

HEALTHY BODIES MADE AND SAVE D

A Series of Daily Exercises to be Taken to Bring Strength and Build up the Muscles least used.

BY FRED DYER.

About 75 per cent of the people breathe the wrong way. They do not use half their lung power. They use only the upper part of their lungs. They haven't the slightest notion of the value of using the diaphragm in breathing.

Want to know how to breathe correctly? Then watch a new-born baby. Find a baby that isn't old enough to have learned to breathe incorrectly.

Lay the baby on its back. Watch its tummy go up and down as it inhales and exhales. The baby is breathing correctly. It is working its diaphragm as it breathes.

It will be a lucky baby if it never learns the bad habits of breathing. You could not live five minutes without air.

So why starve the body by inadequate breathing? Deep breathing is a habit easily formed. The tired part of the body to move in breathing deeply is the diaphragm. The shoulders should not

move at all. Persons who do not use the lower portion of the lungs in breathing neglect nature's plan for keeping the digestive system in shape.

The importance of deep breathing I have illustrated in the photographs by my hands. The fingers pointing up in picture No. 1 shows the diaphragm as it lies inside the body.

It stays that way unless you use the lower part of the lungs. Expansion of the lower lungs causes the expansion of the diaphragm as illustrated in the second picture, No. 2, where it takes a parallel position. This movement of the diaphragm downward takes place with the inhaling of the breath. The exhaling causes a relaxing and the diaphragm moves in and up.

Now the real importance of diaphragm breathing lies in the massaging which it gives to the digestive system. The movement of the diaphragm causes an unconscious massage which keeps the digestive system in better shape than barrels of pills. After a little practice a habit is formed and with almost every breath the expansion takes place as illustrated.

FRED DYER—WHO HE IS

Fred Dyer is an Australian by birth, fighter by reason of an Irish father, musician by virtue of a Welsh mother. He is a professional boxer, still recognized as welterweight champion in his native country.

He is a student of athletics, whose ability in the upbuilding of the human body has been recognized by our government.

He has been athletic instructor for the U. S. Army at Camp Grant. He is soon to go to Washington to aid in the reconstruction of America's wounded.

His specialty is devising work for individual cases, which is invaluable in the treatment of wounded soldiers. The Journal has induced him to write a series of five articles, illustrated with photographs, which if followed will enable our readers to gain health and vigor.

He will tell you how to form habits which will build up your health if you are sickly.

If your health is good, these habits will insure it remaining so.

His methods are not irksome tasks, but sensible little stunts that will appeal to you, if you want to be vigorous and full of pep.

FOURTH EXERCISE



Many people cannot afford the time (or think then can't) but whether or not you do the exercises, remember every time you are in the open air or by an open window to fill your lungs to capacity.

By a few minutes practice of right habits of breathing the wrong habits may be eradicated. The first thing to do in the morning is to take breathing exercises that teach you how to breathe correctly.

After awhile you will go through the rest of the day breathing correctly without giving it a thought.

The first picture shows the development of the muscular system.

The body in this state is like a sponge out of which the water has been squeezed. The body is practically empty of air. The lowering of the head helps you to concentrate your mind on what you are trying to accomplish. Now take a deep breath.

Fill your lungs and as you fill them, raise the arms and head up slowly until your arms are extended and your head way up.

Hold the breath for a short count, say eight or ten, then exhale the air quickly, dropping the arms across the body.

In exhaling it is helpful to sound the vowel O. Another helpful thing is to make the sound of escaping steam S-s-s-s-s.

ever the diaphragm with no pressure at all.

The second picture shows no movement whatever except the in-taking of a deep breath; it shows that I have filled the lower portion of my lungs expanding the lower part of the trunk and caused the first part of the massage movement spoken of in the preceding article.

When you inhale the lower part of the trunk should move outward, the diaphragm inside moving downward and outward, causing the expansion, and as you exhale the lower part of the body moves in again. It is a good thing to keep the hands in the position illustrated because it helps the train of thought.

Although the same effect of shooting the diaphragm in and out may be done by muscular motion, in this stunt it is done simply by the breath.

Singers use these methods of breathing. Breath control is the secret of the art of singing.

I studied singing myself and my teacher was often surprised by the way I could sustain notes.

One day I sprang a real surprise on her.

I was singing a song called "When My Ship Comes Sailing Home," a famous English ballad. I had found out a few days before that by sustaining a note, the refrain, which was a pretty long one, harmonized for the first six lines. There were a few friends present and some other pupils. (The teacher was Mrs. Clara Novello Davies, who trained the Welsh choir that carried off first prize at the Chicago world's fair). I just held the note for the first six lines of the song when ordinarily I would have taken about eight breaths. And just to show her it was no strain took another breath and finished the song, taking the finish up to a top G, instead of down, as written.

Later, to settle an argument I held a top E (my voice is baritone) for 53 seconds and there was plenty of volume.

It was all done by breath control and well-developed lung-power. I have a mis-placed cartilage in the nose and it is only my knowledge of breathing that enables me to sing at all now. Here is the song. (In one breath sustaining one note)—

For the ships of my dreams are returning.

My love, my love; And the bright star of hope is burning.

Up above, up above. For your kiss of desire I am yearning. Dear heart, sweetheart.

Stars shine from the skies There's love in your eyes When my ships come sailing home.

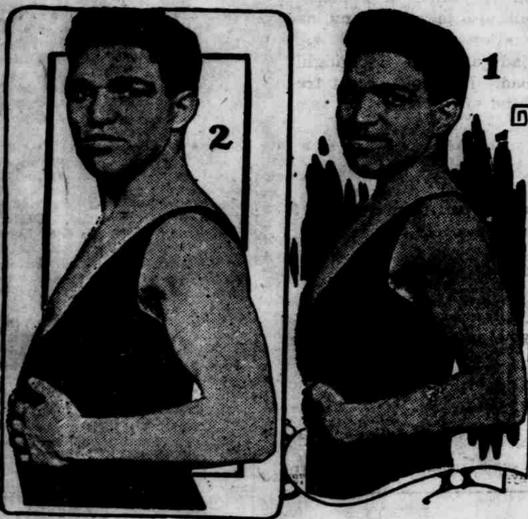
The Hyer Insurance Agency was established in 1904, and is one of the few of the larger Pensacola firms which has at its head young men, all native to Pensacola. Henry Hyer is president, Malcolm Yonge, first vice-president, Philip Yonge, who has recently returned from over-seas service, will be associated with the company after April first.

This company represents the New York Life, and deals in fire and all other lines of insurance, besides conducting a general real estate business, and dealing in stocks and bonds.

SUFFERED FOR EIGHT YEARS.

Rheumatic pains, lame back, sore muscles and stiff joints most frequently can be traced to overworked weak or disordered kidneys. Daisy Bell, R. F. D. 2, Box 224, Savannah, Ga., writes: "I was suffering for eight years from pain in the back and could not do any of my work, but since I have taken Foley's Kidney Pills, I can do all of my work." Foley's Kidney Pills have given relief to thousands who suffer from kidney or bladder trouble. Try them. Sold everywhere.—Adv.

FIRST EXERCISE



Here is a mighty good exercise to take in the morning before dressing. I have found it invaluable.

I learned it from the former lightweight champion, Freddie Welsh, who told me it was shown to him by an old Welsh professor of singing. The professor was a great believer in deep

breathing and made a great study of the physical development of the lungs, which knowledge he applied when teaching his pupils singing.

This exercise forces the air to the deepest and uttermost parts of the lungs and is done in three movements while holding the breath.

THIRD EXERCISE



Picture No. 2 illustrates a fault reaching from the nose to the diaphragm.

FIFTH EXERCISE



Start the morning with a song. Singing has a lot more to do with health than many realize. The first picture gives one a good

idea of how the body should be after exhaling in a natural way. I am not "posing" in this picture. I am standing natural. The hands are placed

SECOND EXERCISE



Stand normal. Clasp the hands behind the back as in the first picture. Fill the lungs with air and advance one foot a pace. Throw the arms back, pulling down and forcing the chest out. Relax the arms and chest slightly, the arms becoming slightly bent. Repeat the movement.

Then bend over as in the second picture. Remain in this position while you make another double movement with the arms, this time forcing them up as though you were trying to get

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