate his brilliant achievements on the battlefields of Europe. The pictures in themselves constitute a priceless collection, and the descriptions by John L. Stoddard a truthful history of the great hero.


Plain edition, bound in green linen with Napoleonic coat-of-arms in silver embossed on cover. Price, $2.00.

RECOLLECTIONS OF THE PRIVATE LIFE OF NAPOLEON

By Constant, Premier Valet de Chambre; translated by Walter Clark. Three superb volumes, cloth, handsomely stamped in gold. Although first published in 1830, it has just recently been translated into English. Notes have been added by the translator, greatly enhancing the interest of the original work of Constant.

Napoleon’s
Follies,
Peculiarities,
Vices,
Kindness of Heart,
Vast Intellect,
Knowledge of Men,
Extraordinary Energy, and
Public Spirit
are depicted without reserve.

This man has been studied as a soldier, a statesman, an organizer, and a politician, but, although he was undeniably great in all, men will always seek to know something about Napoleon as a man. These volumes will supply the desired information for they are written by one who joined him in 1800, and was with him constantly until he laid down the sceptre fourteen years later.

Price, $3.75.

Any of the above Books sent postpaid upon receipt of price by

THE SAALFIELD PUBLISHING COMPANY, AKRON, OHIO
CHILDREN'S BIBLE STORIES

By Josephine Pollard, one of the most charming and successful writers of children's books, whose songs are used in all our Sunday Schools.

TITLES:

GOD MADE THE WORLD
RUTH, A BIBLE HEROINE
THE GOOD SAMARITAN
THE BOYHOOD OF JESUS
THE STORY OF JESUS TOLD IN PICTURES

A series of five volumes comprising the sweet stories of God's Word told in simple language so the little ones themselves can read them and learn to prize them as the best of all books. They combine entertainment and moral instruction in the most fascinating manner, and will cultivate the child's taste for that which is beautiful and ennobling. To the young reader they make the Bible seem like a new book. Each volume is complete; is illustrated with scores of magnificent engravings; is printed on fine paper in large clear type, having words of more than one syllable divided so they may be easily pronounced by children; bound in cloth with emblematic cover designs, attractively stamped in three bright colors.

Price, 75c. each.

YOUNG PEOPLE'S BIBLE STORIES

By Josephine Pollard.

TITLES:

HISTORY OF THE OLD TESTAMENT
HISTORY OF THE NEW TESTAMENT
BIBLE STORIES FOR CHILDREN
SWEET STORY OF GOD

A series of four volumes containing historic incidents from the Bible. They make a continuous record of the Old and New Dispensations, omitting all that is too abstract for young readers. The boys and girls reading these volumes will not only obtain the religious truths they need, but will also unconsciously derive invaluable lessons in the simplicity and power of their English mother-tongue. All are works of untold interest, and will prove a powerful influence for good in every home. Each volume contains a colored frontispiece, is profusely illustrated, printed in large, clear type on super-calendered paper, bound in cloth, with special cover designs in three brilliant colors, titles in gold.

Price, $1.25 each.

Any of the above Books sent postpaid upon receipt of price by

THE SAALFIELD PUBLISHING COMPANY, AKRON, OHIO.
THE BOY CAPTAIN

By Captain Nautilus (C. E. Eldridge). This is a unique story for boys, written in a most interesting and engrossing style. It tells in a graphic manner of the adventurous life of a boy who assumed command of a small trading vessel, making trips between the United States and South American ports. Being unusual and new in plot, "The Boy Captain" should prove a delight to both boys and girls. Cloth bound; artistic cover design; stamped in gold and inks. 268 pages. Price, 75c.

THE FIRST CAPTURE

By Harry Castlemon, author of "Gunboat Series," "Sportsman Club Series," etc. A thrilling story of the Revolutionary War, beginning with the first capture of a British schooner in the harbor of a New England town. Told in the author's most charming style. You at once catch the spirit of "Ye Olden Days," and glimpses of the way the people lived, how they were governed, and how "Justice" was administered. Bound in cloth, special cover design in gold and inks. 12mo. Price, 75c.

MARKING THE BOUNDARY

By Edward E. Billings. Illustrated. 12mo. Cloth. A comparatively fresh subject has been here chosen. The story opens with the setting out of the expedition to finish laying off the forty-ninth parallel, which is part of the boundary line between the United States and the British Provinces. Price, 75c.

THE ROMANCE OF A SCHOOL BOY

By Mary A. Denison. Illustrated. 12mo. Cloth. "The Romance of a School Boy" is unobjectionable in moral tone; its tendency is to elevate and ennoble; and it is full of interesting adventures, thrilling situations, and pretty romance. Price, 75c.

THE CASTLE OF THE CARPATHIANS

By Jules Verne. Illustrated, large, square 12mo. Cloth. The very name of the author is enough to attract any one to this book. The descriptions of the quaint villagers of Werst, their costumes, manner of living, and belief in the supernatural would in themselves prove an interesting narrative, but when coupled with the exciting adventures of Nic Deck, the two Counts, the cowardly Doctor, and the beautiful La Stillia, the story is undoubtedly one of the most enchanting ever offered to young readers. Price, 75c.

Any of the above Books sent postpaid upon receipt of price by

THE SAALFIELD PUBLISHING COMPANY, AKRON, OHIO.
Mr. Bunny, His Book


The Quaint Characters, Comical Situations, Laughable Incidents, Queer Episodes, Ridiculous Personages, Catchy Rhymes, Bright Sayings and Brilliant Colors

To be found in "Mr. Bunny, His Book," will bring forth hearty laughter and attract and interest the little ones, proving an unfailing source of enjoyment to them.

Over 100 pages; 9x11½ inches; board covers; substantially and durably bound; front and back cover designs stamped in three colors; printed on good, strong paper, large faced type, easily read. Every story fully illustrated. Each page printed in three bright colors.

Price, $1.25.

Living Pictures from the Animal Kingdom

By Dr. L. Heck. A superb pictorial, showing reproductions of photographs of the rarest and finest specimens of the animal kingdom, taken from life. Heretofore those interested in the study of animal life were confined to dull descriptions with no object lessons whatsoever; therefore this book, "Living Pictures from the Animal Kingdom," will undoubtedly greatly enhance interest in this branch of science, proving of inestimable value to the professor and student of zoology.

Every member of the household will welcome this beautiful book, for animal pictures of the size shown therein are a novelty. The foot-notes describing the habits, etc., of the originals of the lifelike illustrations will be found exceedingly interesting. Emblematic cover design, stamped in gold. Size, 11x14 inches. Over 200 pages. Printed on heavy enameled paper.

Cloth, $3.00; Full Morocco, $4.50.

Any of the above Books sent postpaid upon receipt of price by

The Saalfield Publishing Company, Akron, Ohio.