



Strongfort - Intelligence in Physical Culture: (Original Version, Restored)

By Max Unger

Createspace. Paperback. Condition: New. This item is printed on demand. 52 pages. Dimensions: 7.6in. x 5.0in. x 0.2in. The author, Max Unger, was more widely known by his stage name of Strongfort or Lionel Strongfort. Some . . . decried the practice of systematic physical culture, and recommended good, honest work as a satisfactory and sufficient means of building muscular tissue and promoting vigor. The toll of this, however, is obvious even to those who have never given the subject any special study, for among the millions of the workers of the world there are extremely few who can claim anything like a symmetrical or athletic development. Nearly all forms of labor are such as to overwork certain parts of the body, while neglecting the muscles of other parts. But in addition to the one-sided development thus brought about, most forms of manual work are of a tedious and exhausting character: they consume but do not build strength: they drain one's vitality, bend his back, stiffen his joints and make him angular and slow. It is true that there are a few varieties of honest toil which might be physically beneficial to anyone, but the prevailing long hours for work more...



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