

Travelling with a Reformer by Mark Twain. Last spring I went out to Chicago to see the Fair, and although I did not see it my trip was not wholly lost--there were compensations.

The Pilates Reformer is a multi-functional piece of exercise equipment. Not only can it be used to strengthen a variety of different muscle groups, but training with a Reformer has also been shown to improve low back pain, increase flexibility and restore balance in the elderly. Multiple different Reformer exercises can be incorporated into a well-rounded strengthening regimen. Video of the Day Read More: Hip Abduction This exercise targets the gluteus medius, a muscle on the outside of the hip that helps to stabilize your pelvis when walking or running. Stand sideways with your right foot on the end of the Reformer and your left foot stabilized against a sitting box on the platform. When you are unable to move it any farther without shifting your weight, slowly return the platform to the starting position. Rows on a reformer activate your scapular retraction muscles. These muscles help you maintain a proper posture while sitting or standing. Bend your elbows as you pull the handles toward your chest and squeeze your shoulder blades together. Make sure not to let your shoulders shrug as you do this. The hip extension exercise works your gluteus maximus muscle. This muscle helps you generate power when jumping and also controls your posture while running. Fasten a strap around each foot and slowly lower your legs toward the reformer as you pull yourself away from the base. When your legs are in line with the rest of your body, raise them back up in the air in a controlled manner. Planks Planks are a great way to target your transversus abdominis, a muscle deep in your abdomen that stabilizes your spine. Slowly push the platform away from your toes as you allow your spine to straighten. When your buttocks are in line with your body, maintain the plank for 5 to 10 seconds before returning to the starting position. Do not allow your pelvis to tilt or sink as you hold the plank. Horizontal Adduction The horizontal adduction exercise isolates the muscles that give stability to the front of your shoulder, including the pectoralis major, the anterior deltoid and the latissimus dorsi. Sit erect on the platform of the Reformer facing the base with your legs crossed in front of you. Slowly bring your hands together as the platform moves and the tension builds. When they meet in the middle, pause for a second or two before allowing your hands to return to their initial position. Your elbows should remain straight the entire time. Heel Raises Heel raises activate the gastrocnemius and soleus muscles. Lie on the platform with your feet positioned shoulder width apart on the foot plate. Slowly raise your heels off the plate as you roll up through your second and third toes. Hold your feet here for 1 to 2 seconds before allowing your heel to return down again. Keeping your knees completely straight while you do this exercise will activate the gastrocnemius, while maintaining a slight bend in the knee activates the soleus muscle. Total Gym Recommendations To maximize the effects of exercising with a Pilates reformer, strength training sessions should last about 15 minutes. This may be done up to six times each week. Be sure to work with a certified Pilates instructor if you have any concerns about beginning a new regimen or are experiencing any pain when using a reformer.

Chapter 2 : Travelling with a Reformer

You will open your chest and hips with this Reformer workout by Gia Calhoun. She teaches exercises that will give you relief after sitting on a long flight or being on your feet all day sight-seeing.

Cosmopolitan December Condition: Paul Bourget; John J. Hopkinson Smith; Martha F. Crow; Robert Grant; H. Gage; Mark Twain; W. Atwood; Reinhart; Gibson; Kemble; Remington; Fenn; Small MGS Please pay very close attention to our grading guide because we are very specific and the condition of a pulp or magazine can be critical to its value. Although we are not perfect, we are very proud of our grading and strive to become the grading standard of the internet When grading pulps we identify a grade which includes the cover, spine, and back cover. Then we describe the paper quality from off-white to brown or brittle. In general, regular magazine paper is usually a supple cream to tan. Appears almost like new with high color gloss. It is a flat, tight book with no or almost imperceptible cover creases. The overhang may bend and have a few very small creases or tears but none large enough to affect visual appearance. A sharp copy with minor defects. A copy with a number of milder defects. Mild creases with very small chips from the edges. At this grade the edges are starting to have numerous small tears and creases. Minor wrinkling and small pieces of the spine may be missing. Mild fading and could have some tape on the spine. A worn copy, typical of an older magazine. A very worn copy, our lowest grade. This grade may have defects that include large pieces out of the front cover, a missing spine, and significant soiling but still readable. The free listing tool. List your items fast and easy and manage your active items. Seller assumes all responsibility for this listing. Shipping and handling This item will ship to Germany, but the seller has not specified shipping options. Contact the seller- opens in a new window or tab and request a shipping method to your location. Shipping cost cannot be calculated. Please enter a valid ZIP Code. Worldwide No additional import charges at delivery! This item will be shipped through the Global Shipping Program and includes international tracking. Learn more- opens in a new window or tab Change country: There are 1 items available. Please enter a number less than or equal to 1. Select a valid country. Please enter 5 or 9 numbers for the ZIP Code.

There are two ways to learn how to write fiction: by reading it and by writing it. Yes, you can learn lots about writing stories in workshops, in writing classes and writing groups, at writers' conferences.

In New York I was introduced to a Major in the regular army who said he was going to the Fair, and we agreed to go together. I had to go to Boston first, but that did not interfere; he said he would go along and put in the time. He was a handsome man and built like a gladiator. But his ways were gentle, and his speech was soft and persuasive. He was companionable, but exceedingly reposeful. Yes, and wholly destitute of the sense of humour. He was full of interest in everything that went on around him, but his serenity was indestructible; nothing disturbed him, nothing excited him. But before the day was done I found that deep down in him somewhere he had a passion, quiet as he was--a passion for reforming petty public abuses. He stood for citizenship--it was his hobby. His idea was that every citizen of the republic ought to consider himself an unofficial policeman, and keep unsalaried watch and ward over the laws and their execution. He thought that the only effective way of preserving and protecting public rights was for each citizen to do his share in preventing or punishing such infringements of them as came under his personal notice. It was a good scheme, but I thought it would keep a body in trouble all the time; it seemed to me that one would be always trying to get offending little officials discharged, and perhaps getting laughed at for all reward. But he said no, I had the wrong idea: You can act as if you are going to report him --when nothing else will answer. That is a sort of force, and force is bad. Diplomacy is the effective thing. The Major spoke now, and asked one of them to take his telegram. He got for reply: The Major said yes, he was not in a hurry. Then he wrote another telegram: I can tell you how business is conducted in one of your branches. He said he would lose his place if this deadly telegram was sent, and he might never get another. If he could be let off this time he would give no cause of complaint again. The compromise was accepted. As we walked away, the Major said: But you see he stands no chance against diplomacy. Gentle words and diplomacy--those are the tools to work with. It is for his good and for the public good. Lies told to injure a person and lies told to profit yourself are not justifiable, but lies told to help another person, and lies told in the public interest--oh, well, that is quite another matter. But never mind about the methods: That youth is going to be useful now, and well-behaved. He had a good face. He was worth saving. Of course, he has a mother--sisters, too. Damn these people who are always forgetting that! Away late that night we were coming up-town in a horse-car when three boisterous roughs got aboard, and began to fling hilarious obscenities and profanities right and left among the timid passengers, some of whom were women and children. Nobody resisted or retorted; the conductor tried soothing words and moral suasion, but the toughs only called him names and laughed at him. Very soon I saw that the Major realised that this was a matter which was in his line; evidently he was turning over his stock of diplomacy in his mind and getting ready. I felt that the first diplomatic remark he made in this place would bring down a landslide of ridicule upon him, and maybe something worse; but before I could whisper to him and check him he had begun, and it was too late. He said, in a level and dispassionate tone: I will help you. In a flash the three roughs plunged at him. But none of them arrived. He delivered three such blows as one could not expect to encounter outside the prize-ring, and neither of the men had life enough left in him to get up from where he fell. The Major dragged them out and threw them off the car, and we got under way again. The situation had a humorous side to it, considering how much I had been hearing about mild persuasion and gentle diplomacy all day from this pile-driver, and I would have liked to call his attention to that feature and do some sarcasms about it; but when I looked at him I saw that it would be of no use--his placid and contented face had no ray of humour in it; he would not have understood. When we left the car, I said: You are quite in the wrong. Diplomacy is a wholly different thing. One cannot apply it to that sort; they would not understand it. No, that was not diplomacy; it was force. Of course I am right. It was just force. Do you often have to reform people in that way? It hardly ever happens. Not oftener than once in half a year, at the outside. Why, certainly they will. They are not in any danger. I know how to hit and where to hit. You noticed that I did not hit them under the jaw. That would have killed them. I remarked--rather wittily, as I thought--that he had been a lamb all day, but now had all of a

sudden developed into a ram --battering-ram; but with dulcet frankness and simplicity he said no, a battering-ram was quite a different thing, and not in use now. This was maddening, and I came near bursting out and saying he had no more appreciation of wit than a jackass--in fact, I had it right on my tongue, but did not say it, knowing there was no hurry and I could say it just as well some other time over the telephone. We started to Boston the next afternoon. The smoking compartment in the parlour-car was full, and he went into the regular smoker. Across the aisle in the front seat sat a meek, farmer-looking old man with a sickly pallor in his face, and he was holding the door open with his foot to get the air. Then on he plunged about his business. Several passengers laughed, and the old gentleman looked pathetically shamed and grieved. After a little the conductor passed along, and the Major stopped him and asked him a question in his habitually courteous way: Does one report to you? What has he been doing? The conductor seemed amused. He said, with just a touch of sarcasm in his bland tones: But the Major was not disturbed. The railway officials--as the public think and as you also seem to think--are not aware that there are any insults except spoken ones. So nobody goes to headquarters and reports insults of manner, insults of gesture, look, and so forth; and yet these are sometimes harder to bear than any words. They are bitter hard to bear because there is nothing tangible to take hold of; and the insulter can always say, if called before the railway officials, that he never dreamed of intending any offence. It seems to me that the officials ought to specially and urgently request the public to report unworded affronts and incivilities. Such things ought always to be reported. It is a public duty and no citizen has a right to shirk it. Diplomacy will do the business. It was duty--just a sense of duty, that was all. My brother-in-law is one of the directors of the road, and when he learns that you are going to reason with your brakeman the very next time he brutally insults an unoffending old man it will please him, you may be sure of that. He stood around a little; then said: What good would that do? What would you suggest? How would it do to have him come and apologise in their presence? And I want to say this: After he was gone the Major said: The ordinary citizen would have accomplished nothing--the brother-in-law of a directory can accomplish anything he wants to. Always when the public interests require it. I have a brother-in-law on all the boards--everywhere. It saves me a world of trouble. I have over three hundred of them. It is the honest truth--I never have. You know he deserved it. And he always has a sister, or a mother, or wife and children to support. Always--there are no exceptions. When you take his living away from him you take theirs away too--and what have they done to you?

Chapter 4 : German addresses are blocked - calendrierdelascience.com

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Title Listing Last spring I went out to Chicago to see the Fair, and although I did not see it my trip was not wholly lost--there were compensations. In New York I was introduced to a Major in the regular army who said he was going to the Fair, and we agreed to go together. I had to go to Boston first, but that did not interfere; he said he would go along and put in the time. He was a handsome man and built like a gladiator. But his ways were gentle, and his speech was soft and persuasive. He was companionable, but exceedingly reposed. Yes, and wholly destitute of the sense of humour. He was full of interest in everything that went on around him, but his serenity was indestructible; nothing disturbed him, nothing excited him. But before the day was done I found that deep down in him somewhere he had a passion, quiet as he was--a passion for reforming petty public abuses. He stood for citizenship--it was his hobby. His idea was that every citizen of the republic ought to consider himself an unofficial policeman, and keep unsalaried watch and ward over the laws and their execution. He thought that the only effective way of preserving and protecting public rights was for each citizen to do his share in preventing or punishing such infringements of them as came under his personal notice. It was a good scheme, but I thought it would keep a body in trouble all the time; it seemed to me that one would be always trying to get offending little officials discharged, and perhaps getting laughed at for all reward. But he said no, I had the wrong idea: You can act as if you are going to report him --when nothing else will answer. That is a sort of force, and force is bad. Diplomacy is the effective thing. The Major spoke now, and asked one of them to take his telegram. He got for reply: The Major said yes, he was not in a hurry. Then he wrote another telegram: I can tell you how business is conducted in one of your branches. He said he would lose his place if this deadly telegram was sent, and he might never get another. If he could be let off this time he would give no cause of complaint again. The compromise was accepted. As we walked away, the Major said: But you see he stands no chance against diplomacy. Gentle words and diplomacy--those are the tools to work with. It is for his good and for the public good. Lies told to injure a person and lies told to profit yourself are not justifiable, but lies told to help another person, and lies told in the public interest--oh, well, that is quite another matter. But never mind about the methods: That youth is going to be useful now, and well-behaved. He had a good face. He was worth saving. Of course, he has a mother--sisters, too. Damn these people who are always forgetting that! Away late that night we were coming up-town in a horse-car when three boisterous roughs got aboard, and began to fling hilarious obscenities and profanities right and left among the timid passengers, some of whom were women and children. Nobody resisted or retorted; the conductor tried soothing words and moral suasion, but the toughs only called him names and laughed at him. Very soon I saw that the Major realised that this was a matter which was in his line; evidently he was turning over his stock of diplomacy in his mind and getting ready. I felt that the first diplomatic remark he made in this place would bring down a landslide of ridicule upon him, and maybe something worse; but before I could whisper to him and check him he had begun, and it was too late. He said, in a level and dispassionate tone: I will help you. In a flash the three roughs plunged at him. But none of them arrived. He delivered three such blows as one could not expect to encounter outside the prize-ring, and neither of the men had life enough left in him to get up from where he fell. The Major dragged them out and threw them off the car, and we got under way again. The situation had a humorous side to it, considering how much I had been hearing about mild persuasion and gentle diplomacy all day from this pile-driver, and I would have liked to call his attention to that feature and do some sarcasms about it; but when I looked at him I saw that it would be of no use--his placid and contented face had no ray of humour in it; he would not have understood. When we left the car, I said: You are quite in the wrong. Diplomacy is a wholly different thing. One cannot apply it to that sort; they would not understand it. No, that was not diplomacy; it was force. Of course I am right. It was just force. Do you often have to reform people in that way? It hardly ever happens. Not oftener than once in half a year, at the outside. Why,

certainly they will. They are not in any danger. I know how to hit and where to hit. You noticed that I did not hit them under the jaw. That would have killed them. I remarked--rather wittily, as I thought--that he had been a lamb all day, but now had all of a sudden developed into a ram --battering-ram; but with dulcet frankness and simplicity he said no, a battering-ram was quite a different thing, and not in use now. This was maddening, and I came near bursting out and saying he had no more appreciation of wit than a jackass--in fact, I had it right on my tongue, but did not say it, knowing there was no hurry and I could say it just as well some other time over the telephone. We started to Boston the next afternoon. The smoking compartment in the parlour-car was full, and he went into the regular smoker. Across the aisle in the front seat sat a meek, farmer-looking old man with a sickly pallor in his face, and he was holding the door open with his foot to get the air. Then on he plunged about his business. Several passengers laughed, and the old gentleman looked pathetically shamed and grieved. After a little the conductor passed along, and the Major stopped him and asked him a question in his habitually courteous way: Does one report to you? What has he been doing? The conductor seemed amused. He said, with just a touch of sarcasm in his bland tones:

Chapter 5 : calendrierdelascience.com: Reformers - Pilates: Sports & Outdoors

Wheel Kit, for Allegro 2 Reformer without Legs. by Balanced Body. \$ \$ 45 00 + \$ shipping. Show only Balanced Body items.

Thanks to her for being willing to do that. The images and the quotes in the body of the post were provided by me. In the early years, as so many of us do, I tried hard to keep working, and my condition deteriorated. By the time I finally gave up and dropped out of the workforce, I was resting all week to have the strength to work for four hours. With her health in the pits Meredith decided she would still find a way to travel I put the next seven years of my life on hold, slowly building back my stamina through pacing, hoping for a cure. At home, I mostly divide my time between my computer and my bed, though my husband and I do go out to eat two or three times a month. Nevertheless, through careful planning, I have done quite a bit of travelling on my own. The chances are, then, that you can too. As with everything in CFS, pacing is the key to travel. You can still do a lot, but only if you do it slowly enough. In New Zealand, I spent four nights in each place on my itinerary: In Britain, especially on the shorter trip, I cut out one of the sightseeing days. A resting-day in each location is essential. She was going to need a plan! And if you do need to rest after all, your room, and your bed, will be there. I made the mistake of pre-booking several day-trips in New Zealand. Some of them went well; I had to cancel others. Scout out the lay of the land online beforehand. For both lodging and sightseeing, use online resources to check not just distance but elevation. I forgot to do this in Auckland, and I found that the hostel I was staying at was atop a steep hill. Plan to see two attractions per day. Chart out exactly how you will get from place to place in order not to waste energy getting lost. But what about spontaneity? Dress for the weather – Plan to wear layered clothing: A lightweight, waterproof jacket is always useful; even in the desert it will help to protect you from the sun. Hats, too, will shield you from both sun and rain. Near the water be sure to wear one that fastens with a cord beneath your chin, or the wind will blow your hat away. Let the calendar work in your favor. When it gets dark by 3: Medications Be sure to check the drug laws in all the countries you plan to visit. You may be able to get permission to bring a small supply into the country for personal use – I did – but the time to negotiate this is by e-mail, in advance, not in the airport or cruise terminal. Keep your supplements in their original bottles when you pass through customs. Plan ahead to ensure your supply of supplements. On a typical day at home, I take 96 pills: Look critically at your regimen. Which ones must you have to stave off physical and cognitive crashes? Which ones must you have for other reasons? Luckily, iron was readily available once I finally realized my mistake. Check to see which of your supplements, if any, will be readily available in local stores. Pharmacies often advertise on the Internet these days. If necessary, e-mail them to ask whether they have what you need. If not, arrange to have your medicines shipped to you and held at a local post office. Air travel is the quickest and some ways the most taxing ways to get around Travelling by Air Arrange in advance for a wheelchair. You may also be able to board the airplane first. Arrange for oxygen if finances permit and if your doctor agrees it would be helpful for you. This will automatically mean that you will get a wheelchair to the gate. Travelling by Train If your trip is more than a few hours long, book sleeping accommodations if you can. On Amtrak or Via Rail, ask the attendant to leave your compartment in night-mode. Going on a Cruise On a cruise many of your travel problems will be solved for you. Food and drink will be readily available, and your bed will be comparatively close by at all times. There will be a long wait at boarding, though. Plan for that and take supplements right before you go to the cruise terminal. Be sure to sign up in advance with the cruise line as a passenger requiring special help in the event of an emergency. Expect long waits for the elevator. Therefore, if you can bear the noise, try to get a room near the elevators, so you can retreat to bed easily if the wait becomes too much for you. Carry a supplement-dose to dinner, and ask your waiter for an extra glass of water or juice in advance. Meredith from a forum post Hotels and Places to Stay Handicap-accessible rooms – If these are available at your chosen accommodation, book one. Often there will be a detachable shower wand in the bathroom, or even a bathing seat, which helps a lot if you have orthostatic hypotension. They are also likely to be on the ground floor, which is a good thing see below. In winter, of course, you may just be able to leave it on your

window sill. Likewise, earplugs are small, lightweight, and essential, especially in youth hostels. Meredith â€” from a Forum post. Benches are the staff of life. The best way to stay alert and comparatively energetic is to stop and rest. Some museum and gallery maps will actually show benches. If there is an associated restaurant, it will have seating. The most important factor in having a successful vacation â€” taking time outs. Worst case, at least in the Western world, if there are restrooms available and those are usually marked on maps! Besides, the only time I ever tried to carry one, back when I was much thinner, I found it was far too cumbersome when folded to make a good cane. Getting Around Water â€” Whenever possible, carry a bottle of water with you. Of course, you should also always have a dose of essential supplements with you, but I presume that goes without saying. But your dose will do you little good if you have no way to take it. If you need to drink up your bottle during the day, buy another one as soon as you can. So will beaches and amusement parks. Take advantage of this! Remember that some things are worth crashing for. Realize that, and make on-the-spot decisions accordingly. Yes, the penguins were worth it. Back at Home When you get back, be ready to take it easy for a while. If not, plan to recover in a more leisurely fashion. My rule of thumb is to spend at least half as long in recovery mode as the trip itself lasted. Travelling twice in the same month is asking for trouble, even if one of the trips is just for a weekend. Please provide them in the comments below.

Chapter 6 : Reformer | Define Reformer at calendrierdelascience.com

As we walked away, the Major said: 'Now, you see, that was diplomacy--and you see how it worked. It wouldn't do any good to bluster, the way people are always doing. That boy can always give you as good as you send, and you'll come out defeated and ashamed of yourself pretty nearly always.'

Try four weeks for 99 cents On the road with a trainee school bus driver Above: Carpenter pulls into Saxtons River Elementary. Carpenter, 32, of Chester, is one of the new trainee school bus drivers for the Windham Northeast Supervisory Union, which starts school next week. Carpenter, who previously worked as a troubleshooter for Aubuchon Hardware stores all over Vermont, said the flexibility of the school bus job, and the fact that she can bring her baby daughter along, in a car seat, while she drives the school bus, was a big attraction of the job. School bus drivers go through an eight hour safety course, and also have to pass an Agency of Transportation physical and eye test, among others. She would drive feed trucks, farm tractors and hay wagons. Getting up at 5 a. McDermid said Soboleski needed someone to drive students on field trips, including the North Shore of Massachusetts, and whale watches. There are cameras on the buses, and school principals can access them. There are first aid kits including epi pens. And "body fluid cleanup kits" on every bus, and a five-pound fire extinguisher. Bus drivers are provided with a cell phone by the school district. If kids are found guilty of fighting, they lose bus privileges for three days. Girls present a different kind of trouble, he said. The most dangerous time, he said, is at railroad crossings, where buses are required to stop. The danger, he said, is that people want to go around a school bus, rather than wait. She said she started driving a couple of years ago, and likes the pay and the hours. Rose has a 5-month-old, but said the baby stays home with her wife, who runs a daycare center. The trickiest part, she said, is fueling the propane-powered buses. Bus drivers are responsible for keeping their buses clean and fueling them, and the WNESU has propane and diesel buses. While Rose had finished the first run of her day, Carpenter and McDermid were just starting her first training session of the day, practice before her exam next week. McDermid coached her through the steps, which she completed with no problem. Then it was back to the high school to drop off some passengers, and start another route. Contact Susan Smallheer at ssmallheer@reformer.com.

Chapter 7 : Travelling with a Reformer by Mark Twain @ Classic Reader

At Gaiam we believe that this is a convenient option when traveling, giving anyone who inhabits in a small space a practical alternative to buying a Reformer, without going to a Pilates studio. How Pilates on a mat works.

Chapter 8 : Why Everything You Know About Home Pilates Reformer is A Lie

Reformer definition, a person devoted to bringing about reform, as in politics or society. See more.

Chapter 9 : Mark Twain quotations - Writer

Pilates Reformer features and innovations. The devil really is in the details. Ongoing development by our in-house team of fitness professionals and engineers allows us to refine and continually improve our machines so they keep pace with the advancements in exercise science and client needs.