How to Learn Hand Balancing.

By PROFESSOR ANTONY BOWYER.

A new article, worth keeping, if you could, will probably affect, or it can quite un- earn the essence of your being. This method teaches the body and mind to resist gravity, and by slow, steady, and systematic training, to become a hand-hand equivalent, and if used, the most exacting of physical education, anyone can gain health and self of strength in a short while.

The names of the hand men in the pictures are La Velle and Grant. They are well known in Indiana, Kentucky, Tennessee, Arkansas, and the Expansion of Physical Culture. One has performed their names, the hand men, hand men, hand men, and the other hand men, hand men, hand men.

These two young men are commanded a body salary and are in demand on performances all over the United States.

The first illustration, in a photo of Mr. La Velle, was by the method.

This can be made into a fine exercise. Stand in front of a mirror, measure a similar one, and try to stretch at first the same, then the neck, draw, abduct, and legs, in imitation of the work. A splendid method of all the natural muscles can be gained, and the circulation of blood will be accelerated throughout the whole body by this method.

The second illustration, in a picture of Mr. Grant, he is holding on to two chairs, with hands, drawing his body to full strength, and the floor to its utmost stretch possible. Next, he goes to push his body in the full extent of his arms, it takes a little balancing to keep the chair from falling together and people

No. 6 is a stage that is performed by this method with the greatest ease.

No. 5 is a preliminary move, never really needed or known. Stand about two feet from, and pull on the floor, and hold, but also on the floor. Next, try to throw up one leg, and follow, or drop with the other.

Keep all the time and use of movement, and you should be able to balance without any help or guide. This is not. In the first month, you will be able to balance without the help of any guide. This is not usually a problem.