SCHOOL AND CLUB NOTES.

BY J. ST. A. JEWELL.

BY the time this is in the hands of our readers we shall in all probability be duly installed in our new premises at No. 21, Ironmonger Lane, Cheapside, E.C. In the September number I foreshadowed our removal from the old premises at 21, New Bridge Street, S.W. I stated that the primary reason of our decision to move to more commodious quarters was that our list of pupils has assumed such bulky proportions that a little more breathing space would be acceptable all round.

In the new school we have about five times as much space, and there will be ample seating accommodation for a fairly large audience at any displays we may give.

In this connection it is probable that we shall give a display every three months, and our readers may be sure that the leading lights in the Physical Culture and weightlifting world will be with us. At the display which we gave at the old premises at the end of October last, the "big men" were much in evidence, and had it not been for the overcrowded state of the little hall, it is probable that the list of performers on that eventful night would have included names that have never yet been bracketed together at any one performance.

That display was indeed a striking testimony to our popularity and fame. By six o'clock the place was full, but still they came. By seven the hall was packed like a box of sardines. Shortly after we had to put a guard at the door to refuse admission to any more, but the crowd swept the custodians away and still poured in. When the show started the available space for the performers consisted of a circle about eight feet in diameter, and it speaks volumes for those who took part in the display that no toes were flattened out by falling weights. However, that show has taught us a lesson, and in all future displays we shall probably adopt the ticket system, in order that our audience may be assured of having elbow room when they visit us to see weights lifted and records broken.

To everyone who takes an interest in physical development, the acquisition of strength, or the treatment of remedial cases, we shall at the new School extend a hearty welcome, and I address these words especially to the great army of city workers who lead sedentary lives.

In a very able lecture recently delivered before the Royal College of Physicians by Sir Hermann Weber, M.D., F.R.C.P., the lecturer laid down the following rules for anyone wishing to live a long and healthy life:—
1. Moderation in eating, drinking, and physical indulgence.
2. Pure air out of the house and within.
3. The keeping of every organ of the body as far as possible in constant working order.
4. Regular exercise every day in all weathers, supplemented in many cases by breathing movements and by walking and climbing tours.
5. Going to bed early and rising early, and restricting the hours of sleep to six or seven hours.
6. Daily baths or ablutions, according to individual conditions, cold or warm, or warm followed by cold.
7. Regular work and mental occupation.
8. Cultivation of placidity, cheerfulness, and hopefulness of mind.
9. Employment of the great power of the mind in controlling passions and nervous fear.
10. Strengthening the will in carrying out whatever is useful, and in checking the craving for stimulants, anodynes, and other injurious agencies.

In a condensed form these rules might read:—Be moderate in eating and drinking; take plenty of exercises; breathe pure air; bathe daily; cultivate will power, and be cheerful.

We have preached this doctrine ever since the Health & Strength School came into existence, and we shall continue to preach it on every possible occasion; and it is with a keen sense of satisfaction that I am able to honestly state that nearly all those who have at some time trained with us still carry in to effect the rules we laid down for them.

Exercise is the pith of the whole business, and if it is eliminated from daily life, weakness will come and sorrow will follow. A healthy open-air life,