

standing can be expanded by studying the art, his intellectual powers will therefore be benefited by it, and he will thus be in a better position to improve those who are under him. Let then every teacher strive to gain a knowledge of this most important art.

Physical Culture for Teachers and their Pupils.

The whole physical organism, bones, muscles, viscera, blood, nerves, and brain—the entire body—is but one complex instrument or organ of the mind, including thought, affection, love, moral sentiment, hope, and spirituality. It is impossible to develop and unfold the mind to its fullest capacity without simultaneous, vigorous development of the physical organism in all its parts and functions. In short, a sound mind is not possible without a sound body. Spirituality, pure love, holy affections, cheerful spirits, and vigorous thought, do not more depend upon the quality of mind than upon the action of a good supply of pure blood on the brain. This can be supplied only by a strong and healthy action of the stomach, together with a similar action of every other physical organ. The mind reacting, too, on the body, the body itself is thus affected by its own condition.

Not only is the healthy condition and vigor of the mind dependent upon the healthy condition of the body, but the sound condition of *each* organ and function of the body is conditioned upon the healthy condition of all the *other* parts of the organism. This is also true of the mind. Each organ of both body and mind is provided for, and acts with reference to the integrity of all the rest. Our entire being acts as one indivisible *whole*. Touch one part, however small and apparently insignificant, and you touch the whole. Improve or injure, however slightly, whatever function, and all thereby will be benefited or suffer. Hence, if we are weak or diseased in *one* part, we are more or less weak or diseased in *all*. Since there is such a perfect and sensitive correlation of functions, it is a matter of self-evident importance that we be physically well developed, as the indispensable condition of possessing a happy, clear, and vigorous mind. Almost all the phenomena of disease are connected with this correlation of functions. Disarrangement takes place in one organ or structure of the body, and speedily all those that are correlated with it participate in the disorder.

What then are the conditions of physical health and strength? The first condition of is to be *born* with a sound constitution. Unfortunately, for most of the present generation, few are thus born, owing to gross neglect of physical culture by previous generations. This we cannot avoid. But, starting with whatever constitution we may have, we can so live as to make the best of what we have inherited. And how? We might say by living in conformity to all the hygienic laws, to which, of course, it is not our purpose in this article to allude; but, so far as our present intention is concerned, we shall answer by saying, first, take systematic exercise; second, *take systematic exercise*; third, TAKE SYSTEMATIC EXERCISE. Animal life is as much conditioned upon exercise as upon food. It is only by physical action that we grow physically strong, and become healthy and vigorous. It is impossible to lift the arm or contract a muscle without producing electrical changes, desintegrating old flesh and depositing new. That *action*, within certain limits, gives strength to both body and mind, in one of the most simple and evident laws of nature. Find out the weak part, or feeble function, and strengthen it by suitable systematic exercise. If the brain, or the passions,

or the muscles, are too much taxed, and so are robbing other parts of their proper share of the vital fluid—the blood—then change off the one action for another, and so strengthen the inactive organ by *action*, and the overtaxed part by *rest*.

What classes most need physical culture or systematic exercise? Not the farmer, the mechanic, the miner, or any other general laborer. These, as a rule, have too much physical development. They should have more rest from toil, and take more mental exercise. The classes requiring more physical culture are those who best know their need of it: the lawyer, the clergyman, the teacher, the student, the clerk, the banker, the book keeper, and all persons whose chief occupation consists in employing only the brains or fingers.

For all these classes, whose hours of employment and rest consume most of their time, some systematic physical exercise, not consisting of labor, is indispensable. And what shall it be? This question involves taste, cost, time, and convenience. Various methods have been practised by different persons, according to inclination, as rowing, ball-playing, horsebackriding, walking, running, jumping, boxing, fencing, wrestling, military drill, calisthenics, a systematic course of gymnastics, etc. While all of these *are good at times*, and for *some*, yet no one of them is without objection, as they all are attended with more or less impracticability, owing to either cost, inconvenience, time required, inclemency of the day or season, or distaste of the person; and, therefore, no uniform and systematic exercise can be obtained by any of these methods. Hence the exercise had by these means is spasmodic, and many times, too violent, often producing more injury than good, by straining only parts of the organism, instead of affording a general simultaneous action of the whole system at the same time. The method employed should be, as far as practicable, suited to the taste, means, and convenience of all—men, women, and children—and of such a character as to ensure certain desired results, namely: *The greatest possible amount of exercise in the least possible time*, and, consequently, *with the least possible fatigue and nervous exhaustion*. To accomplish these objects it is necessary that the means be not distasteful, or very expensive, or require much time. It is also important that exercise be graduated and cumulative, and taken with regularity as far as possible, and that the action or exertion be thoroughly and uniformly distributed over and through the whole body. For, by the law of correlation of functions, that exercise is the best which calls into harmonious, simultaneous, and co-operative action the greatest number of organs and systems of organs at the same time. For instance, it would not be sufficient for a person to move only a hand or an arm, though it be moved rapidly and for a long time. So, too, it is not sufficient that the muscular system of half the body be exercised, or even of the whole body, only as such exercise quickens and invigorates the action of all the rest of the organism, including viscera, arteries, veins, capillaries, absorbents, blood and other fluids, nerves, brain, and even the will. Hence, that is the best method of habitual exercise which most completely accomplishes this general result.

Of all the devices for habitual exercise yet produced none is less objectionable or presents greater advantages than the *Lifting Exercise*, generally termed the "Health Lift" or "Lifting Cure."

A suitable apparatus for this exercise constitutes a *complete parlor gymnasium*, affording a scientific system of cumulative exercise and physical training, by developing at once the whole muscular, visceral, and vital systems, equalizing and invigorating the circulation of the blood, and thus giving harmonious, simultaneous,