

## SOMETHING ALL CAN DO.

## WHY NOT TAKE EXERCISE, AND FEEL BETTER?

Simple Calisthenic Exercises that can be Done Without the Aid of Apparatus—No One is Too Busy to Do Them—Some of Them Not So Easy as They Look.



HE calisthenic exercises given below are probably familiar to the majority of Progress readers, but how many can go through them without exertion, or, indeed, assume some of the positions at all. No apparatus of any kind is required, and for this reason they are of more than ordinary value to the great mass of the people who have not the time nor opportunity to visit a gymnasium.

An hour or so each day or even less time devoted to these exercises will give surprising results. A number of St. John professional and business men known to the writer, recognize this and their physical and personal appearance are largely due to the hour spent each day in calisthenic exercise.

When these exercises are performed in classes, the leader or teacher should arrange the pupils so that each will have room without hitting each other's hands, and give the word of command, to be repeated for each movement, until all the members of the class can easily perform it with the nicest precision and exactitude.

**First Position.**—“Attention!” When this command is given the pupil is to square the shoulders, place the hands slightly apart in line, the toes out to an angle of sixty degrees, the knees straight, the arms hanging easily by the side, and the hands open to the front. The chest must be slightly inclined forward, the abdomen moderately drawn in, the head erect, the eyes looking directly forward, and the weight of the body resting more on the fore part of the feet than on the heels (fig. 1).

The proceeding is substantially the “military position,” which brings the ear, shoulder, hip, knee, and ankle into a line, as seen in fig. 2.

**First Exercise**—“Chest Expansion.” The object here is to expand the lungs and increase the flexibility of all the muscles of the chest, and those of the abdominal and dorsal region which are concerned in respiration.

Take full, deep inspirations, retain the air in the lungs when fully inflated as long as possible, and then let the breath go out steadily and slowly; at the time beat the chest, abdomen, and back with the hands, gently in front, but smartly on the sides and back, as represented in figs. 3 and 4.

This exercise may be kept up during two to six respirations. This move, combined with local gymnastics, is one of the best preventives of consumption.

**Second Exercise.**—“Chest Extension.” This exercise comprehends several movements of the arms, all of which are intended to stretch the muscles, ligaments, etc., more particularly of the upper portion of the chest. The most important movements consist in holding the arms as nearly perpendicular to the body as possible, and then throw the hands and arms backward a number of times with considerable force. It is useful for the pupil to count aloud with each backward motion, till the number of counts reaches twenty, thirty or forty. Fig. 5 shows the commencing position, the hands being open and the palms together. When the word is given, the hands and arms are to be thrown violently backward, striking the backs of the hands together behind, if possible, as in fig. 6.

Then from the same commencing position, strike the elbows together behind, or endeavor to do so, as in fig. 7. These motions expand the chest in the line of the “collar” bone, flatten the shoulder-blades, and thus tend to cure the deformity of too “round shoulders,” as well as enlarge the breathing capacity.

Females who have contracted the diameter of the chest by tight lacing will find this exercise particularly serviceable. Tight lacing is much too common and no one will contend that it is conducive to health, no

matter how necessary it may be in order for a woman to maintain her reputation for complying with the demands of fashion. The vital circumference may be increased three or four inches in as many months by these exercises, combined with other appropriate hygienic medication.

**Third Exercise.**—“Arms Down.” Place the arms as in the position of “Attention” (fig. 1) then, at the word of command, throw them forcibly downward (the hands being closed meanwhile), as in fig. 8. The movement may be repeated from ten to twenty times; and if the pupil counts with each downward motion, the voice is also improved as well as the breathing.

**Fourth Exercise.**—“Hands to Breast.” This exercise commences with the “Arms Down,” as shown in the preceding figure, from which position they are brought forcibly up the breast, as in fig. 10, repeating the motion several times with counting.

**Fifth Exercise.**—“Arms Outward.” Place the arms as in the preceding position, and, at the word of command, throw them out laterally as far as possible, as in fig. 10. The counting may be done with the outward motion, which may be from ten to twenty times repeated.

**Sixth Exercise.**—“Arm Upward.” Place the arms as in the “Hands to Breast” position; then, at the word of command, throw the arms upward as far as possible, without raising the heels from the floor, as in fig. 11. This movement may be repeated with counting, as in the preceding cases and then all of these arm exercises may be made in rapid succession.

By continuing these exercises for some time one soon finds himself deriving a benefit from them. Those who have not the time during the day can spend a half hour very profitably before retiring, and as nothing is needed with which to go through the exercises, one will soon get in the habit of doing them at spare times, and when it is remembered that they make one healthier and better; all who have not the opportunities to visit a gymnasium should do what they can in the way above described.

Although the exercises look simple enough, a beginner will probably find them difficult, but with practice the results will be surprising. What at first seems impossible becomes easy in time, and the benefits derived will be incalculable.

**The Growth of Hair.** The influence of diet upon the growth of hair is the subject of a paper in a recent number of the *British Medical Journal*. The writer says: “Several cases of shedding of hair after influenza have confirmed my opinion that diet has much to do with the production and with the cure of symmetrical alopecia. Hair contains five per cent of sulphur, and its ash 20 per cent of silicon and 10 per cent of iron and manganese. Solution of beef, or rather part of it, starchy mixtures, and even milk, which constitute the diet of patients with influenza and other fevers, cannot supply these elements, and atrophy at the root and falling of hair result. The color and strength of hair in young mammals is not attained so long as milk is their sole food. As to drugs, iron has prompt influence. The foods which most abundantly contain the above named elements are the various aluminoids and the oat, the ash of that grain yielding 22 per cent of silicon. I have often found a dietary largely composed of oatmeal and brown bread greatly promote the growth of hair, especially when the baldness was preceded by constipation and sluggish capillary circulation. Those races of men who consume most meat are the most hirsute.”

**His Personal Qualities Bequeathed.** The last will and testament of M. E. Renan, after stating that he is 60 years old and certain to die some day or other, bequeaths: “My excellent character on M. Lauer, deputy for Neuilly, who seems to me to stand in need of it; my constant good temper I leave to the miners of France to be divided among them, thus solving the social question which they have very much at heart.” In conclusion the will says: “As for my gaiety I leave it entirely for the foundation of a hospital, which is to bear the name of ‘Hospice de la Gaieite,’ with a subtitle, ‘founded by M. Ernest Renan.’ All morose and disagreeable people are to be treated gratuitously. It is to be divided into various wards—pessimist ward, philosophers ward, etc. The inmates, after death, are to be dissected in order that science may some day arrive at a certain conclusion why some men are glad and some men are sad.” Such a philosopher and philanthropist as M. Renan seldom has anything beyond his personal qualities to dispose of by will and there is cause for rejoicing that he has set an example so many of us can follow.

**PRETTY CHEAP TRAVELLING.**

A Bicyclist Who Went From America to England on Ten Dollars.

Mr. Arthur Mellich, a student at Harvard, tells in the *Christian Union* how he made a trip from the United States to Liverpool and saw a good deal of England, all for the sum of ten dollars. He brought his bicycle with him. He says:

Everything being in readiness, I went down to the Boston wharves in search of a steamer on which to cross. I found a large four-masted cattle boat that was to leave on the next day. On interviewing the boatswain I was informed that by going immediately to the cattle yards I might get a birth as cattleman. This I did; and after some parley was told that I might work my way over, and to be on hand at the cattle sheds at two o'clock next morning. I turned up at the cattle sheds after a number of adventures, and in the twilight of that morning, entered on my career as cattleman. The boss was very pleased with my work that he told me he would give me the handsome sum of one pound, together with a return ticket, for the trip. Although 4.86 2-3 dols. is not a very great sum, yet, as it would increase my available resources by one-half, I felt quite pleased.

The morning's work among the cattle was very exciting—consisting of getting them into cars and then tying head-ropes round their horns or necks. I got off the cars at Charlestown and went over to Boston for my bicycle and a small bundle of clothing. When I arrived at the steamer I found that nearly all the cattle had been got on board. The men being busy with them, I smuggled my bicycle on board at, where the quarters of the cattle-men were situated, preferring to have a discussion as to whether I could take it or not after we got to sea.

We had 850 cattle on board, and nineteen cattle-men. I and two others had charge of 150, which were ranged on the port side of the main deck—there being altogether three decks of cattle. We worked fourteen hours a day, as follows:—3.45 a.m. Roused by night watchmen. Four a.m. (a) Meal Colorado cattle. (b) Water all cattle. (c) Hay cattle, giving them as many buckets as they will drink. (d) Sweep up. Seven a.m. Breakfast—consisting of scouse (salt meat boiled with potatoes), soft tack, and coffee. Keep walking among cattle every ten minutes all day. Nine a.m. hoist corn and meal in bags from the hold. Ten a.m. give all cattle, except Colorados, corn. 11.45 a.m. Dinner—consisting of salt horse, or soup and potatoes. Three p.m. (a) give Colorado meal. (b) Water all cattle. (c) Hay cattle. Five p.m. supper—consisting of salt horse, soft tack, and tea. After tea sweep up. Six p.m. work stops, and night watchmen go on duty. We had two messes. The dishes were all of tin. There was one knife and one fork among our mess.

The sleeping accommodation was rather peculiar. The bunks were arranged round the sides of a small cabin, some of them being double—that is, two slept side by side. The mattresses consisted of potato-sacks filled with hay, each pair having their openings sewn together. The men usually slept on these, with their boots wrapped inside their coat, the bundle being used as a pillow. Only three or four of the men had bedclothes. After an eventful passage we arrived at Liverpool. Here I spent a couple of days with the boatswain. I pawned an old suit of clothes for eight shillings, with which I was so fortunate as to obtain a nice pair of bicycle trousers, which were a slight misfit for a previous customer. After changing my American money into English, I found that I had just three pounds, having besides my return ticket. It was then the 12th of June, and the question was, How should I make it last until my return?

After a little calculation, I found that I would have to live on a little over twenty cents a day in order to make it last out. This I determined to do, and did it. The chief trouble I found was to get a cheap bed over night. Shilling and half-crown beds were common enough, but I did not soar to such luxuries. Sixpenny beds were the best I could aspire to, and I often got a place to bunk in for three pence. Only three times during the whole of my stay in England did I obtain a bed for nothing.

The problem of subsistence I solved with less difficulty. I became a vegetarian, and found that by going to the little shops on the outskirts of a town I could obtain a very large tea-cake for a penny—often getting one with a glass of cider for a penny half-penny. This I found amply sufficient for a meal, and often did with two such meals a day. Nor did I starve. I did not mind it at all, but rode long distances, and got fat on it. There were, however, on several occasions, breaks in this Spartan fare. I was frequently invited to meals by the hospitable English people, who little dreamed what a favor they were conferring on the apparently well-to-do American bicyclist.

**The Great Big Bonnet in Theatres.** Human nature is much the same in all ages. The amiable author of *Abou Ben Adhem* in 1831 found a remonstrance against enormities in the theatres, of which, in his opinion, “the bonnet is the worst.” If you sit right behind him, he says, it shall swallow up the whole scene. It makes nothing of a regiment of soldiers or a mountain or a forest or a rising sun; much less of a hero or significant thing as a cottage and a peasant's family. You may sit at a theatre the whole evening and not see the leading performer. We have seen an enthusiastic play-goer settle himself in his seat and evidently congratulate himself on the evening he was about to enjoy when a party of ladies swimming into the seats before him, and have been the ruin of all his prospects. The bonnet is the enormity! And we are sorry to say that the fair occupants who sit inside them, like the lady in the lobster, too often show a want of gallantry in refusing to take them off; for, as we have said more than once, we hold gallantry, like all other virtues, to be a thing mutual and of both sexes; and that a lady shows as much want of gallantry in taking advantage of the delicacies observed towards her by the gentlemen as a man does who presumes upon the gentleness of a lady. Something is to be allowed to fashion, but the wearers might be content with showing that their heads could be as absurd as other people's, and then lay aside the absurdity and show that they understood the better part of being reasonable. Above all it would be a

graceful and sensible thing to remember that in coming to a place where the object is to enjoy pleasure, their own capacity of pleasure is interested in considering that of others. We never feel angry with a woman except when she persists in doing something to diminish the delight we take in complimenting the sex.—*Detroit Free Press.*

**MOVING SAND HILLS.**

Countries Where Dust is Very Much Like Snow.

In the arid lands of Central Asia, the air is reported as often laden with fine detritus, which drifts like snow around conspicuous objects, and tends to bury them in a dust-drift. Even when there is no apparent wind, the air is described as thick with fine dust, and a yellow sediment covers everything. In Khotan, this dust sometimes so obscures the sun that at midday one cannot see to read fine print without a lamp. The tales of the overwhelming of travellers by sand-storms in the great desert of Sahara are familiar to every school-boy. Not longer ago than May, 1889, there was a dust-storm in Dakota, during which the soil to the depth of four or five inches was torn up and scattered in all directions. Drifts of sand were formed in favorable places, several feet deep, packed precisely as snow-drifts are packed by a blizzard. In certain regions, as in parts of the Colorado desert, all the fine, loose sand has been blown away, leaving every pebble and large boulder standing out in bold relief. The loose material thus blown along not unfrequently gathers in the form of drifts or dunes, which themselves travel slowly across the country, ever changing their outlines like drifts of snow. A few miles north of Winnemucca Lake, in western Nevada, is a belt of these drifting sand hills, described by the geologist Russell as some seventy-five feet in thickness, and about forty miles in length by eight miles in breadth. Another range of sand-dunes, at least twenty miles in length, and forming hills two hundred to three hundred feet high, occurs on the eastern end of Alkali lake, in the same state. On the eastern shore of Lake Michigan are also dunes of sometimes two hundred feet in height, and which at Grand Haven and Sleeping Bear have drifted over the adjacent woodlands, leaving only the dead tops of trees exposed.

One of the most interesting and remarkable of the many regions for the observation of sand-dunes lies between Bordeaux and Bayonne in Gascony. The sea here throws every year upon the beach, some five million cubic yards of sand. The prevailing westerly winds continue picking up the surface particles from the westward side, whirl them over to the inward slope, where they are again deposited, and the entire ridge, by this means alone, moves gradually inward. In the course of years there has been formed a complex system of dunes, all approximately parallel with the coast, and with one another, and of all altitudes up to two hundred and fifty feet. These are marching steadily inward at a rate of from three to six feet a year, whole villages have sometimes been torn down to prevent burial, and rebuilt at a distance.

**THINGS OF VALUE.**

Contentment is natural wealth; luxury is artificial poverty.—Socrates.

Sin has many tools, but a lie is the handle that fits them all.—O. W. Holmes.

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I hate ingratitude in man more than lying, vainness, babbling, drunkenness or any taint of vice whose corruption inhabits our frail blood.—Shakespeare.

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