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Contributors

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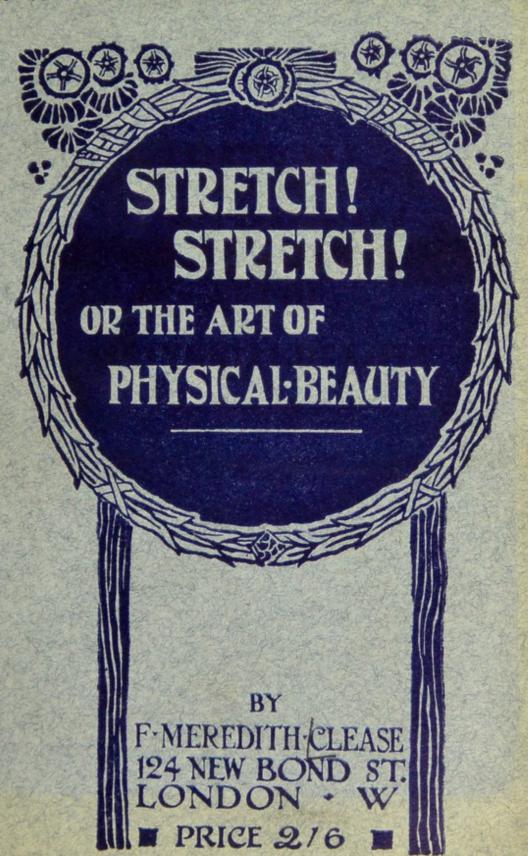
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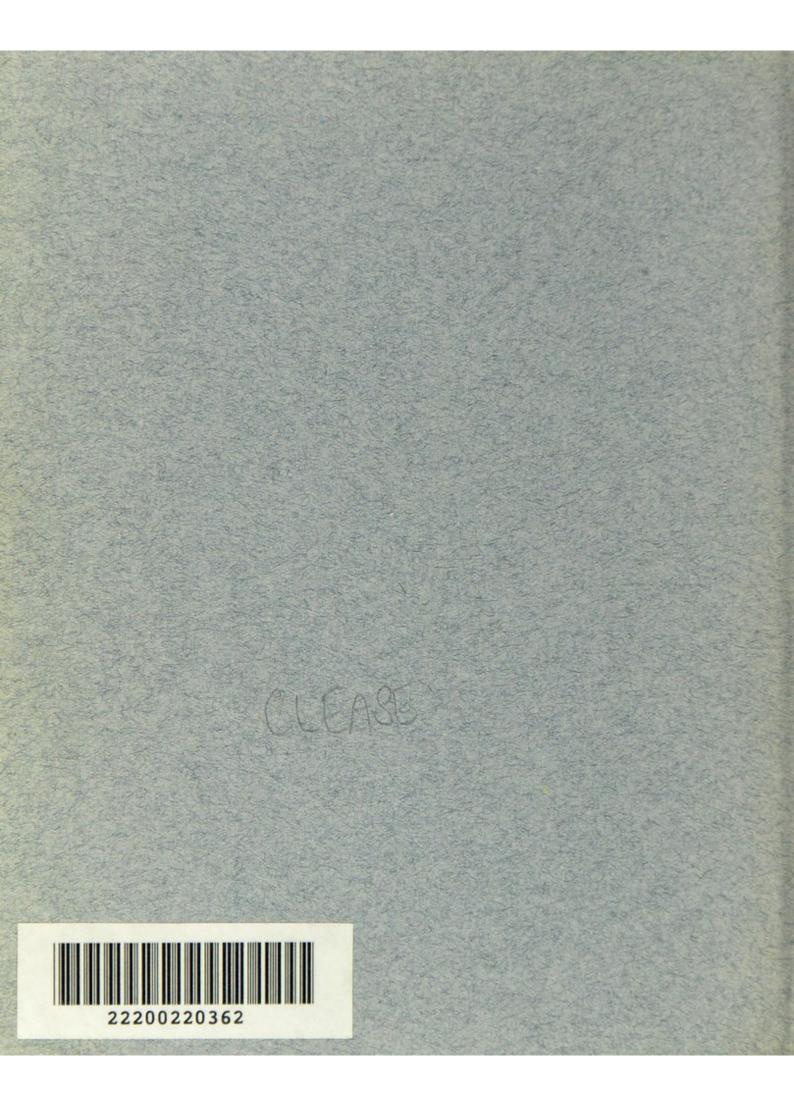


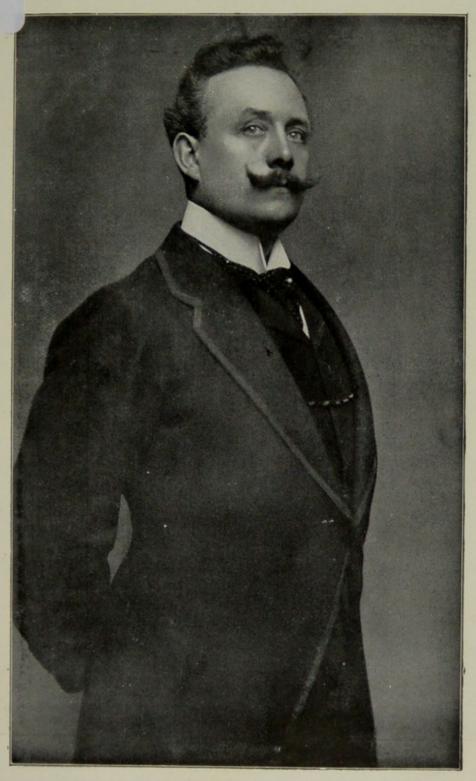
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Edgar d Cyrref

NEW AND REVISED EDITION.







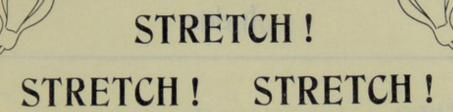
Mr. F. MEREDITH CLEASE.

Inventor of the "Clease-Method" of Body Culture.



H.R.H. PRINCE GEORGE OF GREECE.

His Royal Highness some time ago paid me the honour to prescribe a course of exercises for him by correspondence. So also did his brother and uncle, The Crown Prince of Greece, and H.R.H. Prince Waldemar of Denmark, respectively.



OR

The Art of Physical Beauty.

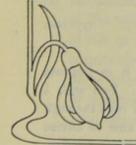
or woman who desires a conscientious teacher to guide them on the road to Health and Physical Perfection, this small contribution on such an important subject is dedicated by the Author,

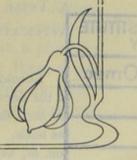
F. MEREDITH CLEASE.

NEW AND REVISED EDITION.

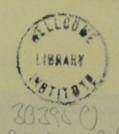
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F. MEREDITH CLEASE
124, NEW BOND STREET





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the book. If not, write me and I will, I am confident, be able to advise ou, or, better still, call on me, if convenient. My consultations are free.

Preface.

Are you a Greek or a Physical Philistine?

The question is metaphorically put, of course, but your Figure within answer to it is couched in the most direct and forcible terms. You bear the answer to it in your own body, written in large unmistakable characters, so that everyone can see it. Everyone can tell at a glance which you are.

The Greeks, as all the world knows, held a high reverential ideal of physical beauty. Witness the magnificent standard set at the old-world games, when very gods in the flesh strove among themselves to demonstrate the prowess of their physique. Recall the glory of line and form of their statuary, and it needs but a slight exercise of thought to appreciate how highly they valued, how nobly they esteemed, "the likeness of man." One can imagine the results easily enough—their supreme joy of living, their superb physical fitness, the fine vigorous consonance of their entire system, in which every muscle was tuned true, every function of the body discharged with the wonderful efficiency of natural health. It must have been beautiful to see such men, beautiful even to watch the firm elasticity of their step, to listen to the even-toned range of their voice.

But the Philistine is an altogether different matter. In its modern sense applied to modern men, the term denotes an uncultured person—a person devoid of a sense of appreciation of the wider issues, and of the intrinsic cleanliness and healthiness of life as Nature gave it to us—for the term applies in a physical connection just as well as in any other. You see them every day—men and women of poor development, of mean carriage, of awkward gait, men and women of portly obsession—physical Philistines all!

Health and Symmetry of Figure within the reach of all.

The Clease-Method tunes the Body into being.

Now, the contrast is clear enough, so clear that no one can possibly mistake it; so clear that to the eye of the most casual full harmony of passer-by your body proclaims aloud under which classification it must immediately fall. You cannot disguise it for yourself, and your tailor cannot disguise it for you. From your friends. your relatives, your associates, customers, clients, employees, employers-whom you will-it is wholly impossible to hide it. And what is, after all, even more important—you cannot ignore your own sensations of virile, bodily harmony in the one case, and insipid, tedious inertia in the other. For these things go to the very root of your life and make or mar it accordingly.

> The reference to such an obvious and fundamental contrast would have been at the outset insistent and ill-judged were its purpose merely to chronicle the irrefutability of these facts. But, fortunately, it is far other than this. It is to show how, in spite of modern conditions, in spite of the continuous demand upon one's time or other considerations, the old Greek ideal may be cherished as truly as ever it was, and the inestimable benefits deriving from it made accessible to everyone.

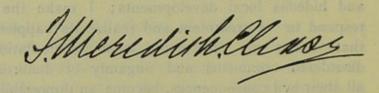
> Of course, everybody in these days has heard of Physical Culture, heard of it till the patience has become exhausted, and the subject a byword of ridicule. There are a hundred and one so-called schools of Physical Culture, all clamouring for the attention of the public. They will teach you how to lift weights, inspire you with a mad jealousy of Samson, instruct you how to develop a certain muscular system beyond all the bounds of Nature, at the expense of your general health, until the fretted, caricatured, strained portions of your anatomy can only give rise to muscular deterioration, general waste, and become a menace to life itself. Now I profess to do none of these things, I recognize their danger and futility. I simply profess to do what hundreds of sincere people testify I have done-to make a man or woman a Greek. That is to take all the individual characteristics of a particular body into consideration, and then tune that body into the full harmony of its being.

And the principles which I have formulated towards this desir- I will willingly able end are based entirely upon a thorough comprehension and Consultation application of Nature's first and greatest law-Stretch!-a law Free. which I have scientifically adapted to the needs of the human body at all times and for all phases of its existence, making always thereby for physical beauty—that is a correct symmetry of figure and perfect health. This is why the Clease-Method is the sanest, surest, and most pre-eminently pleasurable way of making the body physically perfect, for the whole body is considered and appreciated. I do not cultivate preposterous and hideous local developments; I make the whole system respond to my treatment and realize its happiest evolution; so that, under my treatment, local accumulations of fat or disordered organisms and ungainly or distorted figures, with all their evil consequences, become an impossibility, for a body trained by the Clease-Method simply does not permit of them. It removes them and restores the body to its natural and normal condition in Nature's own way.

Throughout my whole career I have both practised and preached the doctrine of Stretch, and the book you are now reading contains a résumé and expression of my principles and practices, and is the outcome of a life-long devotion to the subject to which my whole professional life has been applied.

Read it carefully and thoughtfully-you will find therein ample food for thought and reflection. If you are in any manner physically unfit, you will find specific reference to the particular incapacity, degeneracy or weakness of which you are conscious. And then write me personally, explaining in detail your condition, or, better still, if possible, call and see me. I shall give you the fullest consideration and attention, and you will receive all the benefits accruing from my study, knowledge and experience. Such a consultation, either in person or through the post, costs you nothing.

Write or call on me, telling me the whole facts of your particular case. I will consider them with the care that is the outcome of a life's experience and study. And this consultation costs you nothing. You will learn how, in a simple, quick, natural way, your physique may attain to a true condition of healthfulness. You will learn how you may rid your body of any imperfection; you will learn how to feel well; you will learn how to look well; you will learn how to become—a Greek, physically fit, and you will, like thousands of active healthy men and women, be grateful for the citizenship of health you hold, through your adoption of, and adherence to, the Clease principles of Stretching exercise.





Why I dare Teach you.

Co teach others it is first necessary for a man to teach, or be taught, himself. For many years I have been trying to teach others the Art of Exercise, and I may, therefore, be allowed to explain, as briefly as possible, for how long and in what manner I have been learning that art myself.

In 1884 I entered the Army (the 3rd Battalion Rifle Brigade), and in 1887 I obtained at the Headquarters Gymnasium a First Class Certificate of my capacity to act as Instructor in Physical training. In 1888 I obtained the post of a Gymnasium Instructor at Haileybury College, Herts, where I remained for three years.

Up to the time of going to Haileybury, I had only been teaching others what I had been taught myself—a rigid system of gymnastic exercises, which in my own and in many other cases produced the best results, but which, in cases where serious organic weakness or physical defects existed, might, and undoubtedly did, produce much serious mischief—heart weakness, anæmia, and strains of various kinds. Where no such weakness exists, I have met many cases where an unintelligent use of such exercises has stunted the growth and so thickened the muscles as to lead to the condition known as "muscle bound."

In my three years at Haileybury, superintending the physical training of boys of all ages and widely-differing constitutions, the above facts were forced upon my attention; and in 1891, when I was appointed Chief Instructor of the Public Gymnasium of Dundee, I had fully realized that personal strength and gymnastic skill were not the only qualifications necessary for a teacher who would produce the highest possible bodily efficiency

Why I dare Teach you

in each and every case. Being appointed, about the same time, Director of Physical Instruction to the East of Scotland Ladies' Academy, I found that I was there dealing with a different set of physical conditions and required to aim at a different physical ideal.

So while teaching I learned all I could. To the anatomical school at Dundee University College I am indebted for a knowledge of anatomy which has ever since enabled me to prescribe with confidence the physical exercises suitable for every case in which I dare prescribe at all. For there must be cases which should at once be referred for expert medical advice before even the mildest course of physical training can be recommended. Such cases I am qualified to recognize—if the symptoms are properly stated—and I send them off to the doctor at once, and very often he sends them back to me to be cured by a special course of physical exercises under his supervision. A little knowledge is said to be a dangerous thing, but it is very useful, if one does not imagine and assert it to be more than it is.

In 1892 I became Physical Director of the Birmingham Athletic Institute (then the largest of its kind in Great Britain), also of the Pupil Teachers' Centre (Ladies), Birmingham, and of the National Schools and Teachers' Training Centre at Wolverhampton. Added to these duties I had the difficult task of physically training the students at the Birmingham Deaf and Dumb Institute. At the Athletic Institute, apart from the general all-round class work, I personally had charge of the curative section. My ability in due course secured recognition from the Educational Department, Whitehall, the Athletic Institute receiving a charter to grant certificates to any teacher of physical training in Britain. To-day I believe this is the only institute that possesses such an honour. The Institute, I am proud to say, increased its membership roll by more than 50 per cent. during my directorship. It will readily be seen that

Why I dare Teach you

while in Birmingham I had every opportunity of gaining all the necessary experience—that is the essential part of a competent teacher. At the end of five years' hard work I retired and came to London and took up the curative and more serious individual teaching. It was while at Birmingham that I published my first book, "A System of Physical Culture," which has been largely used in schools as a hand-book of physical training. This book contains the principles of the physical exercises which I am now using.

To-day I am personally teaching successfully some thousands of clients by my method of Stretching exercises, the principles of which I will fully explain in the following pages.

My Institute is situated at 124, New Bond Street, London, W., at which establishment I have every facility to give instruction by correspondence or orally. For the latter purpose I have a fully-equipped school, dressing and consulting rooms. I am always pleased to grant consultations free of charge any day between the hours of 10 and 6 o'clock (Saturdays 10 till 1), to all those who can make it convenient to call on me. To those who cannot do this I cordially invite them to write me; they can do so with the utmost confidence in my giving them the soundest possible advice and instruction when desired.

Alleredicte Clease

BIRMINGHAM.

MEDICAL TESTIMONY.

11 22, 1858. It gries me pleasure 6 Express the high ofmin I have Jomes of 257. M. Clease as an distriction of Physical Training. I have has pleasent affortunités of Mening the may in which he commeted the various danses of men, women & children undergoing physical instruction in the Birmeghan athletic motherte and I have been unpressed both by the somonous of his

physiological knowledge, and

5 his womaste draften of

Enthurasm, deer plus spatience. Judging from the excellent remls 25- Cleme Las stame on Commiste Jam satisfied that he is a most capable teacher, and I wish him all Incees in his online career. J. T. J. Amssan, M. A., M. B., B.C. Cantala; Semin Surgen for Out-Parkent; Semin Surgen of the Simingham Police; Kenth Lecturer of the Burningham athletic Xstitute; de.

170, HAGLEY ROAD, BIRMINGHAM.

MEDICAL TESTIMONY

It is a grat pleasure true to state my high opinion of mr 7. m. Cleare las a Leacher of Symnostic Services in their relation to Book Culture hor Clease combine he hat atteributes of a kader: a morough knowledge ofher Subject, a frat somewar and belief in the unportance, and untimes patience in us michos and Konomotration for Clease has a ferm helief in the rature of property

as means Apromote health to to consch some deformation; he has accordingly mad humself will acquainter with the Physiology of Repertion and of muscular deceleration and of the results of his work amply furtify his in these win attainment.

Robert M Stman In D. F. R. C. P. Physician Whe Sawed Hospital Birming Law 26. 6. 98

The Art of

Exercise and its Influence on Physique and Health.

Judicious Exercise is Gentle ance, not muscular contraction.

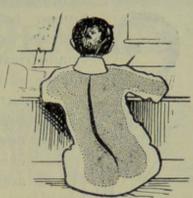
Exercise, as I interpret the word, means the performance of Physical resist- any movement of the body, be it ever so simple. It matters not whether the movement be made in the pursuit of health, or in the routine of business or domestic life. In every action some muscle or group of muscles must be brought into use through the direction of the brain, consciously or unconsciously. Laughter or playing a simple game, the winking of an eyelid or the lifting of the heaviest weight over the head, each calls for muscular movement. The movement of an eyelid is controlled by its own set of muscles acting unconsciously. Lifting a heavy weight means control of the action of muscles of arm, chest, and back.

> Unusual or violent exertion imposes too heavy a task upon the heart and lungs. These organs are of the highest importance in aiding us to derive the desired benefit from exercise, because they supply oxygen to the muscles in action, and oxygen means energy to them. The function of the heart and lungs is also to rid the blood of carbon dioxide and waste matter accumulated greatly during exercise. If the muscular movement is unusual or violent, the chemical changes resulting in waste are very great. When the exercise is injudicious, as it is when too violent, the contraction of the muscles works an injury in the following manner:-

> The muscles restrain the flow of blood by pressing upon the arteries and other blood-vessels. This prevents the blood from flowing through the muscles to remove the waste matter. In the same way the oxygen, which should give life to the muscle, cannot

Physical Beauty

reach it. Then, when the restraint is removed by the relaxation of the muscle, there is a sudden rush of blood both to and from the heart and lungs. Under such conditions there is an unusually large amount of blood to be purified in the lungs and in the usual time. It cannot all become thoroughly oxygenized, and hence flows once more through the system in an impure condition. It also follows that the heart is called upon to do an excessive amount of



Faulty positions at school principal cause of curvature.

The "Clease-Method"
Exercise every
Muscle in the
body at one
time.

pumping, with the result that palpitation, valvular trouble, and irregular circulation prevail.

The injury is done even though the exerciser may have accomplished the result he aimed at, such as lifting some great weight, or even performing some simpler movement. This is why simple exercises improperly applied, if continued daily, will mean effectual detriment to the heart.

When we speak of physical exercise we mean voluntary muscular movements. We walk, run, jump, play golf, tennis, cricket, football, &c., &c., principally by the aid of our voluntary muscular system, meaning those muscles that are operated by the brain (will). There are, however, muscles which are not operated directly by the brain; these are called involuntary muscles, and play a very important part in the movements of the body, as, for instance, the muscles of the heart, lungs, and the other vital organs. Altogether, there are about 527 muscles forming what is called the flesh of the body. They overlie the skeleton and give it a rounded-out and shapely form. When the whole of these 527 muscles are thoroughly healthy and harmoniously strong, the entire structure will then present a symmetrical shape, and it should be the purpose of all exercise

The Art of

to bring about such a desirable result. The human body, without correctly applied exercise, cannot always remain healthy and symmetrical. Exercise is as essential to its upkeep as are food, sleep, and air. The

latter three most important essentials supply the necessary heat, energy, new bone, and tissue, while regular exercise of all the muscles prevents accumulations of waste, conserves energy, maintains strength and activity, and, above all, ensures within and without the body a perfectly healthy condition.

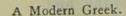
It is by closely observing the sign-posts of Nature that I have been able to formulate a sound and logical system of exercise, the fundamental principle of which is Stretching the body.

If you consider for a moment what all other systems teach: if you think of what dumb-bells, weight-lifting, wall exercisers, and most other exercises amount to, you will see that their whole effort is for contraction—drawing certain muscles together into hard bulging lumps.

Now, all the fatigue, exhaustion, and unfitness which physical culture is meant to cure, is mostly the result of undue contraction and congestion of vital organs and of muscular tissue. The way to remove this congestion, &c., is not to contract the muscles, but to



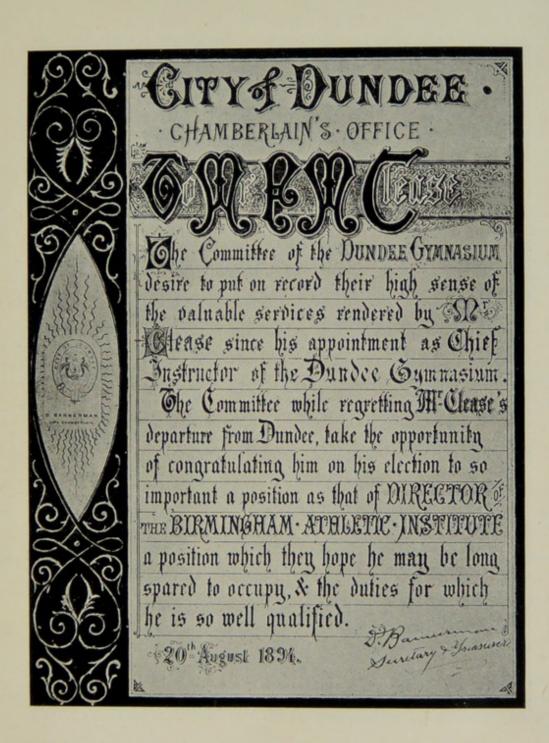
The result of neglected extensor muscles.



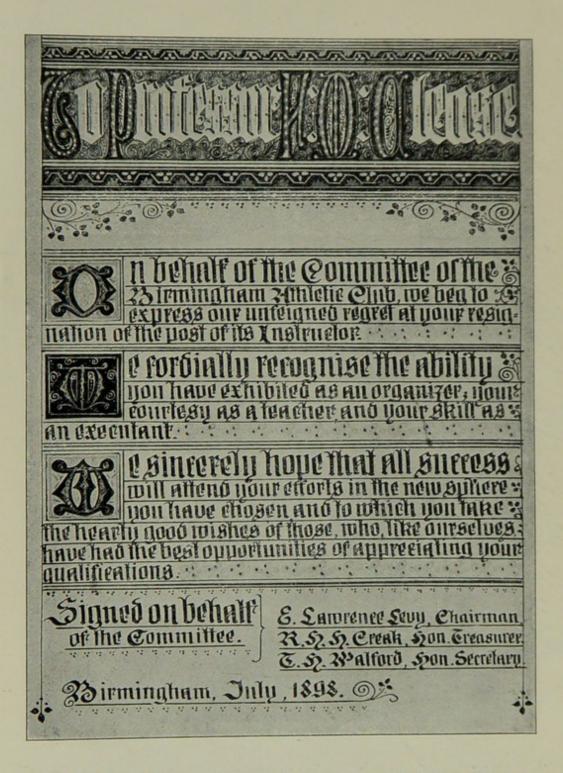
The "Clease-Method" aims

Body, inside and outside.

to give a Perfect



The above is a reproduction of a testimonial from the Council of the Dundee Public Gymnasium on my leaving to take up the duties of Director of the Birmingham Athletic Institute.



The above is a reproduction of a testimonial presented to me on my leaving Birmingham to take up my work in London. The Birmingham Athletic Club is the oldest Club of its kind in England.

Physical Beauty

Stretch them; and this is what gives the delightful sense of exhilaration and pleasure which is experienced after a few minutes of Clease exercising.



Nature is the Best Teacher

"By its kickings and stretchings."

Watch a healthy baby when it awakens. At the dictate of Nature it stretches every limb and every muscle—the more it stretches the healthier and stronger it becomes. How do you correct the sense of fatigue and lassitude? You unconsciously STRETCH, and you are refreshed. When you rise in the morning you instructively want to stretch-AND YOU STRETCH.

Hence the immediate benefit experienced by my clients. From the first lesson the cure begins, because it is direct, and not indirect, because it removes the sensations of sluggishness, slackness, depression, puffiness, over-work, and muscular lassitude; because it stretches and stretches and strengthens, and because it exercises all the bodily muscles, not a few selected ones.

With most other systems of exercise you will be told to keep on until you are tired. This is the difference in the Clease system: here you are told to keep on until refreshed and relieved.

The test of ordinary physical exercises is a more or less feeling of fatigue after the work. A certain few muscles are set to work; these isolated muscles are drawn up and contracted with work, and the patient is bidden to observe the beneficial The thick black result—See how tired he is! The wearier he is after the daily round of monotonous pulling in and contraction the better he is that hold the body expected to feel. This is why so few people really persevere with ordinary systems. They give up after a week or two. People do not give up the Clease exercises; they find them pleasant to persevere with.

lines represent the principal muscles upright.

The Art of

Weakness of Extensor Muscles is the cause of almost all physical Ailments. Clease exercises principally employ the "Extensor" muscles, not the "Flexors," as do most other systems, and correctly exercise all the muscles, and fatigue none of them. Instead of tiring, they rest you. You would do the exercises for pure pleasure—do them gladly—you are made happier, more comfortable, fuller of capacity, vigour and "fitness," after those few moments of pleasure in the morning or evening.

Further, the Clease Method makes exercises delightful as well as valuable by variation. Physical routine courses which set out with a set of exercises to be performed an increasing number of times, with increased weights or resistances to be overcome, grow every week longer and more monotonous. Every day certain muscles are exercised at the expense of others, and the test is that you feel tired afterwards. Clease Exercises are ever new, always growing more interesting. They make for health and pleasure, they make for a complete and permanent cure, they make for symmetry, they rest you instead of fatiguing.

Health and Fitness are my great objectives. But Beauty as well as Health is what Clease Stretching exercises produces.

If you will turn to page 96 you find a simple exercise that will amply illustrate my Stretching principle. Do this now!

Well, have you not found this exercise to be a perfectly natural one, and did you not note its directly corrective and pleasantly persuasive influence, not only upon an immediate area but upon the frame in general?

All my exercises are framed with the widest possible scope and purpose, and every one of them embodies the principle of "Stretch" in its purest form.

That the extensor muscles are seriously neglected is evidenced by the numbers of round-backed, hollow-chested, and poked-headed individuals of both sexes that one is constantly meeting; in fact, I will go so far as to state that there are more

Physical Beauty

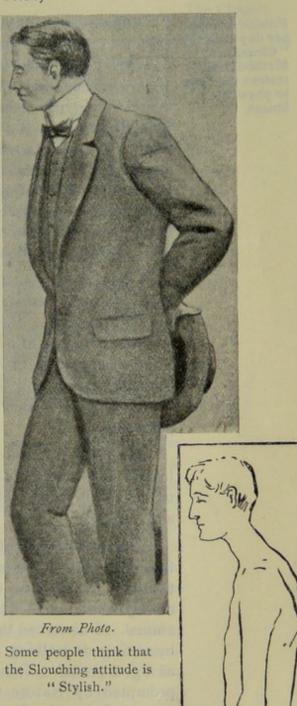
is often the result of relaxed Extensor Muscles.

Heart weakness such misshapen individuals than there are those with a perfectly upright carriage. Even among athletes it is the exception to see a really fine,

upright fellow, for the simple reason that the popular branches of sport or games tend to unduly develop the flexor, or doubling-up, muscles.

Any form of exercise that can be carried out conscientiously and in moderation is undoubtedly good for one's general health, but, in my opinion, no method or system of physical exercise can be perfect that does not result in giving the individual a perfectly upright carriage of the body. To exercise the extensors primarily is undoubtedly the only true and natural method and that can only be assured by STRETCHING the entire body.

I further maintain that a person who has not a perfectly upright body cannot be perfectly healthy, for it stands to reason that a bent frame cannot allow of perfect working of the internal human machinery. I will go further and state that a person whose shoulder or head droops, invariably has a flat chest (a sure sign of indifferent lungs) and a protruding abdomen, usually accompanied with such troubles as constipation, indigestion, &c. In fact, a person who has not a perfectly natural upright carriage of the body is giving the most direct evidence of his or her physical neglect and weakness, to say nothing of an ungainly and unsymmetrical appearance.



The Naked Truth is a disagreeable Revelation.

The Art of

Fifteen minutes per day with the "Clease-Method" will restore the body to physical fitness, After over twenty years' practical experience I find that by STRETCHING: paying strict attention to the extensor muscles, I can obtain splendid results in a remarkably short time. In my earlier days, like most other teachers, I taught physical exercises on the general plan, teaching contraction exercises more than otherwise, but as I have always striven to give my pupils the best possible results, I was, and am, constantly endeavouring to improve my methods, and by persistent experiments I found that by confining my attention exclusively to "Stretching" the extensor muscles I was able to obtain much better results in a much shorter time, at the same time dispensing with a large proportion of the necessary exertion.

To-day I am pleased to say that I have a system that has not only given great satisfaction to thousands of clients of both sexes, but has extracted the highest praise from some of the most eminent surgeons of our times. From these gentlemen I obtain a large percentage of my clients, and I can safely say that I am the only teacher now before the public who makes a speciality of STRETCHING as a means of treating the extensor muscles primarily.

Analysing my method from a purely anatomical, physiological and practical (see page 96) point of view it will at once strike the layman that my method of treatment is both sound and logical.

The importance of Stretching the extensors primarily was first brought to my mind by observing the frantic efforts of the child to gain its equilibrium, to walk and to run, and by closely watching in later life the natural instincts of the human animal. I discerned that when the body was over-tired, whether by sitting or walking, that a good STRETCH and yawn came as a great relief. This STRETCHING and yawning is always prompted by Nature unconsciously. If we sit or walk for any length of time the flexors get an abnormal amount of work, and

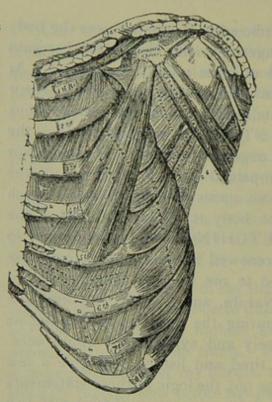
Physical Beauty

this, if the extensors are not sufficiently strong, reduces the body in this book to a state of fatigue and congestion; the circulation becomes most interesting sluggish, and the overworked muscles unduly contracted. At to you will be this stage Nature makes an unconscious appeal to the extensor Index. muscles to relieve this condition - hence the unconscious STRETCH and yawn. The STRETCH at once exercises the extensors and relieves the congested condition of the flexor muscles, while the yawn compels the lungs to throw off the over-accumulations of poisonous gases (carbon dioxide) which are always existing when the body is unduly fatigued. The natural result of this STRETCHING and yawning is to stimulate the entire body to renewed activity. Noticing these physiological facts it occurred to me that all exercises should be directed towards assisting Nature, and that by attacking the extensors first I should be inuring the body against fatigue, as well as giving it a more shapely and symmetrical appearance.

If any reader, when fully tired and listless, will give a few stretchings and yawns (see page 96), the logic of these statements will at once be made apparent by a sensation of freshness and revived energy.

I have further discovered that nearly every organic disorder or congestion is due principally to the weakness of the involuntary extensors (Stretching muscles) belonging to the affected organ. Every organic function is performed by extensor and flexor muscles. The process of digestion and elimination of waste matter is principally under the control of these twin groups of involuntary muscles (each organ having its complement of such tissue), and if their strength is unequal there is sure to be an irregular action. One of the principal or chief causes of constipation is the weakness of the external muscular coating of the intestines (small and large). The fibres of these external muscles act in conjunction with the internal circular muscles, both in the third stage of digestion and in the elimination of the waste matter, as well as in the final distribution of nourishment.

"Stretch" and give your organs full play.



This Flexor Muscle (Pectoralis minor) lies beneath the big chest muscle (Pectoralis major). It pulls the shoulder forward and incidentally the head.

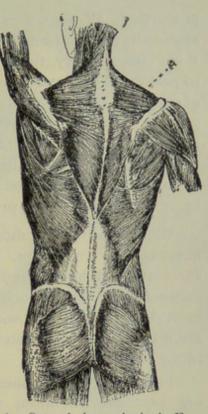
Systems that teach contraction overdevelop this muscle, thus causing poked heads and round shoulders. This wonderful process is brought about by continuous contraction of the internal muscle and extension of the external extensor muscle, or, in other words, by a series of nervous irritations (stretchings and contractions) of both sets of muscles.

This brief description of the muscular coating of the intestinal tract brings me to a very important point which I wish my reader to thoroughly study and digest. It is by this time fully understood and accepted as a fact that the entire human structure is extended to its utmost by the aid of the great extensor muscles, while the flexor muscles cause it to collapse. Well, then, if the trunk is in a perpetual state of collapse (as is the state of 95 per

cent. of individuals), it stands to reason that the internal organism must be under a constant state of compression—the greater the collapse the greater the compression. Poked heads, round shoulders, and protuberant abdomens are sure indications of compressed organisms. This collapsed or compressed condition means that the (taking the intestines as an instance) external extensors (stretching muscles) must be restricted and lessened in their powers and actions by the constant cramping and external pressure—result, we have congestion, which means

Physical Beauty

indigestion, constipation, &c., &c. This simple illustration applies to all other organic functions. Round shoulders mean flat chest and a restriction to the extensor muscles of the chest wall, with a corresponding weakness of lung power, bringing in its train a weak and poor blood supply, consumption, breathlessness and lung troubles, &c. The heart, which is contained in the upper cavity of the chest, is likewise weakened in its pumping powers. So many, many cases of "weak hearts" are due to nothing but restricted working space. A protuberant abdomen and prominent hips are other direct indications of relaxed extensors. An individual with a prominent abdomen cannot possibly A-One of the principal Exbe healthy; under such conditions the stomach, intestines, and other organs are constantly in a state of



Organic

Compression is

the root of all

tensors of the back (Trapezius), which pulls the shoulder and

compression and disorder—this apart from the unsightliness of obesity.

With these facts vividly before me I have evolved a method of exercise which will, in a very short while, rectify such physical defects as I have here endeavoured to point out. The large voluntary extensors of the trunk form the fleshy part of the back, and it is to these that I devote my principal attention. By my methods of exercise I can so Stretch and Strengthen them that a collapsed or slumped condition of the body is remedied in a few weeks. The individual is given a perfect carriage and a symmetrical figure, the abdomen is reduced to its correct

The Art of

A Perfect Figure is synonymous with Perfect Health. proportion, all superfluous flesh and weight is reduced, and, above all, every internal organ is at once relieved of all compression; consequently, the internal extensor muscles are stimulated to perform their natural functions without restriction, the process of digestion goes on uninterruptedly, the liver and the intestines perform their allotted tasks without let or hindrance, and the entire body in due course resumes its normal healthy existence. This seemingly remarkable transformation can be brought about by my method of exercise in a surprisingly short space of time by only fifteen minutes' practice each day.

What to some is of more importance than good health is the improvement in figure. In this direction I am particularly successful. I have hundreds of testimonials testifying to the excellence of this branch of my work. Those few fortunate individuals who do not suffer from a collapsed frame, but who are thin and have an emaciated appearance, will readily respond to my treatment.

The secret of my success is that I give every individual my personal attention, whether the treatment is taken by correspondence or at my Institute; according to the individual's requirements so accordingly do I plan out their work. I know that it is utterly impossible to satisfactorily describe in book form how my method will suit all kinds and conditions of people, but this I wish to be clearly understood—that the underlying principle in my work is "STRETCH" and the proper development of the entire extensor and flexor muscular system of the body. I know by so doing that I can prescribe a course of exercise that will give entire satisfaction to every individual who cares to place himself, or herself, under my care for a few weeks. If this is not altogether clear to the present reader, write me at once, setting forth your actual present physical defects, and I will at once tell you whether I can or cannot do you any permanent good, and I will also describe, if you wish, how I can give you the results you require. Better still, if it is convenient to pay



Miss ELLALINE TERRISS (Mrs. Seymour Hicks).

Mr. Clease has had the pleasure of giving personal instruction to this talented lady.



H.H. THE RAJA BAHADUR OF ORCHA.

DEAR MR. CLEASE,—I have full belief in your method of training. Herewith I send you my photograph, which I hope you will accept.—Yours truly, Raja Bahadur of Orcha.

Physical Beauty

me a visit I shall be only too pleased to grant you an interview I have made if an appointment is made beforehand. I may say, however, Correspondence that I treat 85 per cent. of my clients by correspondence, some a study, and can in the most remote parts of the world.

Treatment by insure perfect success.

The following is a list of most of the complaints and defects that now and in the past I have successfully treated :-

Indigestion.	Gout.	Abnormal bust.
Constipation.	Round shoulders.	Undeveloped bust.
Obesity.	Poked heads.	Salt cellars.
Liver complaints.	Heart weakness.	Flat chest.
Nervous disorders.	Protuberant abdomen.	Injured limbs.
Weak lungs.	Spinal curvature.	Deformities.
Weight reduction.	Stunted growth.	Ailments peculiar
Rheumatism.	Prominent hips.	to ladies.

By reference to the Index found at the beginning of this book, you will be enabled to, at once, find the section or chapter in which you may be most directly interested, though your perusal of the whole of this book will, I am sure, be to your advantage.



H.R.H. Crown Prince of Greece. H.R.H. Prince George of Greece. H.R.H. Prince Waldemar of Denmark. Prince Dhuleep Singh. Prince Dhuleep Singh.
Prince Kitiyakara.
His Highness Raja Bahadur of Orcha.
Duke of Portland.
Earl of Ferrers.
Earl of Cottenham.
Earl of Tankerville.
Earl of Sandwich.
Marquis of Graham Marquis of Graham. Viscount Gladstone. Count Riccardi-Cubitt. Count de Lubersac. Count Erik Moltke. Count de Pontchallon. Lord Mallice Graham. Lord Walter Harvey. Lord Camoys. Lord Redesdale. Lord Bingham. Lord Edward Hay. Lord Rossmore. Lord Arthur Cecil. Lord Elibank. Lord Campden. Rt. Hon. Sir Frederick Milner. Sir Henry Primrose. Sir Henry Primrose.
Sir William Shipley.
Col. Sir Herbert Jekyll, K.C.M.G.
Admiral Sir Day Bosanquet.
Sir Thomas Crawley-Boevey.
Sir William Johnston.
Sir Peter Leicester. Sir Roger Parkington. Sir H. J. Wilson. Sir John Scott. Sir John Lambert. Sir A. Bannerman. Sir A. Bannerman.
Hon. H. Stonor.
Hon. A. Walsh.
Hon. P. Wodehouse.
Hon. E. Hardinge.
Claude Lowther, Esq.
R. Vernon Harcourt, Esq. Genl. Campbell. Col. Dudley Sampson. Col. S. Peile. Col. J. F. Craig. Col. Wright. Canon Simons,



Some Distinguished Clients

of the

Clease-Institute



Duchess of Westminster. Countess of Yarborough. Countess of Gosford. Countess Orford. Countess Maltzan. Countess de Plater. Baroness Saets. Baroness Saets.
Baroness Eugenie Ransonnet.
Viscountess Templetown.
Viscountess Gladstone.
Lady Errington.
Lady Frances Hope.
Lady Riddell.
Lady Fermor Hesketh.
Lady Leith. Lady Leese. Lady Edilena Strickland. Lady Lodge.
Lady Lubbock.
Lady Grantham.
Lady Edgerley.
Lady Cunningham. Lady Hemming. Lady Turing. Lady Clerk. Lady Howard. Lady Leigh. Lady Alastair Innes-Ker. Lady Gibb. Lady Sempill. Lady Mary Fitzwilliam. Lady Duff Gordon. Lady B. Dalrymple. Lady Campbell.
Lady Westmacott.
Lady Maclean.
Lady Seymour.
Lady Bingham. Lady North. Lady Tweedale. Lady Tweedale.
Lady Gunn.
Lady Joan Byng.
Lady Duncan.
Lady Furness.
Hon. Norah Hogg.
Hon. Silvia Edwardes.
Hon. Mrs. Lonsdale.
Hon. Mrs. Lawrence.
Hon. Sybil Ward.
Hon. Mrs. Annesley.
Hon. Mrs. White-Thomson.
Hon. Mrs. Thellusson.

The Care of the Lungs and the Circulation of the Blood. STRETCH THE LUNGS.

It is common knowledge that the ordinary individual only Clean your exercises about one-third of his lungs whilst breathing unconsciously, and he, perhaps, wonders why it is necessary to be concerned about the other two-thirds. It would be just as reasonable to question why the thrifty man should exert himself to save his superfluous cash and to bother about the future, as it would to question why the greatest attention should be given to that part of the lungs which forms our reserve fund. This is sure to be drawn upon sooner or later, and if it be lacking in amount, quality, or condition, through ignorant or wilful neglect, the only result can be ill-health. The thousands of hollow-chested, hollow-eyed victims, whose hacking cough tells the tale so often repeated, are woeful illustrations of the evils of neglected lungs.

To act as a sufficient and healthy reserve fund, to give the proper oxygen nourishment to the blood, and to remove effectually the accumulation of carbon dioxide, the lungs must be exercised daily. Lung exercising is, of course, the taking of breathing exercises. Such an expression as "breathing exercises" ought to find no place in our speech, and it is lacking among out-ofdoor peoples whose habits of life are free and natural. But the tendencies now are away from the normal and natural, away from the sunshine and unlimited air of the out-of-doors, away from unrestricted bodies-to office and indoor life, to heated and often unventilated apartments, and to bodies hampered by styles and fashions in clothing. Each year the number of bread-winners who choose indoor occupations, rather than those in the open air,

Lungs.

The basis of the "Clease-Method" is Lung Development.

is increasing. As a consequence, there is an increased number of sufferers from diseases, and, therefore, a greater necessity for immediate and continued attention to the air we breathe, and the manner in which we should breathe it.

Perhaps the actual need of exercising the lungs is not felt until some unusual tax is placed upon them, such as running upstairs, or catching a car. Then it is that their weakness is made manifest. But a sensible person will not wait for the unusual effort to test himself, but will resort to daily doses of prevention.

The most important function of the lungs is that of assisting to eliminate from the body the carbon-dioxide—the coal ash of the body—which is accumulating constantly, but most rapidly when the body is in action. During unusual muscular exertion breathlessness or exhaustion will immediately occur, because the lungs are unable to expel the carbon dioxide. The waste increases in proportion to the exertion, and is not thrown off promptly and effectually unless the two-thirds of the lungs act promptly and healthily. A well-developed pair of lungs will never allow a person to reach the point of painful exhaustion, and in order to possess such lungs it is absolutely necessary to exercise them systematically each day, and to make this exercising as much a part of the routine of living as eating or sleeping.

To describe the manner in which air is made to enter and leave the lungs, by the aid of the "Clease-Method" of Stretching exercises, it will be necessary to briefly describe the structure of those organs and of the chest.

The walls of the chest comprise the back-bone, the breastbone, and the ribs, with the diaphragm as the floor. The diaphragm, it may be as well to explain, is a muscle which crosses the body horizontally, separating the chest from the abdomen, and forming a movable partition between them. The ribs form

movable joints with the back-bone, and are made flexible by Breathing is the cartilage attachments to the breast-bone. They are worked by first and las of our lives. the internal and external intercostal muscles. The external costals elevate, while the internal depress the ribs in the act of respiration. The lungs are enclosed in an air-tight casing called the pleura, and occupy the greater part of the chest.

Thus the chest is an air-tight cavity having no direct communication with the atmosphere, while the lungs may be considered as bags filling this cavity, being themselves filled out with the air which enters through the windpipe, technically known as the trachea.

Respiration is the result of the alternate expansion and contraction of the walls of the chest. By inspiration we increase the size of the chest. We raise the chest wall with the aid of the diaphragm and various muscles, and, as a natural result, air rushes in through the trachea, thus causing the lungs to expand with the chest. The amount of expansion is principally regulated by the strength of the extensor respiratory muscles. If they are weak the breathing is short and irregular and only a part of the lungs is filled. This is termed shallow breathing. If the respiratory muscles are strong and healthy, and well educated, then the entire area of the lungs is brought into action. Consequently, a full supply of oxygen is given to the blood.

Civilized life has made it imperative that, in order to use our lungs properly, the muscles that work the chest wall should be carefully educated in their movement and strengthened in their action. Unfortunately, our educators, failing to realize these things, pay little or no heed to this most important branch of physical education. It is not sufficient merely to cause a child to go through movements with the arms and legs, some of which movements are called breathing exercises. The boy or girl should be taught the why and the wherefore, and the importance of a fully-developed pair of lungs. If this were taught, then when the adult age was

Disease is mostly the result of Imperfectlydeveloped Lungs.

reached we should have little or no need to fear the ravages of consumption and other pulmonary troubles, or for the matter of that, many other of the ailments from which nine-tenths of the population suffer. We should know that to fully develop our lungs would mean to fully oxygenate our blood, this in turn fully nourishing every organ in the body. Consequently, every organ would possess the complete measure of health that Nature intended it to have. Disease cannot exist long in a system that is fully charged (and kept so) with the life-giving oxygen. But this much-to-be-desired state of things is only made possible by fully-developed lungs.

Since, however, many of us are compelled to live in crowded cities, the possession of fully-developed lungs is not possible without education, i.e., without scientific lung exercise as demonstrated by the "Clease-Method" of Stretching exercises. Some alarming statistics were given at a recent Medical Congress concerning the neglect of the lungs. It was shown that owing to the advent of electric trams, tube railways, and other modern means of locomotion, the average individual is becoming more inclined to be wheeled about than to walk. Consequently, only one-third of the lungs is actually called into use under modern conditions, the other two-thirds remaining idle. It is only when some unusual activity is displayed that the evil effects of this neglect of the lung power are experienced. The explanation I have given largely accounts for the expression one often hears-"I am out of breath," or "I am short-winded," &c. It would be more correct to say, "I have neglected my lungs," and then immediately to set about remedying such defect, which really should never have existed, and could be prevented by a small amount of the knowledge as to the purpose of the lungs and the value of systematic physical exercise in promoting their full efficiency.

Now that I have shown the construction of the chest cavity and how the act of respiration is performed, I will endeavour

to demonstrate further what constitutes the act of respiration. Fully-developed The air which passes in and out of the lungs may be classified as follows :-

Lungs mean a healthy body and symmetrical figure.

- I. Tidal air. This passes in and out in ordinary quiet breathing, and amounts to from 20 to 30 cubic inches in an adult person.
- II. Stationary air.—This remains in the lungs after each expiration, and amounts to about 200 cubic inches in the case of an adult.
- III. Supplemental air.—This is the air which is expelled by making a deep expiration, and constitutes about one-half of the stationary air, namely, 100 cubic inches.
- IV. Residual air.—This amounts to about 100 cubic inches, i.e., that amount of air remains in the lungs after the supplemental air has been exhaled and cannot be expelled from the lungs.

While the body of an adult healthy person is at rest about fifteen breaths per minute are taken, while a child makes about thirty inhalations per minute, which shows that the smaller the lungs the more rapid is the breathing. An adult with robust healthy lungs draws into the lungs about 650,000 cubic inches of air every twenty-four hours. The average dweller in cities does not come anywhere near that figure—but he can do so, and even double it, by a little education and practice. For myself, I eat on an average 900,000 cubic inches per day; one-third of this is taken by several conscious efforts during the waking hours, the rest Nature attends to. By the aid of my own conscious efforts I assist Nature in the purification and ventilation of my body by making every air-cell healthy and active, and maintaining the highest possible amount of stationary air in my lungs.

It is the upper lobes of the lungs that are the neglected

By the "Clease-Method" you can fully oxy-genate your blood.

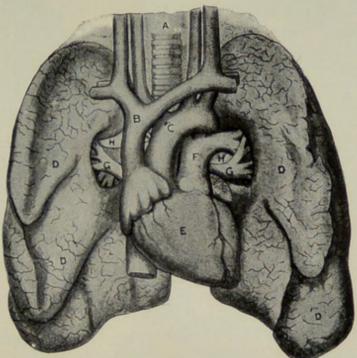
parts; hence, as a sign, we see flat chests, round shoulders. drooping heads, and protruding abdomens. These lobes may, however, as I hope I have shown clearly, be expanded and the lungs increased in size through exercise. The importance of special exercises is shown by the fact that without them these upper lobes would ordinarily remain inactive. The walls of usually inactive air-cells are generally collapsed and even stuck together; but under forced inspiration they separate and give entrance to the air which cannot find room in the confined space sufficient for ordinary breathing. If the forced inspirations are often repeated, the air-cells come eventually to associate regularly in the ordinary respiratory movements. This means in simple phraseology that the lungs are permanently enlarged, and we get more oxygen into our bodies. The enlargement takes place with considerable rapidity, and the effect of the deep respiration induced by regulated exercise is not only to increase the structure of certain regions of the lungs, but to make them work better.

Furthermore, a person with a fully-developed chest cannot possibly have a protruding abdomen, for the simple reason that the same means that are employed to raise the chest wall cause the abdominal wall to recede, and the more one strives to strengthen the uplifting power of the chest wall, the more active is the abdominal muscle. This means additional strength for the muscle; consequently, the organs contained in the abdominal cavity are kept in their natural positions. They are prevented from slipping forward, as is the case with persons having flat and undeveloped chests.

The truth of this theory can easily be proved by the following simple experiment: Stand before a looking-glass; raise the chest by a conscious effort of inhalation and note the abdomen recede—you cannot raise the chest without causing the abdominal muscle to contract inwards. Having demonstrated this fact, is it not obvious that if the extensor muscles of the chest wall are fully

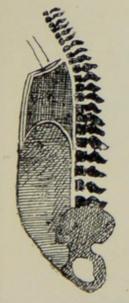


Correct inflation of the lungs, showing abdominal contraction.



the lungs, showing abdominal expansion.

Incorrect inflation of



Correct expiration.

FRONT VIEW OF THE HEART AND LUNGS.

A. -Trachea.

B.—Vena cava superior.

c.-Arch of aorta.

D.-Lungs.

E.-Heart.

F .- Pulmonary arteries.

G G .- Pulmonary veins.

н н. —Bronchus.

Diagrams 1, 2, 3, 4, show correct and incorrect methods of breathing. Fig. 1 indicates full-chest breathing (correct); Fig. 2 what is called abdominal breathing (incorrect).



Incorrect expiration.

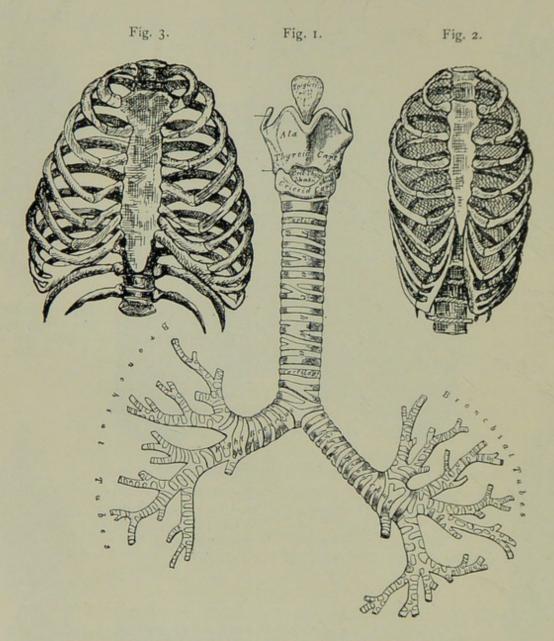


Fig. 1.—Air passages into the lungs: the trachea (windpipe) and bronchial tubes.

- Fig. 2.—Indicates incorrect shape of bony framework—undeveloped lungs.
- Fig. 3.—The correct shape of ribs—the result of fully-developed lungs and extensor muscles.

strengthened and the upper chest made prominent, undue stoutness below the waist need no longer afflict anyone? It is further obvious that by these means the body is made and retained in more symmetrical proportions, and the Clease-Method entirely conduces to such physical bearing.

The Blood is Liquid Life.

I have already shown that the lungs are used for the purpose of importing oxygen from the air we breathe into the blood, and I have shown, too, the effect of oxygen on the waste and poisonous products of the system on reaching the lungs. I wish now briefly to describe the circulation of the blood, from the heart to the lungs and back again through the body. The system of blood-vessels through which the blood circulates consists of arteries, capillaries, and veins. The arteries convey the blood from the heart, while the veins carry the blood to the heart. The capillaries are a close-meshed network of microscopic vessels, and act as receivers of impurities and waste matters from the tissues of the body. At the same time they give up to the tissues materials for their growth and nourishment. When the blood becomes charged with the waste products, the capillaries pass them on to the veins, the blood then changing from arterial, or pure, to venous, or impure. The blood is next conveyed by the veins to the right side of the heart, whence it is passed to the lungs. The impure blood circulates through the capillaries of the lungs, where it is again made pure, and at the same time absorbs oxygen from the air. The blood is there fully charged with oxygen, which affords it nourishment, and it is then returned to the left side of the heart. From the left side of the heart it is pumped to all parts of the body by the arteries, and from them to the capillaries, and so on.

The time required for a portion of the blood to make a complete circulation, i.e., to pass from the heart through the arteries, capillaries, and veins, and back again to the heart, is less than one minute.

Every flatchested individual issues an invitation to Consumption.

It has been shown that the air enters the lungs by way of the trachea or windpipe. At the termination of the windpipe are the bronchial tubes. These penetrate every part of the lungs, and finally end in groups of air cells, millions in number. It will be seen from what I have said that all the blood in our bodies passes through the lungs to be purified and re-nourished, and that this "liquid life" is then sent by the heart surging to every organ and every tissue in the body. This process is taking place every minute of our lives. I want to emphasize this fact. I wish, also, to lay stress on the importance of thoroughly cleansing and re-charging the blood with nourishment every minute. This should be obvious, but so many people are blind to those things which most vitally concern them. Well, then, if sufficient oxygen is not taken into the lungs, or if the lungs are not capable of absorbing sufficient air, the tremendous danger one faces under such circumstances is also very obvious. Every flatchested and shallow breather is facing such vital dangers as catarrh of the stomach, intestines, lungs, and the genito-urinary organs, and also such common troubles as constipation, indigestion, and torpid liver. More than all this, they incur the danger of Consumption. Surely, therefore, my readers must see how great is the peril they incur so long as they remain in ignorance of the simple laws of life as so many do. Is it not, then, of the deepest importance that physical defects should be remedied and instant steps taken to restore the body and its marvellous system to a natural and enduring efficiency?

To fully nourish and purify the blood every minute, every single cell in the lungs, especially those at the apex, must be fully active. No individual can safely assume that his lungs are properly aërated unless they are conscientiously developed by deepbreathing exercise. Do bear in mind this fact.

The rich as well as the poor run equal dangers if the lungs are not properly exercised. Our hospitals and private nursing

homes are to-day full of all sorts and conditions of both men Deep Breathing and women suffering from nothing else but oxygen starvation. is the Foundation of my Thousands of children die every year from the same cause, but Methods. it is given another name, one of the most popular, or rather unpopular, being Consumption. Drugs and tonics are swallowed by the gallon in order to try to nourish and cleanse the blood from the germs of disease. It is this same oxygen starvation which brings about that complaint so common among women and girls, anæmia, which is the forerunner of most female ailments. And yet they live in the midst of plenty. Ignorance of the rudimentary laws of life is alone the cause of this complaint.

Then, again, we have such diseases as rheumatism and gout. These are two complaints due primarily to blood acidity or impurity, call it what you will.

The joints of the body are quickly influenced by lack of a nutritive blood supply and evidence their starvation by the twinges, aches and pains of such diseases.

Clarify and purify the blood and you have at once inaugurated alleviating and remedial measures. Get rid of your acidity, banish your blood impurity, and the chief cause of rheumatism and gout has disappeared.

The Clease Stretching Method makes for general good health, inasmuch as it supplies physical deficiencies wherever existing, and reduces every aggravating cause and circumstance.

Demonstration is the best form of argument. If the reader will again turn to page 96 and practise the exercise shown there, it will at once be seen how "Stretching" uplifts the chest wall and expands the lungs, compelling you to take in more air even without any conscious effort to breathe.

Deep breathing is the foundation of my method and those who suffer from weak lungs, flat chest, emaciated frames and under-developed bodies, will immediately find that with increased lung room and power their muscular tissue will become developed to its natural and normal proportions. Ladies of

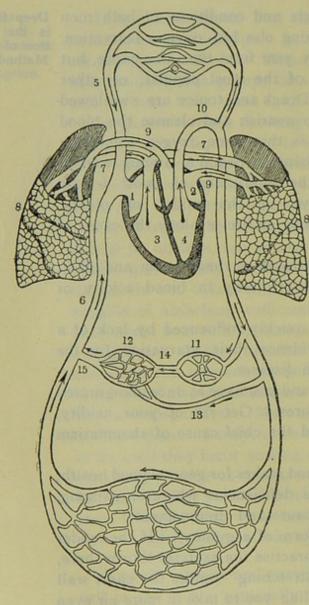


Diagram showing the Circulation of the Blood.

1, right auricle; 2, left auricle; 3, right ventricle;
4, left ventricle; 5, vena cava superior; 6, vena
cava inferior; 7, pulmonary arteries; 8, lungs;
9, pulmonary veins; 10, aorta; 11, alimentary
canal; 12, liver; 13, hepatic artery; 14, portal
vein; 15, hepatic vein.

poor bust development and hollow shoulders (salt cellars) will derive wonderful benefit from the special form of exercise that I prescribe for these defects.

Among the extracts from the letters on the succeeding page; will be found many relating to various other physical improvements brought about by my method, other than those directly connected with the chest and lungs, and these are recorded here to abundantly manifest the ramifications of the Clease-Method of Stretching exercise.

Testimonials-

Chest & Shoulders broader.

Aberdeen.

DEAR SIR,—The improvement during the last fortnight has been most rapid. The muscles of my neck, back, and legs are strengthening daily. My head and shoulders feel permanently pulled back, and my chest and shoulders are broader. Under your treatment I have grown 2 inches, chest increased 2 inches, and abdomen reduced about 5 inches.—I am, yours sincerely, J. S. C.

Great Improvements.

Darnfontein.

Dear Sir—I have carefully followed the instructions, and results are very satisfactory. The cough is quite gone and breathing improved. I am quite my natural size now, and am much improved in health in consequence.

Waist 4 inches less; bust 6 inches less; hips 6 inches less.

Yours sincerely, (Mrs.) E. H.

Chest increased.

20, Margaret Street,

Reddish, Stockport.

Report of Progress.

I have increased 5t inches in chest, decrease in stomach 3 inches,-N. M.

Porth, 1907.

Report of Progress.

My chest has increased 4½ inches; waist decreased 2½ inches; abdomen decreased 2½ inches; weight decreased 4 lb.—T. J.

Chest increased 4 inches.

Oldham.

I have gained 4 inches chest, and I am a great deal straighter and fit for anything.—G. L. H.

Chest increased 31 inches.

Haslemere.

I have much pleasure in stating that your method has improved my health wonderfully. I have just finished the sixth section and find myself nearly 2 inches taller, relieved from numerous headaches and muscles stronger and tight.

Chest increased 34 inches; height increased 14 inches.

I remain, yours faithfully, A. G.

Chest increased 31 inches.

Horley.

Dear Sir,—My improvements are as follows: Height increased 2 inches; chest increased 3½ inches and gained in weight 10 lb. I consider my improvements very good, taking into consideration that I have not followed your instructions conscientiously.—J. F. S.

Chest increased 31 inches, &c.

My improvements since commencing are: Chest 3½ inches; waist 3 inches decrease; stomach 2 inches decrease; neck 1 inch increase; weight 6 lbs. increase. Again thanking you for your instructions, I remain, J. M. F.

Chest increased 4 inches.

Dear Sir,—My chest has increased 4 inches and I think that I am about as perfect in form as any man, and hope to have my photo taken soon and will send you a copy. I am, yours truly, C. C.

Chest increased 3 inches.

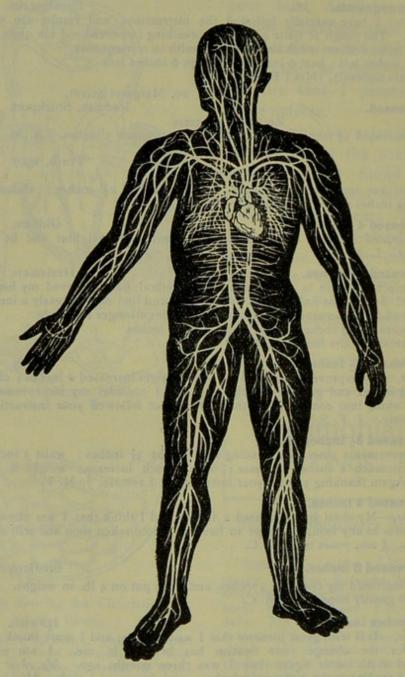
Bradford.

I have increased my chest by 3 inches, and have put on 4 lb. in weight. My carriage has greatly improved.—R. C.

Chest 31 inches increased.

Ipswich.

Dear Sir,—It is with great pleasure that I write to you, and I must thank you sincerely for the change your System has brought in me. I am more upright and much better figure than I was three months ago. My chest has increased 3\frac{1}{4} inches; waist decreased 2 inches; neck increased \frac{1}{2} inch. My health has improved and I am much stronger; therefore I am greatly indebted to you for the change wrought in me. Yours very truly, F. W. W. B.



General diagrammatic view of the Circulatory System, showing the arrangement of the heart and the larger blood-vessels.

Constipation, Indigestion, and other Functional Derangements.

It is remarkable how prone the human race is to diseases of the digestive and excretory tract, and there are few people who are not either chronic or partial sufferers from such complaints. A very marked feature in connection with this organic degeneration is the insidious manner in which the disease slowly, but surely, grips the system, increasing in persistency and intensity until an almost intolerable state of organic incapacity is attained. Everyone should be deeply concerned when they notice this decadence, and intelligence should be brought to bear upon the question of the original cause of this disorganization.

The "Clease-Method" is a certain Cure for Constipation and Indigestion.

Your investigation will reveal the indisputable fact that all such troubles arise from a degeneracy of the involuntary extensor (stretching) muscles which partially control the intestinal tract and stomach, and from an impoverished and impeded condition of the blood. In a preceding chapter I have, at some length, demonstrated how the quality of the blood, its perfect composition, its regularity of circulation, its excellence of functional action, depends upon due lung and chest respiration. I have just as clearly shown that suitable physical exercise will efficiently maintain respiratory fitness and lung capacity, the deduction naturally being that to acquire and preserve circulatory perfection it is imperative that regulated attention be paid to those principles which preserve respiratory action at its requisite standard. The principles of this scientific fact are not a discovery of mine—they are the accepted doctrine of every medical and scientific

Drugs are only for the foolish and lazy ones.

investigator. The point I pressed home was the equally incontestable truth that the "Clease Stretching Method," in the fullest degree, sustains the respiratory area in its exacting and vital work.

Bearing all this in mind, and remembering that the blood has to nourish and stimulate the varied and intricate digestive processes, it will at once be apparent that blood impurity and weakness correspondingly induce stomachic debility and confusion.

Now let me dwell at some slight length upon the ill-effect which degenerate involuntary extensor muscles likewise exert upon the digestive functions.

The stomach and bowels are encompassed with a network of these muscles, and the digestive organs are greatly dependent upon normal and unfettered muscular assistance for the correct execution of their complicated duties.

It does not need an extensive knowledge of physiology to grasp this. By way of brief explanation let me put it this way: Whenever by operation of will-power you call into action and display the voluntary muscles, i.e., those directly attached to the main nerve ganglion and centres, these on their part exercise an effect upon the more remote and less directly connected muscles. Just as the cart moves when the horse progresses, so do the involuntary muscles work at the bidding of the voluntary ones.

My point is getting clearer, for you will at once surmise what my next observation will be. Neglect to exercise the voluntary muscles at once implicates degeneration of the involuntary ones.

It is wonderful what a beautiful conception of the marvellous mechanism of the human frame is here afforded. In very truth "man is wonderfully and fearfully made," and there exists a

complete dove-tailing of cause and effect right through the Adopt rational whole human system. Despite the multitudinous ramifications "Cleaseof our physical organism, there is not a part or portion which is Method." not directly affected or concerned by all the other parts. Like a delicate pair of scales on which a grain of dust can be accurately weighed, the equipoise of our structure is affected by the slightest departure from normality.

At this juncture I must take the opportunity of expressing my strong disapprobation and condemnation of the widespread action of taking drugs. Drug-taking cannot ever be more than transient in its effect; like a whip to a tired steed it will infuse action for the moment, but the relapse is certain, and the aftereffect is to produce a more pronounced state of inactivity and debility.

People fly to drugs without reasoning this physiological fact out, but it remains, and there has never yet been an individual who has been cured of digestive and organic troubles through the agency of drugs.

Let me go further and dwell upon the pernicious effect which continued drug-taking produces. As the practice is persevered with, so do the doses have to be made stronger and administered more frequently, until the whole system is saturated with foreign and injurious elements which vitiate the blood, nerves, and muscles, enervate the body, and finally reduce the partaker to a state of functional and nervous chaos.

Let drugs alone-look to Nature for help-adopt rational principles, such as are embodied in the "Clease Stretching Method"-and then you may anticipate release from your disorders and look forward to regainment of health.

Digestive trouble finds expression in many forms and

My Cure is permanent.

symptoms, and in its category may be [included indigestion, biliousness, flatulence, constipation, palpitation, loss of appetite, vomiting, and nausea.

Further than that, it induces liver and kidney complaints, has a reflex action upon the nerves—for your dyspeptic man or woman generally grows into a neurasthenic wreck, suffering continuously from headache, insomnia, neuralgia, and depression. He, or she, is always despondent, lethargic, listless, and run down, with no capacity to enjoy the pleasures of life or to fulfil their daily duties.

As a matter of fact the effects of digestive disaster can hardly be completely defined, for in a multitude of ways they detract from the efficiency of the other organs and functions, and conduce in the most marked manner to physical degeneration and disease.

The question naturally arises: How, then, are ailments such as constipation, indigestion, liver and other internal complaints, to be treated, if internal drugs are forbidden? My answer is (and I am backed by thousands of satisfied clients) by suitable and scientific exercise such as I now prescribe. Every symptom of ill-health or disease springs from the disordered state or action of some internal organ. Constipation and indigestion invariably arise from the weakened and disordered state of the stomach and intestinal muscles. I have shown in another chapter of this little book that the functions of the stomach and intestines mainly depend upon this muscular strength, and that the disuse of any muscle must inevitably bring about deterioration. Also, that by a correct application of scientifically-prepared exercise the entire muscular forces of the body regain their natural activity and power. This is particularly demonstrated by my method of Stretching, most especially to those suffering from constipation and indigestion-the forerunners of the majority of other

ailments. By a correctly-graduated and locally-applied series Only the lazy of my particular form of movements, the stomach and bowels take drugs. are at once relieved of all undue compression, and both the flexors and extensors of these parts are at once stimulated to regular action; a rapid increase in the circulation of the blood is at once generated in and around the abdominal region. This at once means increased powers of absorption of nourishment, as well as elimination of the waste matter, and a general strengthening of the entire abdominal nervous system.

The reader by now is no doubt wondering how these seemingly wonderful results can be brought about simply by stretching exercises. I will try and briefly explain: First let us understand that the internal structure of the body is composed of a series of compartments, the whole attached to the spinal column. Nature intended that each compartment should always be maintained to its fullest capacity. For this purpose we are endowed with a series of muscles (the extensors) that are intended to maintain entire structure to its fullest height. These muscles form the greater part of the back of the body. It is the extensors that get the least amount of exercise in the ordinary routine of life, consequently they in time become relaxed and allow the rest of the structure to tumble down as it were: the chest to sink and the abdomen to bulge, which means that the various compartments become relaxed and lessened in capacity, and the various organs compressed, and obviously congested and out of order. The stomach, intestines, liver and other organs become sluggish in their functional actions, and so long as this relaxed condition lasts so long will such troubles as constipation and indigestion be with you. Drugs only temporarily stimulate the stomach and intestines to action, but until the actual cause is removed you cannot expect to be relieved, and possess sound organic health permanently. The Clease Stretching Method goes directly to the root of the evil, by restoring the lost strength to the extensors, they are

Testimony.

systematically stretched back to their normal strength and the entire body readjusted. Each compartment restored to its fullest capacity for work, the chest is uplifted and the bulging abdomen straightens out as it were. Turn to page 96 and try the simple exercise shown there, when you will more clearly understand my meaning, and get a correct idea of my method of "Stretch."

During my twenty years' experience I have been particularly successful in ridding sufferers from these terrible diseases; in many instances, cases which have defied all medical assistance for past years have, in due course, responded to my treatment in a few weeks. The cure is permanent.

"If all drugs were cast into the sea it would be so much the better for mankind, and so much the worse for the fishes."

OLIVER WENDELL HOLMES.

Testimonials. CONSTIPATION, INDIGESTION, &c. —

Constipation absolutely cured.

Dublin.

Dear Sir, -- I am delighted to state that you have absolutely cured my constipation. I have very little time to devote to outdoor exercise at present, but nevertheless my bowels have acted regularly for the last four weeks.

I think that the results of your exercises are wonderful. I admit that when I first started I thought that it would be quite impossible for you to cure my constipation, which is hereditary.—E. M.

Indigestion and Constipation better.

Janspoort.

I have derived great benefit from your exercises—I mean in general health. I feel much better; indigestion much better, also constipation.—A. de W.

Constipation cured. Bodmin.

I am very pleased with the effect your System has had on my health. I have not had a bilious attack since commencing it, and am no longer troubled with constipation. Yours very truly, (Miss) F. E. B. T.

Indigestion and Constipation cured. Caton, Lancaster.

My digestion and constipation are cured, as before I had to resort nightly to

medicine. I have left it off entirely.

My back is better and stronger, and I do not feel so fat and puffy as formerly, and can now take a long walk without feeling as if my back would break in two. I cannot thank you enough for the benefits received through your System, and shall always be pleased to recommend. Yours truly, (Miss) M. A.

Entirely lost Constipation. Huntingdon

Waist decreased 5½ inches; hips 4½ inches. Entirely lost constipation and indigestion. Figure immensely improved. Bust raised, chest developed. Am now almost erect. Have gained strength in every direction.—Miss F. M. M.

Constipation Cured.

Sheffield, October 24, 1907.

These are the improvements since starting exercising. I am glad to say my hips are far more in proportion to my body than formerly. One thing is very noticeable—I am never constipated now as formerly, and I carry myself much more erect. Hips reduced 2 inches. Yours truly, (Miss) A. F., age 23.

Suffer less from Constipation. Cheltenham.

Made very satisfactory progress in last fortnight. Bust decreased 1 inch, and I am suffering less from constipation.—N. C.

Constipation cured. Bexhill-on-Sea.

Dear Sir,—Enclosed please find my Final Report. I take this opportunity of thanking you for the care and attention you have given to my case, which I am thankful to say has resulted in a complete cure.

The improvement in me since taking your course of exercises has been most marked. (Constipation of 3 years standing cured.) My general health is 100 per cent. better and I feel A1. I shall always be glad to recommend your system to my friends. You can make any use of this letter you like. Again thanking you.

—W. C. B.

Constipation gone. Birmingham.

You will see that I have improved very much since being under your charge, and I am glad to say that my health is better than it has been for years.

In addition to improvement mentioned in report, there is an all-round improvement in my general health.

My nerves are very much better, and my breathing is deeper and now regular. Constipation is completely gone.

I have lost the haggard look I once had and my eyes are now bright and keen.

Constipation cured.

I have derived much benefit from your course of instruction, especially so with

I have derived much benefit from your course of instruction, especially so with regard to constipation trouble. This does not affect me now.—W. E. H.

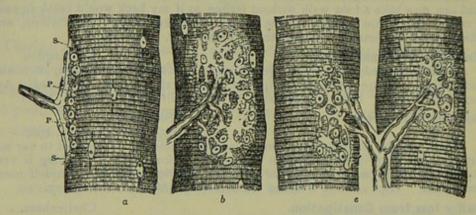
Indigestion cured.

I carry myself a lot better and walk easier. I am in better health altogether.

Indigestion cured.—F. M. M.

Nervous Disorders.

STRETCH YOUR SPINE.



Muscular fibres of Lacerta viridis with the terminations of nerves. a. Seen in profile. P.P. The nerve end-plates. s.s. The base of the plate, consisting of a granular mass with nuclei. b. The same as seen in looking at a perfectly fresh fibre, the nervous ends being probably still excitable. (The forms of the variously-divided plate can hardly be represented in a woodcut by sufficiently delicate and pale contours to reproduce correctly what is seen in Nature.) c. The same as seen two hours after death from poisoning by curare.

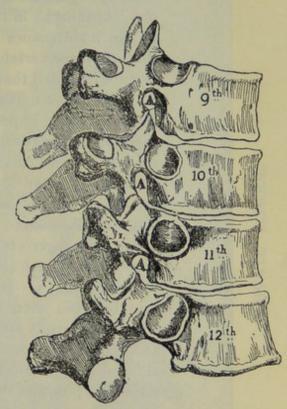
The nerves are the messengers between mind and body. We have learned that all movements of the body as a whole, as well as all the motions of any of its organs or parts, are produced by the work of the muscles—that is, by muscular contraction and relaxation; without the muscles we could not, as tenants of our bodily houses, give the outside world a single token or proof of our residence within.

In other words, life in the body cannot manifest itself in any way whatever, except through some degree of muscular action, be it ever so slight and delicate. Without the aid of these faithful servants, furnished us by the Creator with the house in which we live, the mind, as tenant lord of the habitation, could not communicate with other beings, nor in the least impress the

material world. But, though we speak of the work which the Nerve compresmuscles perform, they have no power at all to control themselves. trouble. They are the absolute servants of organs which stand higher in office and in direct communication with the master of the house.

- 1. This higher system of organs is the nervous system. This performs the messenger service between the mind and those muscles which the mind controls (voluntary muscles).
- 2. It is also invested with the authority of supervision and direction of those muscles over which the mind does not extend its control (the involuntary muscles).
- 3. Furthermore, it brings to the mind all the impressions and all the knowledge which the latter (involuntary muscles) gets from the without).

These three very important divisions of service are embraced in the work of the nervous system. What concerns us most here, however, is the relation between the nervous system and the development of the muscular and bony



A's clearly define the spinal openings.

systems. We will therefore follow the nervous system from its headquarters in the cranium to its distribution throughout the body.

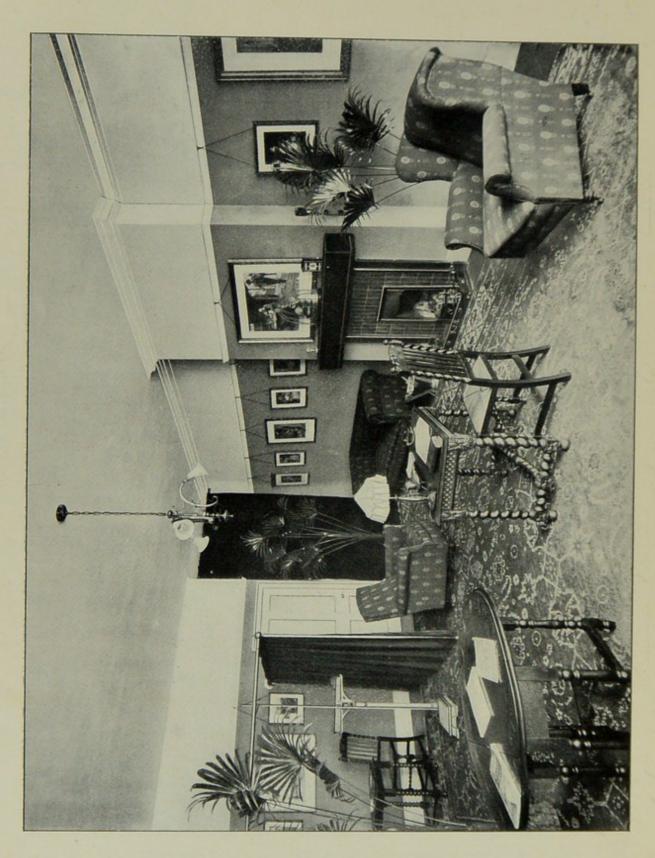
From the base of the skull the nerves pass out and continue down through the spinal canal of the vertebral column of the skeleton, which is called the spinal cord.

"Rest" the usual remedy for nervous trouble—it can only be temporary.

Thirty-one pairs of nerves pass out from the spinal cord through the openings between the vertebral bones of the spinal column, which are directly or indirectly connected with every organ in the body. The reader should take note of this very important point, for it will be shown what an important part the "openings" in the vertebral column (referred to above) play in the maintenance of good health. It has been shown that through these vertebral openings pass thirty-one pairs of nerves. Nature intended that these openings should always remain open to their fullest extent, so that the nerves passing through should be in no way impeded in the work they have to performcarrying messages to the various organs from the brain. It will readily be seen that if these vertebræ openings are any way unnaturally made smaller, the nerve passing through must be made smaller also; in other words, become unnaturally compressed; consequently its power must be weakened, and the entire messenger service thrown out of order. The illustration shown on page 47 shows a section of the spine with the "openings" (A) clearly defined. It has already been shown that between each two vertebræ is a cartilage cushion, and that when the body is erect these cushions are in their natural shape, and give full protection to the nerves; but, if the body is allowed to sink into the hips, as it were, or become habituated to a stooped position, these cartilages are flattened out, and their principal mission in the general working of the human machine -that of resisting shocks and injury to the nervous systemis weakened.

If the spinal cushions are in a continual state of compression, then the vertebræ openings must be decreased in circumference; consequently, the bunch of nerves passing through is in a perpetual state of being "pinched"; in other words, there is a constant interruption on the main lines of communication between the headquarters (brain) and the rest of the house we live in (body). A close study of the section of the spine shown





in Fig. 8 will give a clearer idea of the peculiar and very wonderful arrangement of the spinal nerves in their relation to the brain and the rest of the body. Have you ever, when making a jump from a height (great or small) landed awkwardly on the flat of the feet, or the heels, with legs straight? If you have not, try a little jump now of about one inch, coming down on the heels, legs stiff. You will immediately feel a shock to the whole body, especially the brain. This shock is caused by the whole of the vertebræ openings being suddenly closed down on to the bunches of nerves passing through, thus shutting off momentarily communication between the brain and the body; hence the unpleasant sensation.

The shock referred to above, of course, is an extreme illustration of the effect of nerve compression, but it serves to show the result of the unnatural closing of the whole of the vertebræ openings at one time. It is clear that a person of poor or weak physique, one who is usually termed "very delicate," is more prone to these nerve shocks than is a more robust individual. Why is this? Simply because the more robust one is, the stronger is that individual's Erector muscular system (muscles that maintain the erect position). The Erector muscles are directly connected with the spine, they hold the spinal column in position when standing erect, and if the whole of these Erector spinæ muscles are in a healthy and strong condition, they will, in addition to holding up the structure, do as Nature intended

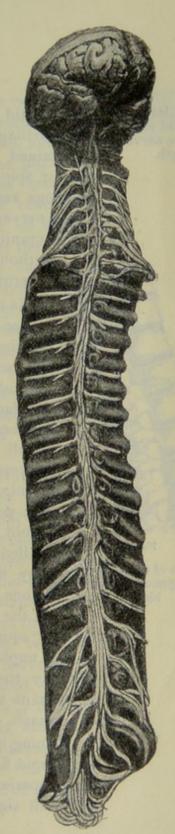


Fig. 8.

Illustrating the track of the spinal cord and the 31 pairs of nerves branching out.

The Clease-Method will restore nervous strength.

them-hold the "vertebræ openings" wide open. Moreover, the cartilage cushions between each two vertebræ will be maintained in their natural elastic condition, so that, if the erector spinæ muscles are strong and healthy, the vertebræ openings are kept open to their fullest extent, thus allowing the spinal nerves to transmit their messages sent from headquarters —the cranium—to the various points in the human organism

without let or hindrance. This is the foundation of what

is termed Good Health.



Fig. 9.

Section of spine showing cartilaginous cushions (in black).

to Same add gallensell.

Is it not a fact that all nerve cases are ordered complete rest on the back, and that when the body is in a recumbent position such ailments, especially those that come under the heading of "nerves," are decidedly easier and less painful? This sensation of restfulness is mainly due to the fact that the whole of the spinal nerves have been relieved of spinal compression-which undoubtedly exists in all cases of nerve trouble, such as loss of vigour, depression of spirits, and general languor-the vertebræ openings no longer "pinch" the nerve passing through. Put your finger in a vice, or let it be caught in a door, you would undoubtedly experience a very unpleasant sensation (called pain). The nerves at this point would be pinched; they naturally "squeal," thus the unpleasant sensation. If one or more of the vertebral openings are closed down on the bunch of nerves passing through, the "pinched"

nerves "squeal," and give evidence of their trouble by setting up an unpleasant sensation in whichever part of the human anatomy these afflicted nerves happen to be on duty. The unpleasant sensation may be either located in the heart, lungs, or stomach, or other vital organs.

Coming back to the experiment with the finger. Immediately this stupid finger is released from the vice or the door, you at once experience a feeling of calm and restfulness, and in a short while all signs and sensations of trouble pass away. Relieve

the spinal nerves from spinal compression (allow the vertebræ The "Cleaseopenings to expand) by placing the afflicted body in a recumbent remove nerve position, the whole body in a short while becomes restful, and all depression. unpleasant sensations gradually disappear (as with the pinched finger referred to above). After a brief period the erector spinæ muscles will have gained a certain amount of renewed strength, so that when the convalescent walks about on earth once more, the Erector muscles will be able to support the body better, and at the same time enabled to hold the vertebræ openings wide open, allowing the nerves to do their work uninterruptedly. But the rest cure was never a permanent cure; the muscular system must have a reserve of strength to fall back on in times of need, otherwise the support of the human structure will again become too much of a burden for the erector muscles, and down comes the house once more. Another case of nerves—a general breakdown in health, it is sometimes called. A few such attacks, a few such "patchings-up"-result, so-called nervous wreck.

Method will

To prevent and remedy any weakness of the structure we inhabit, we must first strengthen the supports, and by constant inspection see that such strength is maintained, and that all lines of communication are kept clear (as in a well-ordered house). The main supports of the human structure are the erector spinæ muscles. All this goes to prove-and this fact can be demonstrated beyond a doubt, that if the whole of the extensor spinæ muscles (those that stretch and support the body) are strengthened to their fullest extent, then the vertebræ openings are kept wide open and do not "pinch" the nerves, consequently nervous disorders are both prevented and cured, and the house we live in made more beautiful and architecturally perfect.

This is what is claimed for the "Clease Stretching Method." It is the only method that will bring about such a remarkable result. Because it directly and beneficially affects the spinal muscles as can be demonstrated by the exercise shown on page 96.

It is significant of the great value of exercise that medical men are continually recommending it to patients who suffer from nervous disorders. It is well recognised that in this class of trouble drugs are very difficult to administer. Exercise, however, by giving to the mind new ideas, new purpose in addition to the actual physiological work involved, brings about a calmer and a stronger frame of mind. It was Sir Frederick Treves himself who pointed out the fact that something better than drug treatment was wanted in cases of nervous breakdown. In a speech to the medical profession, he advocated a more natural method (Stretching) of treating these illnesses than by drugs.

It is on these strictly natural lines that I have always worked, striving always to improve the health and physique by the practice of laws which are altogether in harmony with the needs of the wonderfully complete human structure.



Testimonials:-Nerves.

A striking improvement in my Nerves.

I am pleased to say improvements are maintained, and am gradually getting better in health every day. I am much stronger and there is a striking improve-

ment in my nerves. Yours very gratefully, A. E. Quite a different girl.

Chelsea, S.W.

I have done all the exercises and am quite a different girl. I am no longer a nervous wreck. I have to thank you for your wonderful work, which has done me good in every way. Yours truly, (Miss) E. C.

Round shoulders disappear.

My shoulders have improved and all signs of round shoulders have disappeared, and in consequence my tormer periodical attacks of nerves no longer trouble me, for which I thank you heartily.—I. J.

Health much improved.

Lochmaree.

I beg to inform you that my health improved so much with the first two sections of work you sent me, that I did not bother to work any of the last three you sent. My nerves have improved so much even in so short a time that I do not mind any other improvements now. I am quite satisfied with all that I have done.—A. U.

Cannot feel too grateful.

Guildford

I have now completed my final section of exercises. I cannot feel too grateful to you for the wonderful change your method has effected in me. It has considerably improved my nerves and my appearance; and my health, which was very indifferent previous to commencing the exercises, is now perfect. I could not have wished for a better result.—E. M. B.

100 per cent. better.

Mortimer

Many thanks for your letter, also last section of work. I feel greatly indebted to you for all your kindness. My health is improved, and I feel 100 per cent. better than I used to. I thought I should never get right again after my last attack of influenza, but I find I have, thanks to you and your exercises. I feel like a different man, no sluggish liver now. I am pleased to say I have not had a return of that aching pain in small of back, and I very seldom have a head-ache now. I remain, dear sir, yours faithfully, G. E. L.

Neuritis gone.

Glasgow.

Still keeping up to the mark; feel as if life were very much worth living in spite of the weather; quite free from cold; no recurrence of neuritis.—A. W. M.

Can now walk and climb better.

Swansea

I have been travelling in Norway the last three weeks and have continued these exercises, with the former ones, as regularly as I found it possible to do so under the circumstances. I found I was in surprisingly good condition and able to undertake an amount of climbing and walking, which, if I had not been exercising for some weeks previously, I am sure I could not have managed. I am in better form and health than I have been for a long time past. I stand straighter and my chest feels much freer, and above all my nerves no longer trouble me. I was pleased to find one or two opportunities of quietly recommending your system to my friends.—F. F. R.

Obesity.

Are you burdened with superfluous flesh? In this chapter I intend to deal with the subject of obesity, and I think that after the perusal of the next few pages the reader will have some idea of the value of "Clease" Stretching in this special class of ailment.

Fat fills up the interstices or odd spaces of the body; it forms a layer underneath the skin, which does away with any angularity of form, causes the main outline of the body to be made up of smooth and gentle curves, and assists very materially in preserving the heat of the body. It moreover serves in certain parts to diffuse pressure, thus there are pads of fat on the palms of the hands, the buttocks, and the soles of the feet, &c. The fatty tissue is constantly undergoing change and repair, like the bones and other tissues that go to make up the rest of the body, and in order to prevent excessive fat accumulating the entire body must be given constant physical work. This is the mandate of Nature. There are individuals who live a life of indolence who are never burdened by superfluous tissue, but this is no doubt due to faulty powers of secretion; they suffer in other directions. If fat is allowed to accumulate beyond what is necessary for Nature's purpose, it not only becomes excessive beneath the skin, but it permeates the muscular tissue, which in time robs the muscular fibre of a considerable amount of strength. This eventually detrimentally affects the vital organs; they, too, in time become serrated with fat, thus weakening their functional powers; this means all kinds of disorders, or, in other words, indifferent health.

Apart from weakened strength and indifferent health, a Don't let obesity "fat" person is devoid of grace and symmetry of figure, which, particularly to a woman, becomes a source of personal and perpetual annoyance.

master you.

Trying as obesity really is, the troubles that arise from neglect of this disease are really serious. Obesity brings with it, as a rule, digestive disorders and other functional weaknesses, and in addition a weakening of the whole nervous system. Cases of heart disease have arisen from the over-production of flesh, though it is perhaps difficult to actually trace these cases to the cause-obesity. Nevertheless, it is undoubtedly true that a person afflicted with an undue prominence of the abdomen finds the heart action considerably lessened and weakened; this is not surprising, seeing that the heart is a muscle; its restricted activity may in time bring about complete deterioration, just the same as lack of exercise will in time cause deterioration in any other muscle of the body. Then, again, with a protruding abdomen comes the sinking down of the chest wall, consequently the thoracic cavity is reduced in size and the heart, which has a place therein, conditioned this way, has to perform its duty under extreme pressure; the greater the abdominal protrusion the greater the heart pressure. This, of course, must in time bring about weakness, fatty degeneration, or disease. Even if neither of these are fully demonstrated there must be a weakening of the blood circulation, for if the pump (heart) is in any way restricted in its operations, how can it be expected to send a full supply of blood to all parts of the body regularly and uninterruptedly? Of one thing it is certain—if you are foolish enough to let such a trouble as obesity master you, you are saving up for yourself years of suffering and discomfort. It cannot be thought that the organs of the body when clogged with fatty matters or restricted in their action will do their work properly, and likewise it cannot be supposed that when the blood is half stagnated and rendered impure and lessened in

Superfluous tissue is consumed by increased heat. The "Clease-Method" supplies that necessity.

quantity that it can brighten up and nourish the body to its proper and natural condition.

There are yet other serious troubles that may arise from the condition we are studying; conditions which necessitate operations of most serious character. That fashionable, but severe trouble, appendicitis, is more prevalent in cases of obesity, and it may be pleasant to employ the most fashionable physician in London to remove the diseased appendix. This may be performed successfully, but nevertheless the cause remains—obesity, which usually after such an operation increases rapidly. Would it not be wiser to attack the accumulation of superfluous flesh directly it presents itself, and thus prevent the use of the surgeon's knife and a whole host of little ills?

Liver complaints nearly always accompany obesity, and most sufferers are usually troubled with kidney disorders. It isn't a man's mind or heart that makes most of the troubles here below —It's his liver. Whilst the question of superfluous flesh may not immediately give serious trouble, the result of neglecting or encouraging this condition is dangerous.

There is only one permanent and healthy means by which the body is kept free of superfluous flesh, and by which all organs are allowed perfect freedom in their functional activities, that is systematic and regular Stretching exercise. All that is necessary can be done in one's own home, but to be successful the system of work must be scientifically correct. And it can be proved beyond doubt that to STRETCH the body is the most natural, therefore the most scientific, means of restoring the body to its natural symmetrical proportions. By such a system of physical movements heat is generated throughout the body; consequently, if superfluous tissue is in existence, it must be consumed by the increased heat, and if the body is scientifically exercised in this manner regularly every day for only a few months, say, for a period of from three to six months, according

AGE NO OBSTACLE

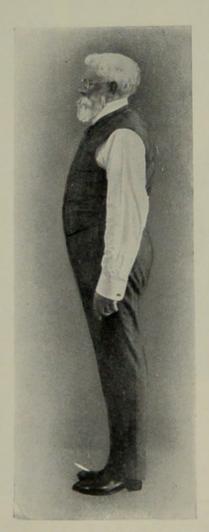
To the benefits to be derived from the . . "Clease-Method." . .



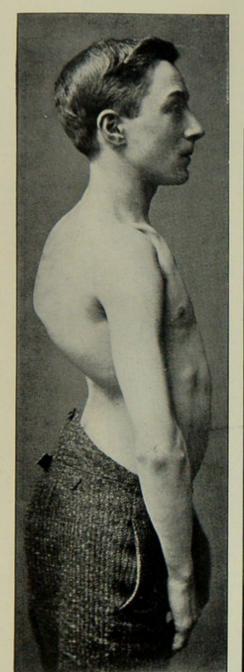
At commencement,

For obvious reasons the name of this gentleman is not given, but the originals of the reproduction can be seen at my Institute.

Age 68 years.



After 3 months' Treatment.



Before Treatment.

6/7/06.

DEAR SIR,

It gives me great pleasure to write and tell you that I am more than sur-prised at the improvement of my back

prised at the improvement of my back since being under your treatment. I find I am greatly improved in health and body development by not wearing the corsets advised by the doctor I was under before coming to you. I have grown nearly 3 inches, and the weak side of my back is developing and getting much stronger, and I have great faith in saying that it will shortly be as strong as the other side, which, being much stronger, caused the curve. Then my spine will go back to its normal condition. I enclose some photos of my back, viz., before treatment and my present state. You can make what use you like of this and I shall be pleased to answer any inquiries concerning your treatment.

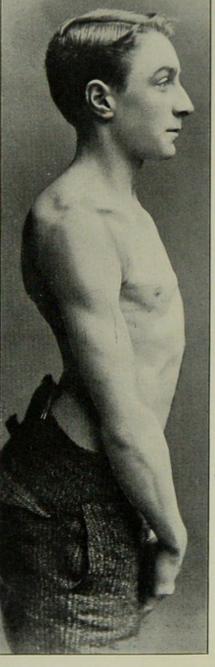
Yours very faithfully,

E. Brown. E. BROWN.

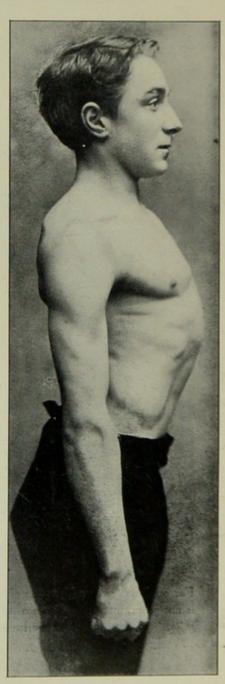
Mr. Meredith Clease.

A STRIKING TESTIMONY OF THE EFFICACY OF THE "CLEASE. METHOD" IN REMEDYING SPINAL CURVATURE . .

> MR. E. BROWN. London, S.W.



After 3 months' Treatment.



TO-DAY. The above genuine reproductions speak for themselves.

to condition at the start, all unnecessary fat must be removed, and at the same time by the increased strength created in advocates the extensor muscles by the regular stretching exercises such as I prescribe, the entire front of the body is uplifted permanently, the chest cavity restored to its normal capacity, thus giving the heart and lungs perfect freedom in their action, and at the same time the abdominal muscle is made taut, firm and flat, leaving the body physically beautiful and perfectly healthy. These seemingly wonderful results are brought about by the "Clease-Method" by concentrating prescribed Stretching exercises on the extensor muscles of the back, which process is more fully described elsewhere, and demonstrated on page 96. Try this exercise at once, it will then be readily seen and felt how stretching the extensors causes the abdomen to recede, and the fallen chest to be uplifted. The "Clease-Method" acts on the superfluous tissue of the body in the same manner as a fire acts on a piece of ordinary fatty substance; it burns it up, and at the same time resolves the body to its natural symmetrical proportions. It is a fact that in a large number of cases of protruding abdomen, it is not so much fat that causes the unsightliness, but the relaxed extensors of the back, these muscles not having sufficient exercise depreciate in strength, and thus lose a grip of the front part of the body, and down comes the chest and out goes the abdomen. In such cases relief and restoration to symmetrical proportions is quickly brought about. If, however, this relaxed condition is allowed to exist thus gradually, but surely, does fat accumulate, and in its train all other sorts of distressing ailments, and of course the cure will take longer. I ask you, is your abdomen at least six inches smaller than your chest? If not, you should at once STRETCH. It is a singular fact that in man superfluous tissue accumulates quickest and in large quantities in and around the abdomen, while in woman it is the hips and bust where the trouble presents itself mostly (this of course is accentuated by the wearing of corsets). In such cases the

The Medical Profession "Clease-

The Art of

The "Clease-Method" will restore the body to its proper symmetrical proportions.

"Clease Stretching Method" is locally applied, and by its aid all fatty accumulation soon disappears. Not only is the body made more symmetrical, but it is given a more dignified appearance by the uplifting of the body from the hips, as described elsewhere.

Perhaps the greatest testimony to the system that I have perfected is the fact that I am constantly receiving patients from my medical confrères. The profession is realising to-day that it is far better to treat cases of obesity in a natural way, and I am pleased to find that they recognise the "Clease" treatment as the most natural method of applying exercise.

Severe as may be the results of abuses of Nature, Nature has her own cure. In such a system as the Clease cure it has been found possible to employ a natural method of obtaining relief, which, even in the most severe cases, is found effective.

The following reports and commendatory letters are selected from a few of my recent successes in removing superfluous flesh. It will also be noticed that my method will bring about other improvements if desired. Herein lies the value of a correctly-prescribed course of exercise such as I give.

Testimonials:-Obesity.

Stomach 3 inches less.

Park Mills, Llandilo.

My report is—2 inches decrease round waist; 3 inches decrease in stomach; 5 lb. less weight.—D. E. W.

Abdomen reduced.

Wigan.

The exercises are making the desired effect. I am about 3 inches reduced in the abdomen.—H. S.

Abdomen reduced.

Palmer's Green.

On taking measurements I find that I have increased my chest measurement by I inch; my abdomen is reduced 3 inches since starting.—P. H. V.

Stomach reduced five inches.

Blackburn.

I am glad to be able to tell you that my stomach measures 44 inches, three inches less than last report. Five inches less than commencement of your treatment.—R. L.

Waist decreased.

Bardsley, Ashton-under-Lyne.

I have decreased my waist by 3 inches and increased my chest by 2 inches weight decreased 5 lb. I am feeling much benefit in every way. Yours truly, J. G.

Report of Progress.

Upper Norwood.

I am pleased to say the improvements since starting your work are:—Bust decreased 4 inches; waist, 3 inches; hips, 5 inches; upper arm, 1 inch; thigh, 2 inches; calf, 1 inch. Body straighter, breathing better, general health much improved; and I sleep very much better. With many thanks.—(Miss) S. G.

Weight reduced.

Thurso, N.B.

My weight is 10 lb. less. The effect upon my health has been splendid, and, taking all these benefits into consideration, I shall have no hesitation in recommending your system.—G. B.

Abdomen decreased 4 inches.

Rhymney, Mon.

Since taking up your system I have gained 4½ inches round the chest and am about 4 inches less round the abdomen.—A. E. P.

Dresses require decreasing.

Cripplegate, E.C.

I am very gratified at the results of my exercises and desire to thank you for the kind attention you have given me. All my dresses require decreasing by several inches.

My friends are commenting on my altered appearance, and I am glad to be able to tell them of your excellent method of improving one's figure and symmetry. I cannot speak too highly of your physical culture.—E. H.

Hips decreased.

Harrogate.

My personal health has improved; walk straighter, feel stronger; hips decreased 4 inches.—(Miss) C. C.

Report of Progress.

Granby.

On measuring, I find my hips are reduced 3 inches, and my waist 1½ inches, and my figure is a much better shape altogether.—(Miss) N. H.

Reduced 3 or 4 inches.

Manchester.

My waist and abdomen are fully 3 to 4 inches decreased.—J. J. M.

Reduction all round.

Newcastle-on-Tyne.

Bust, 3 inches less; Waist, 2 inches; Upper arm, 1½ inches; Thigh, 2 inches; Calf, 1½ inches; Hips, 3 inches; Weight, 8 lb. less. This in 14 days.—C. O.

Reduction all round.

London

Abdomen, decreased 2 inches; Waist, I inch; Hips, I¹/₂ inches; Bust, I¹/₄ inches. The arms and legs are much thinner.—(Miss) R. G.

Grantham.

Have lost 13 lbs. since commencing the exercises (10 weeks).-M. M. M.

Abdomen and Weight reduced.

Dewsbury.

I have pleasure in testifying to your Clease-Method. I have reduced the abdomen 2 inches and I feel somewhat better; also my weight has been reduced 7 lb. Thanking you for your kind interest on my behalf. I will recommend your method to my friends.

Why you are taller in the morning than at night!

THIS CHAPTER IS OF SPECIAL INTEREST TO THOSE OF STUNTED GROWTH.

STRETCH! STRETCH!! STRETCH!!!

itunted growth leans neglected extensor Auscles.

It is a singular fact that the human body is taller by about three-quarters of an inch in the morning than in the late evening, in the case of those individuals who do not systematically exercise their bodies daily (and these comprise the class of persons usually termed "the average"). No attempt has been made to explain this peculiar phenomenon, for even the Anthropometrical Society, while they have already established this fact, have never ventured on an explanation as to the reason why. Their silence on this point may be accounted for by the fact that their statistics concerning what the various measurements of the human body should or should not be are deduced from the ordinary or untrained individual. Having studied anthropometry, as well as the science of training the body, I have had, during many years of practice in my profession, a unique opportunity of taking measurements of the frame, especially the height, of all sorts and conditions of both sexes. During the last 20 years I have taken measurements of upwards of 150,000 individuals of both men and women, covering the ages between 12 and 84 years, and I have compiled some very interesting statistics, particularly concerning the fluctuations of height in the evening as compared with that of the morning.

In another chapter of this book I have shown that the bony framework is held up when standing by the strength of the extensor muscles, while the flexor muscles are continually pulling the framework inwards and downwards. This antagonism

Black figure indicates possible results.

between the extensors and flexors is continuous throughout The "Cleasethe waking hours of one's life; during sleep this opposition Stretching practically ceases, and it is then that recuperation takes place, Exercise will particularly with the extensors, which have borne the brunt of the day's work-that of holding up the house we live in; of your height. consequently in the morning the "extensors," being refreshed by their night's rest, are more able to perform their principal task-that of holding the stature upright. The day's work, however, soon tells on these poor extensors; towards night they become exhausted, and the stature partially collapses-the measuring standard would well reveal a shortage of nearly an inch.

Method" of compel you to make the most

My study and practice has proved conclusively that this fluctuation in height is the direct result of the neglect of the extensor muscles which can be obviated by my stretching exercises, and moreover, by so doing, many of the ailments that the flesh is heir to are likewise obviated, and even removed where existent. In fact, the secret of a perfectly healthy existence lies in the systematic stretching of the extensor muscular system. This is a fact that cannot be refuted. The "contraction" muscles play an important part, true, but purely secondary to that of the stretching (extensor) muscles.

To prove this point, we will take as a comparison the games of golf and swimming, the latter undoubtedly one of the finest possible branches of sport, the former one of the mildest.

The amount of muscular exercise with the former (apart from walking) is not great, while to participate in the latter for a long distance requires a tremendous amount of extensor muscular strength. In analyzing the bodily movements of golf, I find that in the act of driving the club is first raised and swung over the shoulder, and the body turned in doing this. A considerable number of extensor muscles, with a slight assistance from a few "flexors," are thus brought into play. The power generated in extensors by stretching the arms and raising the

The Art of

Your good health depends greatly on your uprightness.

club above the head is expended when the club comes into contact with the ball; the distance that the ball is driven depends entirely on the amount of natural strength and elasticity of the extensors, combined with the perfect co-ordination of the whole of the muscles used, this co-ordination constituting the "how."

The propelling force in swimming is given by the extensors used. The bending of the legs and arms (performed by flexors) generates the power in the extensors, to be used in making the stroke; the shooting forward and outward movement of the arms, also the kicking or extension of the legs, brings into play absolutely every "extensor" muscle; the resistance given to them by the water creates additional strength, and the fact that the body is being extended, every few seconds while swimming, by the extensors to its utmost, makes this branch of sport superior to all others. But unfortunately, for obvious reasons, we cannot practise the art of swimming consistently and regularly enough for the benefit of our health; and this applies to all branches of healthful pastimes. This difficulty need not worry any one, for with the "Clease Patent Perfectum" beneficial stretching movements can be practised all the year round.

With the apparatus attached to the body (an operation of a few seconds) from first to last every movement of the arms and body must be performed by the all-important "extensor" muscles, and you are made to Stretch! Stretch! from beginning to the end of the lesson. The sensation one experiences after even the first quarter of an hour's practice with this unique appliance is that of being "uplifted" as it were; your head feels as if it were pulled back, your chest uplifted; in fact, as a client recently remarked in a letter, "you feel absolutely 'taller' as well as measuring taller." This brings me to the question of why you are taller in the morning than in the evening.

A night's rest will stimulate the extensors to renewed activity. This is demonstrated for the first hour or two after

rising by the body being held more upright; but, if there is no The "Cleasereserve strength in the extensors, then they soon give out and increased the the flexor muscles obtain the upper hand to a certain extent, and height of the framework is somewhat pulled down, so that at night time people. it is not to be wondered at if the body is shortened and is fatigued. It is the logical result of the strong taking advantage of the weak. This state of things can be easily overcome by supplying the extensors with an additional reserve of strength. This is done in the manner I have already described—by my stretching apparatus-so that the burden of holding up the house we live in throughout the day is borne with ease by the "extensors." Thus not only will it be found that the height has not decreased at the end of the day, but that the body feels as fit at the end of a day's work as it did at the beginning.

In hundreds of instances I have, by my method, not only remedied the slumped condition of the body mentioned above, but have also increased the height of those of stunted growth beyond the usually full-stretched height. Of course for this purpose I prescribed a special course of work, and from the few testimonials following it will be seen I have been particularly successful. These following testimonials are only a few picked haphazard from hundreds of others of a like nature. It is my good fortune to have discovered a way to increase the height of an individual of almost any age, but I have had to combat many sceptics concerning this possibility; nevertheless, I have accomplished this seemingly wonderful result in hundreds of cases, as the succeeding evidence shows. In several instances I have achieved as much as three and four inches in the increase of height; but, of course, I do not say that this very great increase is possible for all. Yet, nevertheless, those desiring their stature increased in height can, by persevering with my special instructions, and by consistently using my stretching appliance, obtain a very satisfactory result.

Method" has hundreds of

Testimonials: - Height Increased.

Pleased with results.

Repton.

I have delayed writing you ere this, waiting further improvements in my little girl. I am pleased to be able to say she has now turned 4 feet 3½ inches, which both Mr. M. F. and myself think remarkable in the short time.—Mrs. M. F.

Height increased 2} inches.

Copgrove Hall.

Dear Sir,—I have done your exercises daily and am pleased to say since I started your treatment I have gained weight and am stronger. I have grown 2½ inches, and I have not such bad health as I had before. I am very thankful that I tried your treatment, and will recommend other people.

Thanking you for your kindness to me. - H. M.

Height increased 2 inches.

Fyvie.

Dear Sir, —I am glad to say I have increased 2 inches in height, and $2\frac{1}{2}$ inches in chest, and I feel altogether much stronger in every way.—W. C.

Report of Progress.

Mere.

I am very nearly 2 inches taller than when I took up your exercises. I will confess now that I was quite sceptical.—J. C. E.

Height increased 2 inches.

Derbyshire.

Have increased in height 2 inches. - A. E. P.

Height increased 2 inches.

Peterhead.

Dear Sir,—I am very pleased to inform you that on the completion of this, the fourth section of exercises sent me, I find that my physique generally has improved greatly. I have grown 2 inches since the commencement. Before beginning the exercises I stood 5 feet in my stockings; now I stand 5 feet 2 inches. The chief object of my taking the exercises was to try and improve my weak ankles, and I am greatly pleased already with the result. My ankles are very much stronger, and I have really little trouble with them now.

Sincerely yours.—J. T.

Excellent results.

Liverpool.

I have much pleasure in enclosing you my report upon progress made under your course of physical culture. I have finished the last set of exercises you sent me, and I give the measurements as they are now and as they were before I commenced the Clease-Method. *Before*—Height, 5 feet 6 inches; chest, 36 inches; weight, 9½ stone. *Now*—Height, 5 feet 8 inches; chest, 38 inches; weight, 10 stone 12 lb.—W. D.

Edinburgh.

I can safely say that I am 2 inches taller .- R. F. C.

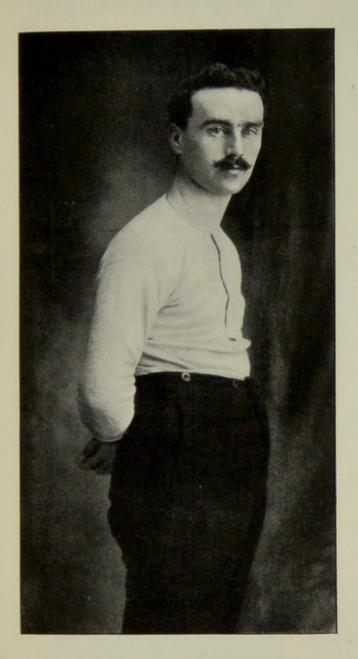
Height increased 2 inches.

My report of progress is as follows: Height increased 2 inches; chest increased 1\frac{1}{8} inches; and figure developed more fully.—R. I. P.

Daughter increased in height.

Burton-on-Trent.

Dear Sir,—With much pleasure I write to inform you that on measuring my little girl I find she has gained 2 inches since she started with the exercises, and she does the whole without the least fatigue.—T. N. M.



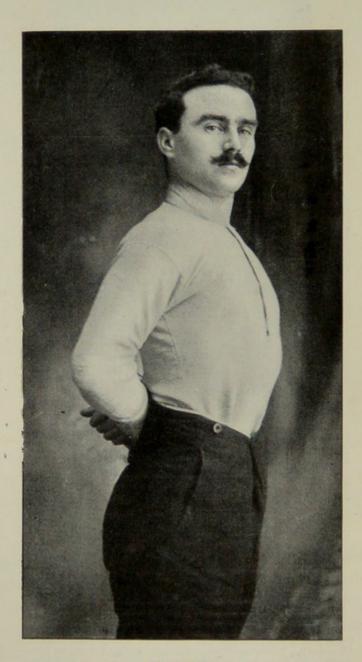
Physical condition at the commencement of the course.

HAVERFORDWEST.

DEAR MR. CLEASE,

Enclosed are two photos, one taken before I started, the other only a few days ago. Thanking you very much for your past kindness and attention.

Yours truly, H. WALKER. TYPICAL OF THE RESULTS OBTAINABLE FROM THE "CLEASE-METHOD."



TO-DAY.

These are genuine reproductions from photos, the originals of which can be seen at my Institute.



Miss E. Charnock (age 40 years) at the commencement of the course.

F. MEREDITH CLEASE, Ph.L.D.

April 14, 1908.

DEAR SIR, I now enclose photo as promised, and shall be pleased to hear what you think about the improvement of figure. I am told that I am not so stout as what the second picture shows, but I have decreased two inches round the hips since the photo was taken, the photographer being such a long time finishing his work. I am keeping wonderfully well. I have no headache, and have had no bilious attacks for such a long time. Thanking you for the attention you have given me, also good health as well.

Ashurst Farm,

Bescar Lane, Scarisbrick.

One of the photographer being such a long time finishing his work. I have no headache, and have had no bilious attacks for such a long time. Thanking you for the attention you have given me, also good health as well.

Ashurst Farm,

Bescar Lane, Scarisbrick.

REMARKABLE RESULTS ACHIEVED BY THE "CLEASE-METHOD" . .

April, 1908.



Miss E. Charnock after completing a 6 months' course.

Any reader wishing to test the authenticity of these photos is at liberty to write to Miss Charnock.

If your health is already good and your figure faultless spend a few minutes per day with the "Clease Stretching Method" and maintain it so, and improve it; the best can always be made better.

- Health and Uprightness.

Man is the only animal that walks erect. When he fails to realize every inch of his stature he pays the penalty both in a graceless, ungainly figure, and debilitated health. The Internal Organs demand every inch of the body's capacity in order to work smoothly and well. The Rounded Shoulders. Flat Chest and Protuberant Abdomen, which mark the man or woman who do not hold themselves fully erect, mean a cramping and derangement of the Vital Mechanism, impairing its functions and bringing about a gradual diminution of energy and health. Under the "CLEASE STRETCHING METHOD" this sagging of the Body and cramping of the Vital Organs can be remedied and the entire Body made Symmetrical and Graceful.

Age no obstacle. STRETCH AND GROW YOUTHFUL.



Age or sex no obimprovement (indi-cated by the black ing Method."

I am constantly hearing of such excuses for not taking up my work as: "I am too old." Or, I am asked such questions as: "Do you think I am past the age when good results can be obtained?" To these I say emphatically, "You are never too old to stretch and physically improve yourself." Nature never deserts those who are willing to help her. How do you correct the sense of fatigue or lassitude? You unconsciously stretch and you are refreshed. When you rise in the morning you instinctively want to stretch, and you-Stretch. Well then, let me teach you to do this systematically. It is Nature's way.

It is a sad day for any man or woman when they find themselves at an age when they cannot attend to their physical welfare. In my opinion such a condition only exists when we are no more. The majority of individuals reach their last stage of life earlier than they should by reason of their physical neglect. Why, I have some who put up the "too old" excuse at the age of 40, 45 and 50! Fancy a man or woman at the age of 40 years even thinking, let alone publishing it to the world, that they are too old to physically improve! At the age of 40 to 50 years, they should be in their prime and amenable to any physical improvement. True, if a person has neglected their "physique" since school or college days, they may feel rusty and slackthey undoubtedly do, and more shame to them. But, there, I stacle to the physical must not be too hard on the "too old at 40" man or woman. How is one to learn that fifteen minutes' daily exercise in one's figure) possible by own room is sufficient to keep the body young, active, healthy, the "Clease Stretch- and shapely if they are not tought?" (Live room to let tought? and shapely, if they are not taught? "It's never too late to mend," and it is my privilege to help you to realize this if you will

let me. My best results are obtained from those between the Do not listen to ages of 40 and 75 years. The reader may not credit it, but I have a large number of clients over the age of 70 years, and very enthusiastic they are, too. Of course, I do not ask or expect a 70-year-old client to do as much work as a 30-year-old one can, but it is surprising how soon the old ones can get up to the young ones' standard of fitness, and some even beyond it. This, my dear reader, is a positive fact.

the too old at 40, 50, and 70

I know that when a man gets into middle life he is too prone to take things easily. He lives more luxuriously and devotes more time to the pleasures of the table, and exerts himself as little as possible. Is it anything to wonder at that his body becomes unhealthy, unsightly, ungraceful, grows fat and flabby, and that his digestive and other organs quickly get out of gear? It is at this stage that I, and my method, are most needed.

I frame my treatment in strict accordance with the age and physique of my client. No matter how physically degenerate you may be, it will be found that I prescribe a course of mild stretching exercise eminently suitable for your present condition.

No matter your age or seeming infirmity, I shall allocate to you just the exercises you need. They will not unduly distress or strain, participation in them will be a pleasure, and evidence will quickly be forthcoming as to their service and utility.

Never despair! Never make up your mind that you have gone beyond the scope of improvement. Such a belief is entirely fallacious, and you should not harbour it.

To those of my readers who hesitate on the score of age, I make this simple and straightforward appeal: Do not allow yourself to be scared because of your grey beard and thinning hair. I can in a very short while make you feel that it is still good to be alive, by a few minutes' simple, but effectual, exercise every day.

Write me at once, to-day, and let me know of your physical defects, your age (ladies, too), and I will at once tell you if I can effect a radical improvement.

The Making of a Beautiful Woman.

FIGURE CULTURE.

STRETCH YOURSELF FROM OFF YOUR HIPS.

A Graceful Woman is the most beautiful object to behold.

The desire to have a fine and well-developed figure is so general among women that during the last few years many artificial aids have been devised, such as hip pads, bust improvers, and a variety of belts for the reduction of undue rotundity; but all such are, at the best, makeshifts, and a really sensible woman cannot fail to understand that a figure thus artificially created is wanting in the natural curves and grace inherent to real beauty. It is daily becoming more widely recognized that the body should be cultivated from an anatomical and physical point of view, as in the ancient days of Greece it was cultivated. Then a poorly-developed woman was absolutely despised, and in order to attain a high standard of development a certain portion of each day was set aside for exercising the body. The woman much occupied with society, or her less fortunate sister who, in the struggle for existence has to devote the major part of her time to earning a livelihood, finds it difficult to devote long hours to physical exercise, but everyone should manage to spare a few minutes daily, especially on rising in the morning, before the bath, for such purposes. Recent scientific inventions have put it within the power of every woman to arrange a system of exercises by which the various muscles of her body may be put in action, and the muscular and even bony framework strengthened by a regular system of suitablydevised exercises.

For many years past there have been systems of home The "Cleaseexercises on the market—some good, some bad, some very bad, supply to every

most of them needing the use of an woman the appliance for attachment to the wall, beautifying which could not be at the service of body.

everybody, as those living in

apartments or hotels, or moving about on a round of visits, find it impossible to fix the necessary screws.

It is the want of a really practical method of Figure Culture for women, and for women alone, that has deterred a large percent-

age of women from becoming interested in physical exercises. The great fear, and a well-founded one, too, has existed that abnormal development would result from unauthenticated systems. To my mind nothing is more hideous than a man with "lumps" and "bumps" of muscle, and to see a woman's figure distorted in

such a manner is simply an insult to Nature.

Such unsightly results are often the result of practising the old-time stereotyped physical culture such as dumb-bells

The "Clease-Method" will supply to every woman the means for beautifying her body.



A CLIENT.

The charm of a natural figure. Obtainable by the 'Clease Stretching Method.'

The Art of

Enlarged hips are the result of a stumped body.

and wall exercisers. The "Clease Stretching Method" aims at health and symmetry only.

It is my purpose here to point a way to all interested women how to obtain and maintain a perfect figure in a natural way without irksome restrictions or cumbersome appliances. If you decide to take up my treatment, the advice and instructions given by me from time to time will be such that can be unhesitatingly accepted as the result of years of practical experience. I not only show the way to beautify the figure in any desired direction, but also indicate how perfect grace and symmetry can be acquired, how the health may be improved, and how bodily and organic strength may be increased. It is possible for every woman, from extreme youth to middle age, and even beyond, to improve her figure, deficiencies in this respect being largely due to ignorance of the anatomy of the human body. I will give here a brief idea of the anatomy of the body.

The bony framework, when one is standing erect, is held in position by various sets of muscles, of which there are two kinds—those that stretch (extensors) and those that fold up (the flexors) the body. If the extensor muscles are allowed to become weak, the flexors pull on the framework, which must in a measure collapse, and this collapsed state is a characteristic of nearly every woman. Crudely speaking, the body of the average woman has been allowed to "settle down" in the middle, owing to want of exercise of the extensor muscles, which would keep it erect, or else to the habit of sitting. In this common condition, then, one of the usual defects soon makes its appearance, viz.: the waist, which should be one of the principal lines of grace and symmetry of the figure, becomes much increased in size, the abdomen becomes protuberant, the natural roundness of the bust disappears or becomes abnormally fat, and the health suffers generally from the cramping of the vital organs, which are

contained in both chest and abdominal cavities. Palpitation of the heart is apt to be set up by pressure of the distended stomach and relaxed chest wall upon the heart. Lungs and heart do not do their normal amount of work, and therefore the quality of the blood suffers from insufficient aëration, and the patient becomes anæmic and nervous, while the complexion loses the ruddy glow of health, and becomes yellow and very often spotty.

The "Clease-Method" will develop a thin body and reduce fatty tissue; the prescription, of course, is different.

Women who allow themselves to collapse in this way soon become troubled by an excessive accumulation of adipose tissue, for it is a physiological fact that fat accumulates quickest in parts of the body which are weakest, and a woman who has allowed her body to settle down on the hips, as it were, soon finds that round the abdomen and waist is her weakest part. also suffers from backache, because the principal strain in supporting the body is thrown on to the muscles in the small of the back, the extensor muscles at the top of the spine being from neglect no longer able to fully perform their duty of holding the body up. The following simple experiment will show exactly how this takes place: In the morning before dressing and while standing before a looking-glass, stretch the arms as high as possible above the head; while in this position note how the abdomen recedes and the (see page 96) waist becomes smallera tape measure will reveal at least one inch. In performing this conscious effort the whole of the extensor muscles are called into action. Now, by strengthening the extensor muscles this conscious effort can be transformed into an unconscious habit in a few lessons; in other words, by strengthening the whole of the extensor muscles the body is thus at once corrected of its bad habits of posture, and improved in figure without unnecessary exertion or needless waste of time.

This collapsed condition is also in a measure responsible for entirely the opposite condition described above. From the weakened and neglected extensors result also the loss of

The Art of

assimilative powers—the powers extracting the fullest amount of nourishment from the food taken. Consequently, the blood of nourishment from the food taken. Consequently, the blood becomes impoverished and the entire muscular system deteriorated to such an extent that all roundness of the figure is lost, the bust becomes flat, and the shoulders hollow. These defects are usually accompanied with weakened nerves, organic weakness, and displacements.

> It has been my pleasure to give complete relief to many ladies previously suffering from displacements, even after long years of suffering. No teacher can show such records in this direction as I can. I am aware of the great prejudice ladies have against stretching above the head when in this delicate condition, nevertheless I have proved to my own and many, many ladies' satisfaction that my method of stretching exercises will in due course remove the actual cause of displacement, viz.: the extreme weakness of the extensor muscles, which allow the entire body to sag downwards, and so bring about one of the most distressing complaints that ladies are prone to.

> In the treatment of the two opposite conditions mentioned above, I of course prescribe quite differently; but it is, nevertheless, a fact that precisely the same exercises will produce the opposite effects. Superfluous tissues are absorbed and destroyed, and emaciated frames are developed, while the health in both instances is improved, and the entire figure is made symmetrical and graceful.

> > The following are a few Extracts:-

TESTIMONIALS.—LADIES.

Hips decreased 61 inches; bust decreased 41 inches; waist decreased 3 inches.

Norwood.

I beg to offer my sincere thanks; I am more than satisfied with the benefits I have derived from your exercises. My nerves are very much stronger and I have been able to sleep better since commencing your work than I have for the past

Bust decreased 42 inches; waist, 3 inches; hips, 62 inches; thigh, 2 inches;

body much straighter .- (Miss) S. G.

sony and reduce

Hips decreased 4 inches.

Hinckley.

I must thank you for the kindly way you have treated me; I feel greatly improved in health since I started your treatment. You will be pleased to know my hips have decreased 4 inches and waist 2 inches.—Yours truly, A. M. F.

Hips decreased 3 inches.

Enfield.

Hips decreased 3 inches; chest increased $4\frac{1}{2}$ inches; bust decreased $1\frac{1}{2}$ inches. —(Miss) E. A.

Hips reduced 3 inches.

Bingley.

Waist decreased 2½ inches; thigh I inch; hips 3 inches; abdomen 1½ inches.

—(Miss) A. M.

Abdomen decreased 2 inches.

East Finchley, N.

Dear Sir,—I have now completed my third 14 days' work. I have decreased in abdomen 2 inches. I told you before commencing the lessons that I was just getting over a bad attack of nervous debility. I am pleased to tell you that my nerves are much stronger. I can walk long distances without feeling any fatigue; in fact, I have improved in every way. I do not feel like the same woman. I am only sorry I did not commence the work before.—(Mrs.) E. M.

Nerves improved.

Glasgow.

I am feeling very much better, constipation no longer troubles me, and I am glad to say that my nerves are much stronger. I can sing nearly three times the number of notes in one breath that I used to.—(Mrs.) A. W. K.

Health improved.

Chesterfield.

I am pleased to say that the improvement in my health is maintained. My nerves are very much better; my back is straightened and stronger; my breathing is better, and the rheumatism and indigestion have quite disappeared and my abdomen has decreased $2\frac{1}{2}$ inches.—With many thanks, (Miss) A. E.

A different woman.

Hornsey

I fully intended telling you how much the treatment has benefited me. I am pleased to say that my nerves are much stronger, and that I have quite lost the heavy weighted feeling in my feet and legs and can walk better and longer distances. I can breathe much better going up hills; back stronger; am more compact in figure. In short, I am altogether a different woman, feeling years younger, and am fully convinced it has been brought about solely by your treatment.—(Mrs.) C. I.

Delighted to recommend.

Hamington.

I enclose my report. The last set I am not quite master of, but I do it as well as I can. The exercising has done me good in every way. I can move all my limbs well; I am both taller and stronger and a better shape, too. My hips are not like the same; I can do all the deep breathing well; my shoulders are a better shape, and my legs are much straighter—I was rather bow-legged before. When I first started the exercises I thought I should never do them. My back and stomach are not like the same. I shall be delighted to recommend it to anyone.—(Miss) M. S.

General Fitness. BE ALWAYS FULLY STRETCHED.

The best can always be made better.

There will, no doubt, be some readers of this book who have applied for it purely out of curiosity, and who, on being interrogated on their health and fitness, might reply: "Oh, I have nothing the matter with me. I am in splendid health, excepting a touch of liver or indigestion now and again." "Do I take exercise?" "No, I can't be bothered. I used to when at school." The above remarks are only uttered by the very wise (?) and very perfect (?), but they have no doubt applied for this brochure in the hope of finding a few cheap hints on how to cure the sometimes turbulent liver and digestive organs. The person who talks of being in good health while yet troubled occasionally with liver or indigestion is like the man who, having purchased a very expensive motor car, tells his friends on enquiry: "Oh, she is splendid—excepting when she 'back fires." The inference is obvious.

It is only the unwise who class themselves as healthy and fit while troubled periodically with any kind of functional disorders. Such unwise individuals are among the drug or medicine victims who in time find their periodic troubles becoming chronic. Once internal troubles and fatty accumulation present themselves, no matter how slight, it is a sure indication of physical weakness and decadence, and there is only one way to restore the body to a perfectly natural, healthy state, and that is to give it and Nature that assistance which hitherto has been too much bother, viz., natural Stretching exercise, and only exercise. Drugs can never be a substitute. Don't cultivate the "can't-be-bothered" habit, for, after all, what is 10 to 15 minutes' exercise per day, for a while? It is a ridiculously small amount of time to set aside out of 24 hours for health and fitness; no sane person will dispute this fact.

Remember this, I practise what I preach. As a matter of To be fit your fact it is the result of my constant anxiety in the past to get 8 inches less myself fit and keep fit, coupled with my knowledge of anatomy than your chest, and physiology, that I am now able to teach others the true road muscle should be to physical perfection. I also long ago realized that human in tune. nature is peculiar; that while hours will be wasted on some branch of sport or pleasure, in company with others, ostensibly in the pursuit of health, the amount of individual effort in one's own home towards the same object is infinitesimally small; the "can't-be-bothered" habit has such a hold. I admit the soft impeachment myself. I cannot really afford more than 15 minutes for my physical fitness, and I do not need it. I have made this so by a series of concentrated efforts. I know precisely how the body can be exercised to the best advantage in order to bring forth the best results without either a waste of time, effort, or energy. I know that physical exercise is another name for physical resistance; that the essence of exercise is resistance, no matter what kind of exercise, whether it be sport or otherwise. Golf is one of the most popular branches of sport to-day; the (apart from the walking or ball-chasing) physical (muscular) resistance brought about when striking the ball is what constitutes the game—an exercise. Therefore, in formulating my system of stretching exercise, I had in mind the necessity to concentrate the amount of resistance in every muscular movement made; consequently, I have a system of what may be called the concentrated essence of bodily resistance, that can be adapted alike to the child, invalid, athlete, and to those past the middle span of life, and to women as well as men. I say to everyone: "Get fit and keep fit." Even to those who persuade themselves that they are fit I say "get fitter; a little extra fitness may come in handy some day."

If you are still in doubt, come and have a chat with me if convenient; or, if this is not possible, write me and I will be pleased to give you all the information that you desire. Consultations are free.

waist must be and every

Testimonials:—General Fitness.

Course undoubtedly excellent.

Findern.

I am writing you to let you know that I am feeling much better. Your course is undoubtedly excellent, and I hope you may have every success, not only on your own account, but also for the sake of all whom your system may benefit. Yours faithfully, G. L. S.

The exercise a source of great pleasure.

As requested, I beg to inform you that your course of treatment has had the most satisfactory results in every respect. I now walk perfectly upright and can hold up my chest for hours together; moreover, I now hold in my abdomen without almost any conscious effort whatever. The exercises are a source of great pleasure. - Yours faithfully, W. A.

Pleased with treatment.

I would like to take this opportunity of saying how I appreciate the results of your culture, and of thanking you for the interest you have taken in my case.— W. F. O.

Round shoulders cured.

Haslingden.

I have done the exercises as directed and have derived great benefit from them. I am taller and have been quite cured of my round shoulders .- E. R.

Still ambitious.

I wish to take the earliest opportunity I have had of thanking you for the improvement in my appearance, and most of all for the feeling of alertness since I went through a course of your drill studies. At the same time I want to be able to say that you have not done with me yet. Later on I hope to go on with an extended course of physical exercises. My ambition is to reduce waist and hips another 2 inches .- S. K.

Best method on the market.

Newport, Mon.

It is with the greatest pleasure that I can testify as to the benefits to be derived by anyone taking your course of Physical Culture; it is undoubtedly the best of its kind on the market at the present time.—T. R.

Friends notice the improvement.

Liverpool.

Dear Sir,-Just a line to try and explain how I am getting on. There is no mistake about your method having made a wonderful improvement in me.

It is a pleasure for me to write to you, on account of the improvements you have made in me. I am better in health and am getting a better build. Two or three of my friends have noticed a difference in me, and wondered how it was that I am getting so straight.-H. E.

Curvature decreased.

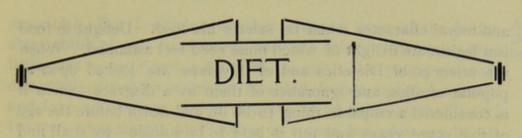
Devizes.

Carriage improved, muscles of back much stronger, and curvature decidedly decreased.-L. H. G.

Splendid feeling of general fitness.

Bournemouth.

I am very pleased to inform you of the splendid feeling of general fitness that has accompanied the exercises you have prescribed for me. I feel ever so much better since taking up your work .- P. E.



Food, when put into the mouth, is chopped up by the teeth The Process of and made soft by the saliva. The tongue then rolls it up into Digestion. a ball and sends it to the back of the throat. The ball passes over the wind-pipe into the gullet, down which it gradually descends until it gets to the opening through which it passes into the stomach. The stomach organ has three layers of muscular fibres. In the outside one fibres pass downwards; in the middle one they go round it; in the inner one they pass down obliquely. The fibres which pass downwards shorten the bag; those which go round it make it narrower, and the inner fibres draw the sides of the bag over the food. By this means the stomach keeps moving the food that is in it up and down, just as a churn moves the milk about to make it into butter. Inside this is another thin skin, which is very smooth, and has in health a beautiful pink colour. This is practically covered with small spots—the openings of the gastric glands. Directly the food has entered the left side of the stomach these glands pour out the gastric juice, which changes the food into chyme. about the thickness of pea-soup. The chyme passes on to the door at the right of the stomach to try and get out. If the fluid is thin enough, and the food has been sufficiently churned or reduced into small pieces by the constant movement of the stomach, the door opens and lets it pass through; but if it is not properly digested the door will not generally open. It is sent back to be moved about until it is made into a proper state.

It cannot—says the Lancet—be a matter of indifference what a man eats and drinks; for he is, in fact, choosing his animal

The Art of

Only the Unfit Over-eat. and moral character when he selects his food. Delight in food is a legitimate delight of which none need feel ashamed. When the sciences of Dietetics and of Hygiene are looked upon as popular studies, and ignorance of them as a disgrace—when it is considered a culpable thing to be ill, and death before the age of five score years and ten is held to be suicide—we shall find national progress and enlightenment beyond what is now dreamed of.

NATURAL CONDITIONS.

Under natural conditions instinct guides us in the selection of food, but in many disordered conditions reason must dictate the kind, amount, and quality. I think the playwriter from Forfarshire must have had something of this idea in his mind when working out his "Little Mary," which has been a six days' talk in society. But that Barrie humour-light and whimsical as it is-does not go far enough. It only makes us uncomfortable: At any rate, I need not trouble anyone with more of the actual physiology of the stomach. But I should like to say a word about one essential food constituent-fat-which the gastric juice (with its great powers, even to dissolving of metals) fails to act upon. Fat is only melted in the stomach, and needs the addition of bile, poured into the duodenum from the liver, to make the soapy, milky chyle, without which, in the body, death would follow. And the poor liver gets blamed in 'half a dozen ways; errors of which we are guilty-the eating of things like the pâté de foie gras being but a representative type.

OVER-EATING.

What of over-eating? There is—there can be—no such thing with a stomach in health. Those who work out diet tables, and who weigh the precise amounts to be consumed at a meal, are not always wise. Nature is the best guide—a safe guide, if we treat her fairly. What sane person would think of abnormally distending—of ruining the fine inner lining of—the

stomach? But I wonder whether parents, even of the better A Cheerful class, think of the cruel wrong they are doing when persuading helps Digestion. little ones to eat "just a little bit more." The young stomach distended-digestion, nutrition retarded, from a foolish fondness, and from an ignorant notion that the more they eat the better. It is not what we eat that makes us strong, but what we digest. Always leave off with an appetite, and you will be sure to sit down with one.

Disposition

GOOD SPIRITS HELP DIGESTION.

Would that we had more of genuine laughter among us. Laughter is healthful. To the liver it is especially beneficial. There is not the remotest little corner or inlet of the minute blood vessels of the human body that does not feel some little wavelet from the convulsion occasioned by good hearty laughter. The life principle is shaken to the innermost depths, sending new tides of strength to the surface, thus materially tending to ensure good health to the person who indulges therein. For this reason, every good hearty laugh in which a person indulges has a tendency to lighten his life, conveying, as it does, a new and distinct stimulus to the vital forces, and it must be a genuine English laugh—not the Italian laugh, languid, but musical; the German, deliberate; nor the French, which is spasmodic and uncertain.

IMPROPER FOOD.

We cannot see into the stomach, but the doctor gains a good knowledge of its condition by bidding the patient put out the tongue—a thing no one should think of doing for one's self. Speaking generally, these are indications:

> White fur Yellow .. Red tip and edge White velvety condition Brown, dry and glazed

Simple feverishness. Derangement of Liver. Inflammation of some kind. Mental disorder. Typhoid condition.

The Art of

Organize your Meals as you would your Business.

I am quite certain that unsuitable or ill-cooked food has a most serious effect on the mental powers, and when we take the case of a brain worker, we see that, in order to carry this power right on through a long life, proper diet is of the greatest importance. Indeed, what is commonly called bad temper is often only the result of wrong diet, and will disappear under a wiser selection of food. Diet, of course, should vary in summer and Food rich in fat, such as ham and winter as the season varies. bacon, should be for winter use only, and should even then be more or less used as the weather is cold or mild. For summer diet, fish, milk foods, such as rice, and ripe fruits should predominate, being varied also with the heat or coolness of the weather. In hot weather animal food should be sparingly used, except by those who indulge in plenty of exercise or whose work is very heavy in the open air.

RATIONAL LIVING.

Again, a very important matter is regularity in diet. Many who are careless in this way, finding no immediate ill effect, go on occasionally missing a meal, or even two, and find too late that outraged Nature claims her due. It is so easy to let the time go by when business claims are strong, and for those who do much travelling it is indeed difficult to arrange for food; meals are just taken when and where they can most conveniently be got. This is always wrong. The matter of meals should be as carefully planned and as regular as business. The man or woman who loses many meals, by keeping public engagements, will find in the end that the dinners would have paid them better than the engagements. They have got the money, but lost their digestion.

As to the hours and the frequency of meals, I have generally fallen in with the customs of the people where I have been.

Frankly, the petit dejeuner of our neighbours-followed by a Correct Combisubstantial meal in the evening—is better than the solid, well- the Key to Good washed-down breakfast, lunch, and then dinner that we indulge in. Digestion.

nations of Foods

The stomach digests a variety of food better than only one kind. "The health of an animal (human or otherwise) can only be maintained on a mixed food" is a true aphorism. Nature intended us to mix foods together: that is the reason we eat-

Vegetable Foo	od. A	nimal Food.
Bread	with	Cheese.
Bread	,,	Butter.
Bread	,,	Milk.
Potatoes	,,	Meat.

There is little fat in fowls, therefore we eat bacon with them. There is very little fat in veal, therefore we use ham with it. Salt meat has "had much of the juices taken out by the salt, therefore we must eat cabbage and bacon, or potatoes and bacon together.

A too-common trouble among us is constipation. Use plenty of fresh vegetables. Cabbage, carrots, turnips, tomatoes, celery, lettuce, spinach, all prove most valuable in promoting peristaltic action of the intestines. Onions also, owing to the cellulose they are composed of, and the oil which they contain, which imparts the pungent odour to them. Much of the action of fresh vegetables is due to the organic acids and mineral salts which they contain. Also, all kinds of fresh fruit, such as apples, oranges, figs, bananas, grapes, gooseberries, plums, &c., have a stimulating action, partly due to cellulose, and partly to the organic acids present in them, such as malic, citric, tartaric, and acetic. Stewed prunes, dried figs, dates, and sultana raisins are useful, but currants (and raisins with stones) are not to be generally recommended, as they often cause obstruction, and are

The Art of

Treat your Stomach kindly.

blamed for the fashionable complaint, appendicitis. Constipation, Indigestion and "Nerves" prevent thousands of men and women from enjoying life as they ought to do. There is little doubt that 95 per cent. of them suffer, instead of having the buoyant physical enjoyment which they ought to have. Secondary fermentation—to give it the correct nomenclature—kills its tens of thousands, and shortens the lives of others.

The tendency of the age is to digest our food too much before we take it, and also to reduce it to pulp, so as to give little opportunity for the action of the digestive organs. We lessen in this way, to a very appreciable extent, their available power. If the digestive organs have become inactive or faulty (especially with the aged), we may fairly spare them by subjecting the food to some equivalent action before taking it; but in ordinary circumstances they should be expected and allowed to do their own work. This is a hundredfold better than flying to dinnerpills and other vaunted helps. But so cleverly has the new school laid hold of us, that their advertisements begin always with some apt physiological truism, and end off by frightening the sufferer, and by enumerating symptoms wide enough to bring many fish to their net. Let us remember that the human stomach should be treated with consideration. Nay, I go as far as to say that a very vital difference may exist (constitutionally, I mean, and in respect to work power) between one person and another simply from the fact that the lining of the stomach is healthy in the one case and unhealthy in the other.

DISTILLED WATER.

Among the chief cities of the world London is foremost in point of health—that is, in lowness of death-rate. But it is sad to think of the true Cockney-bred family—say in Bethnal Green or Shoreditch—usually dying out in the third generation. They live—as do those whom I see in our Workhouses, even the best

of them-on too exclusively a starchy diet. The excess of mineral and earthy salts contained in starch foods and undistilled water is, in the main, accountable for the dwarfed condition of Digestion will young men in London-witness the latest War Office figures as to girth, height, and rejections-awful indeed to contemplate! "One of the best preventives of premature old age is the frequent and constant use of distilled water as a drinking fluid."

The more you Stretch the less trouble your give you.

IN CONCLUSION.

This chapter may be disappointing in that it deals with general principles, and offers no panacea or cure-all. Sickness is no affliction of Providence. The eternal law stands sure-"Whatsoever a man soweth, that shall he also reap." Still, this inexorable sentence has a silver lining to its cloud; there is the equally sure reward of well-doing.

In brief, to those who want the development of every physical charm: Eat nothing that disagrees with you; eat only at regular appointed times; take no full meal when the mind is taxed or worried; do no mental or manual labour on an empty stomach; take nothing between meals; and Eat Slowly, so that every particle of food shall have the opportunity of being fully acted upon by the saliva, and by the digestive juices of the stomach. And above all

STRETCH! STRETCH!! STRETCH!!!



The four ages of man.

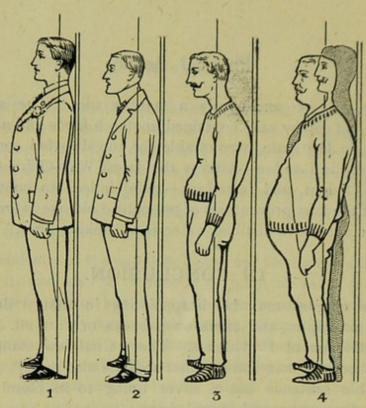


Fig. 1 is the ideal to be aimed at in order to maintain or obtain strength and beauty, viz., a correct position of the whole body.

Fig. 2 indicates the first stage in deterioration, "head-stoop," a bad habit easily acquired at school.

Fig. 3 shows a later stage after a few years at business, bending over a desk, &c.

Fig. 4 shows the settled-down, middle-aged figure, the unnatural and actual result to be expected if such postures as shown in figs. 2 and 3 go unchecked.



Wrong position at Table.



Correct position.

How I Conduct my (English) Correspondence Course.

I will explain the foreign and Colonial method later. So My Instruction many people ask me the same question: "How can you treat so easily underme by correspondence successfully?" My answer is: "It is stood that a very simple—to me." Of course, I at first require a brief them. outline of the intended client's present physical ailments or defects, and approximate measurements; after duly studying the same, I then prescribe the preliminary exercises for the first 14 days; these, with all necessary instructions and advice, are dispatched along with my patented appliance. The exercises are as easily understood as they are vividly illustrated, and the fixing of the appliance to the body is done in a few seconds. Please note:-

My Stretching appliance is not in any way attached to the wall, door, or any other support, but to the body.

And, again, please note: that it is by virtue of the appliance being attached to the body (only) that I get such wonderful results. You create your own resistance every time you exercise, and you are compelled to STRETCH.

After the first section of exercise has been done the prescribed number of times for the first fourteen days, the client then writes me (on a form supplied) and states briefly what progress has been made so far (frequently I get big results in fourteen days). Having received this report I am then able to plan out the next series of movements; these, with the necessary instructions and answers to probable queries, are

The Art of

Foreign clients receive just the same careful attention as do my English ones.

immediately dispatched. This process of forward and backward correspondence continues throughout the six months' course. The average number of sections of exercises sent to a client is about seven. In between whiles one is, of course, at liberty to write me for additional advice, which I am only too happy to give. My one fee is inclusive. I have been teaching by correspondence now for such a number of years (in fact, I believe I was the originator of this method of giving health by post) that I have become acquainted with every phase of individual peculiarity, and know just how to make my instructions understood, yes, even to the ignoramus. Every client's correspondence is correctly filed and easily "get-at-able," and my arrangements are such that no matter how many enquiries or reports I receive per day every correspondent is answered on the day of receipt. Of course, I have a very competent staff of both sexes to assist me. Ladies can, if they choose, have their private enquiries entirely dealt with by my Lady Consultant. If this is desired their communications should be addressed "Lady Consultant."

I wish to assure everyone that no matter at what distance they may live from London I can just as successfully treat them as if they were at my side.

Important: The amount of work prescribed is so arranged that it will not occupy more than fifteen minutes at any one time.

Foreign and Colonial.

For those who live in foreign countries or in our Colonies I make special arrangements. I know how long it takes a communication to reach every point in the postal union, and even outside it, for I have clients in the furthermost parts of the world. On receipt of the particulars and requirements of a client from abroad, I plan out sufficient work to carry him or her over a certain period, according to the distance they are away. When the first instructions are received the client will make his or her report at the completion of the first fourteen days' work. I will

receive this in due course, and new work and instructions are dispatched immediately; these will reach the client about the time that the first batch of work has been completed. In the meantime, the same client will have sent other reports, which will be dealt with on receipt. In other words, the client will, on receipt of the first consignment of work, go on working and reporting in the same manner as do the English clients, and will receive their new work and instructions at regular intervals. The six months' course is dated to commence from the time that the client receives his or her first instructions, not from the date that it leaves my office.

My terms for the complete course will be found mentioned in the letter accompanying this book.



An Explanation and Demonstration.

The "Clease Stretching Method" is totally unlike any other.

I am in receipt of so many communications in which I am requested to describe in detail my method of stretching exercise, and to explain how it differs from others, that to answer these questions sufficiently by a personal letter to each correspondent would be a physical impossibility. I have accordingly embodied here as briefly as possible a few statements and practical illustrations, which I trust may serve to set forth in a general way the underlying principles of this most fascinating science, and to make the practical side of it—otherwise health treatment by natural methods—both interesting and clear.

There are many alleged "systems" of Physical Culture in England. Some of them advocate what are termed "resistive" movements, which consist mainly of antagonizing one set of muscles with another set. Others are devoted to propagating the so-called "vibratory" movements. And a still more numerous class of good, bad, and indifferent cultures may be designated under the general head of "exercise."

But these methods, with very few exceptions, represent true physical culture only in name. The inevitable effect, when practised seriously at home, in accordance with the cut-and-dried rules which are applied alike to the invalid and the athlete, is to abnormally develop certain sets of muscles at the expense of the vital energy, and thus weaken instead of strengthen the general system.

My work is entirely different. In the first place I study the individual case, and after localizing the seat of trouble I prescribe special movements which exert an influence immediately upon

the particular organs or muscles that are defective, and upon no The "Clease others. You are at once made conscious of this effect by a thod" is a sensation of warmth and stimulation in the parts that are under Natural Method treatment. Thus you are enabled to mentally locate the seat of your trouble. In many instances I find it necessary to devise entirely new movements to meet the case, notwithstanding my formulated exercises already run into hundreds.

Stretching Me-

Secondly, I know that the fundamental principle governing good health is the oxygen we breathe; and that by calling into play the powers which Nature has given us to assist her in reinforcing the supply which defective breathing and faulty habits of exercise have rendered insufficient, I can literally transform the blood into the liquid sunshine which Nature intended it to be-the great life-giving principle, in fact life itself. This liquid life I then see is conveyed directly to the parts affected, by the aid of the proper muscular agents, with the assistance of the nerves, under the direct command of the mind or will. All this is made possible, firstly, by my knowledge of what is required, whereby I can instruct you how to assist Nature by natural methods; secondly, and of course chiefly, by your following my directions for fifteen minutes daily.

The powers which I have referred to as Nature's endowment are the brain, nerves, and muscles. The muscles of the body are of two kinds-voluntary and involuntary. While the former are under the direct control of the will, the latter, which regulate and operate the internal or vital organs, are controlled and exercised by Nature. But Nature expects you to strengthen her hand, as it were, by using your brain and nerve powers to keep the voluntary muscles healthy, strong and active, and thus maintain in good condition the involuntary muscles which are Nature's own means of operating the human machine.

It is your neglect to do your share of the work which brings about the condition of ill-health. In seeking restoration by the use of drugs, electricity, or any other artificial means, you are again dispensing with the chief of your natural endowments-

The Art of

To be in Good Health you should take a good Stretch regularly. the brain. But, be assured, there is no substitute possible for this marvellous power. I have tried everything that has been devised in the way of artificial means, but nothing has shown me such wonderful results as psycho-physical science, or Physi-co-logic, which is Nature's own method, such as I teach. Even medical science, after its hundreds of years of experimental wanderings, is striving, as any intelligent practitioner will tell you, to get back to first principles—in other words, to natural methods.

The stretching movements that I make use of not only infuse the blood with liquid life, but the methodical action of the particular muscles brought into exercise generates a natural heat in the parts involved that will soon dissolve and dissipate, where they exist, all fatty deposits and other foreign elements in and around the degenerated organs, as well as in the muscles themselves; just as a coal fire will melt and consume an ordinary piece of fat. These fatty deposits are the cause of the sluggishness and inactivity of the organs which so soon, and in time so seriously, impair the whole physical system. They must and do accumulate if the muscles are not brought into correct action every day, at first by an effort of the will, and later by unconscious habit.

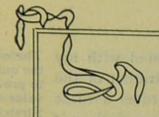
And here again is where my methods differ from all others. The will—the brain—the motive-power of the human machine—is the groundwork on which I base every movement that I prescribe. Briefly, my stretching exercises and body appliance are so devised and designed that, in spite of their simplicity, the will is brought into vigorous and concentrated action without over exertion and concentration. This is done by compelling you first of all to exercise your mental faculties, by forcing into quick action your best reasoning powers. You are made to know, not only what you are to do and how to do it, but why you do it. Hence your effort of will required is not merely a blind obedience to a set rule prescribed, but is of your own volition, the physical expression of your own wish, inspired by a

logical conviction. In fact, every exercise performed with my The one way, appliance is a lesson in and a scientific demonstration of the natural philosophy of logic. Therefore it constitutes a most value of my valuable and interesting means of mental training as well as of thod is to try it physical culture.

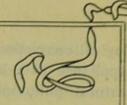
the only way, to prove the full NOW.

All this may, perhaps, seem complicated and obscure: but it is not, as you will at once discover in actual practice. I will try to demonstrate a little more clearly by asking you to do the following free movement right now; by so doing you will, I feel sure, grasp the underlying principles of my methods. This free movement is so designed as to give you some sort of idea of the effect of practising with my appliance. The use of the apparatus of course makes the work more interesting as well as more beneficial. However, please try the simple exercise (page 96) in the manner described in your ordinary clothes if you like (ladies should remove their corsets). Do not forget the breathing. I may add that this movement is chosen to meet the requirements of any person. You can easily prove this for yourself if you try it. After conscientiously practising this simple exercise for a few days you will clearly understand that the underlying principle of my methods is STRETCH.

If this little practice has conveyed to you my meaning of the use of will power of stretching the body, then you will readily understand my method. This is the whole secret, so far as there is any secret about it. Scientific research and practical demonstration have taught me that by stretching the body by the influence of an appliance such as the "Clease Perfectum" attached to the body, the blood may be immediately enriched and the oxygenated blood conveyed to any given organ or muscle quickly and in large quantities; also, that if a sufficient degree of natural heat is generated regularly every day in and around the organs, they will be kept in a condition to perform their functions freely. Nature will do the rest, and thus good health is assured. F. MEREDITH CLEASE.



A few recent Testimonials.



The following few excerpts from reports are only offered as an example of the general tone of the fortnightly reports that I am constantly receiving, and these are picked haphazard from hundreds of others received by me within the last few weeks only. It is within my experience to know that printed testimonials more often than not create scepticism rather than allay it; if they are very laudatory the reader might say, "Oh! I can't believe them." If they are couched in simple language the reader may pass them over unnoticed. If they do not contain the full name and address it may be thought that they are not genuine. On the other hand, if the name and address are given in full there may be the suspicion that such have been secured by some sort of an arrangement between the sender and the receiver. Nevertheless, I offer these few extracts with the hope that the reader will believe me when I say they are absolutely genuine. But what to my mind is more important to you is that you should be convinced that I am a competent authority and teacher of my subject. As a slight proof of this I again refer you to pages 10, 11, 12 and 13, which contain testimony as to my ability and knowledge, vouched for by medical gentlemen of the highest standing, presented to me twelve years ago. Since then my knowledge and experience have increased a hundredfold. This same experience is now offered to you.

GLASGOW.

FIRST FORTNIGHT.

"I have gone through your first section with satisfactory results. Digestion much better, also throat, and chilblains have disappeared."—J. M.

TESTIMONIALS—(continued).

SECOND FORTNIGHT.

"I like the second section very much. My shoulders are improving, and I feel better every day."—A. M.

SECOND FORTNIGHT.

"Feel benefit from this exercise. Feel very much more comfortable and not so puffy and fat, especially about waist."—F. E. D. (Mrs.)

SECOND FORTNIGHT.

"I find it a very good exercise for the shoulders, especially if round. I feel very fit since commencement of course, and my friends all say I look better."—J. G. T.

FIRST FORTNIGHT. WEST HAMPSTEAD. "I am able to report a great improvement."

SECOND FORTNIGHT.

"The improvement made after going through the first course is maintained, and I am able to announce a decided all-round improvement in my physique."—J. G. M.

SECOND FORTNIGHT.

"I am glad to report that under your system of exercises I feel much better. My appetite has improved and the tightness in my chest is practically gone, I sleep better and my bowels act quite regularly without the aid of any medicines."—J. J.

SECOND FORTNIGHT.
"My eczema has almost disappeared."—J. M.

"I am delighted with the work and feel more fit than before. Chest raised, and grown one inch in height. Thanking you for your kind attention to my case."—B. C. S.

YEOVIL.

SECOND FORTNIGHT.

"I am very pleased with the progress indeed; am better in health and in every way."—F. J. H.

"I feel I must also write you as well as enclosing my report for the past fortnight. Allow me to thank you for your kindness. I may say that in the short time which I have been taking your first section I feel ever so much better in health, and not nearly so nervous as previously. My figure is already showing signs of improvement. One of my relatives told me a few days ago she thought I had new corsets on. Again thanking you."—L. M. (Miss).

TESTIMONIALS—(continued).

BATH.

"In the past fortnight the exercises have generally done me good, my digestion is better, and I have lost that puffed-out feeling. In such a short time I think this is a marvellous result."—W. (Mrs.)

SECOND FORTNIGHT.

"Breathing better, figure more erect, feeling quite fit."—F. R.

"I have carefully followed the instructions and am pleased to report satisfactory progress, and have every confidence that your system will be beneficial to me; am already feeling better in health. Have not been troubled with indigestion since following your treatment, for which I sincerely thank you."—E. M. D.

OAKFIELDS,
DEAR SIR,

"In sending in my second report, I am pleased to say I have made very excellent progress, and will recommend your system. My chest has increased, and my stomach decreased. I am glad to have had the course."

—Yours very truly, T. W. L.

DEVIZES.

DEAR SIR,

"I must thank you for your letter of the 18th inst. I am delighted to say I have derived great benefit from your treatment without taking drugs for constipation as previously advised. I can assure you I am more than pleased at the results. Thanking you for the trouble you are taking on my behalf."—Yours faithfully, E. C. T.

SALISBURY.

DEAR SIR,

"Herein I enclose report of my first fortnight's work and stamp for section two, which I hope you will forward promptly. I can honestly say that the first fortnight of your treatment has made a great deal of difference to me (I did not expect it to); it has made enough difference to cause me to be sanguine about the future."—Sincerely yours, L. B.

LAVENHAM.

DEAR SIR,

"I am very pleased with my first section of exercises, and was surprised at the simplicity of them. I believe that the fifteen minutes spent on them does me more good than the three-quarters of an hour I used to do with my wall exerciser."—Yours faithfully, A. P.

TESTIMONIALS - (continued).

TEWKESBURY.

DEAR SIR,

"I am sending in my report for the second time; as I began on November 21 and December 5 was the first fortnight, December 21 would make the second. I am greatly encouraged by the progress I have made, both in reduction of size of waist and hips; in a fortnight the very tiresome flatulence which made the tightness of the waist bands quite painful, is greatly improved. I quite mean to go on with it for months. I have gone through exercises with dumb-bells and other appliances, but got no benefit from them."—Yours faithfully, C. C. B. (Miss).

SOUTH SHIELDS.

DEAR SIR,

"I am much pleased with the exercises you kindly sent me. I consider them most effective and thorough. I admire the principle. They are superior to other systems I have tried. I may say that I am 66 years of age and very fond of physical culture. Kindly send me the second section and oblige."—Yours sincerely, J. H. P.

NORTHAMPTON.

DEAR SIR,

"As desired, I am writing you after having completed sixteen days of your treatment. My abdomen has decreased considerably, and I certainly feel benefit from the exercises. I am pleased to be able to tell you that although previously I tried various cures for obesity, I have never experienced such successful results as at present from your system."—Thanking you, yours truly, S. C. A.

STOCKTON-ON-TEES.

DEAR SIR,

"Am sending you the report of first fortnight's exercises. Am pleased to say I can now do the exercises the full number of times. Have greatly benefited by them already. Can hold myself up better, feel firmer and stronger throughout, and constipation much improved. I shall do my best to recommend you to my friends."—Yours sincerely, F. C. G.

ABERDEEN, N.B.

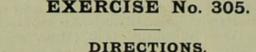
DEAR SIR,

"If there are any in doubt regarding your system I shall only be too pleased to answer any questions which they care to send me, for I can now prove what you say: 'With it you can obtain results even beyond your highest ambition.' May I wish your system great success and be the means of adding hundreds of pupils to your list."—I remain, yours very sincerely, J. C. (Jun.).

TRY THIS

simple exercise now, you will then have some idea of my principle—

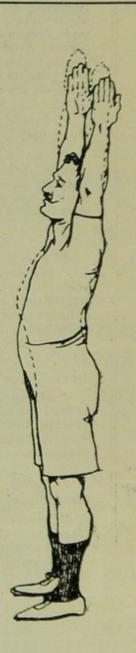
With my Patent Perfection Appliance attached to the body the stretching and resistance is created with less mental application and makes the exercises much more pleasant and beneficial. STRETCH.



- (1)—Stand in your ordinary upright position, with arms raised above the head, palms of hands turned inward (see full figure).
- (2)—Now reach upwards with the arms, lifting shoulders and chest, and contracting the abdomen; in other words, endeavour to reach the ceiling with tips of the fingers, as it were. If you keep this point in mind you will find that the abdomen and hips will contract involuntarily as will the chest raise. Your extra stretch will be about six inches; breathe deeply through the nostrils while stretching (see dotted figures); momentary pause, then:—
- (3)—Let the shoulders and chest sink, when the abdomen and hips will relax. The arms to remain above the head. Exhale forcibly through the mouth.

Repeat the uplifting and sinking of shoulders at least six times, increasing to twelve times. This is excellent for the lungs, chest, back and abdomen.





APPLICATION FORM-Men.

When duly filled in please return to: F. MEREDITH CLEASE, 124, New Bond Street, marked "Personal."

Give the following particulars to the best of your knowledge and as briefly as possible:—
State your chief object in applying to me
The condition of your general health
DO YOU OR HAVE YOU SUFFERED FROM :-
Constipation
Indigestion
Liver troubles
Chest complaints (Lungs)
Heart trouble (nature)
Sleeplessness
Loss of appetite
Weak or poor circulation
Nerve troubles
Headaches
Indifferent health
Backache
Languidness
Despondency
Obesity Poor development (I can judge these best from your measurements.)

NOTE.—Should none of the above questions meet your case, I shall be glad if you will state your requirements and condition by letter or visit to me personally at the above address.

MEASUREMENT FORM-Men.

To be filled up and returned with the questions answered on the preceding page (only approximate measurements and weight are actually required).

Age		Height
		Neck
	1	\ \
Biceps (Right)	1	
Chest Deflated	4	Chest Inflated
	1/2	Abdomen, usual standing position
Abdomen Contracts	1	Hips and Buttocks
Forearm (Right), (Left)	1	
Thigh (Right)	fre (Thigh (Left)
		Colf (Loft)
Calf (Right)		Calf (Left)
	W	eight with Clothes on
Name		and the contract of the contra
Address		

APPLICATION FORM—Ladies.

When duly filled in please return to: F. MEREDITH CLEASE, 124, New Bond Street, marked "Personal."

Give the following particulars to the best of your knowledge and as briefly as possible:—
State your chief object in applying to me
The condition of your general health
DO YOU OR HAVE YOU SUFFERED FROM:-
Constipation
Indigestion
Liver troubles
Chest complaints (Lungs)
Heart trouble (nature)
Sleeplessness
Organic weakness (nature)
Weak or poor circulation
Nerve troubles
Headaches
Indifferent health
Backache
Languidness
Despondency
Obesity, enlarged hips and bust, &c. (I can judge these)
Poor development (neasurements.)

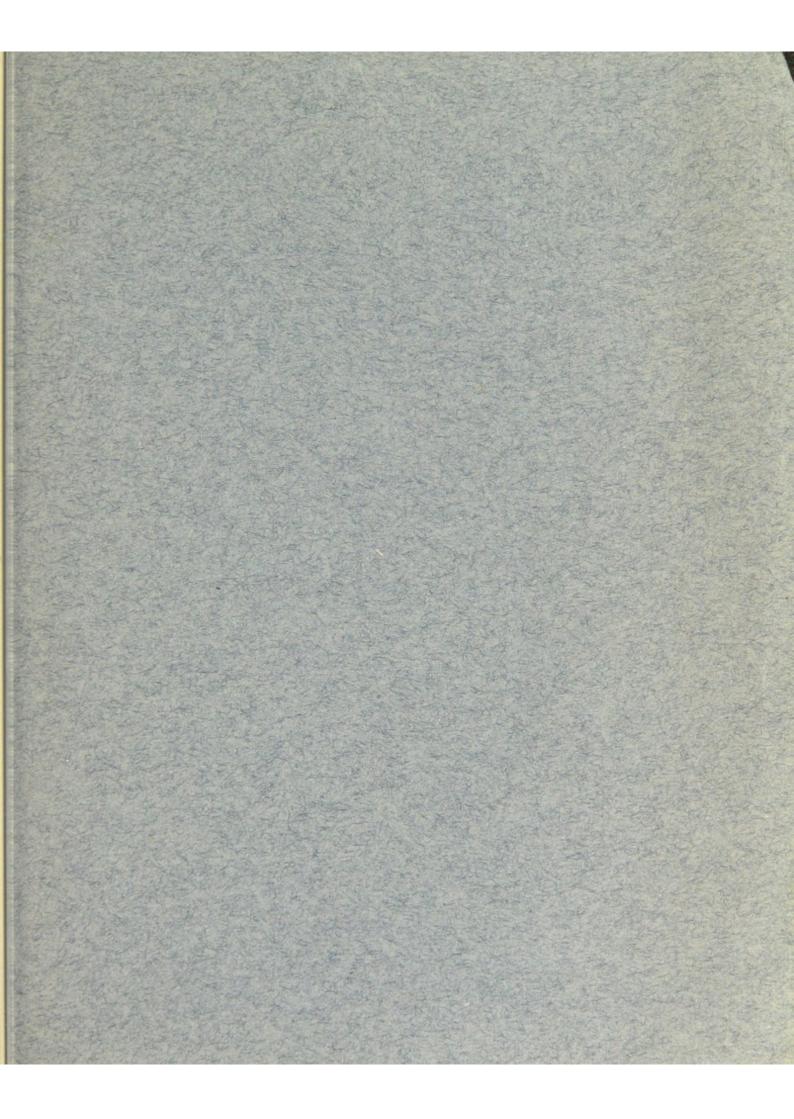
NOTE.—Should none of the above questions meet your case, I shall be glad if you will state your requirements and condition by letter or visit to me personally at the above address.



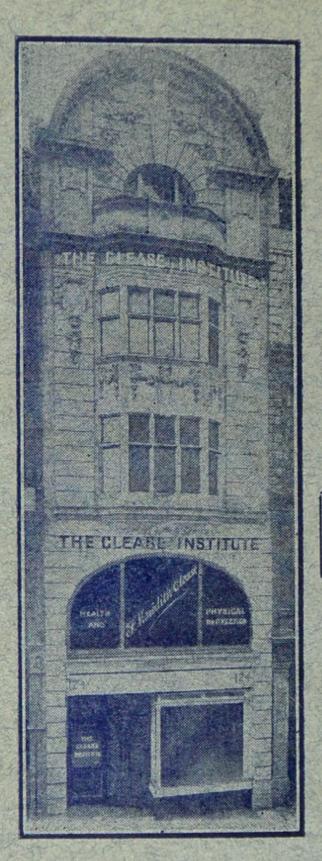
MEASUREMENT FORM-Ladies.

To be filled up and returned with the questions answered on the preceding page (only approximate measurements and weight are actually required).

'Age	
Upper Arm (Right), (Left)	Bust Inflated
Abdomen and Hips	Waist
Thigh (Right)	Thigh (Left)
Calf (Right)	Calf (Left)
	Weight with Clothes on
Name	
Address	(1100)



Consultations Free. . . .



TELEPHONE-6748 GERRARD.