



## Endurance: (Original Version, Restored)

*Earle E Liederman*

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*Earle E Liederman*

## **Endurance: (Original Version, Restored)** Earle E Liederman

"EVERY man should be able to save his own life. He should be able to swim far enough, run fast and long enough to save his life in case of emergency and necessity. He also should be able to chin himself a reasonable number of times, as well as to dip a number of times, and he should be able to jump a reasonable height and distance. If he is of the fat, porpoise type, naturally he cannot do all, if any, of these things; and he has nobody to blame but himself, and his way of living that has brought his body into its condition of obesity. Suppose—and it has happened many times—there should be a fire at sea or on lake or river; should one be half a mile or more from the shore, he would be mighty thankful to realize, were he compelled to jump for his life from the fire, that he could swim that distance and reach the shore in safety. Suppose one were in a burning building and he had to lower himself hand under hand down a rope or down an improvised rope of bedclothing tied together to reach the ground in safety; he again would be thankful a thousand times that he possessed the strength and endurance in his arms and coordinate muscles that would enable him to save himself. Such things never may happen, and let us hope they do not; but what has happened always is possible to occur again—and, in fact, always is happening to some one." - Earle Liederman This is a 6" by 9" original version, restored and re-formatted edition of Liederman's 1926 classic. Visit our website and see our many books at [PhysicalCultureBooks.com](http://PhysicalCultureBooks.com)

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