

HOW TO ACQUIRE HEALTH, STRENGTH, & MUSCLE

INTRODUCTORY REMARKS.

TO HEALTH.

What are the miser's splendid hoards of wealth
To thee, thou greatest, best of blessings—health:
Not all his riches give the wretch the power
To buy thy presence for one single hour!
Tho' when on sick bed laid and rack'd with pain
He'd freely give them all to woo thee back
again.

And yet how truly has the poet said:
'Thy value ne'er is known till thou art fled;
But when once lost, we then too keenly know
The virtue which, when ours, possession could
not show.'

From the days of Hippocrates down to the present, health has always been dilated upon as, perhaps, no other single subject; and yet it is always fresh and interesting. Within the past half-century, and particularly during the last twenty-five years, more attention has been given to health by those whose avocations had a tendency to impair it than in former days. Prior to that time, college races, public gymnasiums, and athletic clubs in this country were not only unknown, but unheard of. It was a bold stroke when Yale College turned its attention to rowing, in the face of great opposition lest muscle should obtain ascendancy over brain, as some of the more orthodox appeared to think, or professed to do so. The Rev. Dr. Theodore Cuyler, even in those primitive times, hailed the first boating club with delight, endorsing the same with voice and pen, and prophesied that our colleges would soon be able to turn out something better than a lot of lean, lank dyspeptics, crammed with learning, but destitute of muscular development. He has lived to see college crews the admiration and boast of the civilized world, and nowhere more popular or more general than in the United States. This was accomplished in less than twenty years—as during our civil war patriotism loomed over and above all other considerations, putting a temporary check upon growing and other athletic exercises. Now the Bar, the Faculty, and even the Clergy patronize and participate in rowing,

with incalculable benefit to body and brain. There are three American gentlemen whose names will always be honoured for their persistent efforts in the cause of health, strength and muscle, viz: Dr. Hall, of *Hall's Journal of Health*; Dr. Winship, the strong man of Boston, Mass.; and Frank Queen, editor and proprietor of *The New York Clipper*. It is our belief that their influence and teachings founded and fostered athletics in America, from college boating to baseball—certain it is the former did not exist here before Mr. Queen's paper was launched. The Germans first introduced the gymnasium here, and they still hold their own, for a 'Turn Halle' is now as much of a necessity with them as their national beverage, lager beer. This may be traced back forty years or more, but the Turners paid little attention to rowing, and none at all to baseball and most other outdoor exercises. To-day scarcely a village is without its gymnasium, and on a much more liberal scale, the attendants practising any exercises they have an inclination for. Christian Associations, as well as the police, now look upon this means as part of their education. Dealers in apparatus have made and are still making fortunes all over the States, while doctors, druggists and undertakers complain of failing business in comparison.

The manifold accidents to which we are continually exposed, the sudden changes of temperature, and the precarious hold we have of whatever is external point to the necessity of having the body formed, by an early and prudent culture, to undergo hardship and fatigue, and to stand prepared at any moment to combat the dangers, difficulties, ills and misfortunes which fall to the lot of every man. The majority of those diseases which afflict humanity would be unknown were children taught the importance of gymnastic exercises, and accustomed to harden their bodies to the intemperance of the seasons, climates and elements; to hunger, thirst and fatigue. Nothing is better adapted to draw out and invigorate the physical powers than athletic games.

The results of a muscular education, and