

Home Course In Health Culture

VIII.—Exercise In the Home

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FOR centuries the alchemists sought an elixir—a magic fluid that would restore exhausted vitality and perpetuate the activities we call life. For many years physicians and chemists, successors of the "medicine man" and alchemist, have laboriously experimented with drugs and chemicals in the hope of at least finding some combination that would give health and increased longevity to mankind. Many valuable drugs and combinations of drugs have been discovered, but it is safe to say that the greatest achievements of medical science have come not through the use of drugs, but through the employment of natural remedies whose powers were so long neglected by the mystic "medicine men" of the middle ages. It is true that diphtheria antitoxin and the wonderful promise of other remedies of a similar class are the products of the laboratory, but these are truly nature's remedies and have no relation with drug treatment. The remarkable fall in the death rate among people under thirty years of age in the past quarter century is almost wholly due to hygiene and the use of natural remedies in disease.

The power of physical training, fresh air and a little surgery to make over the lymphatic, half deformed, mouth breathing child into a splendid and useful citizen is as wonderful in its way as the powers vainly sought by the alchemists and necromancers.

Troublesome Remedies Unpopular. It is unfortunate, however, that some of these remedial measures are not so easily prescribed or taken as pills and powders.

To advise a man to take more exercise is very much like telling him



LEG EXERCISE.

to take digitals. Exercise cannot confer its maximum benefit unless some dosage is prescribed and some system followed. But the average man wishes to be made over at once. Any process involving time, patience and effort is repugnant unless it is given a fancy name and has some mystery thrown around it, and then what marvelous results—while the fat lasts!

There is a great difference between exercising for health and exercising for muscular development. They are not necessarily identical processes. The vast, bulging muscles of the athlete may be a real burden, calling for large supplies of blood and nutrient and not contributing to harmony of movement or balance of function. Overdevelopment spells ultimate degeneration, just as disease spells atrophy and decay.

The object we should keep in view, therefore, is moderate and sufficient exercise of the entire muscular system.

Effects of Exercise. The circulation and respiration are chiefly affected during exercise and muscular work. There is an increased absorption of oxygen, an increased excretion of carbon dioxide and water. In other words, combustion proceeds more actively in the body, and more fuel, in the form of fat or starches or proteins, is required. All of which goes to show that, whatever man's mind or soul may be, his body is a sort of engine which can no more carry on its work without fuel than a locomotive without coal can drag a train of cars. Mind and will power alone cannot run the human engine with beef tea and slops and food that is not fuel any more than the most skillful engineer can run a locomotive with air in the boiler and a few shavings in the firebox.

The mechanical measure of exercise is the kilogrammeter. It has been determined (Haughton) that walking on a level surface at the rate of three miles (4.8 kilometers) per hour is equivalent to lifting one-twentieth of the weight of the body through the distance walked. To determine the

amount of work performed in walking the weight of the body in kilograms is multiplied by the distance walked. The product constitutes the number of kilogram meters of work performed; 150,000 kilogram meters is considered the normal average amount of work or exercise required in health.

Best Time For Exercise. The ideal time for exercise is midway between meals, but few people can arrange to take it at such times. Before breakfast is a suitable time for most people, especially if the exercise is followed by a cold bath and brisk rubbing.

Some people cannot exercise before breakfast without feeling unduly fatigued, the exhaustion often lasting throughout the day. Before retiring is a safer time for such people unless they can arrange for forenoon or afternoon work.

Nervous subjects with an excitable circulation should not, as a rule, exercise before retiring.

Exercise should never be taken just after a meal, and no exercise just prior to eating should be so severe as to cause great fatigue. In either case the digestive functions are impaired, and all benefits may be neutralized.

Forms of Exercise. Exercise should be graded according to age and condition. When there is actual disease medical advice must be sought and followed or injudicious exercise may prove extremely harmful. In prescribing exercise a good system is that of Dr. Dudley Sargent of Harvard. In this system the various movements have been given descriptive names to facilitate memorizing them.

The following is a brief outline of the several exercises:

First.—Adoration. Standing with feet together and hands raised before the forehead, as in praying, throw the hands and forearms backward until the arms are on a level with the shoulders and forearms directed upward at right angles with the arms. Repeat twenty to eighty times.

Second.—Tree swaying. Stand with feet together and arms thrust straight upward, but not rigid. Sway the upper part of the body from side to side.

Third.—Striking an anvil. Stand with feet twenty-four inches apart, arms straight out sideways, face turned to left. Keeping the arms rigidly straight, swing the right hand over the head and down on to the left hand with a slap. Swing the right arm downward and back to original position. Reverse the movement, face turned to right.

Fourth.—Swimming, breast stroke. Stand with feet twenty-four inches apart, left foot forward, weight resting on right leg, arms at right angles, held close to the side. Thrust arms forward, bend body forward and throw weight on left leg, bending at the knee. Sweep arms outward and backward to original position, imitating a swimming stroke.

Fifth.—Boxer's guard. Stand with feet twenty-four inches apart, right foot forward, weight on left leg, left arm bent and guarding neck, right arm straight downward and backward. Press forward, throwing weight on right leg, and bring right arm up to guard the neck while thrusting the left arm downward and backward. Repeat the move, springing from one foot to the other.

Sixth.—Chicken wings. Stand with feet together and thumbs in armpits. Raise both elbows while raising left knee to the waist. Return to first position and repeat, raising opposite knee. Keep up the movements alternately.

Seventh.—Signal station. Stand erect, with heels together, hands on hips. Thrust the right arm straight upward while lifting the left leg outward and upward, rigidly extended. Lower the limbs and repeat on other side.

Eighth.—Rowing. Stand facing the right, feet twenty-four inches apart, right leg forward, arms at right angles and close to sides. Bend forward, weight on right leg, with arms extended, until fingers touch the floor twelve inches in advance of right foot. Return briskly to first position as though pulling on oar. Repeat, facing left.

Ninth.—Restoration. Stand with feet together, face downward, back of hands touching. Bring hands upward, separating as they pass the face. Then describe a circle downward and outward back to first position. Repeat. Begin to inhale deeply as the arms are raised, slowly exhaling as the arms descend.

These movements should be performed from twenty to eighty times at a rate per minute that is not unduly fatiguing. Many simple movements of a similar character will prove effective if regularly and systematically carried out.

It is important to employ exercises that bring into play the abdominal and chest muscles, which encourages deep breathing and prevents the accumulation of fat around the abdomen.

Tree swaying, striking the anvil, chicken wings and signal station are especially good exercises for women and elderly people who are excessively fleshy.

Dangers of Excessive Flesh. Superfluous fat is not only a burden, but it interferes with the normal functions of the body. It may be caused by too much food and too little exercise or merely a lack of exercise in one with a family tendency to flesh.

Life insurance statistics clearly show that individuals even slightly overweight have a higher death rate than those of average weight. This increased death rate is manifested around middle life and later.

EUROPEAN NEWS AND VIEWS

London, Feb. 25.—The Canadian reciprocity discussion has grown to immense proportions and has resulted in some strong editorials by the London newspapers. That there are Canadians who could want such a thing seems impossible to many of the leading journals, while others profess to see nothing but good results from such an agreement between the United States and Canada. Secretary of State Knox's statement that the agreement is one of trade and not one of politics has not had quite the effect over here that it was perhaps hoped, but even the most violent opponents of reciprocity content themselves with the thought that if an exchange between the United States and Canada should result, it will not be for many years at least. Which seems to the layman quite a sensible thought indeed.

The mantle worn by King George IV on the occasion of his coronation is in perfect state of preservation and it has been decided, it is said, that King George shall wear it instead of the mantle in which Edward VII was crowned. The robe is made of the finest cloth of gold and is surrounded with a deep fringe of pure gold threads.

A Munich statistician estimates that Germans last year were swindled out of \$12,500,000 worth of beer, all through getting short measure, and this it seems, has been going on systematically for years. No wonder that the beer drinkers of the Fatherland are in a ferment of excitement about it.

The discovery aroused out of the prosecution in the courts of Munich, where beer drinkers foregather at the original haunt of a big beerhall proprietor and his staff of waiters who were accused of habitually serving short measure with intent and malice aforethought; that is, their liter and half liter steins never contained the quantity fixed by law. The prosecution alleged that the brewery which stood behind the beerhall last year made over \$50,000 extra profit by giving false measure, and the case resulted in a conviction.

The agitation in Germany, against the "listing" of American railway shares on the Berlin Stock Exchange, is a singular sign of the times. The government has not yet acted on the application of the Chicago, Milwaukee & St. Paul, and the minister of commerce very sensibly says that an outright attempt by the public authorities to prevent investment of German capital in foreign enterprise, was certain to be futile.

The present year promises to provide a record by the number of its antarctic expeditions. To those already announced must be added the British expedition now being organized by Dr. A. Forbes Mackay, who will be its leader. His intention, he explains, is not to attempt to reach the south pole, but to map out the coast line of the antarctic continent to the south of the Pacific ocean. The region to be traversed extends from Graham's land to King Edward VII land, a distance of some 2,000 miles along an entirely unknown coast which has never even been sighted. Ships are prevented from getting near by great fields of ice and Dr. Mackay's opinion is that the only way to explore the coastline is by working a route around the ice which fringes the coast.

In cruel disregard of the proofs daily adduced by the conservatives to show that the Asquith ministry is torn asunder and doomed, Mr. Asquith and his colleagues continue to bear themselves with a degree of cheerful robustness that verges on impertinence. The liberals are so self-confident that they will not even take the trouble to allude to the spirit of dissension and panic that has seized upon their opponents. If it is true that Mr. Asquith has been taught to dance to the crack of Mr. Redmond's whip, the nationalist leader's talents as an animal tamer must be miraculous. For there is no denying the zest and sincerity with which Mr. Asquith makes public profession of the lesson he is supposed to have learned from Mr. Redmond. On the subject of home rule he has been explicit enough to draw cheers from the Irish members. On the subject of imperial dismemberment as foreshadowed in the present calamitous negotiations between Canada and the United States, Mr. Asquith remarks clearly that if imperial dismemberment is bound to come, it will come. And no amount of criticism can change him from his purpose.

Complaint has been frequent in India that the census returns are misleading, especially as regards the Hindu population. Millions of low-caste folk who are not acknowledged as Hindus at all have been enumerated as Hindus. Now the census commissioner has proposed, with a view to accuracy, that the census takers should ask certain questions: Do the members of the caste or tribe worship the great Hindu gods? Are they allowed to enter Hindu temples or to make offerings at the shrines? Will good Brahmins act as their priests? Will degraded Brahmins do so? Will clean castes take water from them, etc., etc. The suggestion has stirred the Hindus to great excitement. It is not an easy matter to rule India.

The fashionable thing to do in Paris at the present time is to patronize boxing contests. So much has this form of sport caught on that special matches are organized for members of the Parisian smart set. It is astonishing to see the neighborhood of the

Cirque de Paris, for instance, on boxing nights actually encumbered by the carriages and automobiles of people of wealth and fashion. The list of persons present usually contains some of the best known names in all Paris. The prices are such as to show that a series of four boxing matches with ten rounds each is to be looked upon as a fashionable standpoint as superior to a performance of "Lohengrin" at the opera.

Herr Dernberg, the former colonial secretary of Germany, who recently returned from a tour in the far east, is about to undertake a gigantic task which is broadly described as the electrification of China and Japan. Herr Dernberg not long ago became a director in one of the biggest electrical concerns in Europe, the Allgem. Electricitäts Gesellschaft of Berlin, with Herr Emil Rathenau, who is over 70 years old. Dernberg's ambitious scheme includes contracts for electric railroads and street car systems in China and Japan, the introduction of automobile omnibuses and the installation of electric light and power plants in various Chinese and Japanese cities. This also has the warm support of the German government.

Found Dead from Bullet. Okadale, Neb., Feb. 25.—Special to The News: Mrs. Kate Rose, a widow, aged about 55, was found dead in bed at 10:30 o'clock this morning with a bullet wound in her face. Her son Walter, who lived with her, went to bed at 1 a. m. and got up late. He found his mother's dead body. The coroner has been notified.

Mrs. Baker's husband died some fifteen years ago. She earned a living by sewing. There are two sons and a daughter.

Would Oust Express Companies. Pierre, S. D., Feb. 25.—The house passed a resolution today memorializing congress to oust all express companies and compel railroads to carry packages direct instead of through separate companies or organizations.

Chicken Owners Should Obey Law. "The chicken nuisance in Norfolk is becoming unbearable," said a citizen of North Eighth street, whose lawn is made the roosting ground for his neighbor's fowls.

"There is a city ordinance making it unlawful for chickens to run at large, and people who own chickens ought to be considerate enough of their neighbors to obey the law," the irate citizen continued.

A Hoskins Row. Wayne Democrat: There is a big row on in Hoskins over a hog, the matter referred to last week by the Democrat wherein Gus Moritz, a wealthy farmer, is defendant. Monday a change of venue was taken to Carroll and the case will be tried next week. The impression of some people is that the coroner and undertaker will preside on an affair at Hoskins before the dove of peace deigns to notice that locality. August Deek was down from Hoskins last Tuesday and in a visit at this office says it is a son of Gus Moritz whom the saloon crowd are after, and that the trouble over the saloon license is the cause of this prosecution, or as he views it, persecution. Mr. Deek feels hurt, especially on his family's account, because of the publicity given the affair in advance of an opportunity to prove the baseness of the charge. He considers it not only maliciousness on the part of his saloon enemies, but ridiculous in the extreme.

SATURDAY SIFTINGS. Norton Howe returned from Wisner, O. L. Baur of Sioux Falls was here. M. V. Avery went to Anoka on business.

C. B. Durland went to Wayne on business. W. A. Cottrell of Lincoln was a visitor in the city. Mrs. C. W. Kuntzman of Tilden was here visiting with friends.

Attorney W. A. Meserve of Creighton was a visitor in the city. Fred Miller of Battle Creek was in the city visiting with friends. Ex-Sheriff Joseph Clements returned from a business trip at Herrick.

C. H. Groesbeck returned from a business trip to Neligh and Stuart. Mrs. C. W. Landers has gone to Aberdeen and returned with her sister. H. A. Pasewalk returned from Omaha, where he attended the automobile show.

C. P. Parish returned from Omaha, where he attended the automobile show. Harry Leggett of Dallas spent Saturday afternoon in Norfolk, a guest of his sister, Mrs. W. N. Huse. Mrs. Patrick Crotty, who is holding down a claim in South Dakota, is in the city visiting with relatives.

William Ahlman and Charles Ahlman returned from Omaha, where they were visitors at the auto show. W. S. Butterfield returned from a two months' visit in Los Angeles with his parents, Mr. and Mrs. W. H. Butterfield.

M. C. Hazen, Burt Maps and M. D. Tyler returned from Madison, where they attended a short term of the district court. Miss Helen Babbitt, who is Miss Dorothy Salter's roommate at school, accompanied the latter to Norfolk from Chicago last night. Born, to Mr. and Mrs. Ed Benning, a son. Born, to Mr. and Mrs. A. Frederickson, a son. Walter Heffercamp is laid up with an attack of rheumatism. The woman's club will meet at the

library building Monday afternoon at 2:30. New awnings are being placed on the front of the Albert Degner and P. J. Fuesler buildings.

Ralph Beveridge, who sustained a sprained ankle a few days ago, is now suffering with an attack of rheumatism. Tom Hight, who has been confined to his home for some time will illness brought on by grip, is reported recovering slowly.

A carload of wheelbarrows, to be used on the underground work of the Bell Telephone company, arrived in the city yesterday.

Because a number of the directors were out of the city, there was no meeting of the Commercial club directors last night.

Matt Schaffer, sr., who was for a time thought to be past recovery, is now reported entirely out of danger and improving rapidly.

Many Norfolk citizens seem quite satisfied with the Norfolk avenue paving. Many who witnessed workmen boring through the marble-like cement Friday to reach a gas leak declared no better concrete could be had anywhere.

J. Pierpont Morgan and his wife were passengers on the same steamer for Europe which Mr. and Mrs. Mathewson of Norfolk recently sailed on from New York.

A. D. Schermerhorn, assistant superintendent and division engineer of the Union Pacific railroad company, was in the city looking further into the new depot proposition.

A meeting of the citizens of North Ninth street, who are to present a petition to the city council for a new paving district, will be held in the city hall Sunday afternoon.

A. W. Hawkins, traveling salesman for the Bradley Davis Implement company of Council Bluffs, is laid up in his room at the B. T. Reid rooming house with an attack of tonsillitis.

Fred Boche is entirely out of danger and will not be operated upon. He suffered a second attack of appendicitis a few days ago, but Saturday he was able to be out of his bed for a short time.

Mrs. S. E. Reed, mother of Elmer Reed of this city, died at her home in St. Joseph, Mo., Friday morning. Mr. and Mrs. Reed left the city Friday evening for St. Joseph, where the funeral services will take place Sunday.

Ed Brueggeman and Frank Carrick returned from Columbus, where they were looking up a business proposition. When asked if he would accept the franchise for street lighting, Mr. Brueggeman said he did not know at the present time what he would do.

The Norfolk Commercial club have sent to a large number of farmers a neat pamphlet telling of the Norfolk Breeders' institute which will hold a three days' session in the Auditorium commencing February 28. The pamphlet includes the complete program of the institute.

Preceding the marriage of her son Robert Powers to Miss Elsie Hoefs at Pierce Saturday evening, Mrs. W. E. Powers gave a birthday linen shower for the bride on Friday, at which there were eighteen ladies as guests. A delicious supper was served at the close of the afternoon.

Although a number of last year's clerks baseball team declared they would make strenuous efforts to bring Norfolk into the state league with Fremont, they are not doing anything at present in that direction. As far as can be learned Red Cloud's franchise is still for sale.

Several minutes unable to arise or cry loud enough to be heard. His mother picked him up and found the blood gushing in spurts from the wound in the back of the head. The wound was dressed and after suffering for a few hours the lad went quietly to sleep and this morning resumed his play as usual.

China's Plague and Smallpox. Amoy, China, Feb. 27.—Six deaths from bubonic plague and five from smallpox were reported in this city and suburbs during the fortnight ending last Saturday.

Curtiss Repeats Water Flight. San Diego, Calif., Feb. 27.—A further demonstration was given here of the adaptability of the aeroplane for land and water service.

In a flight of six miles over the bay and ocean and across Coronado island, Glenn H. Curtiss rose from the water, alighted on land and then started from the land and alighted on the water. The flights were made in a wind of twenty miles an hour.

Corset Makers on Strike. Kalamazoo, Mich., Feb. 27.—Seven hundred women, employed by the Kalamazoo Corset company, went on strike today. A cut of one to three cents per dozen on piece work precipitated the strike. Groups of young women strikers paraded the streets during the day.

Ten Drown on Fishing Boat. Cuxhaven, Germany, Feb. 27.—The fishing steamer Senator Strack was sunk in the North Sea during last week's storm. The crew of ten persons perished.

Spectacular Fire in Cincinnati. Cincinnati, O., Feb. 27.—Exploding chemicals started a spectacular fire last night which destroyed the seven-story building together with the stock of the Foy Paint company. A general alarm brought all of the fire fighting apparatus of the down town district to the scene and confined the fire to the Foy building. Guests of the Denison hotel across the street, many of them scantily clad, fled in panic but soon returned to the hotel which was not damaged. The loss to the Foy company is estimated at \$100,000 while other concerns in the same building and nearby sustained losses of an equal amount.

Welcome Industrial Tramp Army. Redding, Calif., Feb. 27.—The smelter town of Kennett gave the 100 marching Industrial Workers of the World, on their way to Fresno, so warm a welcome that the band will remain there until Wednesday to recuperate. A hall was turned over to the tired men when they came in and comfortable bunks were made up on the benches and cots. The industrialists had a public meeting at which a big collection was taken.

MORE DIPHTHERIA THERE. There Are Now Forty-three Cases in Johns Hopkins Hospital. Baltimore, Feb. 27.—Four new cases of diphtheria developed at Johns Hopkins hospital, making the total number forty-three.

Following a conference between the hospital authorities and officials of the health department physicians began an inspection of boarding houses in which medical students lived.

It was announced that this was merely a precautionary measure and that no fear was entertained of an epidemic outside the hospital.

Dr. L. P. Barker, in charge of the medical department of the hospital, said he thought he would be able to reopen the local schools the first part of next week.

SOUTH DAKOTA AT A GLANCE. Business men of Sinal have petitioned the town board to erect a jail.

John B. Sammons, pioneer, aged 76, was found dead in his bed at Yankton. The city council of Woonsocket is considering the installation of an extensive sewer system.

The city council of Woonsocket is considering the installation of an extensive sewer system. Miss Ruth Erickson and Jess Brandt of Huron were married at the home of the bride's parents.

Saloon interests are seeking to secure a foothold at Hurley, which has been dry for several years. C. M. Lyon of Watertown has been elected president of the South Dakota State Laundrymen's association.

following an illness of several weeks of pneumonia. Mrs. Eva May Kreiter, who killed her husband, Phillip Kreiter in their cabin near Aberdeen, says the killing was in self defense.

Several fires of mysterious origin in the vicinity of Hunt recently have convinced property owners that an incendiary is at work.

Dick Fool Bull, a Sioux Indian, has been landed in the state penitentiary at Sioux Falls for horse rustling in the vicinity of Colome.

Arthur L. Hastings of Aberdeen, a veteran conductor on the Milwaukee road, is dead.

Mr. and Mrs. Frederick May of Belle Fourche celebrated their golden wedding anniversary.

Mrs. Mary Tyler of Yankton, aged 86, sustained a fractured hip bone when she fell upon an icy sidewalk.

Stuart Woman Wants Divorce. O'Neill Frontier: A little over two years of wedlock has brought Clara B. Tasky to the divorce court. She alleges in a petition filed in district court that she and William Edward Tasky were married at West Point, Neb., November 24, 1909; that for the past six months or more they have been at Stuart, this county, and since their removal here he has refused to live with her or to furnish her any means of support. The petition states that Tasky has conducted himself as an unmarried man since coming to this county and has "made love" to other women, naming one woman at Stuart as co-respondent and alleging criminal acts. She says the defendant has personal property and real estate to the value of \$2,000, has an earning capacity of \$60 per month and is the heir of an estate valued at \$20,000. She asks for absolute divorce and alimony.

Schooner Runs Down Two Men. San Francisco, Feb. 27.—The police are seeking the owners of the lumber schooner Comet to learn why, if true that the vessel ran down and drowned two men Saturday, the fact was not reported. The case was brought to light after a twenty-four hours' search for the launch John A. and her crew of two by the police boat Patrol. The owner of the schooner is said to have admitted that the Comet had run down the launch Saturday morning.

Death of Mrs. Dutcher. Butte, Neb., Feb. 27.—Special to The News: Mrs. John Dutcher died at her home in Butte Friday afternoon of cancer. She leaves to mourn her loss a husband, two sons—Clyde, who is at home, and Clarence, who resides in the Black Hills country of South Dakota—and an adopted child, Lyle. Mr. and Mrs. Dutcher are numbered among the earliest settlers of Butte. He has been in the livery business here for the past twenty years.

TO ARM THE CANAL. Plan Goes Through After Five Hours' Debate. Washington, Feb. 27.—After nearly five hours of debate, the house of representatives voted overwhelmingly for fortifying the Panama canal and appropriated \$3,000,000 for beginning the work, the total cost of which has been estimated at \$12,000,000.

The action of the house practically settles the question of fortification, for the sentiment in the senate is said to be more than two to one in favor of protecting the isthmian waterway by sea-coast batteries.

So probable is it that an extra session of congress will be necessary to get action on the Canadian reciprocity agreement that President Taft has fixed April 4 as the date on which a session may be called. The date was selected after consultation with Champ Clark, who will be speaker of the next house, and Representative Underwood of Alabama, who will be chairman of the ways and means committee, who will have charge of and report the reciprocity bill in the house.

The president had intended to convene the extra session at an earlier date, but Representatives Clark and Underwood told him they desired a month's time after the present congress adjourns to map out democratic plans for the next session.

W. N. SMITH NOT HELD. Former Nebraska University Professor Lost \$15,000 in This Game. Chicago, Feb. 27.—William Neal Smith, president of a company dealing in lands in Mexico, arrested by federal authorities charged with using the mails to defraud, was discharged by Judge Sanborn in the United States court.

Smith was arrested at the instance of George D. Ayers, formerly professor of law in the University of Nebraska, who wrote to Washington complaining that he had lost \$15,000 through an investment he had made in Smith's property. Others told of purchasing land from Smith and said the property was in a mountain region and not worth what they paid for it.

The jury after being out twenty-five hours was unable to agree and Judge Sanborn ordered the court clerk to enter a verdict of not guilty.