



# Muscle Building: (Original Version, Restored)

*Earle Liederman*

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## **Muscle Building: (Original Version, Restored)** Earle Liederman

"I have often watched crowds pass on the streets and noticed most of the individuals shuffle along more dead than alive. Seventy-five per cent, of them are round-shouldered and fiat-chested; many are carrying twenty-five to fifty pounds extra weight around their waists and hips. Once in a while you will see someone in the passing throng with a springy step, deep, full chest and straight, broad shoulders. You can tell at once that he is a physical culturist who has devoted some time to the care and welfare of his body. Your attention is attracted to him because of his personality, which is emphasized by his athletic appearance. His complexion is clear, his eyes sparkle, he radiates vitality. Lines of dissipation are absent. Wouldn't it be wonderful if everyone looked and felt like this? Medical doctors would soon become rare and drug stores would sell fewer drugs, and even less toilet articles than they now sell. There is really no excuse for anyone who fails to enjoy all the thrills resulting from robust health. Anyone who is too lazy to devote a little time to his physical welfare deserves absolutely no sympathy when sickness or disease gets him. It is my pleasure and great privilege to tell you in this series of little informal talks just how you can enjoy the delights of robust health and the feeling of security and satisfaction that comes to a man who knows that he can give a good account of himself in any emergency that may arise, and who has the courage and the red-blooded love of life to want to increase not only his own happiness, but also the happiness and the comfort of those who love and respect him and wish him well". - Earle Liederman This is a 6" by 9" original version, restored and re-formatted edition of Liederman's 1924 classic. Visit our website and see our many books at [PhysicalCultureBooks.com](http://PhysicalCultureBooks.com)

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