Eustace Miles on the Exercise of the Future

Among the most marked features of recent years has been the study of diet. Side by side with it, as a means towards greater health and fitness, has come the study of exercise, now as a fellow-worker with diet, now as a rellow-worker with diet, now as a reliance, and that nothing else is needful for physical utilities, who claims that his drug is the panaces, and that nothing else is needful for physical utilities and the so-called "physical utilities and the

this journal for January about the diet of the future, it is appropriate to supplement what he says by writing of the exercise of the future, says Eustace Miles in Chambers' Journal. Before I begin, however, I had better discuss briefly two questions. This discussion will clear the way for our subject. First, which will be the more important factor in national prosperity—diet or exercise? Undoubtedly, diet; for it adds new elements that become integral parts of the body; and the ideal diet will be as free as possible from elements that clog or break down the body.

But exercise will not be far behind in influence; for it will help the body to use the food, to get rid of the waste, to take in fresh air, to work successfully and—a most important, and therefore most neglected art—to economize energy and to rest. Secondly, what is the exercise of the present? For the great majority of city-dwellers, who form three-quarters of our population, the chief exercises of the present are walking and sitting, and they are performed remarkably badly. It may sound a paradox to call sitting

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Walking is incomplete.

With regard to walking, excellent as

With regard to walking, excellent as it is, it is not a complete exercise. Only an ignoramus can say that it is. Only an ignoramis can say that it is. It uses a great many muscles, but it does not use all; neither does it use enough muscles fully—I mean in the sense of stretching them fully and contracting them fully. It does not empty the minute blood vessels thoroughly; it does not squeeze and shake the liver adequately. It will not be

ing, etc.—has already served to point out what I think to be some of the di-rections in which the exercise of the future will differ from the exercise of

Exercise for All. The most striking feature of the exercise of the future will be that it is for all not for a comparatively small section of the people. True, there will be many differences between the excises of one age, one group, one class, and those of another age, group, and class. But there will assuredly be a common foundation. This foundation will include the correct ways of oughly; it does not squeeze and shake the liver adequately. It will not be the sole, or even the chief exercise of the future as it is of the present.

In addition to walking and sitting, cycling and gymnastics, and what is dignified by the term "physical culture," have been coming into vogue of late years. The ordinary gymnastics swimming, sitting, lying, relaxing, and

men in the nation.

Contrast the present state of affairs. First, there is fundamental training in the A. B. C. of the body's arts for remarkably few. I may deviate for a moment to point out how the exercise of the future will be for all. At present authorities and individuals excuse themselves by saying that there is no time and no space for exercise. This, in the future, will be regarded as the sheerest nonsense. Ilke the excuse of the lazy man who said that he had forgotten to rise in the morning. The forgotten to rise in the morning. The exercise of the future, at least in this fundamental department, in the A. B. C. of the body's arts, will find brief time and narrow space ample for its purposes.

The authorities and individuals will to play these see things in perspective. They will with success

The first contrast, then, is that at present there is fundamental training for remarkably few, and there is supposed to be no time or space for exercise for the majority. The second contrast is that at present the exercises offered to the few are, for the most part, tedious and monotonous, the varied and exciting exercises—such as golf and football—being assumed to be out of the question because of the lack of money to pay for them. In other words, the ordinary person thinks that he has to choose betwen long and dull drill—mostly strain and stress movements of the most desperately inhuman and unattractive shape—and costly yet expensive play—for example, to take two extremes, between the old army exercises still taught by some ignoramuses and a game of real tennis costing several shillings.

In the future there will be a choice

In the future there will be a choice between "physical culture" of an en-joyable kind, which will not be a se-

quoits, and dozens of other healthy amusements.

It will provide cheap facilities for these amusements, and also for adapted forms of the already honored games. For example, in addition to the cricket of the field—iong may it reign!—there will be adapted cricket, perhaps with small bats and soft balls, in courtyards (as in the Eitringham street council school's yard at Wandsworth), on flat there were bedding the first very best to the improvement of the body and the first roofs, in large, bare froms, and so on, as well as practice-nets, in symnasia (as in the St. Bride institute). In ad-dition to the racquets of the racquetsquash, as it is called and fives, with

begin by stealing time and space in a half guilty and apologetic way. They will end by refusing to let this time and space be taken away from them. They will realize that an integral part of the liberty of the subject is both time and space for fundamental exercises.

The first contrast, then, is that at present there is fundamental training for remarkably few, and there is super two play games too much. Most people—men, women and children—do not play nearly enough. But undoubtedly the few do play too much of the wasting time and money, and straining contrast is that at present the exercises for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority and the very large of the full into the case of the full into the decadion. As a contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise for the majority. The second contrast is that at present the exercise of the full into the full into the full into the

Children of the Future

Why? Because the children of th future will have to be trained, as I said before, in the fundamentals, in the A B C of the body's arts, one of which arts is play. They will have been trained to breathe well, to move well, to rest and relax well. What does this mean—to breathe well, to move well, to rest and relax well? How can we learn these habits? Many readers are sure to wish to know, And I think that, after a minute's reflection they will see in what direction my article points, and what a terrible mistake we are making in the present.

The most brilliant minds in the country are being turned not to prace to rest and relax well. What does this

and most feasible means to it. idea of a university without a professor of physical culture—not a mere military drillman, but a man of education and mental and mbral culture

As a second consequence, there will be, in the future, training for play. The intelligent directors of the na-tion's education, including its play, will not only utilize spaces for games and adapt these games so as to make them appeal to all; they will also com-prise the fundamental physical train-ing, in the A B C of the body's arts, some exercises that will make the play of the great English games and sports not only safer, but also more success-ful and more enjoyable.

Begin at the Beginning.

The exercise of the future will, then, begin with the children, as does the detaction of the Hindus, whose children are taught not only about God the All-Father, but also about the right way to breathe and hold the body and relax the muscles. It follows, as a corollary, that the exercises of the future will not be tedious and monotonous, but will be brief and interesting. If not at first, yet at least, said thinkers that the masses need and deserve such games every whit as much as washing is to a healthy man. It follows, as a second corollary, the the course of the future will be one employable by itself, for its own sake, after a little practice, it will become employable by the left, for its own sake. How will the future will be one of the child considerations and studies. How the respect not only cricket and football, but also prisoner's base, on the health of the best, the most refined and interesting in the nest considerations and studies. It will provide cheap facilities for It will provide cheap faci soul, the alphabet of the play, the fundamental movements (corresponding to the correct movements of the wrist and fingers in piano-playing, or of the vocal organs in voice-production) should be mastered before the game begins and between games. I may here mention an interesting point. When, several years ago, I was

In the future some of the very best men and women will, I repeat, devote their very best energies to the improvement of the body and the first tems of physical culture with a view to finding out which systems, or rather which movements were most valuable practically for all-round training of the body with a view to real health and fitness, as distinct from mere athsoft balls, up against any wall. Sec-will be too ridiculous to be believed! letic achievement; and I foung that ondly, the future, besides popularizing the good but now neglected games, and adapting for them, will train children our pedantic authorities so often make today. Like Professor Luther by these games without injury and with success.

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better than the movements So that the training of the prepare for a reasonable sta success in all games and sports w serve also as general physical cul-Exercise of the Future

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good dog would here," Jimmy w disrespect, as he heartily on the to relax his mir daily mathemati

One point, however, is to b and it has an important bearing this subject of the exercise of the ture. I should be willing to stake very existence on the fulfilment of following prophecy. The exercise the future will include adequate it ing of the left side, and experies. of the left side, and especi-left hand. The left hand clumsy thing, nor will it usu functions of the right hand, only for the sake of self-respect metry, and the relief of the righ be skilful, and capable of indepe action. The exercise of the fut will not, like so many systems of day (based on custom and ignorance) do most of its movements with the two hands working alike. As I said before, the exercise of the future will be devised—and from time to time amended—by intelligent and educated men who shall have their mind's eye on the best possible all recording. on the best possible all-round result aesthetic as well as muscular. men will insist that each hand he to work while the other to work while the other either rests (scarcely one person in /a hundred properly rests his unused and unwanted hand) or else, if required, performs a different task—here, again

petent and clumsy. Such seem to me to be main respects in which the exercise of the future will differ from the exercise of the present, or, alas! the almost exerciseless sedentariness of the present. In the future, thanks to more generally practiced, more scientifi more sensible, more interesting, more truly educational exercise, we shalfind a people with stronger lungs, and therefore with more endurance an power; with stronger hearts, and therefore with more courage and en-ergy; with stronger digestion; with more beauty and gracefulness, mor manual skill and success, more happi shall find people a step nearer the idea of manhood and womanhood, and im proving in every way from generation to generation. We shall find such securges as heart disease, consump-tion, and insanity being swept from

But exercise must not rely on itself alone. It must work with all other sensible helps to fitness; with diet cleanliness, control, intelligence, help-

The State of Unrest in Far-Away India

is in a position to place his finger up-on the special causes which have led up to the recent unrest in India. Baparticular of the second interest production of the production of

amongst the signs of troubles. . . . Also, when discourse and quarrels and factions are carried openly and audatologically, it is a sign the reverence of government is lost.

"And certain it is that nothing destroyeth authority so much as the unequal and untimely interchange of power pressed too far and relaxed too much . . and let men beware how they neglect and suffer matter of trou-

ary grievances; the demonstration of public sentiment, as opposed to offi-cial estimate; the laying bare of state or private scandal; and the general ventilation of all social affairs which

Without bloodshed the con- | way.

"And certain it is that nothing destroyeth authority so much as, the stroyeth authority so much as, the stroyeth authority so much as, the sunequal and untimely interchange of power pressed too far and relaxed too far and relaxed too far and relaxed too far and relaxed too far and let men beware how they neglect and suffer matter of trough the spark nor tell whence it may come."

It would be presumption for any European of limited acquaintance with India to claim positively that he is in a position to place his finger upon the special causes which have led up to the recent unrest in India. Bacton with a special causes which have led up to the recent unrest in India. Bacton with a special causes which have led up to the recent unrest in India. Bacton with a special causes which have led up to the recent unrest in India. Bacton with a special causes which have led up to the recent unrest in India. Bacton with a special causes which have led up to the recent unrest in India. Bacton with a special causes which have led up to the recent unrest in India. Bacton with a special causes which have led up to the recent unrest in India. Bacton with a special cause which have led up to the recent unrest in India. Bacton with a special cause which have led up to the recent unrest in India. Bacton with a special cause which have led up to the recent unrest in India. Bacton with a special cause which have led up to the recent unrest in India. Bacton with the swear desting and the the demonstration of the many grievance of the many contains the many contains the many proposed to a stroyet many the apostles of the wells. Mother special causes which have led upon the sweath of the substitute was almost uncanny the apostles of the wells. Mother special cause with a proposed to stroyet many the apostles of the wells. This is no fancitual support was almost uncanny the apostles of the wells. This is no fancitual support was almost uncanny the apostles of the wells. This is no fancitual support when it is in more there is the demonst

way. ... The cup of the English-man's iniquity is going to be full."

In addition to these direct incitements to murder, those responsible for the agitation have now embarked upon a more insidious policy. Realizng the limitations of the public press even in its most inflammatory efforts, they have attempted, and are still at-tempting, by personal canvas, to spread discord amongst the troops of the native army in the Punjab. The fact that a very far-reaching machin-ery to spread disaffection was in ex-istence. With a promptitude that was almost uncanny the apostles of the movement seized upon such local

not be gauged by any European stan-lard. There is the fact that the vil-agers in the Punjab are succumbing to the disease at the rate of 50,000 a to the disease at the rate of 50,000 a week, and that Europeans, and those in European cantonments, are practically immune. Against such circumstantial evidence no argument based on the logical lines of sanitary precautions will avail. The word of the agitator appeals much more forcibly to the distracted laborer. The Covernment are postering the walls

nnis British Officer — a gulf temple in order to please the latter, which mone can explain and which many will deny, but which exists. It is for this reason that the present situation is fraught with anxiety, "for no man can forbid the spark, nor tell whence it may come."

A leaflet has been circulated in the native army with so much efficiency that copies of it are much efficiency. from which Europeans and their servants were immune, and, building on this argument, to suggest that was not an epidemic disease at all, but a device to reduce the population by direct government machination? The credulity of the masses in India cannot be gauged by any European start. native army with so much efficiency that copies of it are said to have reached every Reservist and discharged soldier in India. It is certain that its existence was proved in the hands of a Reservist in England. A publi-cation called India, of Gujranwala, is

lishes an "Open letter to native sol-diers from a frontier soldier in Amdiers from a frontier soldier in Ameerica." The writer says that in only 50 years the English have proved their cleverness, sinking natives to a depth of ignorance that they have become incapable of distinguishing between good and evfl, or between honor and disgrace, and are, like beasts, content to live their present degraded life. He is not concerned with the oppression

cation called India, of Gujranwala, is to be prosecuted for printing the contents of this leaflet. It may be one of many; but in itself it is a significant document. The most remarkable feature in it is its subjety, for in its allegations there is a substratum of truth; but with the truth so perverted or insidiously worded as to fan the flame of discontent. The following are the most remarkable passages.

On April 25 India (Gujranwala) published to few minutes why they are to fight in Swat, Buner, Tirah, etc., for the English, or lose their lives on the battlefield and help in the enslavement of their fellow-creatures in those countries. They do so in the belief, that they eat, the salt of the English and must prove true to their salt. Their skulls have, however, become so thick that they cannot understand where the salt which they eat comes from. They should know that it is out of the taxes collected. On April 25 India (Gujranwala) pub-lishes an "Open letter to native sol-diare from a frontiar suldier in Amand that even one-millionth part of the taxes collected does not go to their stupid selves. It is strange that, in spite of this injustice, they should keep silence and look upon themselves as the eaters of the salt of the Eng-lish. They are also wrong in vener-

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