

The Body Beautiful



Nannette
Magruder
Pratt

The Body Beautiful



The
BODY BEAUTIFUL

Common-Sense
Ideas on Health and Beauty
without Medicine

By NANNETTE MAGRUDER PRATT



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Introduction

I SEND this little book out on its mission of health, hoping with all my heart that it may prove a great benefit to some of its readers.

There is great interest manifested to-day in Physical Culture, and people are beginning to think more about how to be well and strong from natural means. It is so easy to acquire health from intelligent exercising, proper eating, and the daily bath.

So many people make the boast that they are perfectly well, but they have to prove to me that their muscular condition is what it should be, that they eat clean, wholesome food and take the right kind of a daily bath, before I will believe them, and I can assure you that not many have proven up.

Women, particularly, CANNOT be well and wear corsets so tight as they do. Tight-lacing brings about a dreadful condition of all of the vital

organs, and nine women out of ten are victims of constipation. Many do not consider that anything, but it is an awful curse, and only right healthful living will correct it. Medicine only aggravates it; the cause must be removed. Tight-lacing is not the only cause; food has much to do with it; so I beg of all who read this book to see to it that all of the internal organs are in right position to perform their various functions, and that proper food and exercise are taken to bring about an absolutely natural healthy condition.

If people who think themselves well will follow the suggestions in this book for one month, learn the exercises, and develop the lungs to their fullest capacity, they will acknowledge that they never before knew the glory of health. Not one body in a thousand is perfectly developed, and the lungs in most people are cruelly neglected.

Wake up, everybody, and get out of your slothful, ignorant way of living, and mount to the platform of health.

To those who are ailing I can truthfully say that you will SURELY be benefited by following the health ideas I am able to give you after many years of practical experience.

NANNETTE MAGRUDER PRATT.

The BODY BEAUTIFUL

Chapter I

The Meaning of Physical Culture

"Talk health. The dreary, never-changing tale
Of mortal maladies is worn and stale.
You cannot charm, or interest, or please
By harping on that minor chord, disease.
Say you are well, or all is well with you,
And God shall hear your words and make them true."

MANY people think that "physical culture" means to don a gymnasium suit and go through a few calisthenics. It means so much more than that. It means the science of living; how to be strong, mentally and physically; how to make the most of one's life; to know what to eat; how to take care of the body; how to exercise; how to rest. It is learning to control one's nerves. It is the science of becoming acquainted with

one's self; to know how to get the best out of life. "For life is not to live, but to be well." I believe we have our lives in our own hands, to do with them as we please, mentally, morally, and physically. It is true we cannot live always, but we can live to be threescore years and ten, and probably more if we take care of ourselves. I am not counting on accidents.

People eat too much, eat too great a variety, eat too often. They indulge too freely in stimulants, do not drink enough water between meals, do not exercise enough, and get too little rest.

If we eat wholesome food, exercise some every day, bathe often, sleep from seven to eight hours every night, leave stimulants alone, and keep our minds healthy we can live on and on, a comfort to ourselves and everybody about us.

Nearly everyone I meet is a slave to the food habit. They say they cannot give up things they like. They would like to exercise, they will sleep as much as they can, but they want to "eat, drink, and be merry." "Why, what would life be worth if I could not eat what I like? I would sooner die than confine myself to a diet," is what I hear every day.

Dieting does not mean living on bread and

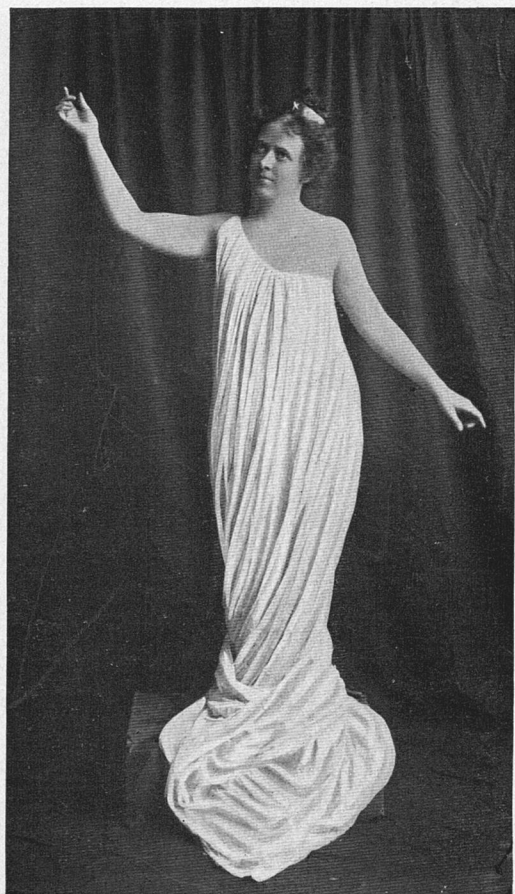
water—far from it; but most people shrink from the word “diet.”

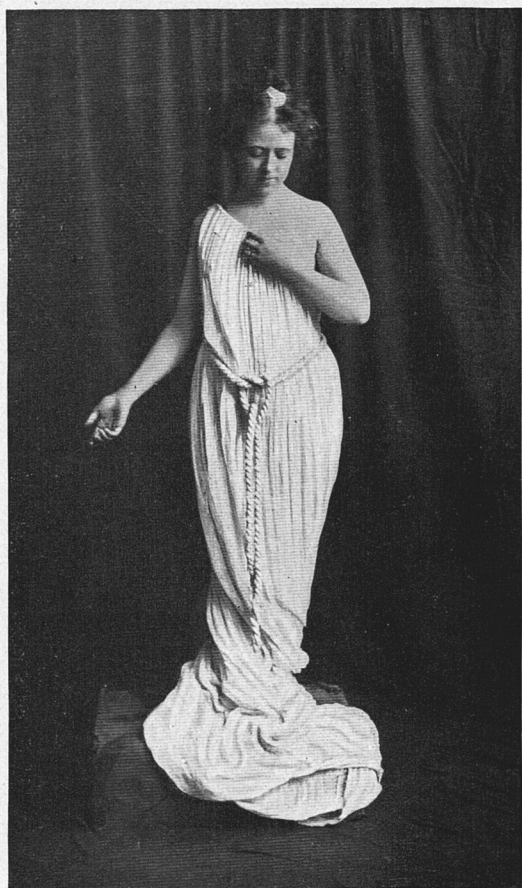
The seat of life is the stomach. Our health depends principally upon what we eat. If a fireman puts soft, clean coal into his fire box the engine is going to obey his every wish (if the machinery is well oiled), but if pieces of rock, slate, and metal are mixed in with the coal something is going to happen. Our body is the engine, our stomach the fire box; we are firemen, our muscles are the machinery. So let us put clean, wholesome, digestible food into our stomach (fire box). Let us exercise our muscles (machinery) and keep them well oiled. How would it do for an engine to be oiled once a week or once a month? Just think how soon it would get rusty. To be in good condition we cannot exercise once a week or once a month. We must use our muscles every day; keep our blood circulating freely; keep our livers in good working order; keep clean, and, lo and behold! we have a beautiful body and a healthy look that will appeal to all we meet.

Some women want to be well; some want to be strong; all want to be beautiful. My opinion is that unless a woman is well and strong she is not

beautiful. Health is the greatest thing in the world. I find that most people want to do just as they please, and want to be well at the same time. They do as they please, get sick, and then go to a doctor.

Let us be strong and well. Let us find out the secret of living, and when we have found it let us work hard to perfect this temple that God has given us. To be well we must eat healthful foods, exercise as much as possible, and sleep seven or eight hours every night. We must have fresh air in our sleeping rooms, and drink plenty of water between meals. I do not advocate the drinking of water during a meal, or even at the beginning or end of it. About half an hour before drink a glass of water, and then after an hour or two drink as much as you wish until half an hour before the next meal. Too much liquid of any kind is prejudicial to digestion, because it delays the action of the gastric juice, weakens its digestive qualities, and overtasks the absorbents. Cold drinks check digestion by cooling the contents of the stomach to a degree at which digestion cannot proceed. Few people are aware how serious a disturbance even a small quantity of cold water, ice cream, or any other cold substance will create





when taken into a stomach where food is undergoing digestion, as this process cannot be carried on at a temperature less than that of the body, or about one hundred degrees Fahrenheit.

I am sure that drinking at meals is a habit, and that the mind can effect a cure. The habit should be discontinued wholly by those whose digestive powers are weak. Fruit and vegetables furnish plenty of moisture to those who feel they cannot depend upon the salivary glands. If you are troubled with indigestion I beg of you to let all liquids alone while eating, and do not drink any water until an hour after finishing your meal. It will be hard at first, but very soon you will begin to feel ever so much better. If the food is of proper quality, and proper attention is paid to mastication, there will be little inclination to eat too much. I believe it was Ruskin who said he always chewed each mouthful of food until he had counted thirty. We may not all be able to do that, but we can eat slowly and chew our food well.

To those who feel that they must have some kind of liquid with their meals I will suggest a few health drinks:

Grape juice diluted with a little hot water

makes a delicious drink. Then there is milk (not iced), hot milk, cocoa (not too rich), and cereal coffee.

I find that milk does not agree with everyone. Because Miss A. drinks milk and has a nice complexion Miss B. goes in for milk drinking, and presently the whites of her eyes and her skin turn yellow, and she finds herself on the bilious list. Lime water added to milk makes it more digestible, but I think some people had better leave milk alone altogether, except as it is used in cooking.

Country milk is so much more desirable than that obtained in a city. Fortunate is the person who can keep a cow.

When one drinks two glasses of water at a meal, or three, or four, or *five*, as I have several times observed, he is sure to feel "stuffy" after leaving the table, and wishes he had not eaten so much, and the digestive fluids are so diluted it is a wonder that the stomach can take care of the food at all.

I wish everyone could know how injurious it is to drink ice water or iced milk or any iced drink. If the heat of the stomach is one hundred degrees Fahrenheit and a glass of water at the usual temperature of freshly drawn well water will reduce

that temperature to seventy degrees, you can imagine what a glass of iced liquid will do, or iced food of any kind.

I have not said anything about tea and coffee, but I think you must suspect that I want you to give them up entirely. O yes, I know it is hard. It took me over two weeks to get over the effects of giving up coffee. It was a bitter fight, and I felt, I think, a good deal as De Quincey did when he tried to give up opium. But I conquered, and for several years I have reaped the benefit of it. Coffee never seemed to hurt me, but the struggle I had in giving it up proved that it had been a stimulant, and a habit that surely was not conducive to good health.

Tea is bad for the nerves. It only stimulates you for the time, as coffee does, and then leaves you in a worse condition than before. Women, as a rule, are just a bundle of nerves, and you will find that ninety-nine out of a hundred are victims to the tea habit. O, please, everybody, give up drinking tea and coffee and see how much better you feel. You say you cannot do it. Use your will power. Fight and conquer. You will find such a difference in your health in a month. It will be worth the sacrifice. Coffee is an enemy to

the liver. Stop drinking it and see how your complexion will clear up and the whites of your eyes get whiter. Sometimes I meet people with nice complexions who are coffee drinkers, but as a rule people who drink coffee have not a clear complexion. They are apt to be sallow.

I wish women would stop drinking intoxicating drinks. I wish they would let beer alone. You cannot have good, clean blood unless you do. Beer is considered so "harmless," but it is not harmless—it is harmful, and you will find it out some day.

Chapter II

Foods Digestible and Indigestible

AND now for what to eat.

It is easier for me to tell you what not to eat than what to eat. I am in perfect health, and I will tell you what articles of food are *not* on my health list. I think pork comes first. I wish there was no such thing as a pig in the world. There would be less bad blood, fewer cancers, better complexions. It is a scientific fact that among Jewish people, who do not eat pork, cancers are almost unknown.

"But O, Mrs. Pratt, can't I have bacon? I love bacon."

"I advise you not to eat *any* pork."

"But can't I have ham? It is such a delicacy."

"Please let pork alone absolutely."

I think it is almost suicidal to eat pork chops, roast pork, ham, pork tenderloin, pig's feet, and

sausage. I think bacon is the least harmful, but I advise everyone to give up pork altogether.

Veal is indigestible and should be let alone.

Everyone is better off without tea and coffee.

Avoid hot breads of all kinds, white bread, pie, cake, rich puddings, pastry, highly seasoned foods, fried potatoes, fried oysters—in fact, I think all fried things are better let alone; doughnuts, olives (unless eaten perfectly ripe in the countries where they grow), pickles, radishes, cucumbers (unless fresh from the garden), Welsh rarebit, crabs, lobsters, sardines, canned salmon, and rich salads; breaded meats, eggplant, croquettes, sherbets, punches, and candied fruits.

I suppose I will think of other things as I go along, but these that I have mentioned are what should be avoided by everyone, if they want to be perfectly well, whether they are well or ill, fleshy or thin, rich or poor.

I used to condemn bananas unless eaten in the locality where they grow. There they ripen naturally, while those we get here are shipped perfectly green and ripen artificially. But if a banana is fixed in the way I describe I think it can be eaten with safety by anyone.

When you remove the peel you will notice a

fuzz on the banana, and if you taste it you will find it *puckery*. That is tannin, and is the indigestible part. If that is scraped off you can eat the banana with a clear conscience.

Right here, calling down wrath upon my head from the soda fountain men, let me enter a strong protest against ice-cream soda, plain soda with syrup, egg phosphate, egg chocolate, and many other concoctions that soda fountains are responsible for. The only good thing about an egg phosphate is the egg. The only good thing about a glass of ice-cream soda is the glass—and that is not always as clean as it might be.

I think the drinking of hot chocolate between meals is injurious. Notice how many women go into the shops for hot chocolate during the fall and winter months. "Well, Mrs. Cranky" (thus am I frequently addressed), "what shall we drink when we are downtown and get thirsty?"

I consider lemonade a healthful drink—that is, if it is made without ice and without powdered sugar. You know I never advocate iced drinks of any kind, and powdered sugar is nearly half flour these days. If granulated sugar is used, and not too much of it, then it is all right. I have noticed syrup used sometimes for sweetening. That is

better than powdered sugar. The other day I ordered lemonade at a first-class place; the men were busy, and I thought I would let them have their way, except I *had* to say, "No ice, please!" "No ice?" The man gave me a second glance. Then into the glass went powdered sugar until it was about half full, lemon juice out of a bottle, and soda water finished it up. It was handed to me with a flourish, but it was a sickening mixture, and I could not drink it. I find I must be real stern and say, "No ice or powdered sugar, please, and use plain water." It is not often that fresh lemons are not used. I do not like the idea of keeping the juice on hand bottled.

One day when I was in strict training, and not taking any sugar, I told the clerk to give me a glass of lemonade without ice and without sugar. "Why, miss, that won't be lemonade." Well, it was a bit sour, but I was thirsty and it answered every purpose.

When one is in training and not taking sugar, or if there is any indication of kidney trouble, a saccharine tablet will sweeten anything nicely. I have often used them in lemonade.

When I do not take lemonade I take some kind of mineral water, not ice cold. I am not a be-



liever in drinks containing carbonic acid gas, but I think that phosphates and Hire's Root Beer are better than ice-cream soda.

I would suggest that when you are traveling you should be careful about promiscuous water drinking. Lithia water or any kind of mineral water can be had at the soda fountains by the glass, and if you remain a while in a place buy a bottle of water and keep it in your room. The water one drinks has much to do toward keeping well while traveling. Drink distilled water when you can.

Well, I have been talking about what not to eat and drink. Leaving out those few things, what have we to eat?

All kinds of soup, if grease has been removed.

Beef, mutton, or lamb once a day.

Chicken, turkey, and all kinds of game.

Fish (except lobster, crabs, sardines, and canned salmon). Creamed codfish.

Eggs, soft boiled or poached.

An egg omelet is all right if made correctly.

Beef tripe, stewed or broiled.

Celery, baked, boiled, or mashed potatoes, lettuce, beet tops, sweet potatoes, tomatoes, asparagus, onions, spinach, summer squash, lima beans,

string beans, peas, corn, squash, water cress, rice, parsnips, hominy, carrots, pumpkin, cauliflower, beets, turnips, and baked beans, if you can bake them without pork. (I never like to recommend cabbage, because it seems to disagree with so many people.)

Vegetable salads with oil.

Prunes, grapes (extract seeds), baked apples, raw apples, or apple sauce, rhubarb sauce, pears, apricots, oranges, cantaloupe, plums, watermelon, peaches, cherries, figs and dates, stewed and dried fruits, jellies.

Nuts—pecans preferred—with salt.

I do not recommend grape fruit, because it requires so much sugar, but if a person can eat it without sugar, or with just a little, it is considered very healthful. But the amount of sugar the average person uses offsets the good of the acid.

Gelatine puddings, chopped figs and dates with milk or cream, custard, blancmange, rice pudding, tapioca pudding, sago pudding, and a steamed pudding made of entire wheat flour, with chopped dates or prunes in it, with lemon sauce, all these make nice desserts.

A small piece of cheese.

Milk (not iced) and its preparations, such as

koumiss, whey, buttermilk, etc. Hot milk, cereal coffee, cocoa, and chocolate (if not too rich), and unfermented grape juice.

ENTIRE WHEAT BREAD, crust of French or Vienna bread, zwieback, corn bread very thin and crisp, shredded wheat biscuits, graham crackers, Grape-nuts, and all Ralston and Battle Creek Sanitarium foods, and the other light, healthful cereals now on the market, such as Force, Malta Vita, Korn Krisp, etc., etc.

Do not eat hot, fresh bread at any time. Even entire wheat bread is better if a little stale or toasted. If set in a hot oven a very few minutes, to get slightly toasted, it is delicious.

The inside of most fresh bread is a bit soggy—even the bread “mother used to make.” Try it sometime. Take the inside of a slice of bread and make it into a ball and see how inviting it looks. Make it in the shape of a hub with spokes coming from it and then throw it against the wall and see if the thing will break. It is a leaden mass in the stomach, whereas stale bread, crusts or toast (bread toasted in the oven), is easily digested. Toast made over a fire, where the inside is not thoroughly dried and only the crust is brown, is as indigestible as fresh bread.

I have not said anything about berries, because we hear so much against them on account of the seeds. But strawberries, black and red raspberries, huckleberries, and blackberries are delicious, and if one's bowels are kept open I guess Nature will see that the seeds are carried off all right.

Grape seeds are so large I really think they should not be eaten, but the pulp of the grape is very healthful. Unfermented grape juice is a delightful drink for sick and well. It is pretty sweet, and I think it is better diluted.

Baked apples come first on my health list. Have one every morning for breakfast and see how much better you will feel.

There are many kinds of nice-tasting, healthful cereals for the morning meal. I am not a very firm believer in oatmeal. I think there are so many things better. I think it is all right for people who are out much in the open air, but for children and people of sedentary habits I think it is just as well to eat the lighter cereals.

No water with meals, but half an hour before a meal, and an hour or two afterward, as much as one has time for. Hot water the first thing in the morning, with a bit of orange or lemon juice in it. Take it when you first get up, if you can.

There is always more or less mucus in the stomach in the morning, and if it is washed out by hot water and a little acid the stomach is in better shape to take care of the food which follows later. If it is not convenient to drink hot water drink a glass of cold water as soon as you get up in the morning.

Now, surely I have given you a fine list of healthful foods, and it cannot be laid at my door that I want to starve anyone.

I do not care to recommend oysters or clams.

Of course, if people are too fleshy, and really want to reduce their flesh, they can do it by exercising and by letting starchy foods alone; but even then, leaving out sweets and starchy things, there is plenty to eat.

When people are hungry and sit down to a daintily set table, where only healthful, wholesome food is provided, they are going to eat what is set before them and are not going to long for things out of sight. Dieting does not mean living on bread and water. It means eating certain wholesome foods which we know are healthful, and leaving bad, indigestible foods alone.

If people really and truly want to be well they can regulate the food question; but the trouble is,

people will eat rich, indigestible foods, which they know are not good for them, just because they taste good. Never mind if they have a headache after each meal or a pain somewhere! They can fight it off somehow, or take a couple of tablets, or soda and lemon, or some kind of a powder suggested by a physician or druggist. They think they are all right, but some day something will break; then they will be put on a diet which is compulsory, and they may never be real well again.

To people, men and women, who take for their luncheon coffee and pie, or coffee and doughnuts, I have nothing to say. I could not do the subject justice.

If you decide to give up coffee do not do it all at once, as I did. Stop gradually. Decrease the amount each day, and you will not notice any uncomfortable effects. If you are a slave to the tea habit I advise you to give it up altogether, reducing the amount gradually.

All diseases come from bad blood, no matter if the trouble cannot be traced directly to something one has eaten. If the blood is not good the system gets out of order, and every organ is more or less affected. Then if Disease comes along he gets a

ready foothold, whereas if your blood is good and your circulation perfect he will have to pass on to some one else—some one who has disobeyed Nature's laws.

So often women come to me to see what I can do for their complexions, and say, "Now, I know it isn't my stomach, for I never suffer after eating." No, the stomach has not got to the hurting point yet, perhaps, for the digestive organs are strong, and it takes quite a while to wear them out. Bad complexions are caused, ninety-nine times out of a hundred, by a disordered stomach, and no amount of cold creams or lemon washes is going to do any good until the stomach has been put into a good condition.

A lady not long ago asked me if I could do something for her face. It was badly broken out. She said her doctor had been trying to fix it by blistering it. I said, "Your blood is out of order." "O no, it isn't. My blood is in perfect condition." "What do you eat?" "O, not much of anything. Just a cup of coffee for breakfast, and then several times before luncheon I get faint and take a cup of tea and a slice of bread." Well, I could not do anything for that young woman, for she said she could not possibly eat any breakfast; that she

only wanted coffee, and that the tea habit was so strong that she would rather have a bad complexion than give it up.

I was eating my luncheon at a ladies' lunch room one afternoon (I ordered tomato cream soup, toast, celery, and raspberries), and two pretty women sat down at my table. One buried her face in her hands and groaned, "O, I have such a headache." After a while, when the waitress came, she roused up and said, "O, dear, I don't feel like eating a mouthful." "You must eat, Grace." "Well, let me see! What do I want?" (scrutinizing card.) Bring me a cheese sandwich, a cup of coffee, and a piece of lemon cream pie." Perhaps I was not *thinking things* inside of me.

A woman will hardly ever acknowledge that her headaches come from her stomach being out of sorts. It is anything but that. O, well, as the song goes, "There'll come a time some day," and then she will wish that she had listened to reason.

I know it is hard for people in a boarding house to follow a diet, but out of all that is set before one surely a few healthful things can be selected, and a few things are better than a good many anyway. Too great a variety is bad. If your land-

lady gives you ham and eggs three times a day, with roast pork and apple sauce (apple sauce is good) on Sunday, change your boarding place.

Any kind-hearted landlady will buy entire wheat bread if you ask her to, and you can leave pie and cake, tea and coffee alone, and make up on meat, eggs, fruit, and vegetables.

Buy fruit and keep it in your room. Eat an orange when you first wake up in the morning. If you can take the juice of it in hot water so much the better.

That warm drink the first thing in the morning is one of the leading things on my health list.

Please bear in mind that it is injurious to eat between meals. So many people are in the habit of doing it—always munching. The stomach needs a rest just as we do. It cannot work all the time and amount to anything. Three meals a day are ample. Two meals a day would be better. I heartily recommend two meals a day—breakfast at ten and dinner at five, but very few people are situated so they can do that way.

But if you feel that you must have three meals a day eat a very light breakfast, light luncheon, and make dinner the only hearty meal, and eat it as early in the evening as possible. I think it is

much more healthful to eat the heavy meal in the middle of the day, and a light supper at night, but very few people seem to be able to do it nowadays.

If you are a victim to the habit of eating between meals, pull up for a while and see how much better you will feel.

Eating candy between meals is one of the worst things I know of; eating candy at any time is bad. I know you think I am a cranky old woman, but I am not. I am just in the heyday of my youth, and I am leading a perfectly healthful life, and I cannot keep it to myself. I want to let others know how to be well, and I am giving out facts, not crankyisms.

Chapter III

The Complaint of a Stomach

I AM going to copy a story I read the other day which pleased me immensely. I am sure it will be very helpful to many of my readers. It is called

“THE COMPLAINT OF A STOMACH.”

[The stomach, after having suffered much from the great and unnecessary amount of labor required of it, and from unseasonable meals, stimulating drinks, and want of rest, is supposed to make the following complaint:]

“Being allowed for once to speak, I would take the opportunity to set forth how ill, in all respects, we stomachs are used. From the beginning to the end of life we are either afflicted with too little or too much, or not the right thing, or things which are horribly disagreeable to us; or are otherwise thrown into a state of discomfort. I do not think it proper to take up a moment in

bewailing the *Too Little*, for that is an evil which is never the fault of our masters, but rather the result of their misfortunes; and, indeed, we would sometimes feel as if it were a relief from other kinds of distress if we were put upon short allowance for a few days. But we conceive ourselves to have matter for serious complaint against mankind in respect of the *Too Much*, which is always an evil voluntarily incurred.

“What a pity that in the progress of discovery we cannot establish some means of a good understanding between mankind and their stomachs; for really the effects of their nonacquaintance are most vexatious. Human beings seem to be, to this day, completely in the dark as to what they ought to take at any time, and err almost as often from ignorance as from depraved appetite. Sometimes, for instance, when we of the inner house are rather weakly, they will send us down an article that we could deal with when only in a state of robust health. Sometimes, when we would require a mild vegetable diet, they will persist in the most stimulating and irritating of viands.

“What sputtering we poor stomachs have when mistakes of that kind occur! What remarks we indulge in regarding our masters! ‘What’s this,

now?' will one of us say; 'ah, detestable stuff! What a ridiculous fellow that man is! Will he never learn? Just the very thing I did not want. If he would only send down a bowl of fresh pea soup, or barley broth, there would be some sense in it;' and so on. If we had only been allowed to give the slightest hint now and then, like faithful servants as we are, from how many miseries might we have saved both our masters and ourselves!

"I have been a stomach for about forty years, during all of which time I have endeavored to do my duty faithfully and punctually. My master, however, is so reckless that I would defy any stomach of ordinary ability and capacity to get along pleasantly with him. The fact is, like almost all other men, he, in his eating and drinking, considers his own pleasure only, and never once reflects on the poor wretch who has to be responsible for the disposal of everything downstairs. Scarcely on any day does he fail to exceed the strict rule of temperance; nay, there is scarcely a single meal which is altogether what it ought to be. My life is, therefore, one of continual worry and fret; I am never allowed to rest from morning till night, and have not a moment in the four-

and-twenty hours that I can safely call my own, and that is most aggravating.

“My greatest trial takes place in the evening, when my master has dined. If you only saw what a mess this said dinner is—soup, fish, flesh, fowl, ham, rice, potatoes, table beer, sherry, tart, pudding, cheese, bread, all mixed up together. I am accustomed to the thing, so don't feel much shocked; but my master himself would faint at the sight. The slave of duty in all circumstances, I call in my friend Gastric Juice, and we set to work with as much good will as if we had the most agreeable task in the world before us. But, unluckily, my master has an impression very firmly fixed upon him that our business is apt to be vastly promoted by an hour or two's drinking; so he continues at table among his friends, and pours down some bottle and a half of wine, perhaps of various sorts, that bothers Gastric Juice and me to a degree which no one can have any idea of.

“In fact, this said wine undoes our work almost as fast as we do it, besides blinding and poisoning us poor servants into the bargain. On many occasions I am obliged to give up my task for the time altogether; for while this vinous shower is going on I would defy the most vigorous stomach

in the world to make any advance in its business worth speaking of. Sometimes things go to a much greater length than at others; and my master will paralyze us in this manner for hours, not always, indeed, with wine, but occasionally with punch, one ingredient of which—the lemon—is particularly odious to us. All this time I can hear him jollifying away at a great rate, drinking healths to his neighbors, and ruining his own.

“I am a lover of early hours, as are my brethren generally. To this we are very much disposed by the extremely hard work which we usually undergo during the day. About ten o’clock, having, perhaps, at that time got all our labors past, and feeling fatigued and exhausted, we like to sink into repose, not to be again disturbed till next morning at breakfast time. Well, how it may be with others I can’t tell; but so it is, that my master never scruples to rouse me up from my first sleep and give me charge of an entirely new meal, after I thought I was to be my own master for the night. This is a hardship of the most grievous kind.

“Only imagine me, after having gathered in my coal, drawn on my nightcap, and gone to bed, called up and made to take charge of a quantity

of stuff which I know I shall not be able to get off my hands all night! Such, O mankind, are the woes which befall our tribe in consequence of your occasionally yielding to the temptation of 'a little supper.' I see turkey and tongue in grief and terror. Macaroni fills me with frantic alarm. Fried oysters and Welsh rarebit make me gnash my teeth. I behold sweetmeats in mute despair. O that I had the power of standing beside my master, and holding his unreflecting hand, as he thus prepares for my torment and his own!

"Here, too, the old mistaken notion about the need of something stimulating besets him, and down comes a deluge of hot spirits and water, that causes me to writhe in agony and almost sends Gastric Juice off in the sulks to bed. Nor does the infatuated man rest here. If the company be agreeable, one glass follows another, while I am kept standing, as it were, with my sleeves tucked up, ready to begin, but unable to perform a single stroke of work.

"I feel that the strength which I ought to have at my present time of life has passed from me. I am getting weak, and peevish, and evil-disposed. A comparatively small trouble sits long and sore upon me. Bile, from being my servant, is becom-

ing my master; and a bad one he makes, as all good servants ever do. I see nothing before me but a premature old age of pains and groans, and gripes and grumblings, which will, of course, not last overlong; and thus I shall be cut short in my career when I should have been enjoying life's tranquil evening, without a single vexation of any kind to trouble me.

"Were I of a revengeful temper it might be a consolation to think that my master—the cause of all my woes—must suffer and sink with me; but I don't see how this can mend my own case; and, from old acquaintance, I am rather disposed to feel sorry for him, as one who has been more ignorant and imprudent than ill-meaning. In the same spirit let me hope that this true and unaffected account of my case may prove a warning to other persons how they use their stomachs; for, they may depend upon it, whatever injustice they do to *us*, in their days of health and pride, will be repaid to *themselves* in the long run—our friend Madame Nature being a remarkably accurate accountant, who makes no allowance for ignorance or mistakes."

Chapter IV

The Kidneys

WHILE people once in a while are obliged to rest their stomachs, they seldom think what a good thing it is to give the *kidneys* a vacation.

I would advise everyone to rest the kidneys for about a week every two months. That means to stop eating everything containing starch and sugar and some kinds of acids.

I will quote a few things which are to be eaten during that week: Beef, mutton, or chicken broth; beef, mutton, or lamb once a day; chicken, turkey, and all kinds of game; fish, except lobster, crabs, sardines, and canned salmon; eggs, soft boiled or poached; celery, lettuce, beet tops, asparagus, onions, spinach, water cress, milk (not iced) and its preparations, such as koumiss, whey, and buttermilk; gluten biscuits, crust of French bread, shredded wheat biscuits, and zwieback; Grape-

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nuts, Force, Malta Vita, and Korn Krisp; lithia water or distilled water.

Sugar should not be eaten on the cereals during this *kidney rest*

Chapter V

Constipation

CONSTIPATION is one of the greatest evils of the day, and I find that more women are troubled with it than men. Tight corsets are responsible for a good deal of it, and women eat more sweets than men. I wish everyone would look into the subject of anatomy and know just how necessary it is for every organ to be in proper place so as to perform their various functions.

Before women can be free from constipation not only must they resort to proper food, but they must either discard a corset altogether or else wear it loosely enough to allow the stomach, liver, and intestines perfect freedom. I wish women who wear tight corsets could see how their internal organs are misplaced.

And not only does constipation result, but indigestion, liver trouble, and all kinds of dreadful

"female" diseases. Think how many women wear a corset during pregnancy, and what a risk they run, both for their own sake and the sake of the child.

But in this chapter I must dwell on the corset subject as one of the causes of constipation. I beg all women who are troubled in this way to *first* see to it that the corset is either laid aside altogether, or else made very loose and comfortable. If you will go into a course of training and harden your abdominal muscles (as you can learn to do from following the instructions given in the chapters on exercising) you will not be *able* to wear a tight corset—it will bother you as much as it would a man. So you see that is *one* of the advantages of Physical Culture.

Now, after the corset question has been settled, according to the great law of Nature, let us see what we must *eat* to keep the bowels open. Some people do not seem to think that constipation can be regulated by *diet*—they think that is *absurd*. The only way *they* know about is to eat everything they want and then resort to medicine to help them to have a movement of the bowels. Ignorance like that is almost criminal. If a person will eat plenty of fruit, little or no meat, light

cereals, and a moderate supply of vegetables, there is no reason why the bowels cannot be kept open.

Pie, cake, fried foods, rich puddings, an excess of starchy vegetables, and too much meat are fruitful causes of constipation.

People injure themselves by taking cathartics regularly. Soon the intestines and rectum become useless from not having anything to do. They should be *made* to do their duty and they *will*, faithful servants that they are, if they are given half a chance.

It will require quite a while to overcome chronic constipation, but it can be done, about eight times out of ten, if a person will eat properly, exercise faithfully, wear loose clothing, and miss a meal or two occasionally.

Sometimes there are misplacements inside caused by other things than the corset. (Corset, make a bow!) Sometimes people are *made* wrong in the beginning, owing to carelessness or ignorance of the mothers who bore them, and sometimes a fall will bring about a condition which makes it impossible for the intestines to do their work. I have in mind a young lady who never had had an action of the bowels from the time she was eight years old until she was twenty-two

without taking pills. Some intelligent person asked if she had ever had a fall of any kind. The mother remembered that at eight years of age she had fallen while running with some playmates, and had lain unconscious for several hours. But when the bruise on the head got well it was supposed that that was all there was to it, and the child was soon at her play again. This friend advised Mrs. R. to take her daughter to a woman surgeon, who made an examination and found that the uterus had turned in such a way as to be pressing directly on the rectum. It was a comparatively simple matter to put the uterus back into its proper place (under an anæsthetic, of course), and after a short time the rectum resumed its duties, and constipation was a thing of the past.

I do not mean to imply that every woman who is troubled with chronic constipation had a fall when she was eight years old, etc., etc., but I have known of many cases where a slight misplacement has been the cause of the trouble, and Nature could not possibly perform her duty until it was remedied.

I do not believe in operations; that is, I do not like to think of a body being cut into and muti-

lated, but if a uterus is out of place and can be put back without using a knife, and the muscles strengthened, and the whole system put in order by proper diet, bathing, and exercise, then I *do* believe in having it done.

If constipation is *not* caused by misplacement; if it is caused by improper eating, as is the case ninety-nine times out of a hundred, then you can conquer it as truly as you live.

In the first place, try eating plenty of fruit, a small quantity of entire wheat bread toasted, celery, lettuce, beet tops, tomatoes, asparagus, onions (plenty of onions), spinach, summer squash, string beans, water cress, fish, chicken, turkey, or game, and *no meat*, drink as much buttermilk as possible, plenty of good pure water between meals (never during a meal), and unfermented grape juice.

If after two days' trial you find that that splendid, healthful, bowel-opening diet is not sufficient, say to yourself, "I am going to conquer this trouble; I *will* be master," and do the following:

The first thing in the morning drink a glass of hot water and orange juice. For breakfast eat two pears, an apple, and an orange. Luncheon, two pears, an apple, and any other kind of fruit

you may have on hand. Dinner, the same thing. Eat nothing more than that during the day, but drink a large quantity of water during the morning, afternoon, and evening. Try the exercise of putting your hands high above your head and then stooping over to touch the tips of your fingers to the floor if possible. Then try the abdominal breathing (both of these exercises are given in this book) and knead the abdomen gently for about five minutes with cocoa butter.

Perhaps even this heroic treatment will not bring about the desired result. But do not give up. Show Mr. Constipation that you are *bound* to conquer.

Take the hot water the first thing in the morning with the orange juice, in an hour from that time a glass of hot water with two tablespoonfuls of pineapple juice in it, and every hour all day drink warm water, with or without a bit of fruit juice. The going without food is not doing you any harm. The intestines are getting a thorough rest and cleansing, and I am sure the bowels will be forced to move under this régime. In my own case I would not be afraid to fast for several days, but the idea may startle my readers, so I will say that after you have tried the fruit, and hot water

and fruit juice, for two days, and there has been no result, I would advise you to drink a glass of Hunyadi water, which is mineral water, and not a drug, and another glass if the first one does not move the bowels.

This treatment is given for exaggerated cases of constipation. Ordinarily the bowels can be kept open by proper food, exercise, and plenty of water. *Force* the intestines and rectum to do their work, and never *humor* them by resorting to cathartics and continuous enemas.

It is absolutely necessary to have one movement of the bowels a day, and if a person can have two he is quite apt to be in a pretty good condition.

If one eats properly, so that the intestines will not become clogged, weakened, and inflamed, he need not worry about appendicitis, inflammation of the bowels, or typhoid fever. If you feel a little clogged, once in a while, drink a glass and a half of milk, with a bit of lime juice added, three times a day, putting nothing else into the stomach for twenty-four hours. Sip the milk.

If the bowels are kept open there is less danger if something unusual is swallowed; a prune pit, a piece of money, or anything else that has no business to go into the stomach.

If the intestines are clogged, and Nature cannot force the objectionable visitor out, death or serious trouble may follow. But if the passageway is clear Hunyadi water may be taken freely and the thing expelled without any trouble. So "in times of peace prepare for war."

If the refuse of the body is not removed every day think of all that poisonous matter which is defiling the system. We are supposed to keep our houses clean, and our bodies clean on the *outside*. Why not be perfectly clean *inside*? And not only will you be well, but your complexion and the whites of your eyes will tell the story.

Other exercises for constipation are: "Sit Up" ten times, "Raise Limbs" ten times.

An old-fashioned remedy for constipation is to eat black molasses on some bread three times a day, about three tablespoonfuls each time. I have prescribed it several times with good results.

I also recommend pure olive oil, one, two, or three tablespoonfuls a day (but not for people trying to reduce their flesh).

I think it is a good idea to take an enema once a month to flush the colon. Use about two quarts of quite warm water. Lie on left side. Retain water as long as possible.

Chapter VI

Fasting

I DO not want to be considered too radical, so I will not lay down too strict rules about fasting, but I will tell you a few of my ideas on the subject.

All diseases come directly or indirectly from impure blood. Many more people would recover from accidents if their blood was pure.

If blood is manufactured from the food we eat and the air we breathe it stands to reason that good food must be furnished to make good blood. If blood is impure it is because we have eaten rich, indigestible food or have put poisonous drinks in the stomach, and have not furnished enough pure oxygen. Or, blood becomes impoverished by not having enough nourishing food. But, as a rule, blood is hurt by *too much* rather than *too little*.

If blood is not good is it going to be made right by medicine? If it contains impurities they can

be driven out in this way. Stop the *cause*. Stop eating. Then by keeping the bowels open, exercising so as to get up a good perspiration, taking a good scrub bath every morning so as to keep the pores well open, thus allowing the impurities to escape, and breathing deeply of God's great gift, fresh air, you can soon get the blood into a state where you can begin to make a new supply.

Fast one day, two days, or three days. Drink plenty of pure water. Exercise in the open air and sleep seven or eight hours in a well-ventilated bedroom. When you *break* the fast be very careful not to overeat.

After fasting three days begin on the morning meal. Eat a dish of Grape-nuts, a shredded wheat biscuit, or a dish of Force or Malta Vita. Make a selection of one thing from what I mention. Use milk (not cream), and only a little sugar. I advocate salt with cereals. For luncheon take another dish of cereal, a glass of milk, and one small slice of entire wheat bread toasted; for dinner, a light soup, one piece of entire wheat bread, toasted, and a dish of custard.

The next morning eat an orange, a piece of toast, and a poached egg; at noon, soup, toast, one kind of vegetable, and some kind of fruit for des-

sert; at night, hot milk (not boiled), stewed prunes, toast, and a small dish of sago pudding.

The next day you can safely resort to a reasonable amount of food, but study my list of *Health Foods* and follow implicitly.

Fast one, two, or three days, every once in a while until you feel real well. While you are fasting drink water whenever you feel a bit faint or hungry, and then do something to occupy your mind. Go for a walk or to see some one—do not go near the dining room while people are eating. Get your mind entirely off the subject. You will be surprised to see how easy it is to fast.

If you are generally pretty well miss a meal anyway once in a while. One day in the week eat only fruit three times a day, and once a month fast one day, drinking plenty of water. The stomach, liver, and kidneys will have a chance to rest, and the intestines will get a good flushing.

We can regulate the condition of our blood by clean food, water, fasting, and exercising in the open air, taking deep abdominal breaths.

Chapter VII

About Meat

I THINK too much meat is eaten. I have gone without it for months at a time, have done hard work during the time (teaching Physical Culture), and have never missed it. When I say meat I mean *red* meat. Some people call chicken and turkey *meat*. I do not. I class chicken, turkey, and *game* together.

If "A" eats a piece of steak he gets a little beef blood and a lot of fiber which will be quite a tax to the digestive organs. "B" takes a similar piece of meat, extracts the blood, and throws away the fiber. "B's" stomach gets the nourishment and gets out of a lot of hard work. But you say the stomach *has* to have something to work on. That is true. It would soon become perfectly useless if only liquids were taken, but it does not need the fiber of meat. Other things, more digestible, will make all the work and waste the stomach needs.

Turkey, chicken, game, fish, entire wheat bread, vegetables, and fruit will be sufficient. If you feel you *must* have the beef juice extract it and throw away the fiber. The healthiest people in the world are not meat eaters. Many fine athletes do not touch meat.

I am sure that rheumatism, gout, cancers, and tumors are caused by meat. Pork is not to be tolerated. But if you feel you must have meat eat beef, mutton, or lamb *once a day*. If you are not feeling well go without meat until you feel better.

Chapter VIII

Health Bath

SUPPOSE we have a little talk on bathing! With the facilities we have these days for bathing there is no excuse for anyone being unclean. I do not advise bathing in hot water. I will describe a glorious health bath, and hope that everyone who reads this book will try it. It can be taken morning, noon, or night, but I suggest the morning as the best time, if one can do it.

Being perfectly well, I do not need a warm room to bathe in, but in telling others about it I want to be on the safe side, so as not to be responsible for their taking cold. So have the room you bathe in comfortably warm. Into your washbowl put about a quart of cold or tepid water. A bit of salt added is an improvement. Then have a large oval bath brush, with a curved, adjustable handle. You use the brush without the handle first. It has

a strap across the back and you slip your hand through that strap. Now dip your brush into the water, shake it well so it will not hold too much moisture, rub a bit of pure soap onto it, and rub your left arm until it glows. Then rub your chest well, then your other arm, and so on over your whole body, until you are in a splendid glow. Then with a sponge or a wash rag rinse off the soap with tepid water, or cold, if you can stand it, and then rub the body thoroughly with a rough towel. You will feel fine after a bath like that. No more hot baths in a tub; take the fine "scrub" I recommend once a day, and your circulation will be so much improved and the pores kept so open that the impurities of the blood can come out as Nature intends.

The handle of the brush can be adjusted so that the back can be scrubbed into a glow.

Until you have tried this, you cannot know what a splendid health bath it is.

It will do more for you than any tonic sold from a drug shop, and it keeps the skin so smooth and beautiful.

If you prefer to bathe in a bath tub you can stand in a few inches of tepid water, or just moisten the brush by holding it under the faucet.

Stand while taking the bath. If you have a shower to use for the rinsing afterward, so much the better, but a sponge or wash rag will answer every purpose.

I advocate massage treatment as most beautifying and healthful. Many people who are not strong enough to take up active exercise have been greatly benefited by scientific massage.

The greatest luxury of modern times is the shower bath. Step under a shower with the temperature of the water about eighty degrees Fahrenheit. Use the stiff brush I just spoke about, and good soap. Then, after you have had a thorough scrub, turn on the cold water very gradually. In that way there is no shock. Let the cold water particularly strike your throat and lungs and back. This is all so strengthening.

If you are subject to throat trouble you will find that the cold water treatment is splendid. I do not advocate the shower bath for everyone. This is more for strong, athletic men and women; but the first bath I told you about I am sure can be taken by everyone. For delicate people the room must be quite warm, and during the scrubbing one can be covered with a blanket, and only one part of the body exposed at a time. After such a

bath you will feel several years younger, and look younger.

I am in favor of a Turkish bath once a month. It is one of the greatest luxuries of the day, and very beneficial when not overdone. I do not believe in alcohol rubs afterward. A good rubbing with a rough towel will answer every purpose.

Chapter IX

Sleeping, Tight Lacing, and a Word to Fleshy and Thin People

I WISH the women of to-day would take better care of their bodies. Just a few dollars a month will keep one's body in fine condition. Some women say they are pressed for time and must necessarily neglect themselves. But taking care of one's body does not take as much time as thought.

Let me sum it up: Ten or fifteen minutes for bathing; about five minutes for the finger nails; five minutes for the feet. Then once in two weeks, or a month, we spend an hour and a half in having our hair shampooed and dressed; once a week about an hour and a half having our finger nails manicured and our feet pedicured.

Surely all that and the money it costs is well spent.

Now a young lady speaks up and says, "I can-

not do all that, for I am in business and never get a day off but Sundays, and that day I have to rest."

Taking care of one's body is resting. If you have to be at the office at a certain time in the morning do not sleep up to the last minute, having just time to fall into your clothes, like a fireman. Get up in plenty of time to have your bath and attend to your nails. You will feel better all day for your quick salt bath.

Go to sleep at a reasonable hour, so that you will feel rested when the time comes for you to be up in the morning. "Go to bed with the lamb and rise with the lark," is an old proverb. One hour's sleep before midnight is worth two afterward. Try to sleep eight hours. From ten to six is a good time; eleven to seven if you do not have to be at the office before nine.

Few people know the value of sleep. "Nature's sweet restorer, balmy sleep." Women should indulge in it freely as a beautifier. It keeps away crow's feet and keeps the eyes bright. A hard mattress, plenty of covering, and a well-aired room is one of the secrets of health. I find sleeping face down, lying on the abdomen, is a pleasant, healthful way to sleep. Use a small, soft

pillow. Do without a pillow if you can, but if you have to have one, sleep on a small one. I have tried all positions recommended by physicians, and I find lying on the abdomen the most comfortable.

Air your room well. Always sleep with the windows open, but be sure to be out of the draught. Do not ever let the cold air, or any air, winter or summer, blow on you. I mean in the house. Of course, when sleeping out of doors, there is no draught. It is such a mistake for a person to take a pillow on a hot night and go and lie on the floor or on a couch under an open window. Some constitutions may be able to stand it, but the majority of people *cannot* stand it. Neuralgia, rheumatism, consumption, and other ailments have come from just that imprudence, and then people wonder why the dear Lord afflicts them so.

I have not spoken of exercising at home, for so many people say they just cannot do it; that in the morning they are in too much of a hurry, and at night they are too tired. Well, we must have exercise. If you get enough through the day, very well. But if not, then you must smuggle fifteen minutes a day and go through certain exer-

cises which will do all kinds of fine things for you. Regularity is a great thing in exercising, and in everything, in fact.

Wear comfortable shoes. The last two years have done wonders for women's feet. The broad toe is so sensible, and the golf shoe and the walking shoe are the height of comfort. I hope pointed toes and high heels will go away soon never to come back. I advocate rather high heels in a riding boot, for it keeps the foot from going too far in the stirrup, but for walking, the common sense heel is the thing, and for extreme comfort use a rubber heel. Fleishy people, particularly, should adopt the latter.

We can do so much more, walk so much more, look so much calmer and sweeter if we have comfortable shoes on; and think how much prettier we can keep our feet. If we are small people and have small feet, all right. If we are large people and have good-sized feet in proportion, and cramp them into small shoes, we are all wrong. I wish we could wear sandals, as the Roman women used to do. I wish our climate would admit of our dressing as the Roman women did.

I do not tell women that they must not wear a corset. I only ask them to wear a corset that is

loose enough to be comfortable, so that they can take long abdominal breaths. Tight lacing is so injurious. You must know that tight lacing puts the organs all out of shape; liver, stomach, intestines are all wrong, and then you wonder why you have headaches and dizziness and all kinds of diabolical things. A small waist is not a thing of beauty, especially when a woman weighs one hundred and fifty and over. If you must wear a corset wear it comfortably loose, and see how much better you feel; and your "men folks" will pat you on the back and call you a dear, sensible girl. Occasionally you meet a man who likes to see a deformed waist. I wish he would try a tight corset for a while, and see how he likes it. Take your tape measure, girls, and see if your waist measure is ten inches smaller than your bust measure. That is the correct proportion for a "health waist." I am not a "new woman," and I do not advocate masculine attire, but on account of my health ideas I love to see a comfortable waist. You do not have to go into dress reform to bring about that result. Wear a corset if you want to, but have it loose.

Skirts with trains are very graceful, but unless well held up are only fit for the house. What a

distressing thing it is to see a woman letting her train drag along the sidewalk! I thought the shirt waist was the height of comfort, but it fades into insignificance when compared with the short walking skirt and rubber-heeled walking shoes. How did we ever get along without rubber heels?

And now I must say a word to fleshy people. What an inconvenient thing it is to be fleshy. Sometimes it is not only inconvenient, but embarrassing. With most people extreme fleshiness is a disease brought on by overeating, eating starchy foods to excess, not exercising, and allowing the mind as well as the liver and muscles to get torpid. Their food assimilates well, and goes to make flesh. They should leave starchy foods alone to a great extent, and eat plain, wholesome, nonfattening things. With most fleshy people I find that eating has become a disease. They crave rich food. They must have sweets to excess. They eat much and drink much. They say they cannot give up things they like. "And then, you know, with me flesh is hereditary." Hereditary nothing! Diet and exercise, and you can make your figure just as you would have it. We are not responsible for the shape of our bodies, nor for our large or small bones, but we are responsible

for our flesh. That is influenced by careful diet, exercise, healthful living.

The mind has much to do with it. "I *will* give up fattening foods. I *will* exercise. I *will* take off some of this burdensome flesh." Now you are talking. When you reach that point you will be able to accomplish anything. Half-heartedness is never going to win the day.

It is not fair to go to physical culture teachers and ask them to make you all over and then go on eating everything you want. You must do your share. It is possible to reduce your flesh just by exercising, but it takes longer. I am not only interested in telling you how to reduce your flesh, I want to show you how to be well all over; how to make your flesh firm; how to purify your blood; how to turn your mind into another channel; to make yourself all over inside and out. And that can only be done by an intelligent care of the stomach, and the knowledge of how to exercise and how to rest.

Mme. Qui Vive, who writes for the *Chicago Record-Herald*, says: "A lot of women who think they have troubles, and who rail against fate, would be as happy as larks and as pretty as pictures if they would cease eating hot doughnuts,

pickles, and salad dressings strong enough to pull teeth."

The greatest impediment to good looks, and the one most constantly met with, is the tendency to embonpoint. The luxury, the ease of the lives they lead, the small amount of exercise, either physical or mental, which they take, the quantity of rich, indigestible food which they habitually consume, all these things and many more gradually tend to spoil the figure and features of women and some men by burying them in layers of superfluous flesh. Yet it is comparatively easy for a woman of correct proportions to retain them. But she cannot be lazy. She must sacrifice some trifles to the preservation of her good looks. It is a hard thing to reduce flesh by a diet when once it gets a headway in one's system. However, it can be done. Embonpoint can be treated successfully and healthfully in but one way. That way is to adopt a correct system of diet, and to take a reasonable and adequate amount of natural, wholesome exercise.

One of the greatest magnets for attracting health is diet. But here it must be admitted "what is one man's meat is another man's poison." The fat woman and the lean woman, the rosy woman

and the anæmic woman, the robust woman and the weak woman, each one must adopt a different regimen, and yet there are some things nearly everyone can eat and thrive on splendidly.

The woman inclined to embonpoint must give up such fattening food as breakfast cereals, wheat, corn, and graham breads; meats, soups, and gravies containing a superabundance of fats; fish preserved in oil, such as salmon, sardines, anchovies, etc.; vegetables containing starch or sugar, such as peas, beans, beets, oyster plant, egg-plant, potatoes, turnips, and carrots; sweets, pies, puddings, candies, and all farinaceous foods, such as barley, macaroni, spaghetti, noodles, vermicelli, etc. She should never drink liquors, wines, milk, or malt beverages.

I can hear several women saying, "Well, Mrs. Pratt, what am I to eat? I want to reduce my flesh, but I do not want to starve myself to death." I do not want to see anyone starving herself to death, so I will give a small list of what can be safely eaten by one trying to take off a few pounds of superfluous adipose tissue: Lean mutton and beef, poultry and game, fish (if not preserved in oil), eggs, sauerkraut, lettuce, mushrooms, water cress, onions, spinach, celery, cucumbers, and

tomatoes; crust of Vienna or entire wheat bread, or any bread toasted in the oven—but not a great quantity; lemons, oranges, nuts, strawberries, and grape fruit without sugar. If tea and coffee must be taken, then sweeten with a saccharine tablet, instead of sugar, and there are buttermilk and lemonade for beverages.

Beef, mutton, and chicken broth are all right if all grease has been removed.

Does that list look like starvation?

Now, the lean woman can and ought to revel in all the dishes that a fleshy woman should avoid, always remembering, however, that she must never indulge in anything that taxes her digestion, no matter how flesh-producing and tempting it may be.

There is plenty of food that is nourishing and palatable, which will not produce flesh, and the minute you stop eating foods that do produce flesh, and begin to go through certain intelligent exercises, just so soon your diseased flesh will begin to take its departure. I do not believe in taking medicines to reduce flesh. The blood will be thinned by that method, and the whole system will be out of order.

I talked with a fleshy woman recently who was

very anxious to reduce her weight. In the course of the conversation she said: "Well, I am willing to work hard; I will exercise all you want me to, but I cannot give up the things I like to eat. I love sweet things, and I eat pounds of candy in a week."

"Yes?"

"And I suppose I ought to be frank with you and tell you that I drink a good deal of beer. Would I have to give that up?"

I said nothing. I felt as an old man, who was known to swear terribly, felt, who was riding up a steep hill with a load of potatoes. Someway the back of the wagon had come apart, and when he reached the top of the hill he looked around and saw that every potato had fallen out. He just looked and said nothing. A friend who was with him said, "Well, why don't you swear?"

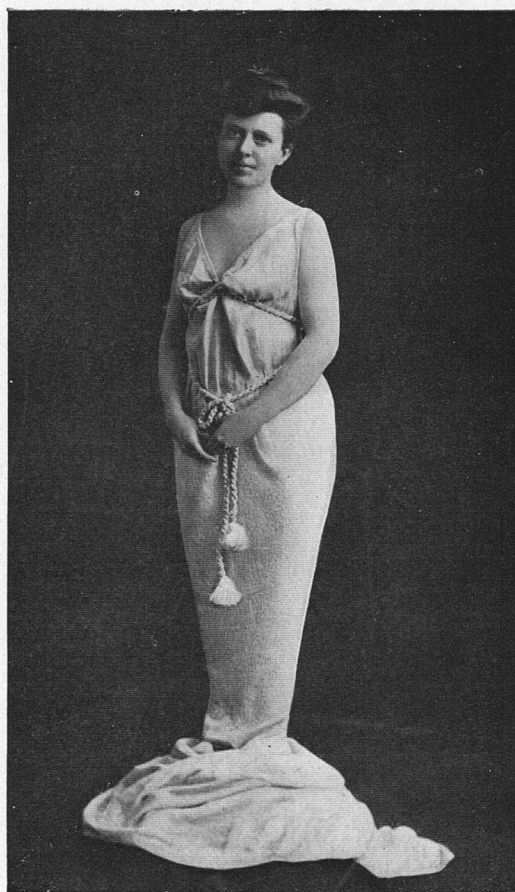
"Because I couldn't do the subject justice."

So I said nothing and left shortly after, and I think that woman is wondering yet why I asked after her children and seemingly forgot entirely what I went there for.

When people eat like civilized beings I will not insist upon a diet when I start in to reduce their flesh; but if they insist upon eating everything

that is pulling them down, not only making flesh but ruining the blood, we will have to have a little settlement before we go into the flesh-reducing business. I could reduce their flesh if they did not help me, but it would be a long pull and a strong pull and a great strain on me physically and mentally. But if a woman comes to me in all earnestness, and says she wants to reduce her weight and is willing to do anything to help me, I will help that woman with all my heart, and she will not be long in seeing results.

With half to three quarters of an hour's exercising, learning to breathe, going through certain movements to start the blood bounding through the veins, bending, turning, running, going through figures conducive to hardening every muscle in the body, perspiring freely in consequence, and then having a magnificent bath and a rub-down, you are going to take down your flesh as sure as fate. And not only are you going to lose that superfluous flesh, but you are going to get a new start in life. Your blood is going to be purified (I am talking now to people who are willing to discard rich foods and will only eat wholesome things), your circulation is going to be improved, your heart and lungs strengthened,



your abdominal muscles hardened, your stomach strengthened, your back all made over, and your flesh will be firm and hard. Your complexion will be better and your eyes brighter, and you will wonder that you have been in the world so long and have only begun to live.

The way to reduce flesh is to work it off by hard exercise and by giving up rich, starchy foods.

It is not hard to give up certain kinds of food if only our whole heart and mind are centered on the fact that we want to be well.

"She rejected theosophy when she couldn't be assured her soul wouldn't transmigrate into an elephant."

"Is that so?"

"Yes, she said she didn't care about being reincarnated if it wasn't going to reduce her flesh."

It is not easy to tell why thin people are thin, but I think in most cases it is because their food does not assimilate properly, and therefore does not do what Nature intends it to do. Many thin people eat more heartily than those who are fleshy. That is because the food is eaten and carried off without fulfilling its mission. Now, the way to obviate that is to strengthen the stomach—make it all over—teach it its duties, and, presto!

The way to go about it is, in the first place, to only eat wholesome, digestible food—not soft foods, but digestible foods—then go through such exercises as will start the circulation and strengthen the stomach. It can all be done. So, after that is accomplished, a person who has heretofore been thin because his food has not assimilated will begin to take on flesh. Flesh certainly can be regulated by diet. I keep around a hundred and thirty-five. If I want to eat starchy foods for a while I do so, and if I do not exercise my weight will creep up a pound or so. Then I exercise hard for a day or two, and I am back to one hundred and thirty-five again. It is better to keep your weight under your control, for if you give it an inch it will take a mile.

After you have learned how to live you will be all made over. Your mind has entered another channel. You have learned to abstain from certain foods; you have found out just what you can do by exercising; you feel that you have mastered your body, and you will never go back; you have gained a victory; you do not crave the old things that hurt you; you have graduated into a higher life; your tastes are changed; you crave exercise; you crave good, wholesome food; you crave fresh

air; you are a different person altogether. It is a pity that people do not know themselves. But when they do—when they know the science of living—they will, like a butterfly, emerge from their chrysalis, finding wonder and delight in the world which seemed so dark before.

Chapter X

Outdoor Exercises

EXERCISE is a most important part of one's life. Without it our circulation becomes poor, and sluggish blood brings about many evils.

Walking, as you know, is one of the best exercises. Street cars and elevators are the cause of a great deal of liver trouble. Walk, whenever you can, instead of taking a car—if you have time. Try and walk a mile each day, two if you can; and if you have time to walk five miles your visits to your physician will be few and far between. Learn how to walk. Wear comfortable shoes. Walk on the ball of your foot, expand your lungs; walk briskly, take a deep breath through your nose. Do that many times during your walk, and after a while you will be surprised at your chest expansion. Breathing always through your nose keeps the head clear, and will, in a measure, do away

with catarrh. When you are where you can do so without attracting attention run a while, taking a deep breath, holding it while you count ten, and then exhaling through the nose. If you do not have any opportunity to do that you can read what I have to say later on about the running exercise—something you can do in your own room.

I am reminded of a story of a man who went to a doctor and said: "Doctor, I wish you would look me over and tell me what is the matter with me. I seem to be all run down. I believe I need a tonic of some kind."

After the diagnosis the doctor said: "My good man, what you need is exercise. Your liver is torpid. You don't need any medicine. Try walking; you like to sit too much; you ride too much on the street cars. Now, I want you to walk at least a mile a day to begin with, then two, and after a while if you can walk five miles a day you will be another man. By the way, what is your occupation?"

"I'm a postman."

Wear comfortable shoes. Have shoes for rainy days. Wear rubbers so that you will run no danger of taking cold. Seeing a woman tripping along in the rain in thin-soled, high-heeled shoes

may be a pretty sight, but she is taking desperate chances. If you are in business have two pairs of rubbers. Keep one pair at home and one at the office or store. What comfort it is that sensible shoes are being worn now! I hope pointed toes and high heels will soon go away never to return.

Not long ago, in Chicago, I was down town one afternoon with a lady acquaintance. Just as we were about to get on the car a man friend came by and said, "Say we all walk home."

I was ready, but Miss L—— said, "O! I cannot to-day, I have such a headache and feel so mean."

We rode to the North Side, and Miss L—— went home with me. As soon as we got in the house she said: "O! do let me get my shoes off—my feet are killing me! Walk home from downtown? Why, I could no more do it than fly. I generally get on a car if I am only going three blocks." My only remark was that it was a nice day. (To people who know me that remark means a good deal.)

I asked a young woman the other day why she did not walk more. I had heard her say that she took a car at the slightest provocation.

"Well," she said, "I'll just have you know that

if you wore shoes two sizes too small for you you'd want to ride too."

Let us walk more. Let us wear sensible shoes, and take as good care of our feet as we do of our hands.

Climb stairs when you can; it is an erroneous idea to think that it is injurious. Of course, it must be done properly. Do not tread on the ball of your foot in taking each step. You will find that tiresome. The feet should be placed squarely down on each step, heel and all. Go slowly and deliberately. Breathe through your nose. Take deep breaths. You will find that your heart and lungs will be greatly benefited by this exercise if you throw out your chest and do not bend over, as most people do when climbing stairs. When at home I often walk to the top of the highest buildings and down again, just for the exercise. If you keep your mind on exercising there will be many ways in which you can benefit your muscles. Never save yourself a step. Take all the steps you can. Avoid street cars and elevators when you can. "The civilized man has built a coach but has lost the use of his feet. Street cars and elevators rob us of our muscles and give us dyspepsia." It is not always possible to walk as much as one

would like in a large city, for distances are so great and one does not always have the time, especially those who are employed through the day. But where there is a will there is a way, and a good deal of walking can be done if one's heart is in it.

I recommend walking where one cannot indulge in horseback riding, physical culture lessons, golf, and bicycle riding.

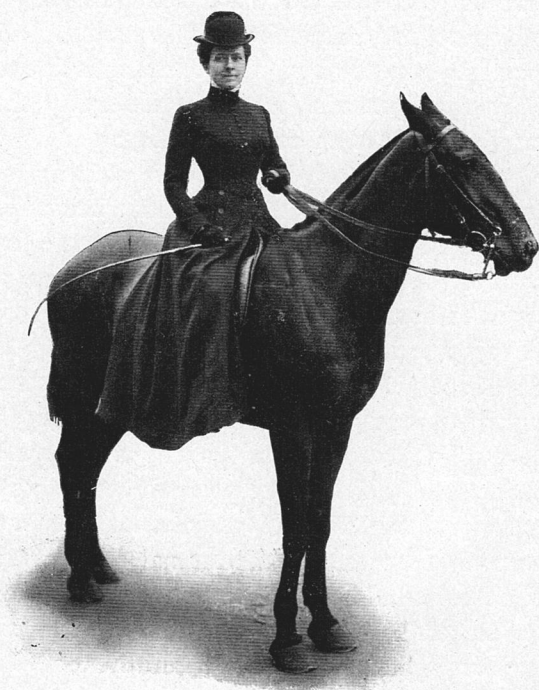
Driving is very delightful, but only the lungs



derive direct benefit from that. The muscles have nothing to do, except the arm muscles, if one is doing his own driving. Of course, it is fine to be out in the open air, but there are many things more beneficial than carriage riding.

I may be mistaken, but I believe walking comes first; then horseback riding. What splendid exercise that is! I cannot think of any muscle that is not brought into play, and especially if one rides a spirited horse.

Prejudice is a vigorous thing, and long-lived. Like hope, it is eternal in the human breast. Strange as it may appear, there are still many people who object to see a woman ride horseback astride. Why should she not? It certainly is the best way to ride, for it gives the rider a better purchase on a horse. If the animal shies or starts off at a bound, bucks or stumbles, the woman astride can keep a firm seat, and she can sit so much straighter, and more gracefully, too. I cannot feel that sidesaddle riding is good for woman, from an anatomical standpoint. For a short ride, no ill effects would follow, but it is trying if one goes any distance at a rapid pace. And at the least skittishness of a horse it is harder to keep one's seat in the awkward side position.



The divided skirt is not in itself ungraceful. Of course, to a great many people anything masculine in a woman is abhorrent, and a divided skirt is called masculine. I believe a womanly woman can be thoroughly feminine in a gymnasium suit,

bathing suit, or in a divided skirt; on a bicycle, on foot, or on horseback.

Time and custom will change the prudish ideas which are held by many; the athletic woman will be looked up to as a specimen of true womanhood, and what she wears to facilitate her outdoor exercising will be considered the proper thing. In mountain trail riding a woman is very independent riding astride; in fact, I think it is dangerous to ride any other way. Why should we not be as comfortable and as secure as a man? Many mountain guides refuse to take women over the trails unless they ride astride. The cross-saddle mount makes a woman independent; she can mount and dismount without assistance, and she is absolutely independent on mountain trails, where a speedy dismount may be necessary to save her life. The sidesaddle is ruinous to the horse and to the woman. Much riding makes a woman one-sided, enlarges one hip, and will, in time, ruin her figure.

Grace Thompson-Seton, wife of the well-known naturalist, summed it up well not long ago when she said that a woman in a party of men is always the weakest, and it is her duty to be as well mounted as any other member. But this cannot be if she insists upon a sidesaddle.

Everywhere the cross saddle is growing in popularity. In the cities the sidesaddles still linger, and the riding teachers, who know the difference between learning to ride astride in six lessons and learning to ride sidesaddle in twenty-six, are among the most vigorous opponents of the new creed.

Swimming is a glorious exercise, and is considered extremely healthful. If you do not swim, and ever have an opportunity to learn, be sure to do so. Every muscle is exercised in the water, and the heart and lungs are greatly strengthened. It is not necessary to learn high diving, but it is well to learn to dive five or six feet anyway. If one wants to learn to be an expert I would advise him to go to a natatorium and take lessons of a good teacher, for who can learn in the surf—in about three feet of water, with some kind friend to hold up his chin? One learns more quickly in deep water. When it comes to swimming, I envy a man's short hair. No matter how much a woman tries to protect her hair with handkerchiefs and caps, she cannot keep it from getting wet if she dives off the springboard, slides down the toboggan slide and floats, swims on her back, under water, etc. But never mind, girls, learn to

swim next summer if you have the chance, even if it does take an hour a day to dry your hair afterward.

From a health standpoint there is no game being played now that can equal golf. Even if one never becomes an expert player, the exercise one gets out of it will add years to his life.

Bicycle riding, when taken in moderation, is good exercise. But one must sit upright, and take long, deep breaths through the nose. To ride all crouched over is most injurious. I heartily disapprove of century runs, for either men or women, but especially women. I heartily recommend bowling, fencing, skating, punching the bag, and, in fact, nearly every kind of exercise. Water polo is great sport, but I draw the line at football.

An old man went to a football game one afternoon, and when he got home the folks asked him how he liked it? "They didn't have any game. Shortly after they commenced they got into a fight, and they were still at it when I came away."

Here is a pretty good health recipe for those who can follow it:

After a seven or eight-hour sleep arise at six o'clock in the morning. Drink a glass of hot water with a bit of orange juice in it. Go through exer-

cise for fifteen minutes, including the deep breathing through the nose at the open window, with the chest well covered. Then take a quick cold-water scrub bath, such as I described in another chapter.

Drink a glass of milk with a raw egg in it. Go for a horseback ride, or walk a mile or two, then back to breakfast: fruit, dry toast, and a soft-boiled egg.

With a start like that you will feel fine all day.

It is so necessary to have our lungs filled with fresh air. It is so necessary to know how to breathe. Learn the abdominal breathing if you can. It will not only expand your lungs, but it will strengthen the abdominal muscles, put new strength into the stomach, get all of the organs into their correct positions, and send the blood bounding through the veins, purifying and healing as it goes. When you get up in the morning, cover your chest and shoulders well with a blanket and kneel on the floor before the open window. Have the window up eight or ten inches. Now take a deep breath through the nose. Keep your mouth tight shut. Throw back your shoulders and hold the breath for a second or two. Then exhale slowly through the nose. Remember to

keep your mouth shut tight. Ten breaths can safely be taken, and twenty when one becomes accustomed to it. After breathing the fresh air in that way one feels so refreshed. It takes so little time, and does a person good for all day.

Chapter XI

Care of the Teeth, Hair, Hands, and Feet

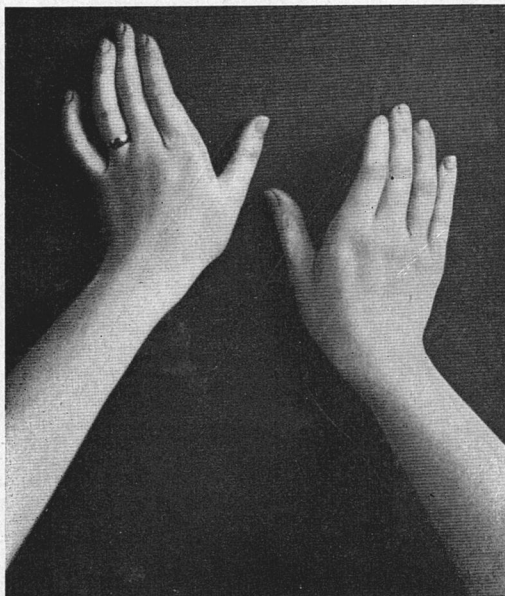
TAKE splendid care of your teeth. After each meal, if it is possible, use a small quill toothpick, then dental floss, which removes every particle of food from between the teeth.

Use a prophylactic toothbrush, and brush thoroughly with some good antiseptic tooth wash. I have used "Pasteurine" for several years, and am glad to recommend it.

When people brush their teeth after each meal it is not necessary to use powder—unless in the case of receding gums. Just a pleasant mouth wash will do. A few drops of listerine in a glass of water is a fine thing. It is an antiseptic, and leaves a pleasant taste in the mouth.

Dentists recommend precipitated chalk for receding gums.

Very fine salt used occasionally is beneficial. I would not advise anyone to use charcoal. You will never need that heroic treatment if you clean your teeth often. And, above all, use the dental



floss. Everyone uses a toothbrush, but I find that few know about the floss. Go to a dentist every three months and have your teeth examined and cleaned. Tartar collects, no matter how much

time you spend on your teeth. If a tooth has begun to decay within the three months it will be a small matter to fix it.

When you have spent five minutes on your teeth after each meal, you will be less apt to eat between meals. You would have to go through the whole process again, and you might not be where you could do it.

Children's teeth should be carefully attended to. It means so much to them when they grow up.

There is nothing more attractive than a mouth full of clean, white teeth. There is nothing more unpleasant than teeth that are neglected.

Care of the Hair

I cannot feel that if a woman has her hair shampooed every two or three weeks that that is too often. I have been in swimming nearly every day for weeks, and have had my hair wet every time (rubber caps are no protection if you are diving and swimming under water), and have taken my own soap, and have washed my hair under the shower and rinsed it thoroughly, and it has done wonders with it.

I think as a rule women do not wash their hair

enough. To keep the scalp clean and healthy and free from dandruff, I would recommend the following treatment. Go to a good hairdresser, and after a shampoo have her rub your scalp thoroughly with some good hair tonic, applied with a toothbrush. That will put the scalp in a fine glow. After that has been done have her rub pure white vaseline into the scalp, not enough to make the hair oily. The hair is parted off and the vaseline applied sparingly, but rubbed well in. Really, this is a wonderful treatment for the hair. If your hair needs attention (most hair does), and you have time and money, have a scalp treatment once a week; otherwise once in two or three weeks after your shampoo.

If you are in business and have not the time to go to a hairdresser, or perhaps do not feel that you can spare the money, then you will have to get up early Sunday morning and give yourself a shampoo. It is hard work if the hair is long. I hope you all have a mother or sister or friend who can come to your rescue. They can learn to use the hair tonic and vaseline intelligently. You can do it yourself with a bit of practice, but you had better have a hairdresser show you just how.

Your hair will certainly thrive under that treat-

ment. If you can go to a hairdresser to have it done, so much the better for you, and for the Samaritan who may be your mother or sister. They may be able to use that time for themselves.

I think it is nice for sisters to help each other. Shampooing, scalp treatment, hair dressing, manicuring, and pedicuring can be done among yourselves, each in turn helping the other.

Now you see what I have mentioned does not take very much time. Anyway, take care of yourself, even if you have to give up other things.

Care of the Hands

All people cannot have pretty hands, but with some care a good many unattractive hands can be made attractive. Thin hands can only be made fleshier by building up one's general health, strengthening the stomach so that the food one eats will assimilate and go to make flesh as Nature intends. I have never had to whiten my hands, so I cannot say from experience just how to bleach them out. I hear that lemon juice is a good thing. I think washing the hands often with good soap, using a brush to get the hands in a glow, is beneficial. Good "cold creams" are made everywhere.

If cocoa butter is as good a developer as it is said to be I should think that would be good for thin hands. Massage is a wonderful thing for starting the circulation and improving all parts of the body.

The hands are greatly improved if the nails are nicely kept. A pretty white hand with ill-kept nails is "a sorry sight to see." So attend to your nails first, and then look around to see how you can improve the hand. Have your nails manicured once a week if possible. Between times, whenever you wash your hands, no matter how many times a day, push the cuticle back with the towel; push gently so as not to create any soreness. By doing that you will find the cuticle will never grow to the nail, and you will not be troubled with hangnails. Remove the dirt from under the nail every time you wash your hands. If you are in an office, or store, have a little nail cleaner handy. Never use a knife or scissors.

Have a little manicuring outfit on your dresser, and polish your nails about every other day. It only takes five minutes, and it is such an improvement.

Of course, if you do housework you cannot keep your hands in perfect condition, but you can

wear rubber gloves for peeling vegetables, and have another pair for the rough work, and a piece of pumice stone, a lemon, or a raw tomato will remove every stain.

If you say, "Well, I do housework, and I cannot keep my hands nice, no matter how I try," that is one thing. You cannot if you give up so easily, but if you are anxious to keep them nice you can do a great deal toward it. I think rubber gloves are a great invention. If you use a good kitchen soap when you are washing dishes, dishwashing will not hurt your hands, and when you take them from the water to clean your stove or do other dirty work slip on a pair of rubber gloves and your hands will keep white and nice. Taking hands from the dishwater and putting them into dirt and dust while the skin is soft and receptive is what does the damage.

Peeling vegetables is very hard on the hands, but lemon juice or raw tomato will take off every bit of stain, or if you wear the gloves you will never have stained fingers.

The wire dishcloths are good for scouring kettles.

I may be criticised for recommending things that cost something. Well, everything in this

world costs something. We can give up some of the unnecessary things we buy to have the helpful things. If the average woman spent as much money on the care of her body as she does for candy, ice cream, and soda water, not mentioning matinees, she would outrival Mme. Récamier.

I recommend a toilet soap I have been using for years, made by a hygienic soap company of Paris, called *Societe Hygienique*. It comes scented and unscented. I always buy the *unscented*, *Savon Dulcifie Sans Odeur de la Societe Hygienique*.

Care of the Feet

It is surprising how many people neglect the care of their feet. They bathe regularly, take good care of their hair, face, and hands, but the poor feet have to be content with mere bathing. For perfect comfort it is necessary to keep the feet in as good condition as the hands. Where a reasonably comfortable shoe is worn, where the blood is allowed to circulate freely, the foot can be kept well shaped, and the nails in good condition.

Many bad effects come from tight shoes, especially those with high heels. The blood cannot circulate, and that is often the cause of many

things which the average person never traces to the squeezing of the feet. Who can look serene while suffering tortures with his feet? Headache, dizziness, shortness of breath, and lameness are often caused by tight shoes.



I once knew of a young lady who was suddenly stricken one evening while she was dressing to go to a party.

She fell to the floor and found it impossible to rise. A physician was summoned, and because the patient complained of a pain in the back, he pronounced it spinal trouble. To make a long

story short, she was confined to her bed for two years, and during that time she suffered in many ways. Her friends looked upon her as a confirmed invalid. One day she asked that her feet might be pedicured, as the nails were long and her feet felt uncomfortable.

It happened that a very fine chiropodist was asked to attend her, and after examining the toes well he found an exaggerated case of ingrowing nail on the large toe. The nail was pressing against a nerve, and that nerve had been telegraphing the news to the nerve center at the base of the spine, thus creating a disturbance there, and the whole trouble had been charged to the spine. The girl remembered that she had had an ingrowing nail before she was taken ill, but as there had been no pain there after she was confined to her bed, she forgot all about it. The nail was scraped, and the part that had grown inward was removed, after quite a painful operation, and there was at once a decided improvement in the girl's condition. She was finally induced to be helped to a standing position, then into a chair to be wheeled into the sunshine, and after that the improvement was rapid. She is now well.

I do not say that every ingrowing nail is going

to bring about dangerous conditions, but I do say that it is very necessary to watch the feet and keep the toes in as perfect condition as possible.

We are told that to be well we must exercise; that walking is one of the best if not *the* best form of exercise known. How is a person to walk if his feet are pinched and aching? If we cannot walk how are we going to be well?

If one has her feet pedicured by a chiropodist once or twice any needed knowledge as to their care in this line may be gained; and if you can have them pedicured once a week, so much the better.

Wear comfortable shoes, and get your feet into a normal condition, each toe in a place by itself, instead of lying on top of the one next to it. After you have made a start in the right direction you will see a great improvement in a few weeks. The feet should be carefully bathed at least once a day, the nails thoroughly cleaned, and the cuticle pushed down with the orange stick.

I can only advise people who have corns to go to a chiropodist and have them removed, and learn the best method to follow to keep them away, or at least from getting worse. Corns seldom disappear entirely. It is very injurious to cut one's

own corns unless the instruments are thoroughly sterilized either with a strong antiseptic or by boiling them in water. Dangerous results may follow the use of instruments not carefully cleaned. To draw blood with a knife, scissors, or razor that has not been properly sterilized is very apt to bring about blood poisoning, which often results in the loss of a toe or a foot, and sometimes life itself.

When there is a callus on the foot touch the affected part with a tiny bit of cold cream or vaseline, and then rub gently with a piece of pumice stone.

When the bottoms of the feet have become hardened from much standing or walking soak the feet in warm water, afterward rubbing thoroughly with pumice stone.

If one keeps the nails nicely shaped and wears comfortable shoes there is no danger of ingrowing nails, but if they appear a chiropodist should be consulted and the evil remedied. It is better not to experiment with them.

Chapter XII

How to Cure a Cold without Medicine, etc.

IF a woman has the time and money to have a masseuse go to her house every morning and give her an hour's massage she can look young indefinitely. Pure air, exercise, clean food, and massage will soon put a woman on the beauty list.

Do not sleep on a feather bed. We are better off to sleep on a firm, almost hard, mattress. We are told to sleep in a cold room. I do like to sleep in a cold room, but I must confess that I do not like to dress and undress in one. Here is a scheme which, if you can carry it out, will prove a great boon.

Have a room set apart for your sleeping room. Have no heat in it whatever. No carpet on the floor—just a small rug in front of the bed, and a chair. Have an iron bed, medium hard mattress,

plenty of blankets, and a small pillow. No pictures, no lace curtains—just shades at the windows. Call it the cold room. If possible, have it so the sun can shine in it the greater part of the day. Then one can undress in a warm room, slip on a bathrobe and bedroom slippers, and go off into the little “Klondike” where the windows are always down from the top and up from the bottom the year round unless in a case of a hard rain.

Get into the well-aired bed, which must be out of the draught, and O how one will sleep! Then in the morning put the bedclothes on a chair near the window, and go back into a warm room to dress. I think a room like that would be fine all the year round; not used for anything except a sleeping room.

This little “Klondike” would be just a health annex, and no one need be the wiser, but one’s complexion would be clearer, the eyes brighter, and the general health much better than if one sleeps in a steam-heated or hot-air-heated atmosphere. The dressing room, adjoining, can be fitted out with everything that is used in a bedroom, except the bed.

If one cannot spare the extra room a screened porch, with thin curtains to let down at night,

could be used, moving a cot out there at bedtime. "Where there's a will there's always a way."

From the time I was a child until I was twenty-seven years old I had a sore throat every winter, just as regularly as the winter came. I used to dread summers, because I was afraid of lightning (I got over that fear long ago), and I dreaded winters because I knew I would have a dreadful time with my throat. I had diphtheria twice, and the second time, because of it, my beautiful thirteen-months-old baby died.

It was all because I was ignorant and did not know how to live. When I went into training I told the Physical Culture teacher I was there to take off thirty pounds of flesh. He asked me about my general health. I told him it was good, except for my annual sore throat. He told me I would get all over that, and I am thankful to say that I did, and have not had a sore throat since I took up "Health Culture" over eight years ago. And this is how I overcame it: First, by dieting, that is, eating clean, wholesome, digestible food; second, by a series of exercises which developed my lungs and all of the muscles of my chest and neck, and started my blood into perfect circulation; and, third, by the tepid water scrub baths,

and the dashing of cold water onto my chest and throat every time I bathed, and between times—whenever I thought of it.

If you humor your throat (as I used to do) it will never become strong. It will be fretful and peevish and ailing, like a spoiled child. But show it that *you* are master; stop wrapping it up when you go out of doors; do not wear furs fastened at the throat. Learn to breathe correctly; take long, deep breaths in the open air, dash cold water on your chest and throat and rub briskly after, and you will be surprised at the result.

When people call Mondays "blue Mondays," and go about feeling poorly and low spirited all day, I think it is, nine times out of ten, because they overate on Sunday. As a rule, the three meals on Sunday are better than those during the week, and people are apt to "stuff."

I used to eat dreadful things—hot bread and hot biscuits, fried oysters, Welsh rarebit, deviled crabs, lobster and chicken salad, fruit cake, terrapin à la Maryland, mince pie with ice cream on it, all kinds of rich puddings, doughnuts, and I cannot remember what all, and if I *could* remember it would take up too much room to write them all down; but when I went into Physical Culture I

first went on a diet to help reduce my flesh—exercising did most of it—and after a while I found it *paid* to keep up on the platform of simple eating. I felt so much lighter and freer—never sluggish and heavy. It was not hard to give up “devilinas” (my name for indigestible things to eat), and I soon reaped the benefit of careful living. I reduced my weight from one hundred and sixty-five to one hundred and thirty-five pounds in three months under the supervision of a fine Physical Culture teacher. I worked hard for an hour every day, and during the three months I only ate beef, mutton or lamb, eggs, chicken, turkey, and game, zwieback, and fruit. I never touched anything except what I mention here—did not drink tea, coffee, or milk, but drank a good deal of water between meals and ate sparingly of the things I mention. I did not use any butter. The exercises I went through are all given in this book, so there is no reason why a person who is desirous of reducing his flesh should not profit by this little dissertation on food and exercise.

We cannot, perhaps, follow all of Nature’s laws all of the time, but if we really want to be well we can do a great deal toward it. Instead of looking ahead and saying, “O dear, *must* I deny myself so

many things I like for the rest of my life?" just set aside *one* day toward improving yourself. Deny yourself one day—exercise one day—and then if you feel better and want to try it another day, well and good, and so on! Everything becomes easy with practice, and you will find, as you get into Health Culture, that, after all, clean living is the only way and the *easiest* way.

If you keep in a good condition, that is, keep your blood clean and your circulation good, bathe daily in tepid water, and pay particular attention to your breathing, you will probably never take cold. A cold comes from a person being run down and out of order generally. The pores of the body become congested, and the impurities of the blood find it hard work to get out. The only thing to do is to take a hot bath—Turkish, cabinet, or an ordinary tub bath, and perspire freely for about twenty minutes. Then a fine scrubbing with a stiff brush, and a rub down! If the bowels have not moved once or twice within twenty-four hours take an enema of warm water and a glass or two of Hunyadi water. Force the impurities of the blood out as quickly as possible by elimination, that is, keeping the bowels loose and the pores well open.

After the hot bath use great care and do not get chilled. Get into bed as quickly as possible, and it is a good plan to wrap a blanket around you before getting into bed. After you are settled drink about a quart of something hot—lemonade, hot water with a bit of Jamaica ginger in it, hot water and unfermented grape juice, or a glass of hot milk. After the hot drink, keep well covered up, and go to sleep if possible.

Do not eat anything for at least twenty-four hours, but drink warm things as much as you like.

Be careful about going out in the cold air after this treatment. Stay indoors for a day or two if you can. Spend as much time as you can doing the abdominal breathing.

After the fast of twenty-four hours eat a simple meal—toast, milk, and a small dish of cereal—and make the next two meals light also.

Try this treatment the next time you have a cold, and see if it is not better than taking medicine.

Chapter XIII

Specific Rules for Reducing Flesh

SLEEP seven hours out of the twenty-four.
When you first get up in the morning
drink a glass of hot water and orange
juice.

Go through a few exercises for fifteen minutes,
including the ten or twenty breaths at the open
window, through the nose, keeping the chest well
covered.

Exercise with the window up if you can.

Take the Abdominal Breathing.

Run.

Touch Tips of Fingers to Floor.

Limber Waist.

Calisthenics.

Raise Knees to Chest.

Raise Feet.

Sit Up.

You will find all of these exercises described in
this book.

Take a "Run" several times during the exercising. Then take a splendid scrub bath with tepid water and a good soap. Scrub hard until you are red all over, rinse with tepid or cold water, and rub well with as coarse a towel as you can get.

After that if you can take a horseback ride or a vigorous two-mile walk, so much the better. If you walk wear a sweater and very loose clothing and comfortable shoes. Get into a fine perspiration. Come home and rub dry with a towel before getting into different clothes.

For breakfast eat a little fruit, one or two soft boiled eggs, and two pieces of entire wheat bread toasted, or zwieback. If you feel you *must* have tea or coffee, take it as weak as possible, and if you sweeten it use one or two saccharine tablets. That contains all of the elements of sugar without a bit of starch.

Never lie down after meals. If you are not in business, and your time is your own, go into everything you can for exercise. Play golf, tennis, walk as much as possible, ride horseback, punch the bag, use the exerciser, row, and swim.

For the noon meal, if possible, eat chicken, celery, and two pieces of toast.

At night take a dish of tomatoes, celery, toast,



and a glass of lemonade—sweetened with saccharine, not iced.

Before you go to bed go through the exercises again, and if you do not care to take the scrub bath again be sure and rub briskly with a rough towel.

In another chapter you will find a list of foods that are nonstarchy, and which are to be eaten when one is endeavoring to reduce his flesh. From that list select three modest portions for the day's nourishment, and about one day in the week eat only fruit.

Take a Turkish bath once a month, and if you can have one of those cabinet baths at home take a hot vapor bath once a week, staying in the cabinet from eight to fifteen minutes; afterward a scrub bath and a thorough rinsing with tepid water.

If you are faithful in exercising, dieting, and bathing you can take off five or ten pounds a month—according to how hard you work. Just try it for a month anyway, and see what you can do.

It is very necessary, in order to be perfectly well, to keep all organs free from superfluous flesh. I often say, "Blessed are the thin." All

organs do better work when surrounded by healthy, active muscles, which act as policemen to keep away the fat. The heart, lungs, stomach, liver, and intestines must be free in order to do their duty. You will never hear of a slender, muscular person dying of fatty degeneration of the heart.

No one can be perfectly well who has an abnormally large abdomen. The men and women who cannot see their feet are in a most deplorable condition, and if your abdomen is so large that you cannot do certain simple exercises you are on the down road.

Chapter XIV

How to Put on Flesh

OF course, it's not so splendid to be thin, but then it's vastly better than being too fat. Thin women can dress at greater advantage and have twice the chances for being dainty, graceful, and stylish.

Sleep eight or nine hours out of the twenty-four, if possible.

When you get up in the morning take a glass of hot water and orange juice.

Take ten or twenty deep breaths at the open window, keeping chest well covered.

Take a short "Run" of about "fifty" to start the circulation. Then take the Abdominal Breathing for five minutes, if possible. It will make you a little lame at first, but do not mind. That will build up your stomach and get the digestive organs into better shape, so that the food

you eat will assimilate and go to make flesh if you will eat the proper kind of food.

After the Abdominal Breathing take the "Limber Waist," "Calisthenics," and "Raise Knees to Chest." Take a fine scrub bath after you exercise, and a good rub-down with a rough towel.

For breakfast eat fruit, some kind of cereal with cream, a soft-boiled egg, if you want it, and two pieces of entire wheat bread toasted. Drink milk if you have to have a liquid, or cocoa, not too rich.

At noon (I advise the hearty meal at noon if it is possible) have soup, beef or mutton or lamb, potatoes (baked, if possible), corn, entire wheat bread and custard for dessert.

At night have one or two kinds of vegetables, bread and a glass of milk.

You will notice the exercises prescribed are given only to strengthen the stomach, so that the flesh-producing food may have a chance to do what Nature intends.

Massage of the body once or twice a week, cocoa butter being used, is a help.

Drink a glass of warm milk before retiring.

Take a tablespoonful of pure olive oil three times a day.

These are the flesh-producing foods; that is, this is the list of foods I give to those who are trying to put on flesh:

All kinds of soups, if grease has been removed.

Beef, mutton or lamb once a day.

Chicken, turkey, and all kinds of game.

Fish (except lobster, crabs, sardines, and canned salmon).

Soft-boiled eggs, poached eggs, or egg omelet.

Baked, boiled, or mashed potatoes; asparagus, onions, sweet potatoes, summer squash, lima beans, peas, corn, rice, parsnips, carrots, pumpkin, cauliflower, hominy, and baked beans (without pork).

Vegetable salads with oil.

Grapes, baked apples, apple sauce or raw apples, rhubarb sauce, pears, apricots, prunes, sweet oranges, cantaloupe, plums, watermelon, peaches, cherries, canned and dried fruit, figs and dates.

Gelatine puddings, custard, chopped figs and dates with milk or cream, blancmange, rice pudding, tapioca pudding, sago pudding, charlotte russe, and about any kind of pudding if not too rich.

A little cheese.

Milk, cream (if it agrees with you), cocoa and

chocolate (if not too rich), hot milk, cereal coffee, and grape juice.

Entire wheat bread, and all the light cereals now on the market.

Chapter XV

For the Complexion

RUN" as much as possible. "Neck exercises" five minutes. Thorough facial massage once or twice a week with a good cold cream. Every other night apply a good astringent. Diluted lemon juice is one of the best things I know of. Rub in thoroughly and let stay overnight. That keeps the pores from becoming enlarged.

Always use cold water in bathing the face. I recommend a raw silk or Turkish toweling wash rag, or a medium stiff brush. Clean face thoroughly. After washing bathe with listerine occasionally. You can dilute it if you like, but I can use it full strength. That is particularly recommended for an oily skin.

Hot water, the first thing in the morning, with a bit of orange juice. Plenty of water between meals, never at a meal.

Eat plenty of fruit—prunes, grapes, baked apples, and pears coming first; plain soups, fish and game, onions, celery, lettuce, water cress, and spinach. Small amount of entire wheat bread, toasted, Force, shredded wheat biscuits, and zwieback.

Walk in the open air as much as possible, taking deep breaths.

Be extremely careful in selecting a good hygienic soap—pure white imported castile is neutral and pleasant. For several years I have used *Societe Hygienique*—the unscented. I have found it not only pure, but delightful.

So many people who have cold creams to sell tell us that the only way to have a good complexion is to bathe the face in hot water every night and apply cold cream at once and leave overnight. I cannot recommend that. I think that enlarges the pores and makes blackheads. If the pores get open and flabby, and one has a good deal of oil in her system, the pores get clogged with oil and dirt, and that makes blackheads. I believe we must use cold water on the face and some kind of an astringent wash to keep the pores from getting too large. It is all right to use cold cream once or twice a week, and then cold water, good scrub-

blings, lemon juice diluted, listerine, or some good astringent wash, the rest of the time.

I am always trying new things, and once I read that some woman who was noted for her beautiful complexion had admitted that she never used water on her face; that she used cold cream two or three times a day, rubbing it in thoroughly, and then used a soft cloth to remove whatever dirt the cloth found. So I tried it. I did not put any water on my face for about seven weeks. I rubbed the cold cream in good and hard and gave my face a fine massage two or three times a day. Really, it did improve the color of my complexion wonderfully, BUT at the end of the seven weeks I found I was getting blackheads—something I had never had, and upon examining my face closely I saw the pores were much enlarged. I saw that would never do, so I stopped the cold cream act and went back to cold water and lemon juice, and adopted a diet for two weeks which was absolutely without oil, and my pores were given a chance to go back into their natural condition again. If one will scrub the face perfectly clean several times a day, and eat wholesome, digestible food, and not much butter, I am quite sure she can be free from blackheads. In the back

of this book I will give a recipe of a good astringent wash and cold cream. I find a few drops of benzoin in a pint of water to be beneficial in washing the face.

Facial eruptions nearly always show that in some way or another the body is absorbing poisonous materials that it should be throwing off. The digestive organs must be kept very active, and the skin must be kept free and healthy by frequent bathing. Drink all the water you can between meals, and be sure to eat the things necessary to keep the bowels open.

Pressing out blackheads will not do any good. That only makes a red place and leaves a hole to fill up again with dust and sebaceous matter. The thing to do is to get the skin in a healthy condition, so that it will perform its function correctly.

Whenever you are sitting by yourself reading rub your face all over with your fingers. That will start the circulation and help to keep away wrinkles. Rub your chin well and around the corners of your mouth and at the corners of your eyes to keep away the crow's-feet. Do not have any emollient on your fingers. You can accomplish a good deal that way. Rub with one hand until the fingers get tired, and then take the other

hand. Give the nose a good rubbing, and between the eyebrows, so that no wrinkles will come there, and spend quite a while rubbing the forehead, making a circular movement with the fingers.

If a complexion is rough and scaly, that shows that there is a lack of natural oil in the pores, and then, of course, the surface becomes dry and irritated. In that case I should advise using a good cold cream three times a week, rubbing it in thoroughly and letting it stay a while. And then one must eat more butter, and, if possible, take three tablespoonfuls of olive oil a day—one tablespoonful before or after each meal.

Some women are troubled with a growth of hair on the upper lip. If it is dark and not too thick it can be made almost unnoticeable by Peroxide of Hydrogen. That will bleach it until it is very light in color, but it certainly will not kill the growth. The only way to remove superfluous hair is to use the electric needle. Go to a skillful, experienced operator, who will take it away nicely, and without much discomfort to you. This will burn away the little papilla, which creates a new hair when the old one is pulled out. Powders and pastes are frequently used for the removal of superfluous hair, but they merely burn the growth

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to the surface, and seem to give new life to the troublesome things.

A florid complexion can be caused by a too stimulating diet. Avoid strong tea and coffee, beer, wines, and liquors, and highly spiced or greasy dishes. Eat plenty of fruit and nonfattening vegetables. Eat all the celery, lettuce, and spinach you can get, and drink all the water you can between meals.

It is not possible for everyone to have pink cheeks. It is natural for some complexions to be colorless from the cradle to the grave, but you can keep it clear and soft and free from blackheads, and that is something.

Chapter XVI

Perspiration of Hands and Feet

EXCESSIVE perspiration of the hands and feet is due, I think, to extreme nervousness. I have been very successful in helping people who have been troubled in this way. The remedy is to build up the general health and stimulate the functions of the skin. Follow a diet consisting of clean, wholesome food, give up meat for a while, and let stimulants alone, and go in for bathing and exercise. Take the scrub bath every morning, which I have described in this book, and add salt to the tepid water. Before taking the bath, however, go through a few exercises very vigorously, so as to get into a good perspiration. Take twenty breaths at the open window first, through the nose, with the chest well covered. Then go through the following exercises *vigorously*:

“Run,” two hundred times, in blocks of fifty.

"Abdominal Breathing," three minutes.

"Calisthenics," three minutes.

Another "Run," two hundred times, in blocks of fifty.

"Limber Waist," twenty-five times.

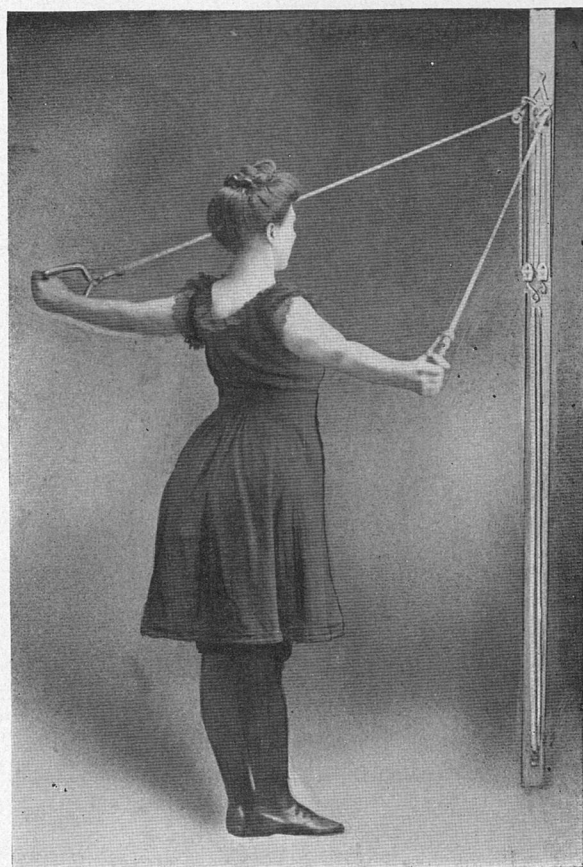
"Hands Over Head," twenty-five times.

"Tips of Fingers to Floor," twenty-five times.

Do these exercises twice a day. Take salt scrub bath after them in the morning, and just wipe off with a rough towel after doing them before retiring. You will find these exercises fully explained and illustrated in the back of the book. Get familiar with the *names* of the exercises.

I would advise everyone who can, to have a punching bag, and go at it faithfully and vigorously. The people who sell it to you will show you how to use it.

I heartily recommend the use of exercisers. Have one in your bedroom, so that you can use it the first thing in the morning. A book accompanies each exerciser, so you can see just how to use it. (See illustration on page 136.)



Chapter XVII

A. Punch-bowl Episode

A WEALTHY Philadelphia clubman consulted an eminent doctor in regard to what he feared was heart trouble.

Dr. B. examined his heart, asked him questions regarding his diet and his mode of exercising, and decided that the trouble was a case of acute indigestion.

The man said he had always thought he could digest anything, and that only lately he had felt uncomfortable after eating.

Dr. B. talked with him a while, and then said: "I wish you would come around this evening and have dinner with me. I have an important appointment just now, and I will have to leave you. Please be here by seven o'clock."

That evening Mr. R. was shown into the doctor's library, and the two men had a pleasant

social chat. Mr. R. noticed an immense silver punch bowl on the polished mahogany table, and begged leave to examine it closely. He was charmed with the exquisite workmanship and its antiquity.

Presently the door opened, and the butler entered with a tray, on which was a whisky cocktail. He turned it into the punch bowl and left the room. He came back in a few minutes with half a dozen "blue points," celery, salted almonds, olives, radishes, and wafers. That all went into the bowl with a glass of wine; then tomato cream soup, more wafers, celery, salted almonds, and more wine. Mr. R. looked on with astonishment, but the doctor went on talking, as if nothing unusual was happening. Again the butler. This time it was fish, some kind of fancy potato, more celery, and wine. Broiled chicken went into the bowl next; green peas; sliced cucumbers; mashed potato; jelly; two pieces of bread, and more wine; also some peach sherbet. After that came lettuce and tomato salad with mayonnaise dressing, a wafer, more salted almonds, and wine. Ice cream, cake, fruit, wine, crackers and cheese, nuts, coffee, and a *crème de menthe*.

Imagine the look on Mr. R.'s face. After the

crème de menthe had been emptied in the butler went out and closed the door.

Dr. B. turned to Mr. R. and said: "Now, my good fellow, go over to the table and look into that punch bowl. Look at that distressing combination and think what it will be in an hour from now. *That* is what goes into your stomach every night, and goodness only knows what you eat at your other two meals, and then you wonder why you feel distressed after eating. No wonder your heart acts up—I am surprised that it can do its work; and as for the poor little stomach, it is marvelous why it has not given out long ago."

Mr. R. was greatly impressed by this object lesson; in fact, he experienced quite a fright.

The butler announced dinner, and during the simple meal the doctor talked of plain food, a course in Physical Culture, walking and horse-back riding, deep breathing, eight hours' sleep, and a scrub bath every morning. Not a bit of medicine did he prescribe, but he gave Mr. R. a fine list of clean, digestible foods, begged him to follow it to the letter, and told him about the quantity that should be eaten. He also advised him to drink a large quantity of water between meals.

Mr. R. was faithful, in six months he was a fine athlete, and has not known a sick day since his visit to Dr. B.

Dear old Dr. B. has passed away, but to many of us his memory is very dear. I wish that he could know of the great stride that has been made in Physical Culture, and that thousands of people to-day are living the life he recommended to Mr. R. ten or twelve years ago.

Chapter XVIII

Exercise

ONE can become an athlete with just a few minutes' work a day. It is such a wonderful thing to become perfectly healthy just from doing a few simple exercises, bathing, and keeping the stomach clean.

Not long ago we heard of a young man who in two years, from a sickly boy with joints stiffened with rheumatism, became the best developed boy in America, and he did it all by his own efforts. His circulation was poor, his blood bad and thin, and he became what he is to-day by learning a few simple exercises, correct breathing heading the list, and he gave up tobacco, alcoholic stimulants, tea, coffee, and meat.

It takes will power, perseverance, self-denial, and systematic effort to become perfectly well through following Nature's laws, but what a vic-

tory it is when we can rise to a higher platform and proclaim to the world, "I am well!"

So many people claim that *heredity* is the cause of all their troubles. It is so easy to shift all the blame that way and go on disobeying Nature's laws at every turn. It is true we inherit certain mental and physical ailments, but I believe that everything can be overcome by hard work—by a desire to *conquer*. Put your mind on the weak place and set about to build it up. If you have inherited consumption put all of your thought on your lungs. Learn to breathe correctly, take simple exercises for developing the lungs, purify your blood and keep it well stirred up, and do all you can toward building up your general health. Parents should begin with babies to try and offset inherited ailments.

If you inherited poor digestive organs do all in your power to build up the organs by careful diet and exercise.

If you are sickly and puny, with scarcely any muscular development, go into physical training for all you are worth and become strong and *natural*.

A woman of my acquaintance will eat a great dinner, including, among many horribly indi-

gestible things, a dish of cucumbers and a glass or two of iced milk, and then tell the folks in the morning that she had an awful night, and if you speak of her worse than indiscriminate eating she will roll up her eyes and say that she *inherited* gastritis from her mother.

Chronic ill health is a thing to be ashamed of. Without exception it is the result of laziness, ignorance, wrong mental attitudes, and foolish eating and drinking. One or all of these causes lie at the root of all confirmed ill health.

Above all things, learn to breathe correctly. Teach the lungs to do their full duty. By learning the abdominal breathing which comes first in my health exercises, and which is fully and carefully explained in this book, not only can the lungs be developed to their fullest capacity, but the whole system can be regulated, as when one develops the abdominal muscles to their fullest extent the stomach, liver, heart, and intestines are all benefited. Our blood is purified not only by the food we eat but by the air we breathe, and we must see to it that the lungs are fully developed.

I believe that consumptives, if they take the disease in its incipency, can be cured by going through a series of simple exercises, mastering

deep breathing, building up lung tissue by fresh air, pure blood, and good circulation. It is so necessary to eat clean food. Many consumptives are actually *stuffed* by the advice of their physicians; are told to eat an abundance of meat, eggs, everything they want, and all the whisky they can dispose of. I know that to be the case. I have lived in New Mexico, Colorado, and Arizona, have met and talked with many consumptives, and in nearly every case they were eating abnormally, thus getting their systems all out of order, instead of doing all in their power to cleanse and purify the blood so that it could build new lung tissue. I think many people are sent West who could be cured at home by taking the trouble in its first stages, exercising, dieting, bathing, and sleeping properly. Fresh air will not do it all. There are many open-air sanitariums all over the country, where people are benefited, but the *table* is not right and people do not know how to breathe in order to use the fresh air which is all about them.

"Consumption is a disease that preys solely upon the physically neglected. The tubercle bacillus flourishes in soil made suitable for it, in human beings, by a low state of vitality, an impoverished state of the blood, a weak and debili-

tated state of the lungs, and vitiated atmospheric surroundings. It is most liable to attack persons having little lung capacity, capable of receiving only a small amount of oxygen and discharging an inadequate quantity of carbonic products.

"It is the narrow-chested person, with collapsed air cells and obstructed bronchioles, that affords the most suitable soil or breeding ground for the tubercle bacillus. It is not the individual with full expansive lungs, enjoying a reasonable amount of pure air, that contracts consumption, except in rare instances of physical abuse. Such persons do not become anæmic, dyspeptic, and of low vitality. They supply their blood with enough oxygen to keep it in good condition.

"There is no important subject upon which people are more densely ignorant or indifferent than that of the proper use of their lungs. The average person breathes just freely enough to prevent a feeling of suffocation; they more or less starve their blood for the want of oxygen. A man may live days without water and weeks without food, but he cannot live five minutes without oxygen. It is the most important requirement of the human system, yet the supply is the most neglected.

"The fallacy of hereditary consumption, in the adult, has no scientific standing. The germs of the disease do not remain dormant in the body from infancy to old age and then become active. An hereditary susceptibility in certain families, an inherited tendency to afford suitable conditions, does exist.

"Good sanitary surroundings will lessen the death rate, but not stamp out tuberculosis. People contract consumption under the best sanitary environments—in open country districts in the most favorable climates; but the disease in dry, warm climates is not greatly prevalent. It does not necessarily follow that they get sufficient oxygen because of such surroundings.

"Consumption will be abated when the people give one twentieth part as much time to the development of their lungs as they do to the cultivation of their minds. There is no other part of the human system so susceptible to development as the lungs. Old age does not set any limit, and the lungs of the young can be expanded like a sponge; it is only a matter of practice that is within the power of all. That such a necessity is not taught in schools is very strange. Why should it not be? Heads of institutions of learn-

ing should admit the neglect with a feeling of shame. Pupils' lungs are developed, if at all, only as a coincidence to muscular exercises in games of sport, not by design. They are permitted to become round-shouldered, hollow-chested, and their spines distorted and their blood anæmic, under the very eyes of the most learned pedagogues.

"Teachers, members of school boards, and others having the management of educational institutions, why, O, why, do you so sadly neglect 'Young America'? Why do you not establish rules for giving your charges such physical exercise as will give them large, expansive lungs, and teach them the importance of good lungs, well supplied with good air, that they may grow up strong men and women and be less susceptible to tuberculosis? You could confer no greater benefaction."

I beg of you all to take up this matter of physical development, learn what to do to be well, and do it. Breathe correctly, exercise, bathe, and eat clean food, and be a comfort to yourself and everyone about you.

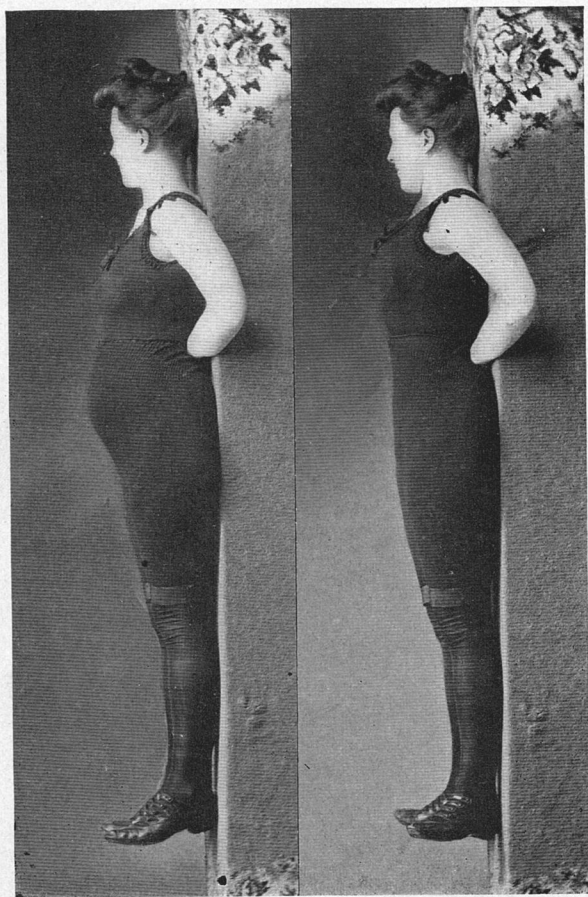
Chapter XIX

Name and Description of Exercises

Abdominal Breathing

THIS is splendid for developing the lungs, and strengthening the abdominal muscles. This starts the circulation, forces the muscles of the stomach to greater activity, gives new life to the liver, stimulates the intestines, improves the heart action, and strengthens the back.

Lie down on the floor or on a very hard couch. There must be no yielding under the body. Take a deep breath through the nose, raising the abdomen as you do so. Then, still holding the breath, force the chest up, letting the abdomen down. Up with the abdomen again; up with the chest. Let the breath out through your nose while chest is raised. Practice that until you can do it five times without letting out your breath—abdomen



ABDOMINAL BREATHING



and chest up alternately. Can you not see how that exercise will be very beneficial? It will be hard at first, but you can do it.

Ninety-nine women out of a hundred are weak in the abdominal muscles, and it is a fruitful cause of many ills that women are heir to.

Practice this breathing faithfully. You will very soon be able to do it well. Practice when you are on the street—no one will see you; on the street car—everywhere you go. Take a deep breath; harden abdomen muscles; up with the chest. There you have it. While chest is up take about ten steps before letting out your breath. If you patronize the ferryboats stand out by the railing and take deep breaths through the nose, hold a few seconds and then expel, also through the nose. Do that all the way over. It is a great health recipe. (See page 149.)

I advise people who are troubled with constipation to do this abdominal breathing faithfully.

Run

Now for a run! You have learned to breathe, and may begin to use the breathing in every exercise.

Heels together, toes apart. (One must use very easy slippers in all these exercises.) Hands on hips. Take a deep breath. Now start on a run, but stand just where you are. Give a spring with knees bent—right foot out in front—left foot—right foot—left foot—right foot—left foot. Never let heels strike the floor. Hold breath while you count five. Then expel. In that way run up to twenty-five without stopping; then up to fifty and one hundred as you grow stronger. Of course, people with any organic trouble will not do this unless under the supervision of a physical culture teacher or doctor.

After you have run twenty-five rest a bit, then twenty-five more, until you have run one hundred. That will be enough for the first few days. Then get up to two hundred, in blocks of twenty-five or fifty. Several runs like that through half an hour's exercising are glorious for the health. While you are holding your breath there is no abnormal strain on the heart. If you laugh and talk while going through the exercise it may prove harmful, but if you keep your mouth tight shut, breathe through your nose, and hold the breath while you take about five steps there is not a particle of danger of hurting yourself.

This exercise starts the circulation, develops the lungs, and brings the leg muscles into play.

This is one of the exercises I give for reducing the hips. It takes off superfluous flesh and builds up strong muscle. It is good for a general exercise for everyone. It strengthens the heart if taken in great moderation.

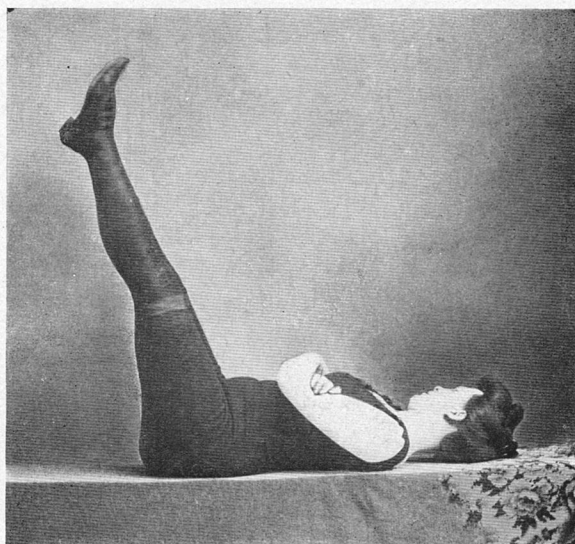
If possible, be by an open window, or outdoors, when you take this exercise, so as to get fresh air into your lungs. Lie down and rest a few minutes after this exercise.

It is impossible to illustrate this, but I can show you the position you are in after you take the first spring. (See page 150.)

Raise Feet

Lie on the floor or on a hard couch. Hands to the side, feet close together. Take a deep breath, raising the abdomen. Raise limbs as high as possible without bending the knees. Then let them down slowly, all the while holding your breath. When the feet touch the floor expel breath. Take another breath and do it again. Try and raise the limbs to a perpendicular position, and then see how slowly you can let them down, and try to touch the floor without any sound. Do this two

or three times, and then as the muscles get stronger do it five and ten times. After a while you can fold your arms while you do it.

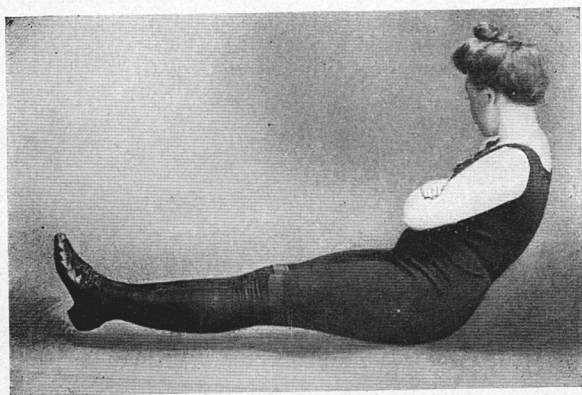


This is a grand exercise. It develops the leg muscles, strengthens the abdominal muscles and is a great thing for the back. Be sure and keep the knees stiff.

This is one of the exercises I give for reducing the abdomen.

Sit Up

Still on the floor, with hands to the side, take a deep breath, hold it, raise abdomen, keep knees stiff and feet on the floor, and slowly raise your body to a sitting posture. Be sure and do not let



your feet leave the floor. Go down again, slowly, and expel breath. Do it two or three times at first, and then five and ten times as you get stronger. This can be accomplished with ease if you allow somebody to hold your feet down, or if you can catch your toes under something. That might do for the first few times, but the only way

to derive any real benefit from this exercise is by your own individual efforts. At first you can try doing this exercise with your hands at your sides. Later, as you grow stronger, fold your arms.

This is an exercise which was probably one of the favorite recreations of the early Roman athletes, and which is known and practiced in nearly every gymnasium under the sun to-day. The mere fact that it has stood the test of time is an excellent recommendation in itself. You should try this exercise at least two or three times a week. It will serve to remind the muscles of your legs, chest, and back that they have work to do. It will also keep your liver and kidneys from getting sluggish.

This is another exercise for reducing superfluous flesh on the abdomen. You see friction creates heat, and heat destroys fat.

Tiptoe

To strengthen the calves of the legs, stand erect. Feet in position. Take a deep breath. Raise heels from the floor as high as you can, standing on tiptoe. Down; up; down; up. Do it if possible without taking hold of anything, and





with your hands on your hips. Do it as many times as you can without tiring the muscles too much. Perhaps you can only do it ten or twenty times at first. It will make you a bit lame, perhaps, but do not pay any attention to a little thing like that. Lameness shows that the muscles are waking up, perhaps after years of lying dormant, and the more they are exercised the sooner will they get hardened. Be sure and take long breaths while you are doing this exercise. Hold breath while you tip up and down several times, and then expel—always through the nose.

Not only will this strengthen the calves of the legs, but it will reduce hips if they are too large.

Back on Heels

Now, standing in the same position, put weight on heels and raise toes; that pulls on the back muscles of the leg and strengthens the thighs. (See page 158.)

Limber Waist

Stand erect, heels together. Take a deep breath. Put left hand high in the air, arm close to the head. Right arm close to the body, the



tips of the fingers nearly touching the side of the knee. Body bent to the right. Right hand raised in the air, left hand down to the side, body bent to the left.

Do that ten times, moving the body from side to side, holding the breath and expelling every few seconds.

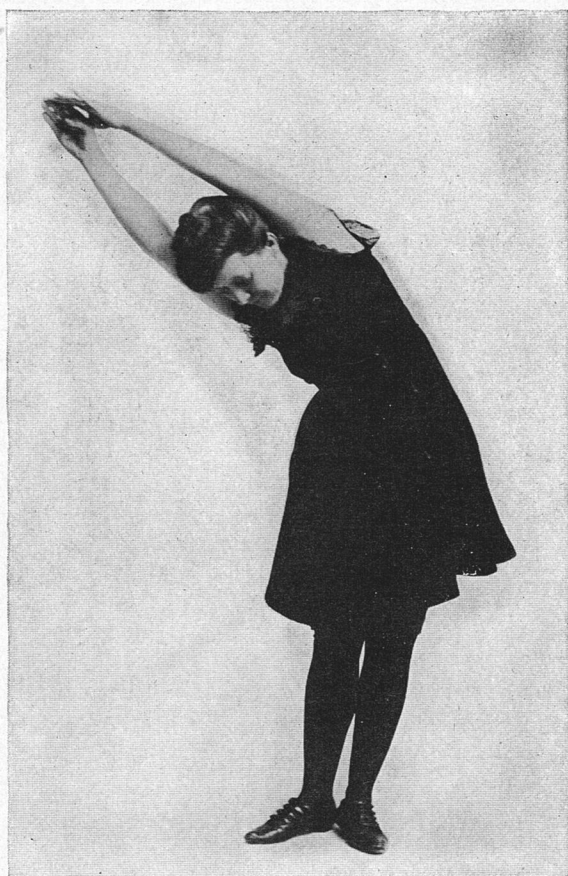
This will strengthen and at the same time make supple the waist muscles. Fine exercise for the liver.

Hands Over Head

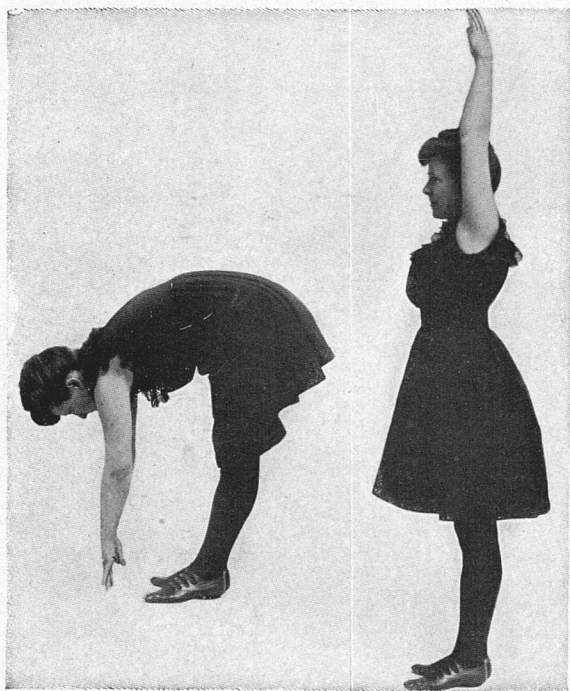
Now put both hands high over head, hands clasped together, and bend body from right to left. Breathe, hold, expel. Keep knees stiff. Bend only from the waist. This is another good *liver* exercise. (See next page.)

Tips of Fingers to Floor

To limber the waist and back muscles raise hands high over head; then, with knees stiff, stoop over and try to touch the floor with the tips of your fingers. Take a deep breath as you raise your hands over your head, and expel as you come down.



That is a fine exercise. Not only will it limber up the waist and back muscles, but it will very



soon reduce a too large abdomen if done faithfully. Stoop over about ten times at first, and then increase to twenty-five and fifty times as you



grow in strength. It is one of the exercises I give for constipation.

Nearly everyone's muscles are rusty at the waist line, so this is a good exercise for fleshy, thin, and medium-sized people.

Wrist Exercise

To strengthen the wrists and develop the arm muscles stand erect, take a deep breath, extend right arm, bending it at the elbow. Clinch fist, making it as hard as possible, and turn to the right and the left, holding the forearm rigid, and turning only from the elbow. Turn the hand from side to side twenty-five times, breathing, holding the breath, expelling. (See page 164.)

Then take the other hand and do this twenty-five times; then both hands together twenty-five times. Put plenty of force into this exercise.

Expand Chest

Stand erect. Hands on hips. Stoop over a little and contract chest. Then take a deep breath through the nose, throwing shoulders well back, and the chest out as far as possible, abdomen held







well in. Hold breath a few seconds, and then expel. (See page 166.)

Repeat this at least ten times to begin with, and after a week or two do it fifteen or twenty times.

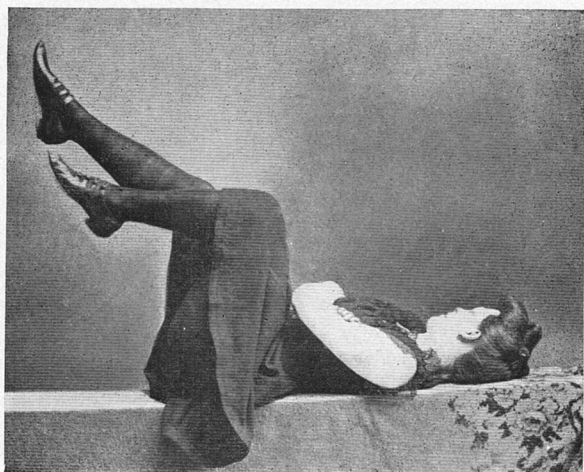
Calisthenics

I think you all understand the old-fashioned calisthenic exercise you used to do in school. Hands clinched; deep breath; arms out in front five times, to the sides five times, up five times, down five times, holding and expelling the breath at each different five. Do this very vigorously. That is fine for starting the circulation. (See page 167.)

This is a very hard exercise to illustrate.

Chest Developer

Stand erect. Deep breath, tips of fingers on the center of chest. Now throw the hands well out to the sides, vigorously, back again to the center of the chest and out again, throwing the arms back as far as possible. Repeat ten times, taking deep breaths, holding, expelling. This is a simple but a grand exercise. Watch the chest muscles develop under it. (See preceding page.)

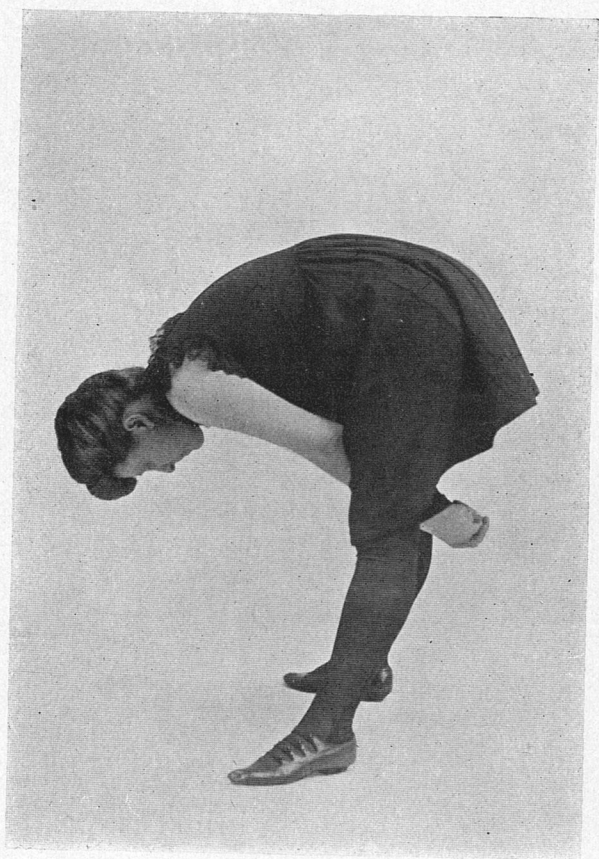


Bicycle Exercise

Lie on the floor. Take a deep breath, raise abdomen, and raise feet without bending the knees. When they are nearly perpendicular bend knees and make the legs go as they would if you were riding a wheel. Turn the toes up and down as you make the revolutions. Do that for quite a while. Breathe, hold, expel.

That starts the circulation, develops the muscles of the legs, and reduces too large hips. It is also fine for the back and liver.





Arm Exercise

Stand erect, feet in position. Take a deep breath and with tightly clinched fists swing one arm and then the other, and then both together. Breathe, hold, expel. Each arm ten times, and ten times swinging them both together. (See page 171.)

This is a hard exercise to illustrate.

Back Exercise No. 1

Stand erect, legs wide apart. Take a deep breath, and stoop over without bending your knees. Then raise your clasped hands and put them as far over your head as you can. Now come down and swing your hands back between legs. If you like you can hold a three-pound dumb-bell in your hands. That will make a little more resistance and be good for the arm muscles, but is not an absolute necessity.

Do this exercise ten times quite vigorously. You will find this a splendid exercise for the back and good for reducing a too large abdomen.

Breathe, hold, expel. (See page 172.)



Back Exercise No. 2

Bend body. Hands together in front, thumbs interlocked. Now stand upright, then over—up—over—up—ten or fifteen times—hands kept always in front. That is a fine back exercise,



though seemingly a very simple one. It is a pretty good imitation of washing something on a wash-board, but, as Sam Weller would say, it is more "romantiker"!

Neck Exercises

Stand erect, heels together and toes apart, hands on hips. Take a deep breath. Move head forward on chest five times; over back five times; to the right five times; to the left five times; from right to left and from left to right ten times. This is a fine exercise. It has cured many a headache by starting the blood in the head into active circulation. I also use it with good success in reducing a double chin. And it strengthens all of the neck muscles. (See preceding page.)

Breathe, hold breath, and expel during this exercise.

West Point Spread

Stand erect. Hands on hips. Take a deep breath. Drop down, letting body touch heels. Knees apart. Do that five times. That is fine for strengthening leg muscles and cultivating balance. (See next page.)



Raise Knees to Chest

Stand erect. Take a deep breath. Bend knee of right leg and try to touch your shoulder with it. Do that ten times, breathing, holding breath, and expelling. Then the other leg ten times.

This is fine for the liver and waist muscles as well as for the legs. (See next page.)



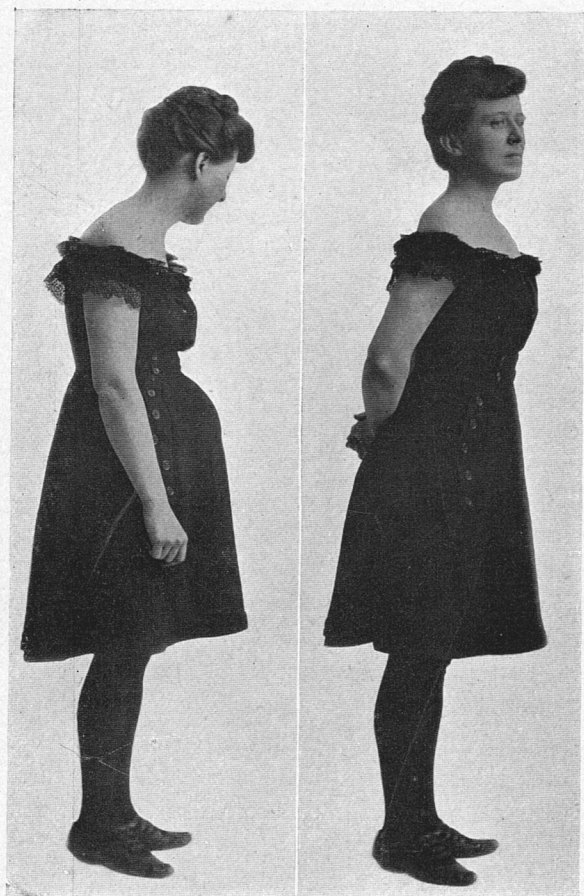
To Start Circulation and Reduce Hips

Now we will have another run, and while you are doing that swing your arms in different positions. Ready. Stand erect. Feet in position. Hands on hips. In with a deep breath. Now the running step. Swing arms backward and forward; raise them above your head; out to the side; down; up; both hands to one side; to the other side; down; up; out in front, all the time taking the running step, breathing, holding, expelling.

Do that while you count twenty-five, at first, and then more as you get used to it. Be very particular about breathing.

Now we are ready for the bath and rub down. If you have a shower, well and good. If not, take a scrub with medium cold water, using big bath brush and good soap. Scrub thoroughly until the skin is all aglow. Then use a rough towel until thoroughly dry.

Of course, I do not expect a beginner to do all this in one day. It will take a person a long time



The Body Beautiful

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to go through all of these exercises and master them. You must use your judgment as to how little or how much you can do at one time. Be sure to always bathe after exercising.

Chapter XX

Specific Exercises for Reducing and Developing the Body. For Indigestion and the Liver

I HAVE tried, on the following pages, to go into careful detail in regard to specific exercises for whatever part of the body a person wishes to develop or reduce. I also give a list of a few general exercises to be taken every day by everyone who is able to exercise at all. Every exercise is to be gone through with great moderation at first, so that the muscles can be developed gradually. You must expect to be lame, more or less, but you must not mind that. Do not become discouraged and give up exercising. Keep on, patiently, day after day, and soon the muscles will harden, and lameness will be a thing of the past.

I would ask that you familiarize yourself with

the names of the various exercises that are illustrated, and then it will be easy to follow the movements classified for the different ways to improve the body.

After a person has mastered all of the exercises, and it is necessary to know them all so as to wake up every muscle in the body, then, unless a particular result is desired, such as developing or reducing a certain part of the body, or strengthening a special organ, it will only be necessary to go through the following exercises each day:

“Run” one hundred times.

“Abdominal Breathing” for five minutes.

“Calisthenics” three minutes.

“Raise Feet” five times.

“Sit Up” five times.

“Tiptoe” twenty-five times.

“Limber Waist” twenty-five times.

It will not take over twenty minutes to do those seven exercises. One can keep in good condition by just doing those daily, but once in a while review *all* of the exercises.

It has been hard to get suitable names for the different exercises, but I have done the best I could.

To Reduce Abdomen

"Run" as much as possible.

"Abdominal Breathing" five minutes twice a day.

"Raise Feet" ten times.

"Sit Up" ten times.

"Limber Waist" twenty-five times.

"Hands Over Head" twenty-five times.

"Back Exercise No. 1" ten times.

"Back Exercise No. 2" ten times.

"Tips of Fingers to Floor" fifty times.

"Raise Knees to Chest" ten times.

"Bicycle Exercise" five minutes each leg.

Exercises for Indigestion

"Run" fifty or one hundred times.

"Abdominal Breathing" five minutes at a time until relieved.

"Back Exercise No. 1" ten times.

"Back Exercise No. 2" ten times.

"Raise Feet" ten times.

"Sit Up" ten times.

"Limber Waist" twenty-five times.

"Hands Over Head" twenty-five times.

Stomach and abdominal massage for about ten minutes.

Drink as much real warm water between meals as possible.

Hot water and orange juice the first thing in the morning.

Take no liquids with meals.

Exercises for the Liver

"Run" as much as possible.

"Abdominal Breathing" five minutes at a time.

"Raise Feet" ten times.

"Sit Up" ten times.

"Limber Waist" fifty times.

"Hands Over Head" fifty times.

"Back Exercise No. 1" ten times.

"Back Exercise No. 2" ten times.

Stand erect. Turn body around to the right, just as far as possible. Do that ten times.

"Calisthenics" five minutes.

"Raise Knees to Chest" ten times each leg.

"Bicycle Exercise" five minutes.

Drink as much buttermilk as possible. That is FINE for the liver.

Bust and Chest Developement

"Abdominal Breathing," forcing chest well up, five minutes.

"Run" one hundred times, taking deep breaths.

"Calisthenics" five minutes.

"Chest Developer" ten to twenty-five times.

"Expand Chest" fifteen times.

"Run," swinging arms in different positions, fifty times.

Gentle bust massage with cocoa butter.

Rub chest and neck every night with cocoa butter. Wash off in the morning with warm water, and then dash on cold water.

To Develop Arms

"Calisthenics" vigorously for five minutes.

"Arm Exercise," each arm ten times, and ten times swinging them both together.

"Chest Developer" twenty-five times.

"Wrist Exercise," each arm twenty-five times, and twenty-five times when making both arms go.

I would recommend the use of one-pound dumb-bells in doing these arm exercises. Do it all vigorously.

Rub arms for five minutes daily with cocoa butter. Wash off with warm water and rinse with cold.

To Develop Neck

"Neck Exercises" for five minutes.

"Abdominal Breathing" three to five minutes.

"Chest Developer" twenty-five times.

Rub throat well with cocoa butter. Knead flesh thoroughly and gently, so as to bring the blood well to the surface.

Before using the cocoa butter, rub chest and neck thoroughly with lemon juice. That will whiten the skin. Do this daily.

To reduce flesh on neck, for double chin, etc., do the "Neck Exercise" for five minutes twice a day, and dash with cold water.

To Strengthen Back

"Run" one hundred times.

"Abdominal Breathing" five minutes.

"Raise Feet" ten times.

"Sit Up" ten times.

"Back Exercise No. 1" twenty-five times.

"Back Exercise No. 2" twenty-five times.

"Tips of Fingers to Floor" twenty-five times.

"Bicycle" five minutes.

To Make Waist Supple

"Sit Up" ten times.

"Limber Waist" twenty-five times.

"Hands Over Head" twenty-five times.

Stand erect. Turn body around as far as possible, keeping knees together and not moving legs. Turn from right to left.

"Abdominal Breathing" five minutes.

"Tips of Fingers to Floor" ten to twenty-five times.

"Back Exercise No. 1" ten times.

"Back Exercise No. 2" ten times.

"Raise Knees to Chest" ten times each leg.

Rub all around waist with cocoa butter a few minutes daily.

To Develop the Legs

"Run" as much as possible.

"Raise Feet" ten times.

"Tiptoe" fifty times.

"Back on Heel" fifty times.

"Tips of Fingers to Floor" twenty-five times.

"Run" on one leg fifty times.

"Run" on other leg fifty times.

"Raise Knees to Chest" ten times each leg.

"Bicycle" five minutes.

"West Point Spread" five or ten times.

To Reduce Hips

"Run" as much as possible.

"Tiptoe" fifty times.

"Back on Heel" fifty times.

"Raise Feet" ten times.

"Limber Waist" twenty-five times.

"Tips of Fingers to Floor" ten times.

"Run" on one leg twenty-five times.

"Run" on other leg twenty-five times.

"Raise Knees to Chest" ten times each leg.

"Bicycle" five minutes.

"West Point Spread" five or ten times.

Of course you cannot do all of these exercises as many times as this at first, but try each one and increase each day.

These exercises will surely take off superfluous flesh. Do them once a day, and you will begin to see results at the end of a month. It will be hard

for you to understand it, perhaps, but the same exercises are to be taken for *developing* the hips. You see, these exercises develop *muscle* and work off flesh. If your hip muscles are undeveloped they will grow larger under these exercises and add inches to your hip measure, from a *muscle* standpoint, but all diseased, superfluous flesh will be taken off by heat which is caused by the friction of the exercises. Superfluous flesh cannot be taken off if it is not there, and if skin is drawn tightly over the hip bones and there is no indication of muscle whatever, after you have been exercising faithfully for a month you will see the muscles expanding; and if the stomach is strengthened and a fattening diet followed, and the flesh about the hips is kneaded with cocoa butter about five minutes daily, I think you will find out that what I recommend is right.

Chapter XXI

Health Meals for One Week

(I suggest a drink for the morning meal for those who feel they cannot do without some liquid.)

Breakfasts

Monday.—Prunes, Force, soft-boiled eggs, entire wheat bread toasted, hot grape juice.

Tuesday.—Baked apples, Korn Krisp, toast, hot milk (not boiled).

Wednesday.—Oranges, shredded wheat biscuits, with poached eggs, toast, weak cocoa.

Thursday.—Peaches, egg omelet, zwieback or toast, hot milk or hot water.

Friday.—Grapes, fish, toast, hot grape juice.

Saturday.—Prunes, baked apples, zwieback, hot milk.

Sunday.—Oranges, Force, soft-boiled eggs, toast, hot grape juice.

Lunches

Monday.—Tomato cream soup, celery, entire wheat bread, custard.

Tuesday.—Boiled onions, bread, lettuce, rice pudding.

Wednesday.—Bean soup, bread, baked sweet potatoes, fruit.

Thursday.—Egg omelet, sliced or stewed tomatoes, bread, chocolate blancmange.

Friday.—Pea soup, bread, baked potatoes, fruit.

Saturday.—Fish, corn bread, corn, weak cocoa.

Sunday.—Baked beans (without pork), stewed tomatoes, toast, jelly, fruit.

Dinners

Monday.—Steak (broiled), baked sweet potatoes, celery, boiled onions, sliced oranges.

Tuesday.—Tomato cream soup, lamb chops, spinach, mashed potato, raw tomato and lettuce salad, fruit.

Wednesday.—Beef stew, made with tomatoes, potatoes, onions, and carrots; baked sweet potatoes, boiled onions, gelatine pudding.

Thursday.—Roast chicken, boiled rice, mashed potatoes, asparagus, tapioca pudding.

Friday.—Fish, baked potatoes, celery, string beans, custard.

Saturday.—Bean soup, lamb chops, peas, baked potatoes, chopped dates and prunes, with a bit of cream or milk.

Sunday.—Fricasseed chicken, boiled rice, mashed potato, celery, tomato and lettuce salad, custard, and nuts.

These meals are just to convey an idea to housekeepers who are tired of thinking what to have, and who would like to have healthful meals if they only knew what to get. Of course, the vegetables will depend upon what is in the market; and fruit, also—but we can have almost any kind of fruit the year round. Prunes, oranges, grapes, and apples can nearly always be depended upon.

I advise the use of ENTIRE WHEAT BREAD exclusively, varied with zwieback, graham crackers, shredded wheat biscuits, and corn bread made thin and crisp. Never eat white bread if you can help it, but if you can get no other kind eat only the crust. I think graham crackers are all right.

Chapter XXII

Question Department

Q. I AM troubled with rheumatism. What treatment would you advise?

A. Fast for two days, drinking as much water as possible. On the third day adopt a vegetable diet, eating sparingly of entire wheat bread and fruit. Monday take the juice of one lemon; Tuesday, the juice of two; Wednesday, the juice of three, and so on until you take the juice of twelve. Then go back—the juice of eleven, ten, nine, eight, etc., until you get back to one. Follow a few of the exercises shown in this book, going through them vigorously, once a day, and take a daily scrub bath, adding salt to the tepid water. After the bath sponge off with “Sedative Wash,” the recipe for which you will find in the back of this book. Once a week take a hot bath. Take a cabinet bath if you can, perspiring about twenty minutes. Wash off afterward, drying with a *rough* towel.

Keep this treatment up faithfully. If you do not see any result from using the lemons wait two weeks and try it again. Consult my list of healthful foods.

Q. I am troubled with chronic constipation. Please tell me what to do.

A. Read my chapter on "Constipation," in this book.

Q. My little son has a very narrow chest, coughs a good deal, and is very nervous; cannot sleep at night. I am very anxious to have him cured without drugs. What would you advise?

A. Teach him the "Abdominal Breathing" illustrated in this book, the "Run," "Calisthenics," "Chest Developer," and "Expand Chest." Rub his chest well with cocoa butter before retiring. Scrub him every morning with a stiff brush in lukewarm water, and do not let him have any meat. Consult my list of healthful foods. Give him a glass of warm milk before retiring.

Q. I am a stenographer, and get very little exercise. I am troubled with dizziness and cold hands. What would you recommend?

A. Take twenty breaths at the open window when you first get up in the morning. Cover your chest well and breathe through your nose. Go

through four or five exercises vigorously for ten or fifteen minutes—the “Run,” “Abdominal Breathing,” “Raise Feet,” “Sit Up,” “Tiptoe,” and “Calisthenics.” Take fine scrub bath afterward, using stiff brush and tepid water. Do not eat any meat for two weeks. Live on fish, chicken, fruit, and vegetables, and drink a large quantity of water between meals. Do not drink tea or coffee or any stimulants. Eat entire wheat bread toasted, if possible.

Q. I am going hunting. What would you advise me to eat on the trip? I am going for my health.

A. Eat plenty of game (if you are fortunate enough to get any), baked potatoes, and canned fruits. You do not need a large variety. Eat only entire wheat bread, or the crust of white bread. Learn the “Abdominal Breathing” (illustrated in this book), and take deep breaths of the glorious fresh air. If possible, take a quick scrub bath every morning.

Q. I have had diarrhea for nearly three weeks. I have tried every drug my doctor can think of, but cannot stop it. I have no appetite and stay in bed most of the time. Is there anything you can suggest?

A. There is evidently something in the intestines that Nature is trying to get rid of. Drink a glass of Hunyadi water for two mornings. Eat three simple meals a day, selecting from the following foods: Fish, chicken, game, eggs, celery, boiled onions, spinach, baked potatoes, lettuce, and rice; fruit, in small quantities, and entire wheat bread toasted, shredded wheat biscuits, zwieback, Force, and Grape-nuts. If you are not sure of the drinking water boil it, and drink a good deal of it between meals. Take nothing iced. If possible, drink a little hot grape juice with your meals, and a little boiled milk in the beginning of the treatment. Stop that as soon as the bowels become more normal. It is wrong to stay in bed. Take twenty breaths at the open window when you first get up in the morning. Have your chest well covered and breathe through your nose. Then spend about five minutes doing the "Abdominal Breathing" (illustrated in this book). Take a quick bath with a stiff bath brush, and add salt to the water. Until you are strong enough to walk a few blocks, sit outdoors in the sunshine and take deep breaths. Do not eat between meals, but drink plenty of water.

Q. What would you suggest for a person who is subject to biliousness, and who has vomiting spells every few days?

A. Fast for one day, drinking plenty of water, and then eat only fruit for one day—two or three kinds of fruit, three times a day. After those two days of getting your stomach and intestines cleaned out follow a simple vegetable diet, and drink hot water and orange juice or hot diluted grape juice between meals. If milk agrees with you drink it hot (not boiled). Go in for vigorous exercising; follow some of the exercises given in this book, and, above all, learn the “Abdominal Breathing.” Practice that from three to five minutes twice a day. Take a quick scrub bath every morning, and walk as much as possible. Fast one day every week.

Q. I have sharp attacks of indigestion after eating. Have given up coffee, but cannot seem to give up ice water.

A. Your stomach is clamoring for a rest. Fast one day, and then for one week eat very simply: Grape-nuts, baked apples or apple sauce, entire wheat bread toasted, boiled onions, celery, custards, and grape juice. Make up your mind never to take any more ice water as long as you live.

Drink real warm water for a day or two between meals. Put a drop or two of orange or lemon or grape juice in it if you cannot drink it plain. Eat two meals a day if you can—at 10 A. M. and 5 P. M.—and eat nothing between meals, but drink plenty of water, especially if you feel faint. Learn the “Abdominal Breathing,” and practice it from three to five minutes twice a day. Touch the tips of your fingers to the floor (or go over as far as you can) fifteen times twice a day. Take a scrub bath every morning, and walk as much as possible.

Chapter XXIII

A Few Health Rules in a Nutshell

1. TAKE twenty deep breaths at the open window every morning, through the nose, chest well covered. Keep mouth tightly closed. If the morning is very cold only take ten breaths. Do not mind if you get a little dizzy. Just rest a little longer between breaths.

2. Exercise faithfully every day, paying particular attention to ABDOMINAL BREATHING.

3. Quick scrub bath daily, with tepid or cold water. Add salt to the water occasionally. Rub thoroughly afterward with rough towel.

4. Drink as much water as possible *between meals*. About three times a week drink two or three glasses of real warm water, and then do the Abdominal Breathing for five minutes. That acts as a fine flush for the stomach and bowels.

5. Walk one mile a day, at least, and more if possible.

6. When out of doors take deep breaths through the nose. Every once in a while take a breath and hold it while you walk a few yards.

7. Drink a glass of hot water every morning, and if you cannot take it plain add the juice of an orange, or a little lemon or pineapple juice.

8. If you can drink grape juice diluted with hot water, weak cocoa, cereal coffee, or hot milk (not boiled), instead of tea and coffee, you will be better off.

9. Never touch pork in any form.

10. Do not eat between meals.

11. Never touch ice water.

12. Eat one hearty meal a day and two light ones.

13. If ever you feel badly miss a meal or two.

14. Sleep seven or eight hours every night.

15. Have sleeping room splendidly ventilated.

16. A glass of hot milk taken before retiring is very beneficial.

17. Keep your bowels open.

18. Eat clean food.

19. One day in the week eat only fruit.

20. Fast one day out of every month.

21. Drink all the buttermilk you can.

22. Eat onions.

23. Avoid pie, rich cake, rich puddings, puddings with pastry, fried foods, hot bread, hot biscuits, Welsh rarebit, lobster, crabs, rich salads; tea, coffee, beer, and all kinds of stimulants; veal, pork, highly seasoned foods, doughnuts, pickles, olives (unless eaten perfectly ripe in the countries where they grow), radishes, cucumbers (unless fresh from the garden), sardines, and canned salmon. (See list of health foods in this book.)

24. Do not drink water at meals. Half an hour before a meal and one hour afterward drink as much as possible.

25. Eat any of the light cereals now on the market, with milk or cream, and not too much sugar.

26. Beef, mutton, or lamb, once a day, and once in a while go without meat for a week or so.

27. Women, wear no corset at all, or wear a very loose one.

28. Do not eat too much while traveling. Eat one meal in the dining car and eat fruit morning and evening. If on board ship eat two meals, and be as much as possible on deck, taking deep breaths through the nose.

29. Have a clear complexion by keeping the stomach clean.

30. Wear low-heeled, thick-soled, rubber-heeled shoes.
31. Keep scalp perfectly clean.
32. Take good care of your teeth.
33. Take good care of your hands.
34. Take good care of your feet.

Chapter XXIV

Recipes

I AM sure that nearly every woman who reads this book has a jar of cold cream on her dresser. Perhaps you make it yourself, or know how it is made, and, therefore, are not interested in any other. For several years I have used a fine cold cream made by "Mme. Qui Vive," of the *Record-Herald*, Chicago. She is kind enough to let me give the recipe in this book. I also want to give you her prescription for a fine hair tonic, which I have used for a long time, and her astringent wash for the face.

I am just going to recommend a few things in this book in the way of toilet articles. As long as women will have these things they may as well have something that has been tried and not found wanting.

Crème Marquise

Mme. Qui Vive

One quarter ounce white wax.

Two and one half ounces spermaceti.

Two and one half ounces oil sweet almonds.

Melt all together. Remove from fire, and add one and one half ounces rosewater. Then beat until *creamy*, not until cold. Be sure and get only one quarter ounce of white wax.

Astringent Face Wash

Mme. Qui Vive

Take a half pint bottle and put in it one and one half ounces cucumber juice. Half fill the bottle with elder flower water; add one ounce eau-de-cologne, and shake well. Then add one half ounce simple tincture of benzoin. Shake slightly and fill with elder flower water.

Apply with soft sponge to face night and morning.

This is for coarse pores, oily or flabby skin. Try this alone for a while, or alternate with cold cream.

Fine Lotion for the Face and Hands

Miss Mary Welch

Two ounces glycerine.

One ounce benzoin.

One ounce quince seed.

One and one half pints boiled water.

Mix water and quince seed. Let stand twenty-four hours. Strain. Add glycerine and benzoin after they have been thoroughly mixed together. (It is well to beat the glycerine and benzoin with a fork.)

Hair Tonic

Mme. Qui Vive

Seven ounces listerine.

One half ounce tincture of cantharides.

One dram bisulphate of quinine.

After that has been well rubbed into the scalp with a toothbrush rub pure white vaseline on the scalp with the fingers. Part the hair off, and try and not get it greasy with the vaseline. Just use a bit on the ends of the fingers, and rub *well* in.

Sedative Wash

Netta Gordon Rood

Dissolve one teacupful of salt in one quart of hot water.

Take two-quart bottle. Put in four ounces spirits of camphor and one ounce of ammonia.

Add the hot water and salt, and shake well.

After a bath this is most refreshing. Just put a little of it in a bowl, add a little water, and sponge off with it. It is a fine antiseptic.

Improved Flaxseed Poultice

Netta Gordon Rood

Two cupfuls of flaxseed *meal*. Boil in water fifteen minutes. Add tablespoon heaping full of salt, two tablespoonfuls of spirits of camphor, one tablespoonful of ammonia, two tablespoonfuls of olive oil.

I hope that my readers will get so well and strong from following the advice given in this book that they will never have to know anything about a poultice, but for a cold on the lungs or a pain in the back or abdomen, or anywhere where

heat is needed, this is really a wonderful, soothing, healing poultice.

Make two poultices, spreading on cheesecloth. While one is on the body keep the other hot in a steamer and change as often as required.

