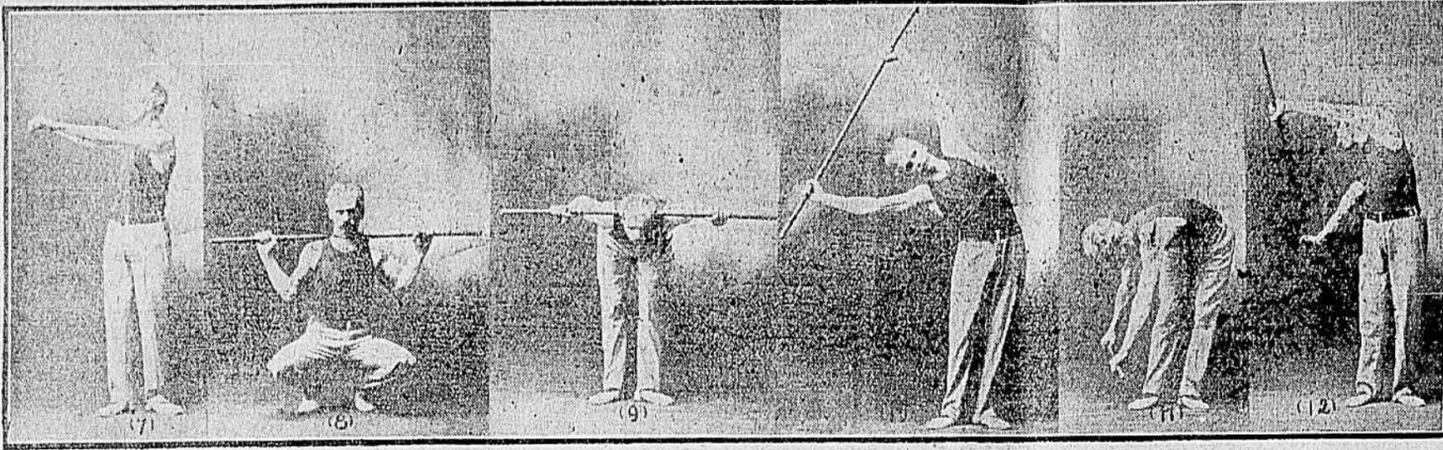


Home Course in Gymnastics for Business Men.

How to Make Dyspepsia and Indigestion Give Way to Health.

By ANTON SCHATZEL, Formerly Director of Physical Training Richmond Y. M. C. A.



The just heritage of every man is good health. To work with pleasure—to catch an idea—to plan with success and to grasp a difficult problem that will meet the requirements of the present age, one must have vitality, with a clear and active mind, a good digestion, and be able to sleep soundly after a day of nerve and brain racking labor.

Gymnastics, if practiced systematically and persistently, is nature's own remedy for producing a strong, healthy and vigorous body.

One need not then be troubled with round shoulders, flat chest and weak lungs.

ROUND SHOULDERS.

The deformity known as round shoulders is quite numerous among men, and is caused from the tendency to reach and bend forward rather than upward and backward.

For example, you will find the majority of our business men and those confined most of the time to the office, bending over a desk, are round-shouldered and flat-chested.

It is a well understood and acknowledged fact that the position, in regard to carriage of the body, we assume the greater part of the time, is the position we eventually and without fail grow into.

THE CAUSE.

Men who work at the desk unconsciously form the habit of leaning forward, which at once depresses the chest and draws the shoulders forward. Those who

have the advantage of sitting in a chair will not always use that privilege to its fullest extent, but will sit partly on the chair, or on the edge, which has an injurious effect on the spine, and often produces a weakness in the lower part of the back.

The most common fault is to sit in the chair with the abdomen drawn in, causing the chest to flatten and shoulders to warp.

This also causes the vital organs to be cramped, and their power will become less in performing the functions of digestion in the natural way.

This faulty position, if neglected, will in time, become so pronounced and fixed that not only will it show itself while sitting, but it will become the natural pose at all times.

THE REMEDY.

As already stated, the position we assume most of the time, is the position we acquire for all the time. I will lay out a few simple rules, which if practiced in connection with my course in gymnastics for the correction of round shoulders and flat chests will result in an entire cure of those defects.

1. Sit well back in the chair and close to the desk (by doing this you will find it unnecessary to bend or reach forward).

2. Sit erect in the chair with chest projected, chin drawn back, and shoulders drawn back and forced down until the back is straight.

This will throw the whole weight of the body on the spine, whose function it is to

hold up that part of the body.

Thus by assuming that position you will eventually grow into that position.

The result depends entirely on your persistence in adhering to the rules already laid out and which will furthermore be outlined in my course of gymnastics.

DESCRIPTION OF EXERCISES.

EXERCISE NO. 7.

From Fig. 6 of last week's lesson, with heels kept firmly on the floor, swing stick to the left and then to the right, thereby twisting the waist as shown in Fig. 7.

This movement must be almost entirely in the waist and very little in the shoulders and must be repeated eight times.

This exercise develops the muscles on both sides of the waist.

EXERCISE NO. 8.

From Fig. 4 (last week's lesson) raise heels and lower body by bending the knees as shown in Fig. 8.

This movement is entirely in the knees and must be repeated eight times.

This exercise will develop the legs and the position of the stick should prevent the shoulders from rolling forward.

EXERCISE NO. 9.

From Fig. 4 (last week's lesson) bend body forward as shown in Fig. 9.

This movement is entirely in the waist and abdomen—the back being kept perfectly straight, and must be repeated eight times.

This exercise will help to promote digestion and aids the organs of action, such as liver and kidneys, and helps re-

lieve constipation, and develops the abdominal muscles.

EXERCISE NO. 10.

From Fig. 2 (last week's lesson) bend body sideways to the left and then to the right as shown in Fig. 10.

This movement must be entirely in the waist and must be repeated eight times.

This exercise will develop the chest, limber up and strengthen the waist and aid digestion.

EXERCISE NO. 11.

From Fig. 3 (last week's lesson) with heels kept firmly on the floor, bend body sideward and downward as far as possible without bending the knees, and until the stick is in front as shown in Fig. 11. Repeat, on each side, eight times.

This movement is entirely in the waist and shoulders.

This exercise aids the organs of action, strengthens the kidneys, and relieves constipation.

EXERCISE NO. 12.

From Fig. 1 (last week's lesson) swing stick overhead and bend body diagonally backward, following the stick as shown in Fig. 12. Repeat, on each side eight times.

This exercise aids the organs of action, such as the liver, kidneys, and in general, the organs of digestion.

BREATHING EXERCISE NO. 2.

From Fig. 3 (last week's lesson) raise the stick to the shoulders (Fig. 4), and bend body forward (Fig. 9).

From the time of starting expel all air possible from the lungs, through the

mouth, until you arrive at the position as in Fig. 9.

From this position inhale until arrived at the starting point as in Fig. 5. Inflating the lungs to their fullest capacity, forcing the chest out and the chin back. Repeat eight times.

Breathing exercises are very necessary for the promotion of health and strength and should be given a prominent part in this course.

Note—For the correction of round shoulders and a flat chest practice exercises 1, 2, 3, 4, 5, 6 and breathing exercise No. 1.

For the development of the legs practice exercise No. 8.

For weak lungs and heart, practice breathing exercises No. 1 and 2.

For relieving the system of dyspepsia, indigestion and constipation, and in general, aids the organs of digestion, practice exercises 7, 8, 9, 10, 11, 12, and breathing exercise No. 2.

To keep the body in a healthy condition at all times, practice the complete course of exercises daily, for at least 20 minutes, on retiring or before breakfast.

Never exercise after a hearty meal, always wait at least two hours.

Drink plenty of good, pure water between exercises.

A glass or two of water taken on retiring has a wholesome influence on the digestive system.

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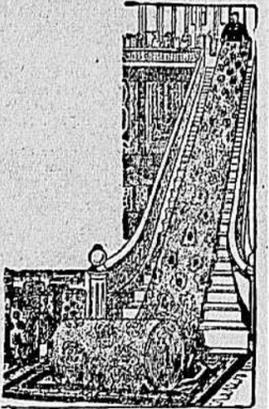
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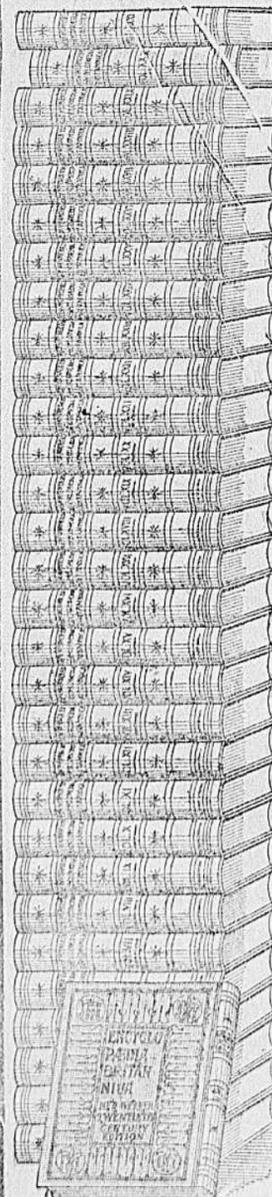


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WON \$90,000 AT SITTING IN BIG POKER GAME ON ATLANTIC LINER

Norman B. Ream, of Chicago and New York, Takes Big Pile From Westinghouse, Frick and Heinze.

(Special to The Times-Dispatch.)
TOLEDO, O., September 16.—Norman B. Ream, of Chicago and New York, it develops, was the hero of the big poker game on the high seas in the middle of the Atlantic about a week ago, which was told of in dispatches from New York. On the Kaiser Wilhelm II. he got away with a lot of much fine gold that belonged to several other exponents of the high finance business.

George Westinghouse, the man who invented the air brake, and the honest man recently selected by Thomas P. Ryan as one of the three trustees of the Equitable Life, with Grover Cleveland and Morgan J. O'Brien as his colleagues; Henry C. Frick, Pittsburgh millionaire, steel magnate, and P. Augustus Heinze, the Montana copper king, fell before Mr. Ream's expert system of playing poker.

The Kaiser's crew, who were in New York last Thursday morning, and Mr. Ream stepped ashore just \$90,000 richer than he had been a few hours before. The night before the landing, the last game played in the saloon, did the trick. The four financial stars played to a crowded saloon. The game had been going on for five or six days, but on Wednesday night the bluff was

SPIRITISM.

Its Birth in America.

The first of a series of four articles on psychical research appears in Public Opinion, September 16th. The author, Mr. J. Edgar Fox, first takes up the historical side of his subject and discusses the genesis of spiritism. Of its introduction into the United States, Mr. Bruce says:

The scene now shifts from Europe to America, and in America to the little New York village, where Hydeville through which, early in the year 1848, ran a rumor that "spirits" were haunting the house of a farmer named Fox and had made their presence known by loud knockings. On the evening of the 31st of March this rumor received confirmation when Mrs. Fox carried to several neighbors the astounding information that in answer to a challenge from one of her young daughters the "spirits" had time and again given the exact number of "raps" requested. At word of this some ten or twelve people hurried to the Fox home, where they gathered, nothing abashed by the unwonted gathering, proceeded to rap out precise details regarding the personnel, ages, etc., of families resident nearby, and even to indicate that a murder had been committed in the house some years before.

A few evenings afterward it was affirmed through the same source that the remains of the murdered man had been buried in the cellar, and subsequently bones thought to be human were actually discovered there. The incident, of course, made considerable stir, and hundreds came to hear the "rappings" which, singularly enough, developed only in the presence of the two Fox children, Margaretta and Catherine. It was not long, however, before reports of similar "rappings" came from other parts of the country, and the belief that a means of bridging the gulf between the here and the hereafter had at last been discovered grew rapidly, spreading first through the Eastern States and then to all sections of the Union. In a word, modern spiritism had been born.

That hearned men demonstrated how the "rappings" could be produced by rapid

movements of the toe or knee joints, that the Fox sisters confessed they had so produced them, and that exposures of fraudulent practices on the part of other "mediums" were frequent, served not at all to retard the progress of the new religion—for religion it speedily became—which gained converts in such numbers that by 1854 the "New England Spiritualists' Association" felt warranted in claiming that "nearly two million of people of our nation, with hundreds of thousands of people of other lands, are already believers in spiritism," a statement which even unfriendly observers saw no reason for considering extravagant.

Nor were the converts confined to any one class, although, as might have been expected, the greater number came from the ranks of those who found themselves unable to acquiesce in the dogmas of Christianity and welcomed the "rappings" as proof positive that they might nevertheless entertain hope in a future life.

THE DOG DAYS.

Continually Dropping Back—May Come Eventually in Winter.

Dog days begin, according to the traditions of byword in certain parts of the United States, when the green sea, algae, begins to appear on the surface of the lakes and rivers, ready to be eaten by the fish and other swimming. And it is then that, according to the tradition of many states as well as of the most of the world, the dog days are upon us. The dog days, it is said, are named after the dog star, Sirius, that is, when the dog star rises in conjunction with the sun. Various dates from July 3 to August 16th have been assigned for the beginning of dog days, and they are given various durations of from 30 to 50 days.

It seems to have been from the heliacal rising of Sirius that the ancients most commonly reckoned the dog days. Thus, at the present time, dog days would be held to have begun about the time of the heliacal rising of Sirius, which is the brightest star in the heavens, and it was easy to associate the name of the brightest star and of the sun with the hottest and most unhealthy period of the year. Hippocrates (423 B. C.) declared the dog days to be the most unhealthy part of the summer.

Dog days are continually dropping further back in the calendar. Now they are 12 days behind the schedule to which they held in the time of the Pharaohs. In time Sirius may rise in the dead of winter. The Egyptians

maintained that the first indication of the heliacal rising of Sirius was the "great dog," the longest day when, as they said, the sun and Sirius (Sirius) rose together. They attributed the rise of the river entirely to the great heliacal rising of Sirius to the west, and the inundation of the Nile to the east. The constellation Canis Major (the "great dog"), the Latin name of dog days was "canicularis," and from this comes the term "canicularis year," which was known among the Egyptians and Ethiopians. It was computed from one heliacal rising of Sirius to the next, and consisted ordinarily of 365 days, every fourth year having 366 days.—Chicago News.