



Strength and How to Obtain It

Eugen Sandow

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"In bringing the body to its highest pitch of perfection, various moral qualities, the value of which it would be difficult to over-estimate, must necessarily be brought into play. The first essential to success is the power of concentrating the will upon the work. Muscles are not developed by muscular action alone. Physical exertion, however arduous and long continued, will not make a man strong, or the day labourer and the blacksmith would be the strongest of men. Mechanical and desultory exertion will never materially increase a man's strength. He must first learn the great secret, which ought to be no secret at all. He must use his mind. He may not be able to add a cubit to his stature, but by taking thought a man can most assuredly increase the size of his muscles, strengthen all his organs, and add to his general vitality. But he must put his mind, as well as his muscles, into the work. And by exercise and practice the will-power is greatly increased, until, in course of time, the whole organism is so absolutely under its control that the muscles can be kept in perfect condition even without what, in ordinary language, is called "exercise." That is to say, that without violent exertion, but merely by the exertion of the will, the muscles can be exercised almost to any extent. Can it for a moment be supposed that this cultivation of the will-power is not of great value to an individual, no matter what sort of task or work he may be engaged in?" - Eugen Sandow This 1897 classic is a must have book for your physical culture library. Visit our website and see our many books at PhysicalCultureBooks.com

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