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MIND AND MUSCLE.

Men who are interested in physical culture find in Dr. William G. Anderson's recent experiments at Yale University singular confirmation of a theory long upheld by popular writers on bodily development. This theory is that exercise of any sort which does not enlist the pleasurable interests of the person taking it is little better than no exercise at all. Thus the man whose calling keeps him on his feet all day is almost sure to believe that he has taken exercise enough, whereas he really requires another sort in addition to his work.

William Blaikie—or "Bull" Blaikie, as he was known to his Harvard companions, because of his muscular appearance—was among the first writers on this subject to emphasize the importance of pastime in physical development. In his little "classic" of twenty years ago, "How to Get Strong and How to Stay So," he cited the example of Scotchmen who, after working in the fields nearly all day, would rejoice in out-of-door sports, by way of relaxation and exercise combined.

Since Sandow has taken to physical instruction he too lays stress on the part the mind plays in building up the tissues. The exercise taken should be "thoughtful." No mind, no muscle, he says in effect.

It is this same idea which Mrs.

Eddy reduces to absurdity in "Science and Health," when she says the blacksmith's biceps are not produced by his wielding of the hammer, but by his belief in the muscular effect of the blows. This, of course, is mis-stating a theory almost as old as the practice of medicine. The celebrated Hack Tuke quotes ancient authorities in testimony of the physiological notion that the mind's action directly stimulated bodily functions, and this belief has been taken up and incorporated in modern medical practice.

Dr. Anderson, with the help of Yale athletes, has been pursuing his investigations for some time, and as a result of his tests with the "muscle board" he has demonstrated that the circulation of the listless athlete is not greatly affected, whereas the man who exercises consciously and pleasurably sends by his movements a rich supply of blood to the members exercised.

So gymnastic work accomplishes small results compared with games in the open air which bring like muscles into play.—New York Mail and Express.

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