



**Manual of Physical Exercises; Comprising  
Gymnastics, Rowing, Skating, Fencing, Cricket,  
Calisthenics, Sailing, Swimming, Sparring,  
Baseball: Together ... and Sanitary Suggestions  
(Classic Reprint)**

*William Wood*

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In presenting to the public this work, I feel very sensibly my inadequacy in appearing in the capacity of an author. Trained almost from infancy to a profession which rendered mental study impossible, and having only by dint of perseverance got a what little education has fallen to my share in much the same manner that a chicken gets his breakfast picking up a kernel of information in one corner and another in the next all the acquisitions which I pretend to claim are based alone upon the common branches of English learning and common sense. Yet, it seems to me, a man who has mastered any thing worth knowing may, if he will simply tell what he has learned, write something which it will be of advantage to others to read. I have written what I know, and what I judge would be well for others to know. I have been for many years engaged as an instructor in Gymnastic and Athletic Exercises. Very many of the first families of the City of New York have been members of my institution. The young, the middle-aged, and the old can testify to the benefits derived while they were members of the same.

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