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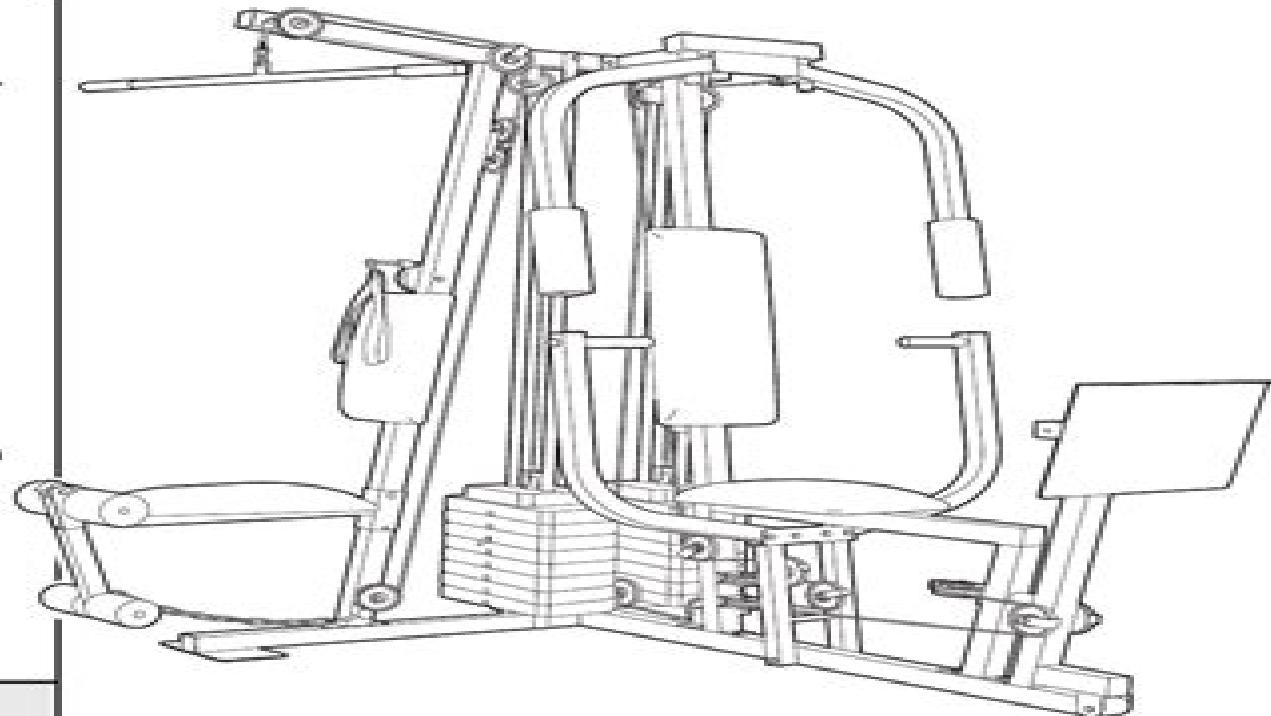
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Bennett,2016-09-13 Excerpt from Exercising in Bed The Simplest and Most Effective System of Exercise Ever Devised To my friend and companion on many a shoot ing trip the happiest days of my long life To gether he and I have climbed the steep quail bills or waited listening in some rocky canyon to the deep vibrant bay of peak mingling with the long drawn bugle like cry of scout as through tangled Chaparral they cold trailed some wandering coyote or sneaking cat And the sharp high staccato notes of nellie would break in when the duet became a trio The tempo of the wild symphony would quicken and we would scramble up the rocky ridge to our stand on the high divide lltogether he and I have lain out in our blankets watching the glint of the stars in the cloudless California sky while far up on the mountain side the thin weird wail of a prowling coyote

alone broke the silence Then as the crest of Grizzly Peak reddened in the rising sun the reedy querulous challenge of the cock quail sounded defiance from sheltering thickets far and near The wind sighing through the redwoods the pungent smoke of the camp fire the pure clear air of the early morning the joy of it all when one is pulsating with health and lives close to nature About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.forgottenbooks.com This book is a reproduction of an important historical work Forgotten Books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy In rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition We do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works *Superflex* Corinna Everson,Jeff Everson,1987 Progressive weight training routines and techniques nutritional and dietary pointers for competition Publishers Weekly

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