

PRINCIPLES OF EXERCISE

- Useful – HR May 1, 1873; 10MR 260; CL 13; RC 160; CG 352
- Judicious - ST Oct. 18, 1899; CD 303; CH 97
- Outdoors - 2T 530; MM 81; Ed 210
- Sunlight - 3T 75; Ed 208
- Vigorous – AH 263; AH 500; TSDF 14; 8MR 120
- Enjoyable - HR July 1, 1868
- Planned – MH 238; RC 187
- Daily - CE 22; CH 173; CH 564
- Regular - CD 444; Ed 208; FE 74
- Variety – 3T 77;HR July 1, 1872

