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BE WELL

One Hundred
Years

Edward Eells



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BE WELL

ONE HUNDRED YEARS

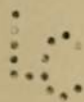
By
EDWARD EELLS

Author Of

"CHRISTLIKE CHRISTIANITY"

"A MISSION TO HELL"

"THE GOSPEL FOR BOTH WORLDS"



Published By

*Tullar-Meredith
Co.*

24 CHRISTOPHER ST.

NEW YORK

GV489
.E4

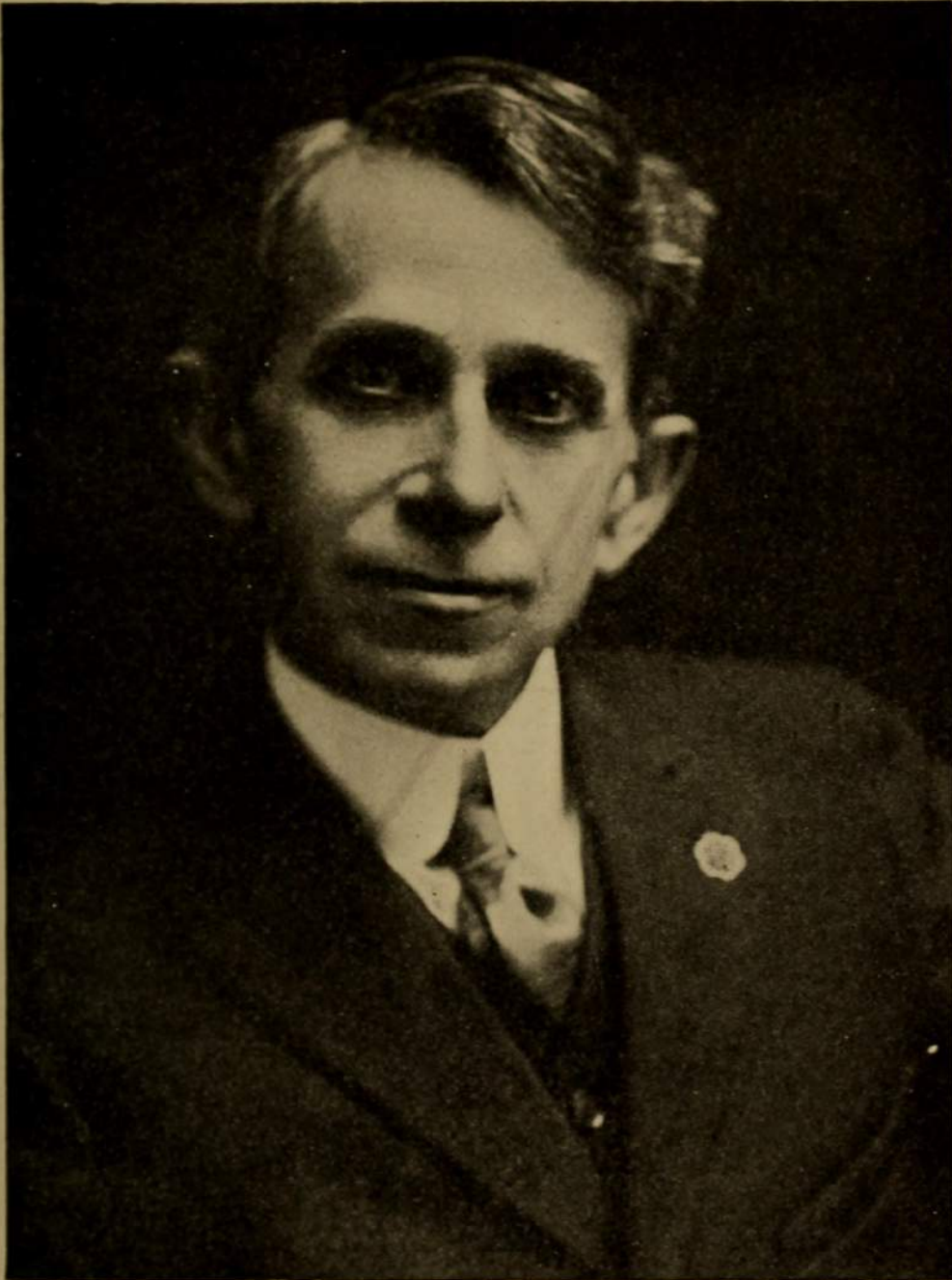
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Cordially your friend,
Edward Cella
Aged 56.

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BE WELL

ONE HUNDRED YEARS

By EDWARD EELLS

The practical suggestions of this brochure are based in the main upon three recent books. They are the Review of Reviews' Course in Health and Life Extension and two published by Dodd, Mead and Company, Doctor Kelley's "High Road to Health" and Gordon Bennett's "Old Age—Its Cause and Prevention." The last, while non-professional, is equally worth your owning for its record of a unique experience. Bennett was an old man at fifty, broken in health, bald, wrinkled, rheumatic, dyspeptic, with failing sight and meager physique. He took himself in hand and began exercising in bed for lack of strength to exercise erect. He went through his horizontal motions, the first thing upon awakening, because that was his best opportunity and he was really eager to be a well man. The result was far beyond his expectations. He attained perfect health, perfect muscular development and the appearance and agility of a man of thirty-five. His hair grew again, his sight grew strong, and at the age of eighty when he met death by accident he was by every test as young as ever and confident of reaching the century mark.

The explanation, independently pointed out by Doctor Kelley, is plain and of supreme significance.

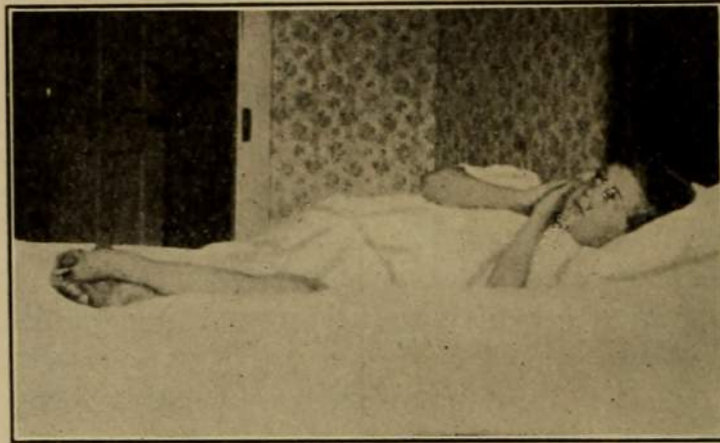
The material of our bodies is constantly changing. Exertion of nerve, brain, sinew, or vital organs all makes waste, a "tiring substance" which clogs brain and sinew and inclines us to sleep. During sleep fresh tissues are woven, but waste remains along the line of each nerve and muscle waiting to be shaken loose by a little initial exertion of the renewed tissues that it may be safely carried away in the circulation of the blood. If not so shaken off and squeezed out of the system by the alternate tension and relaxation of every muscle, this waste material remains to clog and poison our bodies, producing disease and old age.

It isn't the amount of exercise you take which avails, but its scientific completeness and timeliness the first thing after waking. Extreme exertion only increases the waste to be removed. In many cases, the whole body should remain as restful as possible while the particular sets of muscles are being exercised in turn.

Aside from food, drink, and fresh air, it isn't what we put into our bodies so much as what we get out of them that makes for health. Cleanliness without, within, pleasantly active and useful living, happy trust in God and carefree frolic with our toil, these are the essentials which make for health and endurance. Bennett's simple discovery has a far wider application than just to those who are on the point of growing old, or those with impaired health to be restored. The young, the robust, the well preserved also need it. It is vital for everybody. Try it yourself, and you will be delighted with the results from the glow of the first motion. The exact program outlined here is only intended to assist your memory. Go as you please: begin gradually if you are not strong. Kindly bear with the

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somewhat dictatorial form of what follows, remembering that the imperative is our briefest mode of speech. If you are tempted to think that you do not need to take quite so much pains and bother to be well and probably live a hundred years, kindly reflect that health and youth are jewels more easily retained when we have them than regained when we have lost them. Your better start in the race for the century life-goal should give you the more zest in running well. So if we care to be young and happy day by day, regardless of tomorrow which is in God's hands, here is a wonderful secret of how to begin each day. Nothing beats a trial. Try it for yourself, and tomorrow morning when you awaken—



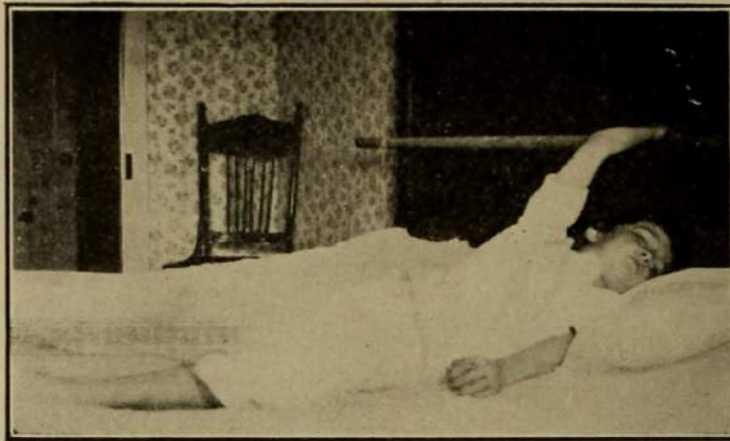
First of all, PRAY. Tell God simply in your own words that you are grateful and glad He has given you another day to live in this mortal life and ask Him to make you pleasant company for those who have to live with you. For this purpose, more than for your own sake, ask your kind Father in Heaven to fill you full of belief in health and happiness, and to make you vigorously useful for a long time to come; a helper, not a hinderer; a joy maker, not a gloom-maker; a force, not a drag; a sweetener, not an acidulator; a lift, and not a weight. You may get something out of the next motions without practicing this hand-clasping, heart-lifting one of prayer: but you cannot really be well, if your soul isn't well. Every breath you draw comes from your Maker, and He likes to have you ask Him to keep it coming. Deep breathing goes with all the succeeding exercises, and prayer, you know, is only another and deeper breathing, equally essential to the life that is living, indeed.

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A natural and delightful way to begin living each day is to stretch and take a deep breath. Try your utmost how long you can be. In doing so you can feel yourself squeezing together. You are contracting lateral muscles all the way from your throat to your insteps, muscles which will never get exercised in any other way. It increases the tension to simultaneously inflate your lungs. Don't just breathe down against your diaphragm, but joyously try to crack a rib. People are timid about breathing as they are sometimes about praying; whereas neither is really injurious. Dare to breathe, dare to pray, even if it is only an awkward gasp at first along with the sigh of the Publican, "God be merciful to me a sinner!"

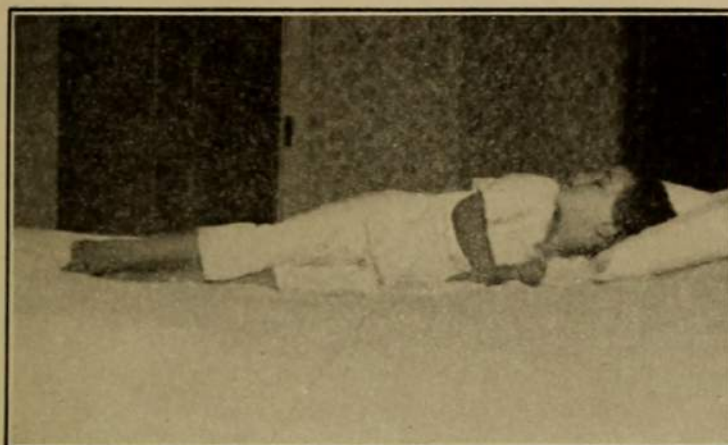
Do you know that mature people may grow appreciably taller taking exercise? You will find also that what we call a suppressed yawn will increase the value and delight of your stretching.



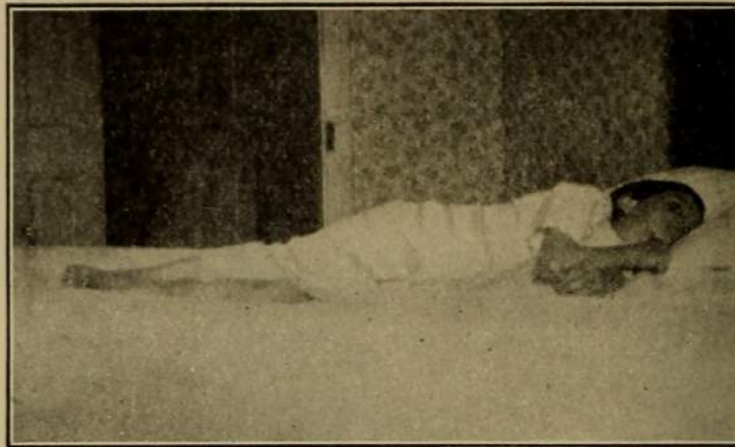
Forming the deep breathing habit is like coming into a fortune. It makes us laugh to think how we have been defrauding ourselves: Here we have been grasping about other things, but with an ocean of vital air fifty miles deep all around us, we have been stinting ourselves out of our share in this most precious physical boon. Our altruistic self-denial in air has gone beyond reason.

After stretching several times, turn upon your left side, put your right arm up bent at the elbow, grasp something and pull. With your left shoulder against the pillow, you do not need to move your body in order to strain your sinews down to your hip. Breathe high as you pull and exhale as you relax. This will properly time the motion. This business of big breathing cannot be overdone. Try as you may, you cannot change all the air in your lungs with their inside surface of more than an acre. This emphasizes the importance of breathing moving air day and night as much as possible to avoid taking back into your lungs any of the same old stuff which may have been inside you a week already.

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The slower we make these motions, the deeper we breathe meanwhile, and the harder we strain, the more benefit we will receive. Don't be too lazy to live. Work your pump or your ship will sink. I mean your air-pump that pumps in. Now lift your face from the pillow, pulling your chin toward your right shoulder. This will not only exercise the important muscles of your throat, round out your neck and stimulate the vital action of your thyroid gland, but it will fill out your flabby loose skin with firm flesh, or it will absorb into sinew the useless, ugly fat that spoils the back of your neck. Repeat each motion in its turn as often as you enjoy the pull. Like this motion, nearly all the following exercises may be gone through with under the covers. The little fellow is simply showing you.



Now raise your head sideways enough to clear the pillow, press your thumb up under your chin about half way back, push and pull your head as far back as you can, with a full breath. Relax forward and exhale. Do not bother to count how many times you do it. Think of whatever theme may be most pleasant, and when it seems that you have performed each motion often enough, do it twice more and stop. This chin raising will further exercise the muscles of the throat, give you a smooth neck of youth, work out the obesity of a double chin, and pull the whole length of your spine.

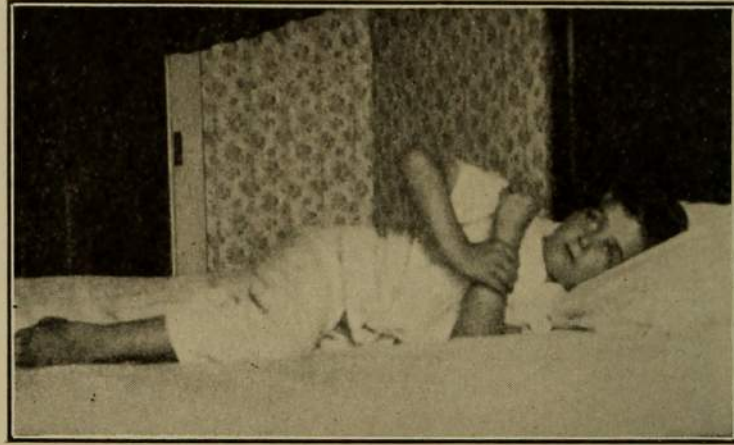
These two throat motions are our nearest muscular approach to the brain. You should find your memory improved by them, your spirits raised, and your whole brain action stimulated.

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You can pull like two people when you pull against yourself. Catch the middle of your upper right arm with your left hand, hang on and pull both ways. Don't forget to breathe hard as you pull, then relax and exhale. Alternate tensing and relaxing are what you need to loosen up the debris of yesterday's life. The harder you worked yesterday, the more your muscles, arteries and nerves need to be shaken free of this debris just now at the beginning of your new day. This is why hard work alone does not make people healthy or long lived. If yesterday's vigor entails a lassitude and a dull, slow start today, its activity has proven an injury, not a boon of toil.

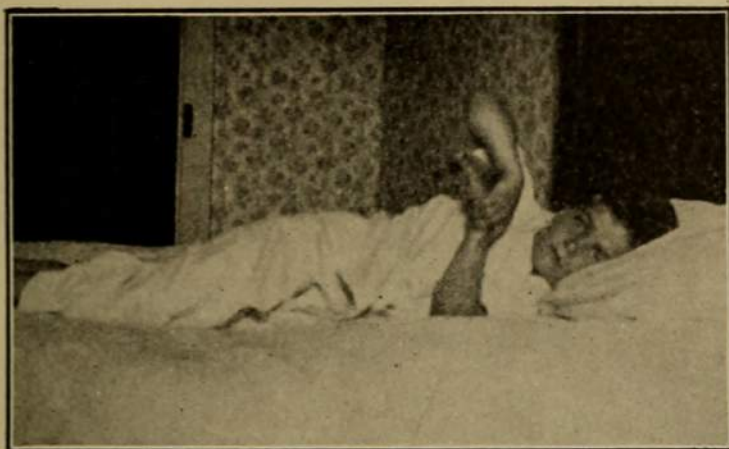
You may vary this exercise beneficially by shifting your clasp nearer the elbow and swinging your right arm as high as the left will reluctantly allow.



This pull you have just given yourself has gone clear across your back and down your spine. Now to exercise just the other way grasp the left wrist with the right hand and push against its upper side, resisting yourself stubbornly. Now your muscles are pulling across your chest. You will be surprised to find how hard you can work at this. It will make you laugh to find how much fun you can get out of yourself without interfering with any one else.

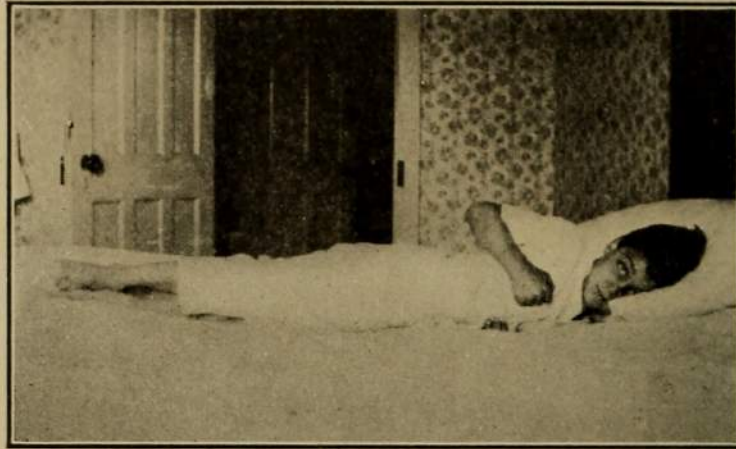
It isn't at all necessary to go through violent acrobatic stunts in order to be thoroughly well and well developed. The more contortion, the less benefit. Nine tenths of us will find this easy way the best way.

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The fun of living is indeed largely just playing a game with ourselves. Now grasp the other side of the same wrist and pull. You will thus get muscles of the arms, back and chest into vigorous play, and with the lung muscles working simultaneously, you are stirring yourself all through. You are becoming acquainted with your own body, learning to love and not despise yourself any more. You are getting into something you will really wish to keep on with the remainder of your life. The drawback to much of our gymnastics and physical culture is that a lifetime daily habit of it fails to be formed. It is a mistake to imagine that we can work up a physique in school which will just take care of itself the remainder of our days.

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Indeed one of the great benefits of these exercises to you will be that you will joyously and worthily fall in love with yourself. God did not give you your body to be a "prison house of clay" or a torture cell of nerves on edge and vital organs refusing to function. It is to be from now on the mate of your soul, loved and cherished, caressed and played with most gratefully. At best it is a frail little thing to hold for a time, your immortal soul, big with its thoughts and purposes, but while they are together mind power can mightily help the body and thus react, stimulating itself. Each needs all the other can do for its upbuilding.

Now straighten out, still lying upon your left side, and turn your body forward while you push your right elbow back. Muscles are pulling now half way across your body all the way down- also between your shoulder blades.

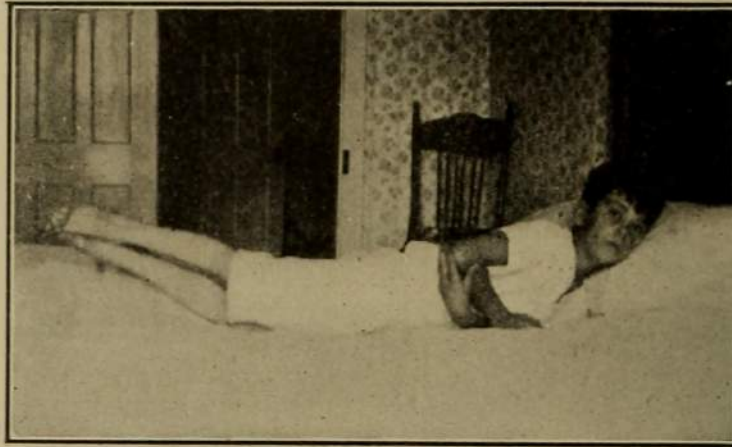
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Here is something delightfully strenuous a little lower down. Still lying upon your left side, try to raise your head and shoulders by the straight pull of the muscles of your waist. Don't be discouraged if you fail. The effort itself caused the muscular tension you are after. It is good for us sometimes to try pitting our will against the impossible. It was the way we cut our teeth through the gums in childhood. George Eliot tells us it is better to have failures in our life than never an effort worthy of the name of failure. However it isn't really necessary for you to actually raise your shoulder from the bed if you find you are not built in for that.

While in this position, try the opposite motion. With your weight supported on the side of your left foot and your left shoulder, raise your body slowly in the middle, inhaling as you go up, exhaling as you go down.

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Perhaps it will rest you to try something still harder. It is to raise both the head and shoulders and the feet by the same contraction at the waist. Do not attempt it with a jerk or spasm but slowly, grimly, with a long full breath and a determination that says to itself, "Some day I will." Then relax and try again. Do not be afraid if you burst into perspiration. That also is healthy. You will be sharing with a king of the olden time a wonderful remedy for his persistent invalidism provided by his wisest physician. The remedy was placed in a small phial and inserted in the handle of a hockey stick. With this the king was to mingle with his courtiers in sport knocking a ball about as his physician told him "until such time as you do sweat." The remedy thus absorbed through glass, wood and skin of the palm resulted in complete cure.

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The luxury of lying in bed after waking will have a new meaning and purpose to you from now on. You are loafing for wages: you are sporting for a prize. Keep it up ten years and see. You have a new motive for being industrious about going to bed at bedtime that you may waken an hour sooner than your former habit. Now reach down your right arm and grasp your right knee. Pull with your arm, push with your knee. Pull against your own push. It is one of the secrets of self development and self poise and is good also for traits and temper.

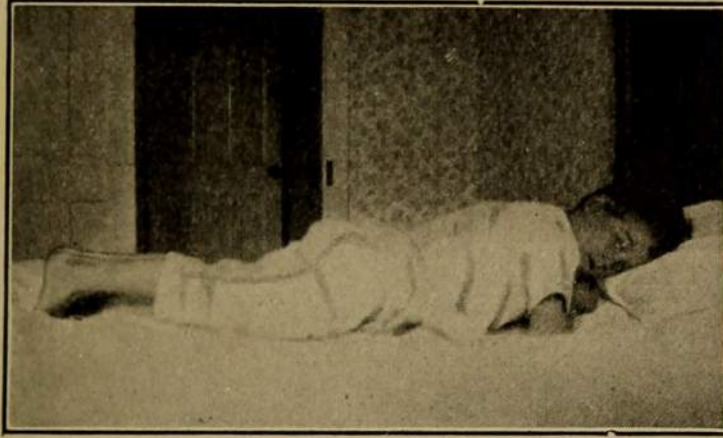
The muscles of the human body seem naturally co-ordinated for mutual resistance as though the Creator meant us to grow by struggling with ourselves.

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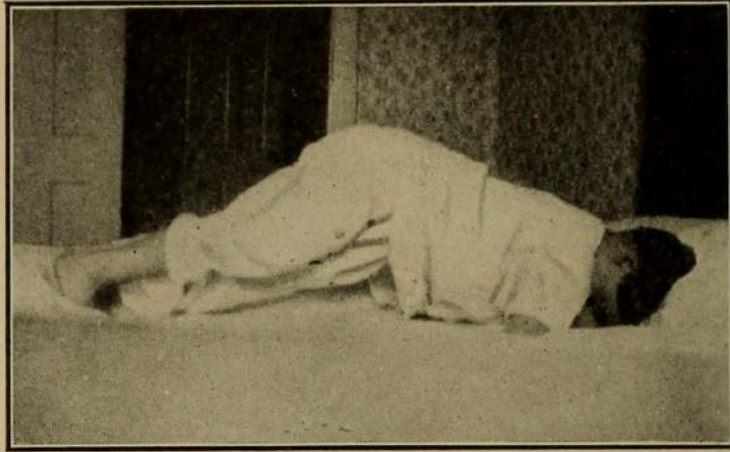


Some more push and pull play. Clasp both hands around the middle of your right shin. Pull for all you're worth. Comfort yourself with the reflection that sheer laziness shortens more lives than all our physicians working together. Torpid muscles here and there through the body are the real source of many ills that flesh is heir to. If you wish a full happy life and a long one, you have just got to work for it. There is no avail in prayer for healing, or in quoting Mrs. Eddy to yourself while you are violating the fundamental law of physical well being by your deadly sloth. Too easy a life means probable bondage to an inexorable trained nurse by and by, also a physician forever prescribing complete rest and more medicine.

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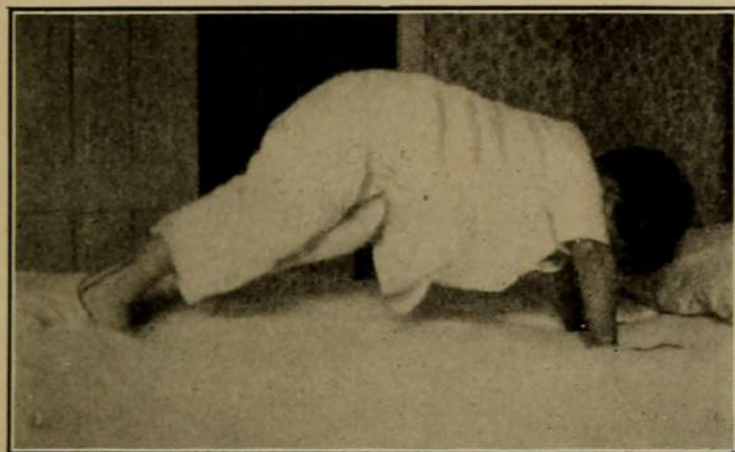


You are now through on your left side. Aren't you glad? Now turn square on your face. Support yourself on your elbows with arms clasped and on the tips of your toes. So bridging space, raise your body inhaling and lower it exhaling. Slowly, slowly; but don't let it down to touch the bed in the middle. All the back of yourself that you rarely see is being toned up by this strain. Just once or twice up and down at first until you get strong where you have been most weak. None of these exercises should be persisted in to the point of lasting soreness or lassitude. Just under your straining spine is the central nerve ganglion of the sympathetic nervous system upon whose reactions all your vital functions depend. Muscles and nerves will be freshened together by this daily initial exercise as nothing else can freshen them. You are also getting after your kidneys and ridding your system of gallstone material before they form.



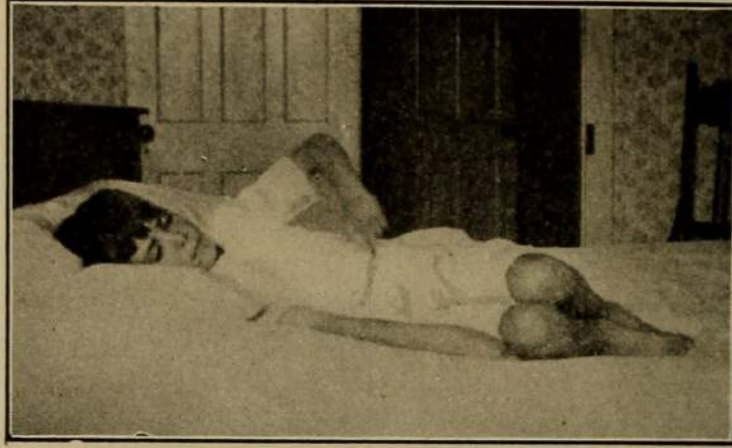
What need have you of parallel bars to strain upon like a driven slave, when you can achieve such a triumph of neck to heel exercise as that just upside down on the bed? Now for a splendid sideways sweep in a similarly humble posture. Make a graceful arch of yourself, an arch rising from the tips of your toes at one end, your elbows and forehead at the other. Sway the middle of your body from side to side slowly, letting each side touch the bed in alternation. You are doing yourself a lot of good in this way, but the main thing is that you are limbering up the joints of ribs upon spine, where rigidity often causes shortness of breath, ending life before its time. The vast majority of our peaceful lives do end, do you know, ten, fifteen, twenty years before their time.

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In the simpler forms of animal life, you know, sinew and nerve are all one homogeneous protoplasm. The jelly fish is all nerve and all muscle, such as it has. So in man's physical nature there is an essential unity of well-being. "Does one member suffer? All suffer with it." To improve your condition, you simply take hold of yourself by your muscle because that is your natural handle—after you have 'thrown physic to the dogs.'

Now be brave! Get on your hands and toes. Dip down until your nose touches the pillow and your elbows are akimbo. Simultaneously lower your hips so that you are concave on top, yet only supported at your hands and toes. Rise slowly to the length of your arms, raising yourself in the center to a restful arch again.



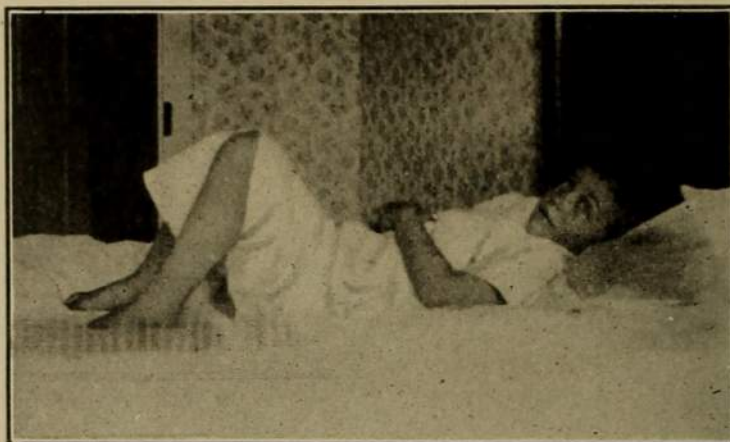
Does it occur to you that in thus straining your spine sideways and up and down you may not only be reshaping its cartilages from their wedge formation which makes you stoop-shouldered in spite of all your efforts to "straighten up," but you may be also actually brightening your mind? Clearing the debris loosened by sleep from these cartilages helps to get it out of your spinal cord, the most direct approach to your brain.

Lying on your right side, you should do all the things you did on your left and two more. That is because your liver is on your right side. The minds of our fathers dwelt a great deal upon their livers. Here is something a lot better than liver medicine. Just straighten out and pound the lazy thing. In our well equipped gyms they have machines to do it. But fists were made first.

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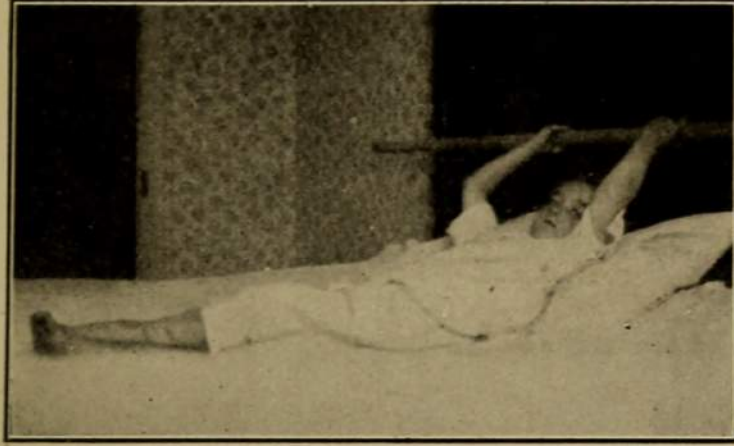
The liver, which our fathers persistently jogged with pills, may be jogged with the fingers, as well as pounded with fists. This organ is the great filter, strainer, and chemical laboratory of the body. Allow it to become clogged and inert at your peril. As you lie on your right side, this organ lops forward and can be enjoyably punched at by sticking the fingers of your left hand deep under your lowest right rib. It is the only vital organ you can so punch at, which helps us to believe that our Maker meant livers to be punched. Anyway, you will find real benefit in doing so persistently, morning by morning. Rest assured that no medical stimulation will ever do your liver anything but permanent harm, always excepting lemon juice and natural fruit acids taken just as you naturally crave them.



Hitherto in the history of our blundering world the term, "science of medicine," has been used too often as meaning the science of health; whereas, nine times out of ten, perhaps, the use of medicine has been distinctly opposed to health. "Doctor, Aunt Abby is poorly again; how much calomel must she take?"—A familiar greeting of the generation which has suffered and gone. Thank God "medicine" today is no longer "practised" quite like that.

Your liver action can also be stimulated rationally, effectually, and in hearty good will to the poor abused organ while lying upon your back. Put your knees up, thus relaxing your abdominal muscles, and joggle Mr. Liver with the fingers of both hands curved up under the lowest right rib.

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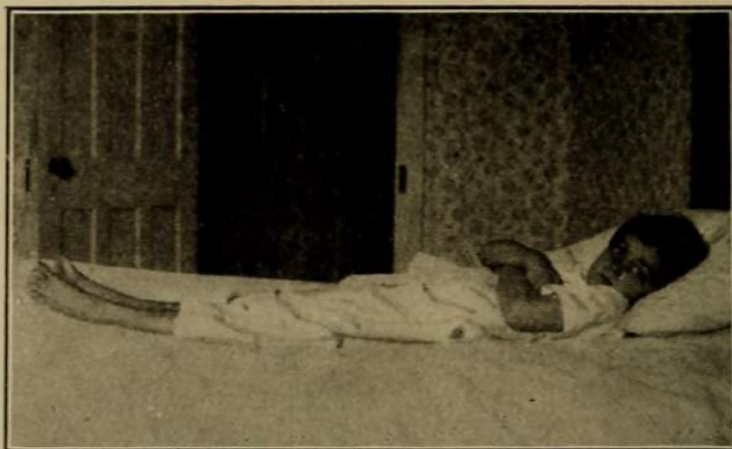


Caution: this forcible interference with one's liver may be overdone just at first—which only shows how effectual it is. Begin easy, go slow, but keep it up, if you find you need it.

Now you have yourself on your back, begin at the top again, stretch up both arms, making right angles at the elbows, grasp something and pull hard without moving your body at all. While you pull with lungs well filled, cough twice each time without opening your mouth. Then relax and exhale. In this way you are giving your lungs a helpful jogging in their turn.

But the supreme center of life function is the heart. Keep your heart from tiring and there is no reason why you should not live on indefinitely. Let us keep our minds alert about this as we go on with our motions.

BE WELL

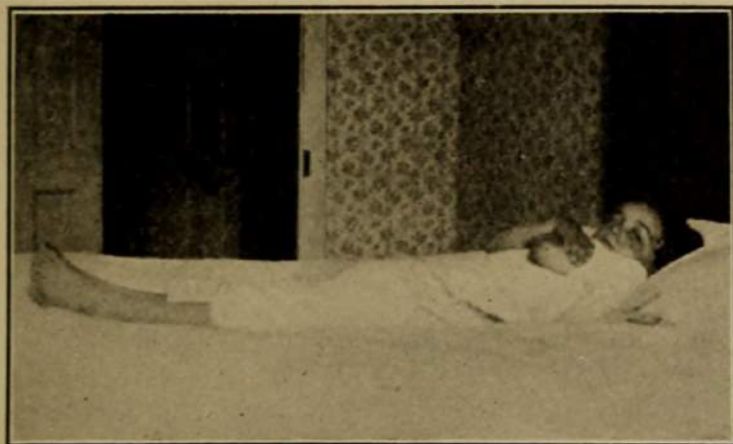


Of course the supreme essential for the lungs is fresh, invigorating air and plenty of it coming inside. All the air of the Adirondacks won't help you much unless you pump it in. We take it for granted that you intend to perform these morning (physical) devotions with your window open and a perceptible movement of air in your room—as you have had it all night.

Still lying upon your back, put your hands under your elbows and hug yourself with all your might. You will strain muscles from your waist up doing it. Perhaps your attempts at hugging hitherto have all been of other people. It will surprise you all the more to find how much real satisfaction and enjoyable benefit may be realized just hugging oneself.

Also put the flat of your right hand against the middle of your left side and press hard on it with your left hand. Do the other way on the other side.

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We sing, "Are your windows open toward Jerusalem?" and here is certainly a way of literally opening them toward the Mecca and Zion of hearty health and hale, happy old age. It is the confident forward look of your soul that wins half the battle. Open your soul-window trustingly toward God, your chambers to God's pure air; then proceed to put a rational foundation under your aircastle of health and longevity by living right and taking exercise.

Another way to hug yourself is to catch yourself by the elbows and squeeze hard. While you do this, breathing full, just shrug your shoulders as high as you can, lying on your back. Then relax and exhale.

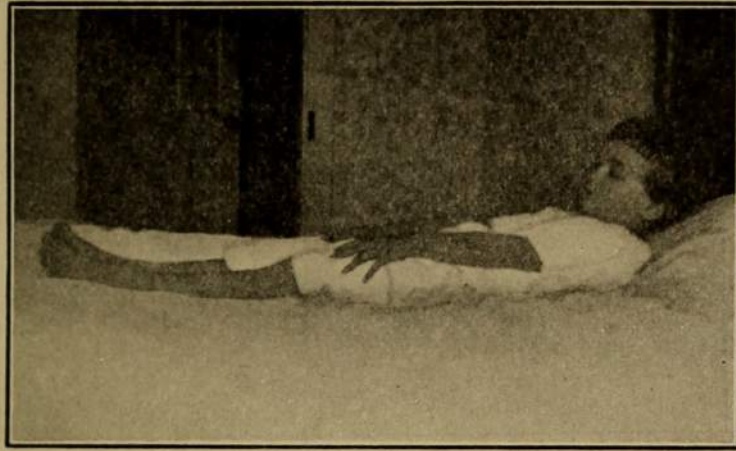
While in this position, crook your arms up and pound your chest with each elbow alternately. It will take away rheumatism and help the lungs.



When we shrug our shoulders, we drop responsibility and care. When we are humbly obeying God's plain laws of health, we do not need to be burdened with care. As has often been said, it isn't work but worry that kills. This is where genuine religion helps mightily with good health. "Cast thy burden on the Lord," then you can soon learn to say a cheery "*n'importe!*" to every ache and languor with which the disease-bogie will try to frighten you, just shrugging your shoulders and laughing ill health away.

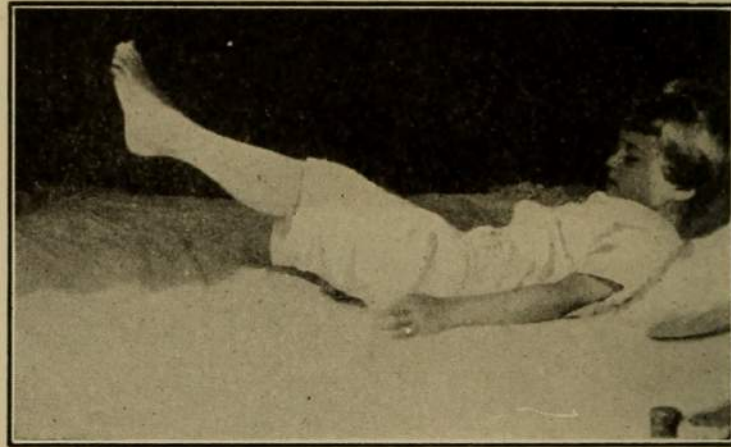
Another way to shrug is turn-a-bout, one shoulder and then the other, inhaling toward one and exhaling toward the other. You are using muscles all across and diagonally—some you haven't stirred hitherto. It is good also to turn your head from side to side toward the shoulder you are alternately shrugging. Think of the diseases that begin, the lives that are shortened by something going wrong in the throat. You can keep yours entirely healthy just by throat exercise.

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Remember that if you leave any muscle or group of muscles unstirred by daily initial exercise out of your total of more than four hundred, your condition is somewhat like that of your kitchen range with a pocket of ashes at one end of the fire-box. You wonder what is the matter with your fire. So you wonder what is the matter, hard as you work every day, that you have a tendency to obesity here or an inert vital organ there. It is all because you are lazy in spots. Where there is an inert corner in your physical plant, there will accumulate a rubbish heap morning by morning, poison will linger in your system, and you will have trouble.

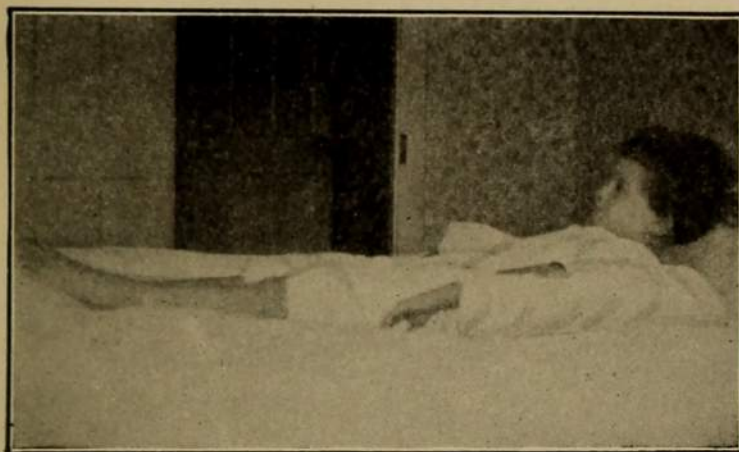
This is especially and most frequently the case with the muscles of the abdomen. Let us get to work on those. Lying on your back, raise your body down to your hips. You cannot do this anywhere else so well as in bed.



You may walk a mile and not do yourself so much good as by that last motion. This doesn't mean that you shouldn't walk at least a mile every day—only try to really walk, rising on your toes; don't shuffle or fall along. But when you feel that pull up your abdomen, you will be ready to sing for joy, "Good-bye constipation! Goodbye cathartics and laxatives! Good-bye forever! Good-bye! Goodbye!" Here is something still more to the point. Lying on your back, simultaneously raise both ends of yourself, breathing strongly, then drop and exhale. While you are in this position, do also exactly the opposite, raising yourself in the middle supported by your heels and shoulders.

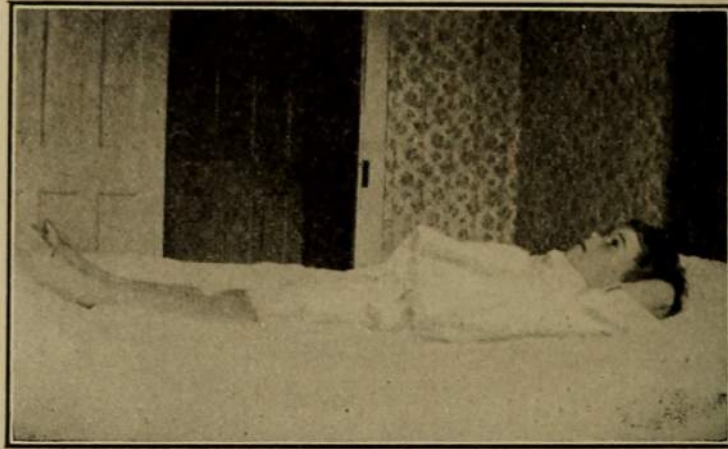
Speaking of cathartics, the best advice is simply, don't! Perhaps you cry by habit, "How can I live without them?" Why, take an enema instead. Have a wash-day inside. Lying upon your right side, take a quart or two of tepid water flowing from a fountain syringe. Take more if you can and retain it as long as you can.

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You may live through months of enforced inaction by means of such enemas as this, taking one every other day; then when you return to an active life, you can easily go back to nature's way. You can't do this on cathartics. Your kidneys will benefit by the washout as well. Now put your pillow down under the middle of your back, let your head go back over to touch the bed, and rise to a half-sitting posture on the full breath. Exhale as you return.

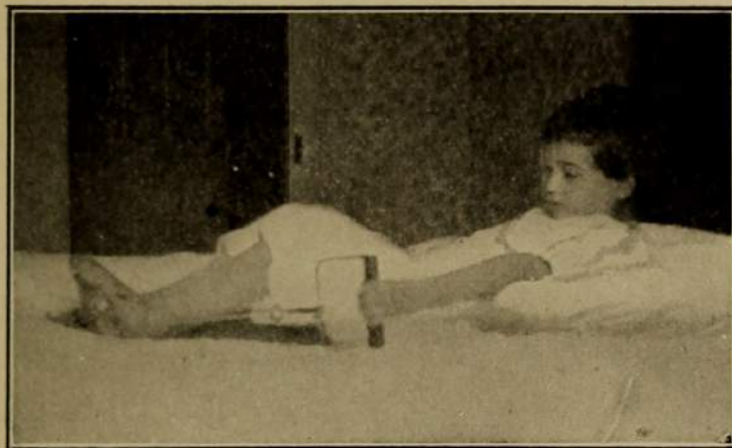
Using these exercises, you will find that nature needs no assistance whatever, except your punctual regard for the essential moment of attending to its necessities immediately after breakfast every day, whether you have the impulse or not. Health is half in habit.



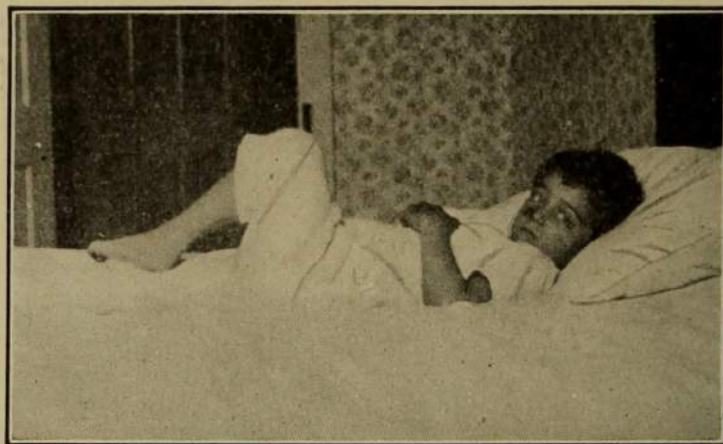
Getting rid of constipation forever, you are through with the bogie of appendicitis. If you are ever tortured with anxiety along that line just fall back on the enema again. It is so much cheaper than an operation! Cutting out constipation, you cut loose from half the ills that flesh is heir to. You recover easily from anything contagious which may take hold of you. Only if you catch the grippe, or anything involving fever, don't physic, just starve. Eat nothing at all, drink all the water you can stand, and see how quickly you will be well again.

Now in the same position, reverse the exercise and the breathing. Catch your head at its highest position by slipping your clasped hands behind it, then push backward against the pull of your hands, inflating your lungs until your head touches the bed again. Thus you are resting the abdominal muscles and straining those of the back and chest in a new way.

ONE HUNDRED YEARS

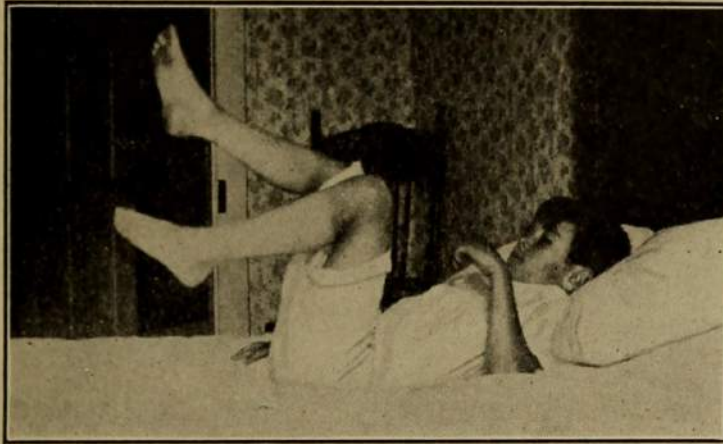


Thus far we have gotten along without any appliances whatever. It gives us another illustration of how poor, blundering humanity almost always goes at new endeavors in the hardest possible way to reflect on the vast outlay for gymnastic equipment which has hitherto been deemed essential to all-around physical culture. People began riding bicycles at the imminent risk of their necks astride of wheels twice the diameter to which their toes could reach. Before that they worked the heaviest kind of tricycles with supreme exertions of arms and legs. Now we will use a little pulling board like the above which you can make for yourself in ten minutes. Connect the handles with a cord you know you can't break, then try your level best to break it with each pull of the arms against the push of the soles of your feet. You are not only strengthening arms and back, but the hill-climbing muscles also of the backs of your legs, noticeably inefficient in so many pedestrians.



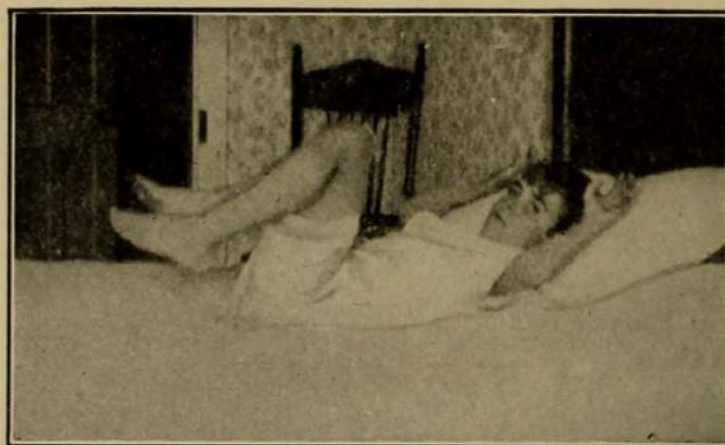
Now for the broad, flat diagonal muscles of the abdomen, hardly ever stirred in the ordinary avocations of life. Put your pillow up again under your neck, raise one knee, drawing it crossways until the hip on that side is lifted from its repose. As you exhale drop that leg back to its straight out position and raise the other knee in a corresponding manner. This is one of the pleasantest, easiest, most essential motions of our whole series. You laugh to find the easiest way, as so often in life, the best way to accomplish the ends we seek. The more of the spirit of play you can put into these initial exercises of every day, the greater benefit you will receive from them. In addition, every normal human being needs a sport for each day: croquet, tennis, volley ball, basket ball, base ball, golf, boating, swimming, "puss-wants-a-corner," blind man's buff, ring-round-the-rosey, anything so long as it is real sport for you. All work and no play make Jack an ailing, as well as a dull boy. Beside that, you should prayerfully endeavor to make play of all your work. Grim, reluctant toil, methodical gymnastics, neither of them avail to keep us young.

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You will find great sport in running without getting out of bed. Just lie on your back and run toward the ceiling. If there are two of you, by all means run a race. Have your own rules to decide which wins. Run a mile if you wish, or just sprint fifty yards. Picture the course in your mind, the thrilled spectators, the thundering applause for the winner.

Some sure enough running each day is also essential to our prolonged youth. You remember we agreed to be on the watch for something just to keep the heart strong, that we may joyously keep on living. Our only way to keep any organ, muscle or faculty strong is to make demands on it within reason. If you wish to strengthen your memory, memorize daily. Now when you run you say you get out of wind. What really happens is that your heart labors and your lungs labor in sympathy. Moral: run every day; it is perhaps the only way you have available to put a strain on your heart, and so strengthen it.



What our world will be like when men and women of all ages have come to have a way of breaking into a run along the pavements for the vital need of heart-youth, it may puzzle us to conceive. Do not worry: it will be a long time before even a small minority come to be governed by rational principles of health seeking. Instead of seeking to keep young themselves, parents today are doing every thing they can think of to make their children old before their time.

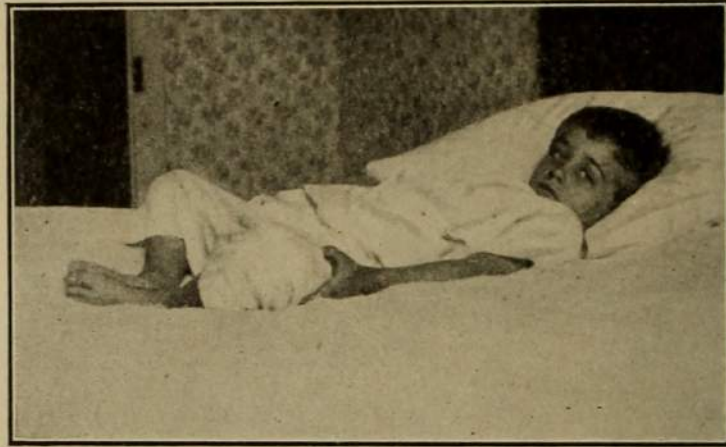
Our only way to keep young for a century is to keep on acting young—bother the dignity—especially in the impulse to keep our bodies lively. Here is Doctor Kelley's supreme discovery—the “dry swim.” It would be difficult to picture to you all the motions in this splendid composite: if you have never done any swimming upon your back, just ask some one who has to get on his back and pretend to swim before you. The only difference will be to throw the upper part of your body into the force of your stroke, thus raising it each time from the bed.

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Speaking of dignity, if you cannot bring yourself to run on the street—with never so many apologies to your acquaintances in passing, why just form the habit of running up stairs and of skipping along the hall, or perhaps you can make a race course around your back yard. Where there's a will, there's a way.

You can easily tell if you have overdone the exercise of running by your heart failing to come promptly back to normal action again when you slow down to a walk. That only shows how much you need to keep on running every day, in moderation. Half a mile a day will be a good average for those past middle life, not all at once, perhaps, but in the aggregate. You can lengthen your life in two ways at once by running to get somewhere quicker. Walking is really too slow for our age. Reckon up how many months or years you have lost out of your life already by walking instead of running to get around. The two-fold way to live long is to live eagerly, for you also add years to your life by the way by making every minute tell to the utmost for achievement or for fun.

But you can run without going anywhere by shuffling your feet back at each stride. Try this down cellar on your concrete floor.



If you are in a desperate hurry some morning by reason of not having been diligent in going to bed the night before, take time at least to have a dry swim before you get up. It will stir the most muscles in the least time of anything you can attempt. Imagine yourself in a small mill pond or one of the swimming holes of your boyhood and swim once around it, so you can get out and dress in a jiffy.

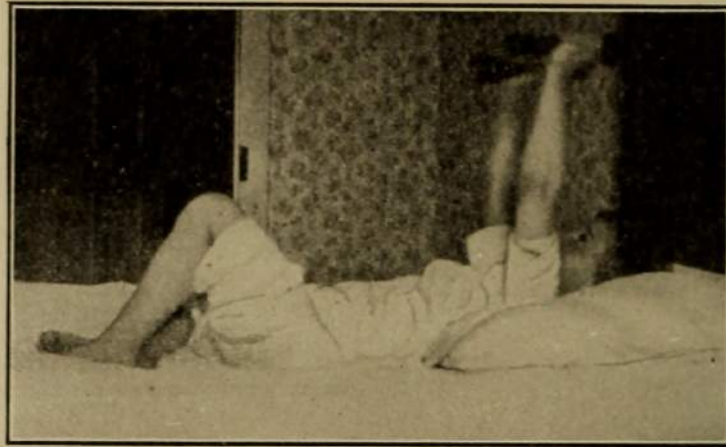
Your physical director at the gym will wish you to learn to squat and rise with your knees apart. Bless him! you will find the motion ever so much easier lying on your back in bed. At least you can get it readily here, and then practise it perpendicularly when you rise. It stirs and strengthens muscles rarely used except in swimming. Often when we try hard to teach people to swim, we find that they simply haven't this motion of the legs. It is one of our commonest lazy streaks.

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Speaking of diligence in going to bed, it is true enough, no doubt, that we are as often guilty of over-sleeping as of over-eating; but the plethora of sleep is far more likely to be from lying in bed too late than from retiring too early. We feel refreshed when we waken at dawn, but we hold ourselves down for the sheer luxury of wasting daylight, deprive ourselves of the glory of the sunrise, and after two or three uneasy, unrestful, and wholly superfluous naps, we rise fatigued and dull, imagining that we are sadly in need of rest. The next evening we hold back from retiring, complaining that we do not get to sleep readily when we retire too early.

Another helpful way to deal with yourself is to pound your abdomen with your fists when the muscles are tense by the raising of your head and shoulders. If there is a tendency to obesity, you may also profitably get yourself by handfuls, squeezing and rolling the exuberant surface. This is penance to a purpose. Let flagellants cling to their scourging; you also will find your relief from a burden.



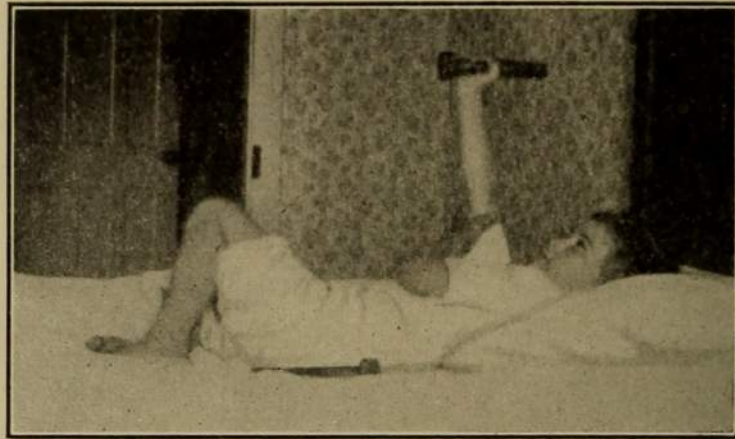
If you do find trouble in getting to sleep, or if you waken really too early, you need only to go through with the quiet motions we have been learning together, and you will probably soon be overtaken with refreshing slumber. If your insomnia is still obdurate, the trouble is that you have either too much or too little blood stagnant inside your skull. When your heart slows down for sleep, the excess of blood eddies properly in the brain. If you are anemic and nervously depleted, you need to help this cranial accumulation of blood by sleeping down hill: if you are the other way, sleep up hill. Do not place extra pillows under your head, to curve your spine, but put blocks three or four inches thick under the castors at the head of your bed. Place them under the other castors, if you need to sleep down hill. Years of wretchedness may be avoided in this simple way—only you are bound to sleep better anyway if you exercise.

Now for another concession to your physical director at the gym. Get yourself a pair of medium light dumb bells, or any old things that are like

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dumb bells. Lie upon your back and strike upward at an unseen foe such as Edgar Allan Poe found hovering in his bed chamber. Hit him hard again and again either with both irons at once or with each in alternation.

It stands to reason that the best way to use dumb bells is vertically. You are welcome to use them also lifting your arms from an outstretched posture on the bed or from your sides up, or in any of the stereotyped ways after you get on your feet. It is a free country and you are your own taskmaster.

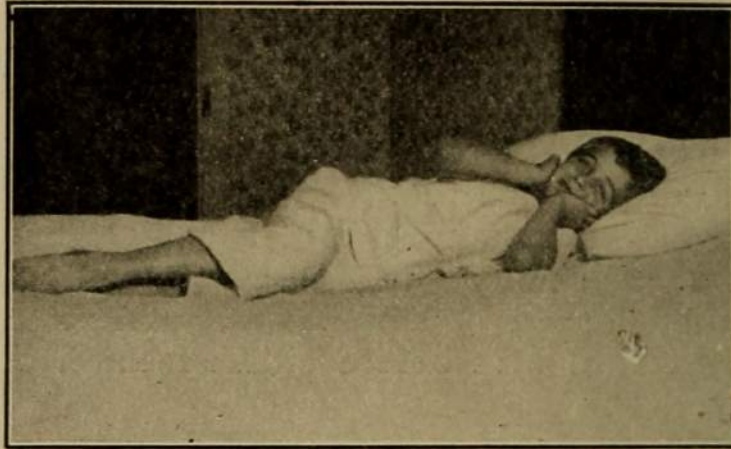


The main objective of these exercises is not the abnormal development of muscle, but health and longevity. Yet the incidental muscular development attained by their continued use has been an astonishment to experts. No one can take exception to your fond aspiration to draw up your forearm before long and have your friends "feel your muscle." It may interest you to know that Sandow found he could increase his arm girth still more by putting tight bands around them when he was swinging his dumb bells. You will accomplish a double purpose, in partial imitation, by using the grip of the other hand in massage as you shoot up your blow with one hand at a time. This is one exception to the rule you should make for health, never to have anything tight on your body anywhere.

While you have your dumb bells handy, and remain lying upon your back, lay these weights upon your abdomen and see how high you can raise them by your best breathing. Abdominal breathing also is essential to health as well as to singing and public speaking.

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Perhaps another exception you may allow for the sake of muscle growth will be the tightness of your golf pantaloons around the calves of your legs. Let these two exceptions establish your rule never to impede your circulation or your vital functions by any kind of tight clothing. Let the weight of your nether garments hang symmetrically from your shoulders. Do not make a beetle of yourself with an additional skeleton upon your outside. Health certainly comes first before either fashion or false modesty.



Nevertheless it is a legitimate part of our conscientious endeavor to look young and well as long as we live. Our motive may be entirely unselfish; for senile, decrepit forms and faces make eye-sores on the human landscape. It should be a part of our religion to look well, and to make our body the house beautiful of a beautiful soul within. In addition to making your body erect, shapely, facile by the foregoing motions, you can make your face smooth, youthful, pleasing in its expression and coloring. Let us begin at the bottom. Draw your chin down and massage it by the alternate upward and downward rub of the bases of your thumbs.

You can give yourself a more decided chin in this way, besides getting any flabbiness out of it. But if you have too much chin already, it will be better to leave it alone.

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This dry rub of facial massage can be absolutely depended upon to smooth out wrinkles, fill flabby skin with well rounded muscle, and make the face glow with the hue of health. All the skin foods and creams you may rub in have but this one advantage—the plain act of rubbing. It is impossible to really feed your skin except by digestion and assimilation of what you eat promoted by systematic exercise of vital sinews.

The same rub you have just given your chin may be profitably given between the chin and the under lip. But the best thing you can do for the look of your mouth will be to hook your little fingers in the ends of it and alternately pull and relax. The muscles of the lips are circular. You can tense them in this way and also by whistling all the day. You will not make your mouth bigger by tensing its muscles. You will simply make its muscles more firm, take out the droop at the corners, and smooth the lines about the ends of it.



We can smooth out more lines and round the cheeks by developing the muscles of the jaws. Chewing and smiling help; but massage is essential. Contract your muscles by an exaggerated smile and by pulling down your chin, then rub your cheeks simultaneously or in alternation by the upward push of the heels of your hands. Keep it up as long as your arms hold out.

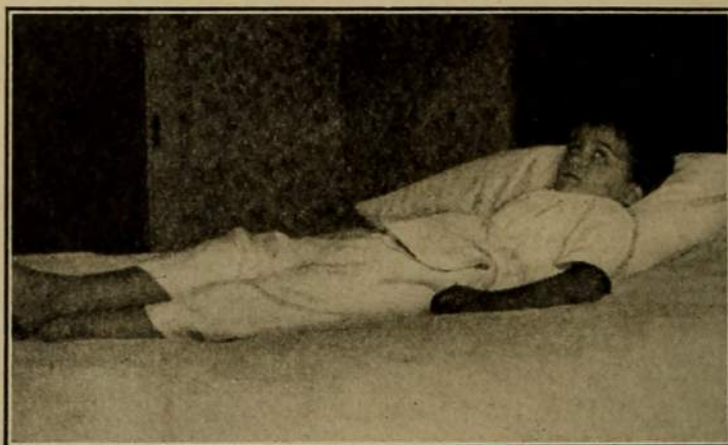
A sideways rub just under your cheekbones close to your nose with the muscles tense as before, using the bases of your thumbs, will help fill shrunken places with sinew or rub out fat. The glow you feel coming to your face shows how much your skin is being benefited. The heightened color engendered will be permanent and really beautiful. You are "making up" in reality. Nature's own hue of health does help people to love you. Cosmetics lead them secretly to despise you. Take your choice.

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Your hair also has, of course, a good deal to do with the youthfulness of your appearance. Bennett was bald at fifty and had a fine suit of hair at eighty. The main requisite again is exercise. Men go bald in front rather than at the back of the head because the muscles under the scalp are being continually exercised above the neck. While you are lying on your back each morning, move the muscles under your scalp. Wash your head once a week with tar soap. Go bareheaded as much as the law of your community allows.

Also exercise the muscles of your face—in solitude.

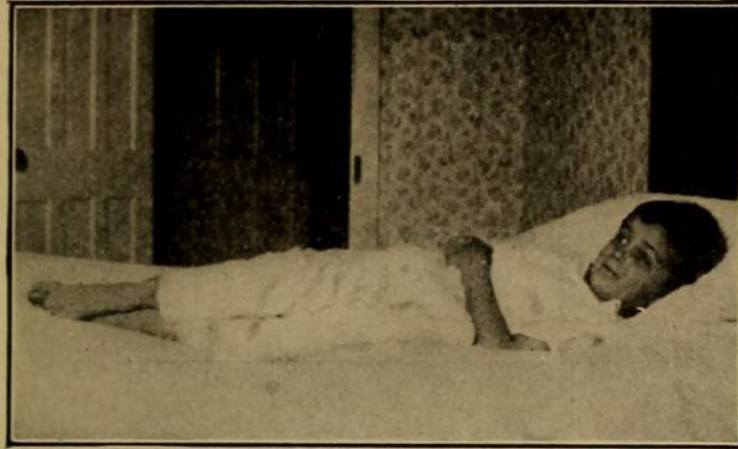
Crows' feet at the corners of the eyes converge and point to glazed eyeballs coming, with a name plate above on the lid of your coffin. Crows' feet are the result of shrunken muscles and flabby skin. Rub them out with the heel of your hand. Do not let them tell lies about you now that you are on the high road to health and longevity. Massage the muscles beneath and quicken the skin into life by rubbing. Soon your crows' feet will walk off and disappear.



In the same way the lines in your forehead which are such a detriment to your appearance, may be gotten rid of. If it is a painful frown between the eyebrows, tense the opposite muscle by elevating your brows and rub hard with the ends of your fingers. If the lines are horizontal ones of a weak will and surrender to care, pull them down with a frown of determination and rub, rub rub! Rubbing the sides of your nose also with the tips of your fingers will whiten it by making the skin healthy. Isn't that far and away ahead of talcum?

Finally, the muscles around your eyes can be developed to save them from surrounding hollows. While you lie upon your back, let your glance rove around the border of the wall paper, around and around, over and over. It will tire you at first: that shows to how little use you have ever put these muscles. Don't tell your oculist, but the lack of muscular exercise is half that ails your eyes.

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Now you are ready to roll out of bed. First roll a number of times from one side of it to the other. See how near you can come to rolling off without that catastrophe. Meanwhile speculate on the mystery of how you roll. Bless you! here are muscles working all around your body which you never knew you were possessed of, much less ever thought of exercising before. You have seen your horse do it, and raised your price on him when he went clear over. Now raise the value on yourself to yourself for limbering up laterally. If your bed is narrow, get down and roll on the floor. Try and see if you can spring to your feet without touching anything with your hands at the end of your roll.

Perhaps one in a hundred of us may succeed in this—because he really thinks he can. Others may leave out half these exercises because they think they can't do this or that motion—and never try.

BE WELL

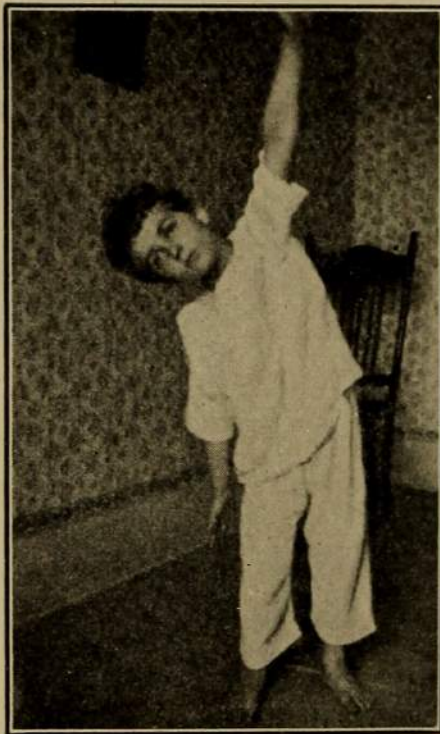


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While the tepid water is running for your indispensable morning bath—either in the tub or by the splash of your hands—there are two or three things you can do with yourself better standing than lying down. Put your arms akimbo and make your bow to the day, inhaling strongly as you go down. Exhale while you swing back as far as you can. Clasp your hands behind your head, you can swing a wider arc. By way of variety, this and the succeeding motion sidewise can be profitably made with arms arched above the head, the tips of the fingers interlacing. You can also make the motion above with the arms extended, sweeping nearly a circle, throwing your head forward and back with your body, and bending your knees.

Exercising vertically, your own weight comes in differently as a factor in body building. You will find that it will pay you to be thorough with yourself. Complete daily initial exercise, generous breathing of real air, and moderate eating of what is called coarse food are the three essentials of fullness of life. Remember that whatever is not food is poison, also what is over your natural allowance is poison. Why not cut it all out and be really happy?

BE WELL



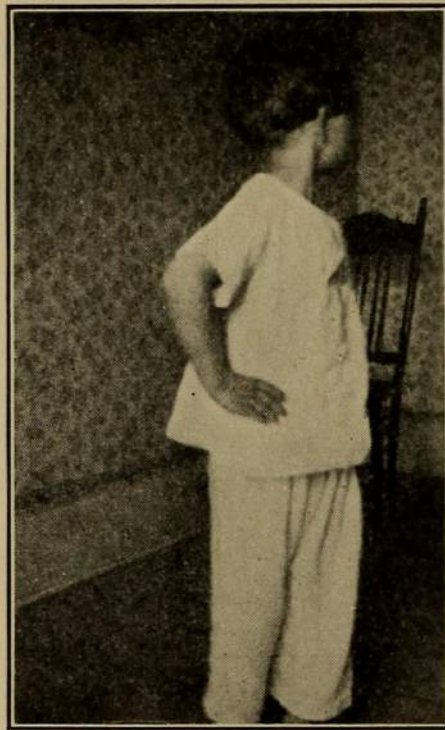
ONE HUNDRED YEARS

With your arms akimbo again, swing slowly side-wise, inhaling one way, exhaling the other. Make the swing so complete as to raise the outside foot to tip toes. Then for variety swing with your arms straight out from your shoulders.

Some of you will exclaim, "How can I with my rheumatism, my lumbago, my neuritis?" Man alive! this is the way to bow and wave goodbye forever to such companions. Pain, as has been fitly said, is generally the cry of the nerves for richer blood. You will never get that lying around and taking medicine. Blood making is the result of gland action which can only be stimulated by exercise. Yes, you can say goodbye to neuralgia, acid rheumatism and all the rest. Try it, and you will see.

As quickly as you can, get into the rough and tumble way of living. Go out in the rain and snow. Frolic with the wind. Be careful not to dress too warmly and not to breathe so much warm, dead air. Your body was built to radiate heat, not to absorb it. Like a self regulating incubator, your vital flame is apt to burn low as you put less demand upon it.

BE WELL



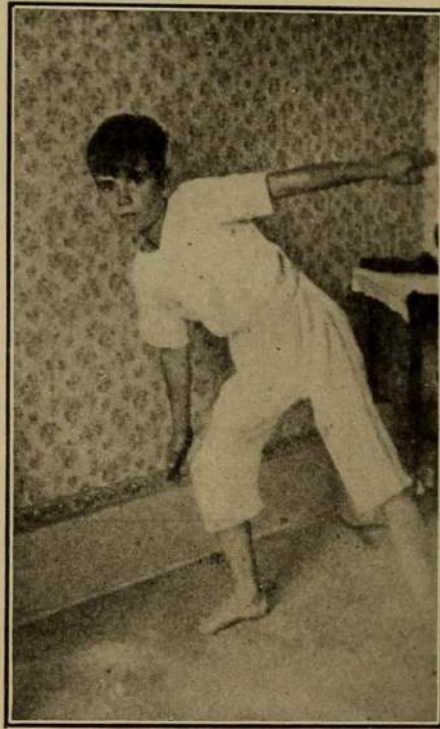
ONE HUNDRED YEARS

You can even stand wet feet if you keep moving briskly, and change to dry footwear before your feet are still. Damp clothing also does most damage where there is least motion, as between the shoulder blades. Keep moving, and old man Ill Health won't catch up with you. If your work is sedentary, stop now and then, throw out your arms, breathe strong and think of something funny you forgot to laugh about. Nothing helps like a genuine, hearty laugh now and then.

With your arms akimbo in your nightclothes—or nude still better—twist the upper part of your body around and back around the other way, timing yourself by your breathing. Do nothing with a jerk. Imitate the placidity of a torsion pendulum. At the same time move your head with the twist of your body. Vary by swinging your arms wide as you sway.

Also stretch your arms straight out sidewise and twirl them around first forward and then backward, at first horizontally, then in as wide a circle as you can make. Then slap the palms of your hands together at the full reach of your arms in front, and try with the swing of your arms to slap the backs of your hands together behind your shoulder blades.

BE WELL



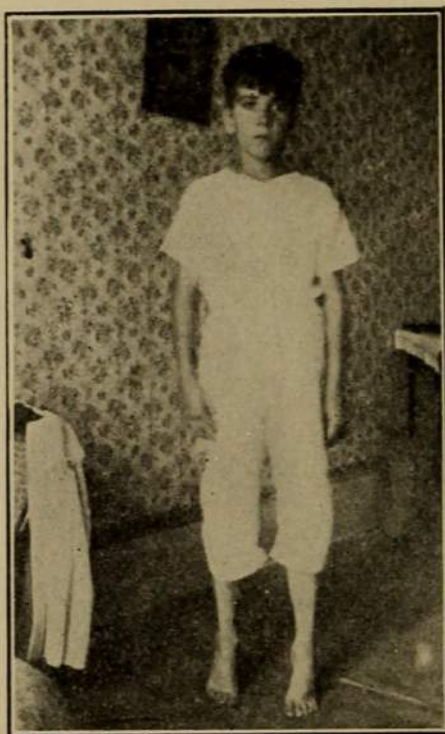
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Undoubtedly the weight of your body standing will help in exercise for the development of legs and feet. You may profitably repeat the legs akimbo motion you made in bed, dropping and rising again with your spine kept erect and your arms also akimbo. Then the hill climbing muscles of the backs of your legs can be further strengthened by dropping and rising again, bending the knees straight forward, keeping them close together. The stately bow and the courtesy are both good and pleasing exercise. The bow is made putting the right foot forward, placing the right hand upon the heart, bending the left knee very slowly and inclining the head just a little. The courtesy, as you know, is a cute little simultaneous bob of the spine, neck and both knees.

Grace of bearing will be the pleasing by-product of our health-seeking, by bedroom physical culture. You may set it down as a rule that the exercise which isn't graceful is not the most truly helpful.

Here is a motion whose awkwardness for you at first shows the novelty of its muscular play. Stand with your legs wide apart and sway your body from side to side, bending the knee beneath you. When you have learned to do it easily with arms hanging limp, try it with arms raised in graceful arcs.

BE WELL



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By all means teach these motions to your children, strengthening precept by example. If you wish your boy or girl to live long and successfully, a blessing to their newer world, show them how to begin each day gleefully getting their bodies in trim. The world waits to see how far over the centenarian line a life can be efficiently prolonged by keeping the priceless jewel of youth undimmed from its beginning.

Half the value of a man, as of a horse, may be in his feet. Wearing stiff shoes deprives our feet of their natural action and life. It would be a thousandfold better for humanity to go barefoot, even sometimes in the snow. But one mitigating exercise you can go through each morning is this of rising on tiptoe ten times at the least. Fallen arches can be prevented or relieved thus as in no other way.

What do you say, friends, to organizing a centenarian society with a gold medal birthday celebration for the first one of us who scientifically attains the close of the hundredth year by keeping the disease of old age at bay? Will not the benefit of the quest be well worth the endeavor, whether few or many attain the prize? Simply send your name, permanent address and certified birth date to the Tullar-Meredith Co. and let us get together for the promotion of humanity's choicest material boon, the blessing of health.