

MESSRS. LEVER BROTHERS, the enterprising manufacturers of Sunlight Soap (used by everybody) fame, presented at St. James's Hall recently a very handsome solid silver challenge shield to the Life Saving Society, for annual competition in life-saving and resuscitation drill.

MISS R. H. DE TESSIER CROSSE, the successful candidate in the thirty-sixth Post-card Examination, has chosen for her prize "Stageland," by JEROME K. JEROME, and a "Manual of Medical and Surgical Nursing," by LAWRENCE HUMPHRY, M.A., M.B. S. G.

Physical Culture.

THOSE who have read "Haylitt's Criticisms on the Fine Arts" will remember, perhaps, how successfully he combats the notion that the so-called Ideality of Greek Sculpture was due to any conception of abstract beauty existing in the artist's mind. As regards perfection of form, at any rate, there are few who will not agree with him in judging it to be the result of the artist's trained mind and skilful hand, copying from a living model who has had the full advantages of mental and physical culture in their happiest combination. There is evidence enough just now that we moderns are waking up to realise the importance of this old physical culture (for there is nothing new under the sun). In England, as regards boys and young men, the need of it has not been severely felt, thanks to our national games and national love of sports. But not all the young have opportunities of following these games and sports, nor do they provide for the wants of more than an inappreciable number—some sterner members—of the fair sex. Realising these facts, energetic people have gone far to "meet the wants" by building gymnasiums, and instituting both day and evening classes in many parts of our great towns; and of course every school worthy the name has its gymnasium. But we want here to call attention to a novel form of apparatus, which, from its peculiar qualities, brings physical culture of the highest nature within the reach of all classes of the community. It is called the Home Exerciser, and is the invention of Professor Dowd, an American gentleman, who has devoted much attention to the study in question. The rigidity of the apparatus, which does not occupy more than six inches floor space,

WORTH TRYING.—Dodd's Borax and Camphor Soap.—Mrs. Henry King-Parks, F.R.S.A., says: "For washing the hair it eclipses all others, rendering it smooth, lustrous and elastic, and is one of the best for toilet purposes; prevents and cures many skin affections." Sold everywhere, in tablets, 6d. each, or post free eight stamps; from Sole Proprietors, Dodd Brothers, Stamford Hill, N.

is secured by fastening it to the wall of the room, and so ingenious is the construction that it combines the features of more than half-a-dozen gymnastic appliances, and makes provision for all exercises necessary for the proper development of the human form both internal and external. We should not omit to say here that the same apparatus will serve for child or man. The proof of the pudding is in the eating, and the best recommendation of the Home Exerciser is a statement as to the result of its use.

In the following Table the left-hand column gives the measurements of a boy of nine years before commencing to use the apparatus; the right-hand, those after a period of six months' practice:—

Weight	78 lb.	85 lb.
Height	4 feet 6½ inches	4 feet 8½ inches
Neck circumference	11 inches	11½ inches
Chest	26½ "	28 "
Forearm	7½ "	8½ "
Biceps, straight	8 "	8½ "
Biceps flexed	8½ "	9½ "
Shoulder	12 "	13½ "
Waist	23½ "	24½ "
Thigh	15½ "	17 "
Calf	11½ "	11½ "
Chest expansion	2½ "	3 "

The results on a man of forty using it for a similar period of six months are perhaps more remarkable still:—

Weight	148 lb.	156 lb.
Height	5 feet 7½ inches	5 feet 7½ inches
Neck circumference	14 inches	15½ inches
Chest	36 "	38 "
Forearm	11 "	11½ "
Biceps, straight	11½ "	12 "
Biceps, flexed	13 "	14 "
Shoulder	18 "	18½ "
Waist	31 "	31 "
Thigh	20 "	21 "
Calf	14½ "	15½ "
Chest expansion	3 "	5½ "

These figures are more eloquent than words. A careful comparison of them will justify the claim that the proper use of the "Home Exerciser" does not, as some gymnastic exercises, develop one member, or part of a member, while neglecting another, but makes its beneficial effect felt throughout the whole frame.

Those of our readers who want to know more about this compact gymnasium should write for the particulars to the English agent, Mr. R. H. Greenleaves, 4, Prestbury Road, Macclesfield. It should find many purchasers at the low price (ranging from 30s. to 74s.) at which it is sold.

IMPORTANT NOTICE.—"The Nursing Record" is now published at the Offices, 376, Strand, London, W.C., where all communications should be addressed and inquiries made. The "Trade" is supplied, as usual, from Dorset Works, Salisbury Square, Fleet Street, E.C.

[previous page](#)

[next page](#)