

“Did you ever hear of neuralgia, nervous prostration, insomnia? Ask any expert in neural disorders what to do. He will not advise drugs and chemicals as an antidote, but exercise. Get your muscles in grand running order and you need have no fear for the nerves. The dyspeptic needs exercise. Some one has said dyspepsia was a disease of the legs. When an old woman heard that John Bright was coming to the United States she wondered whether he was going to bring his disease with him. She needn't have asked; we have it, it is insidiously but surely undermining our bodies.

“John Morrissey was told by his physician that he must die in two weeks of Bright's disease of the kidneys. He considered what he should do. He went into the same course of training that he used when he was preparing for a prize fight. It made him a new pair of kidneys, and he was a vigorous man for twenty years afterward.

“I could name four young fellows at Harvard who wouldn't take exercise; said they didn't need it; in five years they were laid under the sod. You all know Tom Corwin. He's the man who stood up in the United States Senate and said: 'Mr. President, I deny the allegation, and I can thrash the alligator.' One time his son, who was in college, wrote home: 'Dear father, I am studying very hard, so hard that I fear I will die.' Corwin wrote back: 'My dear son, it would give me great pleasure to attend your funeral under the circumstances. Your affectionate father.' I don't know whether this applies in Germantown or not. You see them digging up a street for a sewer. The men in the offices complain of malaria and go home and get nourished and coddled. The Irishmen who do the digging don't complain of malaria. Men who are great accomplisners are men of great bodies as well as great brains.”

Then the speaker went on to illustrate by, “Alexander the Great, whose teacher, Aristotle, withdrew him from the Court and trained body as well as mind; Julius Cæsar, who was an athlete; John Wesley, who had a sturdy, well-knit frame; Gladstone, who cuts down an oak four feet in diameter between luncheon and dinner, when he is at his Welsh estate. Washington