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TED'S HARD LESSON; OR, THE A. B. C. OF HYGIENE.

Teddy Foster had weak limbs and a flat chest. The muscles in his arms were as soft as a girl's, his calves were not much larger than his ankles, and they ought to have been nearly twice as large. Teddy, however, had a fine head and a large brain and did much good work, for he was a studious boy and seldom missed a lesson, but he had also a small neck and narrow shoulders, and these are not good supports for an active brain. The brain is a great weight and if we make it work hard and don't give it the kind of food it wants, it will steal all it can get from the body, this leaves the body thin and hungry. Teddy had a handsome eye, but it seldom twinkled, for he usually had a dull feeling in the head, and sometimes a headache, because his blood did not circulate freely.

He had determined that he would some day be a senator or president, and was studying hard so as to be ready when the time came, but his thin legs, flat chest, and small neck were against him. A boy with these defects has not much physical endurance, and that is a necessary quality for a senator or president. One cannot be president till he is, forty years of age, and Ted was only nine. It was a question, therefore, whether our hero's legs and chest would hold out thirty-one years longer, and leave him at forty with strength enough to perform the duties of either senator or president.

Ted had an uncle who was a splendid specimen of humanity. He was tall, broad-shouldered, full-chested, straight as a reed, held his head high, and chin close to his neck, and walked like a prince. Ted thought that there was no one like Uncle

Joe, and Uncle Joe thought there was no boy like Ted. But Ted's bad figure caused Uncle Joe grave anxiety. Mr. Carter knew it was much easier for a boy with good muscles, solid flesh, and robust health, to be brave and manly, and to fight the battles of life without flinching, than it would be for one like Ted.

One day Uncle Joe sailed for Europe. He was to be absent six months, as he bade good-by he said:

"Ted, my boy, if you will promise to read carefully this little book, and do exactly as it tells you, night and morning, not missing

a day during my absence, I will give you on my return a handsome gold watch and chain."

Ted was delighted, there was nothing he wished for more than a gold watch and chain. He gave the promise, and Uncle Joe sailed for Europe.

When Ted read the book he was astonished. It was about thin legs, weak muscles, flat chests, and told how to develop them and make them strong. He had

every door and drew down the curtains. Then he began. First he took a sponge bath from head to foot, and rubbed himself with a crash towel. This made him glow all over. Then he took the small sized dumb bells that Uncle Joe had sent him in a box with a pair of Indian clubs and a trapeze bar, and swung them over his head. Ted thought the bells were very light at first, but they seemed pretty heavy long before he got through.

and back, he lifted his body on his toes as high as possible, then let it slowly down, not permitting his heels to touch the floor. The little book told him to go through this exercise one hundred times, but before he had done it fifty, his calves ached so he had to stop. Had they been strong, as they ought to have been, he could have done it five hundred times and they would not have ached so hard.

Now for the thigh muscles that work so hard when we walk. Ted never had walked much, and these muscles were in a bad condition, but his enthusiasm was roused and he went at them with a will.

Body erect, head up, keeping sole of the feet flat to the floor, letting himself down as far as he could go, bending the body at the hip and knees. This was hard work, and made him sweat, and feel the blood rushing through his veins. He tried to go through this fifty times but had to stop at twenty. Next he made an attack on the little muscle in the shin, by walking across the floor on his heels, toes up. He had not taken more than fifty steps before this little muscle cried out for him to stop.

"All right," says Ted. "I'll stop now, but some day I'll make you take three hundred steps without stopping."

For the muscles on the under side of the thigh, he stood erect, arms extended in front and held parallel, knees unbent, he stooped forward till his finger tips touched the floor. This exercise also strengthened his back.

He was now very tired, and sat down to rest, and consult the little book as to what he should do next. "To expand the chest," it said, "stand with head erect, shoulders down and back; breathe till lungs are full, and hold the breath as long

as possible, then let the breath slowly out through the nose, beating the chest quickly with the palm of the hand, as the breath escapes.

This gave Ted a delightful sensation, as the little cells in his lungs that had been shut so long, opened their doors to let in the fresh air. He repeated this six times, careful always to take the breath through his nose; "for," said the little book, "if you breathe through the mouth, you will be sure to have sore throat or a cold on your lungs."



TEDDY'S HARD LESSON, AND HOW HE LEARNED IT.

studied several larger books, but he never had seen anything like this presumptuous little book that looked so insignificant, but pretended to be and was so much. Had any one but Uncle Joe given it to him he would have declared it all bosh. There could be no nonsense, however, about Uncle Joe, besides Ted had promised, and Ted never broke his word. Then there were the watch and chain.

Ted studied the book carefully, and that night he began his exercises. To be sure that no one should see or hear him, he shut

"Now for the muscles in the upper arms," said he, and he curled the bells, starting with the arms out straight, forming a cross with the body, and bringing the bells up till they touched the shoulder.

For the forearm he held the bells at arms' length, twisting them around twenty times. For the hand he held a rubber ball in the palm, and pressed the ends of his fingers hard on it. These few exercises gave him a new sense of life, and he was delighted. Then he set his thin legs to work. With head erect, shoulders thrown down