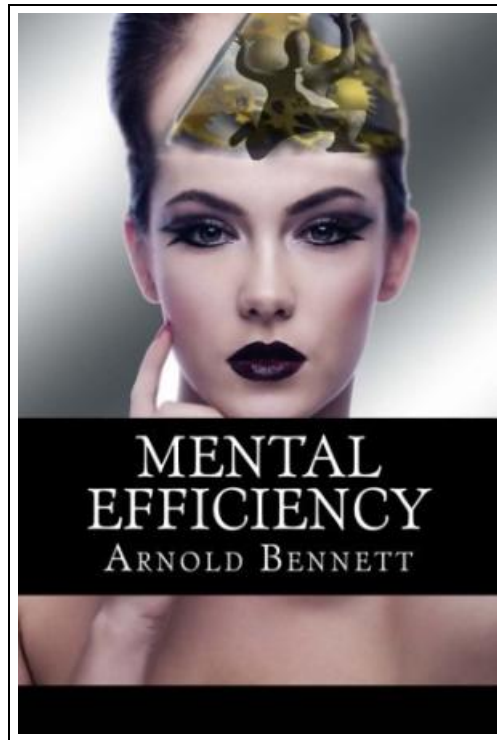


## Mental Efficiency



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If there is any virtue in advertisements-and a journalist should be the last person to say that there is not-the American nation is rapidly reaching a state of physical efficiency of which the world has probably not seen the like since Sparta. In all the American newspapers and all the American monthlies are innumerable illustrated announcements of physical-culture specialists, who guarantee to make all the organs of the body perform their duties with the mighty precision of a 60 h.p. motor-car that never breaks down. I saw a book the other day written by one of these specialists, to show how perfect health could be attained by devoting a quarter of an hour a day to certain exercises. The advertisements multiply and increase in size. They cost a great deal of money. Therefore they must bring in a great deal of business. Therefore vast numbers of people must be worried about the non-efficiency of their bodies, and on the way to achieve efficiency. In our more modest British fashion, we have the same phenomenon in England. And it is growing. Our muscles are growing also. Surprise a man in his bedroom of a morning, and you will find him lying on his back on the floor, or standing on his head, or whirling clubs, in pursuit of physical efficiency. I remember that once I went in for physical efficiency myself. I, too, lay on the floor, my delicate epidermis separated from the carpet by only the thinnest of garments, and I contorted myself according to the fifteen diagrams of a large chart (believed to be the magna charta of physical efficiency) daily after shaving. In three weeks my...



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