

Training, not straining / by Claude B. Harper.

Contributors

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Edgewood

Res. 1914

Training *not* Straining



By
Claude B. Harper

*Princes House, 12 Princes St.
Hanover Square
London, W.*

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[ca. 1914]

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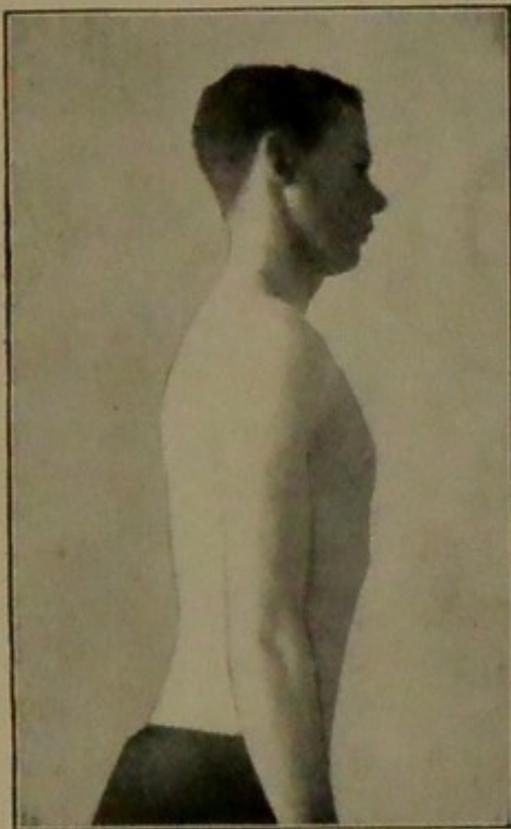


With Best Wishes, ANNA PAVLOVA

WHEN the body is perfectly adjusted, perfectly supplied with force, perfectly free, and works with the greatest economy of expenditure, it is fitted to be a perfect instrument alike of impression, experience and expression.



B E F O R E



A F T E R

Claude B. Harpers System of Physical Culture Reform.

TRAINING
not
STRAINING



The Tyranny of Ill-health

THERE is no tyranny like *ill-health*. However free the land, however liberal the laws in and under which he lives, he leads the life of a slave who has not health. He may break away from the thralldom of other human beings, and social progress may help him to throw it off, but he is helpless against the taskmaster at home—the tyrant in his own body.

Strike for Health

We live in the days of strikes. Against real and imaginary ills men rebel, and they combine to

have their wrongs removed, and the man who encourages them is the hero of the multitude. *I am an agitator of the most virulent description, and I call upon humanity to declare the biggest strike the world has ever known, a strike against disease.* I want to stir up men and women against their open servitude and their secret fetters, till ill-health becomes a crime and a fellow-sufferer a reproach. Whether I become a hero in my turn with the success of my agitation. I cannot predict, but men and women can become triumphant heroes and heroines in the kingdom of their own minds and bodies.

A Physical Reform

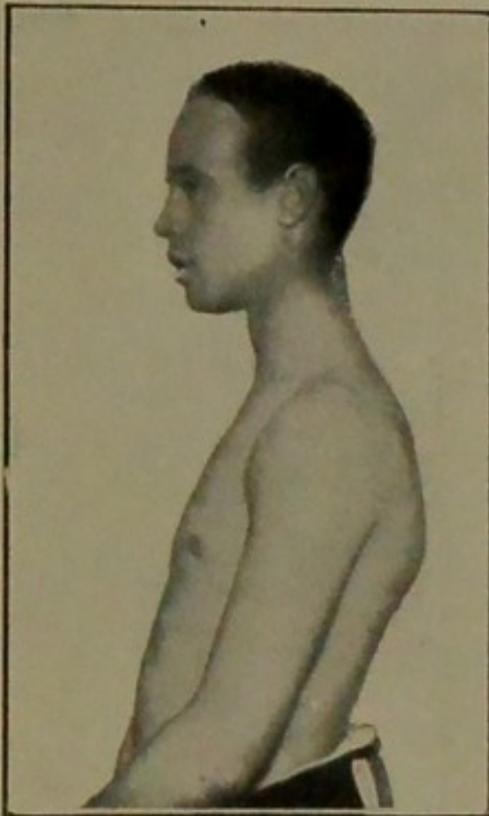
This boast I know has been made many times in many guises before, so often, in fact, that the reader perhaps expects an apology for its repetition. But a good thing needs no apology. Have you ever stopped to think what a wonderful piece of mechanism the human body is? Whether you be a so-called weak or strong man, have you ever realised what tremendous vitality, what an enormous latent power there is stored in this great engine of your house.

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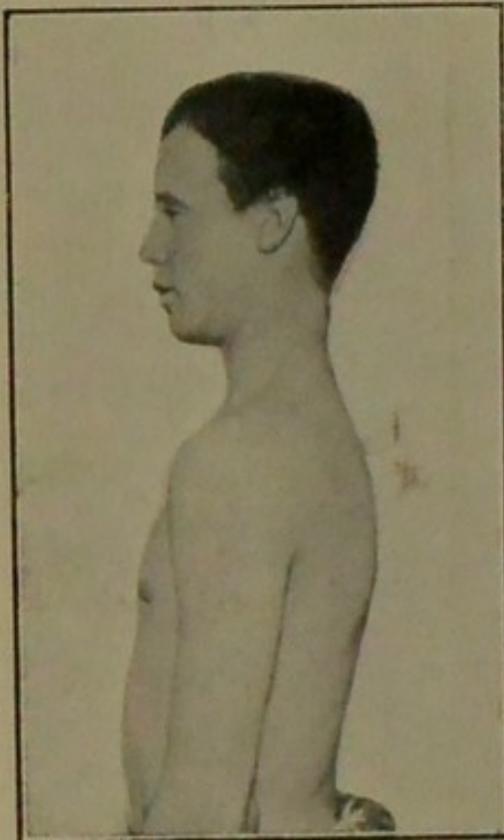


CLAUDE B.
HARPER

Princes House
12 Princes Street
Hanover Square
London, W.



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A F T E R

Our Wonderful Mechanism

Did it never occur to you that you are taxing one part of this mechanism to the detriment of the other ; that all the force was being driven into one part of the works and being drained from another ; and that when one set of cog-wheels was being worn out from over-use or mis-use, the others were rusting and perhaps decaying from inactivity and neglect.

An enormous amount of time and money is spent in seeking to prevent friction and waste of energy in the working of machinery, but the terrible wear and tear of the human body appears to be of little consequence—even to its owner—judging from the way nerve force is uselessly expended in nearly all he does ; yet we know that this vital force is the most precious gift that we possess, for our work, our health, and our life itself depend entirely upon it. Most of this needless waste of vital force can be avoided by following Nature's simple laws, from which one learns the fundamental principles governing the movements and postures of the body, as well as the means of economising nerve force in all the actions of our daily life.

Did it never seem curious to you that anything should go wrong with a structure so wonderfully and harmoniously designed as the human body? At any rate it puzzled me. It did more, it haunted me.

Searching for the link

I set about to study the subject from this point of view, but still more to study people themselves. I was always searching for the link that should bind the physical science of the ages with the everyday life of to-day, and at last, to put a great truth simply, I have found it. The light has come to me, and I want you to have its rays. I have called it Physical Culture REFORM, but its name in no way conveys its power. It is so wonderful and so simple and all-conquering that I am myself amazed at its results. Medical authorities have of late been calling special attention to the importance of correct posture, and at the International Medical Congress recently held in London, the subject of "faulty posture" was discussed, for many nervous disorders — as well as functional troubles can be traced to this cause.

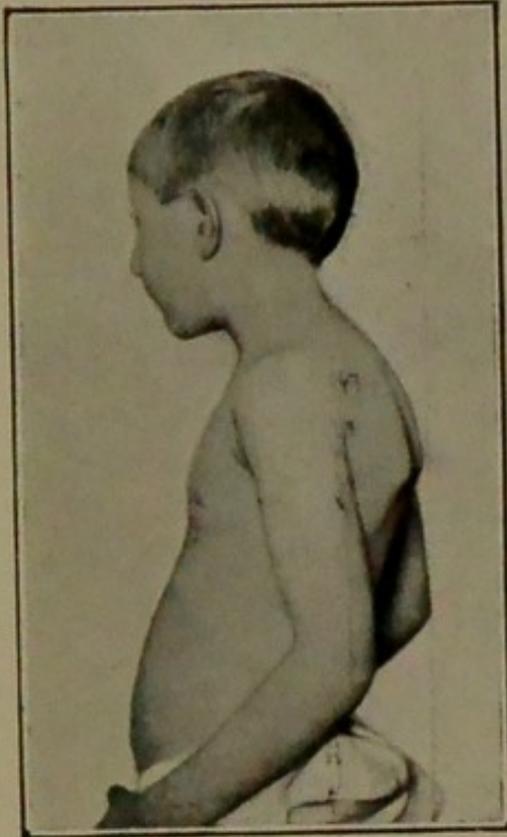
This subject was also given particular consideration at the

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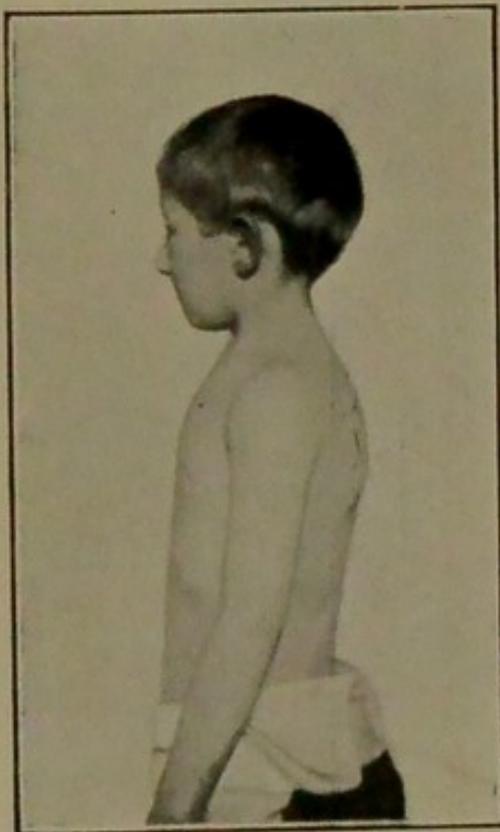


CLAUDE B.
HARPER

Princes House
12 Princes Street
Hanover Square
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International Congress of Physical Education held at the Faculty of Medicine in Paris, and the importance of teaching correct posture in schools, and its effects upon the general health was emphasized particularly. If we examine the bony structure and muscular system of the body we find that they distinctly point to the fact that they are intended to maintain a perfect balance and poise of the body. One of the first principles of health is the maintenance of a "Perfect Equilibrium," and this is especially applicable to the spinal column, as shown by our muscular and skeletal construction. If by faulty posture we allow the muscles on one side of the spinal column to become weaker than those of the other side, not only will some deformity of the spine be the result, but various disorders will arise, through the unequal pressure upon the nerves and blood vessels. Physical Culture REFORM is the name given to my methods of acquiring poise and balance of the body which results are obtained by "*Training, not Straining.*" My teaching is based on anatomical principles, as well as the laws of equilibrium and gravitation, and is not something apart from Physical Education, but is the fundamental part of it, for by the application of its principles to *all our move-*

ments we are able to make them more easily, naturally and gracefully, and use the whole body to the best advantage.

Natural movements are taught to suit individual requirements, and the pupil is not restricted to any special or stereotyped set of exercises which may be suitable for some persons and harmful to others. When the fundamental principles are learnt, they are put into practise at all times and in all places—at work or at play—first consciously, then sub-consciously until each and every part of the body is working harmoniously as Nature intended it to do.

When told that they do not know how to stand, sit, walk, or even rest properly, the majority of people smile incredulously, but when they have been shown the difference between the right way and the wrong, they frankly admit that they have been extravagantly wasting valuable nerve force all their lives.

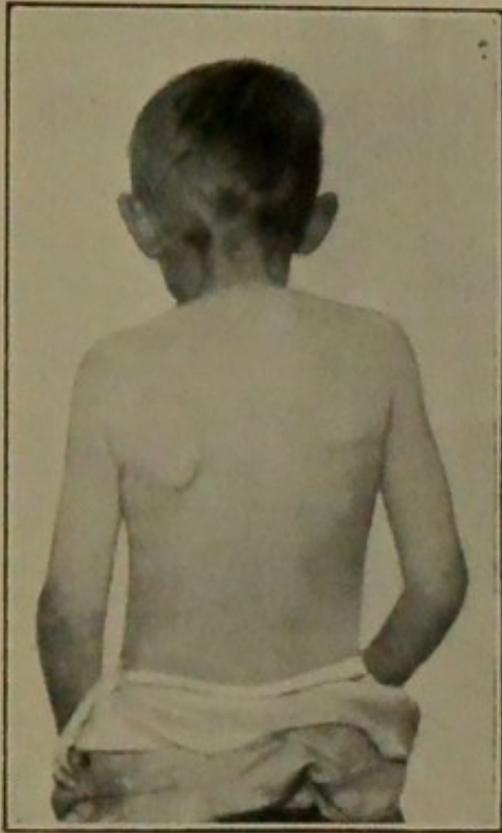
Teachers of "Physical Culture" have been showing their pupils how to use up energy and tire muscles and nerves, but very few of them have thought fit to teach how to economise one's vital forces and use them advantageously. Investigating the

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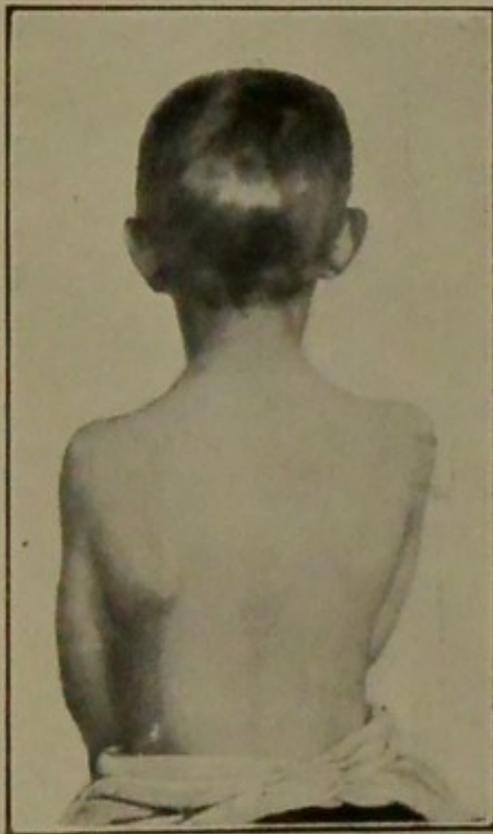


CLAUDE B.
HARPER

Princes House
12 Princes Street
Hanover Square
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achievements of Physical Culture Reform for the first time you would be astonished at the manner and rapidity with which disease and deformity yield to its persuasion. I say "persuasion" because it is all so simple and effortless that power, certainly force, seems the wrong word to use. In fact, its simplicity is its only obstacle. For after their first lesson pupils can scarcely believe that such gentle means can ever lead to such mighty results. Because they have some great and life-long ailment they expect, like Naaman, the leper, to do some violent or painful deed by way of a cure. But my method is even more simple than dipping seven times in Jordan. In the first place the famous river of the East—had it still such healing powers—is not at hand; but the "Jordan" that I furnish, you can take with you into the train, into the office, into the 'bus, and the theatre—

Another dip into Jordan

in short, everywhere. You can dip into it whenever you have a mind. In fact your cure becomes your life; and your life your cure.

I have only one rule for my pupils: it is "LIVE IT." But the

practice so soon becomes a habit that it is no rule at all. You move wrongly. Your every action is incorrect. Not incorrect merely according to theories, but actually, anatomically, fundamentally, and naturally wrong.

The weak spot our master

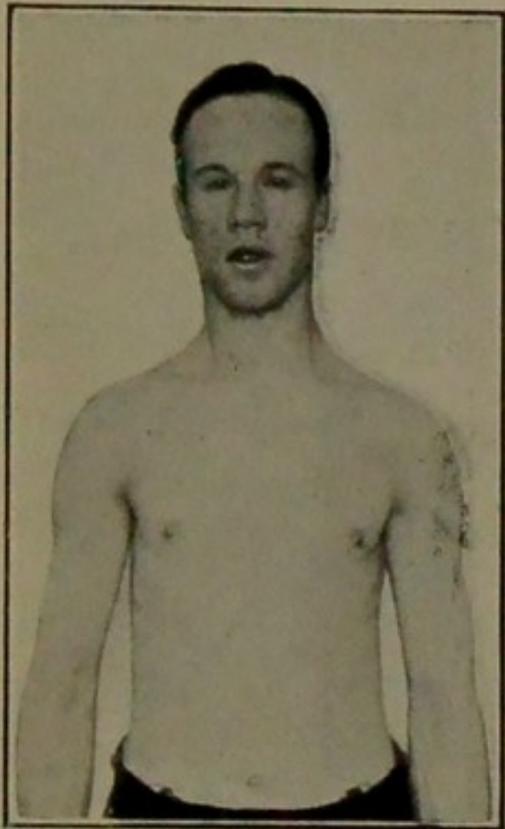
You move through life according to your one weak spot. It dominates you. It dictates to you. It is your master, your tyrant. Every thought and action feeds and enlarges it. It fattens on your ignorance and daily grinds you down. You consciously or unconsciously attend to it all day long, and though in shame and fear you try to keep its evidence from your friends and employers, your infirmity eventually pushes itself brutally to the front and you find yourself beaten in the game of life.

During the various stages of his evolution, man has changed his posture considerably, and scientists tell us that some parts of his organism have not yet become accustomed to the changed position. The muscles which maintain the posture of the body are regulated by a complete and delicate mechanism,

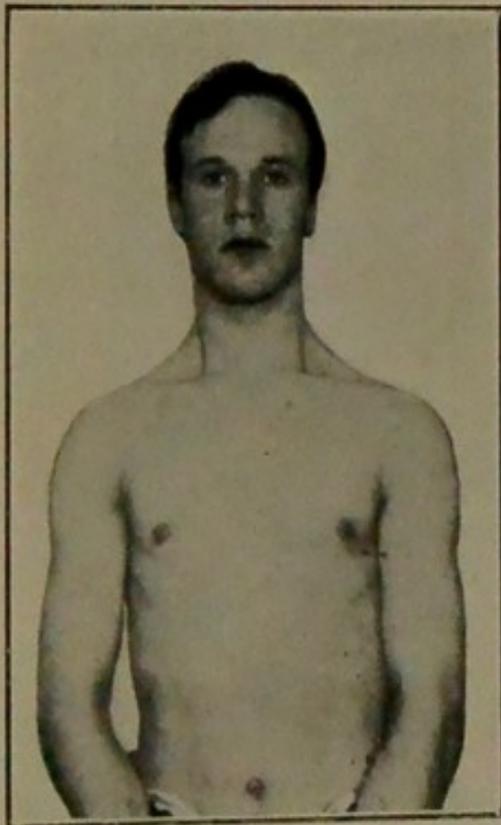
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H A R P E R
Princes House
12 Princes Street
Hanover Square
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and a great expenditure of nerve force is required to keep the upright position, but when we add to this the nervous energy consumed by the strain and responsibilities of modern life, as well as the results of injudicious eating, defective breathing, insufficient sleep, etc., we cannot be surprised that there is so much suffering. To quote the words of an eminent physician: "It is only by conforming with Nature's laws that health can be obtained and retained. You will not find health in a bottle or tabloid."

The Majority of this Generation are suffering from Nerve Strain

If you notice the people passing in the street, you will find the majority are hurrying along with the spine unnaturally bent, and the abdomen pushed forward prominently. Continual shocks are being sent to the brain by the heels being banged on the ground, and the head is either too far forward, or thrown too far back. A great many are breathing through the mouth instead of through the nostrils, thereby inhaling dust-laden air and germs which are often the means of setting up some serious disease.

A Greek philosopher wrote:—
“The way a man walks will
show you how he thinks.”

By my method faulty positions
of the bony structure are quickly
corrected, the circulation and
respiration are rapidly improved
by proper breathing and the
readjustment of the internal
organs to their normal positions
and relations. Relief from nerve
strain is obtained by learning
how to relax properly—both
mentally and bodily—stopping
the debilitating waste which is
the cause of so much suffering
and breakdown.

The vital functions of respiration
and circulation are brought under
control, and pure healthy blood
is supplied to every organ and
cell, which is Nature's means of
producing a vigorous and healthy
body.

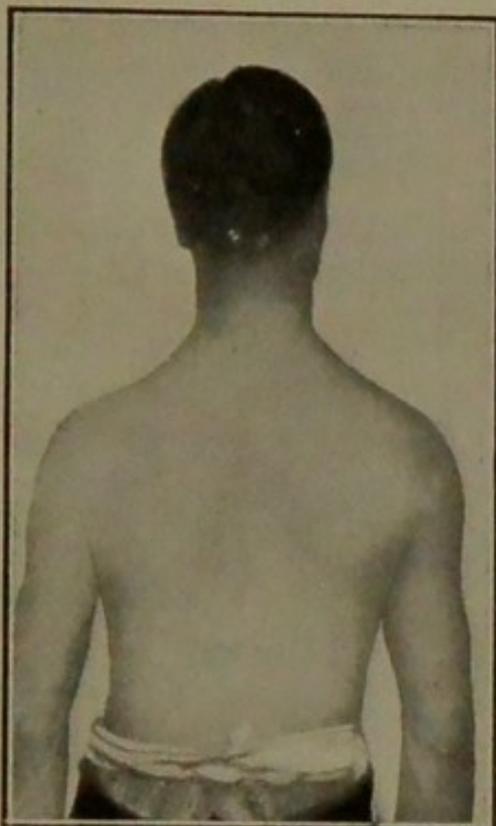
During the last twenty years a
great wave of “Sport” and the
cult of the “Physical” has swept
over the most progressive nations
—over the Anglo-Saxon races in
particular—and the hygienists
predicted that the mortality from
most diseases would be greatly
diminished and a considerable
improvement take place in the
health of the people generally.

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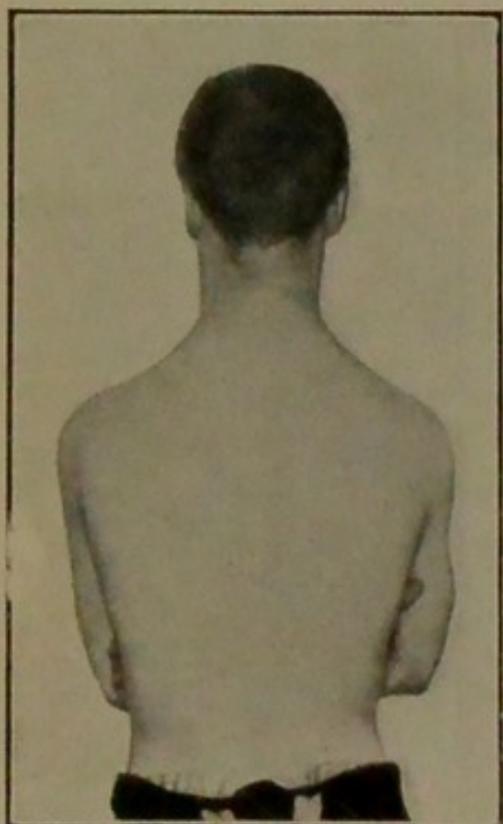


CLAUDE B.
HARPER

Princes House
12 Princes Street
Hanover Square
London, W.



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There has been a little improvement in some respects, but the general health has not benefited to the extent one might have expected; indeed, the mortality from any diseases has greatly increased — particularly from nervous diseases and insanity (and the death-rate from cancer has about doubled. One naturally asks what is the cause of so much disease and sickness?

The fact is, that in spite of our advanced civilisation and education, the laws of health are violated just as much as—or more than ever before. This age of commerce and invention has brought us many advantages, but the motor-'bus and the telephone have also their drawbacks, for they are responsible for much of the increased worry, dyspepsia and nerve trouble from which civilised nations are suffering.

People who lead sedentary lives, bending over their work in cramped positions often imagine that a few hours of strenuous exercise taken at the week end will keep them in good health or procure it for them.

In many cases mere spasmodic and mechanical exercise does more harm than good. In order that we may understand what

exercise does for the body, we should know something of its structure and functions.

According to modern physiology, our material body is composed of innumerable cells, which have been built up into various tissues, bones, muscles, and organs. These cells have their period of birth, activity and death, just as other living organisms do. This continual change is going on at every moment, and in every part of the body. Individual cells are incessantly dying, being cast off, to be replaced by others which are as constantly coming into separate existence. Exercise is not only the chief agent in the destruction of tissues, but it is also the principal factor in their renovation and repair. Through its influence on respiration and circulation, new material is hurried forward in the blood, and the waste substance resulting from the oxidation is borne away more rapidly.

If sufficient attention were given to proper breathing there would be a considerable decrease in diseases of the respiratory organs, as well as great improvement in the general health. For it is in the lungs that our blood is purified, such purification being greatly influenced,

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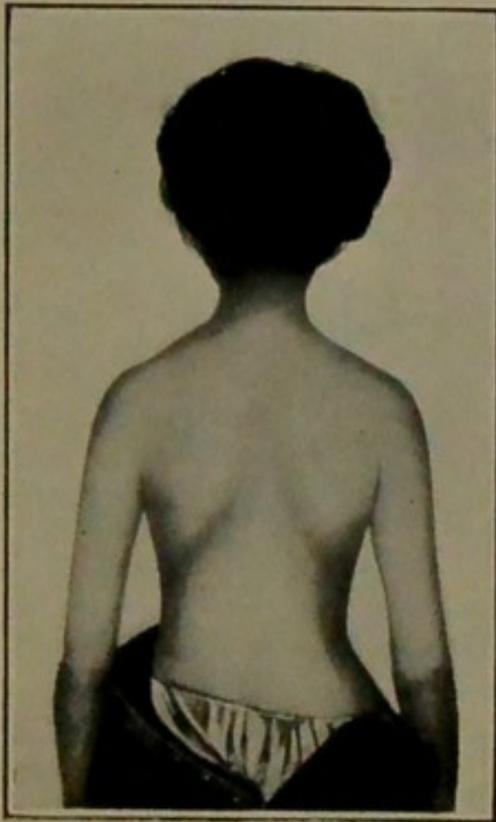
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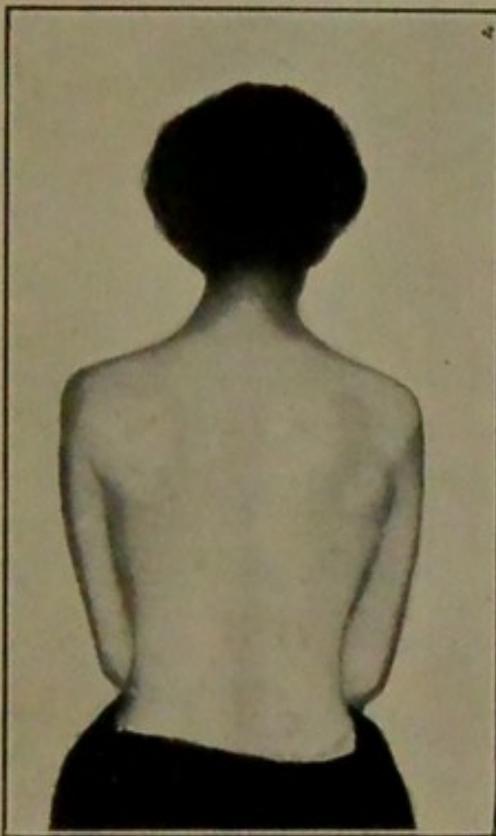


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HARPER

Princes House
12 Princes Street
Hanover Square
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not only by the air we breathe, but by the way we breathe it. To keep the body healthy it is necessary that pure blood be dis-

*We should not only
Breathe Pure Air but
Breathe in the correct way*

tributed to every part of it, along that wonderful network of tubes which is estimated to extend over 2,000 miles in length, supplying nourishment and vital force to muscles, bones and cells, as well as to that marvellous and complex apparatus known as the nervous system, which permeates and vitalises every organ and cell of the body. But if this intricate and delicate network of tubes is not kept free from kinks and shocks, caused by continued cramped positions and faulty posture, various troubles arise which affect the health most seriously. One of the most efficient aids to a good circulation is to know how to breathe properly. A large chest measurement and prominent muscles do not necessarily imply strong lungs, robust health, or immunity from disease. Athletes have generally large chests and muscles, but they do not live longer than the average person.

Another important factor to the attainment of good health is to

Learn to control the mind as well as the body or muscles

Humanity is discovering that something more than exercise and mere development of muscle is needed to produce perfect health. It is now generally realised that there is a hygiene of the mind as well as of the body, for the physical body, separate from mind, is an inert mass, incapable of originating any action without the stimulus of mind. The body may be compared to an army made up of organs, nerves, muscles, cells, etc., with mind as the commander, but if he is unfit to initiate and control, there can be little hope of success. John Hunter, a famous surgeon as well as scientist, wrote: "As the state of the mind is capable of producing disease, another state of mind can effect a cure."

Though mind has the power to destroy it also possesses the power to build up. The scales of Nature are always balanced with even fidelity.

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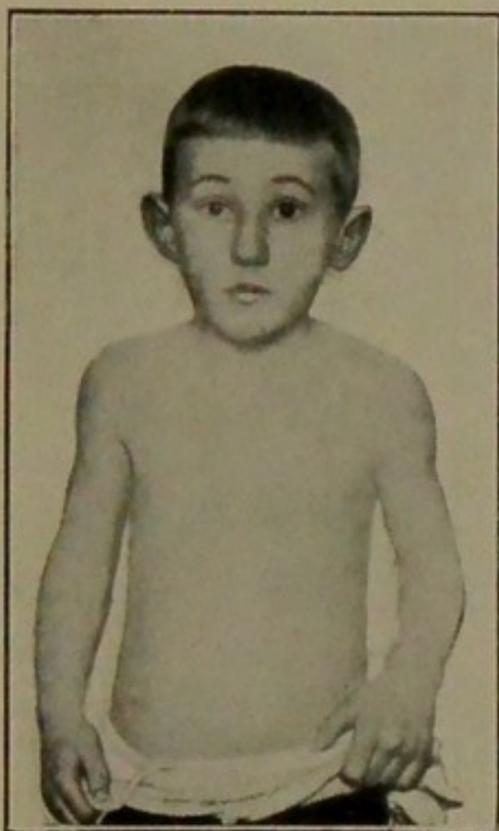
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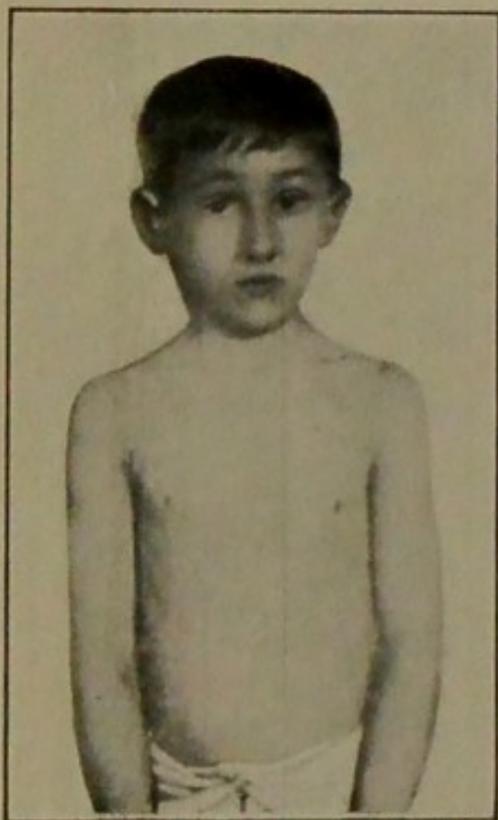


CLAUDE B.
HARPER

Princes House
12 Princes Street
Hanover Square
London, W.



B E F O R E



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Body and mind are so connected and inter-related that what affects one will affect the other.

Dr. Spehl, who has made physical education his special study, writing in a French journal, says: — "Physical education should strengthen the character and the will power as well as the body."

Jean Jacques Rosseau expressed the same idea when he wrote:— "The weaker the body, the more we obey it, the stronger the body, the better does it serve us. A good servant should be strong."

If children were taught to bring the mind and body under conscious control, how to breathe and move naturally, how to relax and use their forces to the best advantage, they would possess knowledge which would be more important than almost any other part of their education.

Not only children but a great many adults are in need of this knowledge. It is the need of such instruction which is the cause of so many crooked spines, twisted limbs and distorted figures, as well as weak lungs and debilitated digestive organs. A great amount of

disease and suffering arising from defective circulation and breathing—also many ills caused by disordered nerves, such as stammering, St. Vitus' dance, etc., might be prevented if the mind and body were trained to work harmoniously together as Nature intended them to do.

I have said there is no tyranny like ill-health. I add there is no crime like deformity. How little the mis-shapen people we see about our streets realise that the same power which causes them to walk, talk or eat can be used just as easily and naturally to make them straight and strong. The same wrong conditions belong to the man who has too much shoulder as to him who has too much waist. The man with a "heart" and the man with a "liver" are each making the same fundamental mistakes. I do not undertake to cure you by any occult means or by any science that is founded upon doctrines or faith, except that faith based upon the evidence of your own senses.

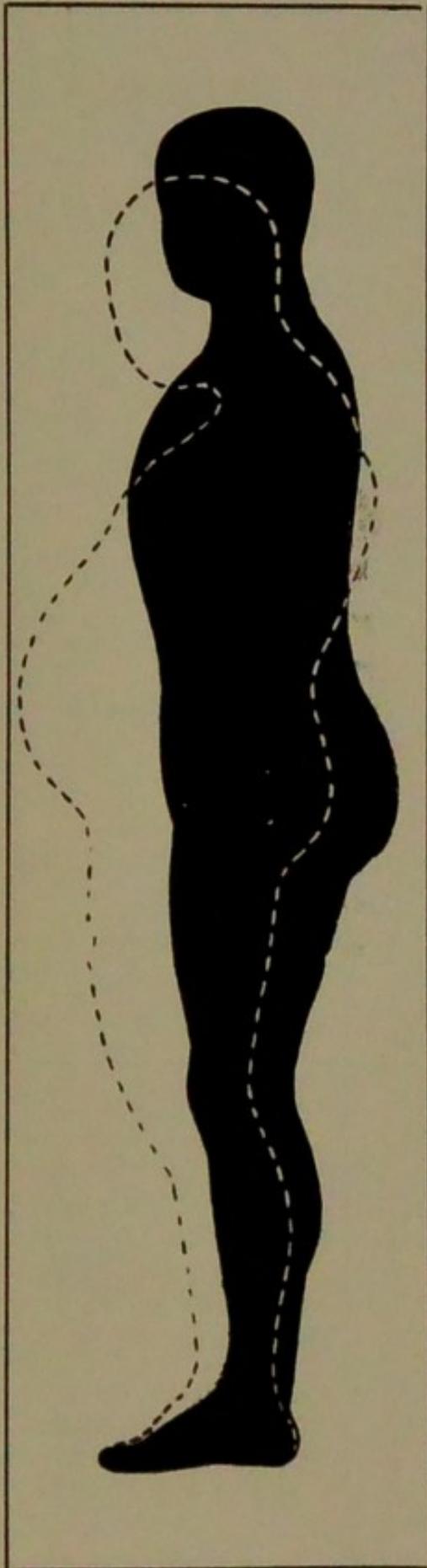
I am going to help you to realise the great scientific truth that everything runs to the place of least resistance. Almost unconsciously—certainly quite easily—you are going to get complete control of your nervous system.

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HARPER

Princes House
12 Princes Street
Hanover Square
London, W.



The little, almost unseen movements that you will be called upon to make during your waking hours will bring about this great result, practically before you have grasped its principles.

Your right to be right

I cannot enumerate all the ills that must yield to the new treatment, which is, however, as old as Nature herself. I have proof enough in my record and correspondence drawers, but I may summarise a few "accepted" conditions that have no business to be accepted at all. Women have no right to what is called matronly figures, men have no right to lose their waist lines at or after middle age. Adults have no right to stoop, nor children to go awry. The ravages of time have no right to leave their mark as they do on the people of to-day.

These conditions are the cause and effect of all the ills that man has made himself heir to. Given one generation of well-poised, well-balanced men and women and one would see no disease in the next.

Results of System

By my system children are taught how to develop and get control of their bodies. Women attain beauty and symmetry of figure. Men acquire a natural and proportionate form and physique.

Unlike any other system of training, the students of my method do not have to labour strenuously to acquire it. They simply grow into the new mould. The growth is like that of a plant, no struggle, no strain, no waste of nerve energy. The improvement is positive, rapid, steady and continuous.

Business men, brain workers and those engaged in public life of any kind lose their common ailments that attend long hours of mental and physical strain. In short, Physical Culture Reform increases one's productive powers 100 per cent. All that I have taught others to do you can do! Try it now, and realise what it is to *live* instead of existing.

Claude B. Harper

Princes House
12 Princes Street
Hanover Square
London, W.

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CLAUDE B.
HARPER

Princes House
12 Princes Street
Hanover Square
London, W.

Copies of Testimonials

October 27th, 1913.

It is with much pleasure I write to say how very much good Mr. Harper's lessons have done me. I hold myself much less stiffly and with far greater ease, and my muscles are much freer and I am altogether feeling better and stronger. I cannot speak too highly of Mr. Harper's great patience and infinite trouble, nothing is beneath his personal care. I intend to do all that lies in my power to bring his most excellent work before the public, as the more he is known the more will he be appreciated.

ADELINE ELVEY ROBB.

By a revolutionary reversal of a common practice, which is also a common error, Mr. Harper corrects the faults of a lifetime of careless deportment and injurious carriage and breathing. He gives a freedom to the nerves and muscles which gives to their owner a delightful feeling of ease and well-being; he makes symmetrical that which was ungainly and graceful that which was awkward. His knowledge is deep and his patience inexhaustible.

B. L.

April 10th, 1912

It seems to me that Mr. Harper is supplying the "missing link" between the physical science of the ages and its use in everyday life. It is wonderful enough to be made transparent to myself, as it were, but it is even more wonderful to be able to see the opaque spots and be able to remove them. Well, this is the power Mr. Harper is giving me quickly and surely. I wish for nothing better in this life.

L. B.

December 9th, 1913.

My four week's training under Mr. Harper's system has had very satisfactory results. My general health and vigour have improved and, to my surprise, independent tests show that my height has increased by half an inch and the measurement round my shoulders by 3 inches. I had been doing simple exercises for some time past and did not think it possible to obtain this development so easily and quickly.

E. HARRINGTON.

January 3rd, 1913.

For some time I was greatly worried about my little girl, Joan, aged ten years, who had developed a bad stoop, with the head protruding forward. After making inquiries I placed her in Mr. Harper's care. The improvement after a few days' treatment was quite marked, and she has since continued to progress; she now holds herself quite nicely, her spine, which was by no means straight, is getting into its proper position, and her general health has much improved. So much impressed was I with Mr. Harper's exercises that I took a course myself, and not only has my health benefited, but, for the first time in my life, I have learnt to hold myself in a correct attitude, much to my own comfort and to the improvement of my figure. What I think of Mr. Harper's methods may be gathered from the fact that I am daily recommending him to my friends.

MRS. E. G. SHARWOOD.

March 18th, 1913.

I have been saddled with round shoulders all my life, from boyhood, aggravated, perhaps, by the ordinary exercises of the gymnasium, and I had endeavoured to counteract the defect in the way of holding my head high; in one week my round shoulder disappeared with the smallest conscious effort on my part, and now at the end of one month's work with Mr. Harper, I feel that they have ceased to be my natural pose. The greatest benefit, however, that I have derived from Mr. Harper's lessons is a feeling of general buoyancy and absence of fatigue. I think his system to be an epoch-making discovery and predict that it will in future be taught to every child in every school in the country. My own children, at any rate, shall have the physical and mental advantages of the teaching.

J. F. W.

March 18th, 1913.

I can speak in the highest terms of Mr. Harper's system. Already, although I have not had many lessons, I feel much better in health and I have become so much thinner that my clothes will have to be entirely altered. I think this system particularly good for people who are obliged to lead sedentary lives and are inclined to be stout, but I am sure it would also be excellent for the golfer, cricketer, and anyone who plays games, because it would teach him to employ the right muscles with the greatest economy of effort.

F. S. A. L.

May 5th, 1913.

I was recommended by a well-known specialist to take a course of Mr. Harper's lessons, and the result of four months treatment is very satisfactory. When I came to Mr. Harper

I was suffering from deafness and from impaired vitality and nerves, due to a long illness. My deafness is almost completely cured, and my nerves are quite restored, my physique greatly improved. I consider that Mr. Harper's system accomplishes all that he claims for it and the results obtained are wonderful.

D. G. J.

June 5th, 1913.

I had been suffering from an attack of acute neuritis for several weeks before I consulted Mr. Harper. I have taken one course of lessons, and the pain has entirely gone, leaving only slight stiffness in my arm. I consider Mr. Harper's exercises most beneficial, for, in addition to getting rid of neuritis, I feel my whole body much less strained.

MORTIMER R. MARGESSON.

June 26th, 1913

I find that I feel much better after having had ten lessons from Mr. Harper. I have no difficulty in holding my head up and feel less pain in it. This method is so simple and logical.

EMILY SHANKS.

July 22nd, 1913.

I was recommended by a friend to try Mr. Harper's system of Physical Culture and I am delighted with the result. My figure has improved far beyond I ever thought possible and so has my health. I wish Mr. Harper every success.

E. G. BARKER.

January 20th, 1914

It is impossible to take Mr. Harper's lessons without feeling better in every way. Not only have I greatly improved in my measurements and carriage, but I owe him a debt of gratitude for having helped my piano technique so much with his work.

IRENE DARLINGTON.

Jan. 16th, 1914.

Mr. Harper's system has, in my opinion, only one fault—it is making all my clothes look as if they belonged to somebody else.

W. A. DARLINGTON.

January 21st, 1914.

I have received more benefit from a week of Mr. Harper's system than from two years' work of Swedish drill at school. I am considerably broader than I was when I began his system, and feel in every way a healthier being.

L. LE HAUTE ANDERSON.

As you know I took these lessons at first with the sole intention of helping my husband to practice them. After two or three lessons I became deeply interested in your original and splendid system, and I can say truly it was a most happy chance that led me to take a course, by which I have benefited so greatly.

MRS. L.

February 7th, 1913.

It gives me the greatest possible pleasure to say what immense benefit I have derived from Mr. Harper's system, though I have only taken it up for quite a short time up to the present. His method is unique and must appeal most forcibly to those, who, like myself, have undertaken other much advertised systems of physical culture without deriving the slightest benefit; on the contrary, very much the reverse. Mr. Harper's system is based on principles of commonsense with an entire absence of "crankiness." Above all, Mr. Harper is an ideal teacher, patient and tactful, and I wish him all the success he so thoroughly deserves.

G. L. P.

December 24th, 1912.

I have much pleasure in testifying to the excellence of Mr. Harper's system of Physical Culture Reform. I may say that all my measurements have increased, and my health has greatly benefited by Mr. Harper's treatment.

R. O.

December 2nd, 1912.

I find I have improved enormously in the way I hold myself since I have been with Mr. Harper, also all my measurements have increased for the better and I am delighted to have grown three-quarters of an inch.

J. F.

December 19th, 1912.

I cannot too highly recommend Mr. Harper's system as I have found that he has worked wonders with me in a very short time. He has entirely altered my figure and carriage, and I am convinced that the description "a man-handling magician" is in no way an exaggeration, but absolutely justified by results.

W. B. T.

November 15th, 1912

I have tried numerous forms of physical culture and outside exercise, but always with fatigue and no benefit. Mr. Harper's system is the first that procured immediate results, plainly evident to me, both from an improved carriage and appearance and better health. I consider him a real philanthropist and his system should be taught in every schoolroom in England and America.

W. C.

October 11th, 1912.

I am already benefiting greatly from Mr. Harper's careful and conscientious treatment and have every hope that perseverance with the exercises he has prescribed will result in perfect restoration to health. I may say that the throat specialist who sent me to Mr. Harper, can see a marked diminution of the throat trouble from which I was suffering.

REV. C. A.

May 1st, 1912.

I should advise everybody who can to try Mr. Harper's physical education. It is good for the body health and spirits, and I have never come across anyone who is so keenly interested and patient with pupils. All the lessons have greatly benefited me in every way.

M. R.

April 10th, 1912.

I have taken lessons from Mr. Harper and find myself greatly benefited both in health and appearance. I believe Mr. Harper's system of physical education to be extremely good and of lasting benefit.

L. W.

April 17th, 1912.

I can feel that I am deriving great benefit from Mr. Harper's method. The beauty of his system appears to me to be in its gentleness, the improvement being arrived at without undue strain.

E. C. M.

I cannot speak too highly of your work and what you have done for me after twelve lessons. Having suffered for so long and tried so many other doctors.

W. H.

After one week's trial of Mr. Harper's system I am bound to say I think it excellent. I feel more free than I used to and far less depressed mentally. When I get the right muscles into full play I expect never to have to visit a doctor again. This is far, far better than medicine.

J. P.

May 2nd, 1912

After years of research and experimenting with the much advertised systems of physical training, I have at last discovered in Mr. Harper's system of physical re-education the thing that I have wanted and feel assured that it is *the method* that will teach people co-ordination of the muscular system, resulting in training the body into a perfect machine. The lucid way in which the lessons are given enables the ordinary individual to grasp all details and the simplicity of the exercises, if they may so be termed, makes one marvel, more especially as the results are truly marvellous. I have derived great benefit after a few lessons and am looking forward to getting greater benefit as time goes on and the system (the body) is gradually being toned up.

J. N. DE LA P.

May 30th, 1912.

Through want of time I have only had six lessons with Mr. Harper, and these interrupted by absences, yet, I am convinced of the benefit derived from them, which is apparent, first, from my increased measurements; and, secondly, from the feeling of almost perfect balance. Though the methods appear revolutionary, in my opinion they are wonderfully true and quite logical. I regret I am unable to follow still further these most interesting lessons, as I am leaving for New York.

B. DE V.

Jan. 15th, 1914.

After a year's work at Mr. Harper's system I find that I have improved in every way. I feel stronger and more alert and my hearing is completely restored.

DOROTHY GARSED JENKINS.

July 31st, 1913.

It gives me great pleasure to testify to the fact that I have received great benefit from your lessons in physical culture. You will remember that mine was a case of not only being physically ill, much too fat, etc., but that my nervous system was badly out of order, and in both these respects I can truthfully state I am greatly improved. In all such cases as mine, at least, I have no hesitation in recommending anyone to take a course of your lessons.

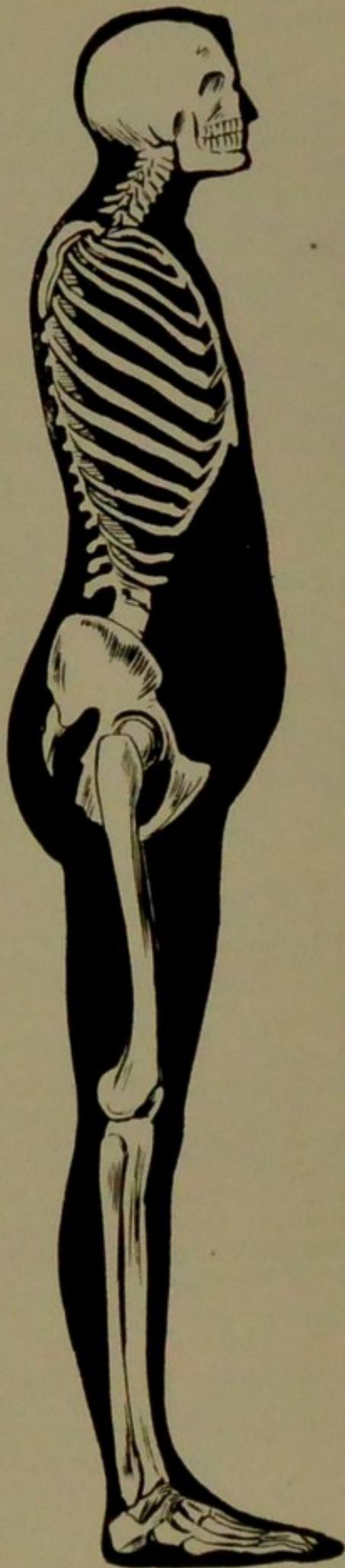
R. L.

CLAUDE B. HARPER,

Princes House,

12 Princes Street, Hanover Square,

London, W.





Graceful Girls

Is the "DRAWBACK SHOULDERS" THEORY Wrong?

AMONG many people interested in the article in Thursday's *Evening News* on "Exercises that Beautify a Girl's Department," was Mr. W. L. Courtney, M.A., the dramatist and author, who says in a letter: "With most of the article I find myself in substantial agreement, but I venture to question the recommendations to cure the common infirmity of 'round shoulders' in girlhood.

"In order to cure this defect, a girl is told to keep her figure erect, hands on the hips, with the shoulders drawn back as far as possible.

"It is, I am aware, the usual remedy prescribed. Is there, however, any value in drawing back the shoulders so that the shoulder-blades touch?

"The immediate effect is to stretch the muscles of the chest and to relax the muscles of the back. Supposing that a girl were constantly to perform this exercise, the back muscles must necessarily become somewhat atrophied.

"Moreover, the further back the upper portion of the body is pulled, the more likelihood there is that the lower part of the body is protruded in order to keep the balance even, and that certainly, despite the prevailing fashion, does not make a good figure.

"In accordance with those who have studied physical culture with the care it requires—like Mr. Harper, for instance—I should be inclined to recommend that while the head is kept well erect with the chin drawn in, the shoulders should be allowed to remain as nature designed them, and that instead of the arms being placed on the hips they should be folded just below the chest."





