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A LAY SERMON ON EXERCISE

BY PAUL SUPER

General Secretary, Honolulu Y.M.C.A.

When Dr. Geo. J. Fisher of New York City said: "This is a physchic age," he hit the nail on the head. The average business man does most of his work with his mind, increasingly less with his body. Many of your duties, Mr. Business Man, you perform by pushing a button, dictating a letter, taking down a receiver, hiring a hack or an auto. Then you wonder why your stomach gets big, your legs small, your digestion poor, and you wind—well, you haven't any. Those physical duties that kept a man in good condition half a century ago have been removed from his life by modern inventions, and new means must be found to preserve the physical basis mental efficiency.

Dr. Fisher, quoted above, is probably doing more to promote physical efficiency than any man in America. He is at the head of the physical department of the Y. M. C. A. of North America, leader of the work going on in the Association's 541 gymnasia, 367 swimming pools, 323 bowling alleys, and 135 athletic fields. He has studied the subject of physical education, and what he says is profitable reading.

Here are some of his ideas:

Man's body is being considered more as a physical mechanism which is subject to natural laws.

The efficiency of this machine determines the efficiency of mind and spirit.

Bodily energy must be reckoned with if mental ability and spiritual power are desired.

The body may often be the block of higher powers. It likewise may be the secret of a higher experience.

Most sins are physical. Much bodily ills. Much failure is due to lack of bodily energy.

Man is first physical, then psychic; first muscular, then nervous, then moral. True morality rests upon a sound muscular and nervous system.

Men do not break down through overwork nervously, but through overwork physically. The sense of danger, a rich, emotional life, the capacity for deep feeling comes through play. Time taken for play keeps enthusiasm alive. Artificial exercises in gym room are sorry substitutes for play; they lack the psychic stimulus.

Muscle and Health.

This is good gospel the doctor is preaching. By the way, he is an M. D., not a D. D. One false idea Dr. Fisher is hitting at is the impression in the mind of some young men that size of muscle has a relation to health. Well, it has, but not the relation most of them think. George L. Martin, a leader in physical education in Chicago, has this to say on the muscle question:

One does not need great bulk of muscle in city life and it is expensive to keep up more than is necessary. The business man will maintain a big iron frame to lift only 5-ton loads. Muscles which are larger than are necessary to health are a drain on vitality. This accounts for the baggage look frequently seen on the face of a professional strong man.

But the other extreme, lack of muscle is as bad, or worse, Mr. Martin says. "A flabby muscle is not only a hinge between willing and doing, but it may also be the defective link in an otherwise strong chain. It may cause the soft-coil pounding the blood as it passes in its course through the body. Flabby, withered, unused muscle is neither ready to meet the ordinary emergencies of life nor to resist disease." I saw a fine illustration of this the other day when a business friend of mine tore the muscles of his leg merely running at a slow gait. It could never have happened if he had not neglected exercise for years.

City Life the Trouble.

City life, of course, is the cause of the whole trouble. But city life has come to stay, though it is "playing hell" with vitality. The body was made to be used, and woe to the man who fails to keep it in good condition through lack of use. A writer gives these reasons for daily exercise.

(1) For health and vitality of tissue sufficient to resist the onslaught of disease and the rack of the city.
(2) For endurance—the ability to use one's capacity to the limit.
(3) For strength and skill sufficient to extend one's efficiency or to save in an emergency.
(4) Because mental adaptability seldom moves beyond the line marked by the variety and extent of muscular co-ordination.
(5) Because experiences fundamental to fraternity and leadership cannot be so well secured in any other manner.
(6) Because it offers the most wholesome methods of recreation.
(7) For one's personality and sympathy, a feeling of social responsibility is keyed up largely to quality to tissue.

Exercise, but do not get the "big muscle" mania. John L. Sullivan was said to have such bulky muscles that he could not reach the collar button at the back of his neck. Experiments with Sandow showed him to be unusually slow and very inaccurate in muscular activity. Efficiency was sacrificed to size. The winner of an exhibition in muscular development and physical symmetry was challenged to a series of contests. His ability to lift weights gave birth to the question as to his ability to do anything else. Here are the results: He could not climb a rope, could not jump high, could not do simple exercises on the parallel bars. He could not even make handball interesting for his opponent, was easily thrown in wrestling by a man twenty pounds lighter than he. His huge muscles were not only of no use but were actually a physical hindrance to activity, and a hurter-up of vitality.

The past fifteen years have witnessed a revival of physical exercise, from it swung to the extreme of big bulky muscles. But sufficient time has elapsed to have demonstrated the folly of this fad, and sane men are working for moderate, firm, but pliable muscles, having as aims the throwing off of impurities, purifying the blood, stimulating the circulation, aiding digestion, and developing agility rather than muscle.

This climate demands exercise. A study of local men shows that the men who can work long and without frequent vacations are the men who get regular exercise of some sort. The man who wants to "make good," and keep on doing so will exercise.

WAR IN INDIA ON FEMALE SLAVERY

British Prestige Impaired by the Importation of Immoral White Women

ALLAHABAD, India, Oct. 19.—The government of India has given formal sanction to the Hon. W. C. Madge to introduce in the imperial legislative council a bill for the suppression of the female slave traffic in India. For a long time past European victims have been imported into India in considerable numbers, and of late a steadily increasing traffic has been going on unchecked in Japanese girls.

"The importation of a white woman into India," Dr. Madge has observed, "aims a more deadly blow at British prestige than any amount of sedition." It is therefore of the utmost importance that early and earnest endeavors should be made to throttle this degrading traffic.

The bill which Mr. Madge is to introduce in the forthcoming autumn session has not yet been published, but its main provisions are that "any person reasonably suspected of making money over the degradation of an imported woman may be arrested without warrant, but bailed out, and if after hearing his defense the magistrate convicts him, he should be deported; and on repetition of the offense, or even for reappearing in India, he may be imprisoned with hard labor.

Two other measures are also shortly to be placed before the imperial legislative council dealing with the protection of women and girls. A provision in the Hon. Mr. Dadabhoy's bill is the raising of the age of consent to sixteen years as against strangers. It does not affect the rights of husbands over girls wives of and over twelve years of age. The Hon. R. N. Mudholkar, it is understood, will introduce another bill to suppress the practice which exists in certain parts of India of dedicating minor girls as Devadasis and Muralis in temples. Both Mr. Dadabhoy and Mr. Mudholkar are nonofficial members of the legislative council, and are greatly interested in raising the status of Indian women. Their efforts at reform have evoked warm sympathy both in the Indian and foreign communities.

A ten-year-old boy of Los Angeles stood on his head on the railing of a fire escape thirteen stories above the street where a crowd of spectators stood horror-fixed. He said he was trying to test his nerve.

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Stoutsville, Ohio.—"I suffered from headaches, backache and was very irregular. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, and before I had taken the whole of two bottles I found relief. I am only sixteen years old, but I have better health than for two or three years. I cannot express my thanks for what Lydia E. Pinkham's Vegetable Compound has done for me. I had taken other medicines but did not find relief."—Miss CORA B. FOSNAUGH, Stoutsville, Ohio, R.F.D., No. 1.

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