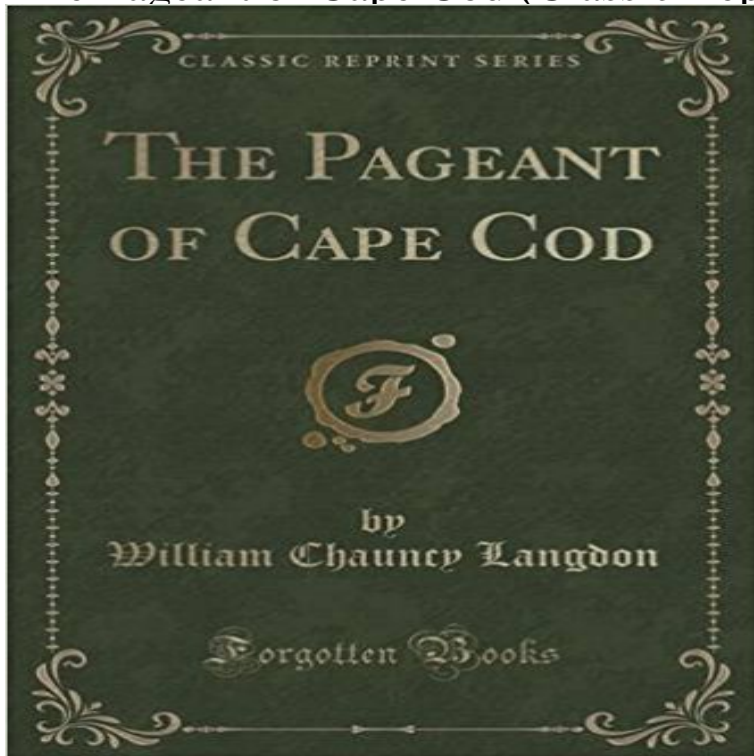


## The Pageant of Cape Cod (Classic Reprint)



Excerpt from The Pageant of Cape Cod  
The Pageant of Cape Cod Foreword  
The Pageant of Cape Cod is one of a series of Pageants of the New Country Life, the others being Thetford, Vermont, 1911; St. Johnsbury, Vermont, 1912; Meriden, New Hampshire, 1913; and Darien, Connecticut, 1913. The present pageant is an attempt to mirror and to stimulate the unification of this far-flung community of many towns as it rises to meet the exceptionally great possibilities of the near future. The Pageant of Cape Cod is a magnificent out-door presentation of the drama that lies in the history and life of this community from the time of the landing of Bartholomew Gosnold and the naming of the Cape in 1602. It leads up through a comprehensive view of the development of the Cape during the past three hundred years to a vision of its future. This is based on beginnings already made for the further development of the resources of the Cape under the guidance of the Massachusetts Agricultural College and the United States Department of Agriculture. The effort has been to work out the Pageant in thorough harmony with the spirit, the purposes and the methods of these institutions. The proceeds of the Pageant will be placed in the hands of the Cape Cod Board of Trade, for use in this development work with the ultimate purpose of making Cape Cod the most unanimous, the most prosperous and the most progressive community in the East. The Pageant-Drama consists of fifteen scenes on land and water, in which all the arts are used to produce a varied but clearly unified, community drama. It has been written on the principle that dramatically, musically and visually, the Pageant is a distinct and individual art-form, and not merely a series of historic episodes illuminated by incidental music and accidental beauty. The Pageant Grounds are on the banks of the Cape Cod Canal at the south side of the Bourne Bridge. About

the PublisherForgotten Books publishes hundreds of thousands of rare and classic books. Find more at [www.forgottenbooks.com](http://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.

Skip to content Fitness & Diet Experts Exercise & Nutrition Matters! Menu Home About Us Terms and Conditions Privacy Policy Contact Us Personal Trainers & Bodybuilding Choosing a Personal Trainer(Personal Trainers & Bodybuilding) Why a trainer might be appropriate for you Selecting a personal trainer may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) What is a Personal Trainer? A personal trainer should be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides:

1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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