



The Advantage of Powerful Lungs: (Original Version, Restored)

Earle Liederman

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"The power to resist fatigue is essential in acquiring endurance, and, in fact, may be said to constitute endurance. If you have refrained from exercise for some time and your body suffers for the want of it, fatigue well may be dreaded; whereas, if you exercise daily and keep your body in good condition you will have no cause to dread fatigue. But by having too long periods of repose, such as omitting your exercising drills for days at a time, it will make you more susceptible to muscular fatigue and muscle lameness than if you daily performed physical activities for but a few minutes. Therefore, it is essential, as I have so many times stated, always to be in good condition. The only way to gain the power to resist fatigue is to increase power and endurance of muscles, heart and lungs. You must continue each day whatever exertions you are performing, until the muscles begin to feel tired. After a while what exertions once brought on fatigue and demanded relaxation no longer will do so. In time you can continue with the activity without thought of fatigue, and for what, to the inactive person, will be an almost unbelievable length of time." - Earle E. Liederman This is a restored and re-formatted edition of Liederman's original 1927 booklet. The text remains exactly as written in 1927. A must have in your collection. Visit our website and see our many books at PhysicalCultureBooks.com

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