

Common Sense Rules.

"In the matter of breathing you should treat your lungs as a room you are going to thoroughly ventilate. You must take deep inhalations, and pay as much attention to exhalation. Deep breathing means rich red corpuscles and should be practiced by all persons who are anemic. But don't do your deep breathing on a street corner over a sewer.

"Here are a few simple rules of living that everyone ought to know, and most people nowadays do know:

"Remember that more people die from overeating than from starvation. On account of the human tendency to overeat exercise is especially necessary. When you exercise you tear down tissue and occasion the need for new tissue, and the food is assimilated for that purpose. If your horse is standing in the stable you tell the stableman to cut down his supply of oats. If you do not get proper exercise during the day eat accordingly.

"Eat lightly.

"Eat slowly of plain food.

"If when you awake in the morning you do not feel rested see that your bed is perfectly straight and does not sink down in the middle, thereby keeping the body on a tension all night.

"Remember unless you learn to relax you will never learn how to rest.

"Ventilate your sleeping apartment thoroughly and some time during the day take an air bath, taking off all your clothes and allowing the air to reach the body.

"In your dressing see that there is no stopping of circulation, no tight collar, etc. Your circulation is like the plumbing of a house; knock in the pipes and there ill effects are seen.

"If you feel cold all of the time do not keep getting heavier flannels and putting on more clothes. Stop the cause, which is poor circulation, by taking regular daily exercise.

"Let stimulants alone, if not for moral then for physical reasons. No true strength can ever be produced by stimulants. It is always false strength, and it is created at the expense of vital power and

lessens the true strength.

"As to drinking, let me urge the drinking of water. Women often wonder why they are drying up and getting to look old. They don't drink enough water. Water is absorbent; it takes up the calcareous matter in the system. For the sake of that most coveted beauty, a clear complexion, woman should drink water.

"People who do not exercise suffer from colds and rheumatism because their flabbiness makes them susceptible to attack. If they exercised and kept themselves in condition they would have far less susceptibility.

"You see people dodging germs all the time. Precaution is not to be compared to immunity. Exercise, careful, systematic, judicious exercise that builds up the body will make them immune, will give them power of resistance.

"To the San Franciscan exercise is particularly essential. The very coolness and evenness of the climate is against him. The ordinary exercise of walking in this climate does not occasion sufficient perspiration, and for that reason he should exercise every day to induce the perspiration necessary to keep the body healthy.

"One thing to remember," said Mr. Brandon as a parting caution, "is that good health is physical harmony. You never are aware of an organ while it is healthy. As soon as you realize the presence of an organ there is something the matter with that organ—and the best way to keep them healthy is to give each its proper blood supply by the good circulation that comes from thorough exercise.

"But why," I asked, not so much because I wanted to know, as because I wanted another epigram, "why are you, why is the physical culture specialist necessary?"

"Because," said Mr. Brandon, "just because we are civilized. We are told that man must eat his bread in the sweat of his brow. Primitive man did. Civilized man must be made to." —[Ex.]

Some of the best lessons we ever learn we learn from our mistakes and failures. The error of the past is the wisdom and success of the future. —[Ex.]