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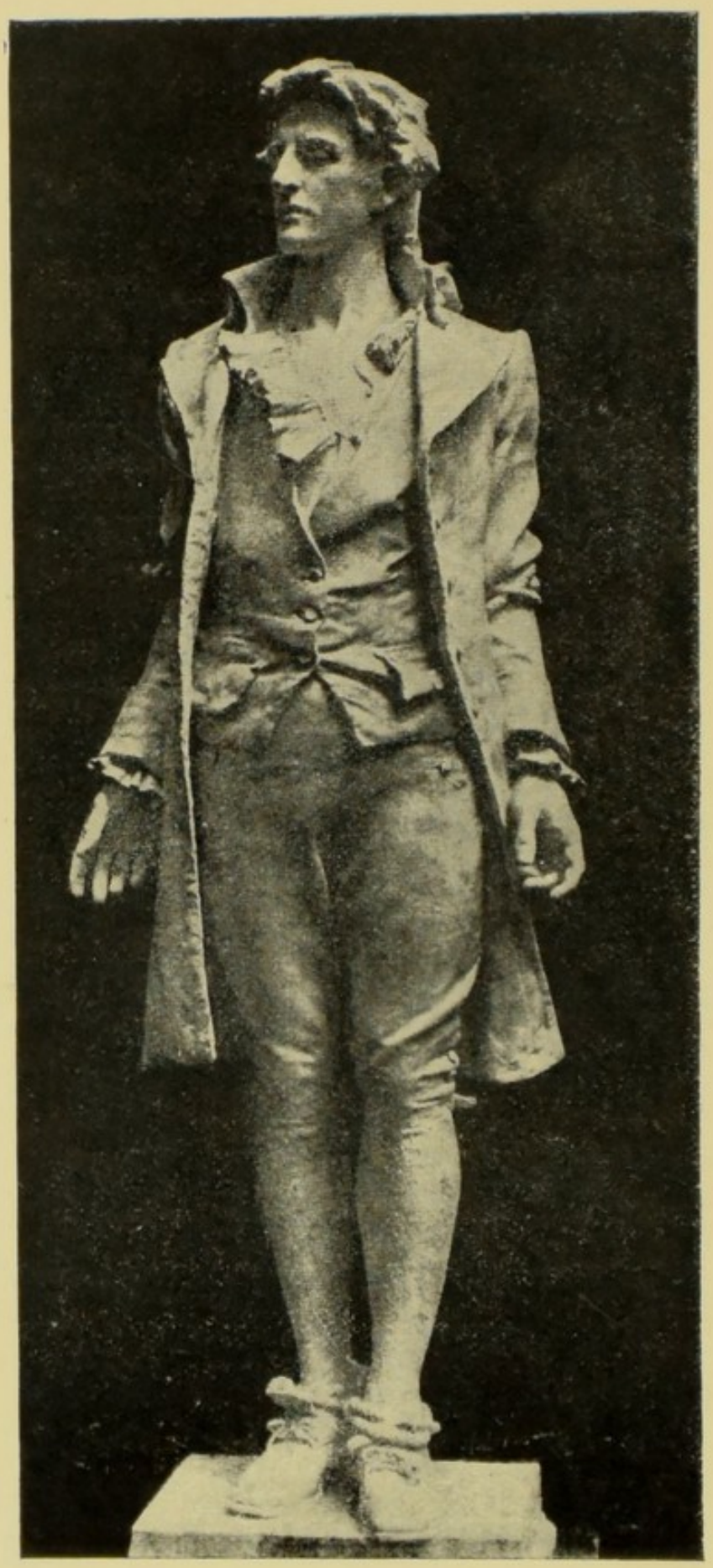
HOW TO GET STRONG

AND

HOW TO STAY SO



NATHAN HALE

From the MacMonnies Statue in City Hall Park, N. Y. City

HOW TO GET STRONG

AND

HOW TO STAY SO

BY

WILLIAM BLAIKIE

WITH NUMEROUS PORTRAITS

NEW AND ENLARGED EDITION FROM NEW PLATES

LONDON
SAMPSON LOW, MARSTON & COMPANY
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TO

The Memory of

WILLIAM EWART GLADSTONE

THE GREATEST ENGLISHMAN SINCE CROMWELL

Who, of lofty Christian character, and pre-eminent abilities developed under favoring circumstances, devoted a life of unceasing, arduous toil,—ever among matters of great moment,—

not to himself;
not to his own interests;
but to the good of others;

yet who *daily* so intelligently trained his body also that he was able to maintain a true equilibrium between mind and body; and so to keep both in consummate working-order far on to a ripe old age,—

THIS BOOK

IS RESPECTFULLY DEDICATED

PREFACE

MILLIONS of our people pass their lives in cities and towns; and at work which keeps them nearly all day in-doors. Many hours for days and years, under careful teachers; and many millions of dollars are spent annually, in educating the mind and moral nature. But the body grows up all uneducated; indeed, often such a weak, shaky affair that it gets out of order, especially in middle and later life, and its owner is not equal to tasks which would have been easy had it had a tithe of the care given to the rest of the man. Not a few, to be sure, have in youth years of active out-door life on a farm; and so lay up a store of vigor which stands them in good stead throughout a lifetime. But many, and especially those born and reared in towns and cities, have had no such training, or any equivalent; and so never have the developed lungs and muscles; the strong heart and vigorous digestion, in short, the improved tone and strength in all their vital organs—which any sensible plan of body-culture, followed up daily, would have secured. It matters little whether we get vigor on the farm, the deck, the river, the athletic field, or in the gymnasium; if we only get it. Fortunately, if not gotten in youth, when we are plastic and easily shaped, it may still be had, even far on in middle life; by judicious and systematic exercise, aimed

first to bring up the weak and unused parts, and then by general work daily, which shall maintain the equal development of the whole.

The aim here has been, not to write a profound treatise on gymnastics, and point out how to eventually reach great performance in this art; but rather in a way, so plain and untechnical that even any intelligent boy or girl can readily understand it, to first give the reader a nudge to take better care of his body, and so of his health; and then to point out one way to do it. That there are a hundred other ways is cheerfully conceded. If anything said here should stir up some to vigorously take hold of, and faithfully follow up, either the plan here indicated or any one of these others; it cannot fail to bring them marked benefit; and so to gratify

THE AUTHOR.

NEW YORK, *September*, 1898.

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HOW TO GET STRONG

AND

HOW TO STAY SO

CHAPTER I

DO WE INHERIT SHAPELY BODIES?

In the dainty little park, at the entrance of the lower mile of Broadway, stands the finest statue in all New York. A young school-master,—a Yale man of the class of 1773,—a Connecticut Ranger,—who had cut out a provision-ship right from under the eyes of a British man-of-war; arrested and sentenced as a spy; his ankles lashed together; his arms pinioned behind his back; facing death; yet the clear-cut, brave, superb face in no way showing it; calmly telling his captors words which should be graven upon the wall of every school-room in America,—*"I regret that I have but one life to lose for my country."**

* Nathan Hale "*was a feeble child*, and gave little promise of surviving his infancy; but as he grew up, *he became fond of out-door sports, and was famous for his athletic feats.*" Dr. Eneas Munson, of New Haven, says of him when he was graduated at Yale: "*He was almost six feet in height, perfectly proportioned, and in*

In the church a little below (erected in 1766), in the middle of the north side, is the great square pew of Washington, just as he left it. And in that lower mile—the richest cañon in the world—go more men in a year than anywhere else in America. Women are rare there; but there go the men. Look at them as they pass; for such a varied human tide you will find nowhere else upon this planet—men of every tongue and name; and kin, and tribe and nation; of all ages and shades, and heights; and sizes, and weights and grades.

Not one in five is well built. Some slouch their shoulders and double in at the waist; some over-step; others cant to one side; this one has one shoulder higher than the other; and that one both too high; some have heavy bodies and light legs; others the reverse; and so on, each with his own peculiarities. An erect, well-proportioned man, of springy step, easy and graceful of action, is not often seen. Any one used to athletic work; and knowing what it can do for the body; must at times wonder why most men go for years, perhaps through life, so carrying themselves as not only to lack the outward grace and ease they might have; and which they now and then see in others; *but so as to cramp and impede one or more of the vital organs.*

Nor are these defects always the man's fault. In

figure and deportment he was the most manly man I have ever met. His chest was broad; his muscles were firm; his face wore a most benign expression; *his complexion was roseate;* his eyes were light blue, and beamed with intelligence; his hair was soft and light brown in color; and his speech was rather low, sweet and musical. His personal beauty and grace of manner were most charming. Why, all the girls in New Haven fell in love with him; and wept tears of real sorrow when they heard of his sad fate."—*Appleton's Cyclopœdia of American Biography.*

most cases he inherits them. The father's walk and physical characteristics appear in the son; often so plainly that the former's calling might be told from a look at the latter.

A large majority of Americans are the sons of farmers, merchants, mechanics or laborers. The work of each class soon leaves its mark. No one of the four classes has ordinarily had any training at all aimed to make him strong all over. Varied as is the farmer's work, most of it tends to make him inerect. No man stands up straight and mows. When he shovels, he bends more yet; and every ounce of spade or load pulls him over; till, after much of this sort of work, it is not easy to stand upright. Ploughing is better for the upper body; but it does not last long. While it keeps one walking over uneven ground, it soon brings on an awkward, clumsy gait, raising the foot too high. Chopping is good for the upper man; but does little for his legs. In hand-raking and hoeing you may remain erect; but in pitching and building the load; in nearly every sort of lifting; and especially in the heavier sorts, as in handling heavy stone or timber, your back is always bent over. It is so much easier to slouch over when sitting on horse-rake, mower, or harvester, that most persons do it. Moreover, the labor-saving machine, for everything done on a farm, saves labor. But it also saves the muscles that did the labor; *and saved muscles get weak.*

No work on a farm makes one quick of foot. All the long day, while some of the muscles work, and so are developed; the rest are untaxed, and stay weak. Few farmers are good walkers; usually hitching up if they have an errand to go, though it be to scarce a mile away; and rarely can a farmer run. He is a hearty, well-fed

man; for wholesome food is plenty; his appetite is sharp; and he eats with relish and zest. One thinks that, when he eats and sleeps well, he is pretty healthy; and so he usually is; but when content with this state of things, he is making some parts of his body strong, and leaving others weak; and the warp he is giving to that body, by twice as much work for the muscles of his back as for those of the front of his chest; while it makes the former large, and even muscle-bound; cramps the latter; and hence gives *less room* for heart, lungs, stomach, and all the vital organs, than a well-built man would have. If one should tie his left arm; and with his right swing a smith's hammer all day; no doubt he would soon have a keen appetite, and the sweet sleep of the laboring-man. But in what shape would it leave him in a few years; or even in a few months? The work of the farmer also leaves him as one-sided. Less so; but he who looks may see it.

While farm-work makes a man hearty and well, though clumsy, it takes the spring out of him. The merchant is, physically, however, worse off. Getting to his work in boyhood; sticking to it as long as the busiest man in the store; his body often not fit nor ready for even half the strain it bears; he toils on through the boy's work, the clerk's, and the salesman's, till he is a partner; or he starts as entry-clerk; rises to be book-keeper; and then stays there. In many places he has had to stand nearly all day; till his sides and waist could bear it no longer; and he often breaks down under the strain. If his work calls him out much, he finds that to walk with his mind on the stretch, and more or less worried, does not bring him that vigor he looks for from so much exercise; and at night in place of being fresh and hearty, he is jaded and used up. When extra tension

comes, and losses or reverses make him anxious and haggard, little in his day tends to draw him out of a situation he could have readily faced, and weathered too, had he only known how. To be sure, when he gets on well, he drives out in the late afternoon; and home and social recreation at night tends to freshen him; and to fit him for the next day's round; but, if he has been a strong young man, he finds that he is changed, and cannot work on as he used to do. His bodily strength and stay are gone. The reason is plain: when he was at his best, he was doing most work; and of the sort to keep him in good form. *Now he does nothing to build up any strength;* and he may be glad if he keeps even half of what he had. To be sure, he does not need the strength of a farmer; but, if he had it, he would find that, with very little daily exercise, he would be fit for all the demands of the day. And what a boon it would be, if, instead of having taxed and worn-out nerves; he could all the time be hale and strong; and not know that he had any nerves?

Who does not know men whose faces show overwork; who get thin, and stay so; who look tired, and are so; who drag along through their duties—for they are made of the stuff which does the duty as it comes up, be it hard or easy? The noon-meal is rushed through when the brain is at white-heat. More is eaten, both then and at night, than will digest; and while the drive before or after dinner helps; it is not enough to make digestion sure. Then comes broken sleep. The man awakes *not* rested, rebuilt and strong; and ready for the new day.

With many men of this kind—and all city men know they are many—is it strange that they have jaded nerves; and that physicians who know this field often

have all that they can do? One of the most noted of them, Dr. S. Weir Mitchell, of Philadelphia, in his valuable little book, *Wear and Tear; or, Hints for the Overworked,* page 46, says:

"All classes of men who use the brain severely, and who have also—and this is important—seasons of excessive anxiety and grave responsibility, are subject to the same form of disease; and this is why, I presume, that I, as well as others who are accustomed to encounter nervous disorders, have met with numerous instances of nervous exhaustion among merchants and manufacturers.

"My note-books seem to show that manufacturers and certain classes of railway officials are the most liable to suffer from neural exhaustion. Next to these come merchants in general, brokers, etc.; then, less frequently, clergymen; still less often, lawyers; and, more rarely, doctors; while distressing cases are apt to occur among the over-schooled young of both sexes."

And while the hard-worked business men run into this danger, those who work less do little or nothing to get vigor of body, energy, and health. So they go through life, of far less use than they might have been; and their children pay for it. A boy cannot get from his father more stamina than the latter has, however favored the mother may have been; so, if he has no work which builds him up; his father's defects will likely show in him.

Nor do most *mechanics* fare much better. Take the heavier kinds of skilled labor. The blacksmith rarely uses one of his hands as much as the other, especially in heavy work; and often has poor legs. Indeed, if he has good legs, he does not get them from his calling. The stone-mason too is one-handed—one hand merely guides a light tool; the other swings a heavy maul. Nearly all machinists are right-handed. And so on, through the long list of the trades where muscles have

much to do, the work goes only to parts of the body; the right arm gets the lion's share; the left not much; the back more than the chest—or, rather, than the front of the chest—and the legs have it easy. Puddlers and boiler-makers; plumbers and carpenters; coopers and smiths; shipwrights, carriage-makers, tinners; all who are at trades which call for strong action, not only work one side more than the other; but many of their tools are made right-handed, so that they could not well use them with the left hand if they tried to. As to those whose work is fine; saddlers and shoemakers; mill-hands and compositors; wood-turners, tailors, jewellers, and engravers; and nearly all the lighter craftsmen, learn their trade with one hand; and would not trust any of its finer work to the other. In short, take the mechanic where you will, his right arm and side are larger and stronger than his left; quite as often his work does not give him strong legs; and dwarfs his height and weight.

Nor is this a new thing. A century ago, Salzman, school-master at Schnepfenthal, Germany, said: "*Our mechanics are feeble, with spindle shanks because they do not use their legs; with slender hands and arms because used only in work fit for ladies; with narrow pinched chests, bent backs, and poked necks, because they sit too much. The same is true of the learned—they lack symmetry* FROM WANT OF MOVEMENT."

Only a few years ago Dr. Charles Roberts, of London, after long and painstaking investigation, found, out of seventy-eight hundred boys and men between ten and thirty years old, who were children of artisans; and out of seventy-seven hundred who were children of the most favored class in England—boys at the great schools, military and naval cadets, university and medical students;—that the sons of the mechanics, instead of being

as large as the other boys and young men, actually *averaged all of three and a half inches shorter!* And as to *weight*, that, "at the age of twenty, well-to-do English youths have a mean weight of *eighteen pounds greater than that of the handicraftsmen* of the same age living in large towns"—a pretty striking comment on the fact that using only a few muscles will make neither large nor strong men; and finally that "the sons of professional men, living in the country, exceed town-boys of the same class by about an inch, as regards height, at all ages between ten and twenty; and as regards weight, by an amount varying from one to seven pounds.

In *The United States of America*, Vol. II., p. 466, Dr. Sargent, Physical Director of Harvard University, says:

"The difference in the physical status of the best Scotch agricultural population and the manufacturing population of the cities of Sheffield and Bristol in England is *an average of five inches in height; and thirty-one pounds in weight in favor of the farmers.*"

Clearer proof of the effect of one's daily labor in these fields upon his size could hardly be asked; and as to farmers, they use some muscles much; enough to make sure of a good appetite and vigor; they are often hearty; but it leaves them *unequally* developed. They lack the symmetry, ease, and erectness which they might all along have had, had they but used the means for even a few minutes a day. And this work of one part of the body at the expense of the other makes many workmen prone to disease.* Were there *uniform* development; and that *daily* vigorous exercise which would

* The head of one of the largest shoe-stores in America says that many shoemakers die of consumption.

build the idle parts of the man's body; it would add *years* to his life and usefulness.

But how is it with the sturdy laborer? *He* cannot have the same defects. His work must call into play every muscle of his body.

Well, watch him and see. Try the coal-heaver. His is heavy, hard work; and must make him exert himself all over. But does it? While it keeps his knees bent, his back is all the while over his task. The tons of coal he lifts daily with his shovel leave his back bent, when his work for the time is done. A year at such labor gives his back a curve that lasts. While his back gets broad and strong, the front of his chest has less to do; so he is soon round-shouldered. As he does not hold his chest out; nor his neck and head erect; he cramps his lung-room; *as well, indeed, as his whole vital room.* Scarce any man so soon grows muscle-bound; for few backs do so much hard work. Let him stand erect, and try and slap the backs of his hands together behind his shoulders; now he will find what muscle-bound means. It will be odd if he can get his hands within a foot of each other.

The navvy is no better. The gardener's helper stoops much. So do track-hands; stone-breakers; truckmen; porters; longshoremen; and all the rest. Day-laborers, whose tools are spade, pick, and bar, take poor care of their skin; are exposed to dust and dirt; are coarsely shod; and are apt to have bad feet. As they eat and sleep well; they give their bodies no thought; and so often, like their teeth, they decay before their time; and cut down their usefulness and their days.

Here, then, we see that most of our men are born of fathers but partly developed, and of inerect carriage.

And how is it with their mothers? They come from the same classes; have many characteristics of their fathers—size, color, temperament, and so on; are one-handed; and are stronger on one side than on the other. In the poorer classes their life is one of work, often of overwork and drudgery; and in half-lighted, ill-ventilated apartments. Among those better off, they do not work enough; and though of vigorous parents, are not themselves strong.

Thoroughly healthy, hearty women are not common among us. Physicians know this. American women are *not* good walkers. And horse-car and trolley; cable and elevated roads help to keep them so. They are astonished when they hear of some lady who walks from five to ten miles a day; and thinks nothing of it. One such effort would be too much for many, indeed for most of our women; while nearly all of them would not get over its effects for days. Yet many English and Canadian ladies exercise that much *daily* from choice; find the strength, and health and zest; and the general feeling of efficiency it brings; and would not give it up. No *regular* exercise is common among most of our women which makes them use both their hands alike; and is yet vigorous enough to add to the size and strength of their shoulders, chests, and arms. House-work brings the hands a good deal to do; even though the washing and ironing, bread-making and sweeping are left to hired help. The care of children adds more. But too often both the house-work and the looking after the children are sources of *exertion*. Were the woman strong and full of vigor, she would turn each off *lightly; and would still be fresh and hearty at the end of the day.*

Both the father, and the mother, seem to look at it in

this way: now that the day's work is done, no matter whether it leaves us strong or weak; let us be content with things as they are. If it keeps us one-handed, *so be it.* If it stoops the back over, *so be it.* If it does little or nothing for the lower limbs; or cramps the chest; *or never half fills the lungs;* or aids digestion not a whit; *so be it.* If it keeps some thin and tired-looking; and lets others get too fleshy; it never occurs to most of them that a little knowledge *and effort of the right sort* would work wonders; and in a way not only valuable but attractive.

Most of us get, then, from our parents a one-sided and partial development; and are contented with it. *Unless we ourselves correct our condition;* unless we single out the *weak* spots; mark out the work and the amount of it; and then *do* that work; we shall *not* remedy the evil. More than this, if we do *not* cure these defects, *we will go through life with small physical resources;* with their disorders and ailments; and will cruelly entail upon our children defects and tendencies *which might have readily been spared them;* and for which they can fairly blame *us.* Yet the remedy is within our reach; and so plain is this, that before long, if the interest now well aroused in this direction becomes general, those after us will know far better than we do that the body can be *educated,* as well as the mind or the moral nature; that, instead of interfering with these; the body, when properly trained, *will aid them;* and, that from any stand-point, such training will pay; *and handsomely at that.* They will wonder how *we* overlooked what Plato taught more than two thousand years ago; that he who is educated in mind and in moral nature only; and *not* in *body* also,—IS A CRIPPLE.

CHAPTER II

HALF-BUILT BOYS

But, whatever our strong and weak points; few who have looked can have failed to see that the sports of our boyhood and youth, good as they are, as far as they go, do *not* meet the need. The top, marble, and jack-knife of the boy are wielded with but *one* hand; *and bring no strength.* Flying kites does not overdo the muscles. Yet top-time, marble-time, and kite-time generally cover the play-hours of each day for a good deal of the year.

But he has more work than these bring. Well, what? Why, ball-playing and tag, and football; and hockey and skating, and coasting; and some tennis, and occasional archery; while he is a painfully accurate shot with a bean-shooter. He also, on some days, rides his wheel.

Well, in ball-playing he learns to pitch, to catch, to bat, to field, and to run bases. How many boys can pitch with *either* hand? Not one in a hundred, at least well enough to be of any use in a game. Look at the pitching arm and shoulder of some famous pitcher, and see how much larger they are than their mates. Dr. Sargent says that he has seen a well-known pitcher, whose right shoulder was some *two inches* larger than the left; indeed, his whole right side seemed out of proportion with his left. The catcher draws both

hands in towards him as the ball enters them; and passes it back to the pitcher, almost always with the same hand. He has, also, to spring about on his feet; unless the balls come very uniformly; and to do much twisting and turning. The batter bats, not from either shoulder, but from one shoulder; to such an extent that those used to his batting know pretty well where he will knock the ball; though, did he bat from the other shoulder, the general direction of the knocking would be quite different. Some fielders have a little running and catching to do; and then throw the ball in to pitcher, or baseman, or catcher. But that throw is always with the *stronger* hand; never with the other. Many fielders often have nothing to do but to walk to their stations; stay there while their side is out; and then walk back again; *hardly getting work enough, in a cold day, to keep them warm.* Running bases is sharp, jerky work; and cannot take the place of fair running over a *long* distance. Nor is the fielder's running much better; and *neither would ever teach a boy what he ought to know about running;* and how to get out of it what he readily might; and, far better yet, how to make himself an *enduring*, long-distance runner. For all the work the former brings, ordinary, and *even less than ordinary, strength* of leg and lung will suffice; but for the *latter* it needs *both* good legs and good lungs.

Run most American boys of twelve or fourteen six or eight miles; or, rather, *start* them at it;—let them all belong to the ball-nine if you will, too—and how many would cover *half* the distance even, at any pace worth calling a *run?* The English are, and have long been, ahead of us in this direction. To most readers the above distance seems far too long to let any boy of that

age run. But, had he been always used to running—*not fast*, but *steady* running—it would not seem so. Tom Brown of Rugby, in the hares-and-hounds game, of which he gives us so graphic an account, makes both the hares and hounds cover a distance of *nine* miles without being much the worse for it; and yet they were simply school-boys, of all ages from twelve to eighteen. We too have now and then hares and a pack of hounds; but not many.

Let him who thinks that the *average* American boy of the same age would have fared as well, go down to the public bath-house; and look at a hundred or two of them as they tumble about in the water. He will see more big heads and slim necks; more poor legs and skinny arms; and lanky, half-built bodies than he would have thought the town could produce. He need not see them stripped. One of our leading metropolitan journals, in an editorial headed, "Give the Boy a Chance," said:

"About one in ten of all the boys in the Union are living in New York and the large cities immediately adjacent; and there are even more within the limits of Philadelphia, Boston, Chicago, and the other American cities whose population exceeds a hundred thousand. The wits of these millions of boys are being forced to their extreme capacity, whether they are taught in the school, the shop, or the street. *But what is being done for their bodies?* The answer may be obtained by standing at the door of almost any public or private school or academy at the hour of dismissal. *The inquirer will see a crowd of undersized, listless, thin-faced children, with scarcely any promise of manhood about them.*"

This was years ago. *But is it not true to-day?*

Take a tape-measure and get the *girth* of chest; upper and fore arm; of waist, hips, thighs, and calves of these little fellows; or of those of the school nearest your

home; and their heights and ages. Now send to England and get the statistics of the boys of the same age who are good at hares-and-hounds, at football, and see the difference. In every girth, save height, there is little doubt which would show the better figures. Even in height, the article just quoted would find ground for calling our boys "undersized."

Cross to Germany; go to the schools where boys and their masters together, in vacation-days, sometimes walk two or three hundred miles, or even farther; in that land where the far-famed German Turners, by long training, show a strength and agility which are astounding; and try the tape-measure there. Is there any question what the result would be? When the sweeping work the Germans made of it in their war with France is called to mind; does it not look as if there was ground for the saying that it was the superior physique of the Germans which did the business?

When work is chosen that only *sturdy* limbs can do; and that work is *gradually* approached, *and persistently stuck to,* by-and-by the sturdy limbs come. But when all that these limbs are called on to do is light, jerky work; *and there is none of the spur which youthful rivalry and pride in superior strength bring;* what wonder is it that you do not find many strong legs and arms? For it is not always easy in the hurry of a match to so arrange your frame upon the ground that half a ton of iron,—or of more or less educated beef,—tumbling down on top of it, will not snap a bone or two!

Parents also must have noticed that often, around where they live, there is not one strong, efficient boy to lead on the rest; and show them the development which they might have and should have. Boys, like men, are fond of doing whatever they can do well; and

of letting others see them do it; and, like their elders, *they gladly follow a good leader* But if no one of them is equal to tasks which call for *first-class* strength and staying powers; and no one leads the rest up to a *higher* physical plane, *they never will get there.*

It is not a good sign, nor one that bodes well for our future, to see the few playgrounds of our cities and towns so much neglected. You may stand on many of them for weeks together and not see one sharp, hot game of ball; or of anything else, where *each* contestant goes in *with might and main;* and the spectator becomes so interested as to hate to leave the fun. Football is a game better known among us than it used to be, but in how many school-yards, or upon how many playgrounds do you see it played even once a week? For developing *swift* judgment; dash; and intrepidity, it has few rivals. No one dull or timid is ever a good football player. One fit to *lead* a football team in a sharp match, *has in him the making of a leader of men in almost any calling.* Weed out low tackling and mass-play, *and we have no game in America which will make us a keener, tougher, braver race; fitter for peace or war.* But the short, hasty recess in the crowded school-yard; or play snatched in the streets—these will *never* make robust and vigorous men. Yet these are too often *all* that our boys get; and so comes the *natural* result—*small* vital organs, and *half*-developed limbs.

Many of our cities have few or no playgrounds. Fortunately the Press is waking up, and has already done good work in New York, Boston, and elsewhere in causing public playgrounds, and even gymnasiums to be thrown open. But where there is one, there should be ten. *No school should any more be without a playground than a school-house should be without win-*

dows. But helpful as are playgrounds and gymnasiums; yet both together will never make strong, *fully* developed boys and girls, men and women. They need good *teachers* as much as the schools themselves do.

Again, outside of a boy's ball-playing, scarce one of his other pastimes does much *to build him up.* Swimming is excellent; but is confined to a very few months in the year; and is seldom gone at, as it should be, with any regularity; or with a teacher, fit to lead the boy on to its higher possibilities. Skating is equally desultory, because, in many of our cities, winters pass with scarcely a week of good ice. Coasting brings nerve and judgment; and some up-hill walking, good for the legs; but does practically nothing for the arms. Cycling, as we shall see presently, partly fills the bill.

So boyhood slips along, until the lad is well on in his teens; and still, in nine cases out of ten, he has had nothing yet of any account in the way of that systematic, vigorous, *daily* exercise which looks directly to his *weak* points; and aims to weed them out, and to build up his general health and strength as well. He gets no help where of all places he might so easily get it—*the school.* Save in a few cases, no system of exercise has been introduced into any school or college in this land, unless it is at the Military Academy at West Point, which begins to do for *each* pupil, not alone what might easily be done; but what actually *ought* to be done. It will probably not be many years before all of us will wonder why the proper steps in this direction have been put off so long. Calisthenics are here and there resorted to. At some schools and colleges enough has been accomplished to tell favorably on the *present* health of the student; but not nearly enough to make him strong and vigorous all over, so as

to build him up against ill-health in the future. At others certain exercises, excellent in their way, admirable for suppling the joints and improving the carriage, have for some time been practised. But this physical work *does not go nearly far enough;* and seldom reaches each pupil's peculiar *weak* spot; much less builds slim arms, legs and bodies into well-built and strong ones. Nor is it done by *all* the students; nor by any for a *large* part of the year. In most of our schools and colleges, the pupil is not shown the good results he will derive from exercise. *And the teacher often knows less in this field than do some of his scholars.*

The evil does not end here. Take the son of the man of means and refinement; a boy who is having as liberal an education as money can buy, and his parents' best judgment can select; who spends a third or more of his life in fitting himself to get on well in the rest of it. Surely *he* ought to come out ready for his life's work; with not only a thoroughly trained mind, and a strong moral nature; but with a well-developed, vigorous physique; and a knowledge of how to maintain it, so that he may make the most of all his advantages.

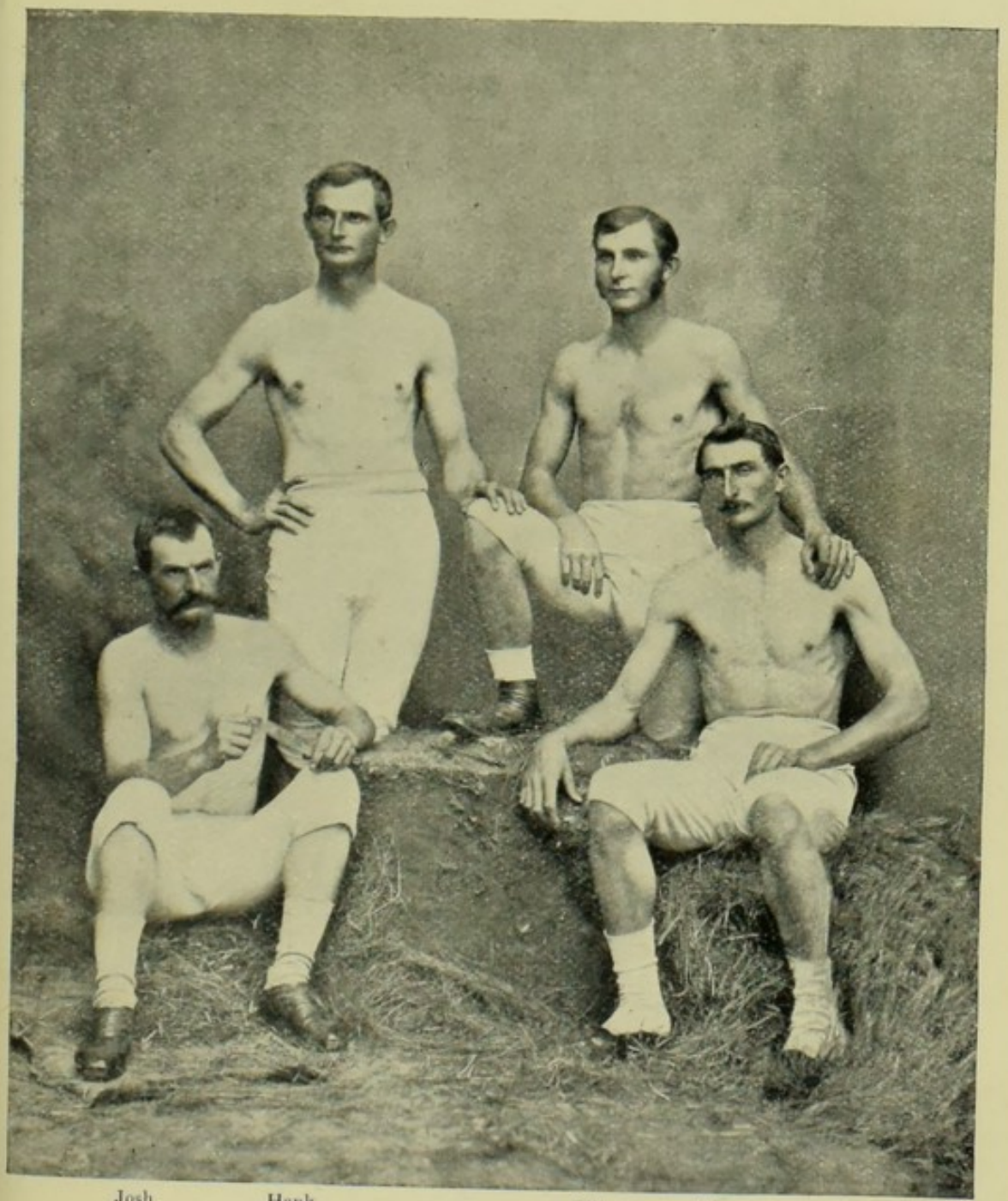
But *how often* does this happen? Stand by the gate, as the Senior class of almost any college in this country files out from its last examination before graduation; and look the men over. Ask your physician to join you in the scrutiny. If, between you two, you can arrive at the conclusion that one-half, and often even one-third of them, have that vitality and stamina which make it probable that they will live till seventy, or have been taught how to get and keep that vitality and stamina, it will be surprising. A few, *the athletes,* will be well developed, *better really than they need be;* though many of these are but *partly* developed. But this *over*-devel-

opment may be far from the safest or wisest course. Though physically improved by it, it is not certain that this marked development will carry them onward through life to a ripe old age. But, with others poorly developed, there will be many more really *weak*. Such men may have bright, uncommon *heads*. *But a bright and uncommon head on a broken-down, or nearly broken-down, body is not going to make half as effective a man in the life-race as a little duller head and a good deal better body*. Many bright students in and out of our colleges, secretly think that the month's immortality the athlete gets is all very well: but that the *real* life-race is with the head, not the body. So they crowd on the study *too many* hours a day; and *forget* their *bodies*. And with what *result?* That in the middle of the race, often before they are fifty, *they are handicapped by a third-rate stomach or a fourth-rate liver, or both;* often have to cease work and haul into dry-dock for repairs; or to go abroad, at much expense, to patch up the body *they have let run down*, or rather have never built up.

But have these graduates had a competent instructor at college to look after them in this respect? Many have. But instead of building the pupil up for the future, too often little more has been done than to insure *present* health.

Take even the student who has devoted the most time to severe protracted muscular exercise — the rowing-man; not the beginner; but the veteran of a score or more of races; who has been rowing all his four college years as regularly, and almost as often as he has dined. Certainly it will not be claimed that *his* is not a well-developed body; or that his permanent health is not insured. Let us look a little at him

and see. What has he done? He entered college at eighteen, and is the son, say, of a journalist, of a professional man, or of a merchant. Finding, when he came to be fourteen or fifteen; that he was not strong; that somehow he did not fill out his clothes; he put in daily an hour or more at the gymnasium; walked much at intervals; took sparring lessons; did some rowing; some short-distance running; and perhaps, by the time he entered college, got his upper arm to be a foot or even thirteen inches in circumference, with considerable muscle on his chest. Now this young man hears daily, almost hourly, of the wonderful Freshman crew—an embryotic affair as yet, to be sure, *but of exalted expectations*—and into that crew he must go at all hazards. Many are tried, but he is finally accepted. Now, for four years, if a faithful oar, he will row all of a thousand miles a year. As each year has, off and on, not over two hundred rowing days in all; he will generally, for the greater part of the remaining time, pull nearly an equivalent daily in the tank. He will find a lot of eager fellows at his side, working their utmost to outdo him; and to get that place in the boat which he so covets; and which he is not yet quite sure that he can hold. *Some* of his muscles are developing fast. His recitations are, perhaps, suffering a little; but never mind that just now, when he thinks that there is more important work on hand. His appetite is ravenous. He never felt so hearty in his life; and is often told by both sexes how well he is looking. He attracts attention because likely to be a representative man. His name begins to be seen in the papers. He never filled out his clothes as he does now. His legs are improving noticeably. They ought to do so; for it is not one or two miles, but three or four, which he runs,



Josh Hank Ellis Gil

THE WARD BROTHERS

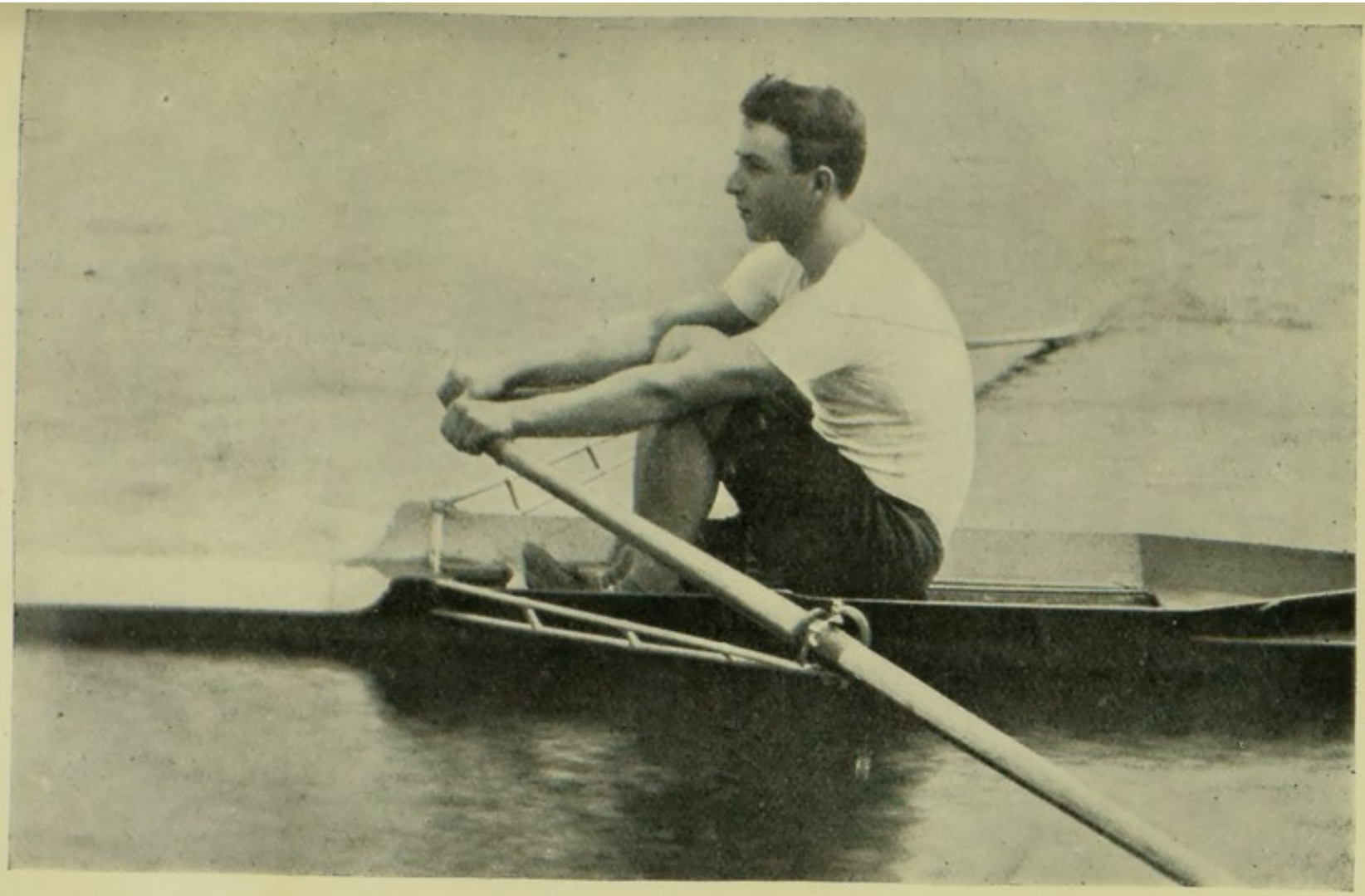
on almost every one of those days in the hundred in which he is not rowing.

The years roll by till the whole four are over, and he is about to graduate. He looks back to see what he has done. In physical matters he finds that, while he is a skilful, and perhaps a winning oar; and that some of his girths have much improved since the day he was first measured; *others somehow have not come up nearly as fast;* in fact, have held back in a surprising way. His chest-girth may be three or even four inches larger for the four years' work. Some, if not much, of that is the result of *growth,* not development; and, save what running did, the rest is rather an increase of the *back* muscles than of front and back alike. Strong as his back is—for many a hard test has it stood in the long, hot home-minutes of more than one well-fought race;—still he has not yet that grand thing to have—a *fully* developed, roomy chest. No doubt his legs have improved, if he has done any running. (In some colleges the rowing-men scarcely run at all.) His calves have come to be full and shapely; so have his thighs; while his loins are noticeably strong-looking and well muscled up, as is indeed his whole back. But if he has done no other arm-work than that which *rowing* called for; *his arms are not so large, especially above the elbow, as they ought to be for a man with such legs and such a back.* The *front* of his chest is *not* nearly so well developed as his back; perhaps is hardly developed at all; and he is very likely *inerect,* with head and neck canted somewhat forward; while there is a lack of fulness, often a noticeable hollowness, of the upper chest, till the shoulders are plainly warped and rounded forward.

With *professional* oarsmen, who for years have rowed

far more than they have done anything else; and who do not think much about their *looks;* or have no spur to develop *evenly,* the defects rowing leaves stand out. Notice in the cut facing p. 20 (Fig. 2) the flat and slab-sided, almost hollow, look about the upper chest and front shoulder, and the small upper arms; and compare these with the full and well-rounded make of the figure whose body is sketched on the cover. It will not take long to determine which has the better *front* of the chest; or which is likely to so *carry* that chest as to ward off tendencies to throat and lung troubles. Yet *these are the most famous oarsmen America has yet produced;* — four out of nine brothers, — who rowed down the best two professional crews England could send; *and for twenty-seven years held the rowing-championship of the world against all comers.* Better proof could not be presented of the effect of a great amount of rowing alone; and of the very limited exercise it brings to those muscles which are *not* called on. But do they not teach them now to row with *straight* backs? Well, Cornell and Yale both found the best men in England rowing on Henley water with backs *far from* straight. And *the most brilliant oarsman of his age* yet known in aquatic annals, Edward Hanlan Ten Eyck, a lad of 18, rowed down all comers on that same Henley course in July, 1897. Yet the best way to judge how he holds *his* back is to look at the picture, Fig. 3, facing p. 22. Would you call that a *straight* back? Or would hard rowing with it in *that* position likely make it straight?

After the student's rowing is over, and his college days are past; and he settles down to work with not nearly so much play in it; how does he find that rowing pays? Has it made him fitter than his fellows, who



EDWARD HANLAN TEN EYCK

Champion Amateur Sculler

went into athletics with no such zeal and devotion, to stand *life's* wear and tear, especially when that life is to be spent mainly *indoors?* When, in later years, with new associations, business cares, and long, hard *head-work;* accompanied, as the latter nearly always is, by only *partial* inflation of the lungs; when all these get him out of the way of using his large back-muscles; he will find that their very size, and the long spell of warping forward which so much rowing gave the shoulders, tend more to weigh him forward than if he had never so developed them. Instead of benefiting his throat and lungs, this abnormal development often *cramps* them.

Here, then, is the case of a man who gave much time, thought, and labor to the severest test of his strength; and who had hoped to bring about staying-powers; and he comes out of it all, to begin his real race in life, no better fitted, perhaps not nearly so well fitted, for it as some of his comrades who did not spare half so much time to athletics. The other men, who worked less than he did, hit upon a sort which, instead of cramping their chests, *expanded* them; *enlarging the lung-room;* and so gave the heart, stomach, and other vital organs all the *freest* play.

If the *ordinary* play and exercise of the boy do not build and round him into a sound, well-made, and evenly balanced man; if the *hardest* work he has found, when left to himself to seek it, mostly to be paid for by quite an amount of money;—if these only leave him a *half*-developed man; can it not be seen at once that an improvement is wanted in his physical education?

Are we not behindhand, and far behindhand, then, in a matter of serious importance to the well-being of the people of our country? Do we not want some system of

education which shall rear men, not morally and intellectually good alone; but good *physically* as well? which shall qualify them both to seize and to make the most of the advantages which years of toil and struggle bring; *but which advantages among us now are too frequently thrown away?* Men too often, just as they are about clutching these benefits, find, Tantalus-like, that they are eluding their grasp. The reason must be plain to all. It is *because that grasp is weakening;* and falls powerless at the very time when it could be and should be surest; and potent for the most good. Fortunately many ways are at hand, any of which would do much to remedy this evil. Some of them will be looked at later.

CHAPTER III

WILL DAILY PHYSICAL EXERCISE FOR GIRLS PAY?

Look at the girls in any of our cities or towns as they pass to or from school; and see how few of them are at once shapely, and strong, and have good complexions. Some are one or the other; *but very few are all combined;* while many are neither one of them. Instead of high chests, plump arms, comely figures, and a graceful and handsome mien; you see many flat chests, angular shoulders, often round and warped forward, with awkward necks, pipe-stem arms, narrow backs, and a weak walk. *Not one girl in a dozen is erect, whether walking, standing, or sitting.* Nearly every head is pitched somewhat *forward.* The arms are held still; and *there is a lack of spring and elasticity of movement. Fresh, blooming complexions are rare.* Stop a moment and see if you can name *five* girls who have them. And yet *what* does more to make girl or woman radiant with beauty than a perfect complexion? Among eyes, plenty of them pretty, sparkling, or intelligent, but few have *vigor* and *force.* If any dozen girls, taken at random, should place their hands side by side on a table; many, if not most, of these hands would be found to lack beauty and symmetry; the fingers, and indeed the whole hand, too often having a weak, undeveloped, nerveless look.

Now watch these girls at play. See how few of their

games bring them really *vigorous* exercise. Set them to running; and hardly one has the swift, graceful, gliding motion she might readily have. *Not one can run any distance at a good pace.* There is vivacity and spirit; they are willing to play with great freedom; but very little such play as there might be, and which would pay so well. Most of their exercise is for their feet alone, the hands not having much to do. The girls of the most favored classes *are apt to be the poorest players.* The quality and color of their clothing makes them avoid all active, hearty play; while it is the constant effort of nurse or governess to repress that exuberance of spirits *which ought to belong to every boy and girl.* Holding one's elbows close to the body while walking, and keeping the hands nearly or quite motionless, may accord with the requirements of fashionable life; *but it is bad for the arms;* keeping them poor and thin, *when they might be models of grace and beauty.*

As the girl comes home from school, not with one book only, but often six or eight; instead of looking light and strong and free; she is too often what she really appears to be, *pale and weak.* So many books means much work for one day, at any rate for one evening; and she seems overworked. The truth is that the advance to be made in each book is but trifling, and the aggregate, not at all large; by no means too great for the same girl *were she strong and hearty.* It is not the mental work which is breaking her down; *but there is no adequate physical exercise to build her up.* See what ex-Surgeon-General Hammond says, in his work on "Sleep," as to the ability to endure protracted brain-work without ill result:

"It is not the mere quantity of brain-work which is the chief factor in the production of disease. The emotional conditions under which work is performed is a far more important matter. A man of trained mental habits can bear with safety an almost incredible amount of brain-toil, *provided* he is permitted to work without distraction or excitement, in the absence of disquieting cares and anxieties. It is not brain-work, in fact, that kills, but brain-*worry*."

The girl, of course, has not the strength for the protracted effort of the matured man; nor is such effort often asked of her. *Her* studying is done quietly at home; undisturbed, usually, by any such cares and responsibilities as the man has to face. Hers is generally brain-*work*, not brain-worry. Yet the few hours a day fag her, *because* her vital system, which supports her brain, *is feeble and defective*. No girl is at school over six hours out of the twenty-four; and, deducting the time taken for recitation, recess, and the other things which are *not* study; five hours, or even less, will cover the time she gives to *actual* brain-work in school; with two, or perhaps three, hours daily out of school. With the other sixteen hours her own, there is time for all the exercise she needs or could take; and yet allow ten, or even twelve, of those hours for sleep and eating. But notice, in any of these off-hours, what exercise these girls have. They *walk* to and fro from school; indeed often do not do even that,—but ride; they play a few minutes at recess; they may have an occasional irregular stroll besides; or a little tennis; but all the time intent on their conversation; never thinking of the exercise itself, and the benefit it brings. Such things fill up the measure of the daily physical exercise of thousands of our American girls. It is the same thing for nearly all, save those from the poorest classes.

And what is the *result?* Exactly what such exercise—or, rather, such *lack* of it—would bring. The short run, if any; the walk or ride to or from school; the afternoon stroll, or the idle standing about—*none of these call for or beget strength of limb, depth of chest, or vitality. None of these exercises is more than almost any flat-chested, half-developed girl could do, without effort;* and, going through them for years, she would need *little* more strength than she had at first. Indeed most girls have better figures before they are two years old than they ever have afterwards.

But all this time her *mind* is kept busy. Subjects are set before her, to grasp and master which needs hours of close study each day. More of them also, and harder ones. Many influences spur her on. Maybe emulation and determination, not only to do well, but to excel. Maybe it is to gratify the teacher's pride, and a desire to show the good fruit of her work. Perhaps oftener than anything else the girl is in dread of being dropped into another class; and she makes up her mind to stay in her present one at all hazards.

But with all this there is an advance in the amount and difficulty of the brain-work. *The delicate girl and the strong one must fare alike.* To those of a like age come like tasks. The delicate girl, from not liking physical effort; finding that *for the time* her weakness of body does not interfere much with a ready-working brain; gradually draws even more away from livelier games and exercises, in which she does not excel, and to get more at her books. *Can there be much doubt as to the result a few years later?* Is it any wonder that the neglected body develops some *weakness;* or too often general debility? Is it at all a rare thing, in the observation of any one, to see this weakness, this debil-

ity, become *chronic;* and the woman, later on in life, a source of anxiety and a burden to her friends, *when instead of this she might have been a valued helper?*

Now, if the body, during the growing years, was called on to do nothing which should even *half*-develop it; while the brain was pushed nearly to its utmost; does it take long to decide whether such a course was a *wise* one? Leaving out entirely the discomfort to the body; *is that a sensible system of education which leaves a girl liable to become weak, if not entirely broken down, before she is well on in middle age?* Is this not like giving great care to moral and mental education alone; and actually doing almost nothing for their physical nature? Is this not an irrational and one-sided course, *and sure to beget a one-sided person?* And if, as is a matter of common remark, half our women are sick, is it hard to find a *cause* for it? And yet is not that just what is going on to-day *with a great majority* of the young girls in our land?

The moment it is conceded that a delicate body *can* be made a robust one; *that moment it is plain that there can be great gain in the comfort and usefulness* of the possessor of that body; not only during all the *last* half of her life, but through the *first* half as well. And yet, to those who know what judicious, daily physical exercise has done, and can do, for a delicate body, there is no more doubt but that this later strength, and even sturdiness, can be acquired, than that the algebra or geometry, which at first seems impenetrable, can be gradually mastered. The rules which bring success in each are in many ways the same. Give the muscles of the hand and forearm, for instance, as *vigorous and steady use* for the school-year as these studies bring to the brain; *and the physical grasp will as surely and steadily*

improve as does the mental. Give not only the *delicate* girls, but *all* girls, exercises which shall insure strong and shapely limbs; and *chests deep, full, and high;* beginning these exercises mildly, and progressing very gradually; correcting this high shoulder, or that stoop, or this hollow chest, or that overstep; and carrying on this development *as long as the school-days last.* Let this be done under a teacher as skilled at her work as the mathematical instructor is at his; and what incalculable benefit would accrue, not to this generation alone, *but to their descendants as well!*

But will not this physical training *dull* the mind for its work? *Did* it dull the mind of Miss Fawcett, daughter of the late Professor Fawcett, at one time England's blind Postmaster-General; who won a Senior Wranglership by four hundred points over the best man in Cambridge University? Yet who studied *only six hours a day! but spent from two to three hours every day at tennis, and shinny played at a very lively pace at that! Or who could row in a four-oared crew* with her gifted and stalwart father, and other members of the family, in a style that won praise from all who saw them!

And what if this daily exercise, besides improving the body, should also bring actually *better* mental work? Unbending the bow for a little while; taking the tension from the brain for a few minutes, and *depleting it by expanding the chest to its fullest capacity,* and increasing the circulation in the limbs;—these, instead of impairing that brain, *will repair it;* and *will markedly improve its tone and vigor.*

There ought to be in every girls' school in our land, for pupils of every age, a system of physical culture which should first weed out special weaknesses and defects; and then create and maintain the symmetry of the pupils, in-

creasing their bodily vigor and strength up to maturity. If many of the girls in a class have flat or indifferent chests; put them in a squad *which shall pay direct and steady attention to raising, expanding, and strengthening the chest.* If many have a bad gait, some stepping too long, others too short; set them aside for daily special attention *to their step.* If many, or nearly all, have an *inerect* carriage; then daily insist on such exercises for them *as shall straighten them up,* and *keep* them up. The dancing-master teaches the girl to step gracefully and accurately through various *dancing*-steps. To teach a correct length of step, and method of putting the foot down and raising it in *walking,* is not nearly so difficult a task. If the "setting-up" drill of the West-Pointer in a few weeks transforms the raw and ungainly country-boy into a youth of erect and military bearing; and insisting on *that* bearing at *all* times throughout the first year *gives* the cadet *a set and carriage which he often retains through life; is there anything to hinder the girl from acquiring an equally erect and handsome carriage of the body, if she too will only use the means?* If the muscles which, when fully developed, enable one to sit or stand *erect* for hours together are now *weak; is it not wise to at once strengthen them?*

But may not this vigorous muscular exercise, which tends to produce hard and knotted muscles in the man, take away the softer and more graceful lines, which are essentially feminine? If exercise be kept up for hours together, as in the case of the blacksmith, it surely will. But *that* is a thing a *sensible* system of exercise would *avoid,* as studiously as it would the weakness and inefficiency which result from no work. A little trial soon tells what amount of work, and how much of it, best suits each pupil; then the *daily* taking of that

proportion or kind of exercise; and its *increase, as the newly acquired strength justifies and invites it;* is all that is required. Without that hardness and solidity which are essentially masculine; there still comes a firmness and plumpness of muscle to which the unused arm or back was a stranger. Instead of these being incompatible with beauty, *they are directly accessory to it.* "Elegance of form in the human figure," says Emerson, "*marks some excellence of structure*"; and again, "Any real increase *of fitness to its end,* in any fabric or organism, *is an increase of beauty.*"

Look at the famous beauties of any age; and everything in the picture or statue points to this same firmness and symmetry of make; this freedom from either leanness or flabbiness. The Venuses and Junos, the Minervas, Niobes, and Helens of mythology; the Madonnas; the mediæval beauties; *all alike have the well-developed and shapely arm and shoulder; the high chest; the vigorous body;* and the firm and *erect* carriage. Were there a thin chest or a flat shoulder; a poor and feeble arm or a contracted waist; it would at once *mar* the picture, and bring down on it judgment anything but favorable. Put now on the canvas or in marble, not the strongest and most comely, neither the weakest and least-favored, of our American girls or women; but simply her who fairly represents the *average;* and, however well the face and expression might suffice, the imperfect physical development, and indifferent figure and carriage, would at once justly provoke unfavorable comment.

That the same vigorous exercise and training which brought forth womanly physical beauty in ancient days will bring it out now, there need be no manner of doubt. An apt case in point was mentioned in the New York *Tribune.* It said:

"The study and practice of gymnastics are to be made compulsory in all the State schools in Italy. The apostle of physical culture in that enervating climate is Sebastian Fenzi, the son of a Florence banker. He built a gymnasium at his own expense in that city, and from that beginning the movement has extended from city to city. He has preached gymnastics to senators and deputies, to the syndic and municipal councillors, and even to the crown princess, now queen. *He especially inculcates its advantages on all mothers of families, as likely to increase to a remarkable extent the personal charms of their daughters.* And so far as his own domestic experience goes, his theories have not been contradicted by practice, for *he is the father of the most beautiful women in Italy.*"

That *beauty and grace* of person *are founded,* in large part, *upon fine physical development,* listen to one of our own experienced instructors in this field.

Dr. Dan Milliken, of Hamilton, Ohio, in an address to the Misses Storer and Lupton's School for Girls in Cincinnati, said :

"*What is grace?* A graceful act is one which is accomplished with directness, swiftness, certainty, and with apparent *ease.* Let the act be *uncertain* in its performance, and at once the charm of grace vanishes. Let the act be sluggish, and there is *no* grace in it. Let it lack preciseness, certainty, and we can see no grace in it. But, above all, let an act be performed with apparent *effort,* and we agree at once that there is no grace in it. Now I do not think that I need to argue that celerity, certainty, and steadiness of action *are only possible to creatures having a reasonable amount of good muscle.* The matchlessly beautiful movements of birds, and squirrels, and antelopes, and horses, and the great family of cats, give us a strong ocular demonstration of the truth that *grace goes with strength,* and *it is impossible to any animal that is slow and uncertain or feeble.* This precious gift, then,—*grace* or beauty of action,—*is to be attained, only by means of bodily strength.*

"Muscular strength gives beauty in repose. As to the human form, I might at once appeal to classical models admittedly beautiful, and simply urge that they have a certain *squareness* about

them; . . . artists know nothing of beauty in a form that would give a *circular* section if sawn in two at any point—not even at the waist; *and this squareness means strength. Any muscle, well developed, is beautiful; muscular lines are lines of beauty everywhere. I have yet to hear admiration of a lady's arm that has not good biceps and triceps* under its coating of feminine adipose; and as to the *forearm*, the most beautiful specimens in flesh and blood that I know of are the forearms of pianistes, *who have muscles of steel from wrist to elbow.*"

In his *Romantic Love and Personal Beauty*, Mr. Finck says (p. 401):

"Always bear in mind that *grace of movement often excels beauty of form* in the power of inspiring romantic love. And remember that any pains you take to acquire grace will not only multiply your own charms; but will establish a habit of graceful movement in your muscles which will be inherited by your children."

Suppose Smith or Wellesley, or Vassar or Bryn Mawr, should at once introduce in their deservedly famous colleges a system of physical education which should proceed on the simple but intelligent plan, first of training the weaker muscles of each pupil until they are as strong as the rest; and then of transferring the young woman thus physically improved from the class of this or that special work, to that which insures to all muscles alike ample, *daily* vigorous exercise. That all the girls could be made to consider this daily lesson as much a matter of course in their studies as anything else. Again, that there is a teacher familiar with the work and all its requirements, one who is capable of interesting others, one who fully enters into the spirit of it. With such a master or mistress, if that exercise has been ample; and if the pupils are instructed—whether they be sitting, standing, or walking—to *always* remain *erect; is there any reason why the Vassar girls should not soon have as fine and*

impressive a carriage and be able to walk as far as the manly young fellows at the Academy across the river, but a few miles distant? But at *which* college for women *in all our land is there such teaching?* And not of *some* pupils, but of *all?* where they make the slim arm full-sized, plump and round and strong? and the flat chest *well set?* and every girl a fleet runner, *doing a mile or two easily; and graceful, lissome and springy of step besides.*

Looking again at the effect on the *mental* work; would the daily *half-hour* of exercise *in*-doors, *and the hour's constitutional out-doors in all weathers,* if sensibly arranged, interfere one whit with all the *intellectual* progress the girls could or should make? For, is that a rational system of intellectual progress which brings out a bright intellect on a *half*-developed body, and promises fine things in the future; *when the body has had no training adequate to justify the belief that there will be much of any future?* Is not *that* rather a dear price to pay for such intellectuality? Hear Herbert Spencer on this point:

"On women the effects of this forcing system are, if possible, even more injurious than on men. Being in a great measure debarred from those vigorous and enjoyable exercises of body by which boys mitigate the evils of excessive study, girls feel these evils in their full intensity. Hence the *much smaller* proportion of them who grow up well made and healthy. In the pale, angular, flat-chested young ladies, so abundant in London drawing-rooms, we see the effect of merciless application *unrelieved by youthful sports;* and this physical degeneracy exhibited by them *hinders their welfare far more than their many accomplishments aid it.* Mamas anxious to make their daughters attractive could scarcely choose a course more *fatal* than this, *which sacrifices the body to the mind.* Either they disregard the tastes of the opposite sex; or else their conception of those tastes *is erroneous. Men care compara-*

tively little for erudition in women; but very much for physical beauty, and good-nature and sound sense. How many conquests does the blue-stocking make through her extensive knowledge of history ?"

This is a question quite worthy of the consideration of every teacher of girls in *our* land; and a paragraph full of suggestion, not only to every *parent* having a child's interests in his or her keeping; but *to every spirited girl herself as well.*

Every school-girl in America could be *daily* practised in a few simple exercises; calling for no costly, intricate, or dangerous apparatus; taking a little time, but yet *expanding her lungs,* and keeping them expanded; *invigorating her circulation, strengthening her digestion;* giving *every* muscle and joint of her body *vigorous* play; and so keeping her toned up, and strong enough to be free from much danger either of incurring serious disease, or any of the lighter ailments so common among us. As to her *usefulness,* no matter where her lot is to be cast, it will be *increased; and, it is not too much to add, her happiness and that of those around her will be greatly enhanced through all her life as well.*

CHAPTER IV

IS IT TOO LATE FOR WOMEN TO BEGIN?

But if the school-days are past, and the girl has become a woman; what then? If the girl, trammelled by few duties outside of school-hours, has found amusement for herself, yet still needs *daily* and *regular* exercise to make and keep her fresh and hearty; much more does the *woman,* especially in a country like our own, where physical exercise for her sex *is almost unknown,* require such exercise. Our women are born of parents who pride themselves on their *mental* qualifications, on a good degree of intelligence. Our educational system is one which offers an endless and ever-increasing variety of spurs to continued mental effort.

Are not the *majority* of our women to-day, especially in town and city, physically *weak?* The writers on nervous disorders speak of the astounding increase of such diseases among us, of late years, in both sexes; but especially among the women. General debility is heard of everywhere. Most of our women think two miles, or even less, a long distance to walk, even at a dawdling pace; *while few of them have really strong chests, backs, or arms.* (If they wish to *test* their arms, for instance, let them grasp a bar or the rung of a ladder, and try to pull themselves up once *till the chin touches their fists.* Not two in fifty will do it; but almost any *boy* can.) But whoever cannot do that has weak *flexor*

arm-muscles. Hardly a day goes by when a woman's strength is not considerably taxed, and often over-taxed.

There is no calling of the unmarried woman where *vigorous* health and strength—not great or Herculean; *but simply such as every well-built and well-developed woman ought to have—would not be of great, almost priceless value to her.* The shop-girl, the factory operative, the clerk in the store, the book-keeper, the seamstress, the milliner, the telegraph-operator, are all confined for many hours a day, with exercise for but a *few* of the muscles; and with the trunk held altogether too long in one position; and that too often a *contracted and unhealthy one. Nothing is done to render the body lithe and supple; to develop the idle muscles; to deepen the breathing and quicken the circulation—in short, to tone up the whole system.* No wonder *such* a day's work, and *such* a way of living, leaves the body tired and exhausted. *It would, before long, do the same for the strongest man.* No wonder that the walk to and from work is a listless affair; or that she avoids it entirely and takes a car if she can. No wonder that, later on, special or general weakness develops; and the woman goes through life either weak and delicate; *or with not half the strength and vigor which might readily be hers.* You, a strong woman—or man either—just take, not the place of a young woman behind the counter; but a little *cash*-girl's place, in a department store, for ONE day,—where the haughty floor-walker stalks supreme;—where, if you dare to sit down, you will be ruthlessly disturbed, perhaps will lose your position—and say at night-fall—if you last till night-fall—if hers is not genuine, downright hard work;—*too hard* for any but a well-grown, strong, enduring person of either sex!

And is it any better with the *married* woman? Take one of small means. Much of the work about her home which servants might do, could she employ them, she bravely does herself; willing to make ten times this sacrifice, if need be, for those dearest to her. Follow her throughout the day, especially where there are children: there is an almost endless round of duties; many of them not laborious, to be sure, or calling for much muscular strength; but keeping the mind under a strain until they are done; difficult to encompass because difficult to foresee. In the aggregate they are almost numberless. A man can usually tell in the morning most of what is in front of him for the day — indeed, can often plan so as to say beforehand just what he will be at each hour. But not so the housewife, and mother of young children. She is constantly called to perform little duties, both expected and unexpected, which cannot fail to tell on a person not strong. A healthy child a year old will often weigh twenty pounds; yet a woman otherwise weak will carry that child on her left arm, several times a day, up one or more flights of stairs, till you would think she would drop from exhaustion. Let sickness come, and she will often seem almost tireless, so devotedly will she keep the child in her arms. While children are, of course, carried less when they begin to walk; many a child two, or even three years old, is picked up by the mother, not a few times a day, even though he weighs thirty or forty pounds instead of twenty. Now for this mother to have handled a *dumb-bell* of that weight would have been thought foolish and dangerous; for nothing about her suggested strength equal to that performance. And yet the devotion of a *weak* mother to her child is quite as great as that of a *strong* one. Is it any wonder that this overdoing of

muscles, never trained to such work, *must sooner or later tell?* It would be wonderful if it did not.

Yet now, suppose that same mother had from early childhood been trained to *systematic* physical exercise *suited to her strength, and increasing with that strength until,* from a strong and healthy child, *she grew to be a hearty, vigorous woman, well developed, strong, and comely — what now would she mind carrying the little tot on her arm?* What before soon became heavy and a burden — a willing burden though it was — *now never seems so at all;* and really is *no* task *for such muscles as she now has.* Instead of her day's work breaking her down; it is no more than a woman of her vigor *needs*— indeed, *not so much as she needs*—to *keep* her well and strong.

And, besides escaping the bodily tire and exhaustion; look at the happiness it brings her in the *exhilaration* which comes with ruddy health; in the feeling of being *easily equal to whatever comes up;* in being a stranger to indigestion; to nervousness, and all its kindred ailments. This reserve *vital force,* sparing her many of the doubts and fears so common to the weak, *but which the strong seldom know—enables her to endure patiently privation, watching, and even bereavement.* And who is the more likely to live to a ripe old age; the woman who *never* took suitable and adequate exercise to give her even *moderate* vitality and strength; *or she who, by a judicious and sensible system, suited to her particular needs, has developed vigor and power?*

But, while this is all well enough for young girls; is it not too late for *full-grown women* to attempt to get the same benefits? The girl was young and plastic; and, with proper care, could be moulded in almost any way; but the woman already has her make and set; and

these cannot readily be changed. Perhaps not quite so readily; but actual trial will show that the difficulty is largely *imaginary*. To many, indeed to most women, the idea is absolutely new; and they never supposed such change possible. But *why so*, when here and there all over our land skilled physical directors *are* building up, in barely an hour each day for one short year, *here a thin arm, there a poor neck; here a weak back, there a flat chest; turning out in-turning feet; and substituting blooming cheeks for a dried-apple skin?* Indeed *in many cases are turning a weak woman into a tower of strength.*

But is great and unusual strength, especially of the arms, desirable in most women? Not at all. If these could and did thus lay in such a stock of strength and vigor; and others of whom we do not hear are quietly doing the same thing; they are doing more by far than would be needed to make most women, not as strong as acrobats and performers; *but—a far more important matter—reasonably and comfortably so; sufficiently to keep nervous disorders away; to enable them to be far better equal to the daily duties; and to spend life with an appreciation and zest too often unknown by the weak woman; finally, to preserve for a woman the bloom and healthy look and charm which once in a while she sees—but only once in a while*—even in a woman of *advanced* years; and *which would be her own in her later life if she uses the means to have it.*

And what should a woman *do* to get this health and strength and bloom? Just what is done by the young girl. Indeed, there are a hundred exercises; almost any of which, faithfully followed up, would help directly to bring the desired result. With her, as with girl or man or boy, the *first* thing is to *symmetrize*; to bring

up the *weaker* muscles by special effort, calling them at once into vigorous action ; and to restore to its proper position the shoulder, back, chest, or other part which has been so long allowed to remain out of place. The symmetry once gained, then equal work for *all* the muscles, taken *daily,* and in such quantities as are found to suit best.

The variety of exercises open to woman, especially out-of-doors, *is almost as great as to man.* Every one knows some graceful horsewoman, and it is a pity there were not a hundred where there is one. One of the most expert of our acquaintance is the mother of one of the most gifted metaphysicians in the land, and he already is a middle-aged man. There are a few ladies in this country, and a good many in England, who think nothing of a five or six mile walk *daily;* and an occasional one of twice that length. Indeed at Smith and Wellesley there are always a few girls who can walk *twenty* miles a day *for several days together.* And we knew of one lady, wife of a New York editor, who in the White Mountains *walked two hundred miles in a week;* yet she had a son twenty-one years old. Once in a while a married woman here will do some long-distance skating. In Holland, in the season, it is with many an *every-day* affair. Some of the best swimmers and floaters at the watering-places are women, and happily there are far more of them than there used to be ; and they certainly do not look much troubled with nervousness. More than one woman has distinguished herself in Alpine climbing. The writer once saw a woman, apparently about twenty-eight, a handsome, vigorous, rosy Englishwoman, row her father from Putney to Mortlake, on the Thames, a distance of four miles and three furlongs ; not at racing pace, to be sure, but at a lively

speed. The measured precision of that lady's stroke; the stately poise of the body and head; and the clean, neat, and effective feathering, would have done credit to an old Oxford oar.

What woman has done, woman may do. Bind one arm in a sling, and keep it utterly idle for a month; meanwhile ply the other busily with heavy work, such as swinging a hammer, axe, or dumb-bell; and is it hard to say which will be the healthier, the plumper, the stronger, the handsomer—the *live* arm, at the end of the month? And will this only apply to *men's* arms, and not to women's? Who has usually the stronger, and almost generally the shapelier arm—the woman who, surrounded with servants, takes her royal ease; and has American notions and ways of exercise; or the busy maid in her kitchen? If the latter's arm is large, yet not well proportioned; it simply means that some of its muscles have been used far more than the others.

Now, to her who knows what exercise will develop *each* of the muscles of that arm; and who can tell at sight which are *fully* developed *or developed at all*, and which are not; it is easy to bring up the backward ones; and so secure the symmetry and the consequent general strength. *The same rule holds good of all the other muscles*, as well as those of the arm.

Plenty of active out-door work will go far towards securing health. But it will only develop the parts *brought into play;* and there ought to be exercise for *all*.

Now what daily work, and how much of it, will secure this symmetry, erectness, and strength; supposing that, at the outset, there is no organic defect; but that the woman is simply *weak*, both in her muscular and in her vital systems? In the first place, let it be understood that the connection between these systems is intimate;

and that the judicious building and strengthening of the former, and the keeping up that strength by sensible—not violent—*daily* exercise, *tells directly on the latter.* Vigorous muscular exercise, properly taken, *enlarges the respiration;* quickens the circulation; improves the digestion; *the working, in fact, of all the vital parts.* Dr. Mitchell says it is the very thing also *to quiet* the excited nerves and brain.

The amount of that exercise daily depends on the present strength of the woman. If she is weak generally; for the first fortnight, the exercise, while general enough to bring all the muscles into play, *must be light and easy.* Then, as a little strength is gained, the work *advances* accordingly. If partially strong at first; invariably the first thing to do is to adapt the exercise mainly to the *weaker* muscles *till they catch up.*

Suppose the right arm is stronger than the left; as frequently happens, because it has more to do. For the first month—or, if necessary, for the first two months—let the *left* arm have *nearly all* the exercise, and that exercise as vigorous as it can comfortably take. Then, when it is found that it can lift or carry as heavy a weight, and pull or push as hard as the right; keep at it, by means of exercise, until both arms can do the same amount of work, and are equal. But suppose the arms are already equally strong, or, rather, equally weak—that both the back and chest are small; that is, not so large or well proportioned as they should be in a well-built woman of your height—then all that is necessary is to select work especially adapted to strengthen the back; and other work telling directly on the chest. For the first fortnight, very mild efforts should be made, and the advance should be gradual; taking great care never once to overdo it. Let the advance be made as

the newly acquired strength justifies and encourages it. *What particular exercises* will effect the strengthening and development of any given muscles *will be pointed out* in the chapter on Special Exercise, *at the latter part of this book.*

How about the length of time this daily exercising will take? It is all easy enough for the rich, whose time is their own, and who could spare four or five hours a day if necessary; but how is the woman to manage it who must work from seven to six, or even far into the evening as well? She can hardly get time to read about horseback riding and Alpine climbing; much less take part in them. Well, it is a poor system which cannot suit nearly all cases. The woman who works steadily from early morning till well into the night, especially at employment at all sedentary and confining, is undergoing a test and a hardship which will certainly call for a strong constitution, good condition, and a brave spirit as well; *or the strain will surely break her down, and bring to her permanent weakness.* If so many hours must be spent in labor; then *let her secure ten or fifteen minutes, upon rising,* for a series of exercises *in her room.* At the dinner-hour, again at supper-time; shortly *before* each meal; and once about mid-morning, and again at mid-afternoon, three or five minutes could generally be spared for a few brisk exercises (see page 229) calculated to limber and call into vigorous action the back, and many of the muscles so long held almost motionless until they stiffen from it. If there is a whole hour at dinner-time, and the half of it after dinner could be spent in *easy* walking; if possible with a cheerful and lively companion, who would make her forget the dull routine of her day—taking care to do one simple thing, namely, to inhale *long* breaths—through the *nose,* not through the *mouth, and*

hold each breath in till she has taken at first ten steps; but gradually more till she does *twenty* steps in *one breath;* also to *always* hold her neck firmly against the back of her collar; she will find a quickened pulse; driving the morning's thoughts out of the mind; scattering low spirits to the winds—and a pleasant feeling of recreation and change besides; and the benefit from such a walk would be immediate and marked.

Is this asking much? A mile or a mile and a half could easily be covered in that time; while the dinner would taste twice as good for the exercise. Another mile, or better yet three of them, might be walked just *before* supper-time, and at a brisk pace now, for the stomach is not busy. If the confinement is so close as not to permit even these few snatches of time for a little recreation or the walk home to supper, never mind. Do not give it up yet. The *ten minutes* on rising were made sure of anyhow.* Yes, another chance remains. When at last the work is over, even though it is time to retire; get *out-of-doors* for half an hour's SMART walk with brother or friend, and see how refreshing it will prove; and then eat some light simple food. The jaded body will almost forget its tire; and the sleep which follows, while it may not be quite as long as before, will make up in quality; and the new day will find a far fresher woman, one *better up to her duties,* than if no exercise had been taken.

But if you now *ride* home from work, and the distance is three miles or less; *why not walk it,* and save your fare—quite an item in a year? And if more than three miles—*why not walk three miles of it? What is*

* See (page 159) how Mr. Bryant used those morning minutes, and how well he was repaid for it, too!

a three-mile walk to a well-built, healthy woman? If Madame Anderson walked 2700 quarters of a mile in 2700 consecutive quarters of an hour; *why should a trifling three miles once in twenty-four hours disturb you?*

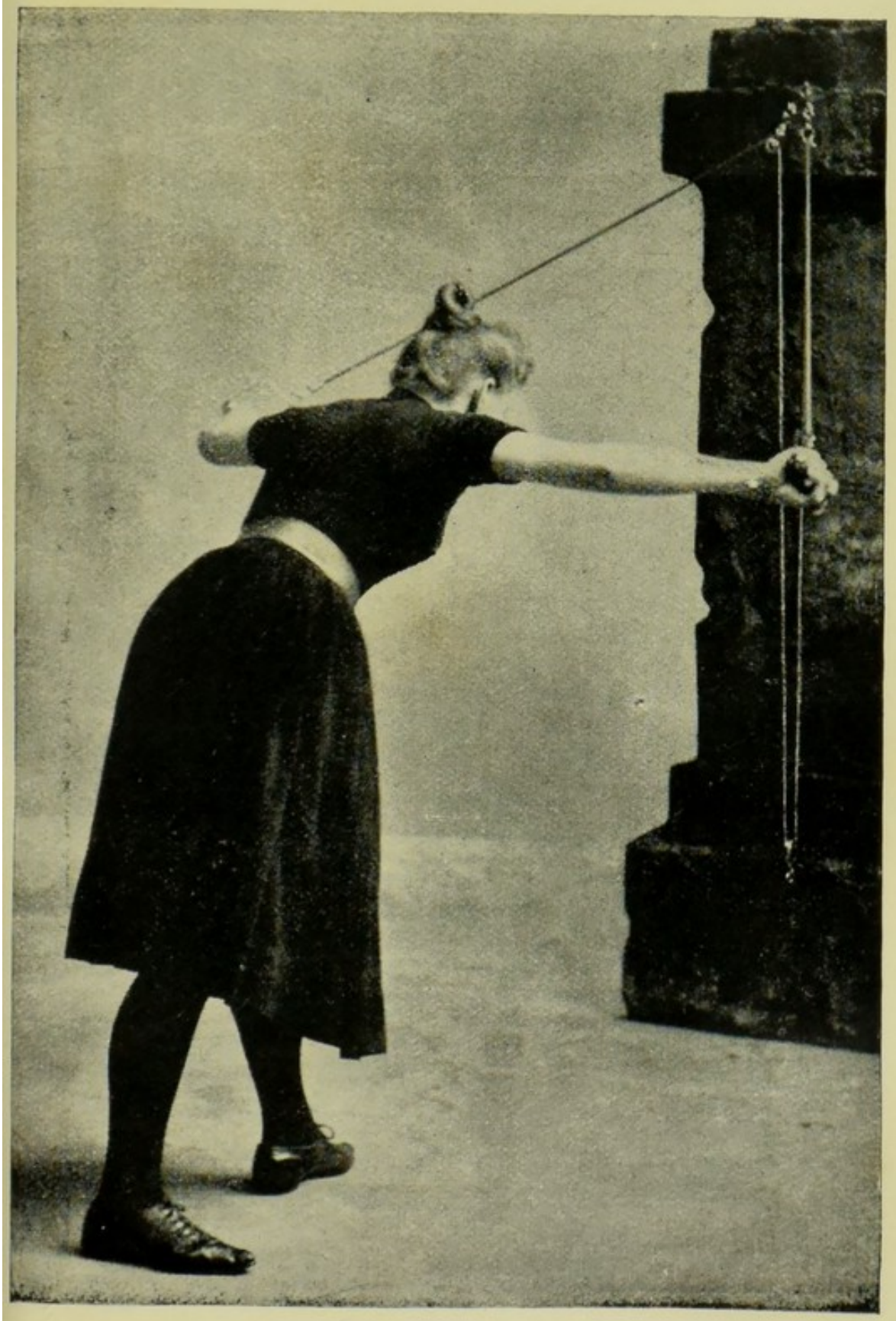
To her who does not labor so long, but has her evenings to herself, unless already broken by disease, *there need be no trouble about getting strong and healthy.* Let her do the little exercise above mentioned till evening; then, first eating a hearty supper, beginning an hour later with such distance as she can walk easily, add to the distance gradually, until she finds herself equal to four or five miles at a smart pace for her—*say three and a half miles to the hour.* (The professional masculine pedestrians do *eight* miles an hour, to be sure; but Miss Von Hillern, for instance, has done about *six.*) This, taken either every evening; or, say, four evenings a week; will soon give tone, and make the woman feel strong instead of weak; will enable her to digest what she eats; and will visibly improve her appetite. Let her give *five or ten minutes* for exercising the *arms* and *chest* before retiring (see pages 193 *et seq.*), and she has had abundant exercise for that day; while any trouble she has had in the past about *sleeping* is at an end.

But sufficient as the evening walk is; of course if it can be had in daylight and in the *sunshine,* it is all the *better.* Few mothers are so placed that they cannot each day, by good management, get *an hour* for the care of their health. Let them be sure to take a quick, *lively* walk for the whole time, not with arms held motionless, but swinging *easily* as men's do—of course, for the *first* month taking less distances, but working steadily on; and—an important thing—with the chest always held *high,* as near the chin as you can get it, and

always breathing through the *nose—long* breaths too. They will be astonished at the very gratifying difference in the result between it and the old *listless* walk; *and how much easier the day's duties come now.*

But there is one class of women who are especially favored—a large class too, in our land—the daughters of parents so well to do that, between their graduation from school and the day they are married, their time is practically their own. If weak at the start, let them, after gradual exercise begins to make them stronger, take more besides the few minutes at rising and retiring; *and the hearty constitutional afoot.* If their walking is done in the afternoon, let them set apart half an hour in the latter part of the morning (if possible, with another girl similarly placed) for work which shall strengthen the arms and the whole trunk. If there is a good gymnasium convenient—especially if it has a teacher of the right stamp—there will be the best place for this work. But if not, a little home-exerciser (see Fig. 4), and which every girl ought to have, will be all she will need. Very soon this extra work will tell. Look what the four hours a week, just with two-pound wooden dumb-bells, very light Indian clubs, and light pulley-weights, did for a youth of nineteen in one year!* And the same time spent with the exerciser would have done as much—indeed more for him. Two well-known society leaders in New York—one the wife of one of the wealthiest men in the world—are said to use one of these exercisers half an hour each day for the health, strength, and grace it brings. And they are so cheap that all but the very poor can own one as readily as the rich. An increase of an inch in *height;* of one

* See page 140.



THE WHITELY EXERCISES

and a half around the upper arm; of *three and a half inches in the girth of the chest;* of fifteen pounds in weight;—would not *these* work marked changes in *any* young woman; and *would they not nearly always be most desirable changes?* It is not a matter of inches and pounds alone. This increase of girth and weight is almost sure to tell most beneficially on the *health* and *spirits* as well—in short, *on the general vigor.*

If, with the increase in size and strength, care has been taken to practise special exercises to make and keep her *erect,* to *at all times, whether sitting, standing, or walking, hold the head and neck where they should be;* that is with the *neck* always pressing slightly against the *back* of the collar, and: no matter what you are at *to breathe say a thousand* FULL DEEP *breaths every day,* holding the air in a little at each breath—there is not much doubt but that, even in one short year, the difference in any girl, not strong or straight at the beginning, will be very marked. *It really lies with young women of this class to make themselves physically*—in proportion to their height—*almost what they will.* And so well is it now known how to develop any part of the body or the whole of it—better known indeed than ever before in the world's history; that every girls' college in America can, if it will, *guarantee* that it will take *every* student, and if she has no organic weakness or defect, in the four years' course will *bring her out a strong, hearty, well-built woman;* lissome, graceful, fleet of foot; with bright eyes; clear skin; and a degree of personal magnetism *always* found with a superb physique.

And is there any need of pointing out to a spirited girl the *value* of a sound, healthy, and shapely body? Is there *any* sphere in woman's life where it will not stand her in good stead, and render her far more ef-

ficient at *whatever* she is called on to do—as daughter, sister, wife or mother, teacher or friend—and far more *attractive* as well? Nor is the benefit limited even to *her own* lifetime, but her posterity are blessed by it as well. Would *she* like to have inherited consumptive tendencies, for instance, from *her* parent? Will *her* children like any better to inherit the same from *her?* In our Christian lands, we find, if history be correct, that the great men have almost invariably had remarkable mothers, while their fathers were as often nothing unusual. The Sandwich Island proverb, "If strong be the frame of the *mother*, her sons will make laws for the people," suggests truths that will hold good in many other places besides the Sandwich Islands. Let every girl and woman in this land bear in mind that, from *every* point of view, a vigorous and healthy body, kept toned up by *rational, systematic, daily* exercise, is one of the very greatest blessings which can be had in this world; that many persons spend tens of thousands of dollars in trying to regain even a part of this blessing when once they have lost it; that the means of getting it are easily within reach of all, who are not already broken by disease; that it requires *no* money; that it is *never* too late to begin; and that *one hour a day, properly spent, is all that is needed to secure it.*

CHAPTER V

WHY MEN SHOULD EXERCISE DAILY

"It is *exercise* alone that supports the spirits, *and keeps the mind in vigor.*"—CICERO.

"*Anything is better than the white-blooded deterioration, to which we all tend.*"—O. W. HOLMES.

One of the most prominent physicians in the world gives it as his firm opinion that four-fifths of the ills from which human beings suffer *are caused by an insufficient amount of exercise.*

"The measure of a man's *vitality* is the measure of his working power. To possess *every* faculty and function of the body in harmonious working order *is to be healthy;* to be healthy with a high degree of vital force *is to be strong.* A man may be healthy without being strong; but all health tends more or less towards strength; and all disease is weakness."—BLACKIE. (*Self-Culture.*)

"Napoleon said: 'The *first* requisite of good generalship is *good health.*' To the *strong* hand, head, limbs, and frame, fall the heavy burdens; *and there fall the great prizes too.* Perfect preparation for every contingency made Cæsar. *By activity and giant determination,* rather than military skill, he won."—*Laws of Life.*

"For performance of *great* mark, it requires *extraordinary health.*"—EMERSON.

"When God would secure to man the *highest,* best balanced, most long-continued action of mental and moral power; *he does it by giving him a sound physique.*"—MARK HOPKINS.

"The *first* requisite of success in life is to be *a good animal.* In any of the learned professions, *a vigorous constitution is equal to at least fifty per cent. more brain.*"—MATHEWS.

THE advantages to men of *a well-built body, kept in thorough repair*, are very great. Those of every class, whose occupation is *sedentary*, soon find it out. Some part of the machinery gets out of order. It may be the head, or eyes, or throat; it may be the lungs or stomach, liver or kidneys. Something does not go—is wrong. There is a clogging; *a lack of complete action;* and often positive pain. This physical clogging tells at once on the mental work; either making its accomplishment uncomfortable and an effort; or becoming so bad as to prevent work at all. It may make the man ill. There is little doubt but that a large majority of ailments would be removed; or, rather, *would never have come;* had the lungs and also the muscles of the man had *vigorous daily* action, to the extent that frequent trial had shown best suited to his wants. One of the quickest known ways of *dispelling a headache* is to give some of the *muscles*, those of the legs, for instance, a little *hard, sharp work* to do. The reason is obvious. Dr. Mitchell puts it well when he says that muscular exercise flushes the parts *engaged in it*, and so *depletes the brain*.

But fortunately that same exercise also helps make *better* blood; gets the *entire* lungs into action; quickens the activity of the *other* vital organs; and so tones up the *whole* man, that, if the exercise is taken *daily, and is kept up*, disorder, unless very deep-seated, *disappears*.

It is well known that when the system, from any cause, gets *run down;* disease is more likely to enter; and slower at being shaken off. Thousands and hundreds of thousands of men and women have hard work, mental strain, fret and anxiety, daily, and for years together;—indeed, scarcely do anything to *lighten* the

tension in this direction. They tell you they are subject to headache or dyspepsia, or other disorder; as if it was out of the question to think of preventing it. But had the work been so arranged, *as it nearly always could be*—far oftener than most persons think—to secure *daily* an hour for pleasant *vigorous* muscular exercise for *all* the parts; this *running down* would, in most instances, *never come*. The sharp, hot work, till the muscles are healthily tired, insures the good digestion, the cleared brain, the sound sleep, the buoyant spirits.

The president of one of the largest banks in this country told us that, disappointed one summer in not getting a run to Europe, reflection told him that *one marked benefit* such jaunts had brought him was from *the increased sleep* he was enabled to get. That thereupon he determined on longer sleeps at home. He got them; and found, as he well put it, that he could "fight better." Beset all day long with men wanting heavy loans; that fighting tone; that ability to say "no" at the right time, and in a way which showed he meant it; must have not only added to his own well-being, but to the bank's protection as well.

Again, many men are liable to occasionally have sudden and very *protracted* spells of head-work; where sleep and almost everything else must give way, so that the business in hand may be gotten through with. "Tom Brown" told the writer that, when in Parliament, he could work through a whole week together on but four hours of sleep a night, and be none the worse for it; *provided* he could have *all he wanted the next week*; and *that, since he was twenty-five, he had hardly known a sick day.*

A father, tired from his day of busy toil, may have a

sick child, who for much of the night will not let him sleep. Such taxes as this, coming to one already run down and weak, cannot be braved *frequently* with impunity. Unless the five or six miles a day of Tom Brown and his fellow-Englishmen's "*constitutional*," or some equivalent, is resorted to, and the man kept well toned-up; one of these sudden calls may prove too severe, and do serious if not fatal injury. This toning-up is not all. If the bodily exercise is such as to get *all* the muscles strong, and keep them so; the very work that would otherwise overdo and exhaust, now has no such effect; *but is gone through with spirit and ease.* There is *that consciousness of strength* which is equal to all such trifles.

The very nervousness and worry which used to be so wearing, at the sudden and ceaseless calls of the day, *have gone;* and for the reason that *strong nerves and strong muscles are very liable to go together,* and not to mind these things. What does the athlete at the top of his condition know about nervousness? He is blithe as a lark all the day long.

Dr. Mitchell says:

"The man who lives an out-door life—who sleeps with the stars visible above him; who wins his bodily subsistence at first-hand from the earth and waters—is a being who defies rain and sun, *has a strange sense of elastic strength,* may drink if he likes; and may smoke all day long; and feel none the worse for it. Some such return to the earth for the means of life is what gives vigor and developing power to the colonists of an older race cast on a land like ours. A few generations of men living in *such* fashion *store up a capital of vitality* which accounts largely for the prodigal activity displayed by their descendants; and made possible only by the sturdy contest with nature which their ancestors have waged. *That such a life is still led by multitudes of our countrymen is what alone serves to keep up our pristine force and energy.*"

Now, while this rare hardiness and tone cannot be had by a person who has twelve hours of busy brain-work daily in-doors, and only one of bodily exercise; still, much can be done; quite enough to calm and tranquillize; and to carry easily over those passes which used to be dreaded.

If the man who habitually works too long without a rest, would *every* hour or so turn lightly from his work, *for even sixty seconds,* to some *vigorous* exercise, right in his office, or even in the next room or hall-way, *until the blood got out of his brain a little;* and the muscles tingled with a hearty glow; he would go back so refreshed as to quickly make up, both in the quantity and quality of his work, for the time lost. When his hour for exercise came, instead of having no heart for it, he would spring to it with alacrity, like the school-boy does to his play.

Even if the strong man does occasionally become jaded; he knows, as Hughes did, how to get back his strength and snap; *and that a tired man is many removes from a tired-out one.* There is a great deal in knowing whether your work is overdoing you; *or only tiring you.* One of the strongest and best oarsmen Harvard ever had, used, at first, to think he ought to stop rowing *when he began to perspire;* and was quite astounded when an older man told him that that was only the *beginning* of the real work. There is no end of comfort to a tired man, either mentally or physically, in the thought that sure relief is near.

Again, this relief by physical exercise will encourage the man to hope that, if war or accident do not cut him down; he may look for a long life, no matter how great may be the occasional strain. Few men, for instance, familiar with the life of the Duke of Wellington, will

claim that they are better workers than he was; *or that they get through more in a day or year;* or that, heavy as their responsibilities may be, they surpass or even equal those which were his *for years together.* Yet all the terrible mental strain this illustrious man underwent; battling with one of the greatest captains this world ever saw; all the exposure and forced marching, privation and toil, which come to the faithful soldier; and to him who holds the lives of multitudes in his hands, this man knew; and yet so controlled his work, exacting as it all was, *as to manage to keep his body superior to all it was called on to do; and his mind in constant working order,* and this not merely up to threescore and ten, *but to fourscore good years; and three more besides.* Did not the *vigorous* body at the start, and the *daily* attention to it, pay *him?*

Will it be claimed that the president of one of the best-known corporations on this continent did any more work than Wellington? or than Gladstone? That president was at it all day, and far into the night, and when away in Europe, nominally on a play-spell, as well. Naturally, he was a strong, energetic man; but he had so worked, *and so neglected his body,* that he died at fifty-two. Which showed the better sense?

What does cutting one's self down at fifty-two mean? Five minutes' reflection should tell any reasonable person that the man was *overworking* himself; and going at a pace no man could hold and live. Does not this show a lack of sense; and especially when much of that work could certainly have been done by subordinates? Was not one of Daniel Webster's best points his skill in getting work done *by others;* and saving for himself the parts he liked best?

When, after long years of toil and perseverance, one

has worked himself up to position and wide influence; *is it sensible* to do what his humblest employé could rightly tell him is overcrowding; *and so forcing the pace that he certainly cannot hold it?* Instead of taking that position and that influence, and wielding them for *greater* ends, and improving them very markedly; must there not be a keen pang to their owner, when, tantalized with what seems surely within his grasp, that grasp itself weakens, and the machine goes all to pieces?

These later years are especially the precious ones to the wealthy man. *They are his best days.* Then his influence widens; and his savings, and his earnings too, accumulate as they did not when he was younger. Look at the work done by Vanderbilt, for example, accomplished *almost thirty years after he was fifty-two!* Did not the active out-door life on the little periauger of his youth; and the daily constitutionals which, notwithstanding his infirmities, all New-Yorkers saw him taking in later life, *pay him?* And are they less precious in any other line of life?

Look for a moment at the value health is to a man in any of the *learned professions*—of having a sound and vigorous body, with each branch of his vital system working regularly, naturally, and in harmony with the rest. Do these things make no difference to the divine? Had the sturdy, prize-fighter make of Martin Luther nothing to do with his contempt for the dangers awaiting his appearance before Charles V. and his Diet of Worms; and which caused him to say he would go there though the devils were as thick as the tiles on the houses? And with the grand stand he made for the religious light which now shines so freely upon the whole Christian world?

Thomas Guthrie, first tying one hand behind him, with the other could whip any man in Oxford who would also fight one-handed. Who doubts that the vigor so evinced had much to do with the faithful, arduous life's work he did, and did so well that all Scotland is to-day justly proud of him? Of Dr. Guthrie and Norman Macleod, Professor John Stuart Blackie says:

"Two men, the large human breadth, the sunny cheerfulness, strong good sense and the dignified grace of whose preaching *will remain deeply engraven on every Scottish heart as long as Scotland is Scotland.*"

Had the magnificent breadth and depth of Spurgeon's chest, and his splendid outfit of vital organs, no connection with his great power and influence as a preacher of world-wide renown? Had the splendid physique and abounding vitality of Henry Ward Beecher—greater almost than that of any man in a hundred thousand—nothing to do with his ability to attend to his duties as pastor, author, lecturer, and editor—*work enough to kill half a dozen ordinary men*—and with the tireless industry which preceded his marked success in them all?

Is there anything feeble about any of these? Put the tape-measure around them anywhere you like, and see how generous nature has been with them. *Is it all a mere chance that they had splendid bodies?* Why is it that we never hear of such as these having "ministers' sore throat," and "blue Mondays;" and having to be sent by their congregations, every now and then, away to a foreign land to recruit their health, and keep them up to their work? Do sound and sturdy bodies, and due attention *daily* to keeping them in good repair,

have nothing to do with their ability to cope at all times with the duty lying next to them—and with their attention to it, too, in such a way as to make them so much more effective than other men in their great life's work?

That the physician himself needs sound health and plentiful strength, no one will question; and yet, does he, from his calling alone, do anything to insure it? Dragged from his bed at all hours of the night, thrown daily, almost hourly, in contact with deadly disease—often so contagious that others shrink from going where he goes, like the brave man he must be to face such dangers—would not that general toned-up condition of the thoroughly sound and healthy man prove a most valuable boon to him—indeed, often save his life? And yet, does his daily occupation insure him that boon; even though it does enable him to get out-of-doors far more than most men who earn their living by mental labor? Hear one of their own number, Dr. Mitchell, on this point; for he says:

"The doctor, who is supposed to get a large share of exercise, in reality gets very little after he grows too busy to walk, and has then only the incidental exposure to out-door air."

Would not a sensible course of physical exercise daily pay him—especially when pretty much all the muscular work he gets of any account is for his forearms and a little of his back, and then only when he drives a hard-bitted horse?

And does not a lawyer need a good body, and one kept in good order? After the first few years, when his practice is once well established, he finds that, unlike men in most other callings, his evenings are not his own; and that, if he is going to read any law; and to

attempt to keep up with the new decisions every year, even in his own State; what between court-work; the preparation of his cases; drawing papers, consultation, correspondence; and the other matters which fill up the daily round of the lawyer in active practice; that reading will have to be done out of office-hours often, or not done at all. Even in his evenings his business is too pressing to allow any time for reading. Here, then, is a man who is in serious danger of being cut off from that rest and recreation which most other men can have. The long, steady strain, day and evening, often breaks him down; where an hour's active exercise daily on the road or on the water, with his business for the time scrupulously forgotten; together with from a quarter to half an hour, on rising and retiring, in strengthening his arms and chest, would have kept him as tough and fresh as they did Bryant, not simply up to sixty, or even seventy, but clear up to his eighty-fourth year; or Gladstone to his eighty-eighth. Every lawyer who has been in active practice in any of our large cities for a dozen years can point to members of his Bar who have either broken clean down, and gone to a premature grave from neglecting their bodily health, or who are now far on the road in that same direction. This happens, notwithstanding the fact that in many places the courts do not sit once during the whole summer; and lawyers can hence get longer vacations, and go farther from home than most men.

Let any one read the life of Rufus Choate, and say whether there was any need of his dying an old man at sixty. He started not with a weak body, but one decidedly strong. But so little care did he take of it that, as he himself well put it, "latterly he hadn't much of any constitution, but simply lived under the by-laws."

What a lesson he might have taken from his illustrious relative of to-day; one of the conceded leaders of the American Bar; who perhaps had his very case in mind, when, in February, 1898, he said to the Chicago Bar Association, at a complimentary dinner they gave him:

"When I look round me on this great company of busy and successful lawyers, resting for a moment from their never-ending labors; when I study the lines which time has traced upon their features, I can easily see that success in our profession rests everywhere upon the same foundation. It is the same old story of the sound mind and the honest heart in the sound body. *The sound body is at the bottom of it all. The stomach is indeed the key of all professional eminence. If that goes back on you, you might as well throw up your sponge.* And sleep without worry must cherish and nourish it all the time."

Nor did he give too much importance to that same good friend, the stomach. He need not have gone back to his father's renowned cousin for proof of what a neglected stomach will do. The proof was there; at the very door of the great city whose Bar he was addressing. Referring to a sad and startling experience which had shocked the nation, President Harper said:

"Of the five deaths that have occurred at Chicago University in five years, *three may be attributed directly to starvation.*"

And he well added:

"The university is turning out men of strong intelligence, *but weak bodies.* Some of them are moral and intellectual *dyspeptics. It cannot be expected that they will be of much use in the world. If the body is not properly nourished, the mind will refuse to act as it should. I therefore hold that it is as necessary to take care of and cultivate the one as the other.*"

Nor is he the only one of our eminent educators who is awake to the need of an *educated* body, as well as

brain, for a man entered for a life race of any really high class. What a grand thing it would be for this nation if *every* teacher in it not only awoke; but took wise action in this matter!

And what holds good as to professional men in this respect, *of course will apply with equal force to busy brain-workers in any other line as well.*

In one of his annual reports of Harvard University, President Eliot, who has been exceptionally well placed to observe many thousand young men; and to know what helps and what hinders their intellectual progress; adds his valuable testimony to the importance of vigorous health and regular physical exercise to all who have, or expect to have, steady and severe mental work to do. Busy professional men may well heed his words. Speaking of the value of scholarships to poor but deserving young men, he says:

"*If sound health* were one of the requisitions for the enjoyment of scholarships, parents who expected to need aid in educating their boys, would have their attention directed in an effective way to the wise regimen of health; while young men who had their own education to get, would see that it was only prudent for them to secure a wholesome diet, plenty of fresh air, *and regular exercise.* A singular notion prevails, especially in the country, that it is the *feeble, sickly* children who should be sent to school and college; since they are apparently unfit for hard work. The fact that, in the history of literature, a *few* cases can be pointed out in which genius was lodged in a weak or diseased body, is sometimes adduced in support of the strange proposition that physical vigor is not necessary for professional men. *But all experience contradicts these notions. To attain success and length of service in any of the learned professions, including that of teaching, a vigorous body is wellnigh essential.* A busy lawyer, editor, minister, physician, or teacher has need of *greater physical endurance* than a farmer, trader, manufacturer, or mechanic. All professional biography teaches that *to win lasting distinction in seden-*

tary, in-door occupations, which task the brain and the nervous system, extraordinary toughness of body must accompany extraordinary mental powers."

But the same lesson comes from a far wider range than mere *professional* biography. It is taught by all men in all lines who are engaged in important work. The race is so sharp; the competition so hot that none but tough, enduring men should enter; *for they cannot stand the mighty strain.*

The great merchant of to-day often makes in one year what would formerly have been rated a large fortune. The banker, the manufacturer, the railroad-man, the contractor, plans and carries through colossal undertakings so quietly that most persons do not know of their existence. Where there were scarce a hundred men in this country a generation ago worth a million dollars apiece; now there are probably fifteen thousand whose combined wealth will average more than that per man.

Scores of railroads are gradually absorbed into a few mighty systems. And more property is owned by a few hundred corporations than by all the people in the country outside of them. The responsibility and care of great sums of money; the enormous loss that may result from even one error of judgment; the shifting values of most property from causes beyond their owners' control;—all bring inevitable *worry; and tend to burn the man out early;* as they did William H. Vanderbilt, Robert Garrett, and Jay Gould, before they had lived out nearly all their days. It is apoplexy, or paresis; paralysis, or angina pectoris; or heart-failure; or diabetes; or Bright's disease; or some other ailment you never used to hear of; but hear of now *almost every*

week, mowing down your friend who even yesterday looked to be all right. "There is no discharge in that warfare." And that *worry* eats at the vital organs and parts more than many know of. One writer says:

"Harassing anxiety, impatient expectation, disproportionate fear of the unknown; this is worry; and this is what causes the heart to struggle, the kidneys to contract, the arteries to weaken, and the mind to fail."

No one who is not given to worry can conceive of the power which the habit gains over its victim. Such a one will freely admit the excellence of the advice not to worry, but he will add that it is impossible to follow it. This is true only in a measure and in a few cases. Barring instances of exceptional trouble, of extraordinary "hard luck," almost every one can *by resolute determination reduce his worry* within living limits.

Look into the causes of these enemies, secretly sapping and undermining the vitals, and destroying life itself; and you will find, in almost every case, that *lack of sensible bodily exercise* has been a potent factor in *opening* the door, which let in these assassins. Indeed its share in keeping off other insidious foes is greater than many are aware of. Of the five departments of the sewage-system of the body,—the lungs, kidneys, liver, bowels and skin,—*many a man does not keep the millions of pores in the last one—the skin—open and free;* indeed allows them to be clogged for years, till he almost forgets that he once had, *and might have yet*, as pure, sweet and clear a skin as any healthy babe has to-day.

What right has such a man to expect that the work of five departments, which he thus crowds upon the other four, *will not wear one or more of them out* before its time? A man who pretended to be an engineer, yet

who treated an engine of yours in that way; would be discharged before Saturday night; yet the most important engine to you;—one of surpassing fitness for its work, if rightly handled; one that should outlast, and *will* outlast any device man's highest ingenuity has yet made, or even thought of,—*you*, its *only* engineer, treat in a way that you should check as swiftly as you would snatch the tiller of your yacht from a drunken sailor, who was driving you right upon the rocks. The strongest boy and youth we knew in our school-days; coming up to be a magnificent man; half an inch under six feet in height; superbly built; and weighing one hundred and ninety pounds of the best material; a strong, fearless, staying man, and of good habits, who looked as if he would out-last even a Brougham or a Gladstone; breaks down and dies at fifty. His friends say that, for a year or two past, he had looked anæmic; and that the cause was cancer of the bowels. But they also say that, inert, *he had, for years, seldom taken exercise enough to even start the perspiration.* But a writer in the American Encyclopædia says:

"GYMNASTICS—*Active nutrition of the muscles also is unfavorable to the deposition of morbid matters*, such as are found in tuberculous, *cancerous*, or scrofulous constitutions."

And he well adds:

"*There is no doubt that judicious and habitual exercise favors the elimination of effete matters from the organism*, particularly by the *lungs, skin, and kidneys;* increases the activity of the nutrition of the muscular system, rendering the food more relishing, *more easily digested*, and *better assimilated;* and develops nerve-power.

"One hour's honest exercise, followed by ablution, will usually suffice for the brain-worker; and this should produce prompt reaction, without a sense of exhaustion. Persons who take this amount of judicious exercise *are often more powerful, and have more endurance than the hard-worked laborer.*"

But what is the man to do who is to bear great responsibility? He cannot get young again, and rebuild his body. He must take such a one as he has, and do the best he can with it. But who *does* that? Do you know of any one? Are *you* doing the best *you* can for your body,—when you are *doing nothing at all* for it?

What *daily* work are *you* doing to make yourself strong?

Emerson says: "In all human action those parts will be strong, *which are used.*" But if you do *not* use your arms and back; your neck and the front of your chest; your waist; your legs; your lungs, or your heart—need you be surprised if, by-and-by, they get *weak;* and, as you do *nothing* to make them strong, if they *stay* weak?

Barring the case of organic defect; there is just *one* person to blame if your body, or any part of it, gets weak. And that is *yourself.* At once you reply, as millions do, "Oh! I have no time for exercise." That is *not* true. You *have* time for it; no matter how busy you are.

Let us see. You are earning, upon an average, a certain sum each day. Let some man, or Trust Company, amply able to,give you as much more as you now earn, if, neglecting no duty, or part of your work, you yet exercise *an hour a day,* for the next year. Well, *you would get that money.* You would find out *how* to; and you would *do* it. And, instead of hurting you; it would do you good in two ways. *You would do more and better work; and you would prolong your life.* You would also be strong all over all the time, instead of weak; and so would increase your vitality, and, as Blackie well says: "The measure of a man's *vitality is the measure of his working-power.*" Gladstone—almost as hard a worker as you; and used to almost as

great responsibility; four times Prime-Minister of the richest nation in the world save one; dealing with problems of finance; of foreign policy; of home-interests; indeed of the whole field of statesmanship; and of literature too; problems so mighty that your most intricate and gravest ones would be trifles to him; yet somehow this man has found time through it all, to give *a whole precious hour each day* to renewing and rebuilding his fine body; and to keeping it a fit companion for the giant intellect and exalted character which have left upon his country and the world an impress which will be inseparably connected with England and her best interests as long as she is a nation.

And if *he* could do his work; and yet find time to exercise a whole hour each day; *so can you.* What did *he* do? More than once the story has come across the sea of his exercising with various gymnastic appliances each morning in his room, just after rising. *You* can do that in *yours.* In this, the greatest era of invention which the world has seen, a man can be heard by another a thousand miles away; can send a message to the other end of the world, and get an answer the same day; can ride comfortably 13,000 miles, across the entire length of Europe and Asia, in fifteen days; had Garfield been shot yesterday, could have exactly located the bullet which a decade ago eluded the highest skill of an entire nation; and can do many other marvels, the mere telling of which a few years ago would have been strong proof of his insanity. And, in the boundless range of human ingenuity, in giving man what he wants; sensible exercising-tools *for his body* have not been overlooked. Instead of, as till recently, a great room, with frames and rails; and bars and ropes; and mighty wooden steeds; and the long list of things thought necessary in a gymnasium;

they have made one now that a couple of dollars will buy; and that you can carry in your overcoat-pocket. (See Fig. 4, facing p. 48.) Yet it will do *nearly all* the work of all the apparatus of the old one put together. Indeed *no man yet begins to know all that can be done with it.* Is your *back*-arm weak? *It* will make it full, and stout, and strong. Is your *fore*-arm small? It need not stay so long. Is your *neck* slender? If it is so a year hence, it will be your own fault. Is your *back* narrow, with the bones showing through all over? In half an hour a day's work for two years, you can have it encased with great layers of muscle, like a 'Varsity oarsman's. And your *abdominal* muscles; and your *pectorals;* and every cord and sinew of your *legs,* will soon have a profound respect for this magical little device. A mere rubber rope, as thick as your little finger; fifteen feet long, with a handle at each end; three small pulleys; a hook, screwed into the lintel of your bedroom door, near the upper hinge, say seven feet above the floor; and another in the base-board, a few inches from the floor; and you are equipped with *a gymnasium,* where certain single exercises would tire out Hercules in fifteen minutes; noiseless, weightless, and so simple that you can learn how to use it at the first trial.

Use one yourself, now a dozen strokes in one way; now in another; now over your head; or out, wide-armed, as if you were on a cross; or close past your sides; or down to the floor and up again;—*or in any other way of your own devising;* and in five minutes you will find that *that machine is your master;* and in ten, especially if you have had on a sweater, or other warm garment, that your skin is in a healthy glow, moist and ruddy; and ready for a sponge-bath in tepid water. Then the thorough rubbing, till you are red all over; and, when you go down to breakfast, you will be in fine condition to

deal with it. And if Gladstone used to bite each bit of food thirty-two times; and so to thoroughly *wet* it in the mouth, before sending it on for the gastric juice to deal with; *it will pay you to do the same.* A well-known professor in one of the great medical schools in New York City said one day to his class: "Young gentlemen, your liver is a sponge. *Squeeze* it!" Well you do *not* squeeze it much in ordinary walking; and *none at all* in sitting still. But when your hands go *high* over your head; or you sway your body *far over to either side;* or backward; or forward; you *do* squeeze it; and *greatly* aid it in its usual work.

Mr. Huxley says that in ordinary respiration, only about twenty to thirty cubic inches of air pass in and out of the lungs, which he calls *tidal* air. But every time you slap the backs of your hands together *high* over your head; you start *a hundred* or more cubic inches of air hurrying in and out of your lungs; *using and toughening your lung-fibre;* and all the plumbing from nostril on down to air-cell; and *making it harder for pneumonia or other disease to enter.*

And *after* breakfast what? Then you must go to your work. But *how* do you go now? As short a walk as you can take, to the nearest car. Then a ride as close to your place of business as you can get; and $30; $50; $75; $100 a year *for the ride.* But why not *walk?* Of Gladstone, Garibaldi, Lowell, it is said that they *never* rode *when they could walk.* Be sure that you always have *easy* walking-shoes; low-heeled, and broad enough to let *every* toe go down flat. Try at first a short walk —of a mile—at a comfortable, but not brisk pace, say of three and a quarter miles an hour. If you are a strong, easy walker, increase the pace at the rate of half a mile an hour. Walk this mile *each* day the first week. If

it is stormy, dress for it; *and walk it just the same. Add* to it each week, till you are doing *two* miles. And you may work about as hard as you like now at your business, till far down in the afternoon, without need of more exercise; if you will do *two* things. First—*always* while seated, sit *erect.* By-the-way, Professor Blackie well says: "Sitting, in fact, is a *slovenly* habit; and ought *not* to be indulged. Why should a student indulge so much in *the lazy habit of sitting?* A man may think as well standing as sitting; *and often a little better.*" Second, and even more important; take as many *slow, deep, and full* breaths *through your nose* as you can. Not straining, or violent breaths at all; but large, easy, and *ox-like* ones; *till each would almost fill a football.* Oh! but you cannot *think* to do this! Let some one pay you ten cents a breath, and *see* if you cannot think to do it. And, if you can do it for pay;—*you can do it without pay.* And if you persist in it a while, you will at length do it *without* thinking of it. Mr. Beecher says that "the reason that most men do not get rich is because *they are too lazy.*" It is even *more* true with getting healthy and strong. *Can't,* in nearly every instance, *means won't.*

On the way to and from luncheon; or dinner, if that is the noon-meal; the hard-pressed brain-workers often find it better not to dine till the day's work is over—again breathe *slowly and deeply.* It relieves the brain, and fits the stomach for its work; *and it helps it do that work* as soon as you have eaten. A very few minutes of *rest,* after eating; a walk of even a block or two, breathing deeply (with some *laughing,* if you can get it), will fit you for the work of the afternoon. But, right after eating, just try a few times seeing how *high* you can *reach* with *each* hand. Now try a quarter of an inch *higher yet;* or an *eighth* of an inch even; and hold

it there say for thirty seconds! This is good work to give the stomach a little *more room* in which to play.

And now comes the *important* part. If the busiest Englishmen somehow find time in the late afternoon for their daily "constitutional"; why cannot *Americans* do the same thing? The field of healthful recreation was never so large as now. A man of moderate means may walk; row; ride horse or wheel; bowl; play tennis; hockey; baseball; football; hand-ball; raquet; can swim; skate, and paddle his canoe; and, if he likes sharper work, can box, fence, run or wrestle; or have anything he will of field-sports or track-athletics. And two more doors have opened to us in recent years, though one of them is generations old—namely golf and cycling. Perhaps you do not *sleep* well. As in most persons the heart beats, and *so lifts its load,* about ten times less a minute while they sleep than when they are awake; or six hundred times in an hour; or *about five thousand times in the night;* it will be seen that any inroad into sleep, especially for many nights in a year, *cuts down the rest the heart should have,* and so *over*works it, and makes it *wear out* early; *and also its owner.* If you do not sleep your *full* quota,—that which is best for *you*—read this from the London Hospital, quoted in the New York *Evening Post* of October 5, 1894:

"THE GOLF 'CURE' FOR INSOMNIA. — A writer in the *Scotsman,* regretting the Marquis of Salisbury's insomnia, says: 'Would that the noble leader of the Conservative Party would take a three-months' course of golf! *Golf is the game for the exhausted brain-worker at any stage of his life.* No Junior is too young, *no Senior too old to learn it;* to learn it and enjoy it. The proof of the pudding is the eating. On the golf-links of St. Andrews *the man of seventy looks fifty; and the man of fifty has the appearance of thirty-five.* The *chief reasons* for this *are* that both

the old man and the middle-aged *can eat, digest, and sleep.* There are scores, perhaps hundreds of educated men of all classes, between the ages of forty and *ninety* at St. Andrews at this moment; *and they are, without exception, the healthiest and handsomest collection of middle-aged and old men the writer has ever seen.*

"'*Sleeplessness*, so far as the writer was able to discover in a three-weeks' sojourn at St. Andrews, *was absolutely unknown to the regular golf-player.* One may almost say it is impossible. Living as he does in the open air; *and taking several hours of daily exercise* without unpleasant fatigue; and with a mind constantly, but not laboriously interested; he eats well, and so the brain is adequately nourished. The blood, too, is thoroughly *oxidized;* and, by the due exercise of all the muscles, is made to flow *evenly* throughout the body, *without abnormal concentration upon the brain. These are the indispensable conditions of sound and certain sleep;* and these conditions are admirably fulfilled by regular and systematic golfing.

"'Golf has the merit of being a "real cure" under reasonable physiological conditions; *and with the cure of sleeplessness, it brings many other advantages; such as strengthened muscles, a toned-up heart, a vigorous appetite and sound digestion.*'"

Do you—tired, overworked man, not half as strong as you used to be when at your best;—do *you* know of many investments that will pay you better than this same *golf?* Though you may not know it, ask your physician;—or the medical-examiner of your life insurance company,—to try his stethoscope upon your heart. He may tell you that this most important of all *muscles* is *weak,* as well as the others. And he can also tell you that *worry and over-nerve and brain work weaken* it; but that *moderate muscular* work *strengthens* it. And this *golf is just such work;* to bring you "*a toned-up heart,*" just what *you* need; and *which may save you from suddenly joining the list of those who drop with heart-failure; indeed may add many years to your life.* What if an hour a day is not enough? Once, maybe

twice a week, make it two, or even three hours. It is glorious work; and will renew your youth, not only in a delightful way, but to an extent *little short of incredible.* And it *scours* your mind of business; and sends you back to your work a different man; and a *better-natured* one; and so a *stronger* one, for Carlyle fitly says: "*Wondrous is the strength of cheerfulness;* altogether past calculation its power endurance. A laugh is worth a hundred groans in any market. Have a *smile* for all; a *pleasant* word for *everybody.* To succeed, work hard, earnestly and incessantly." And in walking, and sitting; in playing golf; and in everything else you do, *always* hold yourself *erect.* But how can you do that? Easily. As already seen, simply *keep the back of your neck against the back of your collar.* Not *too* firmly, or you will *strut.* But *firmly. Never mind about your shoulders.* Let them go where they will. Holding your shoulders *too far back* is just as much a *deformity* as rounding them forward. Keep your *neck* well *back;* and *inevitably your chest fills up in front,* tends indeed to draw upwards towards your chin; which is just what you want. And taking the long, *deep,* slow breaths makes it easy to *keep* it there; and brings a pleasant sensation besides. And *keeping* it there *gives you a bigger power-house;* and makes you a *stronger* man. The power-houses of most Americans *are too small* by a fifth. Hear Sargent on this point, in *The United States of America,* Vol. II., p. 472:

"How important it is, therefore, that the simple matter of *attitude* or *position at work* should receive *careful* attention. A *faulty position,* while standing or sitting, not only *cramps the vital organs,* and *interferes with* the important functions of *respiration, circulation, and digestion;* but also weakens the muscles that are kept almost continually on the stretch during the working hours"

(and the *heart* is the *busiest* one of all these). "This leads to more or less permanent *deformity;* and is the *principal* cause of the mishaps so frequently observed among the industrial classes. The *only* remedy for this is to so develop the muscles that are attached to the trunk, that they may hold the head and body *erect.* There is no easier way of accomplishing this object than *repeatedly trying to straighten up,* and assume an erect attitude while sitting, standing or walking. Without attempting to give in this paper any specific directions for carrying out a system of physical exercises; it may be well to mention that *frequently drawing in full breaths and filling the lungs as completely as possible,* is one of the *very best* methods of *straightening* the spine; and preserving the chest *from deformities.* If the opportunity offers, raising the *arms sideways* until the back of the hands *touch over* the head, is a simple yet effective way of developing the muscles that hold the shoulders *up* and keep them from drooping."

In sitting, one other thing should be done. *Always sit as far back on the seat as you can,—not* crossing the legs. This gives you a broader base to sit upon; tends to quiet the nerves; and will do much to prevent lateral curvature of the spine, which is so common. And, if you get your afternoon constitutional or not, it will be well, just before retiring, to again do your *ten minutes* of smart work with the Exerciser. And if you want to make it a little harder than before; keeping your heels together, rise *high* on your toes at each stroke you take with your hands. But do not do this many times at first; or next morning your calves will tell you just what muscles you have been giving most to do. Have a sweater handy—*a very useful garment,* by-the-way—so that wearing it, you can be sure of some *perspiration.*

Do this work *each* day, and you will not get *run down;* and will likely find the *flow of spirits* that comes usually to the healthy man, and adds so much both to his *usefulness* and *attractiveness.* And if, at the time of year

a vacation does you most good, you can put in a fortnight, or better yet a month; *not* of sitting around upon porches; or driving doubled up in a carriage; or cramped up in a small cat-boat; but get in several hours of pleasant *out-door exercise,* of a sort you like, till you come in *comfortably tired,* you will stand a good chance of knowing little about sickness. If instead of spending money on your vacation you want to make some; hire out as a farm-hand through the haying, and grain harvest season; rake and do the lighter work at first till you get in good trim; then the harder work. *It may prove one of the most profitable months you ever spent.*

The few exercises suggested here have been aimed rather to give one enough *each* day to keep him in *health,* and good spirits; and to fit him for his duties, whatever they may be. To keep him also from getting *run down;* and *so opening the door* to let disease come easily in. "My experience," says one physician, "is that *three-quarters* of the sufferers from the *grip* are those who suffer otherwise; *or who are not in prime condition. They are far more liable to it than those in sound health and lively spirits. If you keep yourself in tip-top order, and watch your ways;* you have a far better chance of escaping it than if you do not." How to *build* any special part; as well also as the bicycle and its work, will be considered in another chapter.

CHAPTER VI

THE SCHOOL THE TRUE PLACE FOR CHILDREN'S PHYSICAL CULTURE

MOST fathers do little or nothing to improve the *bodies* of their children. Often they do not know *how* to do so. Oftener their time is so taken up that they do not *try* to. The mother, being more with the child, feels its needs the more keenly; and would gladly deny herself much, could she assure her children ruddy health. But *her* day is also by no means an idle one; and, just when she could best spare half an hour, it is hardest to have them with her. Besides, she is *herself* often far from strong; and needs some one to point out to her the way to physical improvement *more*, even, than do her children.

There is a feeling that the child is sent to *school* to be educated; and that certain trained persons are paid to devote their time to that *education*. As they are supposed to so bring the children forward as to best draw out all their faculties; and equip them for their life-work. Then THEY would seem the right ones to educate their *bodies too*. Nor is this view so wide of the mark. The teacher has always a number of scholars. He can encourage the slower by the example of the quicker; he can arouse the emulation; he can get work easily out of many together, where one or two

would be hard to move. If he rightly understood his power; if he knew how easy it is, by a little judicious daily work, to prevent or remove incipient deformity; to strengthen the weak; to form in the pupil the habit of sitting and standing erect; to add to the general strength; to freshen the spirits; and do good in other ways; he would gladly give whatever time daily would be necessary to the work; while, like most persons who try to benefit others, he would find that he himself would gain much by it as well. He has not a class of pupils stiffened by long years of hard overwork of some muscles, and with others dormant and undeveloped. The time when children are with him is almost the best time in their whole lives to shape them as he chooses; not morally or mentally only; but physically as well. The one shoulder, a little higher than its mate, will not be half so hard to restore to place now as when confirmed in its position by long years of a bad habit, which never should have been tolerated a day. If the chest is weak and flat, or pigeon-breasted; now is the time to remove the defect. Build up the arms to be strong and comely now; accustom the chest and shoulders to their proper place, whatever their owner is at; teach them to sit and stand and walk erect; cover the back with full and shapely muscles; get the feet used to the work which comes so easy and natural to them, once they are trained aright; and the same boy who would have grown up half-built, ungraceful, ill at ease, and far from strong; will now ripen into a manly, vigorous, well-knit man; of sound mind and body; familiar with the possibilities of that body; with what is the right use and what the abuse of it; and knowing well how to keep it in that condition which shall enable him to accomplish the best day's mental labor. And he will be far fitter

to face the privations, anxieties, and troubles of life in the most successful way.

Nor is the rule at all hard to follow. Little by little the boy's mind is led along, until the difficult problem in arithmetic seems no harder to him than did the adding of two and two at first. For hundreds of years the mental training of youth has been a matter of careful thought and study; and no effort is spared to secure the best advantages of all the teaching of the past. But with that past before him; with its many great men—not always, to be sure, but so often—men whose bodies were sturdy, and equal to the tremendous tasks which their great activity of mind led them willingly to assume; he is encouraged and urged to keep his mind under continual pressure for many hours daily; and every incentive is brought to make the most of him in this direction. And yet that which would have helped him in almost every step he took; which would have fitted him to stand with ease what now in a few years so often breaks him down; is totally ignored, and left quite out of sight.

It is plainly no fault of his. He does not know his needs. The blame lies with the system which, for generations together, has gone along so blindly. The life a farmer's son leads, if he really works, makes him strong and hearty; and when his school-days are over, his work is of such a sort as to maintain all his vigor. The city lad who plays on the brick sidewalks, born often of half-developed parents, has no daily tasks which bring his muscles into play, strengthening his digestion. Is there any reason why the city lad should be favored physically like the country boy? The first has many incentives for daily exercise; the latter none at all.

There ought to be no more delay in this matter of physi-

cal education in the schools. Prompt and vigorous steps should be taken to acquaint every school-teacher in this country with such exercises as would quickly restore the misshapen; insure an erect carriage; encourage habits of full breathing; and strengthen the entire trunk and every limb, and bring them to their full size at every girth. If the teachers have not the requisite knowledge now, let it at once be acquired. *They,* of all persons, are expected to know *how to acquire knowledge;* and to aid others in doing the same; and fortunately this knowledge is not hard to learn. As soon as they have gained even partial knowledge of how to effect these things; *let them lose no time in imparting that knowledge to the pupil.*

And they reach an audience *vast almost beyond belief.* A hundred thousand persons in our land go to college each year. Of another hundred thousand, members of gymnastic and athletic clubs, perhaps fifty thousand take systematic and effective exercise for a part of each year. But FOURTEEN MILLION children go to school!

Lycurgus had *every* man and woman trained for war. Is it not about time that an enlightened nation like ours had every man's and woman's body intelligently *educated;* and so made ready for whatever they may be called on to do, bear, or suffer?

Happily, in the gigantic strides our country has made in the last twenty years, there has come up a class of men and women, who, rightly used, can render our children and their teachers service of inestimable value.

In the former edition of this book (in 1879) we urged, that unless the famous Hemenway Gymnasium, then just erected at Harvard, had more intelligent management than its predecessor had had; or than many of the gymnasiums of the land had; it might as well be a highly polished stationary-engine without steam. It

was also urged that Dr. Sargent, who at Bowdoin, and later at Yale, had combined wide experience as a physical director with his education and skill as a physician, could not fail to do great good to our youth, were his field properly widened. President Eliot, of Harvard—quick to see whatever might benefit his university—at once secured him; and he has not only been at the head of that great gymnasium ever since; but has introduced widely his own apparatus, made with greater thought, care, and knowledge than any ever before known; has seen his pupils increase, till, from some 400 lockers in use by them when he entered, there are now over 2500. And he has done a thing of great advantage, not alone to the favored youth, who can spare the time and means for four whole years, in fifty or more studies, of storing, expanding and developing the mind; and of building a broad and stable foundation for the specialty to be built thereon, which is to be his life's calling; and his field in which to be of use to others. For he has urged that every student be minutely *measured*, upon an intelligent plan; and his *weight* and *height* taken; and all *recorded*. He has also introduced a system of examining especially the *heart*, *lungs*, and *nervous system*, to see if any weakness lurks in either, likely to unfit him for urgent or protracted call upon his strength or endurance; and, if so, *warning him in time, and curing him if he can*. He has carefully kept statistics of his work, till they now number hundreds of thousands. From these he has been able to deduce principles and rules of rare value to all interested in the architecture and welfare of the body; until this field is doubtless far better understood to-day, than ever before; *not* excepting even when Olympic and Isthmian plains resounded with the plaudits of all Greece, as her chosen sons contended in

the wrestling-match; or in the foot-race first crossed the finish-line, winners by a finger-length, in the agonizing struggle for fame, the laurel, and the freedom of their city.

Nor has his pen been idle. But from time to time, now in widely read periodical; now in book-form, he has gathered some of the best results of his labors; not only among the students of the university; but of those of his Summer School; of his classes of girls and women; and elsewhere; and has furnished data of peculiar value.

A cursory glance at but a part of Dr. Sargent's work will clearly demonstrate its aim and extensive range in this field:

1. "A Swimming-bath." *Harvard Register*, January, 1881. 2. *Hand-book of Developing Exercises.* Boston, 1882. 3. "Health and Strength Papers." *Wide Awake.* C.Y.F.R.U. Supplement, 1882–83. 4. "Physical Education in Colleges." *North American Review*, February, 1883. 5. "The Exercise Suitable for a Minister's Life." Abstract. *Christian Register*, March 15, 1883. 6. *In Case of Accident.* Boston, 1884. 16mo, pp. 125. 7. "The Care of the Body." *Christian Union*, February 7, 1884. 8. "Physical Training." Public Health Reports and Papers, American Publishing Health Association, pp. ix., 116. 9. "Physical Training in Homes and Training Schools." *Journal of Social Science*, May, 1884. 10. "Hints on Exercise." *Congregationalist*, October 16, 1884. 11. "The Evils of the Professional Tendency of Modern Athletics." *Journal of Social Science*, June, 1885. 12. "Physico-moral Education." *Christian Advocate*, August 13, 1885. 13. "Practical Talks on the Theories and Principles of Physical Training." Delivered before the Boston Young Men's Christian Union, 1882–85. 14. "The Effect of Military Drill on Boys." Boston *Medical and Surgical Journal*, September 16, 1886. 15. "The Physical Proportions of the Typical Man." *Scribner's Magazine*, July, 1887. 16. "The Physical Characteristics of the Athlete." *Scribner's Magazine*, November, 1887. 17. *Anthropometric Apparatus, with Directions for Measuring and Testing the Principal Phys-*

ical Characteristics of the Human Body. Cambridge, 1887. 4to. 18. *The Physical Development of Women.* Cambridge, 1889. V., 172–185. Illustrated. 19. *Hand-book of Developing Exercises.* Cambridge, 1889, pp. 77. 20. *The Influence of Gymnasium Exercises on the Health of Students at Harvard.* Cambridge, October, 1886. 21. "The System of Physical Training at the Hemenway Gymnasium." Read before the Conference on Physical Training in Boston, November, 1889. 22. *The Observations Necessary in Making a Physical Test of a Man.* Boston, April, 1890. 23. "The Gymnasium of a Great University." *The Cosmopolitan,* May, 1890. 24. "Is the Teaching of Physical Training a Trade or Profession?" Proceedings of the American Association Advocating Physical Education, Sixth Annual Meeting, Boston, April 3–4, 1891, pp. 6–19. 25. "College Athletics and Heart Disease. Does the Practice of Athletics Tend to Produce Heart Disease?" *Educational Review,* December, 1891. 26. "Regulation and Management of Athletic Sports." Proceedings of the American Association Advocating Physical Education, Seventh Annual Meeting, Philadelphia, April, 1892. 27. "Report on the Physical Development of John L. Sullivan." New York *Herald,* August 21, 1892. 28. Anthropometric Charts for Different Ages, Male and Female, Ranging from Ten to Twenty-six Years of Age, 1893. 29. *The Game of Battle-ball,* 1894. 30. "Physical State of the American People," in *The United States of America.* Vol. II., p. 452. 31. "An Educational Experiment." *Harvard Graduates' Magazine,* December, 1894. 32. "Dwarfs, Giants, and the Average Man." *Youth's Companion Series,* 1895. 33. "The Harvard Summer School of Physical Training." Boston *Medical and Surgical Journal,* February 20, 1896. 34. "Military Drill in the Public Schools." Report of American National Educational Association, 1896. 35. "The American Game of Basket-ball." *The Independent,* July, 1896. 36. "Exercise and Longevity." *North American Review,* 1897.

And Massachusetts has many other good teachers. Famous old Dr. Hitchcock, of Amherst, dear to every son of that well-known seat of learning—the Nestor of American gymnastics; of whom Mr. Beecher wrote so affectionately in this very field as follows:

"BROOKLYN, N. Y., *June* 13, 1879.
"124 *Columbia Heights.*

"DEAR SIR,—Thanks for your book. On *every* ground the subject of wh you treat is of *great* importance. VIGOROUS HEALTH has much to do with good order in household and in society, with sound morality, with general happiness. It is in vain to expect universal civilization or religion, until RATIONAL LAWS are known and observed, by which men come into life with sound bodies, and learn early how to keep them in health. *One whole half* of the force of human life is *squandered* by reason of weakness and sickness. It is a matter for educators, for moralists, and for economists to study, as *fundamental to the prosperity of society.*

"Your book is timely. Its large circulation cannot fail to be of great public benefit. I am a good deal surprised that you do not even mention Amherst College tho. there and almost ONLY there of all colleges the system of gymnastic exercises is a part of daily drill and obligatory as really as the Classics of Sciences.* Under Professor Hitchcock the physical health of men is made of as much importance as their moral and intellectual health. Every year the tabular statistics are published and some of the most remarkable results ever known are recorded of this course which has run for more than fifteen years. You have left out the one college that not only confirms your reasoning, but whose example and practice would constitute for you an argument more stringent and effectual than any in your able book.

"Before a second edition is published I hope you will visit Amherst, see Professor Hitchcock, get from him the Record of Results. They will delight your soul.

"Very truly yours,

"HENRY WARD BEECHER."

Dr. Hartwell at Boston; and at Springfield, the Training School for Christian Workers — an excellent Normal College in this field—turning out men of character; and of brains and bodies *alike* educated; has long proved its fitness to teach legions of others.

* As Amherst had her page in that book it must have escaped his attention.

But for a third of a century, there has been at work, in that same Massachusetts, a man hardly yet showing silver in his hair; one not so favored with facility for scientific research, and what books may teach; but who, in actual practice right upon the battle-field, in the thick of the struggle, side by side, and shoulder to shoulder with his pupil, has put his whole heart and soul into *making that pupil get all the good he could do him.* You can *feel* the touch of a man like that. He gets, and rightly, a mighty *hold* upon you; for you see that he is indeed *your friend;* striving to do you good, as surely as did the great Founder of our religion whom he reveres. Would you like to look at him? Well he is not so big. Or rather he is a big little man. Five feet six only; but forty-three full inches about the chest—enormous for that height; fifteen at the flexed arm; fifteen at the calf; and twenty-four at the thigh. Of what material? Well, what do you suppose he used to lift? A horse? Yes, practically two of them; 2200 pounds at least of dead weight. Almost a long ton. And if you would like to see him, you can do so upon the cover of this little book. A rare model indeed. An object-lesson. No wonder the artists make him stand; and Dr. Bowditch, and Dr. Dwight, and others who know a rare man, never tired of studying him. A statuette of him in each gymnasium and gallery of art would be eloquent of the best type of nineteenth century physical manhood. Read here some of Mr. Roberts's sayings and doings; gleaned from ripe experience, the only field that could bear such golden grain:

Throat, lung, heart and eye doctors urge their patients to take moderate daily exercise.

Thinkers to do their best work should be TEMPERATE.

Too much food, too much exercise, and too much education are among the worst foes of the memory.

Fat persons should eat less, drink less, sleep less, work harder, and they will soon weigh less.

The heart is a big muscle ; and its health and strength of action depend much on its moderate use.

Fatty degeneration of the heart is often caused by eating rich and starchy foods ; by alcoholic drinks, and by neglect of moderate daily exercise. The heart, like the rest of the system, grows weak and flabby for want of use. A sudden call is made upon one in time of danger to exert his physical strength, the heart is weak, it stops. Another man dies before his time because he neglected to strengthen his heart by moderate exercise.

The best medical authorities tell us that heart disease would not claim so many victims if it was kept strong by moderate exercise. Straining muscular exercise ; over use of stimulants, sensualism, laziness, and gluttony develop many fatal heart troubles.

Mountain-climbing, going up-stairs, the stationary runs, and the class run, with arm-expressions, will strengthen the heart and deepen the breathing.

Don't always be guided by your feelings in the matter of exercise ; for when one feels like taking exercise the least, that is just the time he generally needs to take it the most.

No kind of manual labor develops the body equally. This is why all need gymnasium work.

Nervous persons should do all their exercises slowly. Not in the quick and jerky manner that they generally do them.

Very little exercise will keep one in a good physical condition after he once gets there.

Wearing wide-soled and low-heeled foot-wear ; and pressing hard on the toes on the end of each stride (like a tragedian's slow walk), will greatly aid in enlarging the legs.

Walking on the tiptoes morning and night, while dressing and undressing, uses the legs mightily. You just try it. Parts grow by use.

The quickest way to develop the legs is to wear proper foot-gear, and do a great amount of moderately slow running on tip-toes.

Walking on the heels will develop the shin muscles, that feel

the strain so quickly in fast walking. Also raise sharply on heels. Bathing the legs in cold salt-water after vigorously using them, then rubbing them hard, aids in increasing their size.

Violent exercise that strains the body, or of a kind that is short in duration, like quick, short runs, will do more harm than good; affecting heart, lungs, and groins.

Rheumatism is due to over-abundance of lactic acid in blood; when the skin acts badly, its twinges are felt. Plain food, exercise, and tepid bathing is the remedy.

Lactic acid is eliminated only from the kidneys and skin; hence when the skin from neglect of exercise and bathing acts poorly, this acid gathers in body; result rheumatism.

Persons with weak lungs should bathe regularly; as the skin helps these organs in the thorough performance of their vital functions.

Mechanically a dirty skin hinders the passage of noxious elements from within; and the admission of salubrious elements from without; actually dirt stops up the sewers of the skin.

Vitally an inactive skin throws extra work upon the lungs and kidneys; and if it does not disease these organs; it will wear them out prematurely. Bathing corrects this.

The kidneys or lungs, acting as vicarious organs of elimination for the pores of a neglected skin, are liable to become diseased; and thus cause kidney or consumptive trouble.

Sponge-baths, in health should be neither cold nor hot; not chilling skin by one or relaxing it by the other; water to be little lower in temperature than body.

Excessive use of muscle weakens brain; exclusive use of mind waste muscle; in either case the oil of life works a part of the body, which is wrong.

The rule for health of mind and body lies in a temperate use of all parts of our organization over which the will-power has control. This gives symmetrical proportions.

The organ most misused is the one through which death begins its work. Take care that brains, lungs, skin, stomach, kidneys and muscles have only their own work to do.

When muscles are overworked, their action becomes tremulous; they waste; their substance becomes rheumatic; and generally result in bringing on untimely decay.

When you cannot take a bath, a short vigorous towelling of the

whole body will promote in a strong manner its activity, and its ability to resist cold.

Very cold baths shock the system, and only react in those that are robust; hence should only be used in emergencies. For general use the tepid is best.

Symptoms of overwork, loss of weight, appetite, sleep, vim in performing your work, irritability, and restlessness are hard to overcome, and craving for stimulation is a constant feeling.

Constipation is a curse to the life of many men and of still more women. It can be slowly but naturally cured by drinking two or three glasses of pure, cool, uniced water at a half-way between meals; and eating coarse grains, fruits and green vegetables at meals.

It will assist matters if one dresses loosely, breathes deeply, and takes much out-of-door walking. Do the walking regularly; and at regular hours; and practise the deep breathing while walking. Do not walk more than five to seven miles a day. If you are a bicyclist, ride with the seat low for a few miles each day.

Practise the lie-abed exercise: Rise to a sitting position a dozen times or so; then lie down and with the knees bent take half a dozen deep, slow inspirations. Alternate these two exercises several times. "You are out of form; you are too fat or too thin," can never be said of the person who exercises hygienically every day. You are suffering from insomnia, nervous prostration, obesity, fatty degeneration of the heart, rheumatism, kidney or stomach trouble, just because you do not take the home dumb-bell drill or its equivalent; and a graded sponge-bath each day. Every week or so patients who are suffering from one or more of the above-named troubles are sent to us by some of the best physicians of Boston and surrounding towns. The patients receive individual attention, and massage-treatment as a rule; and are all given the light, slow kind of work at first. The "home bell-drill" done properly is a type of the class of in-door physical exercise which should be largely used by this class of patients. Join some Y. M. C. A. gymnasium, and you will learn how to get well; or if you are already well, how to keep so. The ounce of prevention is worth ten tons of cure. Don't put this matter off by saying, "I feel well enough—I don't need exercise." Yes, you do, just as much as you do eating your daily meals. The break in one's health often comes suddenly without a moment's warning.

ROBERTS'S IDEAL PHYSICAL MEASUREMENTS

The neck, the arms up and the legs, around the calves should measure about the same.

The upper-arms down should measure from 2 to 2½ inches more than the forearm.

The circumference of a shoulder should be about 4 inches more than that of the neck.

The circumference of the shoulders should be about 4 inches more than that of the muscular chest inflated.

The difference between the expanded and unexpanded respiratory chest should be about 4 inches.

The muscular chest expanded should be 8 or 10 inches larger than the smallest natural waist.

The chest width should be about 2½ inches more than the chest depth.

The largest hip measurement should be 4 or 5 inches larger than the smallest natural waist measurement.

The thigh should measure 6 or 7 inches more than the calf.

The neck, arm and leg measurements are never found to fit save when the subject is good at gymnastics, athletics, acrobatics, ground-tumbling, wrestling, rowing, etc.

The neck is always a little the largest; then the legs; and lastly the arms. The ground-tumbler has these measurements; the neck, legs and arms the nearest equal.

The athlete's legs will tend to be larger, while in the gymnast the arms may be larger than the legs.

Length of trunk is some equivalent for circumference; circumference and length seldom go together.

Tall thin men have a large lung capacity.

Length of limb is also some equivalent for circumference.

To get these measurements, thousands of men, nude, have been measured since 1870.

The all-round man who exercises at all kinds of physical exercises and competes but little in any of them; who does his work daily for health and fun's sake, is sure in time to have the most shapely and enduring body. The person who aims to excel in some one thing, rarely has a well-shaped body.

The working towards the attainment of these measurements, even if they are not reached, will cause the blood to circulate through every part of the body; and thus benefit every muscle over which the brain has control.

Not all of us know that deep and forced respirations will keep the entire body in a glow in the coldest weather no matter how thinly one may be clad. A physician declares this to be a fact worth remembering,—He was himself half frozen to death one night; and began taking deep breaths, and keeping the air in his lungs as long as possible. The result was that he was thoroughly comfortable in a few minutes. The deep respirations stimulate the blood current by direct muscular exertion, and cause the entire system to become pervaded with the rapidly generated heat.

Dr. Parkes wisely states that when a group of muscles is exercised too much they will, after growing to a great size, waste away. This does not seem to be the case when they are alternately used.

Art in clothing fosters a decline in physical perfection. Strip adults, and the stream of walking skeletons or clumsy fat objects would disgust you, as would the seeing of a poor sickly skin-and-bone horse.

The blood, by the moderate use of such agents as exercise, plain food, bathing and the full use of fresh air and sunshine and sleep, is raised to a high standard of purity, vigor and strength.

An inactive bodily life weakens the growth, and it is soft and tender and gives disease a strong power over a body that is so weak in its resisting power.

Don't steal for mental power the nerve force requisite for building up blood, bone and muscle. Let up on brain-work, or disease low in grade and difficult to treat will result.

Late hours connected with hard work and the use of stimulants and a rich diet will destroy the tone of the nerves, and bring on an early old age.

Nature's remedies,—can be almost obtained without money; simply use them and they heal and keep; they consist of pure air, exercise, bathing, sunlight, fasting, plain food, loose clothing, and a trusting spirit.

It is conceded that one person, in a close room of ordinary size will poison the air at the rate of a gallon per minute.

The lower part of the chest is always broad, full and deep when

it is not made small by tight clothing, stooping and wrong gymnastic work.

State of mind affects muscular contraction. A person who is cheerful and happy will work more than if he is the reverse.

Food is the fuel and exercise or varied labor the blast that makes it burn. Exercise of the body should be taken alternately with brain building, thus one would be a help to the other.

Exercise does for the body what intellectual training does for the mind; educates and strengthens it.

Persons who take daily exercise till they perspire freely, do not have to be so careful in the matter of exercise as those who neglect exercise.

"I can digest anything I eat, since I joined the gym.! before that everything I ate disagreed with me," is the testimony of very many, after being in the hall of health for a few weeks.

Nothing produces *sweet, dreamless sleep* like proper *exercise.* Nothing will so brace up the *nervous* system. *Insomnia and nervelessness quickly fly away* from him who takes *daily bodily exercise short of fatigue.*

Over physical work will produce insomnia, and nervelessness; but *moderate* exercise will *prevent and cure.* See to it that you take a moderate amount of exercise. Avoid combative work.

People who do not exercise sufficiently have flabby flesh, soft and sickly muscles; and their bones are dry as chalk, and are easily broken in a fall; on the other hand, if sufficient exercise is taken, the bones are full of sap, and have a spring or flexibility that will resist a fracture. Such a person is generally safe against disease.

We live in the middle third of the body.

Don't worry; it interferes with the healthful action of the stomach.

Many persons breathe little air at each respiration, and that rapidly. This is especially true of those suffering from pulmonary disease. The first symptom of this disease being a reduction of the breathing capacity. Breathe deeply of God's fresh air, and keep your health, those of you who are well; and for those who are sick there is nothing like light exercise; and out and in-door deep breathing exercise, to bring you back into the ranks of the well and strong. Here is a passage from Dr. Austin Flint's *Practice of Medicine:* "I would rank exercise and an out-of-door life far above any known remedies for the cure of disease." Persons of an excitable

temperament, or those who are in delicate health, should never take exciting kinds of exercise after eight o'clock in the evening. Complaints have come from this class of persons stating that, after spending a very pleasant evening in the gymnasium, they could not sleep for at least a couple of hours after going to bed. If they will follow this hint and drink a glass of warm milk and water, and eat a slice of cold bread and butter (the bread should be Graham, and at least two hours old), they will go to the land of Nod as soon as their head strikes the pillow.

Thin delicate persons will increase in weight and strength by taking light exercise daily, short of fatigue, and a two-minute tepid sponge-bath, followed by a ten-minutes rub-down with a coarse towel.

Every one needs regular daily physical, out-of-door exercise. If they neglect it, they will shorten their lives by many years. Persons who live three or four miles out of town, and who sit down in-doors most of the time during the day, should walk to their business every morning, or if able buy a bike and ride both ways. Try and spend two hours of every day out-of-doors, taking some moderate exercise; and it will add years to your life.

He who has good health is young, whatever his age may be.

Fat measures the disproportion between our diet and exercise.

The upper part of the left lung is the first part that consumption attacks.

We cannot build up the body if we drain its powers by excesses of any kind. Exercise is one of the best means to enable a young man to lead a chaste life, for it uses up some of his surplus vitality.

If one will moderately exercise, he will do better mental work in shorter time. Mental health depends upon physical health; and physical health depends upon the liver, and the state of the liver depends upon bodily exercise.

It will not take long to see that in his pet field—*Hygienic body-building*—Mr. Roberts has scarcely a peer. Formerly a *heavy*-weight-handler; and fond of *heavy* gymnastics; from long observation and experience, he has become satisfied that light work, most of it *without any* apparatus, is the *true* field for safe and rational body-building. No other man in America, alone with

empty room, could quicker tell where your body needed filling out, *and just how to do it;* and to round you into a well-built, strong and vigorous man, easy and handy of movement, and liable to last.

For years he has held the responsible position of Physical Director of the Young Men's Christian Association of Boston. But it is time that men like him and Sargent were taken from their restricted position, and put where they can do the most good. The *public* ought to have their best years. The State will be fortunate indeed which will make these two men its Commissioners of Physical Education. Then, not the thirty-three hundred men at Harvard; or a third as many at that Association; but the *four hundred thousand* children in *all* Massachusetts; or the hundreds of thousands in any other of our brightest and most forward States, which secures their services; will have the satisfaction of knowing that, at last, one of the best-known systems of sensible bodily education for children and youth, has been supplied to their State.

Join Sandow with them if you like; for who in all the world to-day has found out how to get strong and how to stay so better than this modest young Prussian? At ten, his picture and the proofs show that he was no stronger than five boys out of any fifty of his age in any of our schools; indeed he is said to have been naturally rather delicate. Not out of strong stock; his father a jeweller—the last employment to call for muscular effort—of medium height only, and *small* bones; he has yet hit upon a way of getting strong, which ranks him among the wonders of his time.* Going about doing

* Dr. Sargent says of Sandow—"That his *skeleton* is *not* large, but that his *muscles* are of *extraordinary* size, and their fibres un-

feats of strength widens Sandow's fame, and fills his pocket.

But *it does not begin to do the good in the world which he might be doing.* Harness him with these other two.

usually numerous. That his back arms and deltoids as well as his back, are marvellously developed, that his thighs are tremendous. That he is very *quick* of movement, for strong men are inclined to be slow. That his body is quite long, and his arms and legs short for his height. That he is peculiar in breathing the tops of his lungs full before he does the lower parts of them; which, he says, is the correct way. That he is the most wonderful man physically he ever saw; strong, active and graceful. That his behavior during the searching examination was admirable; and that he is evidently a gentleman. That he has considerable knowledge of anatomy; calling the various muscles by their proper names; that he shall be glad to have him come and lecture before the students of Harvard; that it will be a great treat for them to see a man of his physical development; and will doubtless act as a stimulus—as a very strong man always has a host of imitators."

Sandow's height is five feet eight and a half inches; his weight a hundred and eighty pounds; which was especially interesting to the doctor, because these figures were the same which he assigns to the typical athlete; although the muscles on the arms and back were considerably larger than those of the model. Dr. Sargent subjected Sandow to a very large variety of tests, made with the most approved machinery, with most gratifying results. The best idea perhaps of his size, at the various important girths, may be had by comparing him with what would ordinarily be considered a well-built man of his height. Such a one would have a neck, calf and flexed arm measuring not over fifteen inches. A chest expanded of about forty-one inches; a thigh of about twenty-two and a half inches; a waist of about thirty-three inches; and a forearm of about twelve inches. Sandow's forearm is sixteen and a half inches; his flexed arm nineteen and a half inches; his neck eighteen inches; calf eighteen inches; thigh twenty-seven inches; waist twenty-nine inches—only two inches larger than his thigh—chest contracted forty inches; normal forty-seven inches;

Do not ask him to make each boy and girl as strong as he has made himself. But let him show each how to get as much strength and vigor as shall best suit their wants, and fit them for whatever may come in life. *These three men* could lay before a legislative joint-committee plans *for the rebuilding of the coming men and*

EXPANDED SIXTY-ONE INCHES! He regards *wrestling* as "better than any other physical pastime." He says, "*Not a muscle of the body but it catches hold of and improves;* calves, thighs, arms, and back, every little bit of human band and strap is used. And it does one's *wits* good. Patience, nerve, endurance, agility, quickness and coolness are all involved. Of all English games," he says, "I like *football* best. It is magnificent, not only as a muscular exercise; but it involves at every turn mental strength, coolness, quickness and judgment. I saw a football match in Lancashire once, which beat any other athletic display I ever saw. The men were so bold, swift, skilful and cool.

"Nor have I much faith in *gymnastics* as they are *usually* taught. *They don't bring out the muscles one uses in every-day life.* Parallel bars, and much of the apparatus of training, I have found of *little* use. My faith is pinned to *dumb-bells;* and I do all my training with their aid, supplemented by weight lifting. *By the constant use of dumb-bells, any man of average strength can bring his muscles to the highest possible development;* but he should of course know my system, which has been adopted after much careful and scientific study, and has had the approval of the military authorities of Britain, and in the training-schools for the army. If I had a boy, I would start him with *half*-pound dumb-bells when he was *two* years old—and then gradually increase the weight with his years. My idea is that boys of *ten to twelve* should have *three*-pound dumb-bells; from twelve to fifteen *four*-pound—and from *fifteen upwards* I consider *five*-pound dumb-bells quite sufficient for any one. But there is little use, and only a waste of time in exercising with dumb-bells by *fits* and *starts.* They should be used *persistently* and *systematically.* It should *be compulsory in all schools* for boys to have regular training with dumb-bells; and *if this were universal, there would soon be a most beneficial change in the physique of the rising generation.*"

women of a State—indeed of a nation. If it is a good thing to test each heart and pair of lungs, and nervous system in a university; *why not also do the same for all our children in all our schools?* These men could readily tell any local physician just what they wished him to examine and report. The weights, heights, and chief measurements could also be recorded. And they would soon devise a series of graded exercises which, if practised right in every school-room, in all weathers, *without any* apparatus; and taking but a few minutes a day; yet with windows open; minds refreshed; and blood sent coursing through every artery and vein; every brain and nerve in all the school would be the better for the pleasant diversion. And one good step would be taken towards a vigorous future for each one of the children.

And suppose that these veteran teachers should require all scholars to *sing* under the most judicious guidance; and with the best light they could get; taking care, as in all teaching, *never to over-do;* but aiming to give each child *strong, healthy, vigorous capacious lungs;* and a good idea how to *use* them. One writer says:

"Singing an Aid to Health.—The time will soon come when singing will be regarded as one of the great helps to physicians in lung diseases, more especially in their incipient state. Almost every branch of gymnastics is employed in one way or another by the doctors, but the simple and natural function of singing has not yet received its full meed of attention. In Italy some years ago statistics were taken which proved that the *vocal artists were especially long lived and healthy*, under normal circumstances, while of the brass instrumentalists it was discovered that consumption never claimed a victim among them. *Those who have a tendency towards consumption should take easy vocal exercises, no matter how thin and weak their voices may seem to be.* They will find a result

at times, *far surpassing any relief afforded by medicine. Vocal practice, in moderation, is the best system of general gymnastics that can be imagined;* many muscles being brought into play that would scarcely be suspected of action in connection with so simple a matter as tone production. Therefore, apart from all art considerations, merely as a matter of *health*, one can earnestly say to the healthy, 'Sing! that you may remain so'; and to the weakly, '*Sing that you may become strong.*'"

An eminent authority on the physiology of the vocal organs, Dr. Lennox Browne remarks—in "Voice, Song and Speech"—that "respiratory exercises and subsequently lessons in reading, reciting, and singing, are oftentimes *of the greatest use in strengthening a weak chest,* and *indeed it is not too much to say,* IN ARRESTING CONSUMPTION."

Practised as singing fortunately is in many schools; in many more it is unknown. What inestimable benefit wise training would result in this field for even a *few* minutes a day! Many a good voice would be found which is now unknown. And at last our children would know by heart the soul-stirring *National* airs—more potent cultivators of a patriotic spirit, and one that will never die, than perhaps any other one known thing. Not half rich enough in these airs yet;—not approaching Scotland for instance; we can piece-out, if need be, with the "Watch on the Rhine," and inspiring melodies, from other lands which will aid in the good work till our own supply catches up. If every child in the State had had a year of bodily education for even half an hour a day by teachers, supervised by men so fit for the work as these three; the benefit to them would be felt all their lives. Indeed *it would be the saving* of *not a few* of those *lives.*

A simple manual of exercises in-doors,—which they

could so well make,—could tell the further steps which progress demanded. But if a child is sound; if nothing ails heart, nerves, or lungs; why should not *every* boy and girl be a *fair* runner? Rightly used, no exercise is fitter to bring good legs and lungs; ease and grace of carriage; true vigor and endurance. A little cinder-path around each school-house, as large as the ground would allow; simple, inexpensive, sensible, is all that would be needed. Poorly off in playground as are most of schools, they could manage that little bit. Any easy old shoes would do. But an erect carriage ever; right breathing; a correct step; and a knowledge of how to distribute one's strength so that it would last; care never to overdo; and knowing what is best after leaving off;—these and a few other simple matters would be welcomed by the scholars; would scatter many a headache; and when at length they found their strength and stay had greatly increased, they would be delighted as well.

It is as easy to run as to walk, when you once know how to, if you are in fair condition. In the go-as-you-please races years ago, in Madison Square Garden in New York City, little Charlie Rowell, an Englishman, in one of the six days of never-ceasing effort, *ran twenty miles without stopping;* and covered that day in all, walking and running, one hundred and fifty miles! And it did not seem to hurt him a bit. He said that he had learned to run, by trotting upon the banks of the Isis, beside the Cambridge crews, when in practice. And it was said that he *could tire out a greyhound in a day.* This excessive work we do *not* want. But *moderate daily running, all the year round,* would do *more* for the lungs; and for the health, strength, and stamina of the children of this land *than any one thing they ever did.* Many of them are from stock which has *run down;* parents and

grandparents alike having been *in-door* people, at *light* employment; and never trained and toughened by persistent *invigorating* work. And it shows in the *small* quantity of blood in each child; and of *poor, pale blood* at that.

And there is another matter of importance here. These famous teachers, Maclaren, Sargent, Roberts, Hitchcock, Richards and Anderson, Seaver,—Sandow—and many others who have done good work have gone in for using the larger muscles, and at heavy work. Take for instance, "dips," a word laymen may not understand, but which all gymnasts know. Place two chairs two feet or a little less apart, and back to back. Stand between them with one hand on the back of each, gradually bend your elbows, and with your feet off the floor lower yourself till your elbows will bend no more. Now steadily rise—your feet all the time off the floor—till your arms are straight again. This is a dip.

And this is a "pull-up." With both hands catch hold of any bar or the rung of a ladder about as high above your head as you can reach. Steadily pull up till your chin touches your wrist. In both of these exercises you have lifted your entire weight; the backs of your upper arms doing the chief part of the dip; and the flexors of the arms, and those of the body near them and working with them, doing the lifting in the pull-up. And in work upon the parallel bars; high bar; horizontal bars; suspended rings; the trapeze; in going up poles, ropes, and ladders, with your hands alone—in these and many other exercises, your arms, or rather parts of them, lift about your whole body.

In heavy dumb-bell work, and in weight lifting, you raise far more than your whole body. Nearly all of these exercises are spasmodic—taking but a moment

each—indeed are so violent that no one could do many of them consecutively. While work of this sort makes the muscles which it uses large and strong; it does little or nothing for the unused muscles. Nor does it give the lungs nearly as much, or as protracted, though easier work, as many other gymnastic exercises; or as nearly all sorts of athletic exercises. The work of the runner; the oarsman; the boxer, fencer, wrestler, skater, bicyclist is made up of many vigorous but not violent efforts, lasting over many minutes, with a slight rest after each; while the gymnast and weight-lifter condenses all his strength into one supreme effort. The systems of Delsarte, Ling, and Jahn avoid the hard work of both the gymnast and athlete; going through instead, an extensive system, of many movements, some with, others without apparatus; admirable for the body and limbs; yet none of them violent or likely to be exhausting; indeed often not building up *large* muscles and limbs at all. Others like Dr. Charles Wesley Emerson; Checkley; and Miss Mabel Jenness, a pupil of Emerson's; instead of muscle-building and athletic performance; have aimed chiefly to enlarge the vital box—the house, where heart and lungs and stomach live—and to do this in good part by a variety of breathing and stretching exercises. Checkley, for instance says—

Page 2: That muscle-molding schemes make men die in middle life; that there is more straining than training in many popular systems; that dieting seldom works well in reducing flesh; *that the student so trains at the gymnasium as to hurt his heart in after years; that the average man does not care to be an athlete; that his training will not stay put; that they train from the outside, and forget how to breathe; that it is very necessary to stand properly,* so that it will be easy for the muscles; that we should get health and strength in ordinary activities in life if we obey right laws; *that the lungs can be made large and strong only from the inside—that*

is, by training the lungs themselves; that there is a joint on each rib near the breast-bone, and *the flexible cartilage between is readily developed by exercise;* that breathing is the only effectual way to distend the ribs and cartilage.

Page 37: That the simplest preparatory exercise is full, long breathing. While standing or sitting *slowly fill the lungs;* then hold the breath for a few seconds, then slowly exhale it; *this will soon enlarge* the lungs and make the breathing stronger and slower; that stretching the hands as far sideways as possible broadens the shoulders; that swaying the arms held horizontally twenty times a minute, first one way and then the other, is good for the spine and liver; *that many headaches come from weak neck-muscles*—muscular fatigue being their only cause; that exercise reduces fat in the most direct and effective way; *that half an hour's vigorous exercise a day will take off a pound or more; that fat comes off just where the muscles are active, and most where they are most active;* that muscular exertion centred on the abdomen will entirely remove its fat; that drawing the abdomen in and out without breathing uses these muscles; that active women are just as strong as men; *that corsets keep the back from supporting itself;* that the best support is the strengthening and enlarging of the breast-muscles; that artificial supports make the chest region flabby and unhealthy; *that corsets prevent deep breathing and deform the body, especially clogging the basis of health, a ready circulation of the blood;* that the distended abdomen so shocking to women, and the great increase of flesh on the legs and feet, are often directly due to seizures of the corset; *that few women know the luxury of high-reaching; that it is excellent for both slender and fleshy people;* that ninety-five per cent. of all women suffer from small or *badly shaped-shoes; that breathing is the most important of all features of training;* that we should induce children to take long breaths; make them take a pride in swelling the upper chest and drawing the abdomen in and out while HOLDING the breath; *that the breast-bone of a child is divided into eight pieces, and is so soft that very little training will give a fine swelling chest* to a youngster who otherwise might grow up flat and weak in that region; that tired people shrink from the very exercise they should seek; that to correct a low shoulder, lift and hold it as high as you can several times a day; that stretching the body is very healthful; *that staying-power is directly related to the strength of the lungs; that there can be no en-*

durance in a weak-lunged person; that big lungs are better than a big chest.

Checkley has met with great success with both sexes, a lessening of the waist-girth *by nine inches* being not uncommon among his pupils; and a marked change in their bearing and carriage. Dr. Emerson, of Boston, a clergyman, at one time delicate and feeble, so exercised that he became vigorous and fine-looking as a teacher of both oratory and physical culture. He has won high reputation and done good to many. In reducing weight especially. He says that:

"There is no such thing as a sound mind in an unsound body; that his system comprises about three hundred movements, some of which are repetitions; that it will take a close student about four years of daily study and practice to attain perfection in execution of the movements required by the system. He promises them increasing health and beauty as a reward; that the *primary object is vital supply.* He means exercises which help the body get *nourishment* from food; that this is accomplished *first* by securing the *proper position of the vital organs*; that any exercise when they are not in a proper position is harmful to those organs; that—and this is his fundamental and most important teaching—*the greater the altitude of the vital organs, other things being equal, the greater is their vigor; that the heart beats with a more perfect rhythm when lifted high* in the chest than when it is low; that when the vital organs are *high*, the lungs consume *more* air, the *stomach* PROPERLY *secretes gastric juice;* the *liver secretes bile* from the blood; the alimentary canal is *healthy* in the production of what are called the peristaltic waves; that the moment these vital organs are *lowered* from their normal *altitude, that moment their tone of power is lowered;* that there is no physical defect so general as this—that the vital organs are from one to four inches too low among adults and among children down to the age of five or six years; that before this time the vital organs are high. As the lungs are lifted they throw the shoulders apart and broaden the back as much as they fill the chest; that the first step in curing dyspepsia is to *lift* the vital organs sufficiently high in the body;

that he has never known a case of chronic dyspepsia where the stomach was as high as it ought to be, while at the same time the person had proper nourishment; *that the vital organs are developed by exercising the muscles which surround the vital organs;* that they bring a definite mechanical pressure to bear upon the organs—they seem to be so related to them that one can judge of the condition of a vital organ by the muscles over it; that a person with chronic dyspepsia cannot bear a touch upon the muscles over the stomach; that a deep, full breathing exercises the muscles around the waist and exercises the viscera; that their contents are thus moved and their energy is quickened; *that over ninety per cent. of diseases are caused by derangement of the stomach and liver;* that physical culture should continue through life; that that which produces health produces beauty; that that which produces beauty will produce health; that the arteries can be assisted by any muscular exercise; that, other things being equal, the *slower* the movement for most exercises the greater the result; that jerks are a sign of weakness; that as soon as the stomach and liver are habitually carried at their normal altitude chronic dyspepsia, torpidity of liver, and all diseases consequent upon them *cease;* that consumption commences at the tops of the lungs, where for some time before the air-cells are not properly *filled* during respiration, and so partly collapse and tubercles are deposited; that his exercise for this is taking and holding a full breath, then putting one hand as high as possible and then carrying the arm far back; that bending far over *backward* develops many muscles, equalizes the circulation of the blood through all parts of the body and gives staying-power, roundness, fulness, and symmetry; that the nervous, anxious person seldom eats as much as is good for him, while one of more vital tendencies is liable under favorable conditions to eat too much; that the quantity of food should be regulated somewhat according to the amount of exercise taken; that chocolate and cocoa are harmless mixtures; that tea is less harmful than coffee; that the suffering that comes from coffee as a beverage can hardly be estimated; that cold drinks should never be taken with meals, nor within half an hour before or after eating. And in this connection Finck well says: Winckelmann remarks that among the ancient Greeks "A proudly arched chest was regarded as a universal attribute of beauty in male figures. The father of the poets describes Neptune with

such a chest and Agamemnon as resembling him; and such a one Anacreon desired to see in the image of the youth whom he loved. 'A prominent, ARCHED chest,' says Professor Kollmann, 'is an infallible sign of a vigorous, HEALTHY skeleton; whereas a narrow, FLAT, and, still more, a bent thorax is a physical index of bodily weakness and inherited decrepitude.'"—*Romantic Love and Personal Beauty*, p. 97.

Dr. Emerson's exercises, like Checkley's, call for no apparatus, yet are so efficacious that we saw one man the head of a large high-school who, at twenty-four, hollow-cheeked and dyspeptic, weighed but 133 pounds; yet by twenty-eight weighed 175 pounds, and—a five-foot-eight man—he had a magnificent figure also. But he worked at the Emerson exercises *two hours a day* to get this—two hours profitably spent for him.

Miss Jenness has dedicated her book upon Comprehensive Physical Culture to Dr. Emerson, and among the valuable suggestions with which it abounds she says:

Page 198: "In sitting it is necessary to hold the chest up; to guard against *bending forward* at the waist line, for this contracts the chest, cramps the lungs and stomach; and often *produces* dyspepsia.

"In sitting, if one wishes to bend, the movement should be from the hips; but never from the waist; that the knees should never be crossed; for this position, besides being inelegant and ungraceful *often leads to paralysis*, by diverting the blood from the leg through pressure; one may cross the ankles with propriety, and incur no serious results; that the one rule to be observed by the woman who seeks to be healthy and graceful is to keep the chest active; that it should *never* be relaxed; that holding this part of the body constantly erect gives real poise to the carriage and strength to the muscles; that a fine bearing is of great advantage; for it has a moral significance which people instinctively recognize and respect; that the person who comes before us with chest raised and head erect inspires confidence; that other things being equal the person who elevates the chest constantly is more self-respecting than the one who habitually depresses it."

Thus it will be seen that there are various methods of body-building; yet all with good results. But instead of confining the education of the body to developing the muscles chiefly, and paying little attention to the vital organs; or to developing great vital power and giving the muscles little or no serious play; combining BOTH METHODS will make a stronger person than the use of either one alone. Not often has any one had large experience in both. But the dropping of his old very heavy-lifting and weight work, and devoting himself for years to a great variety of exercises which tell directly in both fields, peculiarly fit Roberts for this work of building up the bodies of children and youth, indeed also those of persons of almost every age.

Physical education ought to be made compulsory in every school in this land. Have it directly under the eye and guidance of the teacher; and have that teacher know that, at the quarterly or semi-annual examinations, reasonable progress will be expected in this department, *just as certainly as in any other;* and if he is not up to his work, that some one who is will be put in his place. Then that progress will surely come. It *has* come already, where the means have been understood and used; as witness Maclaren and others abroad, and a hundred here; *and it brings such a benefit to the pupil that no pains should be spared to insure it.*

Is it not as important to have good health and strength as to figure or write correctly; to read the Æneids or Homer; to pick up a smattering of French or German? Who is the more likely, if his life be in-doors and sedentary, not to live half his days—he who has never learned to build and strengthen his body; and keep it regulated and healthy; and to know the value of that health; or he who has learned these things *and has done them?*

There is nothing difficult in the work of strengthening the weak; making the somewhat crooked straight; of symmetrizing the partially developed; indeed, on the other hand, when once understood it is simple, inexpensive, and easy. More than all this, it is a work which the teacher will find that almost every scholar will take hold of, not, as in many other branches, with reluctance, but with alacrity; and it is always pleasant teaching those who are eager to learn.

But a little time each day is needed; never over half an hour of actual work in-doors, and an hour out-of-doors. Suppose a teacher has forty pupils; and that thirty of them have either weak or indifferent chests. Let her form a chest-class out of the thirty, and, for ten minutes a day, let them practise exercises aimed exclusively to enlarge and develop the chest. Some of such exercises will be pointed out on page 201. Begin very gradually, so mildly that the weakest chest there shall have no ache or pain from the exercise. For the first week do that same work, and that much of it daily, and no more; but do it carefully, and do not miss a stroke. Let this exercise come at the appointed hour, as certainly as any other study. The second week make the work a trifle harder, or longer, or both. In this, and in every exercise, insist *always* on an erect carriage of the head and neck; and frequently point out their value. Insist, further, on the pupil's *always* inhaling as large, and full, and slow breaths as he can; seeing to it that every air-cell is brought into vigorous play. Show them the mistake and risk of getting hold of heavier apparatus; or trying more difficult exercise in the same direction, before the muscles are trained to take it. Overdoing is not only useless, and sure to bring stiffness and aches; but it is in it that any danger lies; never in light

and simple work, adapted to the pupil's present strength, and done under the teacher's eye; or in heavier work after he has been trained gradually up to it.

As will be shown in a later chapter, there is a wide variety of exercises which could be practised in a school-room, which do not need one cent's worth of apparatus. They simply need to be known, and then faithfully practised; and gratifying results are sure.

Look at the next ten children you meet, and say if three of them are well built, strong and hearty; *clear-skinned,* lustrous-eyed, quick and sure of movement; rich with life and vigor; and in *every* way satisfying in build and action. You would not buy a horse that did not embody these qualities. *Is not your child almost as important as your horse?* And there are many *special* cases. You will find them in every school-room in America; poor, half-built—no, not even *quarter*-built children; with *thin* legs; *thinner* arms; *slim* necks; with every chest-chamber too small; *pallid* faces; a *weak* walk; and run—they can scarcely run a *block*—and they look ready to *faint* if they try it. Weak and timid all the time; living—well, they *exist*—but do not *live.* Yet each such child is just as dear to *its* parents as *yours* are to *you.* If these can be raised; and not only raised; but built up *just where they need it;* and can be at length brought *to a lusty, splendid manhood,* ready for *anything;* will not *he* be a friend indeed who does *that* for such a boy? *Saving his very life even;* and with his unusual brain—for such boys often have *uncommon* brain-power, once it is decently nourished with ruddy, life-bearing blood—fitting him perhaps for high-class work, of vast help to his fellows far on through a long and valuable life.

But can this be done? It *can* be; and *has* been;

and *is* being done all the time. Daniel Webster said: "*At nineteen I was tall, pale, slender, and all eyes.*" Well, *he* built up into quite a man, did he not? We will get a few details later on; also of one Caius Julius Cæsar; and of one Marcus Tullius Cicero.

In recent days of Rev. Dr. John A. Broadus—one of the most celebrated Baptist ministers in America, a scholar and a nobleman, the most popular man in Louisville; an evangelist in General Lee's army; one writer says:

"Dr. Broadus never had a strong physique. A year after he began his work in the seminary *his health broke down completely*, and he was forced to give up for a while. In fact his physicians notified him that he could *never* do brain work any more, *but must satisfy himself with some light employment*, as a clerk or copyist. *But the spirit was strong enough to manage the body.* By diligent care of himself, *and by heroic physical training, he was enabled to extend a life of almost incessant toil nigh to the limit of threescore and ten;* and was permitted to live and serve his countrymen long after his more stalwart companions had passed away.

"Physical exercise was to Dr. Broadus a *necessity;* and next to riding horseback, walking was his favorite mode of exercise. He sometimes took *gymnastics*, and always recommended athletic sports to his students. While at the University of Virginia he placed himself for a session under the direction of a foreigner who taught gymnastics. From this training he received *remarkable* benefit, *his average in all-round physical development*, according to the measurements of his teacher having been *exactly doubled* in one session of regular drill. In later life his opportunities for riding and driving were infrequent; and so he took a long walk almost every day. For several years it has been my privilege to accompany Dr. Broadus quite often on his 'constitutionals.' And *what* a privilege it has been! In elbow-touch *with the greatest man I have ever known*, I have spent many happy hours roaming over the city of Louisville. We had several four-mile beats."

The following closing paragraph of one letter tells its own story:

"But I desire to bear tribute to Dr. Broadus specially as a friend. He was beloved and welcomed in our home. Our social relations, which were delightful, continued through many years to the close of his life. Our children knew and loved him from the earliest recollection, and came to cherish for him, in common with all the members of our household, the profoundest respect and veneration. With all his great qualities of mind and heart, Dr. Broadus was a Christian gentleman of the highest type; charming and beautiful in his character as guest and friend. While we lament the irreparable public loss; his death comes to our home as a personal bereavement.

"Sincerely yours,

"JOHN D. ROCKEFELLER.

"NEW YORK, *April* 1, 1895."

These men, and others like them, each faced and dealt with their own situation, *with such light as they had;* driven by a man's sturdy will. But they did *not,* in this line, *approach in knowledge* to *these three masters of the art of body-building;* who have given their whole lives to it; and have found a wealth of knowledge denied to all who have not labored as assiduously in the same field.

No men are more beloved in our land to-day than its physicians. Able, skilful, brave, tireless; *going straight into contagion and danger, from which all others shrink and flee;* allowed no rest, at church; at home; at social gathering; *in bed even;* but hurried mercilessly to duty; *and always going.* It was a high tribute to their nobility, when Ian Maclaren, in his visit here, was told over and over again, in many parts of our land, that when his lion-hearted "Doctor Willum MacLure" risked his life so often to save his patient; loved in that simple Scottish glen as no one else was loved—and who won all *American* hearts too—"*That's just the way* OUR *doctor does!*" What is sweeter to any

true man than the esteem and affection of his fellows? And who gets it like the doctor? And he is *appreciated* more than he is aware of. And it must have been always so, from "Luke, the *beloved* physician," right down to our day.

But, grand as is their work, is there not a *part* of it which they *omit;* yet might easily know; and would often find *of rare value?*

The medical man studies anatomy, physiology, hygiene; materia-medica, chemistry; surgery; obstetrics and other branches. But *where* do they fit him to be a *physical director?* To deal with the weak body; not with medicine; but *with exercise;* in the countless cases where *that* is the *real* need? Galen, who was "Inspector of Gymnastic Exercises at Rome"; Hippocrates, Esculapius could not have known a tithe of what is now known, in the field of *medicine.* It is said that in one of the great Scotch libraries, every medical book, even ten years old, is sent to the cellar, as behind the age; so extensive and ever-widening is the study in this field. But these renowned men yet managed to heal disease, to an extent almost beyond belief save to those who know, from the only true school—*experience*—what sensible *exercise* can do. Doctors are not asked, to be sure, to *prevent* disease; but only to *cure* it.

But every man worthy of the name of physician, wants to know *how* to do *both.* And with such men, the words of one like Dr. Sargent, long familiar with both fields, will have great weight. *Rich indeed will the State be that has such men in charge of the bodies of its children.* They should have ample pay; and their whole time and best energies, given to this great field, *would extend the longevity-tables of the State to an extent passing belief. It would pay the more powerful life insurance compa-*

nies alone to provide for this work; even *one* premium more, upon each insured, would far more than pay for it; and *it would mean many more premiums than one.* Personal supervision of the work in *every* school in the State, *would, in a few years, do more for the health and vigor of the people, and of their posterity, than any other one step ever taken.* And it is really *not much* to do. It is a trifle beside what other States and nations have done for their youth.

"With the Greeks and Romans" [says Salzman] "gymnastic exercises constituted *the principal part of youthful education.* Their objects were heartiness; strength and dexterity of body; elegance of form; courage; presence of mind in danger; and *patriotism* founded thereon. *The appointment of public teachers for this purpose paid by the State;* and the public edifices erected for it in every city of Greece, some of them of vast extent, and singular magnificence; sufficiently prove the high estimation in which gymnastics were held."

If *they* could do all *that;* is it not time that *we* did *a little* of it? We are told by discerning foreigners that we are only a *commercial* and *scholastic* nation; and that such nations *lose their manliness and independence;* and the better qualities which are found in *martial* training. Emerson says, that you get the best man, when you *combine* in one the *soldier* and *civilian.* Mad as a foreign foe, or a bunch of them would be, to try us, upon our own land; if our best heads are statesmen enough to keep us *one* nation; what other step will pay as well as that which makes nearly *every* man and woman, boy and girl, *healthy; strong; enduring;* spirited; and *self-reliant?* It will cost practically *nothing.* But what other investment will yield *such dividends?* The men named are not the only ones. In theirs and in many other States there are others, faithful, capable, experi-

enced, who could render like service. And *they should no longer be hid in a corner;* doing only *one* person good, *where they could benefit five hundred.* Look, for instance, at the work of Yale's able corps—Professor Richards;* Dr. Anderson† and Dr. Seaver;‡ and say why, not Yale alone, but *Connecticut,* should not reap the fruits of their labors? Equip *every* State with such a force. Put ready at their hand the few things they need. Then count the cost at the end of one year; or of three. *The surprise will be, why did we do without this boon so long?*

*Professor Richards well says: "It will be found that athletes in general are beginning to learn that to excellence and success, even in any special kind of exercise, a uniform muscular development contributes quite as much as the training of a few sets of muscles." And he cites President Garfield: "There is no way in which you can get so much out of a man as by training; *not in pieces* but the *whole of him! and the trained men, other things being equal, are to be the masters of the world."*

† Dr. Anderson has written for some of the magazines; has a Manual for College; a work on Terminology and Nomenclature; Teaching Gymnastics, and a capital book on Methods of Teaching; has given illustrated lectures in the South and West, and besides extended experience at Yale University is widely known as Dean of the Department of Physical Education at Chautauqua.

‡ Dr. Seaver is a man of scarcely less experience.

CHAPTER VII

WHAT A GYMNASIUM MIGHT BE AND DO

TWENTY years ago there was hardly a good gymnasium in this country. Now there are *many* good ones, and a few *great* ones. Those of the Manhattan Athletic Club at New York; of Yale University; of Columbia University; of the New York Athletic Club; and of the Chicago Athletic Club being little short of *palatial;* while the pioneer of these finer ones—the Hemenway at Harvard—large as it is, is already *unequal* to its demands; and needs many radical changes. Abundant and excellent apparatus; suitable bathing facilities; ample dressing-room and locker equipment; thorough ventilation; careful watch to keep all appliances in repair; rowing-tanks; boxing, fencing, wrestling, and base-ball rooms; bowling-alleys; and the other appointments which help to make such a place useful and attractive, are ready for all. In some there is a dearth of pictures and casts and statues of the best models of all times; which would aid the student in his work. Every gymnasium—and every school too—should have a *manikin;* so that all could quickly know the size and *location* of each vital organ, and larger muscle; and its part in the bodily economy. Such a place should not only benefit, but should *delight* whoever is able to use it. The entering student especially has long looked forward to it, as one of the chief attractions of his university life. And

most of them need it. For, though President Eliot will not find it so true as formerly, when he said that a majority of those entering Harvard, for instance, had "undeveloped muscles; *a bad carriage;* and an *impaired digestion;* without skill in out-of-door games; and unable to ride, row, swim or shoot"; still the number is *too great;* and will remain so, as long as it is true of even *one,* unless he is disabled. With all these finer houses and better tools, it is doubtful if the proportion of *really* first-class men physically, at any of the Universities, is greater than it was a generation ago. Fifteen-inch upper arms; twelve and a half inch forearms; and forty-five-inch chests are just as rare, relatively to the whole number of students, as they ever were. And this though there are more heavy ones now than then. Long-distance men, in every field of athletics, save cycling, are almost unknown among us. *We can go, but we do not stay.* And no judge, scrutinizing the picked men at an ordinary athletic meet, will say that we are *built* to stay.

At entering the student is usually *inerect;* and needs "setting up" quite as much as the newly arrived "pleb" at West Point. But does he get it? At some places, Yes; at others, No. If from good stock, stronger than the average; and it happens to be a year when there is much interest in athletics; the rowing-men, or the base-ball or football fellows, will be after him. If they capture him, he will get plenty of work—more than enough —*but in one single rut.* If he knows something of the allurements of these sports; and desires to steer clear of them and be a reading man; still not to neglect his body; he is at a loss how to go to work. He finds a house full of apparatus, and does not know how to use it. He sees the boating and ball men hard at it, but on their hob-

bies; and looks about for something else to do. He finds no other class of fellows working with any vim, save those eager to show well as gymnasts. He falls in with these, takes nearly as much work the first day as they do, which is ten times too much for him, quite out of condition as he is. He becomes sore all over for two or three days; has no special ambition, after all, to be a gymnast; and, ten to one, throws up the whole business disgusted.

In the warmer months even the oarsmen and ball-players work out-of-doors; and, except a little brush by the new-comers during the first month or so, he finds the place almost deserted. At the start there was nobody to receive him, place him, and to encourage and invite him on. If naturally persistent, and he sticks to it a while; he gropes about in a desultory way; now trying this and now that; until, neither increasing in size nor strength so fast as he had expected, he prefers to spend his spare hours in more attractive fields; and so drops the gymnasium, as many have done before him.

He has no more given it a fair trial than he would have his chemistry had he treated it in the same way. It is not his fault, for he knew no better. The whole method of bringing up most American boys does almost nothing to fit the average boy for even the simpler work of the gymnasium, let alone its more advanced steps. Often, in the university-gymnasium, you will see fellows actually so weak in the arms that they can hardly get up in the parallel bars, and rest their weight on their hands alone; much less go through them clear to the other end, or climb a rope, or pole, or ladder, hand-over-hand, half-way to the ceiling. It is a suggestive commentary on the way these establishments are conducted

that the men so lamentably deficient are by no means all from the new-comers; but often those who have nearly completed their course.

Yet here is a school which, rightly used, would do the average student more good; and would fit him better for his life's duties, than any other one branch in the whole curriculum.

Some years since a son of a lawyer of national reputation, a highly gifted youth, made a brilliant record at one of our best-known colleges. All who knew him conceded him a distinguished future; and yet he was hardly well out of college when he took away his life. Had there been a reasonable, sensible allowance of *daily* muscular work; had the overtaxed brain been let rest a while; and vigor cultivated in other directions; the rank, the general average, might have been a trifle lower; but an efficient man saved for a long and honorable life. And yet every college has men who are practically following this one's plan; overworking their brains; cutting off both ends of the night; forcing their mental pace; till all but themselves see that they cannot stand it long; and must break down before their real life's race is well begun. However exceptional may be the talents of such a man; does not his course show either dense ignorance of how to take care of himself; or a lack of something which would be worth far more than brilliant talents,—namely, *common-sense?*

Ought there not to be some department in a college designed to bring round mental development, where the authorities would step in and prevent this suicidal course? Oh, but there are such and such *lectures* on health. Yes, and in most instances you might as well try and teach a boy to write by merely talking to him;

taking care all the time that he have no pen or pencil in his hand. It is a matter of surprise that college faculties are not more alive to the defects of the gymnasium, conducted right under their very eyes. In every other branch they require a definite and specific progress during a given time ; an ability to pass successfully periodical examinations, which shall show that progress ; and, if the pupil fails, it tells on his general standing ; and is an element which determines whether he is to remain in college.

But in the gymnasium there is nothing of the sort ; and in many cases the young man need not step into it once during the four years unless he likes. This state of things is partly accounted for by the fact that too many of the professors in our colleges do not know anything about a gymnasium, and what it can do for a man. Indeed, often, if from practical experience they were better up in this knowledge, as well as better acquainted personally with the students, and more interested in doing them good, it would beneficially affect the reputation of their college as a live institution; and their own influence and effectiveness as well.

Often the director himself is not the right sort of man for his place. Either the faculty have no conception of what they need here ; or they effectually drive off the man they ought to have by starving him. Professors' salaries are generally small enough ; but the Director of the gymnasium seldom gets half so much as the poorest paid of his brother professors. Indeed, the latter do not regard him as an equal at all ; and until they do so, with good reason, there is little prospect of improvement in this direction. A doctor as ill up to his work as the average college-gymnasium director would soon be without a patient.

But though there are many skilled directors; at a great gymnasium, with hundreds and even thousands of students, the director *alone cannot* do the work. His is now no task of merely showing teacher and pupil lighter and simpler exercises for daily use, which can be done by all, right upon the school-floor. He has far more advanced work, nothing less than sizing up *each* man; and then patching him out, till he is well rounded; strong all over; easy of action; hearty and enduring. *It is too much to ask the physical director to do all this alone. He should have a corps of efficient assistants,* trained by himself, or other capable teacher; and in every way fit for the work; *and fortunately these are easy to be had.* The present way of raising most American students is for parents to put financial crutches under them; and, to keep them leaning upon these till they are one, or several, years past twenty-one. Self-reliance is the mother of power. *Does this plan breed it?* Is *this* the way to make *strong* men? Is it the way in which the strongest men our land has yet known *were* bred? *Some* of them, Yes. *Most* of them, *No.* Washington, the surveyor, at sixteen earning his doubloon a day from Lord Fairfax; Lincoln, rail-splitter and flat-boatman, supporting himself, and helping to support others before he was twenty-one; Franklin; Clay; Vanderbilt; Chase; Garfield; O'Conor; Edison, and a long and brilliant list of those whom we delight to honor—master-workmen in our country's progress. If, at all of our live, stronger colleges, it was the rule, of the parent, that a student must make either the *first* third of the class; *or help to pay his way* through college; it would be one of the *kindest* acts that could be done to him. There would not be half so much time loafed away, and wasted, in college, as there is now; discussing trifles; or the last football

match or boat-race ; or the coming one ;—*but doing no work in either.*

If *six* hours a day of real study put splendid Miss Fawcett ahead of every man in great Cambridge University ; and she found *two whole hours each* day for hard *athletic work* besides ; just why should not the average student master *his* day's ordinary studies in six hours ? *Door-locked hours,* though, where no one else *could,* upon *any* pretext get into his room ; nor any other *idea* creep into his mind than those of what he was at. This is the way a *real* student is made. This is the way the present Lord Chief Justice of England has reached his lofty eminence. An exact schedule of the real way that each minute of a student's waking-hours is spent, would be a revelation often even more suggestive and startling than Franklin's was of his moral life during one short week. The avenues of work for men who mean to help themselves were never so many as to-day. Every college has a steadily increasing number of such men. If, in the larger ones, say *twenty* fitted themselves to aid the Physical Director ; and, supervised by him, *to lead the classes ;* then led them with the snap and vim that the best football captains of Harvard and Yale ; Pennsylvania and Cornell ; Princeton and Columbia ; lead their men on the field of battle ; they would do valuable service—*easily worth enough to justify their alma-mater in annually receipting their term-bills ;* and once it became known that that college was thoroughly officered in this field, swelling its ranks in a very gratifying manner.

Nor are the gymnasiums of our cities and towns much better off. Of course his own master, the boy or man who comes to use one finds at once the same things wanting as does the student in the college gymnasium.

If he can already raise a heavy dumb-bell over his head with his right hand; he may, and often does, go on increasing his power in this single direction; but in years actually gains little or no size or strength in his other arm, his legs, or any other part of his body. No one stops him, or even gives him an idea of the folly of his course; indeed, no one has the power to do so. Often the place is kept by a man simply to make a living. This secured, his ambition dies. He may be a boxer or an acrobat; or even a fair general gymnast. With a few notable exceptions, we have yet to hear of an instance where the instructor has either devised a plan of class-exercise which has proved attractive; or, in a given time, has brought about a decided increase in size and strength to a majority of his pupils in a specific and needed direction.

College rowing and baseball, while often unquestionably benefiting those who took part in them, have been found to work detrimentally, but in a way, as will be shown in a moment, certainly not expected by the public. The colleges in this country which pay most attention to rowing are Cornell, Yale, Harvard, and Columbia. It is well known that in both Oxford and Cambridge universities the men who row are numbered by hundreds; that over twenty eight-oared crews alone, to say nothing of other classes, are sometimes on the river at once, and that the problem for the "'Varsity" captain is not, as here, to find eight men all fitted for places in the boat, but, out of many fit, to tell which to take. For years the American press has reported the performances of our student oarsmen even oftener and more fully than the English non-sporting papers those of their own oarsmen, so that they have filled a larger space in the public eye. Men naturally thought that

the interest among the students themselves was well-nigh universal, and many fathers expressed misgivings about sending sons to institutions where the regular curriculum seemed a secondary matter, and performance in athletic contests the chief thing.

Yet, strange as it may seem, this whole idea is a mistake. Most of the students do take some interest in these contests, but it goes no farther than talking somewhat about them, and viewing them when they come off, and perhaps betting the amount of their term-bills on them. The number who actually take part, either in the racing or the ball matches, or in trying for any length of time for a place are not ten per cent. of the whole number of students—often not five per cent. of them—and they the very ones who are already strong and need athletic work least—chance in them, is ridiculously small. Indeed the number fit to take part, or rather to do high-class work in them is anything but large. In rowing, for instance, England has preparatory schools which, for half a century, have turned out youngsters for the seven-and-a-half-minute dash on Henley water; who have more than once made the great Oxford, Cambridge, London, and Leander Eights very uneasy before a race; and very uneasy *all through the race* till well *over* the finish-line—until Eton and Radley are as well-known names on that famous course, and wherever the English tongue is spoken, as are those of their senior sisters, by the Cam, the Thames, and the Isis. But *where* are the great *American* preparatory schools? *Our* Etons and Radleys? Did you ever hear of a Boston Latin School *four;* or *eight?* Or of a St. Paul's School one? Or a Hopkinson School, or a Cutler, or a Berkeley? Yet which of all these has not *better* water near by to-day than either Eton or Radley? Yes,

St. Paul has its Halcyon Eight. But what has it ever done? Pulling an oar is almost as manly work for a youngster as pulling at a cigarette; and if any one doubts as to what an *American* eighteen-year-old can do with a pair of spoon-oars—and against all comers, too—if he will inquire at the University of Pennsylvania for a young fellow named Ten Eyck; and will look up his record a little; he will find out. His fine face and figure suggest a pretty promising man—one that the Provost of Pennsylvania's lusty University, and all the men of his great State, may well be proud of. For a nation is. Whether a few years of good, stiff rowing during one's youth unfits him for his life's work, or not; will be seen later on.

And look a minute at the way we manage our rowing.

Surprising as it is that so few students do much of actual contest, it shows that the present system of college athletic contests, so far as it assumes to benefit the students at large, or even a tithe of them, is a failure. There are a few men who devote much time and attention to severe athletics, more than there is any need of, and become skilled and famous at them; and many more do some work; but very many do little or nothing. Better ideas they doubtless have of what is and what is not creditable performance among the athletes; and also as to the progress that can be made in muscular development by direct and steady work. But that progress and that work they have small share in.

For half a century England has had her Henley—at once the school and battle-field of her greatest gentlemen-oarsmen. Yet where is *ours* to-day? With fifty good racing-tracks to her one, which one of ours has even yet a National name? Which gleans the flower of the year's oarsmen, and tells us who they are? We have

various associations,—with migratory tracks; racing this year at one place; the next at another; little noticed; leaving nothing definite, nothing settled; no way of telling how this year's best crew compared with former ones. What satisfaction is there in that, either to the oarsman or to the public? A few times we have sent crews to Henley. But, before they went, had they proved themselves *representative?* Had they won great name *at home?* Did not better crews than they remain here? And are we not losing a valuable opportunity? Why should not *we* have a chosen course, really National; settled; and in all ways fit to test our picked men; and see who could then row down all the rest? We always have good material, if it were only brought together. We have kept our amateur-oars comparatively free from the taint of evil influences; which have done so much, and rightly, to deaden public interest in professional contests; which, were they kept pure, would delight tens of thousands. It is fortunately easy to provide them with a track, where they can row each other to a stand-still. The college-oarsmen of our land come chiefly from Cornell and Yale; Harvard, Columbia, and the University of Pennsylvania; while many of our non-college amateur oarsmen come from the middle and western States. The colleges named are scarce three hundred miles apart; not much over half a day's ride. Such a track should be near a large city, for the comfortable accommodation of all visitors. Philadelphia, Boston, and New York all have water near; where the Henley course, of one mile five hundred and fifty yards, could be duplicated;—indeed in each case with *wider* and *deeper* water—and so fit for more breast-racing. The Schuylkill at Philadelphia is not as straight for the distance as the Henley course; but the curve is not a

serious objection. The Charles at Boston is straight; and would hold three Henleys side by side. And would so need fewer heats; while New York has, upon the Passaic and the Hackensack, within a few minutes' ride of the Metropolis, ample straight reaches, ready for precisely the Henley test—leaving out the inconsiderable element of the current—undisturbed by navigation; and always ready for shell-work. If, in early May each year, and why should not our 'Varsity race be in May? instead of having it come at the end of the year when interfering with examinations and interfered with by them—and by many other things? we had the Diamond Sculls for singles; a race for fours; and another for eights, *always rowed upon the one track;* and a little care taken to get there the best men of the year; it would at once be seen that the winners could *rightly* represent us in England. Care should be had to meet every requirement of the Henley Stewards as to what is an amateur; for as we would go largely as their guests, we surely should regard the rules which our hosts *applied to their own men.* The winners here by May 10th could be rowing on the Thames at Henley by May 20th; ample time before the great battle of July 7th and 8th to get acclimated, and in all ways fit. We have not yet had any such satisfactory contest as that would be, from disregard of these few and simple conditions. *And Henley is all we are likely to ever try much in England;* for the long-distance Putney-to-Mortlake inter-university race is rowed so early, in middle or late March, that its winners will not stay together till our men get over, in July or August, to meet them. Besides, *that* is a private match—*not* an open meeting. But Henley suits *them; and, by a little arrangement, could suit us as well.* And the cordial treatment Yale met at their hands

is but a foretaste of what our really representative men may always look for there. One of our tracks, namely, that upon the Passaic, has this advantage over Henley; that already, upon a railroad-track close beside it, the whole way, *spectators can watch every inch of the racing.* The prizes, and other few things needed, could be readily had. Indeed, a Cornell graduate—Dr. Seaman, of New York City—has already provided a suitable cup, to be rowed for by the eights; and it would be a pleasure to many a man to give the Diamond Sculls, and the other, small but valued trophies. The many rowing-clubs of the great city near by could look to the comfort of competitors; and see that they were ready for the struggle; while the press, ever alert, would see to it that "Honor to whom honor is due," should be the rule in the work done there. And ought not they who—from all the land, had won the right to be our champions abroad; *and there to meet the best men of the most athletic race in the world;*—ought they not to be rightly proud of the opportunity this would give to win fame and public esteem? More than anything else that has yet arisen between our nation and Great Britain—save in the way both nations have dealt with arbitration, and England's course at the outbreak of the Cuban War—have these same friendly trials of speed, and strength, and stay—qualities every Englishman loves—gone far to breed a friendly feeling between the two nations. As we know each other better, that feeling (which Mr. Lehmann has done so much to foster) will steadily grow. What boy has not fought his own brother? But that same brother owns a warm, sure corner in his heart all the same. Our North and South fought, as only brave men could fight. But let any other man, or nation, lay hand on either now; *and he would have both to face,*

—*united as one man.* We fought England once; but we got what we wanted. *And why should any but good feeling exist between us now?* Which *other* nation speaks our tongue? has our blood in its veins? bears our very names? Our young men could not be better trained to know theirs, and to like them, than in fighting these very battles to a finish, right at their own doors—and you have got to fight, when you back up alongside of Leander, and eight of the best men in England. And what clean, splendid fighting it is; no fouling, no coarseness, no brutality; each man a gentleman; each doing his uttermost, not for money; not *alone* for his own name; or for his club's; or for his college's; *but for his nation's*—an ideal test of the best qualities of body, mind, and character of a very unusual man. No wonder, as we shall see upon another page, that England likes to man her Bench with such men. Where better can you learn true fair play than in an open, terrible struggle, in a field where all is fair to all; and only the *best* can win? Who can know what justice is so well as he who has risked even his very life to win it? To whom else is fair play so dear? Who so keen to see the least unfair advantage had by another? No wonder the Henley and Putney records improve with age! And that one of the sweetest things in a man's whole life is to have won on Henley water.

The average, however, at graduation is better in size, strength, health, vigor, endurance, or stamina than it was a generation ago; and is fitter to stand successfully the wear and tear of life's work. But it is not so far ahead of the last generation either; for, in the latter case, more came from farms, and homes where much manual labor was necessary; while now a greater fraction are from the cities; or are the sons of parents whose occupation is mainly sedentary, or of farmers where

machinery and hired help do the heavy work. Yet in that day gymnasiums at the colleges were almost unknown; while now they are becoming general.

Does the gymnasium, then, pay? Yes, like a bath-tub—if used, and used sensibly and systematically; but if not, not. Then, as it is used so little, is it worth having?

Suppose the director on the joining of a pupil, recorded, on a page set apart specially, the age, height, general physical characteristics, weight, girth of calf, thigh, hips, waist, lower chest, upper chest—both at rest and inflated chest capacity;—neck, upper arm—extended and drawn up—and the forearm, hand, and wrist; and care is taken to note the time of day when the measurements were made; also a photograph of the man as he then appeared in exercising costume is sometimes—and should always be—taken. Suppose that outside of the ordinary requirements as to method, decorum, order of using apparatus, and so on, the director refused to take any pupil who would not expressly agree to two things: first, to be at the gymnasium, stripped and ready for work, exactly at such a moment, four days out of the seven; second, to obey implicitly the director's orders, both as to what work he should do, and what omit.

Suppose the director could tell, both from the looks and measurements of the man, where he was physically lacking; and that he so arranged his classes that all whose left hands and arms were weaker than their right had left-handed work only until they were equalized up; that weak thighs, calves, abdominal muscles, chests, and backs had special work given them, bringing the desired parts directly into play, lightly as each needed at first, and then gradually working upward, the stronger parts, meanwhile, being at rest. Suppose this were continued

until, at the end of the year, or often long before it, it is found that one arm is now as strong as the other, that the gain in girth at almost every measurement is nearly or all of an inch, and at some even two or more inches.

Suppose—a more important thing—a series of exercises, aimed directly to enlarge and strengthen the *respiratory* power, were given to all; and every one, also, had a few minutes each day of "setting up"; and other work aimed, not so much to add size and strength, as to make the crooked straight; to point out and insist on a *proper* carriage of the head; the neck; the shoulders; the arms, the whole trunk, and the knees; and to show each pupil what length of step best suited him; and which he ought to take.

Suppose that the director showed that he not only knew *what* to do all through; but *how* to do it; and how to *interest* his pupil in his work, and so promptly won the confidence of those he sought to instruct and benefit. Is there any question that each young man would soon make desirable progress?

What a benefit a gymnasium so conducted would be to any college or university! And yet almost any college, even of limited means, could afford it. Change the plan a little, and make the attendance by all students just as it is in other branches—just as it is at West Point in horseback-practice—*compulsory*. Give the director a salary adequate to secure a first-class man in his calling—not merely an accomplished gymnast, acrobat, boxer, or fencer, but an educated physician, the peer of any of his brother-members of the faculty; fond of his calling; fond of the field before him; thoroughly acquainted with the plainer kinds of gymnastics and of acrobatic work; and a good boxer; an instructor espe-

cially quick in detecting the physical defects in his pupil; in knowing what exercise will cure them; zealous in interesting him, in encouraging him on; what incalculable good he could do! Every student in that college would practically have *to be made over.* Long before the four years, or even one of them, were through, that instructor would have made *all* the men *erect* (as is daily being done with the West Pointer). But his pupils, instead of *being* like the latter, developed simply in those muscles which his business called into play, would each be well developed *all over;* would each be up to what a well-built man of his years and size *ought* to be in the way of strength, and skill, and staying powers, and—a most important thing—would know what he could do, and what he could not; and so would not, as is now every day the case with many, attempt physical efforts long before he was fitted for them.

If he wanted to go into a *contest,* the director would be his best friend; and would point out to him that the only *safe* way to get one's heart and lungs used to the violent action which they must undergo in racing, for instance, especially after the racer gets tired; would be by *gradually* increasing his speed from slow up to the desired pace; instead of, as too often happens, getting up to racing-pace before he is half fit for it.

But he would also show him how *one-sided* it would make him; developing some parts, and letting others remain idle and fall behind in development; and—more important still—how brief and ephemeral was the fame which he was working for; and the risks of overdoing which it entailed.

Let one college in this land graduate each year a class of which *every* man has an erect carriage and mien; has the legs and arms, the back and chest, not of a Hercu-

les, not of a prize racer or fighter; not of a trick-performer or stage-acrobat, but of a hale, comely, strong, and well-proportioned man; and see how well it would pay. An hour a day put in in the right way, and at the right work, will effect all this in far less time than four years. The hardest-reading-man can readily spare the time for it, especially if he must. What! would it take him from the *thin*, cadaverous fellow he too often is, and do all that for *him? Beyond all doubt it would.* Such vigorous work would soon sharpen his appetite; and he would find that, eat all he liked, he could digest it promptly; and would feel all the better for his generous living. The generous living has fed muscles now vigorously used; they have been enlarged and strengthened: the legs, which never used to try to jump a cubit high, even, once in the whole year; now carry their owner safely over a four-rail fence; and perhaps another rail, or even two of them. The lungs, which were scarcely half expanded, now have every air-cell thoroughly filled, for at least one entire hour daily —an excellent thing for weak lungs. Correct positions of standing, sitting, walking, and running, and lying down being now well known and understood; *the lungs get more air into them than formerly*, even when their owner is at rest. Another effect of it all is shown in a decidedly more vigorous circulation; and the consequent exhilaration and buoyancy of spirits, no matter whether the work in hand is mental or physical.

But will not this hour's work *dull* him mentally? It may be proper to digress for a moment and see if it will. Of men who have done just this kind and amount of work, this work aimed at every part of the body, we find no record; simply because, as we have already shown, considerable as the increased interest is in phys-

ical culture and development, this plan of reaching all the parts and being just to all, has scarcely been tried. But abundant proof that some physical exercise will not dull the man, but even brighten him, can be had without difficulty. A moment's reflection will show that a mind ever on the stretch must, like a bow so kept, be the worse for it, and that the strain must be occasionally slacked. There are two ways of slacking it. Both the physician and experience tell us that nothing rests a tired brain like sensible, *physical exercise,* except, of course, *sleep.*

"When in active use," says Mitchell, "the thinking organs *become full of blood;* and, as Dr. Lombard has shown, rise in temperature; while the feet and hands become *cold.* Nature meant that for their work they should be, in the first place, supplied with food; next, that they should have certain intervals of *rest* to rid themselves of the excess of blood accumulated during their periods of activity; and this is to be done by *sleep;* and also by bringing into play the physical machinery of the body, such as the muscles—that is to say, by *exercise,* which flushes the parts engaged in it, and so *depletes* the brain." *

Here, then, some physical exercise will rest his brain, and fit it for more and better work. But this does not necessarily imply so much as is called for in the hour. Happily, however, there is no lack of instances where work, quite as vigorous, though not as well directed, has accompanied mental work of a very high order, and to all appearances has been a help rather than a hinderance. Some of them will be considered presently.

And while the in-door work equalizes the strength,

* *Wear and Tear*, p. 54.

and takes care of the arms and chest; the hour's "constitutional" daily out-of-doors has an especial advantage, in that it insures at least that much out-of-door life and air. Dr. Mitchell says, "When exposure to out-of-door air is associated with a fair share of *physical exertion*, it is an immense safeguard against the ills of anxiety and too much brain-work. I presume that very few of our generals could have gone through with their terrible task if it had not been that they lived in the open air, *and exercised freely*. For these reasons I do not doubt that the effects of our great contest were far more severely felt by the Secretary of War and the late President (Lincoln) than by Grant or Sherman."

There need be little fear, then, that a right use of the gymnasium will overdo. No better safeguard against that could be had than a wise *director*, familiar with the capacities of his pupil, watching him daily, instilling sound principles, and giving him the very work he needs. Under such a tutor a young man who went to college, on receiving his degree, would, if his moral and mental duties were attended to,* be graduated, not with an educated mind alone, but an *educated body* as well; not with merely a bright head, and a body and legs like

* Of course it is folly to talk of building up the body of any boy or man who by any vices, secret or open, is sapping and undermining its very foundations, whether he knows it or not. For all such, no kinder thing could be done than to have them read Rev. Dr. Stahl's admirable little books, *What Every Young Boy Ought to Know*, and *What Every Young Man Ought to Know*. Next to brave Anthony Comstock, who has brought about in many of our States the enactment of a law making it a States-prison offence to show to any one an indecent book, paper, or picture, we do not know of any one who is doing as much good in this important field as this same high-minded editor of the *Lutheran Herald*, published by the Vir Publishing Co., Philadelphia.

a pair of tongs. If the history of brave, independent, earnest, pure men goes for anything, it will be found that as the body was healthy and strong, it has in many a pass in life directly aided moral culture and strength, and has kept the man from defiling that body which was meant to be kept sacred.

CHAPTER VIII

SOME RESULTS OF BRIEF SYSTEMATIC EXERCISE

In a country like ours, where the masses are so intelligent; where so much care is taken to secure what is called a good education; the ignorance as to what can be done to the body by a little systematic physical education is simply marvellous. Few persons seem to be aware that any limb, or any part of it, can be developed from a state of weakness and deficiency to one of fulness, strength, and beauty; and that equal attention to all the limbs, and to the body as well, will work like result throughout. A man spends three or four weeks at the hay and grain harvest, and is surprised at the increased grip of his hands; and the new power of arm and back. He tramps through forests, and paddles up streams and lakes after game; and returns wondering how three or four miles on a level sidewalk could ever have tired him.

An acquaintance of ours, a well-known and able New York journalist, says that he once set out to saw twenty cords of wood. He was a slight, weak youth. He found he had not enough strength or wind to get through one cut of a log—that he had to constantly sit down and rest. People laughed at him; and at his thinking he could go through that mighty pile. But they did not know what was in him; for, sticking gamely to his self-imposed task, he says that in a very

few days he found his stay improving rapidly; that he did not tire half so easily; and, more than that, that there began to come a feeling over him—a most welcome one—*of new strength in his arms and across his chest;* and that, what at first looked almost an impossibility, had now become very possible; *and was before long accomplished.* Now, what he, by his manliness, found was fast doing so much for his arms and chest, was but a sample of what equally steady, systematic work might have done for his *whole* body. Indeed, a later experience of this same gentleman will be in place here; for, following Sargent's plan in a gymnasium in New York, in one winter, he, though a middle-aged man, increased the girth of his chest *two inches and five-eighths in six weeks!* and this working but one hour a day; and he found that he could not only do more work daily afterwards at his profession, but better work as well.

The youth who works daily in a given line at the gymnasium as much expects that, before the year is over, not only will the muscles used decidedly increase in strength, but in size and shapeliness as well, as he does that the year's reading will improve his mind; or a year's labor bring him his salary. It is an every-day expression with him that such a fellow "*got his arm up to*" fifteen; or his chest to forty-odd inches, and so on. *He* sees nothing singular in this. He knows this one, who in a short time put half an inch on his forearm, or an inch; that one, whose thigh, or chest, or waist, or calf made equal progress. Group and classify these gains in many cases, and note the amount of work and the time taken in each, and soon one can tell pretty well what can be done in this direction.

The late Professor Maclaren, of the Oxford Univer-

sity Gymnasium, took W——, a boy at Radley College, ten years old, and seven years later, his height increased from 4 feet 6¾ inches to 5 feet 10¾ inches, or a gain of 16 inches in all; in his weight from 66 pounds—light weight for a ten-year-old boy—to 156 pounds; far heavier than most boys at seventeen; showing an advance of 90 pounds. His forearm went from 7¼ to 11¾ inches—very large for a boy of seventeen, and decidedly above the average of that of most men; his upper arm from 7½ inches to 13⅜—also far above the average at that age; while his chest had actually increased in girth from 26 inches—which was almost slender, even for a ten-year-old—to 39½ inches; which is all of *two inches* larger than the average man's.

His description of this boy was: "Height above the average; other measurements average. From commencement, growth rapid, and sustained *with regular and uniform development.* The whole frame advancing to great physical power."

Another boy, H——, starting when ten years old, 4 feet 6¼ inches high, and weighing 73 pounds—much heavier than the other at the start—in eight years gained 13½ inches, making him 5 feet 7¾ inches—of medium height for that age. He gained 71 pounds in the eight years, and at 144 pounds was better built than W—— at 156; for, though his forearm, starting at 8 inches, had become 11½, a quarter of an inch less than W——'s, yet his upper arm had gone from 8¾ to 13½ inches, or one-eighth of an inch larger, while his chest rose from 28¼ to 39 inches—within half an inch of the other's, though the latter was 3 inches taller.

He is described: "Height slightly above average; other measurements considerably above average. From commencement, growth and *development regular and*

continuous. The whole frame perfectly developed for this period of life."

S——'s case is far more remarkable. He was evidently very small and undersized. "Height and all other measurements *greatly* below average; the whole frame stunted and dwarfish. Advancement at first slight, and very irregular. Afterwards rapid, and comparatively regular."

He only gained in height three-quarters of an inch from thirteen to fourteen, where W—— had gained $3\frac{5}{8}$ inches, and H—— $3\frac{1}{8}$ inches. Yet, from fifteen to sixteen, where W—— only went ahead half an inch, and H—— five-eighths of an inch, S—— actually gained 4 inches, which must have been most gratifying. His weight changes were even more noticeable. From twelve to fifteen W—— gained 58 pounds, and H—— 39, while all S—— could show was 12. But from fifteen to sixteen see how he caught up! Where W—— made 11 pounds, and H—— 10, S—— made 22. Where W——'s chest went up 1 inch, and H——'s $1\frac{1}{2}$ inches, S——'s went up 3 inches.

Now, how long did these boys work? As Maclaren says, *"Just one hour per week!"*

At one time twelve non-commissioned officers, selected from all branches of the service, were sent to Professor Maclaren to qualify as instructors for the British army. He said:

"They ranged between nineteen and twenty-nine years of age, between five feet five inches and six feet in height, between nine stone two [128] pounds and twelve stone six [174] pounds in weight, and had seen from ten to twelve years' service."

He carefully registered the measurements of each at the start, and at different times throughout their progress. He says:

"The muscular additions to the arms and shoulders, and the expansion of the chest, *were so great as to have absolutely a ludicrous and embarrassing result;* for, before the fourth month, *several of the men could not get into their uniforms, jackets, and tunics, without assistance; and when they had got them on, they could not get them to meet down the middle by a hand's-breadth.* In a month more they could not get into them at all; and new clothing had to be procured; pending the arrival of which, the men had to go to and from the gymnasium in their great-coats. *One of these men gained five inches in actual girth of chest.*"

And Dr. Sargent had one pupil who gained in chest-girth four inches in six weeks.

And Maclaren well adds:

"Now who shall tell the value of these five inches of chest, five inches of additional space for the heart and lungs to work in?"

Hardly five inches more of heart and lung room, though; for part of the gain must have been of course from the enlargement of the *muscles* on the outside of the chest.

He also hit upon another plan of showing the change; for he says he had them photographed, stripped to the waist, both at first and when the four months were over, and the change even in these portraits was very distinct; and most notably in the youngest, who was nineteen; for, besides the acquisition of muscle, there was in his case "a readjustment and expansion of the osseous frame-work upon which the muscles are distributed." Now let us look a little at the measurements and the actual changes wrought.

In the first place, this last instance settles conclusively one matter most important to flat-chested youth, namely, *whether the shape of the chest itself can be changed;* for here it *was* done, and in a very short time at that.

And in his *Types and Methods of Respiration*, Dr. J.

Gardner Smith, President of the Harlem Medical Association and Physical Director of the Harlem Branch of the Young Men's Christian Association, explains *how* and *why* the shape of the chest is thus *changed.* He says :

"Mechanically, the thorax is a conical box bounded laterally by the ribs ; the sternum and costal cartilages anteriorly ; the ribs and spinal column posteriorly ; the diaphragm, a dome-shaped muscle with a tendinous centre forming the base. This conical box is capable of movement in every direction. *Muscles raise the ribs upward and forward, increasing the antero-posterior diameter ;* muscles rotate the ribs outward and upward *and raise them laterally* like the bail of a pail ; *increasing the lateral diameter ;* the diaphragm moves downward, *increasing the vertical diameter.*

"The size of the chest thus increased, the air within the lungs becomes rarefied ; the pressure within the thorax becomes less, and *immediately the external air,* with its continual pressure of fifteen pounds to the square inch, *rushes in to fill this 'tendency to a vacuum.'* Of course it is highly important that the *nostrils* and other air-passages and the chest and abdominal wall be *free* from constriction or obstruction."

Again, of these twelve men, in less than eight months every one gained perceptibly in height; indeed, there was an average gain of five-twelfths of an inch in height, though all, save one, were over twenty ; and one man who gained half an inch was *twenty-eight* years old, while one twenty-six gained five-eighths of an inch ! (Most people suppose they can get no taller after twenty-one.) All increased decidedly in weight—the smallest gain being 5 pounds, the average 10 pounds ; and one, and he twenty-eight, and a five-feet-eleven man, actually went up from 149 pounds at the beginning, to 165 pounds in less than four months. It is not likely there was much fat about them, as they

had so much vigorous muscular exercise. Every man's chest enlarged decidedly, the smallest gain being a whole inch in the four months; the average being $2\frac{7}{8}$ inches, and one, though twenty-four years old, actually gaining 5 inches, or over an inch a month. Every upper arm increased 1 inch, most of them more than that, and one $1\frac{3}{4}$ inches. As the work was aimed to develop the whole body, there is little doubt that there was a proportional increase in the girth of hips and thigh and calf.

Again, from the Royal Academy at Woolwich, Professor Maclaren took twenty-one youths whose average age was about eighteen, and in the brief period of four months and a half obtained an average advance of $1\frac{3}{4}$ pounds in weight, of $2\frac{1}{2}$ inches in chest, and of 1 inch on the upper arm; while one fellow, nineteen, and slender at that, gained 8 pounds in weight, and $5\frac{1}{4}$ inches about the chest! Think what a difference that would make in the chest of any man; and a difference all in the right direction at that!

But the most satisfactory statistics offered were those of two articled pupils, one sixteen, the other twenty. In exactly *one year's* work the younger grew from 5 feet $2\frac{3}{4}$ inches in height to 5 feet $4\frac{3}{4}$ inches. He weighed 108 pounds on his sixteenth birthday; on his seventeenth, 129! At the start his chest girthed 31 inches; twelve months later, just 36! His forearm went up from 8 inches to 10 inches, and his upper arm from $9\frac{1}{4}$ inches to $11\frac{1}{4}$.

While the older gained but three-eighths of an inch in height, his weight went up from 153 pounds to $161\frac{1}{2}$, his forearm from $11\frac{1}{4}$ inches to $12\frac{1}{2}$—an unusually large forearm for any man—and his upper arm from $11\frac{3}{4}$ inches to $13\frac{1}{4}$, while his chest actually made the astonish-

ing stride of from 34 inches to 40. Not yet a large arm, save below the elbow, not yet a great chest; five inches smaller, for instance, than Daniel Webster's; but greatly ahead of what they were a year earlier. There is no mystery about the Maclaren method. Others might do it, perhaps not as well as he, for Maclaren's has been a very exceptional experience; still, well enough.

Look what Sargent did with a student of nineteen, as shown in Appendix IV. In four hours' work a week this student's upper arm went up 1½ inches—just the same amount as did Maclaren's student of twenty; his chest went up from 36½ inches to 40, while that of Maclaren's man went from 34 to 40; but it should be borne in mind that 36½ is harder to add 6 inches to in this kind of work than 34. In height the Englishman made three-eighths of an inch in the year; while the American made *a whole inch*. But the latter also led easily in another direction, and a very important one too; for, while the Briton, though but a year older, and of almost exactly the same height, gained but 8½ pounds in the year, the American made 15! His case is further valuable in that it shows, beside this advance above the waist, splendid increase in girth of hips, thigh, and calf as well. And in one instance of which we knew a five-foot-eleven youth of nineteen, in half an hour's run at an easy gait each secular evening *for a month*, put 2¼ inches on his thigh girth.

With us Americans fond of results, many of whose chests, by the way, do not increase a hair's-breadth in twenty years, better proof could not be sought than these figures offer of the value of a system of exercise which would work such rapid and decided changes. Had they all been with boys, there might have been difficulty in separating what natural growth did, in the

years they change so fast, from what was the result of development. But most of the cases cited are of *men* who had their growth; and had apparently, to a large extent, taken their form and set for life. To take a man twenty-eight years old, tall and rather slim, and whose height had probably not increased a single hair's-breadth in seven years; and, in a few short months, increase that height by a good half inch; to take another also twenty-eight, and suddenly, in the short period between September 11th and the 30th of the next April, add sixteen pounds to his weight, and every pound of excellent stuff, was in itself no light thing; and there are thousands of men in our land to-day who would be delighted to make an equally great addition to their general size and strength, even in twice the period. To add five whole inches of chest; *and nearly that much of lung and heart room and stomach room;* and the consequent greater capacity for all the vital organs, is a matter, to many men, of almost immeasurable value. Hear Dr. Morgan, in his English *University Oars,* on this point:

"An addition of three inches to the circumference of the chest implies that the lungs, instead of containing 250 cubic inches of air, as they did before their functional activity was exalted; *are now capable of receiving* 300 *cubic inches within their cells:* the value of this augmented lung-accommodation will readily be admitted. Suppose, for example, that a man is attacked by inflammation of the lungs; by pleurisy; or some one of the varied forms of consumption; it may readily be conceived that, in such an emergency, *the possession of enough lung-tissue to admit* 40 *or* 50 *additional inches of air will amply suffice to turn the scale on the side of recovery! It assists a patient successfully to tide over the critical stage of the disease.*

A man, then, of feeble lungs—*the consumptive, for instance*—taken early in hand, with the care which Sar-

gent or Hartwell or Anderson could so well give; gradually advanced in every direction; would suddenly find that his narrow, thin, and hollow chest had departed; *had given way to one round, full, deep, and roomy;* that the feeble lungs and heart which, in cooler weather, were formerly hardly up to keeping the extremities warm, are now strong and vigorous; that the old tendency to lean his head *forward* when standing or walking; and to sit *stooping;* with most of his vital organs *cramped; has all gone.* In their place had come an *erect* carriage; a firm tread; a strong, well-knit trunk; a manly voice; *and a buoyancy and exhilaration of spirits worth untold wealth.* Who will say that all these have not assured him *years* of life?

Well, but did all this increase of weight and size actually change the *shape* of the chest, for instance, and take the hollowness out of it? That is exactly what it did; and Maclaren and Gardner Smith have drawings of the same chest at the beginning and end of the period, showing an increase *in the breadth, depth, and fulness of the lower chest,* which makes it seem almost impossible that it could have belonged to the same person. It will be remembered that Maclaren claimed* that just such a readjustment of the osseous framework would result. Is not this, then, *remaking* a man? Instead of a cramped stomach; half-used lungs; a thin, scrawny, caved-in make; poor pipe-stems of legs; with arms to match; almost every one under forty, at least, can, in a very few months, by means of a series of exercises, change those same slender legs; those puny arms; that flat chest; that slim neck; *and metamorphose their owner into a well-built, self-sufficient, vigorous man;* fitter a hun-

* See p. 137.

dred times for severe in-door or out-door life; for the quiet plodding at the desk; or the stormy days and nights of the ocean or the bivouac. Who is going to do better brain-work: he whose brain is steadily fed with vigorous, rich blood, made by machinery kept constantly in excellent order; never cramped; aided daily by judicious and vigorous exercise; tending directly to rest and build him up? or he who overworks his brain; gets it once clogged with blood; and for many hours of the day, keeps it clogged; *who does nothing to draw the blood out of his brain for a while;* and put more of it in the *muscles;* who, perhaps, in the very midst of his work, rushes out, dashes down a full meal; and hurries back to work; and at once sets his brain to doing wellnigh its utmost?

Well, but is not the work which will effect such swift changes very severe, and so a hazardous one to attempt? That is just what it is *not.* Is there anything very formidable in wooden dumb-bells weighing only two and a half pounds each, or clubs of three and a half pounds, or pulley-weights of from ten to fifteen pounds? or is any great danger likely to result from their use? And yet they were Sargent's weapons with his two hundred.* Nothing in Maclaren's work, so far as he points out what it is, is nearly so dangerous as a sudden run to boat or train; *taken by one all out of the way of running;* perhaps who has never learned. There a heart, unused to swift work, is suddenly forced to beat at a tremendous rate; lungs, ordinarily half-used, are strained to their utmost; *and all without one jot of preparation.*

But here, by the most careful and judicious system; the result of long study and much practical application;

* See Appendix II.

a person is taken; and, *by work exactly suited to his weak state,* under skilled and intelligent direction, is gradually hardened and strengthened. Then still more is given him to do; and so on; at the rate that is plainly seen to best suit him. Develop every man's body by such a method; teach every American school-boy the erect carriage of the West Pointer; and how many men among us would there be built after the pattern of the typical brother Jonathan; or of the thin-chested, round-shouldered, inerect, and generally weak make; so common in nearly every city, town, and village in our land?

Look, too, at the *knowledge* such a course brings of the workings of one's own body, *of its general structure, of its possibilities!* What a lecture on the human body it must prove; and how it must fit the man to keep his strength up; and, if lost, to *recover* it; for it has uniformly been found that a man once strong *needs but little work daily to keep him so.* A little reflection on facts like the foregoing must point strongly to the conclusion that the body—at least of any one not yet middle-aged—admits of a variety and degree of culture almost as great as could be desired; certainly sufficient to make reasonably sure of a great accession of strength and health to a person formerly weak; and that with but a little time given each day to the work.

CHAPTER IX

WORK FOR THE FLESHY, THE THIN, THE OLD

WHILE the endeavor has been made to point out the value of plain and simple exercise—for, in a later chapter, particular work will be designated which, if followed systematically and persistently, will correct many physical defects; substituting good working health and vigor for weakness; the reply may be made, "Yes, these are well enough for the young and active; but they will not avail a fleshy person; or a slim one; or one well up in years."

Let us see about this. Take, first, those burdened with flesh which seems to do them little or no good; and which is often a hinderance; dulling and slackening their energies; *preventing them from doing much which they could;* and which they believe they would do with alacrity, were they once *freed* from this unwelcome burden. There are some persons with whom the reduction of flesh becomes a necessity. They have a certain physical task to perform; and they know they cannot have either the strength or the wind to get through with it creditably, unless they first rid themselves of considerable superfluous flesh.

Take the man, for instance, who wants to walk a race of several miles; or to run, or row one. He has often heard of men getting their weight down to a certain figure for a similar purpose. He has seen some one

who did it; and he is confident that *he* can do it. He sets about it, takes much and severe physical work daily; warmly clad; perspiring freely; while he subjects his skin to much friction from coarse towels. He does without certain food which he understands makes fat; and only eats that which he believes makes mainly bone and muscle. He sticks to his work, and gradually makes that work harder and faster. To his gratification, he finds that not only has his wind improved; so that, in the place of the old panting after a slight effort—walking briskly up an ordinary flight of stairs, for instance;—he can now breathe as easily and quietly, and can stick to it as long, as any of his leaner companions. By race-day he is down ten, fifteen, or twenty pounds, or even more, as the case may be. While he has thus reduced himself; and is far stronger and more enduring than he was before; he is not the only one who has lost flesh, if there have been a number working with him, as in a boat-crew or football-team. Notice the lists of our university crews and their weights, published when they commence strict training; say a month before the race; and compare them with those of the same men on race-day, particularly in hot weather. The reduction is very marked all through the crew. In the English university eights, it is even more striking; the large and stalwart fellows, who fill their thwarts, often coming down in a month an average of over a dozen pounds per man.

We have seen a student, after weighing himself on scales in the gymnasium, sit down at a fifty-five pound rowing weight; pull forty-five full strokes a minute for twenty minutes; then, clad exactly as before, weigh again on the same scales; *and find he was just one pound lighter than he was twenty minutes earlier!*

But the difference is more marked in more matured men, who naturally run to flesh, than in students. A prize-fighter, for instance, in changing from a life of indulgence and immoderate drinking, will often come down as much as thirty, or even forty pounds, in preparing for his contest. It should be remembered that; besides other advantages of his being thin; it is of great importance that his face should be so lean that a blow on his cheek shall not puff it up; and swell it so as to shut up his eye; and put him at his enemy's mercy.

But most people do not care to take such severe and arduous work as either the amateur athlete, or the prize-fighter. If they could hit upon some comparatively light and easy way of restoring themselves physically to a hard-muscle basis; and could so shake off their burden of flesh without interfering seriously with their business; they would be glad to try it. Let us see if *this* can be done.

Some time ago the writer met a gentleman of middle age, whom he had known for years; and who has been long connected with one of the United States departments in New York City. A very steady, hard-working officer; his occupation was a sedentary one. Remembering him as a man, till recently, of immense bulk, and being struck with his evident and great shrinkage, we inquired if he had been ill. He replied that he had not been ill, that for years he had not enjoyed better health. Questioning him as to his altered appearance, he said that, on the eighteenth day of the preceding January, *he weighed three hundred and five pounds;* that, having become so unwieldy, his flesh was a source of great hinderance and annoyance to him. Then he had determined, if possible, to get rid of some of it. Having to be at work all day; he could only effect

his purpose in the evenings; or not at all. So, making no especial change in his diet, he took to *walking;* and soon began to *average from three to five miles an evening;* and at the best pace he could make. In the cold months he says that he often perspired so that small icicles would form on the ends of his hair. Asking if it did not come a little stiff sometimes, on stormy nights or when he was very tired; and whether he did not omit his exercise at such times; he said no; but, on the contrary, added two miles; which shows the timber the man was made of. On the eighteenth of June of the same year, just five months from the start, he weighed but two hundred and fifteen pounds; *having actually taken off ninety pounds,* and had so altered that his former clothes would not fit him at all. Since that time we have again seen him; and he said he was down to two hundred; and that he had taken to horseback-riding, as he was fond of that. He looked a large, strong, hearty man of about five feet ten; of rather phlegmatic temperament; but no one would ever think of him as a fat man.

Now here is a man well known to hundreds of the lawyers of the New York Bar; a living example of what a little energy and determination will accomplish for a person who sets about his task as if he meant to perform it.

A girl of fifteen or sixteen, and inclined to be fleshy, found that, by a good deal of horseback-riding daily; she lost twenty-five pounds in one year—so a physician familiar with her case informed us.

Dr. Schweninger's famous reduction of Bismarck by sixty pounds *after he was seventy years old,* will answer the question whether it is too late for an elderly person to begin. And the following experience of Roberts with

one of his pupils—and he has had many such experiences, is a case nearer home. He says:

"Very often when men about three times ten years of age are asked to join our ranks, and gymnasticate themselves into better form and health; they answer: 'I am too old.' This is *not* true. *As long as a man breathes the breath of this earthly life, he must exercise his body as regularly as he eats his meals; if he would maintain it in health.* Never forget that health of body depends upon how you use it. I have in mind one member, *past seventy-two years of age;* who was so enthusiastic in his talk of what body-building work had done for him that he was continually bringing some one in on his arm to join the gymnasium. He persuaded his own son, a middle-aged (young) man of about fifty years, to join our ranks; and his son was so much pleased with what our work had done to improve the quality of his *voice* (a singer, if healthy, will be in better voice) that he in turn had his own son a youth of eighteen also join. I tell you, it was quite a sight to see them play a game of medicine ball together. The old gentleman held his own well in the final brush of lively pushing that finishes up this simple, interesting and beneficial game. *This old gentleman had a very large waist-girth—size about forty-eight inches*—which he was anxious to reduce. It was as round and as smooth as an apple. I gave him for home-work (besides three times a week that he performed it before my eyes in the gymnasium), the lie-down ball-drill; and some other exercises on the rowing-weights of kindred type. He was faithful in his work; *and in about four months the size of his waist had decreased by many inches; and its shape began to assume the normal.* He was somewhat alarmed at this 'normal shape.' '*What makes these lumps on my stomach?*' (referring to the abdominal muscles which at last had had something to do). 'It looks like a washboard,' he said. When I explained matters to him, he laughed out loud; and said: 'I have carried this waist on me around *nigh onto forty years;* and never saw it in such a shape before. I thought something wrong was up, but now that you have explained matters, I feel better.'"

And he well adds:

"Now a last few words to ye lads who are past thirty years of age. Come, all ye who have too large abdomens, and *we will show*

you how to reduce them to their normal size; also ye who are too flat-stomached, and caved-in at the loins and chest; with small shoulders, arms, and spindling legs; and we will show you how to *enlarge* and *round out* all these parts to more comely proportions. Never say again, 'I am too old to exercise.'"

One of the best-known actresses on the American stage, famous for her beauty, finding that she was getting too stout, not only took special exercises, to reduce her weight, but, when exercising, is said to have worn unusually heavy clothing over the very parts where she wished to get thinner—a common practice, by the way, in training horses. Indeed getting down one's weight seems to be done partly by exercise, *and largely by* COPIOUS *perspiration.* The principle is brought out with clearness by all the artists in this line—notably by Dr. Emerson and by Checkley—that *the active continued use of any set of muscles directly reduces and takes off any adipose matter just around them.* The energy and will-power to do this work, fleshy people often lack. And so they stay fat—or, rather, get fatter. Indeed, fleshiness is often so hostile to hard work, that Napoleon is said to have lost all his battles after he began to get fat.

But fleshy people *can* get rid of their fat—if *they will.* A Connecticut lawyer in active practice—so stout that his eyes seemed to be gradually closing—asked us how to get down his weight. We told him it was idle to suggest, as he would not do it. But he was so earnest that we said: "Take a lot of hard, *sweating,* muscular work *every* day—of any sort you like." Mr. Nathaniel Wheeler, the famous sewing-machine maker, had a fast-walking horse. Daily our man and that horse tried to see which could *walk* fastest for an hour. Rivulets flowed off our friend; but he was of good timber, and

stayed at his task. In six weeks he reported that he had taken off *thirty pounds;* and that the relief, mentally and bodily, was marvellous and delightful.

Brisk walking, and being on the feet much of the day—as Americans, for instance, find it necessary to do when they try to see the Parisian galleries and many other of Europe's attractions all in a very few weeks—will tell decidedly on the *weight* of fleshy people, and dispose them to move more quickly. When you can do it, this is perhaps not such a bad way to reduce yourself.

Now, if so many have found that vigorous muscular exercise, taken daily and assiduously, accomplished the desired end for them ; does it not look as if a similar course, combined with a little strength of purpose, *would bring similar benefit to others?* In any case, such a course has this advantage: begun easily, and followed up with gradually increasing vigor ; it will be sure to tone up and strengthen one ; and add to the spring and quickness of movement, whether it reduces one's flesh or not. But it is a sort of work *where free perspiration must be encouraged; not hindered.*

In all these cases of healthy and satisfactory reduction of weight it will be seen that COPIOUS PERSPIRATION from *daily* vigorous muscular and breathing exercise is plainly the chief element in effecting the desired purpose.

But, while many of us know instances where fat people have, by exercise, been reduced to a normal weight, is it possible for a thin person to become stouter? A thin person may have a large frame or a slender one. Is there any work which will increase the weight of each, and bring desirable roundness and plumpness of trunk and limb ?

Take, first, the slim man. Follow him for a day, or

even an hour, and you will usually find that, while often active—indeed, too active—still he does no work which a person of his height need be really strong to do. Put him beside such a person who is not merely large, but really strong and in equally good condition, and correspondingly skilful, and let the two train for an athletic feat of some sort—row together, for instance, or some other work where each must carry other weight in addition to his own. The first mile they can go well together, and one will do about as much as the other. But as the second wears along, the good strength begins to tell; and the slim man, while, perhaps, sustaining his form pretty well, and going through the motions, is not quite doing the work; and his friend is gradually drawing away from him. At the third mile the disparity grows very marked, and the stronger fellow has it all his own way; while at the end he also finds that he has not taken as much out of him as his slender rival. He has had more to carry, both in his boat's greater weight, and especially in his own; but his carrying power was more than enough to make up for the difference. Measure the slim man where you will, about his arm or shoulders, chest or thigh or calf, and the other outmeasures him; the only girth where he is up, and perhaps ahead, is that of his head—for thin fellows often have big heads. The muscles of the stronger youth are larger as well as stronger.

Now, take the slim fellow, and set him to making so many efforts a day with any given muscle or muscles, say those of his upper left arm, for instance. Put some reward before him which he would like greatly to have —say ten thousand dollars—if in one year from date he will increase the girth of that same upper left arm two honest inches. Now, watch him, if he has any spirit

and stuff, as thin fellows very often have; and see what he does. Insist, too, that whatever he does *shall in no way interfere with his business or regular duties,* whatever they may be; but that he must find *other* time for it. And what will he do? Why, he will leave no stone unturned to find just what work uses the muscles in question; and at that work he will go, with a resolution which no obstacle will balk. He is simply showing the truth of Emerson's broad rule, that "in all human action those faculties will be strong that are used"; and of Maclaren's, "Where the *activity* is, *there* will be the *development.*"

The new work flushes the muscles in question with far *more* blood than before; while, the wear and tear being greater, the call for new material corresponds; and more and more hearty food is eaten and assimilated. The quarter-inch or more of gain the first fortnight often becomes *the whole inch* in less than two months; and, long before the year is out, the coveted two inches have come. And, in acquiring them, his whole left arm and shoulder have had correspondingly new strength added, quite going past his right, though it were the larger at first, if meanwhile he has practically let it alone.

There are some men, either at the college or city gymnasiums, every year, who are practically getting to themselves such an increase in the strength and size of some particular muscles.

We knew one at college who, on entering, stood hardly five feet four; weighed but about one hundred and fifteen pounds; and was small and rather spare. For four years he worked with great steadiness in the gymnasium; afoot and on the water; and he graduated a five-foot-eight man; splendidly built; and weighing one hundred and sixty-eight pounds—every pound a good

one, for he was one of the best bow-oarsmen his university ever saw.

Another, tall and very slender, but with a large head and a very bright mind, was an habitual fault-finder at everything on the table, no matter if it was fit for a prince. A friend got him for a while into a little athletic work—walking, running, and sparring—until he could trot three miles fairly, and till one day he walked forty-five—pretty well used up, to be sure, but he walked it. Well, his appetite went up like a rocket. Where the daintiest food would not tempt him before, he would now promptly hide a beefsteak weighing a clean pound at a meal; and that no matter if cooked in some roadside eating-house, where nothing was neat or tidy, and flies abounded almost as they did once in Egypt in Pharaoh's day. His friends frequently spoke of his improved temper, and how much easier it was to get on with him. But after a while his efforts slackened, and his poor stomach returned to its old vices, at least in part. Had he kept at what was doing so much for him, it would have continued to prove a many-sided blessing.

If steady and vigorous use of one set of muscles gradually increases their size, why should not a similar allowance, distributed to each, do the same for *all?* See (Appendix V.) what it did in four months and twelve days for Maclaren's pupil of nineteen, whose upper arm not only gained a whole inch and a half (think how that would add to the beauty alone of many a woman's arm, to say nothing of its strength), and whose chest enlarged five inches and a quarter, *but whose weight went up eight pounds!* Or what it did (see Appendix IV.) for Sargent's pupil of nineteen, who in just one year, besides making an inch and a half of upper arm, and three and a half of chest, went up from a hundred and forty-five

pounds to a hundred and sixty, or *a clean gain of fifteen pounds.* Or (see Appendix VI.) for Maclaren's man, fully twenty-eight years old, who, in seven months and nineteen days, made *sixteen pounds;* or (Appendix VII.) for his youth of sixteen, who in just one year increased his weight *full twenty-one pounds!*

These facts certainly show pretty clearly whether sensible bodily exercise, taken regularly, and aimed at the weak spots, will not tell, and tell pretty rapidly, on the thin man wanting to stouten, and tell, too, in the way he wants.

It will make one eat heartily, it will make him sleep hard and long. Every ounce of the food is now digested; and the long sleep is just what he needed. Indeed, if, after a hearty dinner, a man would *daily* take a nap; and *later* in the day enough hard work to make sure of being thoroughly tired when bedtime came; he would doubtless find the flesh coming in a way to which he was a stranger. *Many thin persons do not rest enough.* They are constantly on the go; and the lack of phlegm in their make-up rather increases this activity; though they do not necessarily accomplish more than those who take care to sit and lie still more.

The writer, at nineteen, spent four weeks on a farm behind the Catskills, in Delaware County, New York. It was harvest-time, and, full of athletic ardor, and eager to return to college the better for the visit, we took a hand with the men. All the farm-hands were uniformly on the field at six o'clock in the morning; and it would average nearly or quite eight at night before the last load was snugly housed away in the mow. It was sharp, hard work all day long, with a tough, wiry, square-loined fellow in the leading swath all the morning. But follow him we were bound to, or drop;

while the pitchfork or rake never rested from noon till sunset. Breakfast was served at five-thirty; dinner at eleven; supper at four; and a generous bowl of bread-and-milk—or two bowls, if you wanted them—at nine o'clock, just before bedtime, with plenty of spring-water between meals; while the fare itself was good and substantial, just what you would find on any well-to-do farmer's table. And such an appetite; and such sleep! Solomon must have tried some similar adventure when he wrote that "the sleep of the laboring man is sweet, whether he eat little or much." Well, when we returned to college and got on the scales again; the one hundred and forty-three pounds at starting had somehow become a hundred and fifty-six! And with them such a grip, and such a splendid feeling! We have rowed many a race since; but there was as hard work done by some of that little squad, on that old mountain-farm, as any man in our boat ever did; and there was not much attention paid to any one's training rules either.

It is notorious, among those used to training for athletic contests, that thin men, if judiciously held in, and not allowed to do too much work, generally "train up," or gain decidedly in weight; almost as much, in fact, as the fleshy ones lose.

Now, were the object simply to train up as much as possible, unusual care could be taken to insure careful and deliberate eating, with a generous share of the fat and flesh-making sorts of food; *and quiet rest always for a while after each meal*, to aid the digestive organs at their work. Slow, *deep*, abdominal breathing is a great ally to this latter process; indeed, works direct benefit to many of the vital organs, and so to the whole man. *All the sleep the man can possibly take* at night

would also tell in the right way. So would everything that would tend to prevent fret and worry; or which would cultivate the ability to bear them philosophically. But most thin people *do not keep still enough;* do not take matters leisurely; do not breathe deeply; and *do not rest enough;* while, if their work is muscular, they do too much daily in proportion to their strength.

They are very likely also to be *inerect;* with flat, thin chests, and contracted stomach and abdomen. Now the habit of constantly keeping erect, whether sitting, standing, or walking; combined with this same deep, abdominal breathing, soon tends to expand not only the lower ribs, and lower part of the lungs; *but the waist as well;* so giving the digestive organs more room and freer play. Like the lungs, or any other organ, they do their work best *when in no way constrained.* Better yet, if the person will also habituate himself; no matter what he is at, whether in motion or sitting still; to not only breathing the lower half of the lungs full; *but the whole lungs as well;* and at each inspiration *hold the air in his chest as long as he comfortably can;* he will speedily find a quickened and more vigorous circulation; which will be shown, for instance, by the veins in his hands becoming larger; and the hands themselves growing warmer if the air be cold; he will also feel a mild and agreeable exhilaration, such as he has seldom before experienced. Some of these are little things; and for that reason they are the easier to do; but in this business, as in many others, little things often turn the scale. Of two brothers, equally thin, equally over-active, as much alike as possible—if one early formed these simple habits of slow and thorough mastication, deep and full breathing; *resting a while after meals;* carrying his body uniformly erect; *and*

sleeping plentifully; and his brother all the while cared for none of these things; it is highly probable that these little attentions would; in a few years, tell very decidedly in favor of him who practised them, and gradually bring to him that greater breadth, depth, and serenity, and the accompanying greater weight, of the broad, full, and hearty man.

And what about the old people? Take a person of sixty. You don't want him to turn gymnast, surely. No; not to turn *gymnast;* but to set aside a small portion of each day for taking such body as he or she now has, *and making the best of it.*

But how can *that* be done? and is it practicable at all for a person sixty years old, or more? Well, let us see what one, not merely sixty, but eighty, and more too, had to say on this point. Shortly after the death of the late William Cullen Bryant, the New York *Evening Post,* of which he had long been editor, published in its semi-weekly issue of June 14, 1878, the following letter:

"MR. BRYANT'S MODE OF LIFE.

"The following letter, written by Mr. Bryant several years ago, describing the habits of his life, to which he partly ascribed the wonderful preservation of his physical and mental vigor, will be read with interest now:

"'NEW YORK, *March* 30, 1871.

"'*To Joseph H. Richards, Esq.:*

"'MY DEAR SIR,—I promised some time since to give you some account of my habits of life, so far at least as regards diet, exercise, and occupations. I am not sure that it will be of any use to you, although the system which I have for many years observed seems to answer my purpose very well. I have reached a pretty advanced period of life, *without the usual infirmities of old age,* and with my strength, activity, and bodily faculties generally, in pretty good preservation. How far this may be the effect of my

way of life, adopted long ago and steadily adhered to, is perhaps uncertain.

"'I rise early; at this time of the year about half-past five; in summer, half an hour or even an hour earlier. Immediately, with very little encumbrance of clothing, I begin a series of exercises, for the most part designed to expand the chest, and at the same time call into action all the muscles and articulations of the body. These are performed with dumb-bells, the very lightest, covered with flannel, with a pole, a horizontal bar, and a light chair swung around my head. After a full hour, and sometimes more, passed in this manner, I bathe from head to foot. When at my place in the country, I sometimes shorten my exercises in the chamber, and, going out, occupy myself for half an hour or more in some work which requires brisk exercise. After my bath, if breakfast be not ready, I sit down to my studies till I am called.

. . . . . .

"'After breakfast I occupy myself for a while with my studies, and then, when in town, I walk down to the office of the *Evening Post, nearly three miles distant*, and, after about three hours, return, always walking, *whatever be the weather or the state of the streets.* In the country, I am engaged in my literary tasks till a feeling of weariness drives me out into the open air, and I go upon my farm or into the garden and prune the fruit-trees, or perform some other work about them which they need, and then go back to my books. *I do not often drive out, preferring to walk.*

. . . . . .

"'I am, sir, truly yours,

"'W. C. BRYANT.'"

And would you like another instance? At fifty-five, Mr. Samuel E. Griscom, a well-known active business-man, of Pottsville, Pennsylvania, *troubled with nervousness and insomnia,* taking in each hand an eight-pound dumb-bell, for two minutes swung them about a foot behind him; then up in front, till his hands went as high as his shoulders. Then he rested three minutes and worked two minutes more, with eight-pound bells at first; after about three years he used twelve-pound bells, and then for about ten years *twenty*-pound ones,

until one thousand strokes became his *daily* exercise; and, as he says:

"On the morning of December 24, 1896, taking *three thousand* swings continuously with the twenty-pound bells," and "not exhausted" he "*felt* that he *could* have kept on indefinitely—or probably *one or two thousand more*—had it been desirable or prudent."

Thus lifting *sixty tons each* morning—*which* few men of *any* age *can do to-day, were* they *to get even a dollar a pound for it.* He adds:

"While these figures look startling, and to some perhaps excessive and dangerous, I am perfectly sure that I have *never* received *any* injury in the least from it, but have *always* been benefited. When suffering from nervous headache, from an overworked brain surcharged with blood, I have found the dumb-bell exercise gradually drawing the blood from the brain to the body, arms, and hands, and as gradually and as *certainly relieved the headache,* so that before the end of one thousand swings *it was entirely gone.* It *never* failed, and though under most extraordinary mental strain for the past ten or twelve years, *nervous headaches for about that time have been regarded as things of the past.*"

Asked what *other* good these exercises had done him, he said:

"They have *greatly* increased my strength in my back, arms, and hands; *making it easier to stand erect and keep straight.* They have promoted digestion, expanded the lungs, *cured an irregular action of the heart,* which was caused by insomnia, and increased and equalized the circulation, so that cold hands and cold feet are not known as formerly. *They have improved my health* in *every* respect until it now seems as nearly *perfect* as attainable, 'thanks to the Giver of every good and perfect gift.' But the crowning triumph was the cure of the *insomnia.* Like thousands of others, on awakening in the night-time *I have spent one, two, three, and more hours vainly endeavoring to secure sleep.* At length I limited the time to *one* hour, and failing, arose, took one thousand swings with success, losing only, at most, one hour.

"Finally, I resolved to lose NO time, but when once fairly awake, arise, take the exercise, and *immediately* secure two or three hours additional sleep."

Here is his diary entry: "On May 9, 1898, retired 10.50 P.M.; awoke 3.50 A.M., took *two thousand* swings (with twelve-pound bells); 7 A.M. arose again and took *one thousand* swings—eight hours, ten minutes, less one hour exercising, equals seven hours, ten minutes sleep" —which is a fair sample of the entries for years. After several months of this exercise, and of three or four miles of walking almost every day, he says: "My eyesight greatly *improved,* and is *better* than it was ten years ago, although I have *never* worn glasses. My hearing also is good, *as good as it ever was.*

How old is he? *Eighty on the day before Christmas,* 1897. No *arcus senilis* in his eye. A strong, clear eye like that of a man of fifty. He had this picture taken in March, 1898. A sunny, even-tempered, well-balanced, high-minded, busy man; as ready to start for California or Europe if business calls as you or I. And he says that the mother of one of Philadelphia's best-known citizens told him that she used her dumb-bells in a different way from his; but she kept it up almost to her death *at ninety-two!*

What a wonderful story! And what a *helpful* one! Many men, along in years, *are dying slowly* from *not* doing *some* such work, and will lose *years* they might have had. All *other* machines rust out *from disuse;* and the human body *is no exception.* Had Jay Gould done as Mr. Griscom has done, he would probably be a live, active man to-day. Yet what did this little work cost? *Not one dollar!* Simply a little common-sense and determination; and the prize—*a human life.*

This activity among men so far on in years seems surprising. And why? Because, as people get past middle life, often from becoming engrossed in business; and

out of the way of anything to induce them to continue their muscular activity; oftener from increasing caution; and fear that some effort, formerly easy, may now prove hazardous to them; *they purposely avoid even ordinary exercise,*—riding when they might, and indeed *ought* to walk; and, instead of walking their six miles a day; and looking after their arms and chests besides, as Bryant did, *gradually come to do nothing* each day worthy of the name of exercise. Then the joints grow dry and stiff; and snap and crack as they work. The old ease of action is gone; and disinclination takes its place. The man makes up his mind that he is growing old and stiff—often before he is sixty—and that there is no help for that stiffness.

Well, letting the machinery alone works a good deal the same whether it is made of iron and steel, and driven by steam; or of flesh and bones, and driven by the human heart. Maclaren cleverly compares this stiffening of the joints to the working of hinges, which, when "left unused and unoiled for any length of time, grate and creak, and move stiffly. The hinges of the *human* body do just the same thing; and from the same cause; and they not only require frequent oiling to enable them to move easily; but they *are* oiled every time they are put in motion, *and when they are put in motion only.* The membrane which secretes this oil, and pours it forth over the opposing surfaces of the bones and the overlying ligaments, is stimulated to activity only by the motion of the joint itself." Had Bryant *spared* himself as most men do; *would he have been such a springy, easy walker, and so strong and handy at eighty-four?* Does it not look as if the half-hour at the dumb-bells, and chairs, and horizontal bar, and the twelve or fifteen thousand steps which he took each day, had much to do

with his spring and activity in such a green old age? Does it not look almost as if he had, half a century ago, read something not unlike the following from Maclaren:

"The first course of the system may be freely and almost unconditionally recommended to men throughout what may be called middle life; care being taken to use a bell and bar well within the physical capacity. *The best time for this practice is in the early morning; immediately after the bath;* and, when regularly taken, it need not extend over a *few* minutes."

Whether Bryant had ever seen these rules or not, the bell, the bar, and the morning-time for exercise make a noticeable coincidence.

Looking at the benefit daily exercise brought in the instances mentioned, *would it not be well for every man, who begins to feel his age, to at once adopt some equally moderate and sensible course of daily exercise; and to enter on it with a good share of his own former energy and vigor?* He does not need to live in the country to effect it; nor in the city. He can readily secure the exerciser suggested elsewhere* for his own home, wherever that home is; and so take care of his arms and chest, indeed of the whole of him. For foot-work there is always the road. Is it not worth while to make the effort? He can begin very mildly; and yet in a month reach quite a creditable degree of activity; and then keep that up. And if, as Mr. Bryant did, he should last till well past eighty; and, like him, *keep free from deafness and dimness of vision;* from stiffness and shortness of breath; from gout; rheumatism; paralysis; and other senile ailments; as he put it himself, "*without* the usual infirmities of old age"—indeed, *with his*

* See p. 48.

"*strength, activity, and bodily faculties generally in pretty good preservation,*" and all that time could attend promptly to all the daily duties of an active business as he did ; as Vanderbilt did ; as Palmerston did ; as Thiers did,—is not the effort truly worth the making ? *And who knows what he can do till he tries ?*

CHAPTER X

SPECIAL EXERCISE FOR ANY GIVEN MUSCLES

"He who *breathes* best, *lives* best. *Deep* breathers, other things being equal, *live longer* than *short* breathers."—ROBERTS.

"The *arms* and *shoulders* are the medium through which the chest receives almost all its exercise." "In providing for the freedom in functional activity of the vital organs by the expansion of the chamber in which they lie; we *directly aid* in *their development;* directly increase their power."—MACLAREN.

WHILE symmetrical and thorough physical development are not at all common among Americans; and undeveloped, inerect, and weak bodies almost outnumber any other kind; the general want of familiarity with what will develop any given muscles; and bring them up to the fulness and strength which ought to be theirs, is even more surprising. If proof is wanted of this; let the reader ask himself what special work he would choose to develop any given part; the muscles of the forearm, for instance; or those of the front of the chest. If he has ever paid any attention to his physical development—and thousands and tens of thousands have *not*—he may know one or two things which will bring about the desired result; but, even if he has attended the gymnasium a good deal, he will often be surprised to find that his time there was mainly spent in accomplishing some particular feat or amount of work; rather than in bringing about the special development of any given part; *or general development of the whole body.*

Now, while the exercises which bring any given set of muscles into play are very numerous; if a few can be grouped together which shall be at once simple and plain; and shall call either for inexpensive apparatus, or none at all; which will also enable almost any one, by a little energy and determination, to bring up any limb or muscles now weak; they may prove of value.

TO DEVELOP THE LEG BELOW THE KNEE

The main part of the leg below the knee, for instance, is composed of muscles *which raise the heel.* Stand erect, with the head high, chest out, and shoulders down; keeping the knees all the time well sprung *back;* having the feet about three inches apart, with the toes turned outward. Now slowly raise the heels until they are *high* off the floor; and the whole weight rests on the soles and toes. Now drop *slowly* down. Then repeat. Next place the hand on the muscles of the calf, and while at first not firm, feel them harden as you rise; and all doubt as to whether the exercise in question uses *these* muscles will speedily vanish. Continue this exercise at the same rate; keeping at it until you have risen fifty times. Now, it will not be necessary, with most persons, to have to place the hand on these muscles to learn if they are brought into play; for already that is becoming very plain in another way, one that is bringing conclusive proof to the mind—internal evidence it might well be called. Unless the calves are unusually strong; long before the one hundredth effort, there is an unmistakable ache in them, which, in the majority of instances, will cause the person to stop outright, from sheer inability to proceed. It has not taken much time to get a pretty thorough measure of about what power

there is in *one* set of muscles at least. All doubts are gone from his mind now as to whether one exercise he knows will call into play the muscles of his leg below the knee or not. It is equally plain that it is *not* his forearm, or upper arm, or the back or front of his chest which has been in action; for none of *these* have felt fatigue, the tire being *all* confined to the muscles in question.

Again, had there been beside him two men of nearly the same weight, but one of small and feeble calves; the other having them shapely and—not *fat* but—well developed; is there any doubt which of the two could have kept at the exercise the longer, yet with the less fatigue? Few need be told that a muscle, unused to work at first, can gradually, by direct and systematic exercise, *be strengthened;* but not a few there are who are unaware that, with the new strength, comes increased *size* as well.

Yet, to those familiar with athletic work, it is as plain as that you must have your eyes open if you want to see. A gentleman of our acquaintance, of magnificent muscular and vital development, was not satisfied with the girth of his calves, which was 14¼ inches. At our suggestion he began practising this simple raising and lowering of the heels. In less than four months he had increased the girth of each calf *one whole inch.* When asked how many strokes *a day* he averaged, he said, "*From fifteen hundred to two thousand*"; varied some days by holding in each hand during the process a twelve-pound dumb-bell; and then only doing one thousand or thereabouts. The time he found most convenient was in the morning on rising; and just before retiring at night. Instead of the work taking much time, seventy a minute was found a good ordinary rate;

so that fifteen minutes at each end of the day was all he needed. But this was a great and very rapid increase, especially for a man of thirty-five; far *more* than most persons would naturally be contented with; yet suggestive of the stuff and perseverance of the man who accomplished it.

Here, then, one of the most effective exercises which could be desired for the strengthening of these muscles is accomplished, *without apparatus; without one cent of expense*—one which can be practised anywhere, in the largest or the smallest room; in-doors or out; on land or while at sea.

But there are many other exercises which will bring this same development. Now stand erect again; with neck back, head and chest high; shoulders low; and knees sprung *back*. Start off at an ordinary pace, and walk. But, instead of, as usual, putting the foot down and lifting it without thinking about it; this time, just as it leaves the ground, press *hard* with the soles and toes. Go on for a block or two; and you will suddenly find that your calves are having new and unwonted duties—indeed, a very generous share of work. Keep on for a mile—*if you can*. Good a walker as you thought yourself before; a mile of this sort will be a mile to be remembered—certainly for a few days, till the ache gets out of your calves.

If walking with this new push is not hard enough on flat ground; try it *up-hill*, keeping your knees *straight*. It will not be long before these muscles will ache; till it will seem as if you must have a whole gymnasium concealed in them somewhere.

Another exercise for the same muscles, which can also be learned in a moment; and a little of which will suffice at first; is running on the toes; or, rather, *on*

the soles and toes. Here the whole weight is held by, and pushed from, first the muscles of one calf; then of the other. One will not go far at this, without convincing proof of the value of this work to the parts in question.

Of two brothers of our acquaintance—one a boy of thirteen, the other a little fellow of four—the former walks with no especial spring, and performs his running flat-footed. But the little fellow, whether walking, standing, or running, *is forever on his toes;* and with his knees sprung well *back.* The former has rather slim legs and no great calf; the latter beautifully developed calves; round, full, and symmetrical; *noticeably large and shapely for a boy of his size and age.*

Again, work, harder, and telling more directly on the calves, and hence calculated to increase their size and strength faster even than any of these, is *hopping* on one foot—*a really grand exercise;* and one of the speediest for bringing strong legs and a springy step. There is not the relief in it that there is in walking or running. There the rest is nearly twice as long as here. Here the work is almost continuous; and soon tires the strongest muscles. *Jumping* also exercises these muscles powerfully; and, practised steadily, soon brings them up. Well developed and strong; these muscles are of great value in dancing; adding astonishingly to the ease and grace so valued in this accomplishment; and to *endurance* as well. Horseback-riding, where the foot is pushed but a little way into the stirrup, and the whole weight thus thrown on the soles and toes; rowing, especially with the sliding-seat, where the feet press hard against the stretcher; leaping; ordinary walking *uphill;* and walking *on the soles and toes alone*—these all call these muscles into most vigorous play; and,

when practised *steadily* and with energy; are among the most rapid means known for increasing, not the strength of the calves alone, but their *girth* as well.

Try a summer of mountain-climbing. Look at the men who spend their lives at it. Notice the best stayers in the Alpine clubs; and almost invariably they are found to have large and powerful calves; especially where their knees are *not* bent much in stepping. In a personal sketch of Bendigo, the once celebrated British prize-fighter (afterwards a quiet Christian man), much stress was laid on the fact that his calves measured a clean *sixteen* inches about. Yet, to show that gentlemen are sometimes quite as strong in given directions as prize-fighters; look at Professor Maclaren's own memorandum of not only what a splendid pair of legs he himself had at the start; but what a little mountain-climbing did for them; for he says that *in four months* of Alpine walking; averaging *nine* hours a day; *his calves went up from sixteen inches to seventeen and a quarter!* and *his thighs from twenty-three and a half inches to twenty-five.* If instances nearer home are sought; and yet where neither anything like the time Maclaren took was given to it; nor any of the very severe work of the gentleman referred to a little earlier; look at what Dr. Sargent accomplished, not with one solitary man but with *two hundred;* not giving nine hours a day to it, *but only "half an hour a day,* four times a week, for a period of *six* months." In this very brief time, and by moderate exercises, he increased the *average* girth of the calf *of these whole two hundred* men from twelve and a half inches to thirteen and a quarter. There was one pupil, working *four hours a week* instead of four half-hours; and *for one year* instead of six months; who *increased his*

calves from thirteen and a half inches to fifteen — an actual gain of a quarter of an inch *more* in two hundred and eight hours of exercise; much of which was given to other muscles; and did not tell on the calves, *than Maclaren made* in nine hundred hours of work, most of which kept these muscles in very active play.

When you go to Japan, and all should try to do so once, if they want to see what appears like part of another planet—and of a very attractive planet—and one of the most energetic and polite races, and perhaps, the most intellectual race in the world; look at the little jinrikisha man who walks and trots with big you in his little cart twenty, thirty, even forty miles in a day, and you will see what developed legs are like. Some of these bright-eyed little men will be the world's champion wheelmen yet—if we do not look out—and maybe if we do; for they are as big as "Jimmy" Michael anyway, if they are not very large; and *he* seems large enough for any man who has met him yet.

In all exercises for these muscles of the calves, indeed in all foot-work, shoes should be worn with soles broad enough to prevent the *slightest* cramping of the toes or foot; and so giving every part of it its natural play.

WORK FOR THE SHIN-MUSCLES

There remains one other prominent muscle below the knee, that *in front,* running down along the outer side of the shin-bone. Develop the calf fully, as is often done, and omit this little muscle; and the work which calls it into play; and there is something wanting; something the lack of which causes a *lack of symmetry. Fast* walking, when one is unused to it, especially when

the knees are held pretty straight, will work this muscle so vigorously as to make it sore. But a plain, safe, and simple exercise for it, yet one which, if protracted, will soon swell it into notice, and give it unwonted strength and beauty, is effected by stooping down as low as possible; the feet being but a few inches apart; *and the heels never being allowed to rise* even a quarter of an inch off the floor. Lift the heels, and this muscle is at once relieved.

Laying any weight on the foot, and lifting it clear from the ground, will also call on this muscle. So will fastening the feet into straps, like those on a boat-stretcher or rowing-weight, and swaying the body of the sitter back and forth; for these muscles have heavy work to do to aid in pulling the body forward; so that the rower may reach his hands out over his toes for a new stroke. Simply standing on one foot, first holding the other clear of the floor, and then drawing it up as near as possible to the front of its own ankle; and then opening it as wide as you can; will be found a safe and reasonably effective way of bringing forward this small but useful muscle; while *walking on the heels,* with the toes drawn up *high, is simpler yet.* For those who want to run heavy risks, and are not contented with any exercise which does not threaten their necks; hanging by the *toes* from a horizontal or trapeze bar will be found to just fill the bill.

WORK FOR THE FRONT OF THE THIGH

The muscles of the *front* thigh have a most intimate connection with those already mentioned; and, for ordinary purposes, a fair development of them is more necessary than of those below the knee. In common

walking, for instance, while the calf gets something to do; the thigh gets far more, especially when the step is low and flat, and the heel never raised far from the ground. A man will often have *large* and strong *thighs;* and yet but *indifferent* calves. A prominent Harvard oarsman, a strong and fast walker, and a man of magnificent development in most points, was once examined carefully by Greenough, the sculptor. "I should know you were an *American,*" said he, "*because you have no calves*"; and, indeed, his mistake in developing splendid arms, and trunk, and thighs; *and forgetting all about the calves;* is far too common a one among our athletes to-day; though the prominence they are giving to running and cycling helps mend matters in this respect.

Scarcely any muscles are easier brought into action than these of the upper or front thigh. Stand erect, with head and chest high, and the feet about six inches apart. Now, bend the knees a little, say until the head has dropped *vertically* six inches. Then rise to the perpendicular again. Repeat a few times, and it will not be long till these muscles will be felt to be in lively action; and this exercise prolonged will make them ache. But this movement is very much akin to that in dancing, the latter being the harder of the two; because the weight is first on one foot, then on the other; while in the former it is always on both.

Again, instead of stooping for a few inches only, start as before, with head and neck rigidly erect, and now stoop *all the way down;* then arise again. Continue this movement several times; and generally at first a few repetitions will be found to be quite enough. By-and-by, as the strength increases, so should the number; and, if time is to be saved and the work condensed, keep

dumb-bells, say of a tenth of your weight, in the hands during the operation.

A more severe tax yet is had by holding one foot far out, either in front or back, and then stooping down *wholly* on the other foot. Few can do this many times, and most persons cannot do it at all. For swiftly bringing up a thigh at present weaker than its mate, and so restoring the symmetry which should always have been there, this work is almost unparalleled.

Jumping itself, either high or flat, is admirable for the thighs. Charles Astor Bristed, in his *Five Years in an English University*, says that he at one time took to jumping; and was astounded at the rapid progress he made in a branch of athletics at which before he had been no good. Maclaren says that hardly any work will *quicker* bring up the whole legs; but this will probably prove truer where a large number of moderate jumps are taken daily; than where a few extreme efforts are made.

Both fast walking and running bring vigorous action to these muscles; slow walking does little for them, hence the number of weak, undeveloped thighs among men who do little or no quick foot-work. A man, too, whose body is light and thin, may do a deal of fast walking without greatly enlarging his thighs; because they have comparatively little to carry. But let him, after first getting thoroughly used to fast and continued walking, carry weight a while; say a twenty-five-pound bag of shot or sand; or a small boy, on his back; or dumb-bells in his hands—of course, on a gymnasium-track, or some other course where his action will be understood—and he will find that the new work will soon tell, as would, also, long-distance running, even though not weighted, as Rowell so eminently shows.

Good, stiff, long-distance *walking* is excellent for the front thigh; *but running is better,* especially when done as it *ought* to be; namely, *not* flat-footed; but with the heel *never* touching the ground. Any sort of running or walking, at any pace protracted enough to bring moderately tired muscles, will tell, especially on these in question; while severe work over a long distance will give them a great task; and the consequent ability and size. Many a man may do a little desultory running daily; perhaps for a week or two together once a year; and not find his thighs enlarge or toughen materially. But let him put in a few minutes each day, *for several months together;* at steady smart running; as far as he can, and go comfortably, always breathing long, slow, deep breaths, and through his nose; and now, besides the work becoming easy, come the desired *size* and *strength* as well. The *hopping,* which was so good for the calves, is hardly less so for these muscles; and *is one of the best possible movements to develop them in the shortest time.*

Dancing, long-continued, also tells here, as an acquaintance of ours found, who used to lead the German frequently at Newport; for, though far from being an athlete, he said that he daily ran a mile during the season, *just to keep his legs in good order for the duties his position demanded.*

A more moderate exercise than the running, though not always so available, is walking *up-hill.* This, besides, as already mentioned, doing so much for the calves, tells directly and markedly on the *thighs* as well. Skating makes a pleasant substitute for walking during a part of the colder months; and, when much distance is covered daily, brings strong and shapely thighs.

The farmer and the laboring man, in all their heavier

work done stooping over their tasks—such as lifting, shovelling, picking, and mowing—use the thighs much; but keep them so long fixed in one position, with little or no varying exercise to supple and limber them and the joints, that both gradually stiffen, and their instep soon begins to lack elasticity, which tendency is too often increased by heavy, stiff, and unwieldy boots.

Swinging forward when rowing, either in a boat or at the toe-straps, after first swinging far back, takes these upper muscles in a way quite the reverse of their ordinary use, they now aiding to pull the whole trunk forward, and so acting like two long hooks.

All *lifting* of heavy objects from the ground, standing in almost any position, tells heavily on these muscles being about the severest momentary test they can have, greater even than in jumping. But occasional heavy lifting tends rather to harden the muscle than to rapidly increase its size, protracted effort at lighter but good-sized weights doing the latter to better advantage. Sandow's lifting for years has made these muscles of his *gigantic*.

Brisk horseback-riding keeps these muscles very actively employed. Every sort of work which calls for frequent stooping down does the same. Persons who take short steps, and many of them, if they walk with vigor, are likely to have legs thicker and stouter everywhere than they who stride out far, but make the whole step as easy for themselves as possible.

FOR WHEEL-WORK THESE ARE THE MUSCLES-IN-CHIEF. Without these *unusually* strong, *you are no unusual wheelman*. It is so common among the cyclists to soon enlarge the *fronts* or tops of the thighs that it no longer attracts notice.

Indeed no other muscles have been so *over*developed

as these very ones; *and overdeveloped by cycling;* until they appear deformed.

You will often see men with the fronts of their thighs abnormally large, and of hardly moderate development elsewhere.

Not that cycling does not call other parts into play; for it does. As is well said by Dr. J. West Roosevelt:

"*Cycling* should not be regarded as an exercise of the legs alone. Observations by experts show that it is not only the legs which are developed by wheeling. In previously sedentary persons *a considerable increase in the circumference of the chest takes place;* the increase often amounting to one or two, and sometimes even three inches. The arms and forearms also grow firmer; and it is said that in them also quite a marked increase in size has been seen. The muscular system everywhere in the body also improves in *tone.*

"It is easy to see why cycling increases the strength of the legs. It is also easy to see why the chest-measurement should be increased, *as a result of the deeper and more rapid breathing. Not only do the respiratory muscles become stronger and larger; but also the joints and cartilages of the ribs,* move *more easily and more freely because they have been made more limber by use.*

"I do not know of any investigations which have been made to determine whether or not there is any increased *mobility* of chest (that is, extent of expansion and contraction), as a result of bicycle exercise; but it is almost certain that such studies *would* demonstrate its existence."

It will be seen that the Doctor does not claim that cycling much enlarges the *arms;* or the greater muscles of the *trunk.* The *diameters* of the body it does much for,—*and that is of vast importance;* FOR WE AMERICANS AVERAGE TOO SMALL IN EVERY CHEST-DIAMETER BY A FIFTH, ALMOST BY A QUARTER, TO BE THOROUGHLY WELL BUILT AND ENDURING. Cycling will not give a man large arms; will never begin to put a great back on him as will rowing; will do much for his sides; but

does not compare with *wrestling* in this field. And the majority of cyclers sit in such a way as to *cramp* their vital organs, and so to *impede* their work. That there is no need of this is shown by a small minority, who sit superbly, with the head always exactly *on top* of the spine—not poked one, two, or more inches *forward,*—with the neck, in short, always pressed firmly against the *back* of the collar.

Of two youths or men exactly alike at the start; if one rides a wheel an hour a day; and the other *runs* daily *half* an hour at a fair pace, the runner will not develop the *fronts* of his thighs as much as the cyclist does his. But the runner will develop the *whole* of each leg and hip *more* than the wheelman does; and far more *symmetrically.* For the cycler moves his foot through only a *small* circle,—never over sixteen inches in diameter. But the runner at every step strides—not sixteen inches—*but about seven feet!* And the runner's *body* has the better of it also. For as just seen, while most cyclists are poke-necked, and so cramp their vital organs—notably their stomach and lungs—the runner's head is *on top* of his spine; and so his lungs, and all his vital organs have the best opportunity for full, untrammelled work. Moreover the legs have twice as much to do in *running.* For, on a wheel, you *ride,* and you ride *sitting down;* and so the SEAT, *not* your legs, carries *most* of the weight of your body, neck, and head. But in *running,* your *legs* carry your *entire* weight. Or rather *one* leg carries it all; and then the other. So each leg gets a far heavier load than it does on a wheel.

Every cycler should have his or her heart and lungs *first* examined, by a physician, to see if there is anything wrong or any danger there. But if found to be all right; then let them ride about all they will. Not yet in the

world's history has any other plaything been discovered at once so useful and attractive. Nothing has approached the wheel in tempting all persons of all ages and sizes to get out-of-doors, and to take a little vigorous daily exercise; to drop all thought of business; and to *play* a little. Why should middle-aged and elderly people forget how to *play;* and so lose one of their chief helps; and charms? To the 3,000,000 wheels in use in the United States in 1898, a million more are being added annually. And no other thing is doing as much for the health, force, and vigor, of our in-door people; or for our roads. Every city ought to have good cycle-paths on the side of each attractive street, from one end of the city to the other. No men make such good road-masters as the wheelmen. No other thing has approached the wheel in enabling girls and women (and men too) to dress sensibly and comfortably; and in helping at last educate their bodies, as well as those of the men. As here appropriate, we append

ROBERTS'S HINTS FOR THE CYCLER

Life is like a bicycle-run; some worry, fret, and scorch along and soon reach the end, while others *take it easy* and enjoy themselves as they go.

Don't sit up as straight as a stick; lean a little forward, as you would if you were running.

Keep your head *up;* chin *in;* chest up; back straight, and mouth *shut,* especially this last on a *cold* day. So long as a cyclist can breathe with his mouth shut, he will not strain his *heart.*

Increase your lung capacity by practising *deep* breathing as follows: Hold your head up; shoulders back; chest out; inhale *slowly* through the *nose* while counting five; hold until you have counted two, exhale quickly. Repeat while counting ten, again while counting fifteen, holding and exhaling as above. Don't ride with the hands close *together,* it will *cramp* the chest and impede free breathing.

Don't ride by fits and starts; take a *steady* gait and keep it up. Don't keep your eyes on your front wheel, *look up and enjoy the beauties of nature.* Come back from your ten-mile spin with a panorama, ten miles long, permanently photographed on your brain. *The average cyclist sees nothing but his wheel and a few yards of road.*

Hardly any of the muscles are so useful and valuable as these on the front of the thigh. One may have weak arms and trunk; yet with strong thighs he can walk a *long* distance daily; and not be nearly so fatigued as those much stronger elsewhere and weaker here, and, as many men have little or no other exercise than walking; they are often contented with fair development here; and practically none of any account elsewhere. It is astonishing, too, to notice how a man, accustomed for years to a poor shambling sort of a gait, will, with strict attention to taking a clean and strong straight-kneed step over a certain distance daily; with a determination to take no other sort of gait; soon improve the strength and shape of his *thighs.*

As hopping on one foot is a swift way to develop the calf; so frequent stooping down as low as possible, and rising again, daily; at first without weights; but eventually with them; is the sure way to speedily enlarge and strengthen the thighs.

TO ENLARGE THE UNDER THIGH

The muscles of the *under* thigh do not get nearly so much to do as those in front, in many persons seeming almost not to exist. A bad walk, with the knees always slightly *bent,* is partly accountable for this; and a man accustomed to such a walk, and trying suddenly to walk erect, with his knees firmly knit, and bowed

slightly back, soon tires and aches at the operation, which, to one in the habit of walking *erect*, long ago became natural.

The exercise already recommended, of pressing the sole of the foot hard on the ground just as it leaves it, is scarcely more beneficial to the muscles of the calf than to these; likewise walking uphill, that telling finely on them. Standing, as does the West-Pointer in his "setting-up drill," and, *with knees unbent*, trying to touch the floor with the hands, tells in this region. Fastening a weight of any sort, a dumb-bell or flat-iron, to the ankle, say with strap or towel; and raising the foot as high up backward and outward as possible; and repeating till tired; putting the foot in the handle of the pulling-weight, and frequently drawing it far down; or, standing with back to the wall, and placing the heel against the base-board of the room, or any solid vertical surface; and pressing hard backwards *many* times—these all tell on these hidden biceps muscles of the legs; which, small as they are, are essential ones; and especially in LOOKS; *while running with the foot thrown high behind, excels them all.*

TO STRENGTHEN THE SIDES OF THE WAIST

But while the legs have been so actively engaged, there are other parts which have not been idle, so that the same work brings other strength as well. In every step taken, and especially every *vigorous* one, as in fast walking or in running, the muscles at the *sides* of the waist have been all the time at work; a prominent duty of theirs being to aid in holding the body *erect*.

Notice a man weak just here, and see his body *sway* a little *from side to side* as he walks; seeming *to give*

at the waist. Were such a one to practise daily *hopping* straight ahead, on one foot; and then on the other; until he could by-and-by so cover half a mile without fatigue; he would find his swaying propensity fast disappearing; and if he has been troubled with a feeble or unshapely waist, that also will have gradually changed; until at the end it has become firm and well set.

Take the long balancing-pole of the tight-rope walker, and try to walk a rope a while; or try the more simple expedient of *walking on the railroad rail;* and *these* muscles are at once uncommonly busy. Notice the professional tight-rope man, and see how strong he is *here,* especially when to the weight of his own body he adds another, as did Farini when he carried a man on his shoulders across the Niagara River; or as the Eastern porter, with his huge weight of luggage; or the carrier at the meat-market, who shoulders a whole side or more of beef and marches off with it. These men soon get great and unusual power in these side muscles. Wrestling also, whether Cornish or Græco-Roman, or indeed almost any sort, tells directly and severely here. If one prefers to use apparatus made specially, he will find in every well-appointed gymnasium, a simple device of Dr. Sargent's, made purposely to bring up and strengthen these muscles.

But with no apparatus, stand erect. Put one hand as high over your head as you can. Put the other as low down at your side as you can. Now raise the low hand and lower the high one. You will feel like swaying your body to one side as you do this. *Well sway it all you can.* Your sides are getting great work now; and if your liver is torpid, it will think there has been a declaration of war; and there *has been,* on torpidity of

liver and all bilious irregularity, *when you begin doing plenty* of *this* work.*

THE ABDOMINAL MUSCLES

Nor do these include *all* the muscles which the foot-work arouses to action. Take the horizontal bands or layers of muscle across the abdomen, with which our fleshy friend on page 149 became so suddenly acquainted, and which for forty years had been buried and unknown. Every step forward moves them, and the higher and more energetic the step, the more they have to do. A man who is not strong in these muscles will usually have a feeble walk; and very often will double forward a little, until he is in about the position of the two hands of a clock at two minutes past six; giving him the appearance of being weak here. But the strong, high step tilts the body slightly *back;* and gives these muscles so much to do that they soon grow good at it, and shapely and powerful accordingly.

Another advantage comes from having these muscles strong, and from forming the habit of stepping as he does who has them so. By walking thus erect, the shoulders, instead of pressing over on the chest as the man tires; and so cramping his breathing; are so habitually held moderately back that it is easier to keep them there; *and the consequent fuller respiration keeps him longer fresh.*

* Physical Director Ehler, now of Chicago, but formerly of the Detroit Young Men's Christian Association, used to call this exercise the "Liver Squeezer, or the Bilious Pill." But we suggested that, having in mind its place of origin; it might be well to call it "The Detroit Free Press," although the organ best known by the latter name is a confirmed foe of *biliousness.*

This rational way of carrying the body during a difficult feat, besides giving the heart and lungs full room for vigorous action, also gives the stomach and other vital organs ample play. And there are other ways of bringing up these useful abdominal muscles, equally easy to learn.

Sit down at the rowing-machine; placing the feet in the toe-straps. Now sway the body back and forth; and, placing the hand on the muscles in question, feel how they harden. An ordinary bit of strap screwed to the base-board of one's room; so that each foot shall have a loop of it to go into; and then a stool or hassock some eight inches high to sit on, save the expense of the rowing-machine; yet produce the desired result with these muscles.

Lie flat on the back, as, for instance, just on awaking. Taking first a deep, full breath, draw the feet upward, keeping the knees *unbent*, until the legs are vertical. Lower them slowly till horizontal; then raise again and continue. It will not take many minutes—*or seconds*—to bring these muscles enough work for one morning.

Or, this time keep the legs down; and, first filling the chest, now draw the *body* up until you are sitting erect. Then drop slowly back; and repeat. This will be likely to take even less time than did the other; but it will tell tremendously on these muscles. Indeed, most people are so weak in them, that they can hardly do this *once*. Yet men who have them strong and well trained, will lie flat on their backs on the floor or gymnasium-mat; and while some one holds their ankles, taking a two-hundred-pound man, lying across their chest at right angles with it; will raise him several times till they are in erect sitting posture.

Sitting on one of the parallel bars in the gymnasium,

and placing both feet under the other; and now dropping the body back until it is horizontal; then rising to vertical and repeating; is very hard work for these abdominal muscles; and should only be practised by those already strong here.

These muscles are brought into direct and vigorous play in rowing; to such an extent that no man who has them weak can be a fast oarsman over any ordinary racing distance. Indeed, this is the very region where young rowers, otherwise strong, and seemingly fit for hard, fast work, give out first.

Every time the foot is raised in running, these muscles are called to active duty far more than in walking; and the high, strong, sharp step works them severely; so *that no man weak here could be a fast runner with good action.* And if you would condense their work more yet, run with *very short* steps, say of *not two feet each.* You will not do it long. Jumping; vaulting; leaping; all bring them into sudden, spasmodic, almost violent action. Let a man mow a while, when unused to it; and see how soon it tells across this region; the muscles aching next day from the twisting motion.

COUNTERWORK FOR THE ABDOMINAL MUSCLES

But nearly all the exercises just named for the abdominal muscles, while they make them strong and handsome, tend to contract rather than lengthen them; and for men of sedentary life, inclined to stoop a little forward while sitting, some work is needed which shall *stretch* these muscles, and aid in restoring them to their natural length.

Stand erect. Now gradually draw the head backward until as far past the vertical as possible. Return slowly

to erect position. In the drawing back, these muscles were stretched to a greater length than usual; and in those who accustom themselves to drawing far back in this way, like the contortionists of the circus; these muscles grow wonderfully elastic; such men being able not only to touch their heads to their heels; but now and then to go farther yet; and drink water from a tumbler set between their feet.

But while there is no need of such extreme work; moderate performance in this way directly tends to stretch and lengthen muscles which, in the great majority of people, are somewhat cramped and shortened nearly every hour of the twenty-four by habitual standing, sitting, or lying, with the back either flat or almost curved outward, instead of slightly hollowed in, and with the consequent sinking of the chest. All work *above* the head, such as swinging clubs, or an axe or sledge; putting up dumb-bells, especially when both hands go up together; swinging by the hands from rope or bar; or pulling the body up till the chin touches the hands; standing with *back* to the exerciser or pulley-weights; and taking the handles in the hands, and, starting with them high over the head, then pushing the hands far out forward; standing two or more feet from the wall, facing it; and, placing the hands side by side against it, about as high up as your shoulders; then throwing the chest *as far forward as possible;* the hauling-down ropes by the sailor; the ceiling-work of the plasterer and the painter, and the like;—these all do excellent service in bringing to these important muscles the length and elasticity they ought to have; and so contributing materially to the erect carriage of the body. All kinds of pushing with the hands; such as one does in putting them against any heavy sub-

stance and trying to push it before him; striking out in boxing; in fencing; or single-stick; with dumb-bells; or in swimming; are capital; while the drawing of the head and shoulders back swiftly, as in boxing to avoid a blow, can hardly be surpassed as an aid in this direction. In fact *the chief cause of being inerect is holding the head forward.* If your body would not give; the head, weighing ten or twelve pounds, *would tip you* over. But instead *you sink in your chest and waist;* and so cramp and check the action of every vital organ. And happily the remedy is easy. Tilt the head *back;* not as much as you now push it forward, but even half as much; NOW YOUR CHEST AT ONCE ENLARGES AND EXPANDS IN ITS EVERY DIAMETER; and the cause of all this expansion is putting your head in a *helpful* position, instead of in a *harmful* one.

TO ENLARGE AND GIVE POWER TO THE LOINS

Before leaving the waist, there is one more set of muscles which demand attention; and if one has them weak, no matter how strong he may be elsewhere; he is weak in a place where he can ill afford to be; and that is in the *loins,* or the main muscles in the small of the back; running up and down at each side of the spine. In many of the heavier grades of manual labor, these muscles have a large share of work to do. All stooping over, when lifting is done with a spade, or fork, or bar; whether the knees are held straight or bent; or lifting any weight directly in the hands; *horizontal* pulling on exerciser, pulley-weight, rope, or oar—in short, nearly *every* sort of work where the back is employed, keeps these muscles thoroughly active. You cannot bend over without using them. Weed

a while; and, unless already strong in the loins, they will ache.

A laboring-man weak here would hardly be worth hiring. A rowing-man weak here could never be a first-rate oar till he had trained away the weakness. Heenan, with all his grand physique, his tremendous striking-power, his massive development above the waist, would not have made nearly as enduring an oar as the sturdier, barrel-chested Morrissey; or as the broad-loined Renforth did make. Strong loins are always desirable. He who has them; and is called on in any sudden emergency to lift any heavy weight; as the prostrate form of one who has fallen in a swoon; for instance; is far less likely to work himself serious, if not permanent, injury here, than he who has them untrained and undeveloped. But the tug of war, on fixed cleats, had better be omitted. Listen to several experts.

Paul C. Philips, Physical Director of great skill and experience, says:

"The *tug of war* is a TEST rather than a DEVELOPER of strength; and, in my opinion, *a most severe one.* Under *no* circumstances should a man enter into it without having *satisfactorily* passed a rigid examination of the *heart, lungs, and nervous system;* and even under these conditions I consider it doubtful if the benefits derived are an equivalent of the risks incurred. The in-door tug of war is generally limited to two minutes; and that time I consider *too long* for the endurance of most men. The out-door tug of war is generally longer, and even *more* dangerous, on account of the insecure footing of the men, while under severe strain. The tug of war should be permitted *only* after each participant has received a thorough physical examination, and *when the pull is limited to less than two minutes.* On the whole I do *not* look with favor on its introduction."

George W. Ehler, Chicago's famous Physical Director, says:

"*Tug of war on cleats* is *barbarous*, RESULTING IN ENLARGEMENT OF THE HEART. It should have *no* place in the association. On the smooth floor or turf it is the source of a large amount of fun, *and is harmless.*"

Dr. H. G. Nicks, Physical Director of the Y. M. C. A. at St. Louis, says:

"I regard the tug of war as *exceedingly dangerous;* the vital organs are placed under a severe and constant strain; and, although no evil effects may be manifest at the time, the participant is liable to receive injuries that will last through life."

DEVELOPMENT ABOVE THE WAIST

Little or no work has been suggested, so far, aimed purposely to develop any muscles *above* the waist. Indeed, it is no uncommon thing, especially among Englishmen, to find a man of very strong legs and waist; yet with but an indifferent chest and shoulders; and positively poor arms. Canon Kingsley had discovered this when he said to the British clergy, "I should be ashamed of being weak. I could not do half the little good I do here if it were not for that strength and activity which some consider coarse and degrading. Many clergymen would half-kill themselves if they did what I do. And though they might walk about as much; *they would neglect exercise of the arms and chest, aud become dyspeptic or consumptive.*"

Let us look at a few things which would have proved useful to the brave Canon's pupils. The connection between the arms and the muscles, both on the front and back of the chest, is so close that it is practically impossible to have arms thoroughly developed; and not have all the trunk-muscles above the waist equally so. Fortunately, as in foot-work, the exercises to develop

these muscles, without having to resort to expensive apparatus, or often to any at all, are very numerous.

With a pair of dumb-bells, each weighing not over one-thirtieth of what he or she does who uses them; there is scarcely a muscle above the belt which cannot, by steady and systematic work of never over half an hour *daily*, be rounded and strengthened up to what it ought to be in a thoroughly developed, strong, and efficient person of its owner's sex, size, and age.

FILLING OUT THE SHOULDERS AND UPPER BACK

Notice now what these dumb-bells can do for the shoulders and upper back.

Stand erect again, and have the dumb-bells in the hands, hanging easily at the sides. Now carry them slowly BACKWARD and upward, keeping the arms straight at the elbows, and parallel; until the hands are about as high as they can well go. *Hold them there a moment;* then drop them *slowly* to the sides. Do it again; and keep on until you begin to feel like stopping. Note the spot where you feel it; and you will find that the under or inner muscles of the part of the *back*-arm which is above the elbow; also those on the shoulder-blade; and the large muscles of the back directly under the arms; have been the ones in action. Laying one dumb-bell down; now repeat the above exercise with the remaining one, say in the right hand; this time placing the left hand on the *back*, just under the right arm; or on the inner portion of the triceps, or upper muscle of that right arm. These muscles will be found vigorously at work; and *hardening* more and more, the higher the bell is carried, or the longer it is held up.

A little of this work daily, begun with the lighter

dumb-bells, and increased gradually by adding to the number of strokes; and long before the year is out, if the person *is steady and persevering at it;* decided increase in the strength, size, and shapeliness of the upper back will follow.

What has been thus done with the dumb-bells could have been done nearly or quite as well with any other small, compact body of the same weight, which could be easily grasped by the hands, such as a pair of window-weights; flat-irons; cobble-stones; or even chairs, whichever were convenient. Where there's a will there's a way; and if one *really* means to get these, or any other muscles strong and handsome; the way is surprisingly simple and easy.

Now, instead of using the dumb-bells; stand erect, facing the pulley-weights at the gymnasium, or at home your exerciser. Grasping the handles, draw them far *back* and up; the hands, in other words, doing precisely what they did with the bells; and the same results will follow.

Rowing, either at the oar or the rowing-weights, would have told more yet on these muscles; and, as already pointed out, *on many others besides;* the weight of the body itself aiding the development, as it would not with the bells or exerciser. *It would also broaden the shoulders,* and spread them apart; *more, perhaps, than almost any other known exercise.* Especially if you take in and *hold in as much air as you can* while you are at this work. But, like any other single exercise, calling certain muscles into play and leaving others idle; taken as substantially one's only exercise; as is too often the case with rowing-men; it brings a *partial* and *one-sided* development; making the parts used look too large for the rest; the fact being that the rest have not been

brought up as fast as the former. Unless one's chest is unusually broad and strong; and often, even if it is; *constant rowing warps his shoulders forward;* and tends directly to make him a round-shouldered man; while the upper arm, or that part above the elbow, has had practically no development; the inner part of the triceps or back-arm alone being called to severe duty; but the bulk being almost idle. Courtney, the greatest sculler the United States has yet produced—a large man, standing six feet and half an inch in height, strongly made in most parts; and weighing ordinarily nearly a hundred and ninety—is a good instance of how rowing does *little* for the upper arm; for while his *fore*-arm is almost massive, measuring exactly thirteen inches in girth; the upper arm, doubled up, barely reaches fourteen. A *well*-proportioned arm; of which the forearm girths thirteen; should measure above all, fifteen and a half. Again, while Courtney's forearm feels sinewy and hard; the upper is not nearly so hard; and does not give the impression of having seen very stiff service. His chest, too, is not so large by over two inches as ought to go with a thirteen-inch forearm, nor does it looks so.

Besides these exercises with the dumb-bells, the exerciser, the weights, and the oar; all the vocations which cause one to stoop over much and lift—such as most of those of the farmer, the laborer, and of the artisan in the heavier kinds of work—tell on these same muscles of the *upper back* and the inner side of the triceps; *too often bringing,* as already pointed out, *a far better back than front,* and so *injuring* the form and carriage. Lifting heavy weights where one stands nearly erect; as when practising on the lifting-machine; pulls very heavily on the extreme *upper* muscles of the back; those slop-

ing off downward from the back of the neck to the shoulders; and a great *shoulder-broadener* is even five minutes a day, with your hands as on a cross, but *just as far apart*—to the last *sixty-fourth of an inch even*—as you can possibly get them.

TO OBTAIN A GOOD BICEPS

Starting with the dumb-bells down at the sides, as before, raise them *slowly* and steadily in front until they nearly touch the shoulder,—technically, "curl" them—holding the neck well *back;* and so the chest expanded to its utmost. Now lower the bells *slowly* to the sides again; and repeat; and so continue. Take not over six breaths a minute. In a very few minutes; often less than three; you will want to stop. The biceps muscles, or those forming the *front* of the upper arms, are getting the work this time; and by applying to that of one arm in action the hand of the other, it is at once found that this muscle is growing quite hard.

If no dumb-bell or other convenient weight is at hand; place one hand in the other, and bear down hard with the upper hand, holding the neck firmly *back.* Lift away with the lower hand; and, when it reaches the shoulder, lower it slowly to the side; and then raise again; and so continue. This will be found a good thing to know when a person is travelling; or away from home; and cannot readily get at his exerciser or dumb-bells, or such other apparatus as he has in his own room.

Now stand erect in front of and facing the exerciser; and at about arm's-length from it; draw one handle horizontally in until it is close to the shoulder; let that

handle go slowly back; and then draw it to you again; and so go on. This is splendid work for the *biceps;* and will soon begin to swell and strengthen it; and then more strokes daily is all that will be needed.

Mounting a ladder or a rope hand-over-hand; lifting any weight in front of you, whether a feather, or a child, or a barrel of sugar; picking up anything from the floor; holding weights out in front, or at your side, at arm's-length; pulling downward on a rope, as in hauling up a sail; hammering—in short, anything which bends the elbow and draws the hand in towards the shoulder, takes the biceps muscle; and, if the work is vigorous and persisted in, this muscle will ere long become strong and well-shaped.

TO BRING UP THE MUSCLES ON THE FRONT AND SIDE OF THE SHOULDER

For the muscles on the front and side, indeed the whole top, of the shoulder; holding out weights at arm's-length, either at the *side* or in *front;* will be found just what is wanted; the arms being horizontal; or the hands being held rather higher than that; the elbows remaining *unbent.* Holding the mere weight of the hands, as in boxing, but keeping at it a while, keeps these parts well occupied; while the sword, or foil, or single-stick, freely plied; or the axe or bat, tell directly here.

Now hold your dumb-bells out in front of you with elbows straight and arms parallel. Walk back and forth or about the room for one or more minutes in this way. You will find that a very few minutes of this work will do. Then keeping the arms parallel, raise the bells high overhead; then lower; and repeat this movement till you want to stop. You are not only making muscles

full and strong; but your chest is getting deeper also. This time *hold* the bells out *sideways*, as if your arms were on a cross, and you give the muscles plenty to do. Now hold the bells far up *behind* you; lower, and lift them up there again; and repeat till you are comfortably tired; or simply hold them up so behind you, and walk around with them so; and now you are developing the *backs* of your shoulders.

To *broaden* your shoulders, hold your arms as if on a cross. Stretch your hands *as far apart as you can*, and *hold* them this way as *often* and *as long as you can every* day.

FOREARM WORK

Very many of these exercises for the biceps and shoulder have also called on the *forearm;* while those mentioned for the inner triceps have done the same. Very prominent among the latter is rowing; *much* of it soon bringing a strong forearm; especially on the inner and under side. Anything which necessitates shutting the hand, or keeping it partly or wholly shut; such as holding anything heavy in it; driving; chopping; hammering; fencing; single-stick; pulling one's self up with one hand or both; going up a rope or ladder hand-over-hand; batting, lacrosse, polo, twisting the dumb-bells around when at arm's-length, or a chair, or cane, or foil, or sword, or broom-handle, if the dumb-bells are not convenient, carrying a weight in the hand, using any of the heavier mechanical tools—all these, and more of their sort, will enlarge and strengthen the forearm, and will do much also for the hand. Probably the hardest work for the forearm, and that calling for the greatest strength here, is lifting very heavy weights suspended from a stick, bar, or handles which the hands grasp.

EXERCISES FOR THE TRICEPS MUSCLES

One prominent part of the arm remains; or, rather, one which ought to be prominent; though in most persons, both men and women, it is not. In boys and girls it is even less so. We refer to the rest of the triceps; or the bulk of what remains of the upper arm after leaving out the biceps and the *inner* side of the triceps. When well developed, this is one of the handsomest parts of the arm. No arm will look slim (in evening dress, for instance) which has this muscle *fully* developed.

To bring that development; *push* with the hands against almost any heavy or solid thing you want to. If these muscles are small and weak; push the dumb-bells up over your head as much as you can daily; till a month's work has given them a start. For two or three minutes each day during that month; stand facing the wall; and about two feet from it. Now fall against it, or, rather, put your hands on it, about three feet apart and as high as your ears; and let your body drop *slowly* in towards the wall till your chest nearly touches it; your face being held up and back. Then push back till your body is again erect; and continue the movement. This exercise is as admirable as it is cheap.

If the triceps muscles are tolerably strong in the start; or in any case at the end of the month in which the last two exercises have been practised, try now a harder thing. Place the hands on the floor, hold the body out at full length and rigid, or as nearly so as you can; and push, raising the body till the elbows are straight. Now bend the elbows and lower again, till the face nearly touches the floor; *keeping the body all the time as stiff and straight as possible;* and then rise on stiff elbows

again ; and so on. If this is not hard enough work for the ambitious aspirant for stout triceps ; he can vary it by clapping his hands between the dips, just as his face is farthest from the floor, though in such case it is sometimes well to have a nose accustomed to facing difficulty. Also by walking on his hands. And by putting up *heavy* dumb-bells ; or bar-bells.

So far, in this work for the back-arm, the hands at first held merely the weight of the *dumb-bells ;* then, as they pressed against the wall, they had to bear part of the weight of the *body ;* but not a large part, as that rested mainly on the feet. In the pushing from the floor, the hands bore *still more* of it ; but yet the feet had quite a share. Now try something where the hands and arms carry the *entire* weight of the body. Place two stout chairs back to back ; draw them about eighteen or twenty inches apart ; and, placing one hand on each, holding the arms straight, and head erect, lift the *feet* off the floor. Now lower till the chin is level with the hands, or nearly so ; and then rise till the arms are straight ; and then dip again ; and so on ; the knees and feet of course never resting on anything. Now you have one of the best-known exercises for bringing quick development and good strength to the triceps or back-arm. When by steady daily trial you have gradually increased the number until you can do twenty-five fair dips without great effort, you have strong triceps muscles ; and, if you have two legs and a reasonably heavy body to lift ; good-sized ones at that. Most of your friends cannot manage *five* dips respectably ; many scarcely one. But, lest you should feel too elated over your twenty-five, bear in mind that one gentleman in New York has accomplished over *eighty* without stopping ; and this though he weighs upward of one hundred and eighty pounds. He says

that as surely as the ability exists to make many dips; so surely will there be a *large* back-arm; *and it was hard work that brought him his.* Slim arms may push up heavy dumb-bells once or twice; but it takes thick ones for sustained effort at smaller, though good-sized ones. And his upper arm flexed girths sixteen inches.

TO STRENGTHEN AND DEVELOP THE HAND

Very many of the exercises so useful in strengthening the forearm were at the same time improving the *grip* of the hand. But an evil of so much gripping or drawing the hand together is that, unless there is an equal amount of work to *open* and *flatten* it, it tends to become *hooked.* Notice the blacksmith's or the rowing-man's hand; and the fingers nearly always, when at rest, are inclined to be doubled in, as if half clutching something; and very often, where they have seen years of such work, their joints get so set that the fingers cannot be bent back nearly as far as other people's. Some of the pushing exercises mentioned above for the triceps, tend to counteract this; notably that where the *fingers* or the *flat* of the hands are pressed against the wall. An admirable exercise in this direction is, when you practise the pushing up from the floor for the triceps, to only touch the floor with the *ends* of the fingers and thumbs; *never* letting the palm of the hand touch it at all. This will soon help to rectify many a hand now rather cramped and contracted; besides bringing new strength and shape to the fingers.

To make any particular finger strong, attach a strap to it and to your two bells and carry them around the room a while *at arm's-length.* You will soon stop. When your fingers get very strong, now attach the strap

to any stationary object as high above your head as you can comfortably reach, say a horizontal bar, and *pull* yourself up by *one* finger till your chin touches your hand—if you can. Some gymnasts can do this several times with the *little* finger.

Just where the thumb joins the palm; and between it and the forefinger on the back of the hand; is a muscle which, while at first usually small, can be developed and enlarged by any exercise which necessitates *pinching* the ends of the thumb and forefinger together; such as carrying a plate of metal, or other thin but heavy substance between the finger and thumb. Harder work yet: calling on both this muscle and a number of others of the hand and upon most of the fore arm; consists in catching two two-inch beams running overhead; as in the ceiling of a cellar; and about a foot and a half or two feet apart; and walking along, sustaining the *whole* weight by the grip, first of one hand, then of the other. He who can do this has very unusual strength of fingers.

For improving the ordinary grip of the hand, simply taking a rubber ball in it; or a wad of any elastic material; and even of paper; and *repeatedly* squeezing it, will soon tell. Simpler yet is it to *just practise opening and shutting the hand firmly many times.* An athletic friend of ours says that the man of his whole acquaintance who has the strongest grip got it by just practising this exercise.

TO ENLARGE AND STRENGTHEN THE FRONT OF THE CHEST.

Every one of the exercises for the biceps tells also on the pectoral muscles, or those on the front of the upper part of the chest; for the two work so intimately to-

gether that he who has a large biceps is practically sure to have the adjoining pectoral correspondingly large.

But there is other work which tells on them besides biceps work. Whenever the hands push hard against anything, and so call the triceps muscles into action, *these* muscles at once combine with them. In the more severe triceps work, such as the dips, the strain across these chest muscles is very great; for they are then a very important factor in helping to hold up the weight of the whole body. This fact suggests the folly of letting any one try so severe a thing as a dip, when his triceps and pectoral muscles have not been used to any such heavy work. Many a person who has rashly attempted this has had to pay for it with a pain for several days at the edge of the pectoral; where it meets the breast-bone, until he concluded he must have broken something. But muscle-aches end in two or three days.

Working with the dumb-bells, when the arms are extended at right angles with the body, like a cross, and raising them up and down *for a foot or so,* is one of the best things for the upper edge of the pectorals; *or that part next to the collar-bone.*

This brings us to a matter of great importance, and one often overlooked. Whoever knows many gymnasts, and has seen them stripped or in exercising costume; must occasionally have observed that, while they had worked at exercises which brought up these pectoral muscles until they were almost huge, *their chests themselves* had somehow *not been enlarged accordingly.* Indeed, in more than one instance which has come under our observation, the man looked as though, should you scrape all these great muscles completely off, leaving the bare framework, he would have actually *a small chest;* much smaller than many a fellow who had not

much muscle. There hangs to-day—or did some time since—on the wall of a well-known New York gymnasium, a portrait of a gymnast stripped above the waist, which shows an exact case in point. The face of such a man is often a weak one, lacking the strength of cheek-bone and jaw so usual in men of great vitality and sturdiness—like Sullivan, for instance—and there is a general look about it as if the man lacked vitality. Many a gymnast has this appearance; *for he takes so much severe muscular work that it draws from his vitality;* and it gives him a stale and exhausted look; a very common one, for example, among men who remain *too long* in training for contest after contest of an athletic sort. This is seen in Figures 7 and 8. The first shows a fellow of twenty-four, rather weak than strong. The second is the same man four years later: with a large chest, deep rather than broad, but with muscles phenomenally developed—*too large for his chest itself.*

The getting up, then, *of a large chest;* and of large *muscles* on the chest; while often contemporary, and each aiding the other, are too frequently wholly *different* matters.

And how is the large *chest* to be had? *For bodily education has no more important problem.*

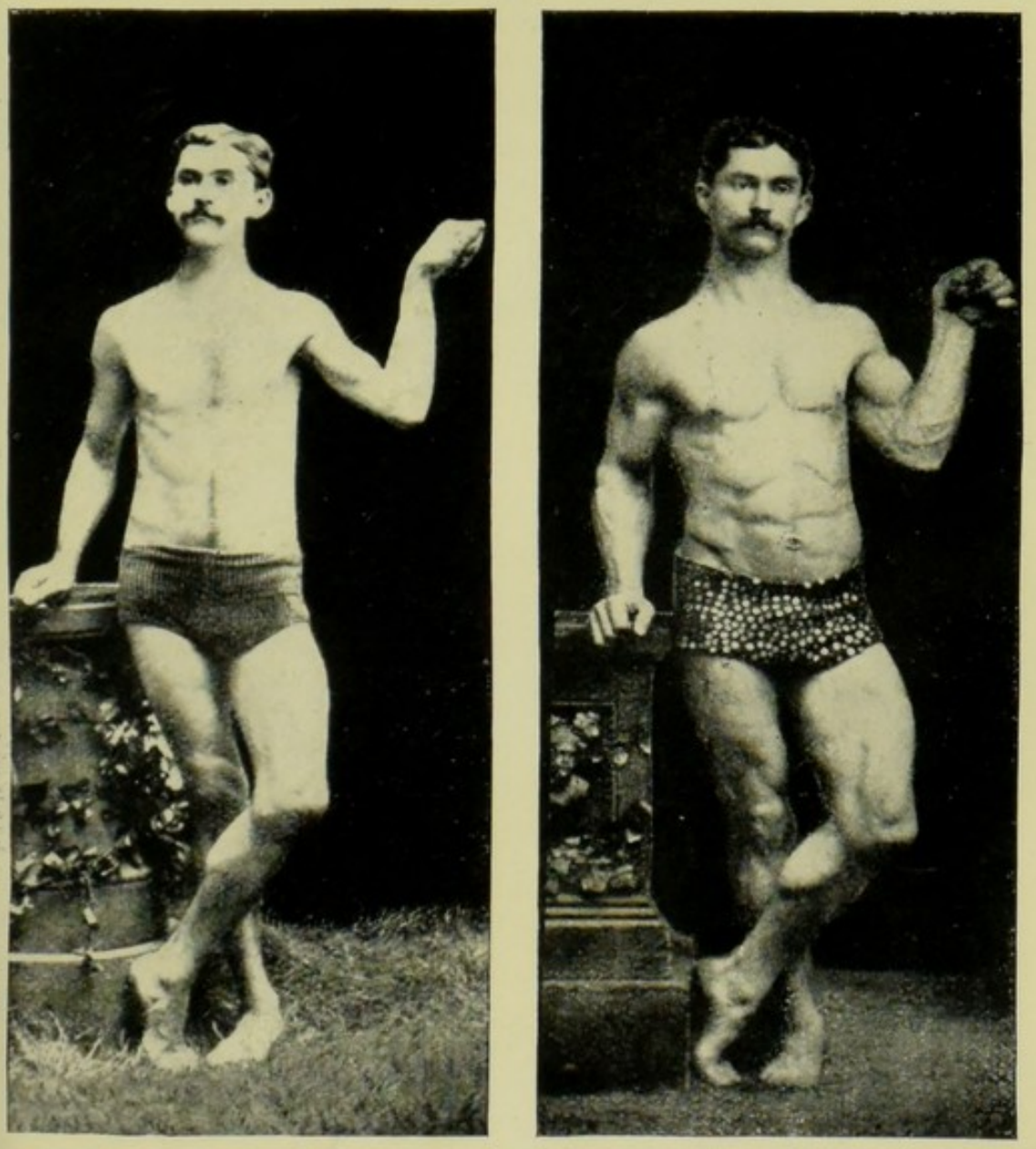
TO BROADEN AND DEEPEN THE CHEST ITSELF

Mr. Finck has some apt words here:

"Magic effect of deep breathing. *Indolence is the mother of ugliness.* No one who realizes that absolute necessity to Health of a sufficient supply of fresh air, can wonder at the rarity of Beauty in the world, if he considers that *nineteen people out of twenty are too lazy to breathe properly.* It is estimated that there are from 75 to 100 cubic inches of air which *always* remain in a man's lungs. About an equal amount of '*supplemental*' air remains after an *or-*

dinary expiration, and only 20 to 30 inches of what Professor Huxley calls '*tidal* air' passes in and out. *But this tidal air can be largely increased in amount by the habit of breathing deeply and slowly*, whereby an additional supply of *oxygen* is supplied to the lungs, *which is a thousand times better for the health than quinine, iron-pills, or any other tonic. There are few persons whose health and personal appearance would not be improved vastly if they would take several meals of fresh air consisting of* 20 *to* 50 *deep inspirations* in a park, or some other place, where the air is *pure* and *bracing. Slowly* inhale as much as you can get into the lungs without discomfort (avoiding a strain), and then exhale again *just as slowly.* After a while the habit will be formed of *constantly* breathing more deeply than formerly, both awake and asleep; thus bringing into regular use a *larger* part of the lungs' surface. It is the slight sense of fatigue at first accompanying deep breathing which prevents most people from enjoying its benefits; but when once this natural indolence is overcome, the reward of deep breathing is analogous to the delicious exhilaration which follows a brisk walk or a cold bath. It is important to note that all breathing, whether deep or ordinary, should be done through the *nose*, as thus the air is warmed before it reaches the delicate lungs, and the mucous membrane remains *moist*, thus preventing those disagreeable enemies of refreshing sleep—*a dry mouth and snoring. Habitual deep breathing* adds to Personal Beauty, not only by exercising the muscles of the chest, *which thus becomes more arched and prominent* relatively to the abdomen, but also by throwing *back* the neck and head, and compelling the whole body to assume a *straight* attitude. 'We are all taught as children,' says Professor Kollman, 'to hold ourselves straight; but rarely is the information added that the *best* way to secure an erect, manly bearing and a dignified gait, is by cultivating the habit of *deep* breathing.' It is worthy of notice that forcible breathing, such as results from a correct bearing; from prolonged sojourn and exercise in the open air, in hunting, gymnastic exercises, riding, etc., *not only increases the chest for the moment*, BUT PERMANENTLY."—*Romantic Love and Personal Beauty*, p. 397.

And ministers, lawyers, and other public speakers will care to read the following from Dr. Beard's *Sexual Neurasthenia*, p. 38:



1879 1883

D. L. DOWD

Before and after four years of Systematic Exercise

"A strong, healthy, well-balanced man can bear local hyperæmia or anæmia *without disturbance*, and without knowing what is going on. *Every great orator at the conclusion of an oration must have a congested brain; every writer who thinks at all must, after hours of composition, have time and diversion to equalize the circulation. Mr. Beecher tells me that after preaching, his head and neck are sometimes so surcharged with blood* THAT A LARGE 17-INCH COLLAR IS VERY TIGHT FOR HIM; *but in an hour or two the circulation is restored, and no harm results.* This is *health;* this is as man *should* be; but in hyperæmia or anæmia the nerve-impoverishment makes it impossible for the overful organ to deplete itself and equalize the circulation; consequently, what should be but a healthy flow of blood to an actively used organ, followed by a spontaneous emptying, with rest and repair, becomes a fixed passive *congestion*, through which the blood flows *slowly*, like the water in our Southern lagoons."

Page 211: "All real physical troubles can be made worse by turning the mind upon them; *they can be relieved by turning the mind in some other direction.*"

Anything which causes one to frequently *fill* his lungs to their utmost capacity; and then *hold them full as long as he can;* tends directly to open his ribs apart; stretch the intercostal muscles; and so expand the chest. Many kinds of vigorous muscular exercise do this when done correctly; *for they cause the full breathing;* and at the same time directly aid in opening the ribs. It will be observed that frequently throughout these hints about exercising, endeavor has been made to impress on the reader that, when exercising, he should hold the head and neck rigidly erect; *and the chest as high as he can.* A moment's thought will show why. He, for instance, who "curls" a heavy dumb-bell, but does it with his head and shoulders bent over—as many do—while giving his pectorals active work, is actually tending to *cramp* his chest instead of expanding it; the very weight of the dumb-bell all pulling in the *wrong* direc-

tion. Now, had he held himself rigidly *erect;* and, first expanding his chest to its utmost by inhaling all the air he possiby could; *and holding it in during the effort;*—a most valuable practice, by the way, in all feats calling for a *great* effort,—he would not only have helped to *expand* his chest; but would find, to his gratification, that he had hit upon a wrinkle which somehow made the task *easier* than it ever was before.

Holding the head and neck *back of the vertical;* say six inches; with the face pointing to the ceiling; and then working with the dumb-bells at arm's-length, as above referred to,—or *without* them either—is grand for the upper chest; tending to raise the depressed collar-bones and the whole upper ribs; and to make a person hitherto flat-chested now shapely and full; while the benefit to lungs perhaps formerly weak would be hard to overestimate.

Steady and protracted but easy *running* is a great auxiliary in enlarging the lung-room. So is plenty of sparring. So is the practice of drawing air slowly in at the *nostrils,* until every air-cell of the lungs is absolutely full; *then holding it long;* and then expelling it *slowly.* Most public singers and speakers know the value of this and kindred practices in bringing, with increased diaphragmatic action, improved power and endurance of voice.

If you will do this several hours each day; *you will get strong faster than in almost any other known way.* Again, standing erect, with heels together, toes well out, and hands hanging at your sides; keeping elbows *straight,* slap the *backs* of your hands together as high over the head as you can; at the same time rise *high* on your toes and soles. Do this *slowly* twenty times. If this does not satisfy you; do a series of twenties. *This is a great chest-broadener;* and is good for the calves. Again

stand as before; but this time keep the arms *parallel*, and raise them *in front* as high as you can, rising on the toes and soles as before. And so repeat. This is your chest-*deepener;* while the other was its *broadener*. Five minutes in all *daily* of this broadening, and as much more of the deepening for every child in every school in America—and sitting always erect—WOULD IN ONE YEAR DO MORE TO PREVENT CONSUMPTION than almost anything else that could be done. It needs *no* tool. *And it costs nothing.* Only be sure of one thing, namely—breathe as slowly and deeply as you can all the time you are at this exercise. Nor is it only for children. For the president of one of the largest banks in New York in a few minutes of this breathing work each day, *after he was forty years old,* increased the girth of his chest *four* inches.

Of course care should be taken to do these few exercises only in *pure* air. For, as Dr. John A. Lewis, of Kentucky, a physician of great experience and success, well says, "Consumption, the arch enemy of the human race, finds *its chief ally* in the *impure* air of our poorly ventilated houses,"—a hint that should be taken in every home and school-house, office, store, and factory in all the land.

And running *slowly,* taking just as *short* steps as you can—is a rare chest-expander. Indeed you can do this right in your room, right on one spot, in fact, which is called *still* running.

Spreading the parallel-bars until they are nearly three feet apart, and doing such arm-work on them as you can; but with your body below and face downward, helps greatly in expanding the chest. So does swinging from the rings or bar overhead, or high parallels, and remaining on them as long as you can.

TO DEVELOPE THE NECK

A slim neck is a sign of weakness. Mr. Froude in his life of Julius Cæsar speaks of Cicero as having a neck like a woman. But this was before, as one writer says, he "spent two years in Greek gymnasiums, and came back as vigorous as a farm-hand." You often see men with a grand head connected with a feeble body by a weak, unsatisfactory-looking neck, and wonder why so good a head accomplishes so little. Put such a neck and body under Webster's head, and his working power would have been so cut down that, after his earlier years, it is doubtful if he would have ever been heard of; for a feeble body could not long stand the demands of *such a* head. Under that head, 24 inches in its largest girth, look at that neck! And in Mr. Beecher's case, see what a mighty neck he had, a 17-inch collar even being tight for it after he had been preaching—"a neck clothed with thunder." Look at the splendid neck of the greatest prize-fighter America has yet produced—one of the greatest of modern times—John L. Sullivan. Corbett and Fitzsimmons have both yet to prove themselves *great* in one element essential to a prize-fighter. They can *give* pretty sharp blows;—they can *avoid* blows wonderfully;—but in which battle has either ever proved that he could *take?* Each is too small in the barrel to be a sure *taker*. But not so Sullivan. Dr. Sargent measured his chest *below* the breast muscles at $40\frac{9}{10}$ inches natural, and $43\frac{7}{10}$ inches *inflated!* Although there would have to be some deduction because he was rather fleshy, neither of the other two can show any such figures. Each is almost slender for his height, Fitzsimmons being finely developed in his striking muscles —but almost slim everywhere else. This is *not* the way

to build a first-class man for the terrible ordeal of the prize-ring. And so far were their blows from being unusually heavy in their fight at Carson City, that Sullivan —quite an interested on-looker—pronounced them "*mere love-taps.*" One of his heaviest blows in his palmiest day would have crushed in the ribs of either of these men. Two inches shorter than either, he outweighed each by more that 20 pounds, and unlike them he is sturdily built from the ground up. Listen to Dr. Sargent as to his head and *neck:* "All of Sullivan's girth measurements are unusually large, and most of them exceed the maximum" (of the thousands the Doctor has taken in 18 years at Harvard). "The girth of head is $23\frac{2}{10}$ inches (that is in its largest girth), and surpassed in this respect $97\frac{1}{2}$ per cent. of all those examined." Now we begin to see what Webster's 24-inch head meant. For he continues, "A large head usually indicates a great amount of nervous energy, *and when accompanied by a large neck is as much a sign of physical force as a large trunk and limbs.*" So the neck of a Mirabeau or a Bourke Cockran, a Luther or a Bismarck *means something* after all. And, as to Sullivan's neck, Dr. Sargent adds: "In this case the neck is $16\frac{1}{2}$ inches in circumference; *and exceeds the largest measurement of this part taken by seven-tenths of an inch!*" When you are dealing with such material as Sullivan was at his best—the tape measure is eloquent. It tells much of the secret of his power. And what a pity that this splendid man—as brave, honest, straightforward a fighter as ever stepped into a prize-ring; a big-hearted, generous-natured man of abundant good common-sense —for no dull man can be much of a fighter; should be old and gray-headed at *forty,* carrying nearly 100 pounds of freight; and of worse than useless freight—cumbrous,

dangerous freight—so impeding the working of every vital organ that he is not likely to live to be a *really* old man. And yet, barring accident and contagion, he can if he *will*. If he is strong enough to do one thing, namely, what another famous son of Massachusetts once did—Chief Justice Parsons—to conquer an appetite that had wellnigh conquered him—for the judge—an inveterate snuff-taker—in one day said, "No more snuff!" And so strong a man was he, that he kept the snuff-box open and full, before him all the time as he sat on the bench; but *no more snuff* ever again tickled his judicial nostrils. And if Sullivan is man enough to say, "No more *stuff!*" and then to never again let a drop of any "*stuff*" tickle his palate, he can make a citizen of large usefulness, and of probably a long life. If Bismarck could take off 70 pounds after he was *seventy* years old; what is to hinder Sullivan from doing the same after he is only *forty?* Popular with all classes—so popular that no other man, walking any street in the United States to-day, will so swiftly drew a large and admiring crowd; then with a year's study of the main elements of the business, what a contractor he would make! With his influence and control over men; their admiration for his courage and prowess, and his sterling honesty of nature; that man, especially with a capable partner, could yet be one of the largest contractors for railroad-grading—and other fields requiring a large force of men at heavy labor in the country; and so a very useful man in the community.

And how do you get a neck—not so grand a one as Sullivan's—for that is denied to most men—but a good one, a fine one for a man of your pounds and inches.

Well, carry a weight on your head daily; such as a

bag of sand, or rather yielding substance. Look at the women of Southern Europe—go down about the fruit-market in any of our cities upon any day, and you will see some—and observe what weights they carry on their heads, and with ease; and see what fine, shapely, well-made *necks* are theirs.

Try another thing. Turn your face slowly, as far around as you can. Now do it the other way, and *many* times *every* day.

Next tip your head over backwards *slowly, as far as you can,* and as often as you can, *each* day. Draw your chin far *in* many times daily—hundreds if you will—for this is excellent for the neck; and to give you a good carriage.

Every morning and night; and if you awaken in the night, lie on your *back;* rest on your *head* and *heels;* AND ON NOTHING ELSE, and you will not stay there long. This is called the "Wrestler's Bridge." For till you make both shoulders of a wrestler touch the ground at once, you have not thrown him.

CHAPTER XI

WHAT EXERCISE TO TAKE DAILY

"It is scarcely credible how far the body may be made proof against *all weather*, and against *even violent exertions* by DAILY *exercise.*"

"A well-framed and exercised body *assures sound sense, and right judgment.*"

"*Exercise* will *invigorate* the mind; will render it *manly, energetic, indefatigable, firm, and courageous.*"

"*Serenity* of mind is the *immediate consequence* of *health* of body."

"The sports of children, by exercising and developing the organs, without which the act of thinking is impracticable, *lay the foundation* for that *harmony* between the corporal and mental faculties, *from which probably arises what we term a sound understanding.*"—SALZMAN.

"The *weaker* the body, the more it *commands;* the *stronger* it is, the more it *obeys.*"

"Strength of body and strength of mind; the reason of the sage and the vigor of an athlete, *exhibit the most perfect model of a man,* and the *highest* refinement of the mind."—ROUSSEAU.

"It is wonderful how much the mind is enlivened by the motion and exercise of the body."—PLINY (*Secund. Epist.* I., 6).

"The artist therefore who combines music (that is, the whole circle of knowledge and mental acquirements) *with gymnastics,* in the most eligible proportions, and applies them to the mind, *is to me the most perfect and harmonious physician.*"—PLATO.

AN endeavor has been made thus far to point out how wide-spread is the lack of general bodily exercise among classes whose vocations do not call the muscles

into play; and, again, how local and circumscribed is that action, even among those who are engaged in most kinds of manual labor. Various simple exercises have been described which, if followed steadily and persistently, will bring size, shape, and strength to any desired muscles. It may be well to group in one place a few movements, which will enable any one to know at once about what amount and sort of work to take daily. Special endeavor will be made to single out such movements as will call for no expensive apparatus. Indeed, most of these want no apparatus at all; and hence will be within the reach of all. As it has been urged that the school is the most suitable place to accustom children to the kind and amount of work they particularly need; a few exercises will first be suggested which any teacher can learn almost at once; but which yet, if faithfully taught to pupils, will soon be found to take so little time that, instead of interfering with other lessons, they will prove a positive aid. Though perhaps imperceptible at the outset; in a few years, with advancing development, the gain made will be found not only to be decided, but of the most gratifying character,

DAILY WORK FOR CHILDREN

Suppose the teacher has a class of fifty. If the aisles of the school-room are, as they should be, at least two feet wide (though they are often not even twenty inches), let the children at about the middle of the morning; and again of the afternoon session; stand in these aisles in rows, so that each two of the children shall be about six feet apart. Open the windows so as to be sure of fresh air. Let the first order be, that all heads and necks be held *erect*. Once these are

placed in their right position, all other parts of their bodies at once fall into place. The simplest way to insure this is, as already seen, to hold the neck firmly against the *back* of the collar. Raise the hands directly over the head, and as high as possible, until the thumbs touch, the palms of the hands facing to the front, and the elbows being kept straight. Without bending the elbows, bring the hands downward in front towards the feet as far as can comfortably be done, generally at first about as low as the knee; taking care to keep the knees themselves absolutely *straight*; indeed, if possible, bowed even *back*. Now return the hands high over the head, and then repeat, say six times. This number twice a day for the first week will prove enough; and it may be increased to twelve the second week; and maintained at that number thereafter, care being taken to assure *two* things: one, that the knees are never bent; the other that, after the first week, the hands are gradually brought *lower* down; until they touch the toes. Some persons, familiar with this exercise, can, with the knees perfectly firm and straight, lay the whole flat of the hands on the floor in front of their feet. But, after the first week, reaching the floor with the finger-tips is enough for the end sought; which is, to make the pupil stand straight on his feet; and to remove all tendency towards holding the knees slightly *bent;* and so causing that weak, shaky, and sprung look about the knees, so very common among persons of all ages, to give way to a proper and graceful position.

Let the pupils now stand erect, this time with backs not bent forward, but with the body absolutely vertical. Raise the hands above the head as before, elbows straight, till the thumbs touch. Now, never bending body or knees a hair's-breadth, and keeping the elbows

unbent, bring the hands *slowly* down, not in front this time, but at the sides just above the knees; the little finger and the inner edge of the hand alone touching the leg, and the palms facing straight in front. Now notice how difficult it is to warp the shoulders forward even an inch. The chest is out, the head and neck are erect, the shoulders are held low, the back vertical and hollowed in a little, and the knees straight. Carry the hands *slowly* back through the same line, till again high over the head. Then bring them down to the sides again; and do six of these movements twice each day the first week; and twelve daily afterwards.

While exercises aimed at any given muscles have been mentioned elsewhere, any one might follow them all up until every muscle was shapely and strong, and still *carry himself* awkwardly, and even in a slouchy and slovenly manner. This last-named exercise is directly intended to obviate this. If steadily practised, it is one of the very best known exercises, as it not only gives strength, *but a fine erect carriage.* The whole frame is so held that every vital organ has free scope and play-room; and their healthier and more vigorous action is directly encouraged. This is one part, indeed the chief exercise, in the West Pointer's "setting-up drill"; and all who have ever seen the cadets at the Point will at once recall how admirably they succeed in acquiring and retaining a handsome carriage and manly mien.

To vary the work a little; and to bring special development to particular muscles; now let the pupil stand with arms either hanging easily at the sides; or else held akimbo; the neck back against the collar; erect, with the heels together, and the toes turned outward. Raise the heels slowly off the floor; the soles and toes

remaining firm on the floor, sustaining the entire weight. When the heels are *as high as possible,* hold them there a moment; then lower *slowly* till the whole foot is on the floor again; then rise as before; and so repeat twelve times twice a day the first week; and then twenty-five for the following week, continuing this. If this is not vigorous enough, after the first month, do fifty; it will be found that now this work is telling on the size, shape, and effectiveness of the feet and calves; and on the grace and springiness of the step itself. If any boy or girl wants to become a good *jumper;* or to get decided aid in learning to *dance* long and easily; he or she will find this a great help. If they even practise it for half an hour a day; but a few minutes at a time; they will be none the worse for it.

All the work thus far recommended here can readily be done in TWO minutes. Standing erect; with the arms still akimbo, and the feet as before; now bend the knees so as to stoop six or eight inches; then rise to the perpendicular, stoop again, and continue this six times, the feet never leaving the floor. This strengthens the knees; while the *front* of the thighs get the heaviest part of the work; though the leg below the knee is doing a good share. By the third week the number may be made twenty-five. If among the scholars there are some who are decidedly weak, twenty-five of these exercises is about the limit. For strong, hearty boys, twice as many will prove nearer the mark. After two or three months of twenty-five movements as described for every day; fifty might be tried once by all the pupils; to see whether it is too severe; and if not, then maintained daily at the maximum.

Thus far the feet have not left their particular posi-

tion on the floor. Now let the pupil stand with the right foot advanced about twelve or fifteen inches; suddenly rising on the toes, give a slight spring, and throw the left foot to the front, and the right back; then spring *back* as before; and do this six times twice a day the first week; twelve the second; and twice as many by the end of the month. This calls the same muscles into play as the last exercise, and brings the same development, but is a little more severe and vigorous.

If still harder thigh-work is wanted; starting again, with the heels together, this time do not raise the heels at all; but stoop down *slowly*, as low as possible; bending the knees greatly; of course, the back, however, being held *straight* all the while. Then rise to an erect position; then go down again. Practising this three times each morning and afternoon at first, may be followed up with six a week later; and twelve by the end of the month. Better work than this for quickly giving size and strength to the thighs could hardly be devised; while, as has been already noted, scarcely any muscles on the whole body are more needed or used for ordinary walking.

Still standing erect, with arms akimbo, raise the right foot in front about as high as the left knee, keeping the *right* knee *unbent*. Hold the right foot there ten seconds; then drop it; then raise it again, fully six times. Then, standing, do the same thing with the left foot. This calls at once on the muscles across the abdomen; aiding the stomach and other vital organs directly in their work.

This time raise the foot equally high *behind;* then return it to the floor, and so continue, giving each foot equal work to do. The under thigh, hip, and loin are

now in action; and when, later on, they become strong, their owner will find how much easier it is to *run* than it used to be; and also that it has become more natural to stand *erect*. The rate of increase of these last two exercises may be about the same as the others.

There is not much left now of the ten minutes. Still, if the work has been pushed promptly forward, there may still be a little time. However, all three of the kinds of work suggested for the front thigh need not be practised at the one recess, any one sufficing at first.

With head again erect, and knees firm; hold the hands out at the sides and at arm's-length; close each hand *firmly;* as though trying to squeeze a rubber-ball, or other elastic substance. Beginning with twenty of these movements; fifty may be accomplished by the end of the fortnight; and, by their continuance, both the *grip* and the *shape of the hand* will be found steadily improving.

Clasp the hands together OVER the head. Now turn them over until the palms are upward, or turned towards the ceiling, and *straighten the elbows until the hands are as high over the head as you can reach.* While holding them in this position, be careful that they are not allowed to drop at all. Let the scholar march three or four times around the room in this position. It will soon be found that no apparatus whatever is necessary to get quite a large amount of exercise for the shoulders. In this way, while there is an unwonted stretching apart of the ribs, and opening up of the chest; the drawing in of the stomach and abdomen will be found to correct incipient chest-weakness; *half*-breathing; and any tendency towards indigestion.

Following up the method, now let the class form along the sides of the room, standing three feet apart,

and about two feet from the wall. Place the hands against the wall, just at a level with and opposite to the shoulders. Now, keeping the heels all the time on the floor, and the neck *back* against the collar; let the body settle gradually forward until the chest touches the wall, keeping the elbows pretty near to the sides; the knees *never* bending a particle; and the face held *up* turned; the eyes looking at the ceiling directly overhead. Now push slowly off from the wall until the elbows are again straight, and the body back at vertical. Then repeat this, and continue six times for each half of the day, for the first week. Keep on until you reach fifteen by the third week; and twenty-five by the second month. For expanding and deepening the chest; helping to poise the head and neck so that they will remain exactly where they belong—in an erect position—and for giving the main part of the upper back-arm quite a difficult piece of work to do, this will prove a capital exercise. Whoever will make a specialty of this one form of exercise until they daily take two or even three hundred such pushes; will find that any tendency he or she may have to flatness or hollowness of chest will soon begin to decrease, and will very likely disappear altogether. Also that the *back* of the arm above the elbow is getting large, strong, and shapely.

In this last exercise most of the weight was on the *feet;* the hands and arms sustaining the rest. If the aisles are not over two feet and a half wide, let each pupil stand between two opposite desks and place one hand on each. Now, walking back about three or four feet; his hands still resting on the two desks; let him, keeping his feet on the floor but his body rigid and *knees unbent,* bend his elbows and lower his chest *very gradually,* until it is nearly or quite level with the desk tops;

then *slowly* straighten up his arms; and so raise his body again to the original position. Three such dips twice a day the first week; five or six the second; and by the end of the month ten or twelve; and that number then maintained steadily; will open and enlarge the chest materially before the year is out; while at the same time doing much to increase and strengthen the upper back-arm. This is harder work than pushing against the wall; because the hands and arms now have to sustain a much greater portion of the weight of the body; but it is correspondingly better for the chest.

Next practise the chest *widener;* and the *deepener* as described near the end of the chapter.

Thus far exercises have been described calling for no apparatus at all; nor anything save a floor to stand on, a wall to push against, two ordinary school desks, and a fair degree of resolution. For children under ten, wooden dumb-bells, weighing one pound each, ought to be had of any wood-turner, and ought not to cost over five cents apiece. There might be one pair of dumb-bells given to each child, or, if the class is large, then a single dumb-bell for each, and they could be distributed among two classes for dumb-bell exercises.

Standing in the aisles, and about five feet apart, every child taking a dumb-bell in each hand, keeping the knees unbent and the head and neck erect, let them raise or "curl" the bells slowly until they are up to the shoulders, the finger-nails being held upward. Then lower, then rise again, and so on twenty times each half-day for the first fortnight, and double that many thereafter. This tells principally on the biceps or front of the upper arm, on the front of the shoulder, and on the pectoral muscles, or those of the upper front chest. When, later on, any pupil endeavors to pull himself up

to his chin, he will find what a large share of the work these muscles have to do. Instead of the one-pound dumb-bells then; *his whole body* will be the weight to be lifted.

Again, let the dumb-bells hang at the sides. Raise them slowly, high up, *behind* the back, keeping the elbows straight, and the arms parallel. After holding them there five seconds lower them; do it again, and keep on, ten times twice a day at first, making it twenty in a fortnight, and thirty thereafter. This work will enlarge that part of the back of the upper arm next to the body, and will also tell directly on the whole back of the shoulder, and on the large muscles on the back just below where the arm joins it.

This time, holding the knuckles upward and the elbows *straight,* lift the dumb-bells till level with the shoulders, the arms being extended *sideways* as if on a cross. After holding them up five seconds, lower them; then raise them but five or six times at the first lesson, increasing to twenty by the end of the month, and then maintaining that number. The corners of the shoulders are getting the work now, and by-and-by not only shapely shoulders will come from it, but a noticeable increase of the breadth across the shoulders. This work may be varied by raising the arms parallel *in front* until level with the shoulders; then lowering; and so continuing.

Next raise the two bells to the shoulders; then, facing the *ceiling,* push both up together until they are as high over the head as possible; then lower, push up again, and continue six times twice a day for the first week; make the twelve the third week and the twenty of the fifth, and then keep at that. The outer or more noticeable parts of the upper back-arms, are busiest

now; and this exercise directly tends to enlarge and strengthen them, and to add materially to the *appearance* of the arms.

But one exercise more need be mentioned here. Stand erect; now draw the head and neck back of the vertical all of eight inches, until you face the ceiling. Starting with the dumb-bells high up over the head, keeping the elbows straight, lower the dumb-bells slowly, until now you are holding them at arm's-length, with your arms spread, *as on a cross.* Then lift them up again, lower, and continue. *If this does not spread the chest open, it will be hard to find anything which will.* Do this consecutively twenty times every day for a month. That number will take scarcely a minute to accomplish, but the little one-pound bells will feel wondrously heavy before the minute is over.

Here, then, have been shown quite a variety of exercises, not only safe and simple, but inexpensive, which can readily be adopted in *any* school. If they are followed up as faithfully and steadily as are the other lessons, they cannot fail to bring decided and very welcome improvement in the shape and capacity of about all the muscles, and hence of the whole body; while they will go far towards giving to all the scholars an erect and healthy carriage. *These results alone would delight many a parent's heart.* The making this branch of instruction as compulsory as any other would soon accustom the pupil to look for it *as a matter of course.* If it were conducted *with spirit,* it would always be sure to prove interesting; and very likely to send the children back to their studies much fresher and brighter for the temporary mental rest.

Besides these exercises, the teacher, insisting on the

value of an *erect* position in school-hours, whether the pupil be standing or sitting; and by inculcating the value of this, would soon find that these efforts were being rewarded by making many a crooked girl or boy straight; and so lessening their chance of having either delicate throats or weak lungs. And one thing more, namely, taking long, *slow,* deep breaths in *through the nose.* Care should be taken that the school chairs have broad and comfortable seats; and that the pupil *never sits on a half of the seat,* or on the edge of it; *but far back and on the whole of it;* and never with crossed legs—a fruitful cause of curvature of the spine. This apparently small matter will assist marvellously in forming the habit of an erect position while sitting.

The teacher's opportunity to work marked and permanent physical benefit to every pupil under her charge, by *daily* and steadily following up most or either of the above exercises; or of some substantially equivalent; can scarcely be over-estimated. The exercises strengthen the postures, whether sitting or standing. When a teacher insists on having her children *erect* for six hours out of the twenty-four; and makes plain to each one the value of being straight; and the self-respect it tends directly to encourage; there need be no great fear that the remaining waking-hours will make any child crooked. It is in *school* generally that the mischief of warping and crooking is done; and hence *there,* of all places, would be the most appropriate place for the *undoing* of it. *They should also be told to sleep with the neck well back, and, as far as possible, with the mouth closed.*

Dumb-bells of but a pound each have been mentioned here so far. Such would be fitting for pupils *under* ten years of age. For all older pupils the same work with two-pound bells will prove generally vigorous enough;

and whoever wishes to judge what these light weights can do in a short time should examine the results of Dr. Sargent's exercises with them and other light apparatus (see Appendix II.). Those who are already decidedly strong can of course try larger bells; but it is astonishing how soon those of only two pounds seem to grow heavy, even to those who laugh at them at first.

Of course, all the work before described cannot be gone through with in ten minutes in mid-morning; or even in the twenty of the morning and afternoon sessions combined; but *much* of it can: and an advantage of naming too much is that it enables the teacher to *vary* the work from day to day; and so, while effecting the same results, prevents monotony.

As the months go by; and it is found that the weaker ones have noticeably improved; and all are now capable of creditable performances at these various exercises; they may be carried safely on to the gymnasium—that is, if the school is fortunate enough to possess one. It is but a partially equipped school which is not provided with a good-sized, well-ventilated room, say of forty or fifty feet square (and one fifty by a hundred would do far better), fitted up with the simpler gymnastic appliances, and they are really few. Now the teacher, if up to his work, can render even more valuable assistance than before, by standing by the pupil, as he or she attempts the simplest steps on the parallel bars, or the rings, or the high bars, the pulley-weights, or the horizontal bar; constant explanations are to be given how to advance, and setting the example, detecting defects and correcting them on the spot, and all the while being ready to catch the pupil and prevent him or her from falling. An instructor soon finds that the pupils progress as rapidly as they did in the lighter preparatory

work, while now they are entering on a field which, if faithfully cultivated, though for only the same brief intervals daily, will later on insure a class of strong, healthy, shapely, and symmetrical boys or girls, strong of arm and fleet of foot, familiar with what they can do, and knowing what is not to be attempted. Much, indeed the greater part, of the good to be derived from the gymnasium would have come from steadily adhering to the exercises above pointed out, so that *even with no gymnasium*, excellent progress can be had; but results come quicker in the gymnasium; and the place invites greater freedom of action. In ten minutes in the morning, for instance, thirty or forty boys or girls could, following one another promptly, "walk" (on their hands) through the parallel bars with the elbows unbent, the head of the line crossing at once to the high bars, and "walk" or advance through them, first holding the weight on one hand and then on the other, then turning to the horizontal bar and vaulting over it. If the rear of the line is not yet through the forward "walk" on the parallels, those at the head could take a swing on the rings. Next, they could "walk" backward through the parallels, then through the high bars; then vault again, swing again, and then try the parallels anew—this time "jumping" forward, or advancing both hands at once, the arms of course being held rigidly straight. Then turning to the high bars, they could jump or advance through them, springing forward with both hands at once, vault again, the bar having meanwhile been raised, and either try the rings again or rest a moment, and then jump backward through the high bars.

A little foot-work, for a minute or two remaining, would make a good conclusion. With the hands closed and elbows bent, the body and arms held almost rigid,

the neck well back, and so the head up; let the column now start off around the room on an easy trot, each stepping as noiselessly as possible, and no heel touching the floor. A minute of this at a moderate pace will be abundant at first; and as the legs gradually get strong, and the breathing improves, the run can be either made faster or longer, or both.

As the pupils began to grow steadier, with their hands on the bars, they could next swing their feet back and forth, and jump with their hands as they swing forward; then, later, could jump forward as the feet are swung backward, and backward as the feet are swung forward. The vaulting-bar for the boys meanwhile may steadily rise, peg after peg; and, when proficiency is reached with two hands, one-hand vaulting may be tried, and the bar gradually raised as before, the teacher always standing near the vaulter. The swinging on the rings, instead of being any longer simple straight-arm work, with the body hanging nearly down, can now be done with the elbows bent much of the time, the knees being curled up towards the chin as the swinger goes backward.

After two months of straight-arm work on the parallel bars, even the girls may now try the same exercises they did with their arms when straight, save that now they should always bent keep them at the elbows. This will come hard even yet, and must be tried with care. These are the well-known "dips"; followed up little by little, and month after month. By-and-by these exercises will come as easy as was the straight-arm work.

To all, or nearly all, the high-bar work should now be done with bent elbows; while the vaulting should, say by the end of the year, be nearly at shoulder-height for

each pupil; and even, for many of them, that high with *one* hand. The running should have improved correspondingly, so that five minutes of it at a respectable pace, say at the rate of a mile in seven minutes, would not trouble the girls, and even ten minutes of it not distress the boys.

Now, what have these few exercises done for the muscles and their owners?

Well, the straight-arm work on the parallels, by throwing the whole weight on the hands, told directly on the upper *back*-arm, while the dips brought the same region into most vigorous action; and at the same time opened and strengthened the *front* of the *chest* very markedly; tending to set the shoulders back, and enlarging the chest-girth under the arms. The high-bar work told equally upon the biceps muscles, or those of the *front* of the upper arm; and likewise on the *front* of the shoulders. The vaulting made the vaulter springy; and strengthened his *thighs* and *calves* materially; and his *abdominal* muscles somewhat; while the more advanced work on the rings brought both the *biceps* and *abdominal* muscles into most energetic play. The running was excellent for the *entire* legs, and the abdominals; while *as a lung-expander it is difficult to equal.*

Those proficient at these few exercises, if they have heeded the endeavors made to secure at all times an erect and easy carriage of the body, need but one more thing. With regular and sensible habits of eating, sleeping, dressing, and bathing, they would be almost certain to be at once well and strong. The thing wanted is *daily* constitutional out-of-door exercise; whether taken afoot, on horse-back, at the oar, or on the bicycle, it matters little, so long as it is *vigorously* taken and faithfully

persisted in, in about all weathers. This guarantees that pure and bracing air shall be had; *breaks up the thread of the day's thoughts; rests the mind;* and quickly refits it for new work. This alone gives the *full deep* breathing; and the healthy tire of the muscles. It furnishes constantly varying scene, with needed eye and ear gymnastics—in short, everything which is the *reverse* of that quiet, sedentary, plodding life over books or papers, read too often in poorly-lighted rooms.

Home-exercise, then, with the out-of-door life, will combine to tone us up; to invigorate our persons; and to keep off either mental or physical exhaustion and disorder.

The above work, followed up assiduously, ought to bring in its train health, symmetry, a good carriage, buoyant spirits, and a fair share of nerve and agility. But many a young man is not content with merely these; he wants to be very strong. He is already at or near his majority. He is quite strong, perhaps, in some ways, but in others is plainly deficient. What ought he to do?

DAILY EXERCISE FOR YOUNG MEN

On rising, let him stand erect (that is with the back of his neck held firmly against his collar, or held well back if he has not put on his collar), brace his chest firmly out, and, breathing deeply, curl dumb-bells (each of about one-fifteenth of his own weight) fifty times without stopping. This is biceps work enough for the early morning. Then, placing the bells on the floor at his feet, and bending his knees a little, and his arms none at all, rise to an upright position with them fifty times. The loins and back have had their turn now.

After another minute's rest, standing erect, let him lift the bells fifty times as far up and out *behind* him as he can; keeping elbows straight, and taking care, when the bells reach the highest point behind, to *hold* them still there a moment. Now the *under* side of his arms, and about the whole of the *upper* back, have had their work. Next, starting with the bells at the shoulders, push them up high over the head, and lower fifty times continuously. Now the outer part of the upper arms, the corners of the shoulders, and the waist have all had active duty.

Finally, after another minute's rest, start with the bells high over the head, and lower slowly until the arms are in about the position they would be on a cross, the elbows being always kept unbent. Raise the bells to height again, then lower, and so continue until you have done ten; care being taken to hold the head six or more inches *back* of the perpendicular; and to steadily *face the ceiling* directly overhead; while the chest is swelled out to its uttermost. However, it will be so then anyway. Rest half a minute after doing ten; then do ten more; and so on till you have accomplished fifty. *This last exercise is one of the best-known chest-expanders.* Now that these five sorts of work are over; few muscles above the waist have not had vigorous and ample work; the lungs themselves have had a splendid stretch; and you have not spent over fifteen minutes on the whole operation. If you want to add a little hand and forearm work, catch a broom-stick or stout cane at or near the middle; and, holding it at arm's-length, twist it rapidly from side to side a hundred times with one hand; and then with the other.

In the late afternoon a five-mile walk on the road, at

a four-mile pace, with the step inclined to be short, the knees bent but little, and the foot pushing *harder than usual* as it leaves the ground—this will be found to bring the legs and loins no inconsiderable exercise; all, in fact, that they will probably need. If, shortly before bedtime each evening, the youth, after he has been working as above, say for a month, will, in light clothes and any old and easy shoes, run a mile in about seven minutes and a half; and, a little later, *under* the seven minutes; or, three nights a week, make the distance two miles each night; always breathing through the nose, there will soon be a life and vigor in his legs which used to be unknown; and if six months of this work brings a whole inch more of girth of thigh and of calf, it is only what might have been expected.

For still more rapid and decided advance, an hour at the gymnasium during the latter part of the morning; half of it at the rowing-weights, so thickening and stoutening the back; and the other half at "dipping" and other half-arm work on the parallel bars—so spreading and enlarging the chest and stoutening the back-arms—these will increase the development rapidly; and will sharpen the appetite at a corresponding rate. But it must be *real* work; and no dawdling or time lost.

Few young men in any active employment, however, can spare this morning hour. Still, without it, if they will follow up the before-breakfast work; the walking in the fashion named; and the running; they will soon find time enough for this much, and most satisfactory results in the way of improved health and increased strength as well. Indeed, it will, for most young men prove about the right amount to keep them toned up and ready for their day's work. If they desire *great* development in any special line, let them select some of

the exercises described in the previous chapter, as aimed to effect such development, and practise them as assiduously, if need be, as Rowell did his tread-mill work for his legs.

DAILY EXERCISE FOR WOMEN

And what should the girls and women do each day? With two-pound wooden dumb-bells at first, let them, before breakfast, go through twenty-five movements of each of the five sorts just described for young men. After six weeks or two months they can increase the number to fifty, and, if this does not bring the desired increase in size, and strength of arm and chest and back, then they can try dumb-bells weighing four or five pounds each, and spend the time at the exercises.

Out-of-doors, either in the latter part of the morning or afternoon, if they will, in broad, easy shoes (so that each toe comes down flat) walk for one hour, not at any listless two-mile pace, but at first as fast as they comfortably can; and then gradually increasing until in a fortnight or more they can make sure of three miles and a half at least, if not of four miles within the hour; and will observe the way of stepping just suggested to the men, they will get about walking enough. And if once in a while, every Saturday, for instance, they make the walk all of five or six miles, getting, if city-ladies, quite out into the suburbs and back; they will be surprised and gratified at the greater ease with which they can walk now than formerly; and at their freshness at the end. Reports from India say that English ladies there often spend two or three hours daily in the saddle. Every American lady who can manage to ride that much, or half of it; and at a strong, brisk pace; will

soon have a health and vigor almost unknown among our women and girls to-day.

If walking and horseback parties, instead of being, as now, wellnigh unheard of among our girls, were every-day affairs; and there was not a point of interest within ten miles which every girl, and woman too, did not know well; it would prove a benefit both to them, and to the next generation which would be almost incalculable.

Among American women running is a lost art. One writer says a woman can run just fast enough for a man to catch her. Yet many have never succeeded in running that fast. In some states there are said to be 70,000 such. Yet you will have hard work to find an exercise that will begin to do as much to make a girl or woman graceful as correct running. *Girls should all learn to run.* Few of them are either easy or graceful runners; but it is an accomplishment quickly learned; and begun at a short distance and slow jog, and continued until the girl thinks nothing of running a mile in seven minutes, and that without once touching a heel to the ground, it will not only do more than almost any other known exercise to make her graceful and easy on her feet, but it will also enlarge and strengthen her lungs. A roomy school-yard, a bit of lawn, a gymnasium-track, or a track around the school-house, either of these is all the place needed in which to learn this now almost obsolete accomplishment. The gymnasium is perhaps the best place; as there they can wear costumes which do not impede freedom of movement.

If, besides these things, the girl or woman will determine that, as much as possible of the time each day in which she is sitting down, she will sit with head and neck up, trunk *erect,* and with shoulders low; and that

whenever she stands or walks she will at all times be *upright,* that is with neck held well back and shoulders low, she will shortly find that she is getting to be far straighter than she was; and, if she has *a larger and finer chest than formerly,* it will be nothing strange, for *she has simply been using one of the means to get it.* Of course if she keeps it confined in any way it cannot very easily grow larger. If a still greater variety of daily work is desired, she can select it from Chapter X.; the exercises on the exerciser being especially desirable.

DAILY EXERCISE FOR BUSINESS MEN

And what daily work shall the business man take? His aim is not to lay on muscle, not to become equal to this or that athletic feat; but simply to so exercise as to keep his entire physical and mental machinery in good working order; and himself equal to all demands likely to be made on him.

First he, like the young man or the woman, should make sure of the ten or fifteen minutes' work before breakfast. Not through the long day again will he be likely to have another good opportunity for physical exercise, at least until evening, and then he will plead that he is too tired. But in the early morning, fresh and rested, and with a few minutes at his disposal, he can, as Bryant did, without serious or violent effort, work himself great benefit; the good effect of which will stay by him all the day. If he has in his room an exerciser he will be better off than Bryant was, in that he can have a far wider range of exercise, and that already at hand.

Let him first devote two or three minutes to the striking-bag. One 20 inches square, made of drilling, full of

sawdust, and hung by ropes from the lintel of his bedroom door, will do. Facing it squarely, with head *back* and chest well out, let him strike it a succession of vigorous blows, with left and right fists alternating, until he has done a hundred in all. If he has hit hard and with spirit, he is puffing freely now, his lungs are fully expanded; his legs have had a deal of springing about to do; and his arms and chest have been busiest of all. This bag-work is really superb exercise; and if once or twice, later in the day, say at one's place of business, or at home again in the evening, he would take some more of it; he would find fret, discomfort, and indigestion flying to the winds; and in their place buoyancy and exhilaration of spirits to which too many men have long been strangers.

Next grasp the handles of the exerciser as described on page 48 and bear downward, as described on page 191. Repeat this work for about two minutes, standing all the time thoroughly erect. Whether the sparring left any part of your chest unfilled or not, every air-cell is expanded now; while you cannot fail to be pleased with the thorough way in which this simple contrivance does its work. Care should of course be taken that the air breathed during these exercises is pure and fresh.

Now use the dumb-bells two or three minutes. Let them weigh say five pounds each, not over one twenty-fifth of your own weight. First, with head and *neck* a trifle *back of vertical;* and so the chest held out as full as possible; curl the bells, that is lift them from down at arm's-length until you have drawn them close up to the shoulders, the finger-nails being turned upward. Lower again, and repeat until you have done twenty-five; the neck being always well back. The biceps muscles, or those of the *front* upper arm, and of the *front* of the shoulders and chest, have been busy now.

Next, starting with the bells at your shoulders, push both at once steadily up *over* your head as high as you can reach; and continue till twenty-five are accomplished. The back-arms, tops of the shoulders, and the waist have now had their turn.

Facing the excerciser (page 48), and standing about two feet from it, catch a handle in each hand. Keeping the elbows stiff, draw first one hand and then the other in a horizontal line until your hand is about eighteen inches *behind* you; the body and legs being at all times held rigidly erect, and the chest well out. Continue this until you have done fifty strokes with each hand. This is excellent for the *back* of the *shoulders*—indeed for nearly the entire *back* above the waist.

Again, with back to the exerciser, hold the handles high over the head, and leaning forward about a foot, keeping the elbows unbent, bear the handles directly downward in *front* of you; and so do twenty-five.

Besides these few things, or most of them, hang by the hands on a bar or rings if you can, catching it with both hands, just swing back and forth, at first for half a minute, afterwards longer, always holding the head well *back*. This is capital at stretching the ribs apart and expanding the chest. If the above exercises seem too hard at first, begin with half as much, or even less, and work gradually up until the number named can be easily done.

If, once in mid-morning and again in mid-afternoon, the man, right in his store or office, will turn for two or three minutes to his dumb-bells, and repeat what he did with his home pair in the morning, he will find the rest and change most refreshing. But in any case, whether he does so or not, *every man in this country whose life is in-door ought to so divide his time that, come what may,*

he will make sure of his hour out-of-doors in the late afternoon, when the day's work is nearly or quite done. If he must get up earlier, or get to his work earlier, or work faster while he does work, no matter. The prize is well worth any such sacrifice, and even five times it. Emerson well says, "The first wealth is health," and no pains should be spared to secure it. Lose it a while and see. Exercise vigorously that hour afoot, or horseback, a-wheel, or on the water, making sure that during it you utterly ignore your business and usual thoughts. Walk less at first, but soon do your four miles in the hour, and then stick to that, of course having shoes in which it is easy to walk; and before long the good appetite of boyhood will return; food will taste as it often has not done for years, sound sleep will be surer; and new life and zest will be infused into all that you do. Let every man in this country who lives by brain-work, get this daily "constitutional" at all hazards; and it will do more to secure to him future years of health and usefulness than almost anything else he can do.

It will be observed that there is nothing severe or violent in any of these exercises suggested for men—nothing that old or young may not take with like advantage. The whole idea is to point out a plain and simple plan of exercise, which, followed up faithfully, will make sound health almost certain, and which is easily within the reach of all.

DAILY EXERCISE FOR CONSUMPTIVES

And what should these people do? If there is one good lung left, or a goodly portion of two, there is much which they can do. Before breakfast they need to be more careful than others because of their poorer

circulation. Still, in a warm and comfortable room they can work to advantage even then. In most instances consumptives have not large enough chests, *and in every instance they do not take in enough air.* Stripped to the waist, there is found to be a flatness of the upper chest, a lack of depth straight through from breastbone to spine; and the girth about the chest itself, and especially at the lower part of it, is often two or more inches less than it is in a well-built person of the same height. Now, to weed out these defects, to swell up and enlarge the chest, and bring it proper breadth, and depth, and fulness, this will go far towards insuring healthy and vigorous lungs. And how is this done?

Standing with your back to the exerciser on page 48, holding neck well back, the knees and elbows unbent, draw the two handles forward high over your head and then straight down in front of you, the arms being all the time parallel. Let the handles go back slowly, then repeat, and so do ten. Just as you bear down each time, inflate the lungs to their *utmost;* and hold the air in them until you have lowered your hands again. Rest about a minute; then do ten more, and a little later ten more. This will be enough before-breakfast work the first week. At breakfast, and whenever sitting down throughout the day, determine to do two things—to sit far back on your chair, and to sit at all times upright, with the back of your neck against your collar. No matter how many times you forget or fail, even if a thousand, keep trying until the erect posture becomes habitual. This point once reached, you have accomplished a great thing—*one which may aid not a little to save your life.*

Next, about an hour after breakfast, start out for an easy walk. Going quietly at first, the head held, if

anything, back of the vertical, and the step short and springy; quicken later into a lively pace, doing six, eight, ten steps a breath if you can without discomfort, and, holding that as long as you easily can, return to your room. If your skin is moist, do not hesitate a minute; but strip at once, and with coarse towels *rub your skin till it is thoroughly red all over;* and then put on dry under-clothing. If you then feel like taking a nap, take it. When well rested, do thirty more strokes at the exerciser. In the afternoon try more walking; or some horseback work if you can get a steed with any dash in him. After you are through, then more weight work. Finally, just before retiring, take another turn at the exerciser. Breathe through the nose *only*.

After the first week run the exerciser-work up to fifty at a time; and increase the out-door distance covered both morning and afternoon, being sure to go in all weathers, and *to eat and sleep all you comfortably can.* Vary the in-door work also somewhat. In addition to the exercise on page 204 practise now twice as many daily on the exerciser, but this time facing it; and with elbows always straight, arms parallel, and neck firmly back draw your hands down close past your sides and far back of you. After the first fortnight try hanging by the two hands on the horizontal bar and swinging lightly back and forth. Before breakfast, before dinner, before supper, and just before retiring, take a turn at this swinging. Of it, and the two sorts of work on the exerciser a weak-lunged person can scarcely do enough. These open the ribs apart, broaden and deepen the chest, *and inflate the lungs—the very things the consumptive needs.* The out-door work secures him or her ample good air, vigorous exercise, and frequent change of scene. On the value of this good air, or rather of

the danger of bad air, hear Langenbeck, the great German anatomist: "I am sure now of what I suspected long ago, viz., that pulmonary diseases have very little to do with intemperance, . . . and much less with cold weather, but are nearly exclusively (if we except tuberculous tendencies inherited from *both* parents, I say *quite* exclusively) produced by the breathing of *foul* air." And as Maclaren says, "The lungs themselves are strengthened by this increased activity." This out-door work should also be steadily increased until the half-hour's listless walk at first becomes six or eight miles before dinner, and as much more before supper. *From breakfast to supper one can hardly be exercising out-of-doors too much;* and steadily calling on the heart and lungs in these very favorable ways, increased vigor and power are only what might have reasonably been looked for.

As the months roll on, and this steady work, directed right to the weak spots, has strengthened and toughened you; now stand say five feet from the exerciser, also increase the number of strokes until you do a thousand or even two thousand daily—head and body always being held *erect*, and *full breathing a constant accompaniment.* This *making a specialty of these chest-expanding* exercises, none of which are severe or violent; but which are still vigorous enough, and the abundance of healthy and active out-door life, are sure to bring good fruits in this battle where the stake is no less than one's own life. They are rational and vigorous means, aimed directly at the weak part, and, with good air, good food, cheerful friends, and ample sleep, will often work marvels; where the filling the stomach with a whole apothecary-shop of nauseous oils and other medicines has wholly failed to bring the relief sought. These exercises taken

by a man, already healthy, at once tone him up and invigorate him, until he begins to have something of the feeling of the sturdy pioneer, as described by Dr. Mitchell.* And if the delicate person tries the same means, using them judiciously and carefully, it is but natural that he should find similar results.

Some years ago, Dr. G——, of Boston, showed us a picture of himself taken several years previously. The shoulders were warped forward, the chest looked flat, almost hollow, and the face and general appearance suggested a delicate man. He said he inclined to be consumptive. Well, by practising breathing, not on an ordinary "blowing-machine," where you *empty* your lungs of about all that is in them, but on an *in*-spirometer, from which instead you *in*hale every inch of air you can; and by practising vigorous working of his diaphragm, *he had so expanded his lungs that he could inhale three hundred and eighty cubic inches of air at one breath!* Certainly the depth of his chest at the later period was something astounding, it being, as nearly as we could judge without calipers, all of twelve inches through, directly from breastbone to spine; while it was a strikingly *broad* chest as well.

But an even more astonishing feature was *the tremendous power of his voice.* He said that at the end of half an hour's public singing with the opera-singers (for he was skilled at that), while they would be hot and perspiring, he was only just warming up, and getting ready for his work. One thing all who ever heard him sing would quickly concede; namely, that seldom had they anywhere heard so *immense* a voice as his. He said that he had also run *two blocks* in *one* breath.

* See p. 54.

He looked about the farthest remove from a consumptive—a short, stout, fat man, rather.

Now the *in*-door chest work above recommended; and the steady and vigorous daily *out*-door work; all aiming to *deepen* and *strengthen* the *lungs;* are well-nigh sure to bring decidedly favorable results; while the doctor's habit of *frequent, deep, and slow inhaling,* cannot fail to work great good, and can hardly be practised enough.

After he of weak lungs has once built them up again, and regained the former vigor; he should not only be sure of his daily in-door exercise and of his "constitutional," *but of a longer outing daily* than a stronger man would need. President Day, of Yale, said to have been a consumptive at seventeen, by good care of his body lived to be *ninety-five;* and it is far from uncommon for delicate persons, who take good care of the small stock of vigor they have, to *outlive* sturdier ones who are more prodigal and careless.

CHAPTER XII

GREAT MEN'S BODIES

"So far as my experience goes there is no kind of sermon so effective *as the example of a great man.* Here we see the thing done before us—*actually done*—a thing of which we were not even dreaming, and the voice speaks forth to us with a potency like the voice of many waters. 'Go *thou* and do likewise.' . . .

"*Every* man may profit by the example of truly great men, if he is bent on making the most of himself and his circumstances. It is altogether a delusion to measure the greatness of men by the greatness of the *stage* on which they act."—Professor BLACKIE, in *Self Culture.*

"The heights by great men reached and kept,
Were not attained by sudden flight;
But they, while their companions slept,
Were toiling upward in the night."

—LONGFELLOW.

"Every person has two educations, one which he receives from others; *and one, more important, which he gives himself.*"

"Difficulties and conflicts *are the school* of heroic virtues."

—*Only by Struggle.*

"*The force of the understanding increases with the health of the body;* when the body labors under disease, the mind is *incapacitated* for thinking."—DEMOCRITUS.

"*The nerve that never relaxes;* the eye that never blanches; the thought that never wanders;—these are the *masters* of victory."—BURKE.

"Lives of great men all remind us
We can make *our* lives sublime,
And, departing, leave behind us
Footprints on the sands of time."

—*A Psalm of Life.*

"Ease makes children; it is difficulty that makes men. Many persons owe their good-fortune to some disadvantage under which they have labored, and it is in struggling against it that their best faculties are brought into play."

"A *strong* man breasts the tide; *a great man* TURNS *it.*"

—ANGUS KENNEDY.

IT may not be out of place to look at some of the world's greatest men; and see what kind of *bodies* they had; and if they did not aid them in reaching the lofty places.

The difference between great men and ordinary men is, in many ways, small. But it is there. Races are won by only a little; sometimes by a bare head. *But a head is enough.* A generation ago it was a fast horse that could pace or trot a mile in two minutes forty seconds. Now it is done in less than two minutes; and $125,000 has been paid for a horse of this class.

Then the *Britannic* crossed the Atlantic in seven days twelve hours. Now the *Lucania* or *Campania* finds five days and seven hours enough. The *Britannic* was 425 feet long; the *Lucania* is 629 feet.

The *Oceanic* is 704 feet. In five years, a hundred hours from New York to London, in a thousand-foot steamer; will no doubt be in order. The elements that make the horse, or steamship, or man win, are many. But they are known; *and they are inevitable.* Every horse-trainer, and ship-builder, and coach knows the folly of expecting a second-class horse, or ship, or man to keep up with a first-class one.

So in the deeds of great men; they will be found, *generally* — not always — *to have had racing-bodies,* as well as racing-heads; *bodies that helped them to outstay other men;* and to carry through great purposes where a weak man would have failed.

MOSES (1571-1451 B.C.)

Born under strange circumstances; his life hunted before his eyes were open; hidden three months because his parents saw he was a proper child—was *Moses*. Reared in a palace; trained in the University of Egypt; favored alike with chance for careful study and for profound reflection; he ripened into a man "of calmness; disinterestedness; patience; perseverance; meekness; coupled with keen energy; rapidity of action; unfailing courage; wisdom in council; and boldness in war"; the chosen captain of God's chosen people, in the longest and most trying expedition this world has ever seen. Leader; legislator; commander; liberator; law-giver; historian; he has left a name, great and imperishable.

And what of his body? When a mere babe, a king's daughter saw him; and was so struck with his beauty that she adopted him as her son. Grown to manhood, seeing a fellow-Hebrew, a slave, brutally treated by an Egyptian overseer; he sprang upon the latter; closed with him in a terrible struggle; and left him dead upon the field. Facing one of the greatest rulers the world then knew; surrounded by his mighty retinue, and backed by his armies; this man single-handed, leaning only upon his Maker and himself; with unquailing front, never relaxed his efforts for one moment, until the tyrant let the people go. For forty years of march over desert, sea, and mountain at the head of a mighty multitude, ignorant, fractious, mutinous, surrounded with difficulties and dangers; beset by unknown foes, he never slept a night under a roof. Eighty years old at the start; ten more than most men hope to ever see; yet, at the end of those forty memorable years, he came through in such splendid form that we are told that "Moses was *an hundred and twenty years old* when he died; HIS EYE WAS NOT DIM, NOR HIS NATURAL FORCE ABATED." What

MOSES

(From Michael Angelo's statue in the Vatican at Rome)

other athlete in all the world's history can show such a finish as that?

In Michael Angelo's renowned statue we see a man of towering size and almost colossal strength. His body even looking large for his head; but the most remarkable feature of that body is the enormous forearm and wrist. Indeed the fore-arm looks as large as the upper arm itself, which is not in accord with the idea so general now among athletic men, that the upper arm flexed should be about a fifth larger than the forearm in its greatest girth. It will also be observed, as in most of the famous statues, that there is little or no spare flesh anywhere. But the whole is made of excellent material; of bone and sinew; of power which lifts and carries; not of freight which has to be lifted and carried.

DAVID (1015 B.C.)

Three thousand years ago, not far from the eastern shore of the blue Mediterranean a herdsman's son in odd moments thrummed a harp; and he came to do it so well that he had to play before the king. A venerable prophet had sought him out in his quiet home; told him that he would one day be king; and then anointed him. The strong king, then in active rule, heard of this; and hunted him down to kill him. Friends flocked to his side; and soon the struggle between the Royalists and his little band became a civil war. He won. The king was slain. Then this man took the throne; and began a series of wars with tribes; and then with nations; which lasted for years; and he never ceased until, from a small, weak State, he extended the borders of his father-land till they stretched from the Mediterranean to the Euphrates; from Syria to Egypt; and were peopled by many millions.

He fostered navigation and trade; taught his people art; organized them into provinces; appointed governors to oversee and report to him their condition; impressed all with the importance of law and order; established superior and inferior courts of justice; and secured the stability of his power by the formation of a large standing army. He was exceedingly careful of both indi-

vidual and national religion; appointed priests, and singers, and poets for religious service; and gathered a vast amount of money and material to erect a great religious temple. If, in a life in the main grand and noble, his mighty passions at times drove him into excesses; no man could be franker or swifter to own that he had done wrong; or to deeply repent of it. Poet and sweet singer of rare power; few men have ever written that which has brought solace to the afflicted and tried, in all ages since, as has this man.

A generation ago, in a beautiful Virginia valley, two great armies met. The night before the Northmen lay on their arms upon Kolps Hill and Cemetery Ridge; Little Round Top and Round Top; on the opposite hill-side, upon Seminary Ridge, lay the Southrons. Each side was 90,000 strong, and was well led; each knew that a struggle was near, so mighty that the fate of a great nation depended on it; and the whole civilized world looking on, tried to name the winner. And the "Wheat Field," piled shoulder-high with bodies; and the Devil's Den, where buzzards afterwards, in the crannies of the rocks, picked clean the bones of Southern sharp-shooters, who there in turn had picked off men on Round Top; these, and graceful shafts; and monuments in stone and bronze; and stands of arms; and many a simple slab tell of the three long days of bloody struggle that turned that peaceful valley of Gettysburg into one great slaughter-house—*but saved a nation.*

Ages ago, in another valley, hostile armies met; and again the fate of two nations hung in the balance. A man nearly twice as tall as Bismarck; twice as big-chested as Sullivan; clad in mail, strode forward into the open; and thundered out that he would fight any man on the other side. Whoever won, his nation, from then on, should be masters; and the loser and his people, their slaves. All heard him. That was easy to do. But no one hurried forward. The king himself was a goodly man—head and shoulders even above the people. But what could *he* do against a man of *almost twice his size?* So he refrained. And they *all* refrained. And they kept up the refrain for some days. When the big man saw this his voice resounded more than before. But he spoke once too often. For a short, beardless, red-haired youth who had come up to camp upon an errand, heard him. At once he asked what was the prize. He was told the hand of a princess. He

asked to see her; seemed satisfied; and said he was ready; though he did not look to have any tools with him. When the big man saw him, he swore harder than ever, possibly referring to the color of his hair; then asked him if he, the big man, was a dog. No direct reply is recorded. But the next minute, before the heavy-weight could square off; the little fellow made an impression—a lasting one—on the big man's forehead. The rout of the enemy and other pleasing results followed. And the stripling who had scored so well at the start, proved many a time afterwards to be a good one. For, like his fellow left-handed Benjamites, he could not only *sling a stone at a hair's-breadth, and not miss* (what a *baseball pitcher* he would have made!), but he was "fair of eyes"; "comely"; "*goodly*"; *well made;* and "*of immense strength and agility; his swiftness and activity made him like a wild gazelle.*"

"*His feet were like hinds' feet*"; and *his arms were strong enough to break a bow of steel.* In his early days, before entering upon a public career, he also had a personal interview with a lion; and another with a bear; at a time when both animals were hungry. And they *remained* hungry. Nowadays, our football captains would have sent a delegation clear to Jerusalem for him. Our colleges would have had a new Special student on the team in almost no time; and his board and tuition would have cost him nothing at all.

PAUL

The son of a well-to-do merchant of Cilicia—a youth of rare parts, Paul was first sent to the college at Tarsus, itself a far-famed seat of learning. Then to the college of Jerusalem, the fountain-head of his religion, where, at the feet of a teacher well-nigh as great in his field as Aristotle was in his, he presently came to be learned in the law of his fathers. The zeal of the gifted young Pharisee gave him no rest, till he was persecuting Christians wherever found; until a higher power turned him into the greatest Christian,—only human,—whom this world ever saw;—one who, in any age, and any land, would have led among leaders.

All over Asia Minor; in the neighboring islands; hurrying to Macedonia; then to Athens; now rousing men with truths such as they had never heard before, to stop all else, till they had saved their souls; founding churches; encouraging the elders; binding together a young church founded in his time by a greater than he; which has grown so mightily in all the centuries since that it wields greater power to-day than any other agency ever known; or than all others put together. Summoned before Seneca's brother, Gallio, Proconsul of Corinth; carried off on an Alexandrian cornship to Italy, only to be wrecked on the way at Malta; chained to a soldier for two long years in a Roman prison; yet writing letters as brave and inspiring as ever came from human hand since men first learned the art of putting words together. Beheaded at last by the greatest brute that ever sat on a throne; who could fiddle while the foremost city in the world was burning.

And what sort of a *body* had this king of a man; who from that foul, gloomy dungeon, waiting for death, sure but doubly terrible, from his not knowing when it would come; could yet write that he had learned, in whatsoever state he was, therewith to be *content;* that he knew both how to be abased and how to abound?

Surely *he* cannot be made to tell how a good body helped him to do that giant-work. Why, he says himself that his "bodily presence was weak, and his speech contemptible!"

No, he does *not* say that.

What he said was that "*They say* that his bodily presence was weak and his speech contemptible." But, because he was not a big man; and the Corinthians liked bulk; is no sign that he was weak.

How could a weak man have gone all those years of intense activity; "now minded himself to go *afoot* from Troas to Assos"; having, no doubt, to do *most* of his going in *that* way? No weak man could have "*five times received forty stripes save one;* been thrice beaten with rods; once stoned; thrice suffered shipwreck; been a night and a day in the deep; in journeyings often; in perils of waters; in perils of robbers; in perils by his own countrymen; in perils by the heathen; in perils in the city; in perils in the wilderness; in perils in the sea; in perils among false brethren; in weariness and painfulness; in watchings often; in hunger; and thirst; in fastings often; in cold and nakedness."

Just try one or two of these, and *see* if they are easy, you who feel strong, and all right. There may be more to this "weak bodily presence" than you perhaps ever thought of. Let your nearest blacksmith, for instance, lash your back thirty-nine times with a horsewhip. Or try a night and a day in the deep.

And *was* his speech contemptible, when a mob had him in its clutches; *and all the city was moved;* and the people ran together; and they took Paul, and drew him out of the temple; and were about to kill him; and he was borne of the soldiers, for the violence of the people? Yet who could stand right there on the stair; hold the rioters at bay; and, in that memorable "Men, brethren, and fathers" speech, *force them to hear the truth, with such skill and power that they could stand it no longer;* but shrieked out, "Away with such a fellow from the earth; for it is not fit that he should live!"

No—they had awakened the wrong man. Then, the next day, could, with a few bold words, *split their great council into two factions;* then face the Governor, who held his life in his power; and stretching forth his hand amid all "the great pomp; and among the chief captains and principal men of the city" so charm them with his speech, *that the king himself could not resist him;* but broke out right there before them all, "*Almost thou persuadest me to be a Christian!*" Do you call *that* speech *contemptible?* Just name some *other* speech, made by *any* man of this century that will live like that! No—he might not have had as sonorous a voice; or as imposing mien; as some of those low Corinthians; but no other man in all that age has left a speech that can match this one for power.

And something is known of his *body* too. Malala, or John of Antioch, wrote of Paul that "He was short of stature, bald and grayish as to the hair of the head and of the chin; of a good nose and light blue eyes with the eyebrows knit together; of a fair and *ruddy complexion,* and graceful beard; of benevolent expression; of sound judgment, gentle, affable, of pleasing manner; and glowing with the fervor of the Holy Spirit."

Evidently a live, active man; ruddy complexions do not belong to *sick* people; but to those in sound health, whose rich, good blood talks in the face itself; none but a man of exceeding toughness of body could have ever done or borne what Paul did.

SOCRATES (468–399 B.C.)

As stout as Moody or Santa-Claus; Greece used to have a queer old son; a sculptor's boy, named Socrates. He hung around Athens, talking to every one, not caring much for hard work, and doing about as he liked. He never wore undershirt or shoes; he could live on anything; and as he had but five minæ, or about fifty dollars a year; no doubt if Athens had a free-lunch route, he knew where it was. Yet his army comrade Alcibiades (in Plato's *Symposium*) likened this same Socrates to an uncouthly sculptured Silenus; and declared that "As he talks, the hearts of all who hear leap up; and their tears are poured out." He could handle his chisel, too; for he carved a group of marble graces "which was preserved on the Acropolis for many generations." Emerson has this to say of him: "Socrates, a man of humble stem, but honest enough; of the commonest history; of a personal homeliness so remarkable as to be a cause of wit in others —the rather that his broad good-nature, and exquisite taste for a joke, invited the sally; *which was sure to be paid.* The players personated him on the stage; the potters copied his ugly face on their stone jugs. He was a cool fellow, adding to his humor a perfect temper; and a knowledge of his man, be he who he might whom he talked with, which laid the companion open to *certain* defeat in any debate,—*and in debate he immoderately delighted.* The young men are prodigiously fond of him, and invite him to their feasts; whither he goes for conversation. . . . In short he was what our country people call 'an *old* one.' He was monstrously fond of Athens; hated trees; never willingly went beyond the walls; and thought everything in Athens a little better than anything in any other place. He was plain as a Quaker in habit and speech. He had a Franklin-like wisdom.

"Plain old uncle as he was, with his great ears; an immense talk-

er; the rumor ran that on one or two occasions, in the war with Bœotia, he had shown a determination which had covered the retreat of a troop. And again a courage in the city government, in opposing singly the popular voice, which had wellnigh ruined him. He is very poor, but then *he is hardy as a soldier, and can live on a few olives;—usually* in the strictest sense, *on bread and water*, except when entertained by his friends. His necessary expenses were exceedingly small; and no one could live as he did. *He wore no under-garment; his upper garment was the same for summer and winter; and went barefooted.* Under his hypocritical pretence of knowing nothing, he attacks and brings down all the fine speakers, all the fine philosophers of Athens, whether natives or strangers from Asia-Minor and the Islands. No one can refuse to talk with him, he is so honest and really curious to know. A pitiless disputant who knows nothing, but the bounds of whose conquering intelligence no man had ever reached; whose temper was imperturbable; whose dreadful logic was leisurely and disportive; so careless and ignorant as to disarm the wariest, and draw them in the pleasantest manner into horrible doubts and confusion. *But he always knew the way out; knew it, yet would not tell it.* The rare coincidence in one ugly body of the droll and the martyr; the keen street and market debater, with the sweetest saint known to any history at that time, forcibly struck the mind of Plato, so capacious of these contrasts."

Professor Harrison says: "With the exception of One, *Socrates* was perhaps *the greatest teacher that ever lived.* His school was the workshop; the gymnasium; the market-place; the street. Eminently a *preparer*, he was *the first and fiercest foe of cram in all its shapes and forms.* If he could make people *think*, he was perfectly satisfied, and walked away happy. Everywhere the broad mouth, snub nose, and bald head of this reformer produced dismay; for the people knew the volley of questions sure to come. *His ambition was to plant seeds of moral and intellectual reform everywhere.* With the ugliest face, he combined the most beautiful soul in the world; so pure and noble that he might have been honored as a saint. The Greeks loved him for three things: First, his touching poverty; cheerfulness; self-denial; his equanimity, which nothing could overthrow; his public talks, in which he strove to *better* his people; to influence young men for *good;* and to set a lofty example of robust poverty, in the

midst of a luxurious and sensual generation. Second, because he believed he had a special *religious* mission. Third, his great intellectual *originality;* the novelty of his talk; the unusualness of his method; the oddity of his subject; *his power of stirring and quickening the thought.* No great poet, historian, or statesman of Greece equalled in influence the talking 'tramp' Socrates; who simply talked, talked, ever divinely; and left not a line behind him. *Yet talk that called into existence the great philosophical school of Plato, Euclid, Aristippus, and Diogenes.*"

And had he, with this rare power of mind and character, a good body also? Read and see.

"*He could bear the longest fasts;* and *the soldier's plain fare. Cold and heat were alike to him.* Against the *extremes* of both *the same clothing was a sufficient defence; and with bare feet he trod the ice of Thrace.* In battle he quitted himself as a true Athenian should; and, even amid the wreck of a routed army, he bore himself so nobly, that the pursuers did not venture to attack him. *He surpassed all men in physical endurance.*

So *Plato* makes his tent-mate, Alcibiades, describe him. And he well might; for when wounded at the battle of Potidæa, *Socrates took him up on his shoulders, and carried him to a place of safety.* He also rescued *Xenophon* at the battle of Delium.

"*He had immense strength and health.*"—*Harrison's Story of Greece,* p. 433.

Page 67: "*Socrates* was *forty* when he fought at Potidæa and rescued Alcibiades. *At this period he was most distinguished for his physical strength and endurance.* A brave, patriotic soldier, *insensible to heat and cold, and temperate. His powerful physique* and sensual nature inclined him to indulgence; but he early learned to *restrain* both appetites and passions."

He had three sons. His wife, Xantippe, is well known also as quite a talker. Indeed, he says so himself; says, in fact, that she talked "like thunder." However, other men have said *that* of their wives. He also said that he married and endured her *for self-discipline.* But *she* did not put it that way. Very likely she was *not* a Mrs. Jellaby. No doubt she asked him now and then how she was to dress; and shoe; and feed; and house those boys, and herself, on fifty dollars a year. And because *he* could wear an old coat forever; and live on olives; and not care; it did not follow that she would not like a new gown, at least every ten years—possibly a hat, too. Yet, somehow, notwithstanding her talk, *he got fat on it;* and loafed around, down-town, all day; while Mrs. S. had to do the washing and ironing; perhaps now and then telling him he might at least raise a few potatoes and cabbages for her in the back yard. And yet this same corner loafer, his perfect good-nature unruffled by these little home thoughts, *could out-think and under-think any man in Athens.*

PLATO (430-347 B.C.)

Emerson says: "Plato is philosophy and philosophy Plato, at once the glory and the shame of mankind; since neither Saxon nor Roman have availed to add any idea to his categories. No wife, no children had he; and the thinkers of all civilized nations are his posterity and are tinged with his mind. His broad humanity transcends all sectional lines. Like every great man he consumes his own time. *What is a great man, but one of great affinities, who takes up into himself all arts, sciences, all knowables, as his food?* He can spare nothing; he can dispose of everything. Of patrician connection, he is said to have had an early inclination for war, but in his twentieth year, meeting with Socrates, was easily dissuaded from this pursuit, and remained for ten years his scholar, till the death of Socrates. Absent then some say thirteen years, returning to Athens, he gave lessons in the Academy, to those whom his fame drew thither; and died, as we have received it, in the act of writing, at 81 years. The writings of Plato have preoccupied every shelf of learning, every lover of thought, every church, every poet,—*making it impossible to think on certain levels except through him.*"

After referring to the then known wisdom and its sources, Em-

erson continues: "At last comes Plato the distributor; he can define. He leaves with Asia the vast and superlative; he is the arrival of accuracy and intelligence. *This defining is philosophy.* In him the freest abandonment is united with the precision of a geometer. His daring imagination gives him the more solid grasp of facts; as the birds of highest flight have the strongest alar bones. His patrician polish, his intrinsic evidence, edged by an irony so subtle that it stings and paralyzes, adorns the soundest health and strength of frame. According to the old sentence, 'If Jove should descend to the earth, he would speak in the style of Plato.' He has a probity, a native reverence for justice and honor; and a humanity which makes him tender for the superstitions of the people. *He has finished his thinking before he brings it to the reader;* and he abounds in the surprises of a literary master. He has the opulence which furnishes at every turn the precise weapon he needs. As the rich man wears no more garments, drives no more horses, sits in no more chambers, than the poor, but has that one dress or equipage or instrument, which is FIT for the hour and the need; so Plato in his plenty, is never restricted, *but has the fit word.*

"There is, indeed, no weapon in all the armory of wit which he did not possess and use,—epic, analysis, mania, intuition, music, satire, and irony, down to the customary and polite. His illustrations are poetry, and jests illustrations. He is a great average man—one who to the best thinking adds a proportion and equality to his faculties, so that men see in him their own dreams and glimpses made available, and made to pass for what they are. *A great common-sense* is his warrant and qualification to be *the world's interpreter.* What a price he sets on the feats of talent! What a value he gives to the art of gymnastics; what to geometry; what to music; what to astronomy, whose appeasing and medicinal power he celebrates!"

As we have already seen (page 11), Plato held him or her who was educated in mind and moral nature only, and *not in body,* also *a cripple.* But he lived up to his preaching.

"His name was at first Aristocles; and was changed to Plato because of the breadth of his shoulders; or of

his style; or of his forehead. . . . That he wrestled well."—*Encyclopædia Britannica.*

"*Besides the ordinary training in the gymnasium,* grammar and music; he was a pupil of Socrates during the last eight or nine years of that great reformer's life."—*Ibid.*

"*Endowed with a robust physical frame,and exercised in gymnastics not merely in one of the Palæstræ of Athens* (which he describes graphically in the *Charmides*), *but also under an Argeian trainer,* HE ATTAINED SUCH FORCE AND SKILL AS TO CONTEND (if we may credit Dikæarchus) FOR THE PRIZE WRESTLING AMONG THE BOYS AT THE ISTHMIAN FESTIVAL."—*Grote's Plato and Other Companions of Socrates,* p. 115.

"*A robust young citizen like Plato.*"—*Ibid.,* p. 117.

So this mighty mind *was no cripple;* but lived in a fit house—*an educated* body. Such a man could hardly *help* taking sensible care of his *body.* Gladstone, axeman and long-distance walker, has *partially* developed his body and limbs. But Plato—the wrestler—and ONE OF THE BEST BOY WRESTLERS IN ALL ATHLETIC GREECE—*that* tells the story. There never was a great wrestler yet who was not an unusually strong man. It could not take this grand mind long to see that, of all the tests of the palæstra, wrestling called for—and made—the strongest man—and, as in everything else, he never spared himself till he was at the head. What a treat to have known such a man! Sandwiched in as he was between two of the greatest minds the world has ever seen—Socrates his teacher, and Aristotle his pupil. And he the equal of either. And with such a native outfit as his, what a chance he had! And how he improved it!

ARISTOTLE (384–322 B.C.)

"Philip of Macedon thanked the gods, at the birth of Alexander; not so much for their having blessed him with a son as for the son's being born at a time when Aristotle was living to superintend his education."—*McCormick's Burke* (1798), p. 6.

Born at Stagira 384 B.C.; of a famous medical family; a great dissector of animals—as well as of arguments; pupil of Plato; at fifty opening his famous lyceum near the temple of Apollo Lyceius, walking up and down the garden as he lectured; and so called Peripatetic; tutor of Alexander the Great; after the latter's death, a hostile party coming into power, he fled to Chalcis, in Eubœa, and died at sixty-two. Ruling the world of thought for 1500 years down to the time of Bacon; one writer says that his intellectual power "was owing in a large degree to the harmonious education *in which the body shared* as well as the mind. That no dyspepsia broke the harmony of his thoughts, and no neuralgia twinged his system with agony." And, by-the-way, does it not seem as if the most learned and intelligent ought to *know how* to take at least fair care of their own bodies?

And then ought to *do* it? Yet how many *do?*

Many of our towns to-day have their Lyceums; but here was the great parent one of them all, with this great man at its head; and ever since, in all lands, his work and words have been taught in the same schools.

And why have we dropped the *Peripatetic* feature?

And with such a master, did he, *could he,* omit to train his *body?*

Small and slender in person, and part of the time of feeble health, Aristotle accomplished in his day the task of a giant.

Then he was weak, after all?

Look at his statue, the well-known sitting one (of which there is a copy in the Metropolitan Museum in New York City). Deep, close thought in each line of that fine face. But see those legs,—a rare pair. Go to

the next athletic meet, and find better if you can. That foot; that leg, had seen much work.

It says so all over them. Those hours and days and years of Peripatetic work had carved their story; and his legs talk as well as his face—a clean-cut, closely knit, wiry man.

ALEXANDER (356-323 B.C.)

President Garfield once said that Mark Hopkins upon one end of a bench and you upon the other *meant a liberal education.*

But upon a bench in old time sat a greater teacher than President Hopkins; and beside him a greater man than Garfield. Son of a famous soldier-king; of a mother fiery and ambitious; he early showed the traits of both in boundless ambition, coupled with sober wisdom in dealing with whatever arose. His father secured as his tutor the renowned Aristotle, who "withdrew him to a distance from the Court, and instructed him in every branch of human learning, especially what relates to the art of government; while, *at the same time he disciplined and invigorated his body by gymnastic exercises.*" (And, by-the-way, how could Aristotle *teach* him gymnastics, *if he did not know them himself?*)

In recent years, we have seen a small band of Japs going where they liked in mighty China; and her hundreds of millions could not stop them. So this lad, with scarce 35,000 men, went through army after army; and province and satrapy and nation; bearing all before him, till at thirty-two, he had conquered not one nation; or one continent only; but the whole known world; and sighed because he had not more worlds to conquer. Who before or after him ever did that?

And did the *body* of this war-genius match his mind? It must have, or he could not have stood the pace. And it did. He was a boy of extraordinary promise. He said himself: "I am not one of those who will *look on* at the struggle. But I am one of those who will *perform* valiant deeds at the contest. And though I be little and short in stature; yet *I am mighty in chariot-races,* and I will defeat the proud."

And he did. For out of nine starters, one was a King —Nicolaus—who gave him a hot fight all over the track; but he won. "In *sports and gymnastics he easily excelled all.*"

"He was fair in complexion *and ruddy;* of sweet odor, and agreeable in person; above the average height, though not tall, *his presence was commanding; his beauty kingly.*"

"Alexander was *active, and able to endure cold, hunger, and thirst; trial and fatigue beyond even the strongest.*" "*His strength and courage were altogether exceptional.*"

Quintus Curtius says that he saved his father's life in a mutiny among the Triballi, when a mere lad, by his sole personal gallantry. He was invincible to those things which terrify others. His bravery did not only excel that of other kings; but even that of those who have no other virtue. *He was never known to change countenance at wounds.*—*Dodge's Alexander,* III., pp. 182–651.

"The Mallian arrow which had penetrated his lung was cut out without a motion on his part.

"*He was exceedingly swift of foot; but when young,* would not enter the Olympic games, because he had not kings' sons to compete with. *An athlete himself,* he disliked professional athletes,—saying that they ought to place their strength at the service of the country. He was always glad to incur hardship and danger in hunting; and is related to have slain a lion, single-handed, when in Bœotia. *He kept his body in good training.* On the march he was habituated to shoot from his horse or chariot for practice; *and to mount and dismount when at full speed.* He frequently marched on foot with his troops, rather than make use of horse or

chariot. Naturally disposed to sleep but little, he increased his watchfulness by *habit*. *In an iron body* dwelt both an intellect clear beyond compare; and a heart full of generous impulses. He was ambitious, but from high motives. His desire to conquer the world was coupled with a purpose of furthering Hellenic civilization. His instincts were keen, his perception remarkable; his judgment all but infallible. As an organizer of an army he was unapproachable; as a leader unapproachable. 'That the soul of this king was fashioned on a superhuman pattern,' says Polybius, 'all men agree.'"

Dodge says: "*His bodily strength and activity were matched only by his extraordinary courage.*"

Aristotle had done his work well, and with good material.

Lamar, Henry Ward Beecher the Second, DeSaulles in the pinch and crisis of a great football-fight each did brilliant work, and won fame. But which one of them was as good a man as this little Macedonian? Teach him the game—and he would have grasped it at once—and who of his size—or of any other size—in America or England to-day would be his peer?

DEMOSTHENES (385–322 B.C.)

Demosthenes, the son of a sword-cutter, had a large fortune from his father, who died when the boy was only seven years old. He was greatly wronged by his guardians, who converted part of his inheritance to their own use, and suffered part to lie neglected. So that they did not even pay his tutor. This was the chief reason why his education was neglected. His mother did not allow him to be put to hard and laborious exercises, on account of the weakness and delicacy of his frame. Indeed from the first he was of a slender and sickly habit.

Hearing the orator Callistratus plead an important case, he applied himself with great assiduity to declaiming, and bade adieu

to his other studies and exercises. Then he attacked his guardians, and, as Thucydides says, "He had great opportunity to exercise his talent for the Bar." It was not without much pains and some risk that he gained his cause. But he had a weakness and stammering in his voice and a want of breath that caused such a distraction in his discourse that it was difficult for the audience to understand him. Immediately afterwards, wandering in a dejected condition in the Piræus, he was met by Eunous, who said: "You have a manner of speaking very like that of Pericles; yet you lose yourself out of mere timidity and cowardice. You neither bear up against the tumults of a popular assembly, *nor prepare your body by exercise* for the labor of the rostrum; but suffer your parts to wither away in negligence and indulgence."

Plutarch says that "Upon this he built himself a subterraneous study, which remained to our times. Thither he repaired every day, to form his action and exercise his voice. And he would *often* stay there *for two or three months together*, shaving one side of his head, that if he should happen to be ever so desirous of going abroad, the shame of appearing in that condition might keep him in. . . . As to his personal defects, Demetrius the Phalærean gives us an account of the remedies he applied to them, and he says he had it from Demosthenes in his old age.

"The hesitation and stammering of his tongue he corrected by practising to speak with pebbles in his mouth; *and he strengthened his voice by running or walking uphill*, and pronouncing some passage in an oration of a poem during the difficulty of breath which that caused.

"About this time the affair concerning the Crown came upon the carpet—it was the most celebrated cause that ever was pleaded."

Though he stammered and could not pronounce his Rs; though he was "constitutionally feeble, so that he shrank from the vigorous physical training, deemed so essential in a Greek education; yet" (as Professor Mathews well says) "regarding oratory as an art; and as an art in which proficiency can come only by intense labor; he" (like Sir Henry Irving) "left nothing to chance which he could secure by forethought and skill; nothing to the inspiration of the moment which deliberate industry could make certain."

And his walking uphill, and running; his practice in that subterranean study, his following the sound advice of Eunous *and preparing his body by exercise,* were evidently attended to; or he never could have done what he did; or have spoken as he did until, one writer—after defining *force* to be "partly a physical product and partly mental"; it is the life of oratory which gives it breath and fire and power; it is the electrical element, that which smites, penetrates, and thrills"—says: "Demosthenes, if we may judge by an oft-quoted saying of an enemy, *must have had an almost superhuman force.*" "What!" exclaimed Æschines to the Rhodians, when they applauded the recital of the speech which caused his banishment—"what if you had heard THE MONSTER himself?" President Bashford, of Ohio Wesleyan University, testifies to the great labor Demosthenes must have bestowed upon his speeches in these apt words: "When I began the study of Demosthenes' oration on the Crown, I had the vague impression that eloquence was an unearthly quality, gained by some sort of magnetism. I was astonished to find this speech so packed with knowledge with the subject in hand that Demosthenes *seemed to know all about the theme;* and his view appeared to be the *only* correct opinion. In the next place, I was equally astonished to find the argument stated so *simply* that even a child could not fail to understand it.

"One day in my astonishment at this discovery I broke out in the class with the remark, 'There is no trick at all about Demosthenes' eloquence; I could make as good a speech myself if I only knew as much.' 'Doubtless you could,' replied the Professor, 'if you only KNEW as much.'"

And that the body of Demosthenes was a good one, and equal to the great demands he made upon it, is seen from the celebrated full-length statue in the Vatican, not deep-chested like Webster, but a tall, lean, muscular man, of strong, wiry, Gladstone-like arms, cordy neck, erect, masculine-looking trunk, and strong, well-set legs. Æschines called him a monster. Monsters *are not feeble folk.* It takes *force* to make a monster; and the almost superhuman force of this match-

less orator, noted beyond all speakers of ancient time for his force and "action," came from a body educated by the severe ordeal of his youth, and by his special training for the great work which has left him imperishable fame.

HANNIBAL (247-183 B.C.)

Of the seven great generals held up by Napoleon as masters of the art of war, three belong to antiquity—namely, Alexander, Hannibal, Cæsar. Like Alexander, a famous soldier's son; at nine he swore eternal hatred against Rome,—his father's life-long enemy. And he kept his oath. Bred in a camp; as a lad, making a name for courage and strategic skill; he was soon commander-in-chief. Attacking Rome's allies; pushing across Spain and the Pyrenees with a hundred thousand troops; fighting as he went, till he lost more than half of them; he not only made his way through Gaul; but in fifteen days, amid attacks from hostile tribes, deep snows, and endless difficulties, did what was believed impossible—*led his army across the Alps.* Plunging straight into the enemy's country;—and that enemy *Rome*, whom the whole world justly feared; he engaged her troops; defeated army after army; destroyed cities; overran Italy in all directions; captured her towns and cities; *gave Rome the most crushing defeat she had ever known;* and maintained himself and his army in her own Italy for fifteen years; but was finally recalled to defend his native land; and was there defeated at last by Scipio.

W. O'Connor Morris says: "Hannibal, one of the earliest, was one of the greatest of the masters of war. Napoleon, indeed, is the only genius of ancient or modern times who can be compared to him. Both had the imagination that forms mighty conceptions; both carried out these with wonderful energy and skill; both accomplished marvels in war with very scanty means; both made genius supply the want of force, *one of the tests of really great captains.* Both had in the highest degree the faculty of command; of ruling armies; of terrifying foes; of organizing and administering war; both excelled in dexterity, in readiness, in fertility of resource; both had extraordinary powers of stratagem; both could extricate themselves from the extreme of peril; and baffle adversaries who thought they had them in their grasp.

Both were strategists of the very first order; both conducted strategy on the same principles; but Napoleon was perhaps the more dazzling strategist of the two; if not as safe, or even as profound as Hannibal. Both were masters of tactics in the highest sense; but Hannibal was the better tactician; we can scarcely detect a fault in his battles. This certainly cannot be said of Napoleon, often too sanguine, and too impetuous on the field. Both had firmness of character, and great strength of purpose; but here Hannibal is perhaps superior; no achievements of Napoleon give proof of the tenacity of Hannibal in his lair in Bithynia, where he defied the overwhelming forces of Rome. Hannibal, taken altogether, *produced greater results, considering how inadequate his resources were.* Napoleon's ambition and lust of conquest made him the *destroyer* of the edifice of power he had built up. As political figures, the two men are not to be compared. Hannibal was trained to statesmanship from earliest youth; and exhibited the best gifts of a statesman; Napoleon was a son of the French Revolution; and though mighty as a ruler and in the art of government; and potent as his influence for good was, in some respects, he was too extravagant and impulsive to be a perfect statesman. Napoleon's nature too had many defects and flaws. We know much less about that of Hannibal; but, as far as we can judge, he was almost free from selfishness, ostentation, and even ambition. For the rest, Napoleon may fill as large a place in history; yet Hannibal was perhaps the greater man. But it has been truly said, that master-spirits, like them, can be weighed only in the balance of God."

And he knew how to care for his *body;* and he had a noble one, a potent factor in winning all his victories. Gilman's *Hannibal,* p. 181, says: "The very model of a soldier; he was bold, but never rash; cool in the presence of danger, and infinitely fertile of resource." "But *to fatigue he seemed insensible. He could bear heat and cold equally well.* Of food and drink he cared only to take so much as satisfied the needs of nature. To sleep he gave such time as business spared him; and he could take it anywhere and anyhow. Many a time he

could be seen lying on the ground, wrapped in his military cloak among the sentries and pickets. About his dress he was careless; it was nothing better than that of his humblest comrades. But his arms and horses were the best that could be found. *He was an admirable rider; a skilful man at arms;* and as brave as he was skilful."

If Vincenz Pils's conception of his physique was correct, his body was a fit home for that great mind. Look at his statue and find a weak spot. On the contrary, where do you find such a powerful man to-day? No wonder that with that head and that spirit, and that rare training, he did wondrous work, when he had such a body as *that* to call on as he liked!

CICERO (109-43 B.C.)

In the tottering Republic, Cicero, *the greatest orator Rome ever had,* gave his time, like Gladstone, to literature, oratory, and politics. Believing "that a man is born, *not for himself alone,* but for his fatherland"; and acting as he believed, he soon came to the power which he fairly won. Deftly weaving in all of art and science that close study could learn, he was keen of insight; clear and lucid of speech; "the mind that never tired; founder and master of the elegant style; his writings became the source of correct and standard speech; a perfect storehouse of classical prose diction." And happily we have many of those writings in our homes and schools to-day. He himself quotes this from *Cæsar's* treatise *De Analogia:* "Some men, by study and practice, have attained to an admirable power of expressing their thoughts; and we must surely be of opinion that you, who may also be called the originator and inventor of this fulness of vocabulary, have rendered a signal service to the name and honor of Rome."

The same gifts and severe labor that gave us this great master of prose made him an orator—witty, refined, brilliant, elevated—of a "true appreciation of the needs of his time." Quintilian says: "He knew that he had wholly devoted himself to the imitation of

the Greeks; to uniting *the force of Demosthenes;* the copiousness of Plato; the charm of Isocrates; and not only has he made what is best in each of these great men his own; but, with the happy fertility of an immortal genius, has developed from himself most, or rather *all* excellences."

In his own view of Demosthenes, he tells us of himself: "He attains much, while I attempt much. He has the power, I the will, to speak as every occasion requires. He is great, for great orators preceded him, and were his contemporaries. I, too, might have done something great, if I had been able to attain the goal of my efforts, in a city in which, as Antonius says, 'No real orator had ever been heard before.'"

But Jerome put it in this way: "Demosthenes has wrested from you, Cicero, the honor of being the *first* orator; you from him that of being the *only* one." Really great orators seem to have been as rare then as now. The New York *World*, speaking of the Socialist Deputy Jaures' famous speech, said: "Yesterday's despatches, telling of the impression created by a single able speech of Deputy Jaures show that eloquence has lost none of its power over the human mind. Although the last decade has been marked by the almost total disappearance of the orator; *during the past thirteen years France has had no great orator, and consequently no great speech. We are fully as badly off in this country.*"

"The period of his birth was one of marked national prosperity. He was well born, but not of noble ancestors. The great peculiarity of his youth was his *precocity. He was an intellectual prodigy,* like Pitt, Macaulay, and Mill.

"Like them he had a wonderful *memory.* He early mastered the Greek language. He wrote poetry; studied under eminent professors; frequented the forum; listened to the speeches of different orators; watched the posture and gesture of actors; and plunged into the mazes of literature and philosophy. He was conscious of his marvellous gifts; and was, of course, ambitious of distinction. There were only three ways at Rome in which a man could rise to eminence and power. One was by *making money,* like army-contractors and merchants; such as the Equites, to whose ranks he belonged; the second was by *military service;* and the third *by the law*—an honorable profession. Like Cæsar, a few years younger than he, Cicero selected the law. But he was a new man, not a Patrician as Cæsar was,—and had few powerful

friends. Hence his progress was *not rapid* in the way of clients. *He was twenty-five years of age before he had a case.*"

But he had another drawback, one of which he was soon conscious, and like a man of sense, he set about curing it. As Dr. Lord says: "*Cicero* was not naturally robust. His figure was tall and spare; his neck long and slender; and his mouth anything but sensual. Impetuous, ardent, fiery, his health could not stand the strain on his nervous system; and he was obliged to leave Rome for recreation. He remained in Greece and Asia Minor for two years—and at thirty returned, and attended upon his profession." But his life abroad was not only for recreation.

"*Cicero* was of a lean and slender habit, and his stomach was so weak that he was obliged to be very sparing in his diet, and not to eat till a late hour in the day. His voice, however, had a variety of inflections, but was at the same time harsh and unformed. He went to Athens and heard Antiochus, and was charmed with the smoothness and grace of his elocution. He spent some time there. *His body by this time was strengthened by exercise, and brought to a good habit.* His voice was formed, and *at the same time that it was full and sonorous* had gained a sufficient sweetness and *was brought to a key which his constitution could bear.*

"He had a handsome country-house at Arpinum, a farm near Naples, and another at Pompeii, but they were not very considerable. Upon these he lived in a genteel, and at the same time a frugal, manner, with men of letters, both Greeks and Romans, around him. He rarely took his meal before sunset; not that business or study prevented his sitting down to table sooner — but the weakness of his stomach, he thought, required that

regimen. Indeed, he was so exact in all respects in the care of his health that *he had his stated hours for rubbing, and for the exercise of walking. By this management of his constitution, he gained a sufficient stock of health and strength for the great labors and fatigues he afterwards underwent.*"

Could he have done a more sensible act? Had he not built up his body as he did in his youth, you and I would never have heard of Cicero.

CÆSAR (100-45 B.C.)

Born one hundred years before Christ; son of a well-to-do man in Rome; of good family, Cæsar, besides the law, went in for a military career. Now we hear of him in Spain under Labienus; then attending lectures at Rhodes; then in Rome, doing all he could to win public favor; Governor of Spain; running into debt, till he was said to owe several millions; paying it off, thanks in part to Crassus; saying in an Iberian village, "I would rather be the first man in this place than the second at Rome"; forming a Triumvirate with Pompey and Crassus; getting command in Gaul with four legions; subjugating that land; whipping many German tribes; twice invading Britain; telling us about all we know of its early history; hearing of Pompey's intrigue to deprive him of his command, he hurried to Rome; crossed the sacred Rubicon boundary with his army; put Pompey to flight; in sixty days master of Italy; next in Spain, defeating Pompey's allies there; declared dictator; chasing Pompey into Greece, and routing him and his army at memorable Pharsalia; pushing after him into Egypt; in sharp fighting there with the natives; defeating Pharnaces at Zela, in Pontus; sending home the most famous despatch in the world's history, "*Veni, vidi, vici*"; back again to Rome; then to Africa; defeating Scipio and Cato; again to Spain, laying out the Pompeian factions; winning, in short, all the laurels a soldier could win.

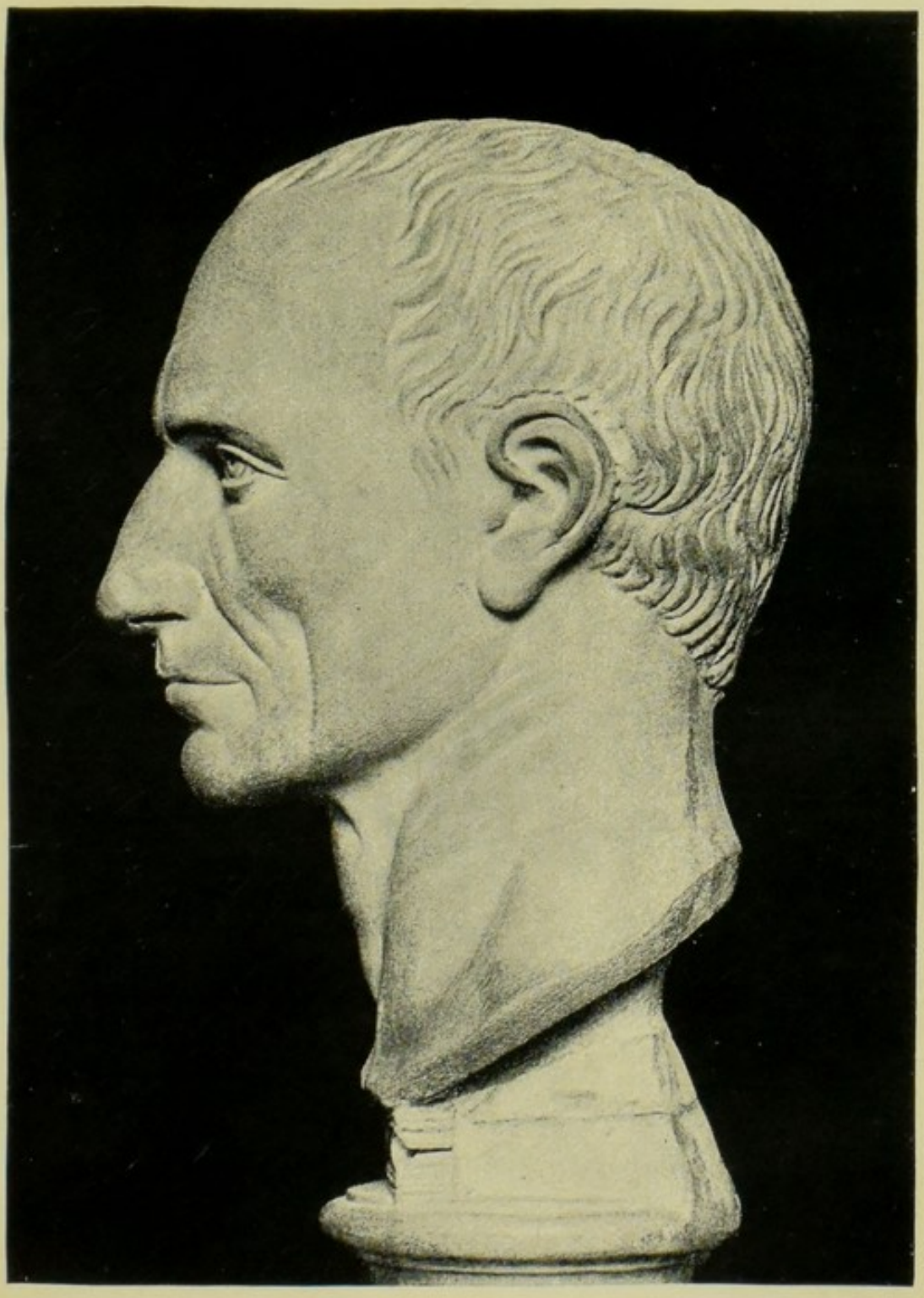
Plutarch says that in less than ten years in Gaul he took 800 cities by assault; conquered 300 nations; and fought pitched battles at different times with 3,000,000 men; 1,000,000 of whom he cut in pieces; and made another million prisoners.

In civil life equally successful: Quæstor; Edile; Pontifex Maximus; Proconsul; Consul; Dictator—all that Rome could offer, this man won. Shakespeare makes Antony, as he stood over his dead body, say: "*Thou art the ruins of the noblest man that ever lived in the tide of times!*"

And what sort of a looking man was he; and in what kind of a house dwelt this mighty spirit? A poor, half-trained affair, allowed to grow up as most of our bodies to-day grow up,—just anyhow? And *looking* as if they *had* grown up anyhow? Hear Mr. Froude: "In youth he *was an athlete; admirable in all manly sports;* and *especially skilled in the use of the horse.*" As to his personal characteristics, Plutarch says that his soldiers were astonished at his *patience under toil,* so far in all appearance above his bodily powers; for he was of a slender make, fair, of a delicate constitution, and subject to violent headache and epileptic fits. He had the first attack of the falling-sickness at Corduba. He did not however make these disorders a pretence for indulging himself. On the contrary, *he sought in war a remedy for his infirmities, endeavoring to strengthen his constitution by long marches;* by simple diet; by seldom coming under covert. *Thus he contended with his distemper and fortified himself against its attacks.*

He was a good horseman in his early years; and brought that exercise to such perfection by practice that he could sit a horse at full speed with his hands behind him. He also accustomed himself to dictate letters as he rode on horseback; and found sufficient employment for two secretaries *at once;* or, according to Oppius, for more.

In *Scribner's* for January, 1887, John C. Ropes says of the Toga Statue (p. 132): "We might, I think, consider this as the earliest of all his likenesses. Cæsar is represented in the attitude of an orator, with the right arm



JULIUS CÆSAR

(From the marble bust in the British Museum)

(Published by the courtesy of Messrs. G. P. Putnam's Sons)

extended. The head is well covered with hair; and the whole appearance is that of a man of about thirty-five years of age." Mr. Ropes judges the British Museum full-face bust of Cæsar to be of him when he was about forty-three. He says—p. 135: "In this head we see the effect of several years' hard campaigning upon Cæsar's features. The severe lines of the mouth, and the sternness of the expression, show the indomitable resolution of the Conqueror of Gaul."

Referring to the plaster-casts in the Boston Athenæum, he says of the larger one: "*It seems to be unmistakably the head of a great man.* The extraordinary vigor, alertness, energy, and determination shown upon the rugged features of a man long past his bodily prime, never failed to make me pause and admire."

Dr. Lord says that he "received a good education, *but was not precocious* like Cicero. *There was nothing remarkable about his childhood.* He was a tall and handsome man, with dark, piercing eyes, sallow complexion, large nose, full lips, refined and intellectual features, and *thick neck.*"

Professor Ward Fowler, of Oxford, says: "*He was tall for a Roman;* but the Italian standard of height was probably then, as now, considerably below that of the Northern races. His complexion was pale, or fair; his eyes black and lively; his mouth somewhat large; the lips, as they are represented in the coins and busts, being firmly set together, with the corners slightly drawn downwards. His forehead was high, and appeared still higher in consequence of a premature baldness, which he is said to have tried to hide by combing his hair forwards. His nose was aquiline and rather large. *The contour of his head,* as represented in the well-known marble in the British Museum, *is extremely massive and*

powerful, and the expression of the face is keen, thoughtful, and somewhat stern.

"It is the likeness of a severe school-master of the world, whose tenderer side, with its capability of affection for friends and devotion towards women, is hardly traceable in the features. *His health was good,* though late in life he was subject to some kind of seizure. *He was capable of the most unremitting activity; his limbs were big and strongly made.* Suetonius tells us that *he was an extremely skilful swordsman and horseman, and a good swimmer.* All his contemporaries agree that he was very abstemious in regard to wine. . . .

"All were also agreed as to the steadiness and coolness of his temper; and the courteousness of his manner and bearing; indicating the possession of that high breeding which the Romans aptly termed 'humanitas.' On the whole, we may picture him to ourselves as a man *the dignity of whose bodily presence was in due proportion to the greatness of his mental powers.* . . .

"Such was the man who from his first campaign in Gaul to the end of his life, during fifteen years of continual labor, whether military or administrative, *was always learning, noting, and advancing.* No one can doubt this who reads his *Commentaries* carefully; with the object of discovering something of the nature of the man who wrote them." . . .

His "*one leading characteristic as a man of action was that he never put his hand to a piece of work without carrying it through to the end; work was to him so absorbing and so necessary that he could entertain no visionary plans while it was still unfinished, and was content to let things take their course elsewhere, provided he himself were allowed to go through with what was before him.*" A grand characteristic for any man to have — or to teach his

son. . . . *Who taught the world that "for averting a panic there is nothing so good as hard work."*

But he was not only a man of *action.* He could *speak* too.

Quintilian says: "If Julius Cæsar had only found leisure for the forum, *he would be the one we should select as the rival of Cicero.* He has such force, point, and vehemence of style that it is clear that *he spoke with the same mind that he warred.* Yet all is covered with a wonderful elegance of expression, of which he was peculiarly studious."

And a neighbor and friend of us all says:

"... 'A wonderful man was this Cæsar!
You are a writer, and I am a fighter, but *here is a fellow*
Who could both write and fight, and in both was equally skilful!'
. . . . . .
'Truly a wonderful man was Caius Julius Cæsar!
Better be first, he said, in a little Iberian village,
Than be second in Rome, and I think he was right when he said it.
Twice was he married before he was twenty, and many times after;
Battles five hundred he fought, and a thousand cities he conquered;
He, too, fought in Flanders, as he himself has recorded;
Finally he was stabbed by his friend, the orator Brutus!
Now, do you know what he did on a certain occasion in Flanders
When the rear-guard of his army retreated, the front giving way too,
And the immortal Twelfth Legion was crowded so closely together,
There was no room for their swords? Why, he seized a shield from a soldier,
Put himself straight at the head of his troops, and commanded the captains,
Calling on each by his name, to order forward the ensigns;
Then to widen the ranks, and give more room for their weapons.
So he won the day, the battle of Something-or-other.
That's what I always say; *if you wish a thing to be well done,*
You must do it yourself; you must not leave it to others!'"

—*The Courtship of Miles Standish.*

Not many days of Cæsar's life were wasted. Not many hours even. One writer says that had an angel told Napoleon beforehand of the great career in store for him, he could not have worked harder than he did. And he could have said the same of this Roman man and gentleman—this master of the world—and of himself.

MOHAMMED (570-632 A.D.)

A son of a small store-keeper at Mecca—whose father died before the boy was born, and his mother six years after; working about the store; given to solitary meditation; at forty claiming that the angel Gabriel bade him spread the true religion by writing it; and told him of the Patriarchs and Israel, not as told in the Bible, but in the Midrash. Revering Jesus and Moses, whom he called the greatest prophets, next to himself, Mohammed had but a vague idea of the Christian religion. At first making a few proselytes from the lower classes; he came out boldly as a preacher; urged all to lead a pious and moral life; and to believe in an all-wise God, who had chosen him to teach mankind how to be sure of eternal life. Thought crazy at first; as he gained strength, he was so fiercely threatened that he had to hide in a strong castle. With a hundred families, making a pilgrimage, or Hegira, to Medina; granting permission to go to war in the name of God, with the foes of Islam; defeating the Meccans; sending missionaries all over Arabia and other lands; deputations flocked to do him homage as God's messenger; making more pilgrimages to Mecca, one at the head of forty thousand Moslems; he taught many ceremonies, laws, and ordinances aimed to protect the weak, the poor, and women; to keep from usury; and to promote righteousness; and, at the last, having much to say of angels and heaven; in which latter place he thought there were far more women than men,—and black-eyed women at that. He also said that the angel Gabriel had brought down a copy of the Koran, bound in white silk, jewels, and gold; and during twenty-three years had taught him parts of it. The language of the Koran is of such surpassing elegance and purity, that it has become the ideal of Arabic classicality; and no human being is supposed to be capable of producing anything similar; which Mohammed says proves his mission.

One admirer—Prof. Bosworth Smith, of Oxford—says: "By a fortune absolutely unique in history, Mohammed is a three-

fold founder;—of a nation; of an empire; of a religion. Illiterate himself; scarcely able to read or write; he was yet the author of a book which is a poem; a code of laws; a Book of Common Prayer; and a Bible in one; *and is reverenced to this day by a sixth of the whole human race as a miracle of purity of style; of wisdom;* and of truth."

And he whose followers to-day thus number two hundred millions was no weakling in body.

"Mohammed was *of middle height, and of a strongly built frame;* his head was large; his eyes were coal-black and piercing in their brightness; his hair curled slightly, and a long beard added to the general impression of his appearance. *His step was quick and firm, like that of one descending a hill.** He was of middle height, rather lean, *but broad shouldered and altogether of strong build."*†

CHARLEMAGNE (748–814)

"And, even as he spake, in the northwest,
Lo! there uprose a cloud, a black and threatening cloud,
Out of whose bosom flashed the light of arms;
Upon the people pent up in the city,
A light more terrible than any darkness;
And Charlemagne appeared;—a Man of Iron!"

—LONGFELLOW.

"The Reorganizer of Germany; the Founder of the German Empire"; scarcely crowned King of the Franks, he crossed the Alps with two armies; overthrew the Lombards; made an Italian campaign; supported Pope Leo III. so well against rebel Romans that on Christmas Day, while praying on the steps of St. Peter's, the Pope came out; set the iron crown of the Western Empire upon his head; and saluted him, "Carolus Augustus, Emperor of the Romans!" Pushing his conquests into many parts of Germany, and far out into Spain; striving to make the Saxons re-

* Smith's *Mohammed and Mohammedanism*, p. 107.
† *People's Cyclopædia.*

ceive Christianity ; awarding bishoprics for that purpose ; to the end of his reign he was engaged in war, and in putting down insurrection.

"At twenty-six he became the monarch of the greater part of modern France and the Rhine provinces. *By unwearied activity* in successive conquests he increased his inheritance, *till no so great an empire has ever been ruled by any one man in Europe since the fall of the Roman Empire from his time to ours.*

"Of his fifty-three expeditions, eighteen were against the Saxons. The fame of Cæsar rests chiefly on his eight campaigns in Gaul. But Cæsar had the disciplined Legions of Rome to fight with. Charlemagne had no such disciplined troops. Yet he had as many difficulties to surmount as Cæsar. Charlemagne fought the Saxons for thirty-three years ; and though he never lost a battle they still held out. Every one makes mistakes, however great his genius. Alexander made the mistake of pushing his arms into India ; and Napoleon made a great blunder in invading Russia. Charlemagne's fame is steadily gaining after a lapse of a thousand years. His active mind gave attention to all matters great and small. His untiring diligence ; his surpassing swiftness in apprehension and decision, enabled him to despatch an amount of business perhaps never undertaken by another monarch ; unless by Frederick II. of Prussia ; or by Napoleon Bonaparte.

"He liked to have learned men about him, and made some progress himself in several branches of literature. He spoke Latin as fluently as his own German ; had a fair knowledge of Greek ; studied theology, astronomy, grammar, rhetoric, and logic ; was a great collector of national ballads. The conquests of the great Karl are by no means his only title to admiration and respect. That which raises him above all the monarchs of his age is the wisdom of his laws ; whereby he replaced anarchy by order ; *and bound together in one a multitude of races, differing in origin, language, laws, and religion.* Fully aware that education is the best method of civilizing a people ; he used all his endeavors to introduce among his subjects a taste for literature and the fine arts ; in which commendable labor he was greatly aided by Alcuin, a native of York, and disciple of the Venerable Bede. Many new subjects of study were introduced in this reign. Hitherto almost the only literature of the empire consisted of sermons, legends, and morals. Alcuin introduced rhetoric, grammar, jurisprudence,

astronomy, natural history, chronology, mathematics, poetry, and Scripture comments. His elementary treatises on philosophy, rhetoric, philology, grammar, and mathematics *are still extant.*

"In eating Charlemagne was almost abstemious; and still more so in drinking. *Drunkenness he abhorred;* and banquets were his abomination. His table was rarely served with more than four dishes. He preferred roast meat to boiled; and at his noon-day meal his attendant brought him up his favorite roast on a spit, hot from the fire. After dinner he took a little fruit; and *then a nap for about two hours.*

"In dress he was most simple. His clothes were made in the plainest fashion, differing very little from those worn by the common people. His undergarments were linen; his waistcoat and tunic were edged with silk; his trousers reached to his ankles; and fitted tight to the legs. His feet were covered with boots; and his ankles bound with linen sandal-straps, somewhat like those of a Scotch costume.

"In winter he wore over his chest an ermine or otter's skin; and a loose cloak, fastened at the right shoulder with a gold or silver clasp. Only on two occasions could he be induced to put on robes of State. They were in compliment to Pope Adrian, and his successor, Pope Leo III.

"He was mild in temper, courteous and sociable; most just and liberal, vigilant and industrious, magnanimous and self-denying. Hating luxury; a despiser of flattery; and without a tinge of vanity. Extremely charitable; a great cultivator and most liberal promoter of the arts; a noble patron of learning; easy of access; delighting in strangers of eminence; and patient in hearing suitors. *Like all really great men, he had an untiring vigor of mind, which seemed to grasp everything,* from universal empire to the common people. *No amount of labor wearied him; nothing was too great, nothing too little, to engage his attention.* He felt an interest in mending a broken toy, or soothing a fretful child; as well as in the hurly-burly of a battle-field.

"His whole appearance was *manly, cheerful, dignified.* His countenance reflected a childlike serenity. He was of the few men, like David, who was not spoiled by war and flatteries.

"Yet greater than the conquests of Charlemagne was the greatness of his character. He preserved simplicity and gentleness amid all the distractions attending his government.

And marvellous was his body.

"His early life was spent amid the turmoils and dangers of camps; and as a *young man he was distinguished for precocity of talent and manly beauty;* AND GIGANTIC PHYSICAL STRENGTH. He was a type of chivalry before chivalry arose.

"*His chief delight was horsemanship. He was passionately fond of hunting, and, next to hunting, swimming, in which he was wholly unrivalled.* He loved the German spas; and freely used the hot mineral waters.

"When Charlemagne mounted the throne, he was twenty-four years of age; in the strength and prime of his youth. *His person was huge and strong; combining the presence and muscular powers of the heroes of song;* so that he found it *sport to fight with the gigantic bulls* in the forest of Ardennes.

"He *was a man of gigantic stature,* RISING OVER SEVEN FEET IN HEIGHT, and somewhat corpulent; but *so well proportioned that his great size was scarcely noticed, except when others stood beside him.* His head was *round;* the expression of his face, open, benevolent, and cheerful; *his neck, short and thick;* his eyes large, quick, and lustrous; his nose was what is called '*the conqueror's nose*'—*that is, prominent, straight,* and *rising at the bridge;* his hair was of a brownish hue, fine, thick, and flowing; his step firm; HIS HAND SO STRONG THAT IT COULD STRAIGHTEN THREE HORSESHOES AT ONCE; his voice clear, but somewhat shrill; his deportment *dignified and manly; his health excellent.*

"He takes rank among the extraordinary men who, from time to time, appear to change the face of the world; and to inaugurate a new era in the destinies of mankind."

Dr. Lord says: "*He recognized that Christianity is the mightiest power in the world.*

"He died uttering the words, 'Lord, into Thy hands I commend my spirit.' He was seventy-two years of age when he died, and had reigned forty-six years.

"One hundred and eighty years after his death, Otho III., at the close of the tenth century, opened his tomb in the chapel he had built at Aix-la-Chapelle, and found him seated on his throne, sceptre in hand, his crown on his skull, and his royal mantle clinging to his shoulder, as so finely portrayed by Gustave Doré; and two hundred years later Frederick Barbarossa found his bones in the same position."

Sound, good bones were those; eloquent of the vigor and stanch material of which this great German giant was made; and of the right life he led; doing wonderful good in the world with such light as he had.

ALFRED (849-901 A.D.)

A thousand years ago a young English King was scarcely on the throne till he was plunged into unceasing war with the Danes. Beaten; hiding in a cowherd's hut; letting the cakes burn while the Danes held England, he was soon again on duty; beat them, and was once more king. He fortified the coast; reorganized the army and navy; spent a third of his income on the army; built a fleet; won a naval victory; destroyed the Danish fleet; took some of their ships; built others twice as long, with more oars, steadier and swifter; and swept the coast of pirates. Turning to the arts of peace, he made new laws; *established trial by jury;* cut the land up into shires; fostered commerce and foreign exploration; invited learned men from all quarters; endowed seminaries; *restored, if not founded, Oxford University.* And the tough old sea-dogs gave him no rest till fifty-six times, by sea and land, he whipped them, so that then they stayed whipped.

Dr. Lord says of him: "A man whom everybody loved; a saint; a poet; a warrior; and a statesman; he ruled a little kingdom, but he left a great name. Second only to Charlemagne among the civilizers of his people and men in the Middle Ages.

He gave the supremest labor of an enlightened monarch; made a severe code; separated judicial and executive functions; loved justice and truth; was a father to his people, and against brute force. He appointed judges; reformed the law-courts; set apart one-fourth of his income for religion; one-sixth for architecture; one-eighth for the poor. Zealous for education, he opened and taught a school of young nobles. Of great thirst for knowledge; he translated many books; wrote the purest Saxon of his day; famed for his knowledge of Latin; a poet; architect; and ship-builder. He knew more geography than any one else of his time; and sent a ship to explore the White Sea. He was the model of a man and king. Religious; open; frank and genial; he loved books, strangers, and travellers. His judgment and good-sense seemed to fit him for any emergency. Of great self-control; and marvellous patience; his greatest qualities were like those of Washington."

And he had the good sense to take care of his body.

Hume says that he "usually divided his time into three portions: *one was devoted to sleep, food, and exercise;* one to study and devotion; a third to business."

"Tom Brown" says that *Alfred was not unmindful of the culture of his body; was a zealous practiser of hunting in all its branches, and hunted with great perseverance and success.*

Though afflicted in youth with an ailment usual only among the sedentary when well on in years; he did not let this keep him from daily exercise. But in that way so built up his general health that he was able to stand the unusual strain.

At his death he said: "So long as I have lived, I have striven to live worthily."

And who will not agree with him? And that he succeeded too? Is it not strange that he a thousand years ago took better care of his body—did more each day to put and keep it in good working order—*than we with all our enlightenment do now?*

WILLIAM THE CONQUEROR (1027-1087 A.D.)

When Edward the Confessor, the last of the Saxon Kings, *founder of Westminster Abbey*, forgot his promise that William Duke of Normandy should succeed him; and, upon his death-bed, named Harold for the place; William was an angry man.

"Fitting out a fleet of several hundred vessels, he sailed with an army of fifty thousand archers and cavalry, and defeated and slew Harold in the decisive battle of Hastings; advanced upon London, which opened her gates and surrendered without a blow; gave that city her charter, now seen in Guildhall; and upon Christmas Day, 1066, was anointed and crowned *in Westminster Abbey*. Taking from the upper classes all offices of church and state; imposing new and heavy taxes; confiscating the lands, and turning them over to his own Norman Barons; erecting fortresses and garrisons all over the country; he reduced the Saxons almost to slavery. Yet he kept off foreign invaders; built the Tower of London; castles, monasteries, churches, and cathedrals rose everywhere; made the Great Survey of almost every foot of land in England outside of London; keeping the records of it in the famous *Doomsday Book;* summoned every noble, and landholder, and vassal to meet him upon Salisbury Plain; and made them swear allegiance to him. For England, drifting into anarchy and chaos, his coming was a good thing. It brought her into closer contact with the civilization of the Continent; made her more progressive; improved her language; built noble edifices of stone, in place of decaying wood; developed the feudal system; defined the relation of church and state; established a strong monarchy; and compelled strict obedience to the laws."

Freeman, the English historian, says: "A foreign conqueror, veiling his conquest under a legal claim; the hour and the man were alike needed. The man, in his own hour, wrought a work, partly conscious, partly unconscious. *The more clearly a man understands his conscious work; the more sure is his unconscious work to lead to further results, of which he dreams not.* So it was with the Conqueror of England. His purpose was to win and to keep the Kingdom of England; and to hand it on to those who should come after him, more firmly united than it had ever been before. . . . It was his policy to disguise the fact of conquest; to cause all the spoils of conquest to be held, in outward form, according to the

ancient law of England. The fiction became a fact; and the fact greatly helped in the process of fusion between Normans and English. William founded no new state; no new nation; no new constitution. He simply kept what he found; with such modification as his position made needful; and his work determined the later course of English history; and determined it to the lasting good of the English nation. . . . As far as mortal man can guide the course of things when he is gone, the course of our national history since William's day has been the result of William's character, and of William's acts. Well may we restore to him the surname that men gave him in his own day. He may worthily take his place as William *the Great*, alongside of Alexander, Constantine, and Charles. They may have wrought in some sort a greater work; because they had a wider stage to work on. But no man ever wrought a greater and more abiding work, on the stage that fortune gave him than he — *qui dux Normannis, quî Cæsar praefuit Anglis.* Stranger and conqueror, his deeds won him a right to a place among English statesmen; *and no man that came after him has won a right to a higher place.*"

And he *had* a body. Green's *History of the English People* thus draws his picture: "The very spirit of the sea-robbers from which he sprung seemed embodied in *his gigantic form; his enormous strength;* his savage countenance; his desperate bravery; the fury of his wrath; the ruthlessness of his revenge. *No Knight under heaven, his enemies confessed, was William's peer.* NO MAN COULD BEND WILLIAM'S BOW. *His mace crashed through a ring of English warriors to the foot of the standard.* He rose to his greatest heights in moments when other men despaired." No man who ever sat upon the throne of England was this man's match. Name your man who even came near him in bodily prowess! Princes and Kings are so beset with all forms of temptation that the wonder is that they come through and do as well as they do. We may later find an *American* ruler who might have bothered him — and bent his bow

besides. And a Scotchman — one Wallace — would no doubt have liked a try with him. And we have two big Germans who also might have entered.

WALLACE (1270-1305 A.D.)

"The independence of Scotland appeared to be completely destroyed; the great nobles were reduced to a state of submission, if not of servility; and the power of the King of England was firmly rooted throughout the country. But a change was at hand; and the slumbering fires of patriotism were soon to be kindled into a blaze. The man who was destined to rouse his countrymen from their apathy; and work out the freedom of his native land; was at these times engaged in roaming the hills of Renfrewshire, at the head of a petty band of marauders; and he was that Sir William Wallace, famed through successive ages in song and story. . . . *In those stormy times bodily strength and valor in the field were the first qualities necessary to success; and the strength of Wallace is described as having been prodigious. His size was gigantic; and as he grew towards manhood, there were few men who could meet him in single combat.* He was a man of violent passions; and strong hatred of the English; which was evinced by him in early life, and was fostered by those with whom he came in contact. After driving the English from the castles of Brechin, Forfar, Montrose, and other fortresses north of the Forth; he was engaged in the siege of the Castle of Dundee; when he received news of the advance of the English army. Raising the siege, he marched his forces, consisting of 40,000 men, in haste to Stirling, where he arrived before the English army. Wallace took up a favorable position on the banks of the Forth, and a portion of his troops were concealed by the hills. The Earl of Surrey, in command of 50,000 foot and 1000 horse, soon afterwards appeared on the other side of the river; and on observing the strong position of Wallace, he thought it prudent to negotiate with him; and sent messengers to him proposing to treat. The reply of Wallace was bold and decided: 'Return,' he said, 'to those who sent you; and *say that we are not here to waste words; but to maintain our rights; and give freedom to Scotland.* Let them advance, and we will meet them, *beard to beard.*'"—*Cassell's History of England*, I., p. 534.

As we have seen, "HIS SIZE WAS GIGANTIC," and "FEW MEN COULD MEET HIM IN SINGLE COMBAT."

Sir Walter Scott's *Tales of a Grandfather*, p. 61, says: "*He was very tall and handsome; and one of the strongest and bravest men that ever lived. He was particularly dexterous in the use of all weapons which were then employed in battle.*"

"*Wallace's favorite weapon appears to have been a long and ponderous two-handled sword,* which his prodigious strength enabled him to wield with the greatest ease.*" An eye-witness says: "Bruce was a man beautiful and of a fine appearance; and *his strength was so great that he could easily have overcome any mortal man of his time. But in so far as he excelled other men; he was*

* The great sword now in Stirling Castle is commonly supposed to have been Wallace's. But perhaps he had *two*. At any rate, hear Mr. McTavish: "It is the popular belief in Scotland that the sword of William Wallace, the friend of Bruce and the hero *par excellence* of Scottish romance, lies, with other relics, in Stirling Castle. This, according to the story of Duncan McPherson McTavish, of East Girard Avenue, is a popular mistake. He alone has the sword of the Scottish warrior, and he says that it has been handed down from sire to son in the McTavish clan for centuries. The sword which the esteemed Highlander proudly exhibits to his friends is a most formidable weapon. It is exactly six feet four inches in length, and weighs somewhat over twenty-seven pounds. No ordinary man can hold it out at arm's length, and not even Sandow could wield it for five minutes. It is made, Mr. McTavish asserts, of the finest Damascus steel, and he adds that but one head of his clan—his great-great-great-great-grandfather, Ian Dhu McTavish—could use it in battle, and his strength was so great that, with this terrible weapon, he could cut right through an armed knight from the helmet to the saddle of his horse. Mr. McTavish talks a great deal of his famous ancestor, especially after dinner, and the stories he relates of his physical prowess are somewhat wonderful."—*Philadelphia Times*, quoted in the *New York Evening Sun*, April 21, 1898.

excelled by Wallace both in stature and in bodily strength; FOR IN WRESTLING WALLACE COULD OVERCOME TWO SUCH MEN AS BRUCE WAS."—*Constable's Table Misc.*

ROBERT THE BRUCE (1274–1329 A.D.)

The most heroic of the Scottish Kings; at twenty-two as Earl of Carrick he swore fealty to Edward I.; soon after with his men, joined the cause of Scotch independence, retiring after the English had won; next made one of the four Regents who ruled the Kingdom. "In less than two years, he wrested from England nearly the whole of Scotland." As soon as Edward III. came to the throne, hostilities again commenced, resulting in the Scots being again victorious and a final treaty being made at Northampton, recognizing the independence of Scotland and Bruce's right to the throne. Dying at fifty-five; his heart, embalmed, was taken to Palestine and buried in Jerusalem, and was afterwards dug up and buried at Melrose, Scotland.

We have just heard how his body compared with the great Wallace's.

Sir Herbert Maxwell quotes the *Historia Majoris Britanniae* thus: "*His figure was graceful and athletic, with broad shoulders; his features were handsome;* he had the yellow hair of the Northern race, with blue and sparkling eyes, his intellect was quick; and he had the gift of fluent speech in the vernacular delightful to listen to. . . . Supposing the remains exhumed at Dunfermline to have been King Robert's, which is very far from improbable; *he must have stood about six feet high.* In days when deeds of arms formed as much of the every-day life of gentlemen as politics do their modern counterparts; *the union of a powerful body with a strong intellect was sure to bring a man to distinction;* provided he escaped a violent death on the field or on the scaffold."

"Robert the Bruce was a *remarkably* brave *and strong*

man; there was no man in Scotland that was thought a match for him except Sir William Wallace; and now that Wallace was dead, BRUCE WAS HELD THE BEST WARRIOR IN SCOTLAND."—*Tales of a Grandfather,* p. 78.

COLUMBUS (1446-1506).

A wool-comber's son wanted to go to sea; fitted at the University of Pavia; at fourteen, with a relative, an admiral of the Genoese service, sailed the Mediterranean; and up the Levant for some years; once or twice to Guinea; met navigators of note; made up his mind to sail West, and so reach India; was sure the earth was round; cut its girth into 24 hours of 15 degrees each, making 360 degrees, from Ptolemy's globe, and an early map of Tyre; was sure that the ancients knew 15 hours from the Canary Isles to Thine, in Asia; that the Portuguese advanced one hour more to the Cape Verde Isles; leaving 8 hours unexplored. The ideas of Marco Polo and Strabo agreed with this; a Portuguese pilot had taken from the ocean, 1350 miles west of Portugal, a piece of oddly carved wood; and a piece like it had drifted to the Island of Porto Santo; sugar-cane had been washed on the Madeiras; huge pines on the Azores; and two drowned men, not like any ever seen in Europe, had come ashore at Flores from the west. He sailed once a hundred leagues northwest beyond Thule, probably Iceland; and was surprised to find that the sea was not frozen; was refused aid at Genoa and Portugal by Alphonso. King John favored him, but his learned advisers called it visionary; lost his wife and property; was about the Spanish coast for seven years; was mentioned for bravery in fighting the Moors; never let go of his plan; was sure from the Scriptures that Christianity would be extended to the ends of the earth; thought that he was heaven's instrument to that end; had letters of encouragement from Henry VII. of England and Charles VIII. of France; interested Palos sailors, the best in Spain; had a hearing before Ferdinand and Isabella; was refused; had gone two leagues; was recalled; Ferdinand said that the exchequer was empty; Isabella said: "I undertake the enterprise for my own crown of Castile; and will pledge my jewels to raise the necessary funds."

And she kept her word like a Queen. And he—a true sailor—heeded not storm; nor superstition; nor threats; nor mutiny; but

MARTIN LUTHER

sailed his little cockle-shells steadily west until he found a continent; and crowned a noble life's work with imperishable fame. "Every ship that goes to America got its chart from Columbus," says Emerson.

Sailors have good bodies anyway; they *have* to have; and Columbus was no exception.

Adam's *Columbus*, page 248, says: "Trevison, after meeting him in 1501, says of him, 'He was *a robust man; with a tall figure, ruddy complexion,* and a long visage.' Oviedo, who knew him with some intimacy, says: '*Of good figure and a stature above the medium; Columbus had strong limbs and a well-proportioned body;* very red hair, and complexion that was a little ruddy and marked with freckles.'"

LUTHER (1483–1546 A.D.)

"A mighty fortress is our God,
A bulwark never failing."

—LUTHER.

Four hundred years ago a German farmer and miner, in a fit of anger, killed a man, and had to leave his farm; his son knew only a hard, cheerless youth, his father's fierce ways making him timid; but they did not take away his violent nature. So poor that he had to sing from door to door, to pay for his tuition at a Latin school. Leading his class at his University; a priest at twenty-four; a lecturer at twenty-six; his sermons soon brought him fame. Sent upon a mission to Rome, he found such a shameless traffic in indulgences, that, nailing ninety-five theses upon Wittenberg church door, he denied the Pope's right to forgive sins; and stood ready to maintain his position against all comers. Public feeling soon ran so high that he was summoned to Rome; but his University interfered, and a Legate went instead; in 1520 his famous address "To the Christian Nobles of Germany" was followed by his "Babylonish Captivity of the Church," in which he attacked the abuses of the Papacy; its claims to be supreme, and its doctrinal system, with such power that a Papal bull was issued against him. But he burned the bull before a vast crowd

of doctors, students, and citizens at the Elster Gate of Wittenberg. Germany was convulsed with excitement. The Emperor, Charles V., ordered Luther's books to be burned; and that he himself come to the great Diet of the Sovereigns and States at Worms.

This was just what he wanted. He went, taking his life in his hand; and so bore himself that he not only took back no word; but his "*Here I stand. I cannot otherwise. God help me. Amen!*" won the hearts of all Germany then; and of hundreds of millions since. Seized by his friend, the Elector of Saxony, he was hid in a castle. Marrying a nun, Catherine von Bora,—a superior woman,—he lived so happily with her and their children that he said, "I would not exchange my poverty with her for all the wealth of Crœsus without her!" Of tireless activity in many fields; now engaged in famous conferences with Zwingli, and other Swiss divines; writing many books, partly in Latin, partly in German; his "Table-Talk, Letters, and Sermons" being well known even to-day; the world has not often seen such a worker.

Dr. Lord says of him: "It was Catherine von Bora who sustained Luther in his gigantic task. Among great benefactors Martin Luther is one of the most illustrious. He headed the Protestant Reformation; and was just the man for the work. Sprung from the people, poor, popular, fervent, educated among privations; religious by nature, yet *with exuberant animal spirits;* dogmatic, boisterous, intrepid; with a great insight into realities; practical, untiring, learned, generally cheerful and hopeful, progressive in spirit; lofty in his character; earnest in his piety; believing in the future and in God.

"Not so learned as Erasmus; not so logical as Calvin; nor so scholarly as Melancthon; nor so broad as Cranmer; he was not a polished man; he was rude, brusque, not modest and humble; intellectually proud and disdainful, and, when irritated, sometimes abusive. Bold, audacious, with deep convictions; rapid intellectual processes; prompt, decided, kind-hearted, generous; in sympathy with the people; eloquent; *Herculean in energies; with an amazing power for work;* electrical in his smile and his words; *always ready for emergencies.* Had he been more polished, more of a gentleman; more scrupulous, more ascetic, more modest; he would have shrunk from his task; *he would have lost the elasticity of his mind;* he would have been discouraged. *He was a sort of converted Mirabeau.* He loved the storms of battle; he imper-

sonated revolutionary ideas. He was a man of thought, as well as a man of action.

"What he thinks the *most* of is the circulation of the Scriptures among plain people; so he translates them into German,—a gigantic task; *and this work, almost single-handed, is done so well that it becomes the standard of the German language;* as the Bible of Tindale helped to form the English tongue; *and it has remained the common version in use throughout Germany.* Moreover, he finds time to make liturgies and creeds and hymns; to write letters to all parts of Christendom—a kind of Protestant pope, to whom everybody looks for advice and consolation. No wonder the Germans are so fond of him, and so proud of him;—a Briareus, with a hundred arms; a marvel; a wonder; and prodigy of nature; *the most gifted, versatile, hard-working man of his century.*"

And did this giant do his mighty work with only a weak or even ordinary body?

Let Dr. Lord tell: "He is an executive and administrative man, for which his courage, insight, will, and HERCULEAN PHYSICAL STRENGTH wonderfully fit him. A man for the times—a man to head a new movement; the forces of an age of protest and rebellion and conquest."

Not *unusual* strength merely; not *great* strength merely; "HERCULEAN *physical strength!*" Like that of Zeus's famous son,—the strongest man of all mythology. Look at the face; the jowl; *the neck; the way the head is set upon the shoulders; the deep, massive shoulders themselves; that chest; and the vast back-head.* In some portraits, his head and that of Tom Sayers, one of the greatest and bravest prize-fighters England ever had, are almost alike. An ugly man to run up against.

And *was* not Luther *a prize-fighter?* Is not *every* man, worth calling a man, a prize-fighter? Just who has ever fought for a *greater* prize than did Martin Luther? Do you know of any one? Has *Germany*

ever had a greater son than he? Where would you and I be to-day but for Martin Luther?

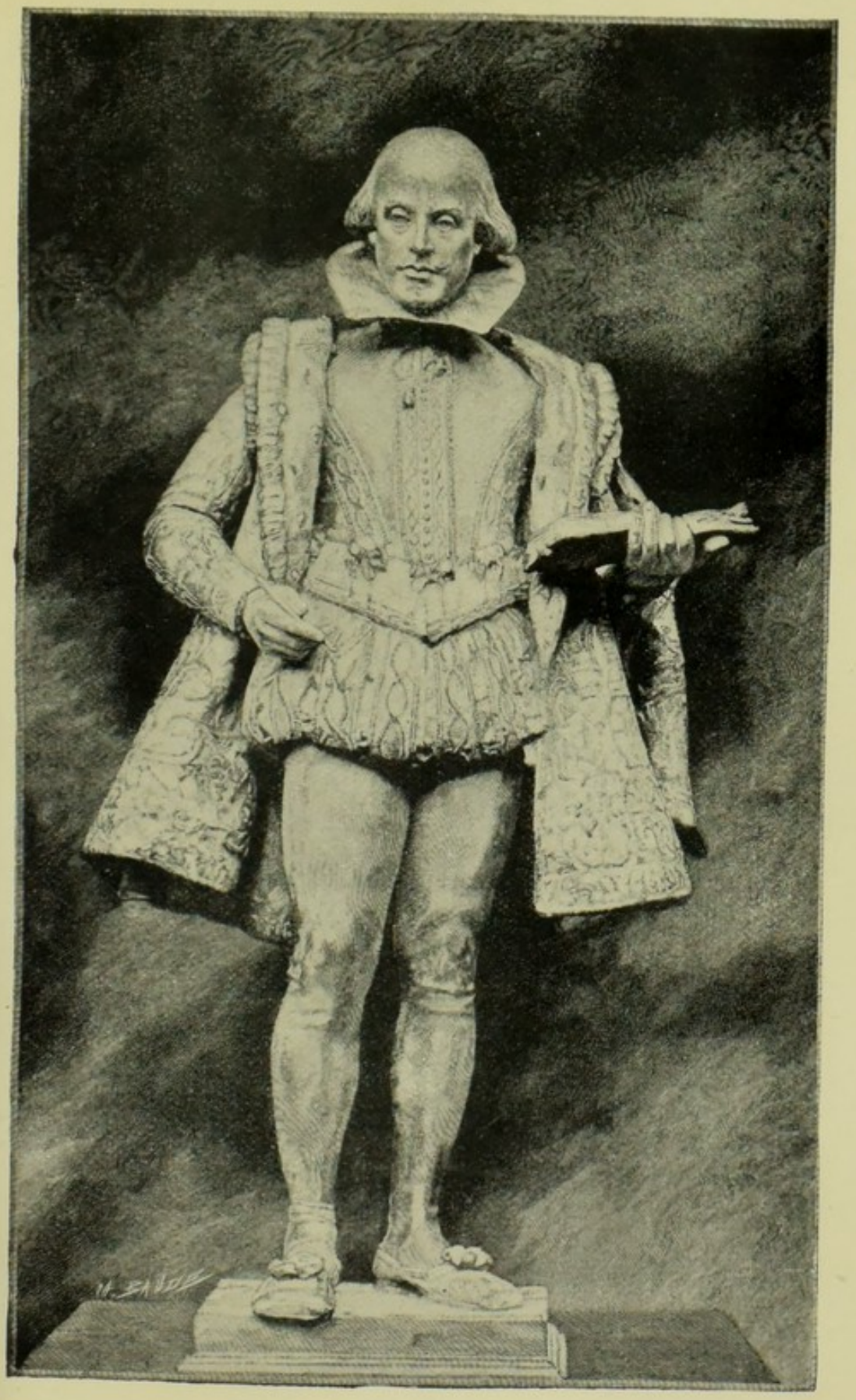
SHAKESPEARE (1564-1616)

"*No estimate of Shakespeare's genius can be adequate.* In knowledge of human character; in wealth of humor; in depth of passion; in fertility of fancy; in soundness of judgment; and in mastery of language, *he has no rival.* His language and versification adapt themselves to every phase of sentiment; and sound almost every note in the scale of felicity.

"It is the versatile working of Shakespeare's intellect that renders his supremacy unassailable. His mind, as Hazlitt suggested, contains within itself the germs of *every* faculty and feeling. He knew intuitively how every faculty and feeling would develop, in every conceivable change of fortune. Men and women, good or bad, old or young, wise or foolish, merry or sad, rich or poor, *yielded their secrets to him;* and his genius illumined in turn every aspect of humanity that presents itself on the highway of life. Each of his characters gives thought to voice or passion, with an individuality and a naturalness that rouses in the intelligent playgoer and reader the illusion *that they are overhearing* men and women speak unpremeditatingly among themselves; rather than that they are *reading* speeches; or hearing written speeches recited. The more closely the words are studied, the completer the illusion grows. . . . So mighty a faculty sets at naught the common limitations of nationality; and in every quarter of the globe to which civilized life has penetrated Shakespeare's power is realized. All the world over, a language is applied to his creations that ordinarily applies to beings of flesh and blood.

"Hamlet and Othello; Lear and Macbeth; Falstaff; Brutus; Romeo and Shylock; are studied in almost every civilized tongue, as if they were historic personalities; and the chief of the impressive phrases that fall from their lips are rooted in the speech of civilized humanity."—*Lee's Dictionary of National Biography.*

"Shakespeare, *the greatest of dramatic poets by the voice of the whole civilized world;* his name is the first in all literature. In imagination; in fancy; in knowledge of man; in wit; in humor; in pathos; in strength; in versatility; in felicity of language; in the music of his verse; *and in that mysterious power which fuses all*



SHAKESPEARE

MacMonnies's Statue in the Congressional Library at Washington

these separate parts into one; he stands unapproached; and seemingly unapproachable."—American Encyclopædia.

He had a helpful body too; as not only every portrait and statue says; but his training as a youth, odd as it was, helped to develop it.

John Aubrey, in his manuscript in the Ashmolean Museum at Oxford, says: "Mr. William Shakespeare was born at Stratford-on-Avon, in the county of Warwick; his father was *a butcher;* and I have been told heretofore by some of his neighbors that *when he* (*William*) *was a boy, he exercised his father's trade;* but *when he killed a calf,* he *would do it in a high style, and make a speech. . . . He was a handsome, well-shapt man.*"

By-the-way, what a pity that those speeches were not kept till now! And in his pictures the face, neck, and shoulders are those of a vigorous man; while the fulness of the upper chest is noticeable and unusual. And look at his legs! For here is the MacMonnies statue from the Congressional Library. Strong, full, well made everywhere—a fit pair for this matchless man.

CROMWELL (1599–1658)

Goldwin Smith says: "In the early debates on religion, amid the great orators of the Parliaments of Charles; there had stood up a gentleman-farmer of Huntingdonshire; a fervent Puritan, with *power on his brow and in his frame;* with enthusiasm, genius, even the tenderness of genius, in his eye; and with an unmusical voice; his sentences confused; his utterance almost choked by the *vehemence of his emotion.* On him God had not bestowed the gift of soul-enthralling words; his eloquence was the thunder of victory. Victory went with him when he fought, *when she had deserted the standards of all other chiefs of his party.*

"Hope shone in him 'as a pillar of fire,' *when the light had gone out in all other men.* He came to the front rank from the moment when debating was over, and the time arrived for *organizing.* From

the first he rightly conceived the condition of success ; a soldiery of yeomen—*fearing God; fearing nothing else*—submitting themselves, for the sake of their cause, to a rigid discipline, as the only match for the impetuous chivalry of the Cavaliers; and his conception was embodied in the Ironsides. Marston crowns the first period of his career. It was won by the discipline of his men. . . . Naseby was won by him with his new model army. It made him the first man in England; though, since Marston, the adverse factions had been viewing his rising greatness with a jealous eye; and vainly plotting his overthrow.

"Then came the captivity and death of the King, with the interlude of Hamilton's Scotch invasion, and the victory of Preston, gained in Cromwell's fashion; which was not to manœuvre; but to train his men well; *march straight to his enemy; and fight a decisive battle;*—a fashion natural perhaps to one who had not studied the science of strategy; but at the same time merciful; since no brave men perished otherwise than in fight, the loss of life was comparatively small; the result immense. Cromwell is now the General of the Commonwealth; he conquers Ireland; he conquers Scotland; the 'crowning mercy' of Worcester puts supreme power within his grasp. After a pause, he makes himself Protector."

And never was Englishman safer than under this same Protector. "*Under Cromwell's rule, swift retribution followed any indignity or injury to Englishmen, no matter by whom or where perpetrated; and religious persecutors on the Continent in terror stayed their bloody swords on the stern summons of the Lord Protector.*"

Great Englishmen are liable to have good bodies. Did you ever see one who had not? And this rare man was no exception. Indeed, he began to toughen his body early.

"Cromwell *was more famous for his exercises in the fields than in the schools; being of the chief of the match-makers and players at foot-ball, codggels, or any other boisterous sports.*"—*Heath's Flagellum.*

"*Throughout his life Cromwell retained a strong taste for field-sports.* His accident *when driving the six horses*

CROMWELL

(From the celebrated painting by Benjamin West, now in the possession of Earl Grosvenor)

(Published through the courtesy of Messrs. Frederic Keppel & Co.

sent him by the Duke of Oldenburg was celebrated by Wither and Denham: Denham's 'The Jolt' and Wither's 'Vaticinium Casuale.'"—*Lee's Dictionary of National Biography.*

Of Cromwell's person the *best* description is that given by Maidstone, the steward of his household: "*His body was well compact and strong; his stature under six feet, I believe about two inches;* his head so shaped as you might see *a storehouse and shop, both of a vast treasury and natural parts.*" Many men shrink as they come up to middle life. But some keep on developing.

Frederic Harrison says: "Of few persons in history has the portraiture been preserved in a way more perfect and authentic. *He had a tall, powerful frame, strong of limb; well knit; somewhat heavy.* A *large,* square head; and a countenance *massive* and far from refined, his enemies said swollen and red. No human countenance recorded is more familiar to us than that broad, *solid* face with a thick and prominent red nose; the heavy, gnarled brow, with his historic wart; eyes firm, penetrating, sad; square jaw and close-set mouth; scanty tufts of hair on lip and chin; long nose; brown locks, flowing down in waves on the shoulder. *His whole air breathing energy, firmness, passion, pity, and sorrow.*"

"His face
Deep scars of thunder had intrencht; and care
Sat on his faded cheek. But under brows
Of dauntless courage."

The *Warwick Memoirs* speak of "Cromwell's *great and majestic presence*" as Protector.

And if you would like to see how he would look in a football suit, just observe him in the great Benjamin West's famous picture with his canvas jacket already on,

or something very much like one. The boots would do all right—but he could omit the lace at the knees—likely *would* before the end of the first half.

MILTON (1608-1674)

Born in London, Milton was sent to St. Paul's School, London, and afterwards to Christ's College, Cambridge; giving up the idea of following divinity or law, he went to his father's house at Horton, in Buckinghamshire, and in the next five years, reading Greek and Latin poets; he composed "Comus," "Lycidas," "Arcades," "L'Allegro," and "Il Penseroso." Then in Italy he became acquainted with Grotius and Galileo, returned, took an active part in the controversies of the times; writing many treatises, till at the execution of Charles I. he was appointed Latin Secretary to the Council of State. "In his new position his pen was as terrible as Cromwell's sword"; overwhelming his enemies with such a storm of abuse that one of them, Saumaise, was believed to have lost his life through chagrin; at least Milton flattered himself with having "killed his man." In 1643 he married Mary Powell; who left him in a few weeks, which led to his four treatises on divorce, although he afterwards became reconciled to her. *Unceasing* study had affected his eyesight, and at forty-six he became totally blind. After the Restoration he retired from affairs; married his third wife, removed to London, and wrote "Paradise Lost," which he thought first of treating as a drama, but finally resolved to write an epic. For this poem he received £5, and promise of another £5 when 1300 copies should have been sold; at sixty-four he published his *History of England*, and next year "Paradise Regained," and "Samson Agonistes" He was buried in St. Giles's Church.

"Milton was nicknamed the 'lady' at college, from his delicate complexion and slight make. *He was, however, a good fencer; and thought himself a match for any one.* . . . The elder nephew now came to board with him also; and the household became an 'example of hard study and spare diet.' . . . He devoted himself to carrying out the system of education described in his treatise of that subject—(Letters to Hart-

leb, published in June, 1644). He gives a portentous list of books to be read; and *his pupils are to be trained in athletics and military sports.* . . . Milton's appearance and manners are described with little difference by Aubrey, Phillips, and Richardson. He *was rather below the medium height, but well made;* with light brown or auburn hair, and delicate complexion; *he was stately* and courteous."—*Dictionary of National Biography*, 1897.

Dr. W. G. Anderson, of Yale, says: "According to Milton, the *first step* in the education of pupils is to make them 'despise and scorn all their childish and ill-taught qualities, to delight in manly and liberal exercises, *to infuse into their young hearts such ingenious and noble ardor as will not fail to make many of them renowned and matchless men.*' It will be noticed also that with Milton amusement, emulation, *bodily skill*, cheerfulness of bright companionship, *are all associated with physical training. He recommended 'the art of the sword, to guard, to strike safely with edge or point, to practise in all the locks and grips of wrestling, which exercises will keep pupils healthy, strong, and well in breath. It is also the likeliest means to make them grow large, tall, and to inspire them with a gallant and fearless courage.*"

PETER THE GREAT (1672-1725)

Born in 1672; he organized an army; founded a navy; learned seamanship by cruising on Dutch and English ships out of Archangel; travelled extensively to improve himself; worked in Amsterdam and Zaandam as a ship-carpenter and designer; established naval schools; and founded St. Petersburg.

Dr. Lord says: "If I were called upon to name the man who, since Charlemagne, has rendered the greatest service to his country, I should select Peter the Great. I do not say that he is one of

the most interesting characters of Europe. Far otherwise; but 'an enlightened barbarian' toiling for civilization; *a sort of Hercules,* cleansing Augean stables, and killing Nemean lions; *a man whose labors were prodigious. A very extraordinary man; laboring with a sort of inspired enthusiasm to raise his country from an abyss of ignorance and brutality.* He found Russia inland, isolated, girt around by hostile powers; without access to seas; vast, without a standing army on which he could rely; or even a navy however small; its people semi-barbarous, without education or knowledge of European arts. He left his country, after a turbulent reign, with seaports on the Baltic and Black seas; with a large, powerful, and disciplined army; a political power the nations have cause to fear; and which, from the policy he bequeathed, has been increasing in resources from his time to ours. To-day Russia stands out as a first-class power; with the largest army in the world; a menace to Germany; a rival of Great Britain; in the extension of conquests to the East, threatening to seize Turkey and control the Black Sea; and even to take possession of Oriental empires which extend to the Pacific Ocean. *Nobody doubts or questions that the rise of Russia to its present proud and threatening position is chiefly owing to the genius and policy of Peter the Great."*

"That which characterized him was a remarkable precocity, greater than that of anybody of whom I have read. *At eighteen he was a man with a fine physical development, and great beauty of form,* and entered on absolute power as Czar of Muscovy. At Holland he dressed like a common carpenter, and learned the trade of a ship-carpenter. He *was a marked personage, a tall, robust, active man of twenty-five,* with a fierce look and curling brown locks."

One glance at his portrait places him; as one glance at the man himself, in any land, would have marked him as a leader of men. Strong everywhere a man ought to be strong; generous and handsomely proportioned, he looks like one who could learn anything; and do anything; and do it well. Such a man upon any

PETER THE GREAT

(From the engraving by Henrique Dupont)

throne to-day would always have to be reckoned with when danger menaced his land, and would certainly be heard from when the time came. What greater monarch is now alive? Or who as great?

JOHN WESLEY (1703-1791)

Founder of Methodism, admitted to Charterhouse School at eleven; at sixteen to Christ Church College, Oxford; he "became extraordinarily proficient in classical studies; at twenty-three a fellow in Lincoln College, and described as 'a superior classical scholar, a thoughtful and polished writer, and a skilful logician; ordained a deacon of the Church of England at twenty-two, and a priest in that church at twenty-five; a missionary in Georgia with General Oglethorpe two years.' In 1739 *he organized the first Methodist society;* and in his ministry of more than fifty years he travelled about forty-five hundred miles in a year, generally preaching from twice to four times *a day*, supervised all his preachers, and the erection of *thousands* of chapels; conducted an immense correspondence; managed a heavy publishing business, usually read while travelling, even on horseback. Wrote several original books and many pamphlets on passing events; wrote, edited, translated, or abridged not fewer than *two hundred* miscellaneous publications, which he published and sold through his preachers for the benefit of his society. Every public interest — the Sunday-school, the abolition of slavery, the circulation of tracts, charitable associations, popular education, and the like — occupied his thoughts, moved his sympathies, called forth his co-operation, and exhausted his purse. His eyes were opened to every detail, no matter how minute, that concerned the growth of his societies or the increase of the kingdom of God. He was always at work when awake, yet was never in a hurry. *His industry and unremitted activity never were, never can be, excelled.* It is estimated that during the fifty years of his itinerant ministry he travelled over 250,000 miles, *and preached more than* 42,000 *sermons.* From the feeble society he founded in 1739 the Methodist Church swelled at the time of his death to at least half a million of souls, besides morally and spiritually benefiting a multitude — 'which no man could number.' Age could not chill the zeal of this apostolic man. Despite

his burdens and infirmities he would not slacken his labors till the approach of death benumbed his powers. Eight days before his death he preached his last sermon at Leatherhead, near London, and died at *eighty-eight.*"—*People's Cyclopædia.*

"For more than half a century Wesley led the field of preaching in his country. *His life was passed on horseback or on foot;* travelling over England, Ireland, Scotland, founding societies and planting the seeds of reform. His ceaseless labors were maintained by temperance, abstinence, self-restraint. *He always believed that his regular health was due to a spare diet and constant toil; nor of the latter did he ever grow weary.* He was up at *four* o'clock; he divided his day into various hours of duty. *He travelled and preached incessantly,* yet his writings, his poems, sermons, letters, exhortations, filled endless volumes, and were *enough to have occupied a common life;* nor, in the midst of his *endless toil* was he ever too busy to fly to the bedside of the sick and dying; to feed the poor, to soothe the penitent, or console the sad. *Fifty years* of ceaseless labor passed over the active brain of John Wesley, yet he asserts that *he never knew any lowness of spirit nor ever lost his peaceful sleep.* He grew old by slow decay; and *abstinence* preserved him from the pains of a sinking frame. *Almost inaccessible to weariness or physical pain, he made his way over hill, moor, and arid mountain, often frozen by the chill blasts and thickening snows of the upland or shivering amidst the Scottish mists;* yet *storms and frost never checked his ardor;* never would he forget or pass over his appointment to preach. *He pressed on with the resolution of a Cæsar, over dangerous roads through inclement weather; and often rose, hoarse with cold and worn with travel,* to speak to the anxious throngs who awaited his coming; yet he relates that as he spoke *his physical pains would disappear, his vigor return,* and a genial ardor restore his feeble frame to unprecedented strength."—EUGENE LAWRENCE.

Of his personal appearance Dr. Kennicott says: "At forty-one Wesley was neither tall nor fat." Tyerman says: "*In person Wesley was rather below the middle size, but beautifully proportioned, without an atom of superfluous flesh, yet muscular and strong,* a bright, penetrating eye and a lovely face, *which retained the freshness of his complexion to the latest period of his life.* As a preacher

he was calm, graceful, natural, and attractive, his voice was not loud, but clear and manly. His preaching was remarkable for unction, compactness, and transparency of style, clear and sharply defined ideas, power over the conscience, impressiveness and authority."

There was the trained body forever in condition; and the fresh complexion that *always* means sound health; while the life of ceaseless activity, largely out-of-doors, kept him ever ready for each demand of his high calling. And how gladly he did his work may be told from the fact that, when they were celebrating the Wesley Centennial in 1891, great stress was laid upon the fact that this little man had almost more than anything else taught the world "the Gospel of *Cheerfulness.*"

FRANKLIN (1706–1790)

This Yankee tallow-chandler's son, born at Boston, 1706; at twelve a printer's devil to his step-brother, and a fair compositor; devouring every book he could find even at that age, including Locke on the *Human Understanding;* contributing both poetry and prose anonymously to his brother's newspaper; quarrelling with, leaving him, and going to Philadelphia without his family's knowledge; a printer there; then proprietor and editor of the *Popular Gazette*; at twenty-six author of *Poor Richard's Almanac*, which was afterwards published in various languages, and is extant to-day; the same year founding a public library, the first in that city; a few years later starting a fire department; then the first fire-insurance company; assistant postmaster of Philadelphia, sent to Europe for the Pennsylvania Assembly, and doing his work so well that Massachusetts, Maryland, and Georgia appointed him their English agent; at forty-six discovering the identity of electricity with lightning, and introducing lightning-rods; again sent to England by the Assembly; there opposing the Stamp Act, and examined at the bar of the House of Commons when its repeal was proposed; elected a delegate to Congress in 1775; doing his utmost to have a declaration of independence; arch-rebel throughout the Revolutionary War; in 1776 appointed Minister to France,

where he brought about an offensive and defensive alliance with the United States; in 1782 signing at Paris with the English Commissioners the treaty by which our independence was assured; purchasing from Napoleon Louisiana Territory, which included nearly a half of the present United States, not for $50,000,000, as Napoleon asked; but for $15,000,000; of which he called Bonaparte's attention to the fact that he owed us $3,750,000 on the French Spoliation Claims; and so making $11,250,000—all the cash that actually passed—*the best bargain for the United States that was ever made.*

And who does not know his body? In his *Autobiography,* he says that "his *father* had an excellent constitution of body; was of *middle stature; but well set and very strong.*"

He tells of a *walk* that he himself took from Amboy to Burlington, New Jersey, when he was seventeen years old, and although it was stormy, and, as he says, "I was thoroughly soaked, and by noon a good deal tired"; *yet he managed to cover the distance of fifty miles in about two days.* He also tells that while in a boat on the Delaware with other young men, one of them threatened to throw him overboard; but that he instead caught the other up bodily, and threw *him* overboard.

His familiar statue in Printing-house Square in New York tells better than any description could of his superb physique; of *medium height* and *sturdy,* evidently like his father. He is a noticeably *deep-chested, strong-legged, thick-necked, almost stalwart man,* looking to have had, as his life's work showed that he did have, *great physical reserve;* while calmness is written all over his face and figure. Of the Boston statue, in front of the City Hall, one writer says: "The attitude of the figure is easy, and yet exhibits a firm and manly form. Under the left arm is held a Continental hat; while the

right hand holds a representation of the old crab-tree walking-stick which Franklin bequeathed to Washington with such honorable mention in his last will." The form is taken from the original bust by Houdon now in the Boston Athenæum.

SAMUEL JOHNSON (1709-1784)

Born at Lichfield, England; two years in his father's book-store. "At Oxford University he spent probably the most unhappy period of his unhappy life. Overpowered by debts, difficulties, and religious doubts, he became a prey to the morbid melancholy of his constitution. Poverty prevented him from taking his degree." His father dying insolvent, he became usher of a school at Bosworth; then worked for a bookseller at Birmingham; became acquainted with Garrick, and a contributor to the *Gentleman's Magazine;* then began to publish poems, satires, and to report Parliamentary debates. Wrote the life of Richard Savage, the *Vanity of Human Wishes,* and an imitation of the "Tenth Satire of Juvenal"; and conducted the *Rambler* for two years; then the *Idler* for two years; and in 1759 wrote *Rasselas,* to pay the expenses of his mother's funeral. Then he emerged from obscurity, and through Lord Bute obtained a pension of £300 a year. The next year met Boswell, whose life of Dr. Johnson is probably more imperishable than any of the Doctor's own writings; became intimate with Thrale; visited the Highlands with Boswell; then wrote his *Lives of the Poets;* was buried in Westminster Abbey.

A writer in *Chambers's Cyclopædia* says: "While struggling for a living, one publisher, *noticing his burly frame,* advised him to buy a porter's knot. . . . He was sometimes dinnerless; we hear of his walking round St. James's Square with Savage *all one night* for want of a lodging. But he bore all with a splendid courage. *There is no more heroic figure in the history of our literature.* Meanwhile, in spite of circumstances, *he was becoming the foremost writer of his time.*"

"*Johnson had a tall, well-formed, and massive figure, indicative of great physical strength,* but made grotesque by a strange infirmity. Madame D'Arblay speaks

of his 'vast body in constant agitation, swaying backward and forward.'

"*In spite of his infirmities, he occasionally indulged in athletic performances.* Mrs. Piozzi says that he sometimes *hunted* with Thrale. *He understood boxing,* and *regretted the decline of prize-fighting; jumped, rowed, and shot,* 'in a strange and unwieldy way, to show that he was *not tired after a fifty-mile chase*'; and, according to Miss Reynolds, *swarmed up a tree; and beat a young lady in a foot-race when over fifty.* Langton described to Best how, at the age of *fifty-five, he had solemnly rolled down a hill.* His courage was remarkable. He separated savage dogs; swam into dangerous pools; fired off an overloaded gun; and defended himself against four robbers single handed."—*Dictionary of National Biography,* p. 44.

An all-round heavy-weight,—mentally and physically.

PATRICK HENRY (1736-1799)

Born in Virginia; failed at store-keeping; also at farming and at law, till, for the People, against an unpopular tax, he won, displaying such eloquence that he was soon regarded as the foremost orator in America. A zealous patriot in the Revolution; member of the House of Burgesses of Virginia. Largely through his efforts that State joined Massachusetts in resisting England. Delegate and first Speaker in the first General Congress at Philadelphia in 1774; astounding all by his eloquence; three times elected Governor of Virginia; in 1795 Washington appointed him Secretary of State.

Of Patrick Henry's great speech which first brought him into notice, Mathews says: "He was elected a member of the first Congress, and in this august body his superiority was established as readily as in the House of Burgesses. Though the delegates had met for the express purpose of resisting the encroachments of the King and Parliament, they had apparently not fully weighed the fearful responsibility which they had assumed till this hour.

It now pressed upon them with overwhelming force, and when the organization of the House was completed, a long and silent pause followed, which Henry was the first to break. Rising slowly, as if borne down by the weight of his theme, he faltered through an impressive exordium, and then gradually launched forth into a vivid and burning recital of the Colonial wrongs. We have no space for the details of his speech ; it is sufficient to say that the wonder-working power of this, as of his other speeches, of which no exact report has come down to us, is proved by the very exaggeration of the accounts that are given of them. As he swept forward with his high argument, his majestic attitude, the spell of his eye, the charm of his emphasis, the 'almost superhuman lustre of his countenance,' impressed even that august assemblage of the most eminent intellects of the nation with astonishment and awe. As he sat down a murmur of admiration ran through the Assembly. The Convention, now nerved to action, shook off the incubus which had weighed on its spirits ; and Henry, as he had been proclaimed to be the first speaker in Virginia, *was now admitted to be the greatest orator in America."—Oratory and Orators,* p. 304.

"He was passionately addicted to the sports of the field. When the hour of school arrived *he was scarcely ever to be found. He was in the forest with his gun; or over the brook with his angle rod. He would spend whole days and weeks in this occupation.* His person is represented as having been coarse ; his manner uncommonly awkward ; his conversation very plain ; his aversion to study invincible. No persuasion would bring him either to read or to work. *On the contrary, he ran wild in the forest, like one of the aborigines of the country."—Wirt's Henry.*

One of the best places to train sound, hardy, self-reliant, manly men ; fit to face any difficulty, any danger ; and to lead men against even a haughty nation. Plainly *that* life trained his body. It could not help it.

JEFFERSON (1743–1826)

Born at Shadwell, Virginia; at twenty a member of the Assembly, active in the steps which created the Continental Congress; sent a delegate to it, *he drafted the Declaration of Independence.* Governor of Virginia; in 1784 Minister to France; 1789 Secretary of State, appointed by Washington; led the State Rights party against the Federalists; 1797 Vice-President; 1800 President, and Aaron Burr Vice-President; purchased Louisiana from France; published Notes on Virginia in 1782; died July 4, 1826; as did John Adams.

"Jefferson appears to have been sensibly brought up, getting as good an education as was possible in Virginia, *and paying also due regard to his physical training.* He grew to be *a slender and sinewy young man, six feet two and one-half inches tall;* with hair variously reported as red, reddish, and sandy, and with eyes mixed of gray and hazel. . . . He is said to have improved in appearance as he grew older, and to have become 'a very good-looking man in middle age, and quite a handsome old man.' *He was athletic; fond of shooting; and a skilful and daring horseman, even for a Virginian.*"—*Morse's Jefferson*, p. 5.

"Jefferson was a stripling of seventeen, tall, raw-boned, freckled, and sandy-haired, when in 1760 he came to Williamsburg from the far west of Virginia to enter the College of William and Mary. With his large feet and hands, his thick wrists, and prominent cheek-bones and chin, he could not have been accounted handsome or graceful. He is described, however, as *a fresh, bright, healthy-looking youth, as straight as a gun-barrel, sinewy and strong, with that alertness of movement which comes with early familiarity with saddle and gun and canoe and minuet and contra-dance—that sure, elastic tread and ease of bearing* which we still observe in country-bred lads, who have been exempt from the ruder toils of agriculture *while enjoying in full measure the freedom and the sports of the country.*

"Though his mother had been the tenderest of women, his *father had strength to match her tenderness.* Tradition current in the country where he lived; gathered by Mr. Randall, whose extensive and sympathetic work must remain the great reservoir of information respecting Jefferson, reports Peter Jefferson *a wonder of physical force and stature. He had the strength of three strong men. Two hogsheads of tobacco, each weighing a thousand pounds, he could raise at once from their sides, and stand them upright.* When surveying in the wilderness *he could tire out his assistants; and tire out his mules; then eat his mules, and still press on;* sleeping alone by night in a hollow tree to the howling of the wolves till his task was done."—*Parton's Jefferson.*

Good timber that to come from; and the son was evidently a chip of the old block.

ANDREW JACKSON (1767–1845)

"One desperate man is a majority."

A Scotchman's son; born in North Carolina; intended for the Church; enlisted at thirteen; fought till the end of the war; at seventeen studied law; at twenty Solicitor for what is now Tennessee; in 1796 elected Representative and Senator, and Judge of the Supreme Court; and Major-General of militia; in 1813 with 3000 men defeated the Creek Indians; in 1814, Major-General of United States Army, he defeated the British at New Orleans; after Spain ceded Florida to the United States, was appointed its Governor; then chosen United States Senator from Tennessee; elected President of the United States in 1828; and again in 1832, by large majorities; vetoed a bill rechartering the United States Bank, worked for a specie currency and independent treasury; and remained popular till his death.

Not much doubt about *his* body. "When first elected

to Congress, *he rode on horseback eight hundred miles* from Tennessee to Washington. He was twenty years of age when he finished the preliminary part of his education at Salisbury. He had grown to be a tall fellow. *He stood six feet and one inch in his stockings.* He was remarkably slender for that robust age of the world; *but he was also remarkably erect; so that his figure had the effect of symmetry without being symmetrical.* His movements and carriage were *graceful and dignified. In the accomplishments* of his day and sphere *he excelled the young men of his own circle; and was regarded by them as their chief and model. He was an exquisite horseman; as all will agree whoever saw him on horseback.* Jefferson tells us that General Washington was the best horseman of his time. *But he could scarcely have been a more graceful or a more daring one than Jackson.* One who knew him said: "Andy was a wild, frolicsome, wilful, mischievous, daring, reckless boy, generous to a friend, *but never content to submit to a stronger enemy. He was passionately fond of those sports which are mimic battles; above all, wrestling.* Being a slender boy, more active than strong, he was often thrown. I could throw him three times out of four; BUT HE WOULD NEVER STAY THROWN. *He was dead game even then; and never would give up. He was exceedingly fond of running foot-races; of leaping the bar; and jumping, and in such sports he was excelled by no one of his years.* To younger boys, who never questioned his mastery, he was a generous protector. *There was nothing he would not do to defend them.* His equals and superiors found him self-willed; somewhat overbearing; easily offended; very irascible; and, upon the whole, *'difficult to get along with.'* One of them said, many years after, in the heat of controversy, that of all the boys he had ever

known, Andrew Jackson was the only bully who was not also a coward."—*Parton's Life of Jackson.*

A greyhound's body, with the tenacity of a bull-dog.

CHARLES JAMES FOX (1749–1806)

It was high praise of Fox as an orator when Wilberforce said that he could begin at full speed and roll on for hours without fatiguing himself *or his audience;* it exalts our estimate of his genius when we learn that after his great speech in the trial of Warren Hastings, as Walpole says, "he was seen handing the ladies into their coaches, with all the gayety and prattle of an idle gallant"; but he won a very warm place in American hearts when throughout the Revolution he was the relentless opponent of all coercive measures; and did the utmost that a powerful advocate could do for the claims of the Colonists. The Regency, the trial of Warren Hastings, the French Revolution, and the events which followed it, gave ample scope to his talents and energies, even in the face of so brilliant a rival as Pitt.

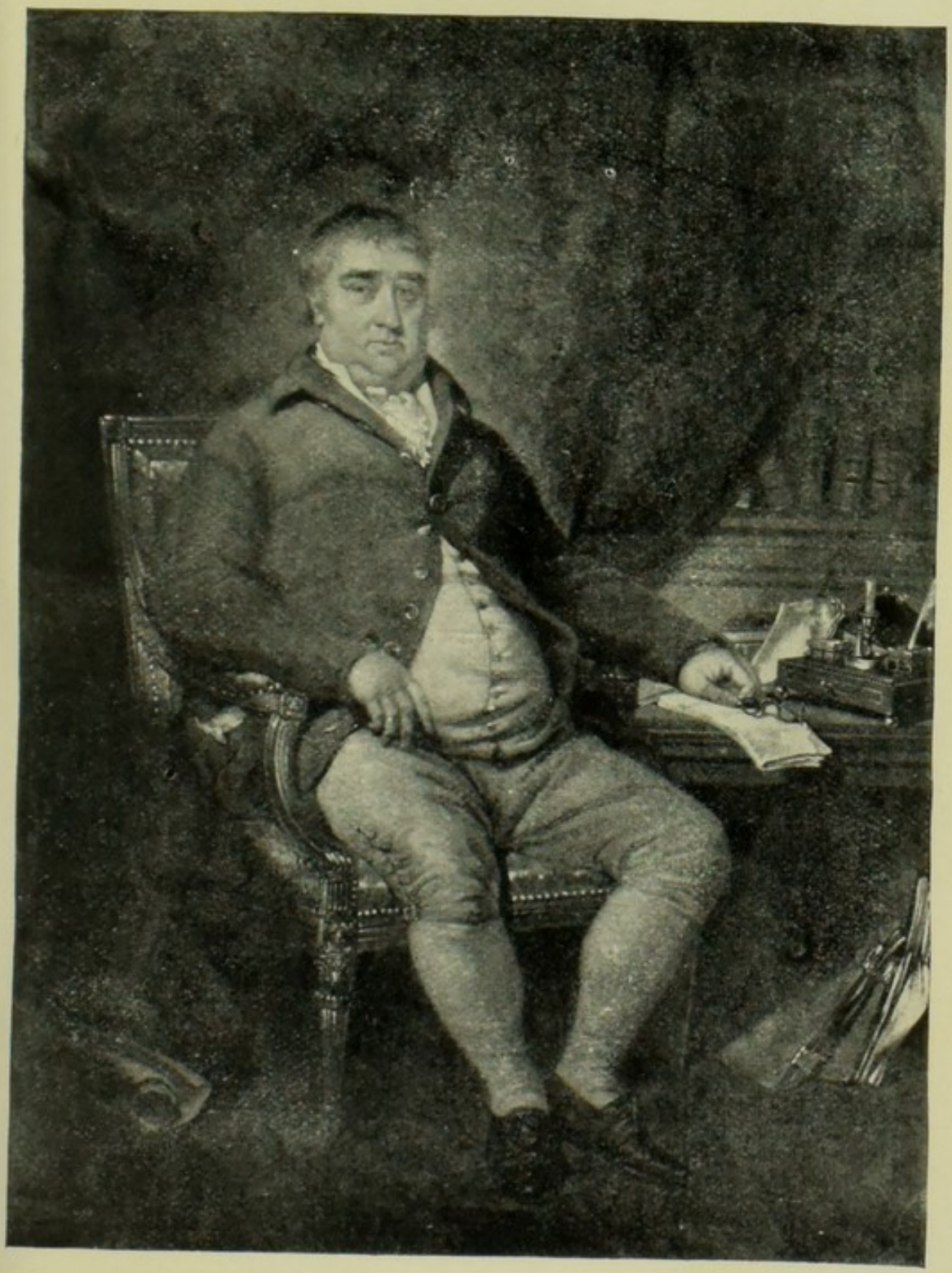
Desultory and ineffective till he warmed; he did best when he was provoked or excited; he required the kindling pulse, the explosive spark; always happiest in reply; if interrupted by cries of "Order!" he pressed home his arguments with increasing vehemence; with redoubled blows and repeated bursts of extemporaneous declamation almost overpowered the audience; and effectually checked all further interruption. Fox had not the teeming knowledge, the broad, sweeping view, the marvellous forecast, the prophetic vision of Burke; but he surpassed him as an orator, because he had more tact; and kept to the topics of the hour; until *Burke himself said that he was "the most brilliant and accomplished debater the world ever saw."*

And this Eton boy and Oxford man, entering the House of Commons *at nineteen,* in defiance of all rules—a skilful mathematician; critical classical scholar; master of French; fascinator alike of his school-fellows in youth, and of all men in manhood; during his whole life passionately in love with the great authors of antiquity, whose companionship he kept up at every moment snatched from Parliamentary duty; in private theatricals distinguishing himself alike in tragedy and in high comedy; with a

keen relish for Italian literature ; this man of varied talents and rare activity needed a good body to stand all he put himself to do.

And he *had* it. If you think statesmen need to have weak legs, *look at his;* his fiery, high-pressure brain, with all its ceaseless activity, did not seriously rob his legs, as any of us would have found out had we gone with him on a *fifty-six-mile tramp.* You, so satisfied because you have occasionally made a century run on your bike ; just try for a change a fifty-six-mile WALK in a day ; and such fare as you are able to pick up by the way-side ; and you will find even crackers and cheese at the finish more delicious than the richest and most toothsome viands you have ever tasted.

"In defiance of nature, which seemed to have unsettled him for any other class of pursuits, Fox was an ardent, a many-sided, and, in some respects, *a most accomplished sportsman.* . . . Like all men of his temperament, *he shot better* after advancing years had taken off the first edge of his keenness. *But he did not require a gun to tempt him abroad. He prided himself on his endurance as a pedestrian ; and on the steadiness of pace which enabled him, almost infallibly, to calculate the distance that he traversed by the time that he spent over it.* The friends of his later life could not please him better than by disputing whether this or that village was nine or eleven miles from St. Anne's Hill, in order to give him an opportunity of solving the problem *by a walk. When a lad at Oxford* HE TRUDGED THE FIFTY-SIX MILES BETWEEN HERTFORD AND HOLLAND HOUSE IN THE COURSE OF A SUMMER DAY; and only broke the journey for a lunch of bread, cheese, and porter ; in payment for which, observing the usual proportion between the market-value of his pleasures and the price that they



CHARLES JAMES FOX

(From a painting published by Reynolds in London in 1802)

cost him, he left his gold watch in pawn with the innkeeper. . . . During the tour in Kerry, *he swam twice around the Devil's Punch-Bowl. The health which he began with was wonderful;* a spoonful of rhubarb, he cheerfully boasted, cured all the ills to which his flesh was heir; although the maladies which his careless but laborious mode of life too early brought upon him, ere long required sterner remedies. He would gladly have been thinner, but he was too much of a man to be ashamed of a misfortune which he did his utmost to correct; for, in whatever pastime he was engaged, *he always contrived to get out of it the greatest practicable amount of bodily exercise."—Trevelyan's Early History of Charles James Fox.*

JOHN MARSHALL (1755–1835)

Marshall, says George van Santvoord, is the American Mansfield, as Washington—greater than the noblest Roman of them all—is the American Cincinnatus. "*My father,*" *he would say,* "*was a far abler man than any of his sons. To him I owe the solid foundation of all my own success in life.*" He developed, even in his younger years, a remarkable aptitude for study. At an age when most children are engaged in those simple elementary tasks which make up the routine of school-boy life, he had already acquired, we are told, a taste for reading poetry and history, and was fond of amusing his leisure hours by a study of the old English authors. At the age of twelve he had transcribed the whole of Pope's "Essay on Man," and some of his moral essays, and had committed to memory many of their most interesting passages. He was born at Germantown, Virginia. Here the son remained until his fourteenth year, laying the foundation of that vigorous health which attended him through life, and deriving from his father all the training in letters which he received up to that period. He never went to college. He began to study law at eighteen; served six years in the Revolution, becoming Lieutenant; admitted to the Bar at twenty-five; had the largest practice in Virginia at twenty-seven; in the House of Burgesses at thirty-two; member of the Consti-

tutional Convention at thirty-three; refused Attorney-Generalship and Foreign Missions from Adams; Minister to France at forty-one; Member of Congress at forty-four; Secretary of War and State under Adams; made Chief Justice of the United States Supreme Court at forty-six, and held the position thirty-four years, till his death. "His best biography is his decisions. Their most striking characteristics," says Mr. Justice Bradley, of that Bench, "are crystalline clearness of thought, irrefragable logic, and a wide, statesman-like view of all questions of public consequence." "*I have never seen a man,*" says Webster, "*of whose intellect I had a higher opinion.*"

"*He was about six feet high,* straight and rather slender, of dark complexion—showing little, if any, rosy red, *yet of good health,* the outline of the face nearly a circle, and within that eyes dark to blackness, strong and penetrating, beaming with intelligence and good-nature; an upright forehead, rather low, was terminated in a horizontal line by a mass of raven-black hair of unusual thickness and strength.

"The features of the face were in harmony with this outline, and the temples fully developed. The result of this combination was interesting and very agreeable. *The body and limbs indicated agility rather than strength, in which, however, he was by no means deficient.* Never did man possess a temper more happy, or if otherwise, more subdued or better disciplined.

"Such is the life-like picture which a contemporary and kinsman has left of the Chief Justice as he appeared upon the threshold of early manhood. One cannot help being struck with its truthfulness and simplicity;—*a walk of ten miles from Oak Hill* in a blue hunting-shirt and Bucktail cockade—a frank, friendly, and hearty greeting with his comrades—a drill in the 'manual exercise'—a familiar talk about the war; *foot-races, and a game of quoits* at which 'there was no betting,' make

up the prominent points of the picture. And it may here be added that this admirable simplicity of manners —nay, the very tastes and habits of his early manhood, remained with him through life. *Thus he never lost his fondness for those field-sports and athletic exercises which in youth laid the foundation of that robust health which he continued to enjoy to a green old age; nor did he disdain his favorite game of quoits, even when he had been placed at the head of the federal judiciary.* Even at this day the imagination can paint the tall form of the young provincial lieutenant — not as it appeared more than half a century later, in its dignified repose on the bench, robed in the judicial gown and slightly bent with the weight of years — but, animated with the enthusiasm of the soldier, *erect, vigorous, and athletic,* rising above those frail breastworks, and urging on the bravest of the troops to defend their position against the assault of the enemy. . . . His professional reputation at this period was very high. He found himself engaged in all the leading causes in the State and national tribunals; and by a course of profound study and culture, of severe mental training and of successful practice at the bar, he gradually matured and developed those great powers which shed lustre around that higher and more honorable career on the bench upon which he was about to enter."* And the good education of that wiry body, as well as its native material, showed in the way it lasted through a life of incessant toil among most involved and difficult problems clear up not to seventy, but to eighty.

HAMILTON (1757-1804)

Born at Nevis, in the West Indies, in 1757; at eighteen still a school-boy, writing a series of papers in defence of the rights of

* Van Santvoord's *Lives of the Chief Justices.*

our colonists which were taken for the production of the eminent statesman Jay, and at once secured consideration; at the outbreak of the Revolution he obtained a commission as captain of artillery; gained the confidence of Washington; was made his aide-de-camp in 1777; and acquired the greatest influence with him as his friend and adviser. At the end of the war he left the service with the rank of Colonel, studied law, and became one of the most eminent lawyers in New York; went to Congress; was a delegate at Philadelphia to revise the Articles of Confederation. With Madison had an important share in drawing up the Constitution. Was a strong supporter of the Federal as opposed to the Democratic party. Upon the establishment of the new government in 1789, was appointed by Washington Secretary of the Treasury; in 1795 he resigned to resume the practice of law in New York; in 1798, at the desire of Washington, was made Major-General of the army, and at Washington's death succeeded to the chief command. Was wounded by Aaron Burr in a duel at Weehawken, New Jersey, and died the following day, July 12, 1804.

Like most men of great talents and strong will, Hamilton had a large measure of self-confidence. The greater the odds the more defiantly and the more confidently he faced opposition. Ambrose Spencer, the distinguished judge, said: "Alexander Hamilton was the greatest man this country ever produced. I knew him well. I was in situations often to observe and study him. I saw him at the bar and at home. He argued cases before me while I sat as judge on the bench—Webster has done the same. In power of reasoning Hamilton was the equal of Webster, *and more than this can be said of no man.* In *creative* power Hamilton was infinitely Webster's superior. *It was he more than any other that thought out the Constitution of the United States* and the details of the government of the Union; and, out of the chaos that existed after the Revolution, raised a fabric every part of which is instinct with his thought. I can truly say that hundreds of politicians and statesmen of the day get both the web and woof of their thought from Hamilton's brains. He *more than any man did the thinking of the times.*"

"I have very little doubt," says Chancellor Kent, "that if General Hamilton had lived twenty years longer he would have rivalled Socrates or Bacon or any of the sages of ancient or modern times in researches after truth. Benevolent to mankind; the active and

profound statesman; the learned and eloquent lawyer would probably have disappeared in a great degree before the character of the sage philosopher, instructing mankind by his wisdom; elevating his country by his example."—*Lodge's Life of Hamilton.*

And yet things did not always go as he wanted, judging from the following: "Alexander Hamilton wrote thus to John Laurens, September 12, 1780:

"'With one set I am considered as a friend to military pretensions, however exorbitant; with another, as a man who, secured by my situation from sharing the distress of the army, am inclined to treat it lightly. The truth is, I am an unlucky, honest man that speak my sentiments to all and with emphasis. I say this to you because you know it, and will not charge me with vanity. *I hate Congress; I hate the army; I hate the world; I hate myself. The whole is a mass of fools and knaves; I could almost except you and me. Adieu.*

"'A. HAMILTON.

"'My ravings are for your own bosom. The General and family send you their love.

"'NEWBRIDGE, *September* 12, 1780.'"

—*Bulletin of the New York Public Library, February* 28, 1898.

"*In person Hamilton was well made, of light and active build,* but very small, much below the average height. His friends were wont to call him the '*little lion*'; and it is somewhat remarkable that his stature seems to have interfered so slightly, if at all, with his success as an orator.

"Inches of stature and of girth were lacking, but he was none the less full of dignity. In this, of course, his looks helped him. His head was finely shaped, symmetrical, massive, *and unusually large.* His eyes were dark, deep-set, and full of light and fire. He had a long, rather sharp nose, a well-shaped, close-set mouth, and a firm jaw. The characteristics of the spare, clean-cut features are penetration and force."—*Lodge's Life of Hamilton.*

Too busy a worker to ever get any flesh, this precocious financier, soldier, statesman, jurist, patriot, belonged physically to the same class as Paul, Wesley, Napoleon, Grant, and the others of medium height—not little men at all—*with the heads of big men* and bodies of steel wire, tireless when hard work is on hand, outlasting all around them. Had he been a better shot; had the duel gone the other way; his name, great as it is, might have been among those which have filled the chair of our Chief Executive.

ROBERT BURNS (1759-1796)

"A man's a man for a' that."—BURNS.

Born of poor peasant parents, near Ayr, Scotland; by rare self-denial they gave him the rudiments of education; working on the farm, he snatched such time as he could for reading the Bible, *Mason's Collection of Prose and Verse;* the life of Hannibal and of Sir William Wallace; *The Spectator;* Pope; and Shakespeare; first wrote poetry at sixteen: "A Bonnie, Sweet Sonsie Lass," he wrote to Moore, "*who was coupled with him in the labors of the hay-harvest,*" awakening his early inspirations; *employed by his father as a day-laborer till nineteen* at £7 a year, during which period he wrote "John Barleycorn," the "Dirge of Winter," and other poems. At twenty-two learned the flax-dresser's trade; next year hired a farm, and at intervals wrote many poems, among them "To a Mountain Daisy," "The Cotter's Saturday Night," and numerous love songs; failed at farming, and was about starting for Jamaica, but his published poems brought him applause, money, and a year of fêting in London drawing-rooms; returned to his farm; was made collector of excise, which, with his convivial habits, so interfered with his farming that he gave it up. Intemperance, exposure, and disappointment undermined his constitution, and he died at thirty-seven, a vast multitude attending his funeral.

"A song-writer must always be a warm-hearted man. A cold song is inconceivable; but he is not always a strong man—he may be weak with all his warmth. Not

so Burns. *He was emphatically a strong man; there was,* as Carlyle says of him, *'a certain rugged, sterling worth about him'* which makes his songs as good as sermons sometimes, and sometimes *as good as battles.* And it *was this notable amount of backbone, and force of arm,* sensibly felt in his utterances, which gave to him pathos; and his tenderness such healthy grace, and such rare freedom from anything that savored of sentimentality. In Burns the most delicate sensibility to beauty was harmoniously combined *with the firmest grip, and the most manly stout-heartedness. . . . He was a man of good personal aspect and manly presentment. He had none of the pale cast of countenance that men of action expect to find in the poet and the philosopher;* HE WAS HEALTHY AND ROBUST, AND COULD HANDLE THE PLOUGH OR THE FLAIL AS VIGOROUSLY AS THE PEN. Then again his general vigor of mind *was as notable as his vigor of body;* he was as strong in thought as intense in emotion. If inferior to Coleridge in ideal speculation, to Wordsworth in harmonious contemplation, and to Southey in book-learning; in all that concerns living men, and human life, and human society, he was extremely sharp-sighted; and not only wise in penetrating to the inmost springs of human thought and sentiment; but, in the judgment of conduct, eminently shrewd and sagacious; gifted, in the highest degree, with that fundamental virtue of all sound Scotsmen — *common-sense,* without which great genius in a full career is apt to lead a man astray from his surroundings, and make him most a stranger to that with which in common life he ought to be most familiar."—*Professor W. G. Blaikie's Burns.*

Alexander Smith says of Burns: "The frame of this young farmer was originally *powerful.*"

NAPOLEON (1769-1821)

Dr. Lord says: "No general so great has appeared in our modern times. He ranks with Alexander and Cæsar, or any of the great warriors that have figured in the great wars of Europe from Charlemagne to Waterloo. He aimed at nothing less than universal sovereignty; and had he not, when intoxicated with his contests, attempted impossibilities, his power would have been practically unlimited in France. He had all the qualities for success in war—insight; fertility of resource; rapidity of movement; power of combination; coolness; intrepidity; audacity; boldness tempered by calculation; will; energy which was never relaxed; *powers of endurance;* and all the qualities which call out enthusiasm, and attach soldiers and followers to personal interests. He was a military prodigy, equally great in tactics and strategy; a master of all the improvements that had been made in the art of war. *His genius for civil administration was equally remarkable,* and is universally admitted. He brought order out of confusion; developed the industry of his country; restored the finances; appropriated and rewarded all eminent talents; made the whole machinery of government subservient to his aims; and even seemed to animate it by his individual will. If he had always been in a private station, his intellectual force would have attracted attention in almost any vocation he might have selected. He stands out in history in a marked manner with two sides, great and little; good and bad. No one can deny him many good qualities. His industry was marvellous. He was temperate in eating and drinking; he wasted no precious time."—*Beacon Lights of History.*

Emerson says of him: "He said, once in all battles a moment occurs when the bravest troops, after having made the greatest efforts, feel inclined to run. That terror proceeds from a want of confidence in their own courage; and it only requires a slight opportunity, a pretence, to restore confidence to them. Two armies meet, and endeavor to frighten each other; the moment a panic occurs, *that* moment must be turned to advantage. When a man has been present in many actions, he distinguishes that moment without difficulty; it is as easy as casting up an addition. *Never was a leader so endowed and so weaponed.* Never leader found such aids and followers. He was an experiment, under the most favorable conditions of the powers of intellect, without conscience.

And what was the result? It came to *no* result. *He left France smaller, poorer, feebler, than he found it;* and the universal cry of France and of Europe was 'Enough of him!'"

And he had just the body for his work.

Dr. Sargent says that long-bodied, short-legged men have unusual vitality; and Napoleon was unusually long-bodied and short-legged, and of the right material too.

Lockhart says: "At sixteen his *figure was short, but slim, active, and perfectly knit.*"

Emerson again says: "*He was a man of stone and iron, capable of sitting on horseback sixteen or seventeen hours; of going many days together without rest or food, except by snatches; and with the speed and spring of a tiger in action;* a man not embarrassed by any scruples. Compact, instant, selfish, prudent. He sees where the matter hinges, throws himself on the precise point of resistance, and slights all other considerations. He never *blundered* into victory; but won his battles in his head, before he won them on the field. Having decided *what* was to be done, he did *that* with might and main. He put out all his strength. He risked everything, and spared nothing; neither ammunition; nor money; nor troops; nor generals; nor himself. Before he fought a battle he thought little about what he should do in case of success; but a great deal about what he should do in case of reverse of fortune. His achievement of business was immense; *and enlarges the known powers of man.* The principal works that have survived him are his magnificent roads."

Englishmen are good judges of how a man is, as they say, "put up." John C. Ropes, in *Scribner's Magazine*, of July, 1887, says: "Upon the 15th of July, 1815, Napoleon surrendered himself on board the British man-of-war *Bellerophon.* Of his appearance and bodily

condition during the two months of his stay on this vessel we have an interesting account in the narrative of Captain Maitland, who commanded the ship. Maitland describes him as 'A REMARKABLY STRONG, WELL-BUILT MAN, ABOUT FIVE FEET SEVEN INCHES HIGH, WITH LIMBS PARTICULARLY WELL FORMED; with a fine ankle and very small foot, of which he seemed rather vain, as he always wore, while on board the ship, silk stockings and shoes. His hands were also very small, and had the plumpness of a woman's rather than the robustness of a man's. His eyes light gray; his teeth good. . . . His hair was of a very dark brown, nearly approaching to black, and though a little thin on the top and front, had not a gray hair amongst it. His general appearance was that of a man rather *older* than he was.'"

WELLINGTON (1769-1852)

Major Arthur Griffiths says that Wellington fought his first battle at Eton with "Bobus" Smith, Sidney Smith's brother, with what success we do not know.

"*Undoubtedly Wellington taught himself more than he ever learned from his tutors.* It is the *only* explanation of *that marvellous breadth of knowledge* he displayed when called, quite early in life, to deal with great affairs. We have it from his own lips, moreover, that before he went to India he had made it his *invariable rule* to read *for several hours daily;* and *that he never gave up the practice.* His rare powers; his quick appreciation and strongly retentive memory, soon stored his mind. Like other great soldiers, he had laid to heart early the lessons contained in the works of military writers; had digested their plans of campaign; the movements and operations of famous generals; and thus acquired clear ideas of conduct; fostering the faculty of command; the power to control complicated situations, and solve difficulties in the field with promptitude and propriety.

"After Flanders *Wellington was nearly lost to the army. Straitened means, debts contracted in Dublin, 'circumstances, necessities,' as*

he himself described them, induced him to seek civil employment, 'some post in the Revenue or under the Treasury; something more lucrative, in short, than the command of a regiment.' He did so with reluctance. It was departing from a life he preferred, *but he was driven to it by the seeming hopelessness and narrowness of his military prospects.* Yet, within a couple of years the wheel of fortune lifted him into a position of splendid opportunity. The Thirty-third went to India; he followed it; to arrive almost simultaneously with his brother, Lord Mornington. One Wellesley was but a simple colonel of a regiment; the other was Governor-General.

"Almost at once, although but twenty-eight, he was called upon to consider matters the most varied and momentous. He became the confidant and trusted counsellor of men who wielded the highest authority, and were weighted with the heaviest responsibilities; the most burdensome and anxious cares. His brother, the Governor-General; the Governor of Madras; the military commander-in-chief; officials high and low, *referred their difficulties to Wellesley; and gladly took his advice. He had a rare faculty of going to the very heart of things.* The papers and minutes he drew up on subjects the most diverse and intricate contained sound, sagacious opinions, couched in clear language, based upon wide, deep knowledge; *and brimful of common-sense.* His correspondence, at that early period, on the very threshold of his career, is perhaps the most interesting part of all his voluminous despatches." It demonstrates "*his soldierly qualities; his fortitude under adverse circumstances; his coolness and self-possession; his unwearied patience when waiting on events, many of which he had slowly prepared; his prompt, unerring decision when the time for action had arrived.* Harassed with doubts; tormented with difficulties; *but ever sanguine; self-reliant; self-contained.*

"'Lord Wellington,' said Larpent, 'reads and looks into *everything.* HE HUNTS ALMOST EVERY OTHER DAY; *and then makes up for it by great diligence and instant decision in the intermediate days.* He works until about 4 P.M., and *then for an hour or two parades with any one he wants to talk to, in his gray coat.*' . . .

"*Here was a spare hour* to be utilized by *this man of iron nerves* in restoring his jaded mental and physical faculties. The advancing French must cover yet a couple of miles before they were in striking distance. 'I *shall have a little rest. Watch the French*

through your glass,' he said to his faithful Fitzroy Somerset. '*When they reach yonder copse, near the gap in the hills, wake me.*' And wrapping himself in his cloak lay down behind a furze bush *and was soon sound asleep. At the appointed moment he was aroused, refreshed and alert for the fight.*

"'*I have done, according to the very best of my judgment*,' he once said, '*all that can be done; therefore I care not either for the enemy in front; nor for anything they may say at home.*'

"He reached London on the 23d of June, immediately after Toulouse. He was the great hero of the hour. The mob dragged his carriage through the streets. *He was the chosen honored companion of the allied sovereigns*, just then the guests of England. Now he took his seat in the House of Lords—*passing through every grade of the peerage at one and the same time*—saluted in succession 'Baron,' 'Viscount,' 'Earl,' 'Marquis,' and 'Duke.' He received the thanks of the Commons, clad in the full dress of a Field-Marshal; and was presented with the noble gift of four hundred thousand pounds; last of all carried the sword of State at the public thanksgiving in St. Paul's.

"The startling news of Napoleon's return from Elba after the capitulation of Paris in 1814 was everywhere received with indignation and alarm. England, Russia, Austria, and Prussia bound themselves by solemn treaty to furnish *each* one hundred and fifty thousand men; and to remain under arms till the great object of the war had been attained. *All eyes were turned on Wellington; and it is reported that the Czar Alexander said to him as he placed his hand familiarly upon his shoulder, 'C'est pour vous encore sauver le monde.'* Vast preparations were at once set on foot. Austria slowly collected a gigantic host upon the Rhine frontier. Russia called out a quarter of a million men to act in support of Austria. England and Prussia, concentrating more rapidly, soon filled Belgium, 'the cock-pit of Europe,' with troops. By the end of May, Wellington had under his orders a mixed force of one hundred thousand men with one hundred and ninety-four guns. Marshal Blücher commanded an army of one hundred and twenty thousand, all Prussian, and with three hundred guns. . . .

"A keen judge of character, possessing an almost intuitive penetration, he reckoned men up quickly at their exact value.

"How true it is that in all military operations time is everything. In all great actions there is risk.

"A *bête noire* of his was *the making of difficulties.* '*Never* let me hear of them about anything.' He *wished to banish such words as 'difficult,'* 'responsibility,' from his vocabulary. *He was so full of ingenuity and resource himself that he expected others to be the same.* He conquered everything by his ready adaptability of the circumstances as he found them to the ends he had in view.

"*Few could tell a good story better; few enjoyed one more.* Rogers, in his *Recollections*, records that the Duke had great *gayety* of mind. 'He laughs at almost everything, if it serves to divert him. . . . His laugh is easily excited, and it *is very loud and long*, like the whoop of a whooping-cough often repeated. *He did not care for the show* and glitter, the pomp and circumstance of his rank. He was not without a certain amount of personal vanity. Although by no means a handsome man, he thought a good deal of his outward appearance, and *was always extremely natty and particular about his dress.*' Larpent tells us of the chief's fondness for *well-fitting breeches and well-made hessians, or hunting-boots.* Yet beyond liking his clothes well made, so as to show his then youthful figure to best appearance, it cannot be said that he cared for gaudy uniforms, and he was best known in the field by the plain blue coat, and sometimes a white overcoat and a cocked hat without feathers.

His speaking on one occasion of the quality of the horse which he had ridden will convey a notion of his staying powers as a horseman. "'Remember, gentlemen,' said the Duke, '*he had been out with me on his back for upwards of ten hours*, and had carried me eight-and-twenty miles besides.' *And he rode him all through the battle from dawn to dark next day.*

"'I never was so pleased,' says Napoleon, at St. Helena, 'as when I saw Wellington intending to "fight" at Waterloo. I had not a doubt of annihilating his army.'

"The first gun was fired at twenty minutes past eleven.

"*The greatest commander has been well defined as he who makes fewest mistakes.* 'There can be no doubt,' says Shaw-Kennedy, 'that so long as history is read the battle of Waterloo will be much and eagerly discussed. The blunders and looseness of Napoleon's movements on the 16th, 17th, and 18th of June were surpassingly great and numerous, while Wellington acted with unerring energy, firmness, and decision.'

"'People ask me to describe Waterloo,' he said to Sir John Mal-

colm, in Paris, soon after the battle. 'I tell them it was hard pounding on both sides, and we pounded the hardest. There was no manœuvring. Bonaparte kept up his attacks, and I was glad to let it be decided by the troops.' '*It was a battle of giants,*' he said, on another occasion. 'Many of my troops were new; *but the new fight well*—though they manœuvre ill—*better perhaps than many have fought and bled.* As to the way in which some of our ensigns and lieutenants braved danger—*the boys just come from school—it exceeds belief.* They ran as at cricket.' Again: '*Waterloo was won in the playing-fields at Eton.*'

"At the summit of his career, immediately after Waterloo, his popularity was unbounded. In Paris crowds followed him and almost kissed the ground at his horse's feet. He was all powerful in councils of the nations. The arbiter of France's fate. In politics he was never a party-leader; he was no party-man. He was ever guided by large principles of duty, disinterestedness, and perfect honesty. And he could never subordinate these to political exigencies. He was pre-eminently a great national servant, always intent on promoting what, according to his cool judgment, was best for the commonweal.

"*He rode twenty miles after a hard day's fighting to visit the bedside of a wounded aide,* the son of his dearest friends, and stood there *affected to tears* when the case seemed hopeless. Of all likenesses he preferred Count D'Orsay's, 'who always made him look like a gentleman.' *To be an English gentleman was in Wellington's mind the highest title of honor.* It was his religion almost, and he adhered most scrupulously to the rules of conduct that guided the class in his days. *He absolutely worshipped punctuality,* and prided himself on never being late for a train. *To the last the Duke retained his fondness for field-sports and life in the open air. The general would ride to hounds as his chief relaxation in Spain. He hunted regularly in England whenever and wherever he could. He was very fond of shooting, and a good shot. He walked a good deal, even when infirm and at a very advanced age.*

"There *can be no doubt* that the Duke owed immunity *from serious illness*, and his longevity, to *these active habits*. He benefited largely by his *systematic, resolute employment* of the simplest and best *means of keeping up his condition*. He was exceedingly temperate and abstemious, *a very small eater*—too small, his friends sometimes said, for health. When he paid the great debt at last *he had reached the long age of eighty-three*. His end was peaceful; he passed away quietly, painlessly, mourned by the whole nation."

"The nation agreed with Queen Victoria when she said: 'He was the pride and genius, as it were, of the country.'"

"In person the Duke was of *middle height; strongly built;* with keen gray eyes; a long face; an aquiline nose; and a cheerful countenance."—*American Encyclopædia.*

Tennyson touches upon some of the physical characteristics of "The Iron Duke":

"O friends, our chief state-oracle is dead:
Mourn for the man *of long-enduring blood*,
The statesman-warrior, moderate, resolute,
Whole in himself, a common good.
Mourn for the man of amplest influence,
Yet clearest of ambitious crime,
Our greatest yet with least pretence,
Great in council and great in war,
Foremost captain of his time,
Rich in saving common-sense,
And, as the greatest only are,
In his simplicity sublime.
O good gray head which all men knew,
O voice from which their omens all men drew,
O *iron nerve to true occasion true*,
O fall'n at length *that tower of strength*

Which stood four-square to all the winds that blew!
Such was he whom we deplore.
The long self-sacrifice of life is o'er.
The great World-victor's victor will be seen no more.

But while the races of mankind endure,
Let his great example stand
Colossal, seen of every land,
And keep the soldier firm, the statesman pure;
Till in all lands, and thro' all human story
The path of duty be the way to glory."

SCOTT (1771-1832)

Born at Edinburgh; attended the high-school there; three years at the university, an articled apprentice to his father, and his clerk till twenty-one, then admitted to the Bar; fairly successful; marrying a lady of French birth; made sheriff-deputy of Selkirkshire, with three hundred pounds a year and not much to do; at twenty-five he published a translation of Bürger's ballads, *Lenore*, and the *Wild Huntsman*, then a translation of one of Goethe's dramas; then the border minstrelsy, *Sir Tristram;* and in 1805 *The Lay of the Last Minstrel*, and "*became at a bound the most popular author of his day.*" During the next ten years, besides a mass of miscellaneous work, he gave to the world *Marmion*, *The Lady of the Lake*, *The Vision of Don Roderick*, *Rokeby*, *The Lord of the Isles*, and *The Field of Waterloo.* Then *Waverley* in 1814, the first of a new and more splendid series of triumphs. *Guy Mannering*, *The Antiquary*, *The Black Dwarf*, *Old Mortality*, *Rob Roy*, and *The Heart of Midlothian* rapidly followed; and the "Great Unknown," as he was called, became the idol of the hour. He was made a Baronet as a special mark of the royal favor. Financial misfortune led him to redouble his efforts, and he literally wrote for money. He produced upwards of twenty novels in the next ten years, and the strain was terrific. In 1830 he was smitten down with paralysis, from which he never thoroughly rallied. It was hoped that the climate of Italy might benefit him, and the government placed a frigate at his disposal on which to proceed thither. But in Italy he pined for his home. Died at Abbotsford in 1832, and was buried beside his wife in the old abbey of Dryburgh.

And rich was he in body.

"*In spite of his lameness,* he early taught himself *to clamber about with an agility that few children could have surpassed, and he was always in the thick of the* 'bickers,' or *street-fights,* with the boys of the town. . . . *The masculine side of his life appeared to predominate a little too much* in his school and college days. And *he had such vast energy, vitality,* and pride *that his life at times would have borne a little taming* under the influence of a sister thoroughly congenial to him. At sixteen he had an attack of hemorrhage, no recurrence of which took place for some forty years; but which was then the beginning of the end. No amount of drudgery or labor deterred Scott from any undertaking on the prosecution of which he was bent. . . . Above everything he was high spirited, a man of noble, and at the same time of martial, feelings. In his youth he often accomplished *walks of thirty miles a day, which the lame lad yet found no fatigue to him.*"—*Hutton's Life of Scott.*

The following extract from *Rab and his Friends* will testify to the exuberant robustness of Scott's nature: "... The third was *the biggest of the three, and though lame, he was nimble and all rough and alive with power.* Had you met him anywhere else *you would have said he was a Liddlesdale store-farmer* come of gentle blood. '*A stout, blunt carle,*' *he says of himself; with the swing, and the stride, and the eye of a man of the hills*—a large, sunny, out-of-door air all about him. *On his broad and somewhat stooping shoulders* was set that head which, with Shakespeare's and Bonaparte's, is *the best known in all the world.*

"He was in high spirits, keeping his companions and himself in roars of laughter; and every now and then seizing them and stopping, that they might take their

fill of the fun. There they stood shaking with laughter, 'not an inch of their body free' from its grip. He was now at his own door—Castle Street, No. 39. He opened the door, and went straight to his own den; that wondrous workshop where in one year—1823—when he was fifty-two, he wrote *Peveril of the Peak, Quentin Durnin,* and *St. Ronan's Well;* besides much else."

MANSFIELD (1705-1793)

The first Scotchman who reached eminence at the English Bar was William Murray, afterwards Lord Mansfield, fourth son of Lord Stormont. A graduate of Oxford, he rose to be *the most distinguished advocate in England.* "*He was the rival of Lord Chatham, the greatest Parliamentary orator England has ever produced—prior, at any rate, to Mr. Gladstone;* highest criminal judge of the realm; over and over refusing to be Lord Chancellor; and finally Chief Justice of the King's Bench. *Without political office, he directed the measures of successive cabinets;* and (that far truer glory) he framed the commercial code of his country." In his *Short Studies of Great Lawyers,* Irving Browne says: "To him we owe the settled form and principles of the law of negotiable paper and of insurance. He was accused by some of his contemporaries of confounding equitable with legal principles; and *certainly he did brush away the artificial and trivial notions of old time with unsparing hand.* But he cast the legal future of England in a grand horoscope. He judged rightly of the necessities of a more modern state of society; and of the rapidly growing grandeur of his country's commerce. He built for the future, as well as for the then present; and we, in our day, have not outgrown or distanced his wise provisions. Only two of his decisions were reversed during his tenure of judicial office; and his authority is higher to-day than it then was. . . . Of Mansfield's oratory and style there has ever been but one opinion. *In the judicial and senatorial manner of speaking, he is conceded to have had no equal in modern times.* His eloquence mingled persuasion with manly reason; *and carried conviction from which, in cooler moments, the auditor never recoiled.*"

And he had a helpful body, a tireless servant in his great life's work, fit companion for that mighty mind.

"*Being remarkably well formed and athletic,* he was enlisted when very young as private in a small body of halberdiers, all of gentle blood, known as the Body-guard of James VI. His closest friend was Alexander Pope. Cowper says: '*He was wonderfully handsome.*'"

JOHANN WOLFGANG GOETHE (1749-1832)

"Everything that happens to us leaves *some* trace behind; *everything* contributes imperceptibly *to make us what we are.*"—GOETHE.

"He was not only *the greatest poet of Germany; he* was *one of the greatest poets of all ages.* Posterity must decide his exact precedence in that small and chosen company which contains the names of Homer, Dante, and Shakespeare. *He was the apostle of self-culture.*"—*Encyclopædia Britannica.*

Precocious, handsome, lively, sensitive; before he was *ten* he wrote *in several languages,* meditated poems, and invented stories.

"The foremost poet of Germany; born at Frankfort-on-the-Main, August 28, 1749; of a wealthy and highly respectable family; his father proud and pedantic; his mother bright, quick-witted, decided, deeply sympathetic, and dreading her husband; very carefully and widely educated, largely by his father; defective in his religious impressions; knowing the Bible well, but intellectually only; profoundly impressed by the Seven Years' War; at sixteen entered the University of Leipzig; read law; wrote lyrical poems and critical dramas; at twenty-four published his drama 'Götz von Berlichingen'; at twenty-five his famous novel, *Werther's Leiden,* works of rare artistic truth and magical vividness of picture; not only writing them out of his own heart, but out of the heart of his time, *which was the secret of the immense success of his works.* No poet has ever reached Goethe in the magic of his representations. Every sentence in his dramas is charged with color. Everybody who reads *Werther's Leiden* reads something of himself. Napoleon read it over and over again. At twenty-six he went to live with Charles Augustus, the Duke of Saxe-Weimar, at his Court, occupying many different positions in the ducal government which his great administrative talent and business tact enabled him to do well; made a severe study of botany, comparative anatomy, mineralogy, and optics; and great men gathered around the Court at Weimar

till it became a German Athens. From twenty-five to thirty-five he did not write much though he made great preparations; at thirty-six, wrote *Egmont;* at thirty-seven, *Iphigenie;* at thirty-nine, *Römische Elegien;* at forty, *Tasso;* at forty-one, *Faust;* at forty-seven, *Wilhelm Meister* and *Hermann und Dorothea.* The variety of these works is not more astonishing than their perfection; at forty-five began an intimacy with Schiller which lasted till the death of the latter, eleven years later; and this friendship was the baptism of Schiller's genius. His studies were comprehensive and assiduous; his critical sallies on the extravagances of his own pupils were most effective; and through his direction of the ducal theatre at Weimar he exercised a lasting and ennobling influence on the theatrical art of Germany; at fifty-seven he married Christiane Vulpius.

"Goethe had now ceased to be merely an influence; *he had become an authority.* Civilized life in Germany, and in foreign countries too, was deeply indebted to him. He had loosened the narrow ties of the old order, and in the wild fermentation of all the elements of civilization he had established a law which prevented chaos from breaking in. He had brought another conception of freedom into the German civilization. There was in German life and character a hardness and narrowness which, although intimately allied to energy and honesty, hindered the free movement of human nature, and constrained it within the boundaries of the most singular prejudices. These were melted down by Goethe's influence, and human nature breathed more freely; to his time his was a gospel of freedom, progress, power, and happiness. It will hold a certain authority in every age, because it contains *a certain proportion* of truth. Its effect on civilized life was most wonderful; it gave much more than it promised. Thus it was quite natural that the whole age bowed to its bringer with the deepest gratitude and reverence.

"Outside of his autobiography, he wrote little in his later life, giving it up to practical business and scientific research. He died at Weimar *in his eighty-third year."—Johnston's Universal Cyclopædia.*

And this noble soul, to whom Napoleon said, when he saw him, "You *are* a man," lived in a noble temple. Indeed it would be strange if it had done otherwise.

"*Personally the young Goethe made a most extraordinary impression.* His bearing in his student days was reserved, and at times a little haughty; but the beauty of his countenance was so irresistible, and the impression of courage, independence, nobleness, and kindness so powerful, that when he entered an inn conversation would stop; and the guests look surprised at each other.

"In his youth, in spite of some occasional rashness and arrogance, he quite intoxicated people with the richness, originality, and grasp of his ideas; the wonderful freshness and enchanting enthusiasm of his feelings. Everybody expected that something great would come from him.

"*Goethe was a man of noble bodily presence both in youth and age.* His influence has affected every civilized people, and is still on the increase. His teaching has been styled *the creed of self-culture.*"—*Chambers's Encyclopædia.*

At fourteen, probably, he "began lessons in fencing and riding; for this father would have his son early skilful *in all bodily exercises.* He, like the Duke (of Weimar), was content to sleep on a sheet spread over a straw mattress, with a light bed-covering. He loved cold-water bathing *even in winter;* thus we find him in *February,* 1779 (at thirty), bathing with Frau von Stein's boys. Then, too, *he delighted in exercise,* at first chiefly on horseback; afterwards on foot; and he did not neglect fencing, and other physical accomplishments."—*Duntzer's Life of Goethe.*

LORD ERSKINE (1750-1823)

The youngest son of the tenth Earl of Buchan; born in an upper flat in Edinburgh; his father poor; taught by his mother, who moved

in good circles; quick; idle; frolicsome; fair at Latin; at St. Andrews, but he did not graduate; wanted to be a lawyer; but his father could not afford it. A midshipman the next four years in the West Indies; he read much; was struck by lightning at sea, but was not hurt; was acting lieutenant, but was paid off; bought a commission in the army; was married before he was twenty-one; acted as chaplain while in Minorca; wrote poetry; also *Abuses in the Army;* did not like the army; chanced to hear a trial one day, before Lord Mansfield, who, seeing his uniform, asked him up on the bench; and he commented so well upon the case, as it went on, that Lord Mansfield urged him to be a lawyer; he worked diligently, but never was a profound lawyer; was much at debating societies; and was very poor; "he was so shabbily dressed," says Bentham, "as to be quite remarkable"; at twenty-eight accident brought him *instant* fame and fortune: one Baillie had charged the Lords of the Admiralty with corruption in the management of Greenwich Hospital; he overheard Erskine speak so freely about it that he retained him; of the four counsel in the case, three advised a compromise, but Erskine resisted and Baillie refused it. Feeling his children tugging at his gown for bread, he said, made him brave; and so fierce was his onslaught that Jekyll, coming in in the middle of it, "said he found the court, judges, and all in a trance of amazement"; Erskine at once got many retainers, and stepped into a large practice; was in many famous cases, and so successful that he made in all at the bar £150,000; his income reaching £10,000 one year, which was £1600 more than had ever been made in a year at the Bar before.

Gilbert Clark says: "He was engaged in the court-martial of Lord Keppel; in the defence of Lieutenant Bourne, of the navy, for challenging Sir James Wallace; the Motherill case; the defence of Lord Gordon, charged with high treason; the Dean of St. Asaph for seditious libel; the Stockdale case, growing out of the Hastings impeachment, *his speech being the finest ever delivered at the English Bar*, winning a verdict *which forever established the freedom of the press;* the Horne Tooke case; Hardy for treason; the Thelwell case; the Stone case; and the prosecution of Williams for publishing Paine's *Age of Reason.* Perhaps his greatest display was the defence of Hadfield *for attempting the life of George III.*"

Nothing can be added to Lord Campbell's estimate: "*As an advocate in the forum he was without an equal in ancient or modern*

times." He was of medium height, slender, quick and nervous, handsome and magnetic.

Irving Browne, in his *Short Studies of Great Lawyers*, says : "It is a proud boast for Scotland that the greatest of judges and the greatest of advocates *were Scots.* Mansfield and Erskine—names which cause the blood to glow in the veins of every lawyer who cherishes a high ideal of his profession—what other country can boast two such ? Dr. Johnson, who heartily hated the Scotch, admitted that much might be done with a Scotchman, if caught young. *But Erskine was not precocious.* He presents the anomaly of a *late* and instantaneously brilliant entrance into the profession. Admitted to practice at the age of twenty-eight, he gained the height of legal fame, not by slow and toilsome steps, but *at one bound ;* he burst upon the world, a star of the first magnitude, and of unfailing radiance. His eloquence, which, like the lyre of Orpheus, might have won a soul from the shades, *was the companion of a solid and unerring judgment ;* a charming wit ; a consuming sarcasm ; an exquisite tact ; an intuitive knowledge of mankind ; and *an inexorable and pervasive logic worthy of St. Paul.*"

Lord Campbell says : "He displayed genius united with public principle ; he saved the liberties of his country ; he was the brightest ornament of which the English Bar could boast. Without the invaluable assistance of Erskine, as counsel for the Dean of St. Asaph, *the Star Chamber might have been re-established* in this country." Brougham says : "He was an undaunted man ; he was an undaunted advocate." The author of *The Bar* thus concludes his eloquent tribute :

> "Yet long as liberty the soul delights,
> And Britons cherish and maintain their rights ;
> Long as they love their country's sacred cause,
> And prize the safest bulwarks of their laws ;
> So long shall be with freedom's loud acclaim
> '*Trial* by *jury*' linked with Erskine's name."

"From the moment of undertaking a cause, until its conclusion, he forgot himself, and bent every energy towards winning a verdict. He was steadily proof against *the strongest temptation with which a successful lawyer has to contend,* that of exciting admiration

of his own powers at the expense of his case. He rigidly abstained from all that might endanger the cause at hand; resisted every temptation to mere declamation, which his exuberant fancy threw in his path; and won his verdicts not more by what he said *than by what he refrained from saying.*

"Ceaseless and unremitting study of the English classics has given him a style most *felicitous.*"

"*Nor were the charms of an elegant physique and an attractive personal appearance wanting. His form was peculiarly graceful, slender, and supple;* yet when warmed with an address, quivering with the public excitement of the occasion, his features, regularly beautiful, were susceptible of an infinite variety of expression, and at times lighted up by a smile of surpassing sweetness. There was a magnetism in his eye which few could withstand; and it was a common remark that his look was irresistible to a jury. There have been profounder jurists; there have been abler judges; there have been wiser statesmen; *but as a forensic orator he stands without a rival and without a peer.*

"Never a profound jurist; *he enjoyed perfect health. During twenty-seven years of practice, indisposition never caused him a single day's absence at Court. His figure was elastic and erect;* and his eye brilliant and captivating; his movements rapid; his voice sharp and clear, and without a trace of Scotch accent."

LORD ELDON (1751-1838)

Gilbert Clark says: "Lord Eldon was knighted in 1788, and made Solicitor-General in 1783, conducting the great State trials of Horne Tooke, Hardy, and others, and realizing yearly, during his six years in office, from $50,000 to $60,000. Chief Justice of the Common Pleas, 1799, and entered the House of Lords as Baron Eldon. Lord Chancellor, 1801, which position he held for twenty-six years, with the exception of one year held by Erskine. *For twenty years,*

in everything but name, he was Prime Minister. Made an Earl 1821. Died worth $2,500,000. . . . *No lawyer since Coke ever had the English law so totally a part of him.*"

Irving Browne says : "This great lawyer, sprung from a humble lineage, held the Seals of Great Britain under two kings ; and his decisions, filling upwards of thirty volumes, extend over a period of almost a quarter of a century. During this long period he administered the intricate equity law of the wealthiest kingdom on earth so faithfully and intelligently that *only two of his decisions were ever reversed.* As a judge he was remarkable for his patience, courtesy, and candor ; his integrity ; and his profound learning. *He was doubtless the most patient man who ever sat on the English bench.* . . . Personally pure in the administration of equity, his decisions breathed and elevated morality. . . . *He was by far the most learned of the English chancellors. He surpassed every other judge in his familiarity with equitable principles ;* and the proper method of applying them. He knew not only *what* ought to be done, but *how* to do it. . . . The decisions of Lord Eldon may be compared to a *mine* of legal lore; while those of Lord Hardwicke are a *mint.*"

Mr. Eden, in dedicating *I. Eden's Reports* to him, says : "None of those who have themselves been witnesses of your sagacity, your patience, your energy ; of your unwearied diligence, your equal temper, of your gentle and condescending manners ; can form a complete idea of the transcendent merits of your judicial character. The union of many great and rare excellences present in your Lordship, the truly virtuous and exemplary magistrate ; the consistent politician ; and *the most profoundly learned and accomplished Lawyer of ancient or modern times ;* one of the greatest, wisest, and best men of the age."

Lord Campbell says : "In his person Lord Eldon was *about the middle size ; his figure light and athletic ;* his features regular and handsome ; his eyes bright and full ; his smile remarkable, benevolent ; and his whole appearance prepossessing.

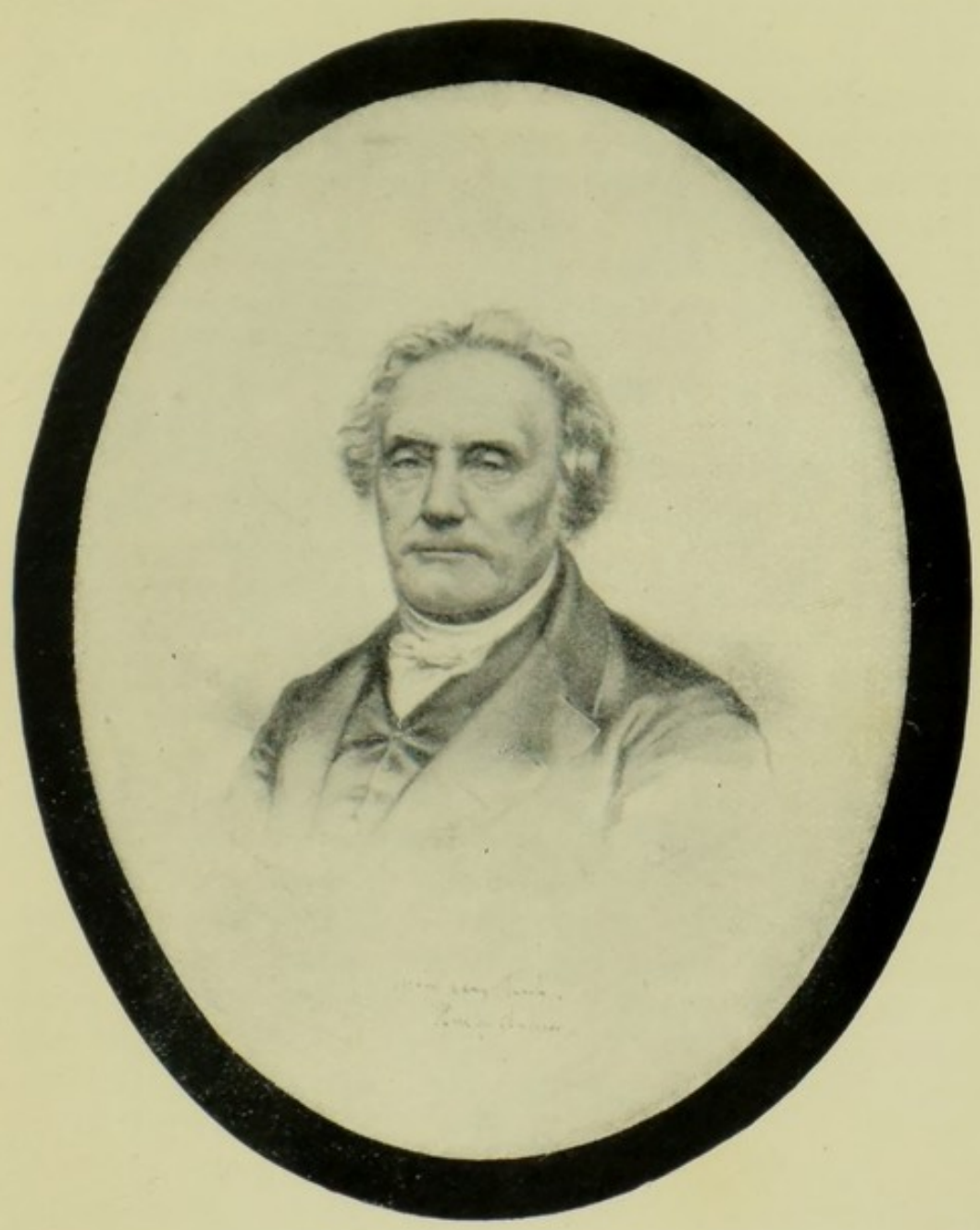
"The advance of years rather increased than detracted from these personal advantages. As he sat on the judgment seat, the deep thought, betrayed in his fur-

rowed brow, large eyebrows, overhanging eyes that seemed to regard more what was taking place than what was around him—his calmness that would have assumed a character of sternness but for its perfect placidity—his dignity, repose, and venerable age tending at once to win confidence and inspire respect."

And as seen in his portraits, his figure in later years became hearty and robust, looking the picture of health and vigor, able to easily stand as he did an unusually long life of arduous toil and vast responsibilities.

THOMAS CHALMERS (1780-1847)

Born at Edinburgh; son of a ship-owner and merchant. At St. Andrews University *at twelve;* devoted there to mathematics, ethics, and political economy; *licensed to preach at nineteen;* preaching and lecturing on mathematics and chemistry, *and winning fame as a savant.* When Napoleon threatened England, enlisting as a lieutenant and chaplain; a frequent writer for the magazines; at first on economical and other scientific subjects; then upon religious themes; attracting hearers from great distances by his eloquence in the pulpit; writing his *Evidences of Christianity;* organizing many Bible and missionary societies; at the Tron Parish Church, of Glasgow, enjoying unrivalled renown as an orator; delivering weekly *Astronomical Discourses,* which were published, and met with wide sale; invited to London in a time of high political excitement, when all parties thronged to hear him; and Canning, disappointed at first, at the end of the sermon, said to Wilberforce: "*The tartan beats us; we have no preaching like that in England!*" looking after the interests of the poor; reviving the parochial system of Scotland; *taking charge of two thousand poor families in his parish with highly gratifying results,* including personal visits to *every* family by his agents and teachers; accepting a call to the chair of Moral Philosophy at St. Andrews'; then the Chair of Divinity at Edinburgh; where he remained fifteen years; appointed Royal Chaplain; "*carrying his eloquence into the class-room, which was filled, not with students alone; but with clergymen of various denominations, and eminent literary and scientific*



THOMAS CHALMERS

(From an autograph copy of an original portrait owned by Dr. John Brown, author of "Rab and His Friends," and presented by him to Rev. Dr. Theodore L. Cuyler, by whose courtesy it is presented here)

*men"; published his famous "Bridgewater Treatise" on "The Adaptation of External Nature to the Moral and Intellectual Constitution of Man"; lectured in London; France; Scotland for funds *to provide Scotland with churches, so that no part should be without the discipline of religion;* elected Fellow of the Royal Society of Edinburgh; and the degree of D.C.L. conferred on him by Oxford; acknowledged Leader of the Evangelical Church of Scotland; led the Secession which founded the Free Church of Scotland; resigned his chair in the University, and devoted the remaining four years of his life to organizing and consolidating the new Church; though his writings covered a vast range; yet "his literary and scientific activity, prodigious as it was, is regarded as, on the whole, subordinate to his social and Ecclesiastical Reforms, and to the influence of his personal magnetism and genius."

One writer says of him: "A child-like, guileless, transparent simplicity; *the utter absence of everything factitious in matter or manner*—a kindliness of nature that made him flexible to every human sympathy—a chivalry of sentiment that raised him above the petty jealousies of public life—a firmness that made vacillation a thing almost impossible; *a force of will and general momentum that carried all that was movable before it—a vehement utterance and overwhelming eloquence that gave him the command of the multitude;* a scientific reputation that won for him the respect and attention of the more educated; *a legislative faculty that framed measures upon the broadest principles;* a practical sagacity that adapted them to ends they were intended to realize; a genius that in new and different circumstances *could devise;* coupled with a love of calculation; a capacity for business details, and administrative talent that fitted him to *execute;* a purity of motive that put him above all suspicion of selfishness; and a piety, unobtrusive but most profound, simple; yet intensely ardent."

And he *was* an orator.

J. G. Lockhart says: "Most unquestionably I have never heard, whether in England or in Scotland, or in any other country, any preacher whose eloquence is capable of producing an effect so strong and irresistible as his." Lord Jeffrey remarks: "I know not what it is; but there is something altogether remarkable about that man. It *reminds me more of what one reads of as the effect of Demosthenes* than anything I ever heard." Robert Hall, the greatest pulpit orator of England, wrote to him: "It would be difficult not

to congratulate you upon the unrivalled and boundless popularity which attended you in the Metropolis. . . . The attention which your sermons have excited is probably unequalled in modern literature."

In his *Oratory and Orators*, Professor Mathews says: "*What ruler of men ever subjugated them more effectually* by his sceptre than Chalmers, who gave law from his pulpit for thirty years? *Who drew tears from Dukes and Duchesses, and made the Princes of the blood and bishops start to their feet, and break out into rounds of the wildest applause?* It would be hard to name an orator of equal fame who had so *few* of the usual external helps and ornaments of eloquence; and hence the first feeling of almost every hearer whom his fame had attracted was a shock of disappointment. As he rose to speak, and the hearer contrasted with his ideal of an orator, or with his preconceived notions, the *middle-sized* and somewhat strange and uncouth figure before him, with its broad but not lofty forehead, its prominent cheek-bones, and its drooping, lack-lustre eyes; as he observed the abrupt and awkward manner, apparently indicating embarrassment or irreverence, or both; and listened to the harsh croaking tones of the broad Fifeshire tongue, while the speaker bent over his manuscript, and following it with his finger, read every word like a school-boy;—it seemed incredible that *this* could be the man *who had stormed the hearts of his countrymen for more than thirty years; and whose published discourses had rivalled in their sale the productions of the great Wizard of the North.* All this, however, was but the gathering of the clouds as a *prelude* to dazzling and flashing outbursts of lightning, and to the reverberating thunder-peals in the heavens. Gradually the great preacher would unveil himself; the ungainly attitude, the constraint and awkwardness, the vacant look and feebleness of voice and manner would be cast aside, or, if in some degree retained, would be overlooked by the hearer in the deepening interest of the theme; *the voice*, though still harsh and unmusical, *would ring out and shrill like a clarion;* the eye, which was so dull and half closed, would be lighted up with intelligence; *the breast would heave, and the body sway to and fro with the tumult of the thought; voice and face would seem bursting with the fury of excitement; while his person was bathed with perspiration;* the words, before so slow, would leap forth with the rapidity and force of a mountain torrent; argument would follow argument, illustration would follow illustration, and

appeal would follow appeal in quick succession, till at last all hearts were subdued and carried captive by the flood of an overwhelming and resistless eloquence. . . . *Another writer was so struck with his prodigious energy, his native feral force, that he declares that, had it not been intellectualized and sanctified, it would have 'made him, who was the greatest of orators, the strongest of ruffians, a mighty murderer upon the earth.'*"

And this man, who grappled with the management of ten thousand poor in his parish—quite a parish—and whom Professor William Garden Blaikie considered "intellectually and morally the grandest man that ever lived," had, as his picture shows, the very body he needed for his titanic work. Professor Blaikie, in his *Famous Scots Series*, says: "Of Chalmers as a school-boy the testimony is that he was one of the idlest, *strongest*, merriest, and most generous-hearted boys in Anstruther School."

"One boy above the rest seeming about ten or twelve years of age, who is *the leader in their sports—strong, active, merry, and boisterous*, with big head, matted dark hair, large plain features, *broad shoulders, well-proportioned, but brawny limbs*, his laugh always loudest, and *his figure always foremost at foot-ball and the other games in which they were contending.*—*Thomas Chalmers, a Biographical Study, by James Dodge.*

When appointed assistant professor of mathematics, Mrs. Oliphant said of him: "The life and energy *of a robust young man*, full of ambition, and eager for achievement, was in all his veins."

And Professor Mathews says of him, when he had fully matured and was "in all" his "glorious prime," that "*Chalmers had a large frame*, with a ponderous brain, and a general massiveness of countenance which suggested great reserve strength, *and reminded those*

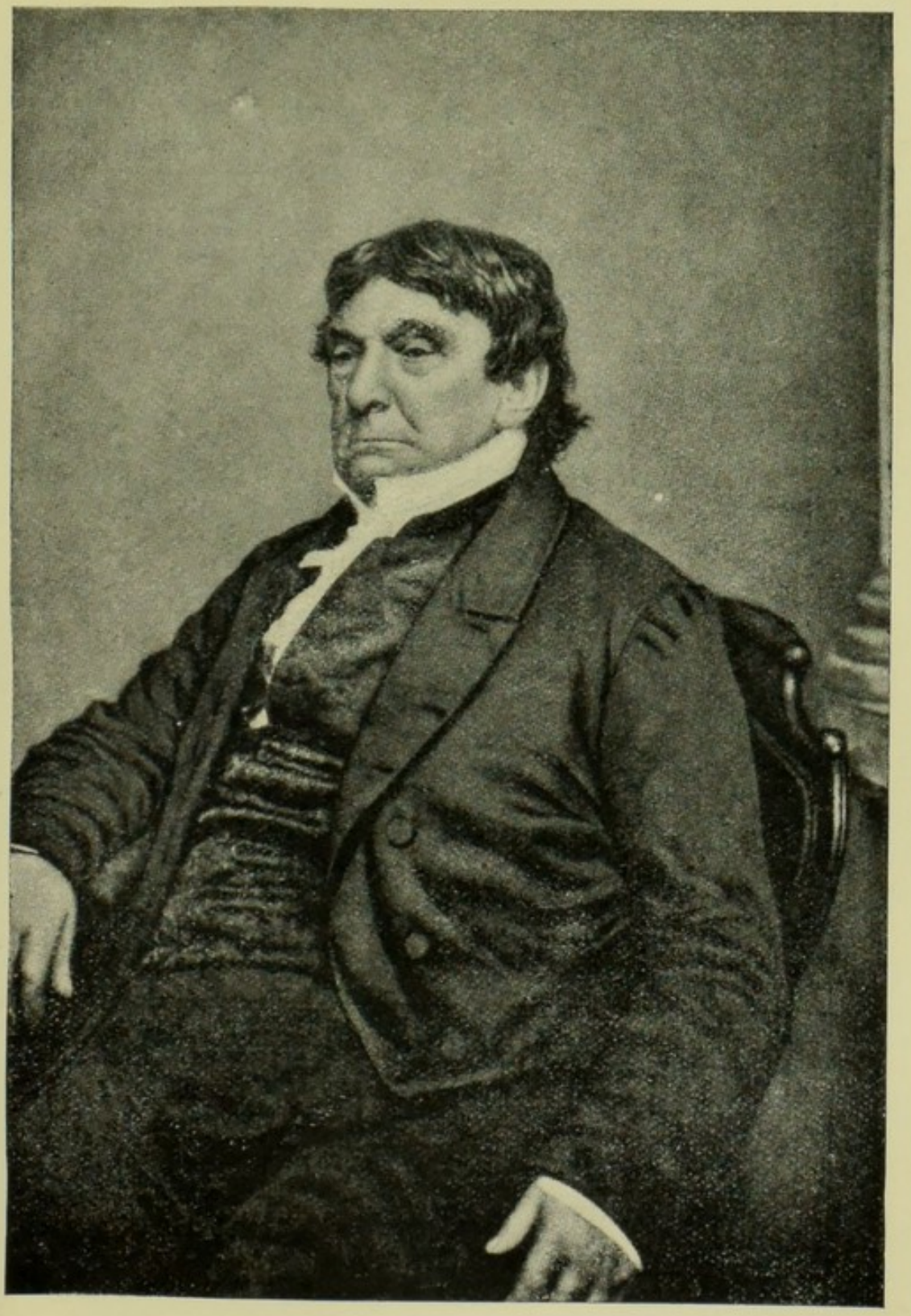
who watched him in repose of one of Landseer's or Thorwaldsen's lions."

With such a body, such a mind—and such a soul—and with a clear, definite, lofty aim drawing out his great abilities to the utmost, such a man could not help being a leader in any land. *What other son of Scotland would you rate greater than he?*

CHIEF JUSTICE SHAW (1781-1861)

Gilbert Clark says that Lemuel Shaw was for thirty years Chief Justice of Massachusetts. He was born at Barnstable, Massachusetts; was a graduate of Harvard; member of both Houses of the Legislature, from 1811 to 1830, and of the convention for revising the State laws in 1820. *Daniel Webster, who urged his appointment as Chief Justice, said he had laid the people of Massachusetts under lasting obligations to him by inducing the appointment.* Before his accession to the bench—a three-thousand-dollar position—he had a practice of nearly twenty thousand dollars a year. He united learning and common-sense in a degree seldom found in one man, so that the law became with him the perfection of human reason. He adapted old rules to new conditions; *and is undoubtedly the greatest common-law judge New England ever produced; and* IT IS DOUBTFUL WHETHER AMERICA HAS PRODUCED A GREATER, IF WE EXCEPT MARSHALL. He had a patient ear, yet he was firm—no lawyer, however audacious, presuming to trench on the dignity of his Court. He held the scales of justice with an even hand. His charges to a jury were simple and clear, yet *covered* the question in controversy. His character and integrity were unquestioned. Chief Justice Bigelow said of him: "*No subject was so great as to be beyond the reach of his comprehensive grasp; no distinction so minute as to elude his discriminating observation.*"

Webster said to Governor Lincoln, when consulted by him: "Appoint Lemuel Shaw by all means." "But he won't take it," said the Governor. "We must *make* him take it," said Webster. Webster then approached Mr. Shaw upon the subject. He was almost offended at the suggestion. "Do you suppose," said he, "that I am going, at my time of life, to take an office that has so



CHIEF JUSTICE LEMUEL SHAW

(Published by permission of the proprietor of *The Green Bag*)

much responsibility attached to it, for the paltry sum of three thousand dollars a year?" "You have some property," replied Webster, "and can afford it." "I shall not take it under any circumstances," was his answer. Said Webster: "I used every argument I could think of. I plied him in every possible way, and had interview after interview with him. He smoked and smoked; and as I entreated, and begged, and expostulated, the smoke would come thicker and faster. Sometimes he would make a cloud of smoke so thick that I could not see him. He would *groan* and smoke. *I guess he smoked a thousand cigars while he was settling the point.* Although he accepted the office with the greatest reluctance, *he has filled it with unsurpassed ability;* there is not in the world a more upright, conscientious, and able judge than Chief Justice Shaw. *He is an honor to the ermine. For that I repeat that the people of Massachusetts owe me a debt of gratitude, if for nothing else."—Harvey's Reminiscences of Webster.*

Rufus Choate addressed him in his own way: "In coming into the presence of your Honor, I experience what a Hindoo does when he bows before his idol—I know that you are ugly, but I feel that you are great." But the Chief Justice got back at him. When he heard that a new edition of *Worcester's Dictionary* had twenty-five hundred new words in it, he exclaimed: "For Heaven's sake, don't let Choate get hold of it!"

And look at that *body!* Its wonderful breadth, its great depth; the almost huge neck; the large hands; everything suggestive of uncommon vitality and unusual physical vigor. No wonder he lived to be *eighty,* and worked at a great pace all the time, and on the most abstruse and important questions. No *feeble* body could have ever stood what he went through. It would have given out many years before.

JOHN BANNISTER GIBSON (1780-1853)

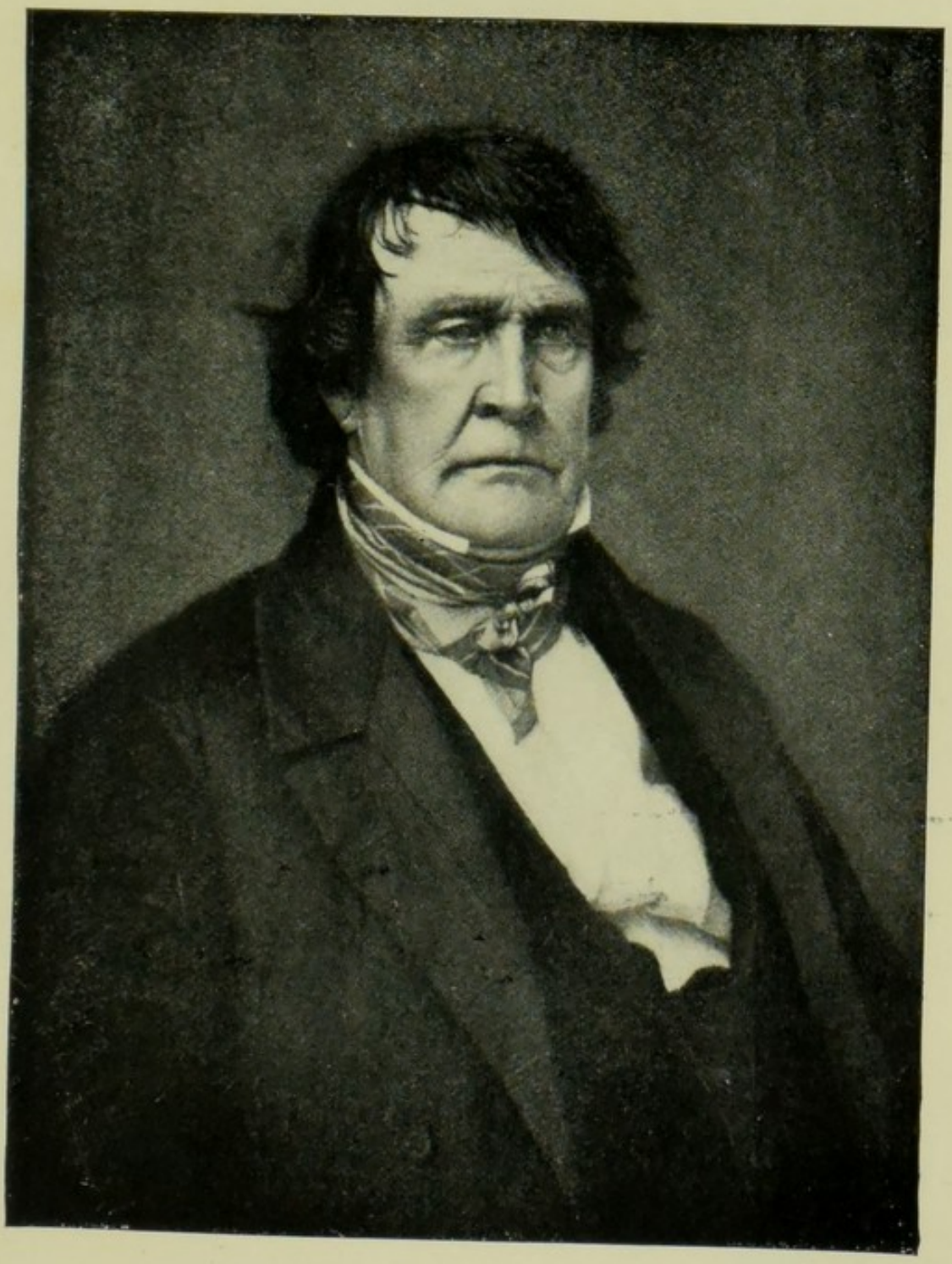
"Stands with the great majority as the one man that, like Saul, *is higher from the shoulders and upward than any of his fellows.* Born in Cumberland County, Pennsylvania, November 18, 1780. *His grandfather was six feet eight inches in height;* and his father

was a military man, and very popular. Young Gibson was a poor country boy. He entered Jefferson College when about seventeen. Studied law at Carlisle, and was admitted at twenty-three. Soon became President-Judge of the Eleventh Judicial District. In 1816 he became an Associate Justice of the Supreme Court of Pennsylvania; and in 1827 Chief Justice, which position he held for twenty-six years. He sat upon the bench with twenty-six different associates; and *at the time of his death had been longer a judge than any contemporary in the world.*

"His opinions are found in no fewer than seventy volumes—from 2 Sergeant and Rawle to 7 Harris. He settled the law of riots in Pennsylvania, in Donahue *vs.* The County, 2 Barr., 230. His great decision is that of Ingersoll *vs.* Sergeant, 1 Wharton, 336, on the statute 'Quia Emptores,' and rent-charge and rent-service.

"*He was upwards of six feet high, strong, muscular, and attractive.* A born musician, his favorite recreation through life was the violin. He was a connoisseur in painting and sculpture, a master of English, French, Italian, and classic literature; had a sound knowledge of medicine, which he had carefully studied in youth; an adept at mechanics, a successful dentist, and tuned a piano perfectly. His language was saturated with Shakespeare, epigrammatic, paradoxical, and could never after be paraphrased. Said United States Attorney-General Jeremiah S. Black: '*In some points of character he had not his equal on earth. Such vigor, clearness, and precision of thought were never united with the same felicity of diction.*' And adds Matthew H. Carpenter: '*His opinions, thoroughly understood, would make any man a profound lawyer.*'"—*Clark's Sketches of Eminent Lawyers.*

"*In person the Chief Justice is above the common stature; and has always been distinguished by extraordinary vigor of health and frame.* His tempers are eminently social; and among all classes of society throughout the State he is ever greeted as a welcome guest. *His hearty health;* his fresh and genial taste; and *his devotion to judicial labors indicate a man on whose vigorous power age has made no mark.*"—*United States Monthly Law Magazine.*



CHIEF JUSTICE GIBSON

His enormous head is referred to elsewhere (page 362). But, as his portrait shows, there was ample body to sustain the great intellect, and to carry him through more than seventy years of vigorous, active life.

CORNELIUS VANDERBILT (1794-1877)

"Born at Port Richmond, Staten Island, New York, May 27, 1794, of Dutch stock—the eldest of nine children; his father raised vegetables at Stapleton, and sold them in New York, then a city of eighty thousand inhabitants. Like other market-gardeners, he was his own boatman, and also that of several of his neighbors; and was the originator of the Staten Island ferry. 'Corneel' made many trips in charge of his father's boat; he offered his mother, before he was seventeen, to plough, harrow, and plant eight acres of rough land for one hundred dollars. The time was short, the undertaking physically impossible for one youth; but 'Corneel,' with a spirit of his own, quickly secured the aid of a number of playmates, and earned the hundred dollars, which was the foundation of his splendid fortune. With a boat obtained with this money, a better one than his father's—*he earned in three years three thousand dollars. He gave most of this to his mother;* but invested a small part in two other boats; so he was master of three handy vessels, one of them a periagua, capable of carrying twenty people, the best of her class in the harbor. He operated the mosquito fleet for several years; the fare was eighteen cents. The war of 1812 greatly increased travel to Staten Island, owing to the placing of garrisons at The Narrows. In 1814 he got the contract to carry men and supplies to the harbor forts, after a lively competition with others; *he was not the lowest bidder; but his reputation for energy brought him the contract;* the trips between Ward's Island, Hell Gate, Harlem, and The Narrows occupied him constantly for many months. At nineteen he moved to New York, kept up his Staten Island boats, but also went into trade with Hudson River boats and Long Island Sound coasters; he owned several boats, sloops, and schooners, sailed them to every point in the harbor and the waters contiguous thereto, and learned to know every inch of the geography of this coast. Fulton was developing his steamboat, and Vanderbilt, in 1818, became captain of the *Bellona* at one

thousand dollars a year less than he was earning; but he saw from the falling off in the receipts of his Harlem River boats that steam would supplant them. New York State had granted Fulton and Livingston exclusive rights to navigate the waters of this State; every steam-boat a trespasser would be liable to search and confiscation. The *Bellona* was owned by a company with Thomas Gibbons at its head, which carried passengers from New York to New Brunswick, New Jersey, on their way to Philadelphia; who then went by stage to Trenton, and by boat to Philadelphia. This company fought the others with great vigor, until the Supreme Court of the United States declared the act unconstitutional and void, Chief Justice Marshall writing the opinion. Vanderbilt enjoyed this fight immensely. In the next twenty years there were built and operated for him *in the neighborhood of a hundred steamboats; and it was at this time, as commander of this fleet, that he acquired the title of Commodore. This remarkable man feared no opposition. On the other hand, he seemed to love and court it, and always knew how to meet it.* His boats, built largely under his own plans and supervision, were swifter, finer, and more attractive than those of his rivals, and were in the main successful. He operated his foundries and repair-shops. When gold was discovered in California, in 1849, various companies soon had the monopoly of the Panama traffic. Vanderbilt put on a competing line; sailed in 1850 for Nicaragua; *personally explored a new route to the Pacific; and got a charter from the Nicaraguan government;* and in 1852 sold it on excellent terms. After thirty years of incessant labor, he made an extended European trip, upon his own steamer, *The North Star*, and was most hospitably entertained in Great Britain, Denmark, Russia, and Turkey, both publicly and privately; many not believing that a private citizen of the United States could travel in such magnificence, unless as a commissioner for dangerous political designs. He then built a line of steamers from New Orleans and Galveston, and another from New York to Aspinwall, *and in eleven years made eleven million dollars.*

"When the Crimean War broke out, he tried to estabish a line of steamers to Europe, but the English opposition was too great, and he failed. *In* 1862 *he gave the government The Vanderbilt, the swiftest and best-appointed steamer afloat,* and she performed valuable services, for which Congress gave him a gold medal, on which were inscribed the words '*A grateful country, to her generous son.*'

He then sold out his steam-boat interests and went into railroading —first in Harlem ; then in New York and New Haven ; cornering Norwich and Worcester. In 1863 he was made president of the New York and Harlem, with its stock at thirty dollars ; its stock rose in August of that year to one hundred and seventy-nine dollars. From a combination against him, the stock fell heavily; his brokers bought till he had it all. Next year he operated a corner in the Harlem road, and, to avert a panic, settled at two hundred and eighty-five dollars a share. In 1865 he bought at a reduced price the control of the New York Central ; in 1867 he became its president; in 1869 president of the Consolidated New York and Hudson River Railroad, with a thousand miles of track and over a hundred million dollars of capital under his control; in 1868 an eighty per cent. scrip dividend was declared on both roads ; in spite of which shares rose to two hundred dollars each ; when it was seen that the Vanderbilt party had a majority of the stock of the Lake Shore, they secured the control of the entire line from New York to Chicago. In his fight with Drew and others for the control of the Erie, he lost seven million dollars ; but he got back five million dollars of it by legal proceedings. Of a constructive temperament, he created corporations which he so managed that they yielded large dividends, the capital then being increased in harmony with the earnings."—*America's Successful Men.*

Physically he was a splendid man. "*He was tall, athletic, and brave ;* not very fond of books ; but *devoted to open-air life and sports ; a fine swimmer ; and a good oarsman and horseman ; at the age of six he had already driven a race-horse at full speed ;* a fact to which he often referred in later years. In the quiet life of *the farm, the sailing of boats, fishing, and other amusements,* the future railroad-president *gained the physical and mental vigor which, added to his striking appearance and sturdy, resolute character, made him a prince among men. He was a man of great physical vigor and striking personality ; six feet tall; handsome ; and with clear complexion.* He was a man of few words. Bunyan's *Pilgrim's Progress* was one of his favorite books, and "There is Rest for

the Weary" his favorite hymn. Politics did not interest him. *He was fond of driving fine horses;* he gave one million to Vanderbilt University, Nashville, Tennessee. He had thirteen children by his first wife."

Among many stories of his daring in storm and danger, this may be told here: In a sailing-race from Staten Island to a buoy five miles out in the Bay, and return; the favorite was a costly and handsome sloop, which could easily outsail Vanderbilt's periagua — this very boat he had earned. Upon the day of the race it blew a gale. Nothing could suit Vanderbilt better. Though he pressed the sloop hard, she rounded the stake first, and was evidently winning as she liked. But the finish-line had been placed just in front of and too near a stone-dock. The sloop, as she neared the finish, began to shorten sail, to avoid the danger. "Corneel" cracked on every stitch he had; shot over the line a winner; crashed into the dock; his boat sank; he shinned up the mast, won the prize; and a few dollars soon patched the boat, and made her all right.

In all his life he never laid on flesh; but muscular, erect, and commanding, he was one of the finest-looking men in the United States. He drove almost daily; not cooped up in a closed carriage, but *he* did the driving, and behind the fleetest pair of horses that money could buy. And woe be to your wheel if you got in his way. But no blooded horse he ever drove had more of the true racing-spirit in him than did this modern viking and railroad king, *who made an average of a million a year for eighty years—one of the strongest, manliest, and greatest men America has yet produced.*

HENRY CLAY (1777–1852)

Born in the "Slashes," Hanover County, Virginia, son of a poor Baptist minister; three years at school; five reading law;

settling in Lexington, Kentucky, where his attractive home, "Ashland," still stands; saving many a murderer's neck; entering the United States Senate before he was thirty; declining the position of Associate Justice of the United States Supreme Court; the most famous Speaker the House of Representatives ever had. "*His leaving Congress in* 1842," wrote Crittenden, "*was something like the soul's quitting the body.*" Secretary of State; fought two duels; five times tried to be President, but said he would sooner be right than President.

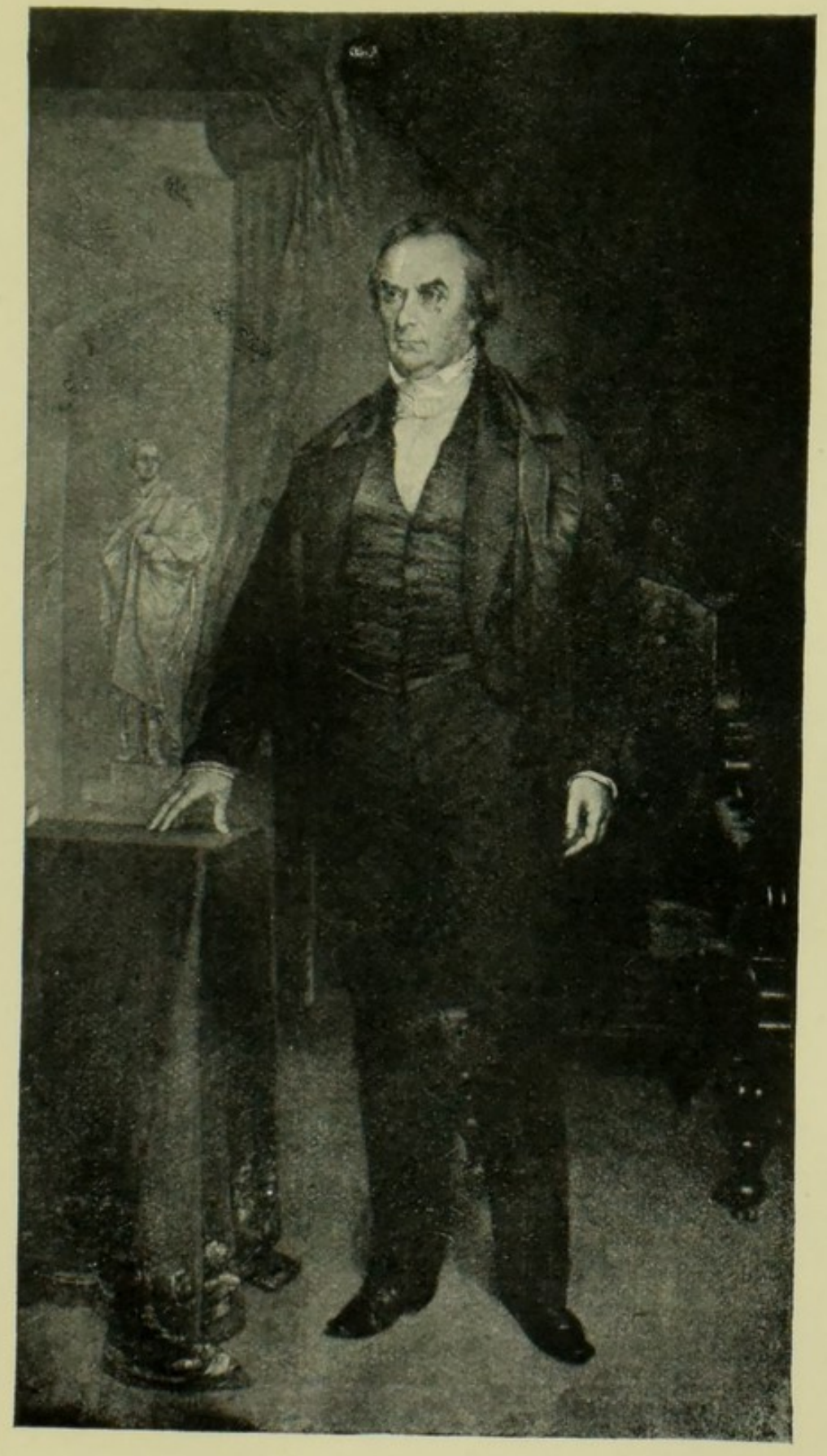
Carl Schurz says: "*He was without question the greatest parliamentary orator*, and one of the greatest popular speakers, America has ever had. Webster excelled him in breadth of knowledge, in keenness of reasoning, *in weight of argument*, and in purity of diction. But Clay possessed, in a far higher degree, *the true oratorical temperament;* that force of nervous exaltation which makes the orator feel himself, and appear to others a superior being; and almost irresistibly transfers his thoughts, his passions, and his will into the mind and heart of the listener. Webster would instruct and convince and elevate; *but Clay would overcome his audience.* In the elements, too, which make a man a *leader*, Clay was greatly the superior of Webster; as well as of all other contemporaries, *excepting Andrew Jackson.* He had not only, in rare development, the faculty of winning the affectionate devotion of men; but his personality imposed itself without an effort so forcibly upon others that they involuntarily looked to him for direction; waited for his decisive word before making up their minds; and not seldom yielded their better judgment to his will-power. *While this made him a very strong leader, he was not a safe guide.* The rare brightness of his intellect and his fertile fancy served, indeed, to make himself and others forget his lack of accurate knowledge and studious thought; but these brilliant qualities could not compensate for his deficiency in that prudence and forecast which are required for the successful direction of political forces. His impulses were vehement, and his mind not well fitted for the *patient analysis* of complicated problems, and of difficult political situations. *His imagination frequently ran away with his understanding.* He disliked advice which differed from his preconceived opinions; and with his imperious temper and radiant combativeness, he was apt, as in the struggle about the United States Bank, to put himself, and to hurry his party, into positions

of great disadvantage. . . . His integrity as a public man remained without blemish throughout his long career. He preserved an equally intact name in the conduct of his private affairs. In money matters he was always a man of honor, maintaining the principles and pride of a gentleman."

He was six feet one inch high, erect, and commanding; with high forehead, prominent nose, blue eyes, large mouth, and a powerful, melodious voice. The *North American Review*, for January, 1866, says: "In no man of our knowledge has ever been combined *so much of the forest-chief* with so much of the good of the trained man of business as in Henry Clay. This was the secret of his power over classes of men so diverse as the hunters of Kentucky and the manufacturers of New England." Of typical Southern make, long-barrelled, tall, wiry, alert, daring, that seething brain kept the body too active to ever let it get far out of condition.

DANIEL WEBSTER (1782-1852)

"'While Mr. Webster, as a *politician* and a *statesman*,' says Mr. Everett, '*has performed an amount of intellectual labor sufficient to form the sole occupation of an active life;* there is no doubt that his arguments to the Court, and his addresses to the jury *in important suits of law*, would, if they had been reported like his political speeches, have filled *a much greater space*.' And his friend might have added that the labor bestowed in the examination and general treatment of his cases cost him real toil, and required a more thorough employment of his transcendent talents than the preparation of all his arguments, addresses, and speeches, legal and political. *The professional work actually performed by his mind during the forty-five years of his public life, if given at the same length as his published efforts, could scarcely have been printed in less than several scores of volumes.* And then, when it is considered *how* that work was performed; *how every part of it was executed; what perfection and power were stamped upon all of it, the mind almost staggers at the contemplation.* Or, if the mind of any will go on with



DANIEL WEBSTER

(From the celebrated painting by Chester Harding)

the contemplation of this almost inconceivable succession of intellectual labors *of the highest order*, and of the grandeur and glory to which it all tended, and unto which it finally attained; it can hardly do so in better terms, or under a better guide than that furnished in the language of one whom it is scarcely possible not to quote upon this subject. 'There presents itself,' says Mr. Choate, 'on the first, and to any observation of Mr. Webster's life and character, a twofold eminence—*eminence of the very highest rank in a twofold field of intellectual and public display—the profession of the law, and the profession of statesmanship, of which it would not be easy to recall any parallel in the biography of illustrious men.* Without seeking for parallels, and without asserting that they do not exist, *consider that he was, by universal designation, the leader of the general American Bar; and that he was also, by an equally universal designation, foremost of her statesmen living at his death;* inferior to not one who has lived and acted since the opening of his own public life. Look at these aspects of his greatness separately; and from opposite sides of the surpassing elevation. *Consider that his single career at the Bar may have seemed to have been enough to employ the largest faculties without repose for a lifetime;* and that, if then and thus the *infinitus forensium rerum* labor should have conducted him to a mere professional reward—a Bench of Chancery, or the law—the crown of the first of advocates—*juris peritorium eloquentissimus*—to the pure and mere honors of a great magistrate; that that would be as much as is allotted to the ablest in the distribution of fame. Even at heart, if I may say so—of his illustrious reputation—how long to win it—how worthy of all that labor!'"—*Tefft's Webster and His Masterpieces.*

United States Senator Lodge says: "His great success Mr. Webster owed solely to his intellectual power, *supplemented by great physical gifts. No man ever was born into the world better formed by nature* for the career of an orator and statesman. He had everything to compel the admiration and submission of his fellow-men. *But the imposing presence* was only the outward sign of the man. Within was a massive and powerful intellect, not creative or ingenious, but *with a wonderful vigor of*

grasp; capacious, penetrating, far-reaching. Mr. Webster's strongest and most characteristic mental qualities were weight and force. He was peculiarly fitted to deal with large subjects in a large way."

Mr. Morse says: "In the immediate effect of Mr. Webster's speeches was the *physical* influence of the man himself. We can but half understand his eloquence and its influence if we do not carefully study his *physical* attributes; his temperament and disposition. In face, *form,* and voice, *Nature did her utmost for Daniel Webster.* No envious fairy was present at his birth to mar these gifts by her malign influence. *He seemed to every one to be a giant; that at least is the word we most commonly find applied to him;* and *there is no better proof of his enormous physical impressiveness* than this well-known fact; for Mr. Webster was not a man of extraordinary stature. *He was five feet ten inches in height; and, in health, weighed a little less than two hundred pounds.* These are the proportions of a large man, but there is nothing remarkable about them. We must look elsewhere than to mere size to discover why men spoke of Webster as a giant. He had a swarthy complexion and straight black hair. *His head was very large,* the brain weighing, as is well known, more than any on record, except those of Cuvier; and of the celebrated bricklayer. At the same time his head was of noble shape; with a broad and lofty brow; and his features were finely cut, and full of massive strength. His eyes were extraordinary. They were very dark and deep-set; and, when he began to rouse himself to action, shone with the deep light of a forge-fire, getting ever more glowing as excitement rose. His voice was in harmony with his appearance. It was low and musical in conversation; in debate it was high but full, ringing out in

moments of excitement like a clarion; and then sinking to deep notes with the solemn richness of organ-tones; while the words were accompanied by a manner in which grace and dignity mingled in complete accord. The impression which he produced upon the eye and ear is difficult to express. THERE IS NO MAN IN ALL HISTORY WHO CAME INTO THE WORLD SO EQUIPPED PHYSICALLY FOR SPEECH. *In this direction Nature could do no more. The mere look of the man and the sound of his voice made all who saw and heard him feel that he must be the embodiment of wisdom, dignity, and strength;* divinely eloquent, even if he sat in dreamy silence, or uttered nothing but heavy commonplaces.

"It is commonly said that no one of the many pictures of Mr. Webster gives a true idea of what he was. We can readily believe this, when we read the descriptions which have come down to us. That indefinable quality which we call *personal magnetism, the power of impressing by one's personality every human being who comes near, was at its height in Mr. Webster. There have been few instances in history where there is such constant reference to merely physical attributes as in the case of Mr. Webster. His general appearance* and his eyes are the first and last things alluded to in every contemporary description. Every one is familiar with the story of the English navvy who pointed at Mr. Webster in the streets of Liverpool and said, '*There goes a king.*' Sidney Smith exclaimed when he saw him, '*Good heavens; he is a small cathedral by himself!*'"

Carlyle, no lover of America, wrote to Emerson: "Not many days ago I saw at breakfast the notablest of all your notabilities, Daniel Webster. HE IS A MAGNIFICENT SPECIMEN. *You might say to all the world,* 'THIS IS OUR *Yankee Englishman;* SUCH LIMBS WE MAKE IN YANKEE-

LAND.' As a logic-fencer, *or Parliamentary Hercules, one would incline to back him at first sight against all the extant world.* The tanned complexion; that amorphous, crag-like face; the dull black eyes under the precipice of brows, like dull anthracite furnaces, needing only to be blown; the mastiff-mouth accurately closed; I have not traced so much of silent Berserker rage that I remember of, *in any man. I guess I should not like to be your nigger!* Webster is not loquacious, but he is pertinent, conclusive; a dignified, perfectly bred man, though not English in breeding; *a man worthy of the best reception among us, and meeting such, I understand." Such was* the effect produced by Mr. Webster when in England; *and it was a universal impression.* WHEREVER HE WENT MEN FELT IN THE DEPTHS OF THEIR BEING THE AMAZING FORCE OF HIS PERSONAL PRESENCE. He could control an audience *by a look;* and could extort applause from hostile listeners by a mere *glance.*

His personal friend, Peter Harvey, in his *Life of Webster,* tells us more about his wonderful physique. He says: *"As he matured in life he grew stronger. His early indulgence in field-sports confirmed his health; and provided him at last with unusual physical vigor and strength.* HE WAS A CAPITAL WRESTLER; AND OFTEN, WHEN HIS TWO SONS HAD BECOME MEN, HE WOULD CHALLENGE THEM TO WRESTLE; AND COULD READILY THROW EITHER OF THEM. *The habit of out-door recreation was continued throughout his life.* Of Mr. Webster's daily habits, when free from all restraints of company, I think I may say, without egotism, that I know as much as any man; for *I was with him a great deal;* and of course my presence imposed no restraint upon him. During the heated controversy about nullification, they usually became personal in their debates. Some-

times violence was threatened to individuals. Many *armed* themselves to repel an assault if they should be attacked. His son once asked him why he, too, did not arm himself. His reply was: '*My son, I war with principles, not with men.* I give no occasion for a personal assault. Besides,' he added, drawing himself up to his full height, 'FEW MEN WOULD VENTURE TO ASSAIL ME IN THE STREET; IF ONE SHOULD, HE WOULD PROBABLY BE PUT TO REST FOR A FORTNIGHT FOR HIS TEMERITY.' Webster certainly was not a handsome man; but he was tall, WITH A CHEST LIKE A HERCULES; a magnificent head, with beetling brows, and cavernous, melancholy black eyes of the most searching and significant expression. *No other human eye was ever like his.*"

They put men to sleep in the prize-ring. But it is only *for a few minutes, or even seconds.* But Webster's plan was to make it so effectual that it would last *a fortnight.* Fowler, the famous phrenologist, used to say that Webster's chest girthed forty-five inches. If so, for a five-foot-ten man he was a wonder. Certainly he had a *vast* chest—at once a mighty factory and storehouse of vitality, worthy to feed such a colossal brain. And to do such a gigantic life-work. And he held his chest as a man ought to do; and with the very effect so holding *such* a chest will always bring—an effect well told by Finck: "An arched chest *imparts to man's whole figure an aspect of physical perfection, not to say sublimity,* as may be seen in the ancient statues of gods, in which the chest is intentionally made more prominent than it can ever be in a man; presumably in order to weaken the impression of the chest's more animal neighbor, the abdomen. *There is a deep meaning* in our phraseology which localizes courage, boldness, martial valor, in *a man's vigorous breast.*"

And did they not often call him the Jove-like Webster? What other man in Senate or House of Representatives; in the House of Lords or Commons; in the Reichstag; the Chamber of Deputies, or the Cortes, has such a magnificent chest and mighty presence to-day as had this same "*Parliamentary Hercules*"? Well does one writer put it, "THE GRANDEST PRESENCE SEEN SINCE CHARLEMAGNE!"

RUFUS CHOATE (1799–1859)

Gilbert Clark says: "He occupies a unique position, won by his powerful and peculiar genius. That which pre-eminently distinguished him was his tendency and power to *idealize* his clients and their cause. If in the sheer *force of his understanding* Webster was greater; he had no share in those graceful qualities of mind and art which Choate so conspicuously displayed; while, as an acute and subtle dialectician, Webster nor any other ever approached him.

"Choate's first appearance at the Bar was the signal for much laughter and ridicule. His advent was regarded by the lawyers and suitors of his day very much as the appearance of Pegasus would be received by the steady-going, earth-born equine, if he should descend and assume the rôle of a cart-horse. His ways were not their ways. His eccentricities and his struggles to carry his burden aloft into his native element excited much merriment. But soon it was found that Pegasus drew his load better than any of them, despite his antics and his curvetings. Men soon came to acknowledge that here was a new and legitimate style of advocacy; and although it proved inimitable, yet it soon secured ungrudging admiration; and to the new-comer was accorded the leadership which his unique genius demanded. From then until his death he was as much sovereign in the Boston court-house as Webster was in Faneuil Hall.

"His voice, which naturally was rich, grand, and melodious, he frequently urged to its highest key; he shricked; he raved; he tore a passion to tatters; he swung his fists; he ran his trembling fingers through his long, curling locks, dripping with perspiration; he shook his head like a lion's mane; he raised his body on his toes, and

brought his weight down on his heels with a force that shook the court-room; he paused for two or three seconds, threw back his head, swept the jury with a terrific glance, and violently inhaled his breath through his nostrils with a snuffing that was heard all over the court-room; his weird eyes glared like a maniac's; his wrinkled face assumed a hundred unnatural corrugations; in short, his speech tore his frame, and his body was convulsed like that of the Delphic priestess in her moments of inspiration. All this seems very ridiculous in the description. It is not singular that it sometimes excited derision. But derision was short-lived. Once when a party to the suit in progress laughed at Choate's extravagance the advocate crushed him by advancing on him with a thundering 'let those laugh who win.'"

Choate's personal appearance was as remarkable as his oratory. *Above six feet in height, with a powerful chest and shoulders, a gaunt frame, huge hands and feet;* a rolling, lumbering sort of gait, a bilious, coffee-colored complexion; his face deeply corrugated with profound wrinkles and hollows and seamed with powerful lines; his head deep, rather than wide, and completely covered with luxuriant black curly hair, scarcely tinged with gray at the day of his death; mouth large, and lips thin and tremulous; his eyes large, deep-set, and black, with a weird, far-away expression in quiet; but a terrible burning intensity in excitement;—a face noticeable in a throng of a thousand, with intellect looking out at every point;—a most haggard, woe-begone, fortune-telling countenance; his person arrayed in slouching, ill-fitting garments, including always several coats of various and indescribable hues, which he doffed or donned in the progress of a cause, according to the amount of perspiration which he was secreting; and a cravat which has been said "to meet in an indescribable tie, which seems like a fortuitous concurrence of original atoms. He possessed a wonderful capacity for labor

and study; but was a martyr to sick-headaches all his life."

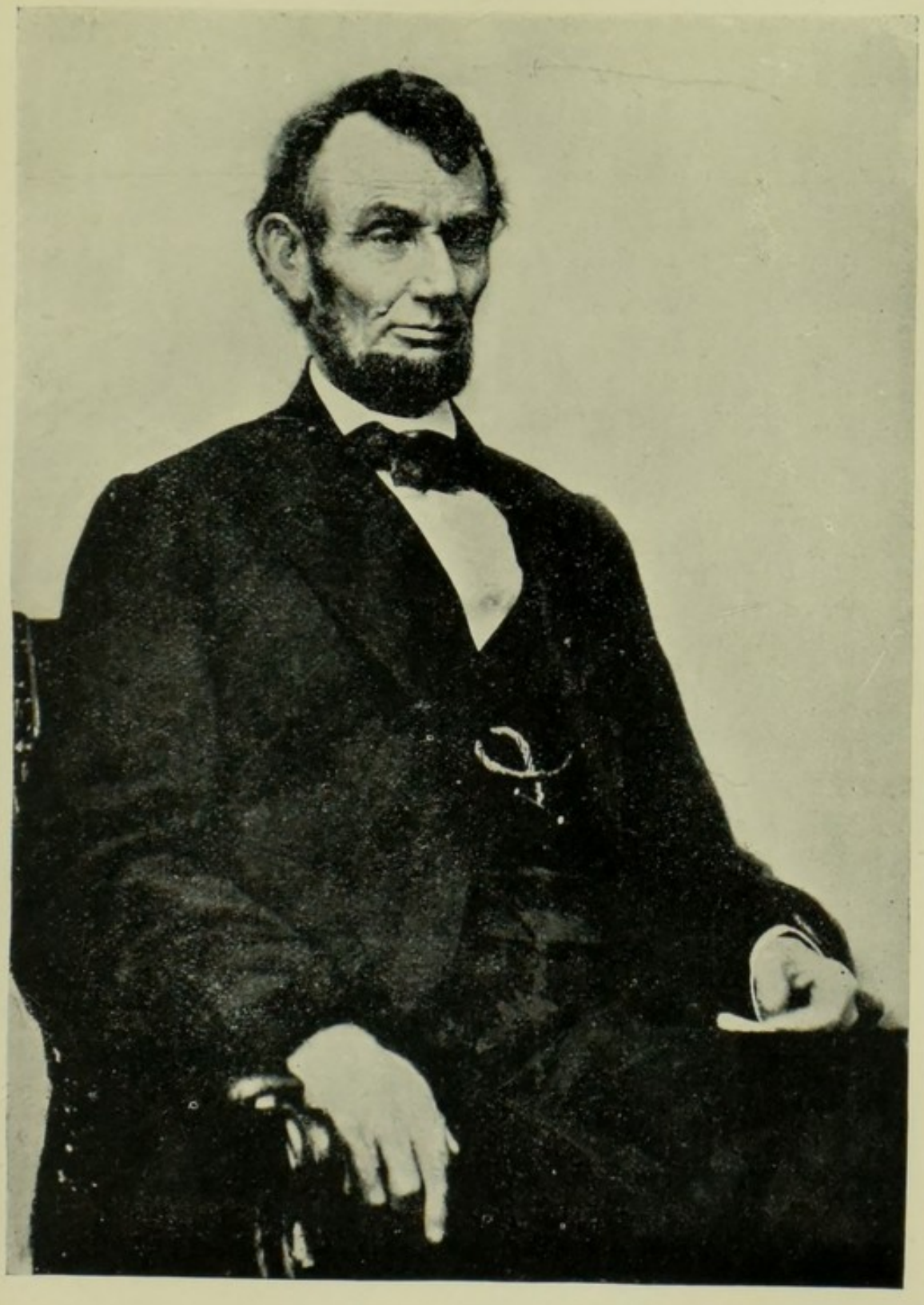
And no one looking into his habits of ceaseless over-study will wonder that he had sick-headaches. For he used the means which bring them and *neglected* the things which *prevent* them. Naturally strong, he seems to have had *no* regular—or irregular—*habits* of exercise, nothing to *relieve* a congested brain.

ABRAHAM LINCOLN (1809–1865)

"A kindly, earnest, brave, foreseeing man;
Sagacious, patient; *dreading praise,—not blame.*"
—LOWELL.

"Born in Hardin County, Kentucky, in extreme poverty; his father unable to read or write; *unaided by his parents; only a year at school;* never for a day master of his time till twenty-one; in the Illinois Legislature at twenty-five; a lawyer at twenty-seven; in Congress at thirty-seven; meeting Stephen A. Douglas in the famous squatter-sovereignty debates; President of the United States at fifty. A many-sided man: he was successively boatman, axeman, hired-laborer, clerk, surveyor, captain, legislator, lawyer, postmaster, orator, politician, statesman, President, and martyr. In youth he read *Æsop; Robinson Crusoe; Pilgrim's Progress;* a United States history; Weems's *Washington;* and the Bible; later some philosophy, science, and literature—*especially Shakespeare.* 'In all the elements that constitute a *great* lawyer,' said Judge David Davis, of the United States Supreme Court, 'he had *few* equals.' When he had attacked meanness, fraud, or vice, he was powerful—merciless in denunciation. He said: 'All that I am, or hope to be, *I owe to my angel-mother*—blessings on her memory.' He used no stimulants—or oaths. In 1864 he said he had never read a novel. Yet *he had the capacity of patience beyond any precedent on record.* One of his mottoes was, '*Nothing valuable can be lost by taking time.*'"—*Morse's Life of Lincoln.*

Fortunately we know a good deal about the *body* of this great man; of how he trained it; and how it



ABRAHAM LINCOLN

helped him to do a life's work of vast importance to mankind.

"Leonard Swett says: 'During Lincoln's youth *he had everywhere been distinguished as the crowning athlete in the neighborhoods in which he lived.* Everywhere along the frontier, since that frontier has marched from the east westward, some fellow has been "cock of the walk" who could out-wrestle and out-run, and out-jump everybody. *Lincoln was that person wherever he lived.* He was *that boy* when young in Indiana; and afterwards in New Salem *he made a hero of himself, wrestling, running, jumping, lifting, and in other innocent amusements of that character.* HE WAS SIX FEET THREE AND A HALF INCHES TALL; *long-armed; long-limbed; brawny-handed; with no superfluous flesh; toughened by labor in the open air; of perfect health;* AND HIS GRIP WAS LIKE THE GRIP OF HERCULES. Together with the talk of organizing a company in New Salem began the talk of making Lincoln the captain of it. *His characteristics as an athlete had made something of a hero of him.* Turning to me with a smile at the time, he said: "I cannot tell you how much the idea of being the captain of that company pleased me."'"—*Reminiscences of Abraham Lincoln, by Allen Thorndike Rice.*

"*His agility and strength were remarkable, and no one in the vicinity could throw him in a wrestling-match.* He is said to have been able to *carry* a load *which three men could hardly lift;* and *he once picked up a hen-house weighing over six hundred pounds and carried it a considerable distance. He could strike a maul a heavier blow than any other man. He could sink an axe deeper into the wood than any other man I ever saw.*"—*French's Lincoln.*

"The Clary's Grove boys (roughs) at New Salem twice a week had horse-play. They would nail any

stranger in a hogshead, and roll him down-hill. Lincoln's reputation for strength and courage at first kept them off; but Armstrong, the leader of the gang, was put on to wrestle him. Seeing that he could not manage the tall stranger, his friends, by kicking and tripping, nearly got him down. Putting forth his whole strength, he held the pride of Clary's Grove in his arms like a child, *and almost choked the exuberant life out of him.* For a moment a general fight seemed inevitable; but Lincoln, standing undismayed, with his back to the wall, looked so formidable in his defiance that honest admiration took the place of momentary fury, and his danger was over. The *verdict* of Clary's Grove was that *he was the cleverest fellow that ever broke into the settlement.* As to Armstrong, he was Lincoln's friend and sworn brother, *as soon as he recovered the use of his larynx;* and the bond thus created lasted through life. Lincoln made ample amends for the liberty he had taken with Jack's throat by saving in a memorable trial his son's neck from the halter."—*Nicolay and Hay's Life of Lincoln.*

"Lincoln was believed to be the strongest man in his regiment; and no doubt was. *He was certainly the best wrestler in it, and after they left Beardstown no one ever disputed the fact. He is said to 'have done the wrestling for the company.'* And one man insists that he always had a handkerchief tied around his person, in readiness for the sport. For a while it was firmly believed that no man in the army could throw him down. His company confidently pitted him 'against the field'; and were willing to bet all they had on the result. At length one Mr. Thompson came forward and accepted the challenge. *He was, in fact, the most famous wrestler in the western country.* It is not certain that the re-

port of his achievements had ever reached the ears of Mr. Lincoln or his friends. But, at any rate, they eagerly made a match with him as a champion not unworthy of their own. Thompson's power and skill, however, were as well known to certain persons in the army as Mr. Lincoln's were to others. Each side was absolutely certain of the victory, and bet according to their faith. Lincoln's company and their sympathizers *put up all their portable property;* and some, perhaps, not their own, including 'knives, blankets, and tomahawks'; and all the most necessary articles of a soldier's outfit. When the men first met, Lincoln was convinced that he could throw Thompson. But after tussling with him a brief space, in presence of the anxious assemblage, he turned to his friends and said: 'This is the most powerful man I ever had hold of. He will throw me, and you will lose your all, unless I act on the defensive.' He managed, nevertheless, 'to hold him off some time'; but at last Thompson got the *crotch-hoist* on him; and although Lincoln attempted, with all his wonderful strength, to break the hold by 'sliding away,' a few moments decided his fate. He was fairly thrown. As it required two out of three falls to decide the bets, Thompson and he immediately came together again; and with nearly the same result. Lincoln fell under; *but the other man fell too.* There was just enough of uncertainty about it to furnish a pretext for a hot dispute, and a hot fight. Accordingly Lincoln's men instantly began the proper preliminaries to a fracas. 'We were taken by surprise,' says Mr. Greene, and 'being unwilling to give up our property, and lose our bets, got up an excuse as to the result. We declared the fall a kind of dog-fall; did so apparently angrily.' The fight was coming on apace, and bade fair to be a big

and bloody one, *when Lincoln rose up and said: 'Boys, the man actually threw me once fair—broadly so; and the second time, this very fall, he threw me fairly, though not so apparently so.'* He would countenance no disturbance, and his unexpected and somewhat astonishing magnanimity ended all attempts to raise one."—*Lamon's Lincoln.*

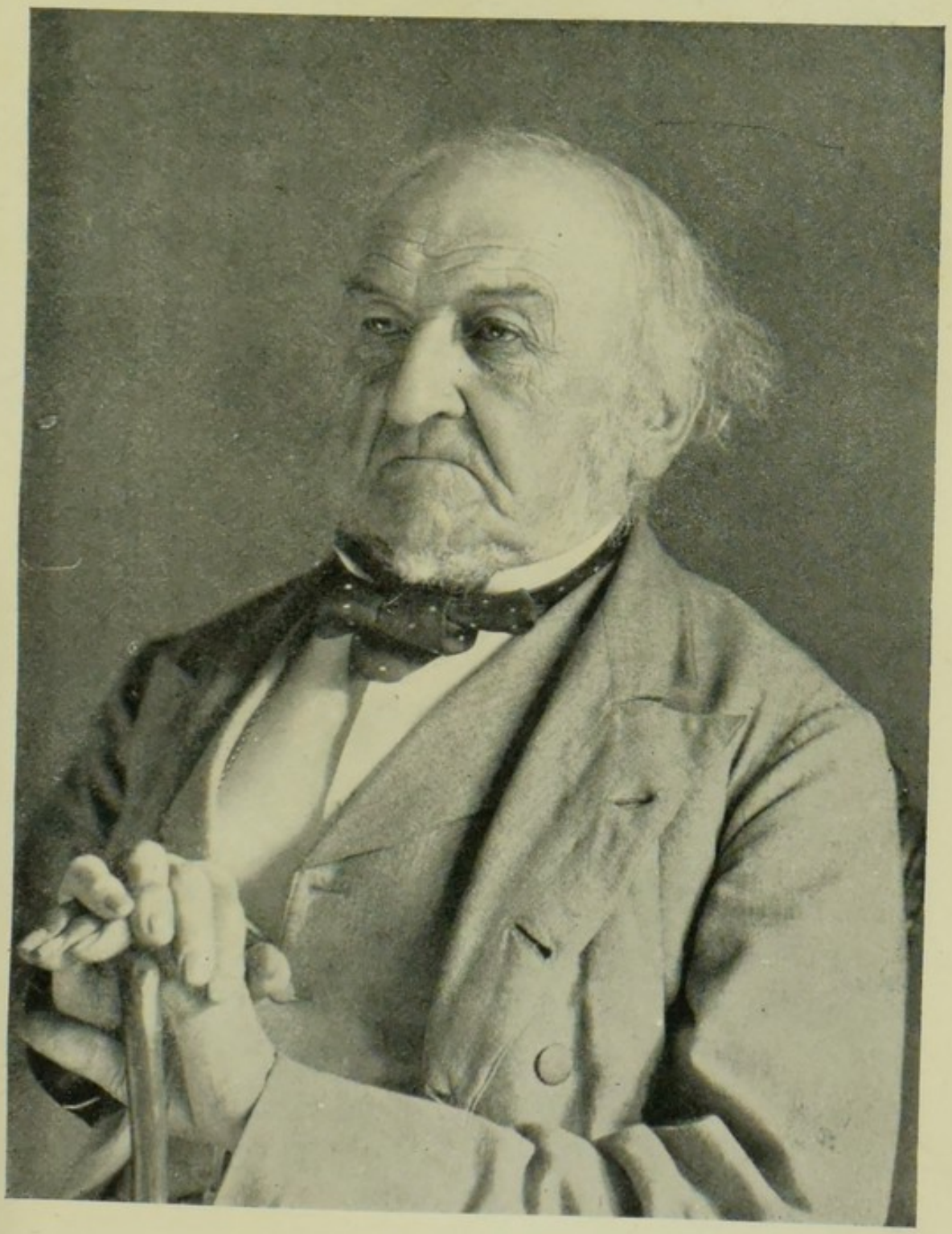
And this "boatman, axeman, and hired-laborer," who made such an imperishable record in our history, thus described himself: "If any personal description of me is thought desirable, it may be said, *I am in height six feet four inches, nearly;* lean in flesh; weighing on an average one hundred and eighty pounds; dark complexion; with coarse back hair and gray eyes."—*People's Cyclopædia.*

Just which of your neighbors *could have handled Abraham Lincoln?*

WILLIAM EWART GLADSTONE (1809-1898)

Of Scotch descent; son of Sir John Gladstone, a wealthy merchant, and for some years member of Parliament; at Eton, distinguished for his scholarship; at Oxford, winner of a "Double First" in 1831; and famous there in the political debates in the Oxford Union; in 1832 elected to the House of Commons, and making a brilliant speech; in 1834 Junior Lord of the Treasury; in 1835 Under Secretary of State for the Colonies; in 1839 published his work on "Church and State"; in 1841, Vice-President of the Board of Trade; Master of the Mint; and Member of the Privy Council; supporting free-trade with Peel, he resigned his seat in the House; in 1847 re-elected; in 1850, on Peel's death, becoming Parliamentary leader and master of debate; in 1852 answering Disraeli in a great speech; then Chancellor of the Exchequer, and again in 1859; he gave much time to the readjustment of taxations; on Palmerston's death, in 1865, became again leader of the House; in 1866 resigning; in 1868, on the fall of the Disraeli ministry, Gladstone first became Prime Minister; urging

SAMUEL E. GRISCOM (AT 80)



WILLIAM E. GLADSTONE

the disestablishment of the Irish State Church ; then the bill for the reform of the Irish land laws, both of which were carried; six years out of politics, he occupied himself very largely with literary and historical studies ; in 1880 Prime Minister a second time, with South Africa, Soudan, Egypt, and Ireland uniting with domestic questions in keeping him busy ; in 1885 carrying through his great scheme of Parliamentary reform, arranging the constituencies in more nearly proportionate divisions ; cutting off insignificant boroughs, and adopting a near approach to universal suffrage ; temporarily defeated on other questions ; in 1885 he was a third time made Prime Minister by his party, the Liberals, who were overwhelmingly victorious in the election ; in 1886, his bill for an Irish Parliament made him many enemies and brought him defeat ; then for six years the persistent advocate of Irish autonomy, he was in 1892 triumphantly returned to power, *and a fourth time made Prime Minister;* his speech, February 13, 1893, for Irish self-government being a masterpiece. His pen, never idle, has also found time to produce "Studies on Homer and the Homeric Age" (1838), "Juventus Mundi" (1869), "The Vatican Decrees" (1874), "Gleanings of Past Years" (1879), and "The Irish Question" (1886).

"Mr. Gladstone's intellect is massive ; powerful ; brilliant and acute ; *his capacities are of the most ample description, broad as well as deep; and his stores of learning extraordinary; and his activity and versatility are a standing menace to his contemporaries.*"—*Brooks's Gladstone.*

One of his biographers, G. Barnett Smith, says : "There has rarely, if ever, been witnessed in statesmanship so singular a combination of qualities and faculties, without being possessed of the highest of all gifts, absolutely the informing genius. He has perhaps every endowment save that."

Of his rare *bodily* powers we often hear. W. T. Stead, Editor of the *Pall Mall Gazette,* in an article in the New York *Sun,* said of him at eighty-six : "Mr. Gladstone started well. He was *born of healthy stock* in comfortable circumstances. *He had enormous driving-power and physical energy, the evidence of which may still be seen, palpable to all men, in the massive formation of the*

*back of his head.** From his parents he had *every* advantage of heredity and environment from youth up. Over the mantel-piece in his bedroom there is emblazoned a text which explains a good deal of the tranquillity which has saved Mr. Gladstone from nervous exhaustion. The text runs: 'THOU WILT KEEP HIM IN PERFECT PEACE WHOSE MIND IS STAYED ON THEE.' Mr. Gladstone's simple but fervent *religious faith* is the *first* element of the secret of his continued and continuing vigor; the *second* place must be awarded to the happy influence of a *fortunate marriage.* Mrs. Gladstone held the view that it was the wife's duty to make

*If a great *back-head* thus means "*enormous driving-power and physical energy,*" there is a rich field for study in the heads of the very men referred to in this chapter; for, judging from the best statues, models, portraits, and descriptions of them extant, Socrates, Plato, Alexander, Demosthenes, Hannibal, Charlemagne, Wallace, Luther, Cromwell, Peter the Great, O'Connell, Chalmers, Goethe, Wellington, Napoleon, Franklin, Washington, Webster, Beecher, Spurgeon, Bismarck — indeed nearly every one of all these mighty men; and, if the marble busts in the Astor Library in New York are correct, Solon, Seneca, Pompey, Alcibiades, Themistocles, Antony, nearly all men of but moderate forehead, had *enormous* back-heads; while the calipers show the back-head of Julius Cæsar to have been simply colossal—the largest diameter just above and back of the ears, to be twice as great as that of the forehead; and the Farnese bust of him in the Museum at Naples has a back-head of a breadth *absolutely phenomenal;* while as to Bismarck, as seen on page 362, a Berlin hatter once related, as the result of his phrenological experience, that "*of all German tribes the Mecklenburgers had the biggest heads;* but that NO MECKLENBURGER EVER REQUIRED SO LARGE A HAT AS THE LORD OF VARZIN." And Professor Fritz Schaper, of Berlin, the sculptor who has modelled the Chancellor's bust according to accurate measurements taken, says that "the head of Bismarck is mainly remarkable for its rugged bulk and strength, AND FOR ITS ABNORMAL BREADTH ABOVE THE EARS."

life as *'cushiony'* as possible. She would display a world of patience and cunning diplomacy to keep any disagreeable thing out of his way; even to the extent of sitting down upon the *Times* for a whole evening, if it should contain an article that was calculated to ruffle his equanimity. Besides these two, his religion and his wife; two outside influences which kept him in perennial youth by *minimizing the worry* of life; *throughout the whole of his life he has had sleep at instant command;* and, what is more remarkable, *wakes up bright and fresh within ten minutes of going to sleep. He has always been a famous sleeper.* His nightly allowance of sleep is fixed at *seven* hours. His methodical regularity, his horror of unpunctuality; *his saying that every piece of meat should be bitten thirty-two times;* his not using tobacco; his rare *concentration* on whatever work he is at, *taking such hold of him that he has to be aroused from it,* as most men are aroused from sleep, *making him totally indifferent to his surroundings; his keen enjoyment of his rural life at Hawarden; his always having lived a country-life when he could; his famed habit of felling trees;* and *his always being a great walker—are pointed out as causes of his rare staying power and surpassing accomplishments."*

"Friends and foes alike are marvelling over the magnificent speech with which Mr. Gladstone (at eighty-three) brought the debate on the second reading of the Home Rule Bill to a close; and over the matchless eloquence of its delivery. It was a far finer effort than the speech with which he introduced the bill a few weeks ago. IT IS, INDEED, PRONOUNCED BY COMPETENT OPINION TO BE THE GREATEST UTTERANCE OF MR. GLADSTONE'S LIFE, BOTH IN MATTER AND IN MANNER. The moment he took the floor, the great and Grand Old Man seemed

to feel that the *climax* of his life had come. *His years dropped from him like a cloak. His voice was like a deep-toned bell, clear and clarion. Not for a moment did it fail him* during the *hour* that he held the House under the absolute spell of his eloquence. Not a single oratorical arrow was absent from his quiver, and he used them all. Wit, satire, invective, logic, pleading, scorn, and denunciation followed each other *in overwhelming succession. Mr. Gladstone in oratorical passion is magnificent and terrible. Last night he was vengeance incarnate.* Words that were *blows* fell upon his enemies *with a fury that made the great gladiator seem something more than a human antagonist.* At the same time it was a scene and a speech which made it more evident than any previous event in his career that MR. GLADSTONE, AT THE PRESENT MOMENT, EMBODIES GREATER POWER IN PERSONAL LEADERSHIP THAN ANY MAN OF HIS TIME." —*New York Sun,* February 4, 1893.

A pretty good man that at eighty-three, surely!

"Mr. Gladstone never appears to greater advantage than when taking a *walk in* the country with a congenial friend *whose physical powers are equal to the task of keeping up with a pedestrian whom no distance could tire.* It was not until he was well advanced in life that he took, partly *as an amusement* and *partly for exercise, to the practice of felling trees. In this difficult art he attained a skill which was the marvel of professional woodsmen; and of which the muscles of his arm, wiry and spare, like the rest of his body, gave little promise. In his youth he often spoke of himself as being good upon any day for a forty-mile walk,* and, although he never accomplished the feat performed more than once by his second son, the Rev. Stephen Gladstone, of walking up from Oxford to London in a day (fifty-six miles); *it*

CYRUS H. McCORMICK

(Published through the courtesy of the *N. Y. Tribune*)

was from no deficiency of pedestrian endurance. No ordinary frame was, indeed, requisite to carry Mr. Gladstone through the superhuman labors which he imposed upon himself. '*Gladstone,*' remarked Sir James Graham, in 1852, '*can accomplish in four hours* what it takes me sixteen to do, and he works for sixteen hours *every* day.'"—*New York World,* March 25, 1894.

At seventy-seven, Sir Thomas Brassey having landed him from his yacht, *The Sunbeam,* at a point on the Norway coast which did not just suit him, he is said to have *walked* eighteen miles into town. At about *eighty,* on a September afternoon, a multitude of persons saw him chop down an oak *four feet thick.* How many of us can do that now; no matter about our age?

If any man ever taught the wisdom of *daily* care of the body BY DAILY EXERCISE, so as to always have it ready for all demands, no matter how exacting, that man was Gladstone.

CYRUS HALL McCORMICK (1809–1884)

"Of Scotch-Irish stock; born at Walnut Grove, Virginia; raised on his father's eighteen-hundred-acre plantation; at school a few months each winter; fond of the blacksmith-shop on the place; he saw his father make many efforts to devise a reaper, 'the husbandman's best friend'; at fifteen he invented a grain-cradle by which he kept up with the men; at twenty he patented a hill-side plough; at twenty-four a self-sharpening plough; in the same year he invented a reaper, much to his father's delight, for the latter had tried to for years; and at twenty-five patented it; smelted ore a while; then made and sold reapers, one in 1840, six in 1842, seven in 1843, twenty-five in 1844, and fifty in 1845, when he got a second patent; in 1847 he opened his Chicago shops and sold seven hundred reapers; and these shops have been open ever since. They now employ three thousand men, *and each year produce one hundred and thirty thousand machines.* At the World's Fair in London, in 1851, the *Times* at first ridiculed the reaper, then, after

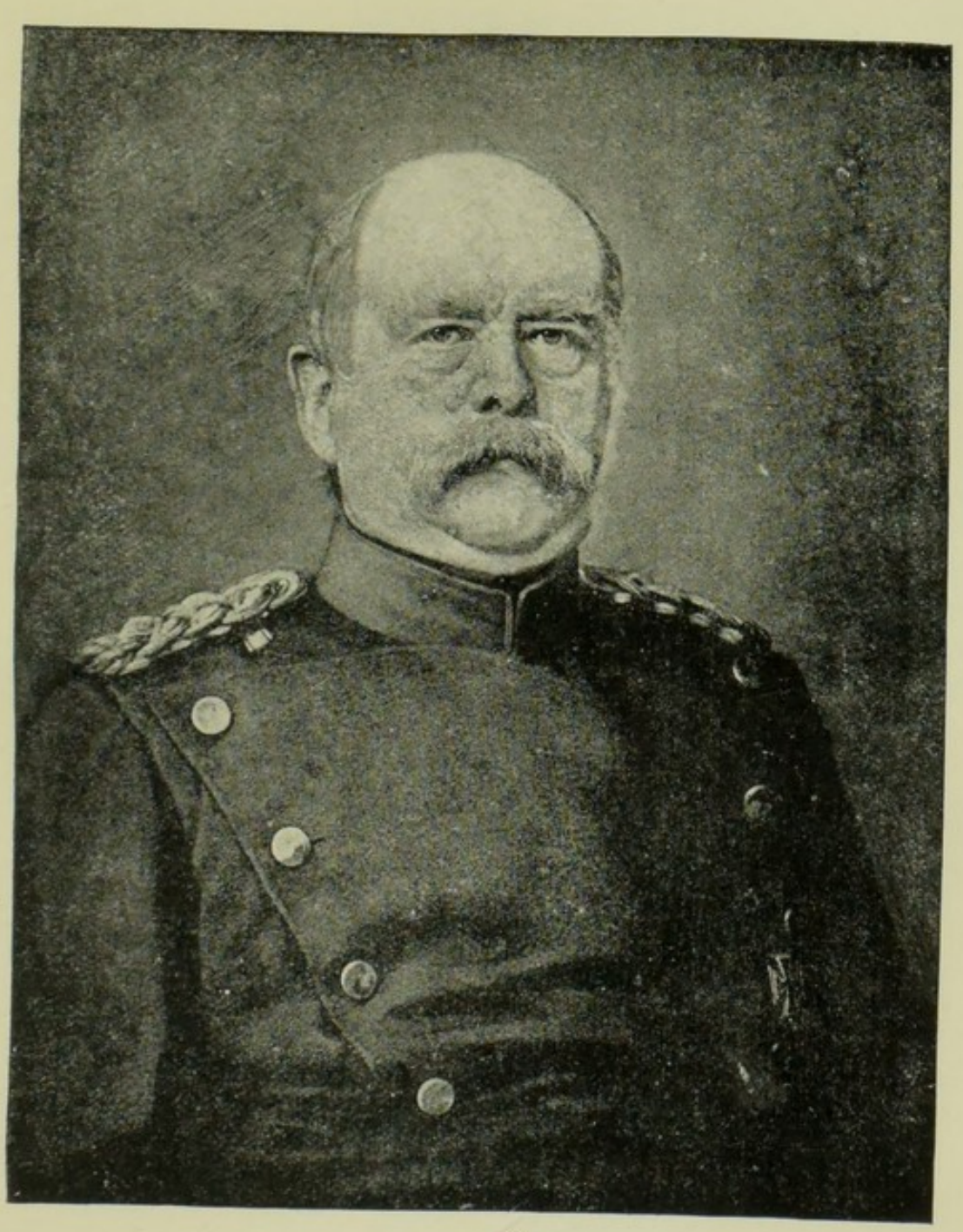
the public trials, *said that 'This reaper will be worth more to the farmers of England than the whole cost of the fair.'* The Royal Agricultural Society regarded it as 'the *most* important addition to farming machinery that has been invented *since the threshing machine first took the place of the flail.'* In 1859 Reverdy Johnson said that the McCormick invention *was then worth fifty-five million dollars a year to the people of the United States, and must increase throughout all times.* In 1878, at the Paris exposition, he was elected a member of the French Academy, *as having done more for the cause of agriculture than any other living man.* Its sale is now world-wide, and everywhere in Europe, Persia, India, South Africa, and South America."—*America's Successful Men.*

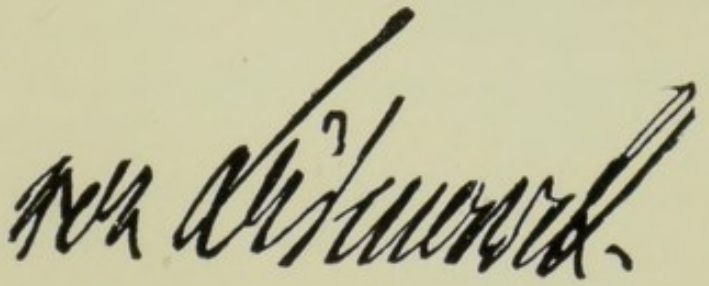
And he had a grand *body.* One look at it shows that it was a fit companion of that powerful mind. One who knew him well says: "Endowed with a strong constitution, inheriting from both parents a large frame, he worked on his father's farm till nearly twenty-five; working, as he did at everything else, with all his might." His native outfit; that blacksmith-shop; that farm-work; and ceaseless labor afterwards, rounded this master-mechanic into a man of *immense* shoulders and great chest; with head and neck set on them as if of Hercules—a roomy, capable, powerful man of the large, well-put-together type, to whom the tasks of ordinary men are light and easy; and who happily found a field worthy of his great ability and energy, and one which he not only filled, almost as no other could have done, but in which he became one of the world's benefactors as well. No wonder America is proud of such sons.

BISMARCK

"If you trust in God and yourself, you can surmount every obstacle."—BISMARCK.

Born at Schönhausen, Prussia, April 1, 1815; son of a country squire; studied at Göttingen, Berlin, and Greifswald; entered the





(From "Two German Giants")

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diplomatic service in 1851; ambassador at St. Petersburg, 1859; also at Paris in 1862; receiving from the Emperor Napoleon the Grand Cross of the Legion of Honor; made a count in 1865, receiving from the King of Prussia a valuable estate in Luxemburg; 1867, *organized the North German Confederation of twenty-two States and twenty-nine million people;* 1869, became its Foreign Minister; 1870, accompanied the King in the war with France; 1871, dictated terms of peace after the capitulation of Paris; same year appointed Chancellor; 1872, raised to the rank of Prince; 1873, reappointed Premier; 1878, President of the Berlin Congress of the Great Powers to discuss treaty of San Stefano. The New York *World* says of him: "A small man *completes* his education *before he is twenty-five. A great man is a man who, like Bismarck, never does complete his education at all; he goes on learning all his life, from every one he meets; from everything he sees; from everything he does himself, or that any one else does. No one is too small to act as tutor for a really great mind;* as no one is too great to be unintelligible to the always growing powers of such a mind. *It is because he had such a mind as this—not because of his university education—that Bismarck became the leader of the Germanic race.* He was *not* remarkable for exemplary conduct or diligence at college. Indeed, it is seriously asserted that his initials are still to be seen on the wall of the lock-up of Göttingen, where he was imprisoned for cause during his wild student days. He has a vein of ready wit and loves a joke, even if it is rough, and at his own expense. When he peremptorily ordered his medical adviser, Dr. Schweninger, not to ask so many questions, the latter told him that he should go and consult *a horse doctor*, who would not ask *any* questions at all. Then Bismarck knew that he had met his match; and surrendered."

Some idea of the *body* of this giant—"he of the *iron hand* and lion heart"—and of his *combativeness*, may be gathered from the fact that during this time (his university life at Göttingen) *he fought no fewer than twenty-eight duels;* in each of which, being tall and keen of sight, he drew blood from his opponent; while only once did he receive a scar, still visible on the left cheek, by the accidental breaking of his adversary's blade.

But before his body, let us look for a moment at the head that did such great deeds. As already seen, Mr. Lowe says that a Berlin hatter once related, as the result of his phrenological experience, that "Of all German tribes *the Mecklenburgers had the biggest heads;* BUT THAT NO MECKLENBURGER EVER REQUIRED SO LARGE A HAT AS THE LORD OF VARZIN." *

"A celebrated sculptor at Berlin (Professor Fritz Schaper) has modelled the Chancellor's *bust* according to accurate measurements taken. He says the most striking of all is the massive, clean-cut chin, which seems capable of splitting iron. . . . What strikes one chiefly about Moltke's head is its beautifully symmetrical form and perfect poise; *while that of Bismarck is mainly remarkable for its rugged bulk and strength;*

*Nelson Sizer, who has studied heads more carefully, perhaps, than any other man in America, says: "*All really great men have* GREAT *heads*—merely smart ones, or those great only in certain faculties or specialties of character, not always. Byron's hat was small, doubtless because his brain was conical and most developed in the base; but its great weight establishes its size. Only men with *great* heads are *commanding;* are the men for *great* occasions, and have that giant *force* of intellect which moulds and sways nations and ages. Quality is more important than quantity; *but true greatness requires both cerebral quantity and quality.* Napoleon wore a very large hat—one that passed clear over the head of Lehmenowski, one of his body-guard, whose head measured 23½ inches; so that Bonaparte's head must have measured nearly, or quite, 24 inches; Webster's head was massive, measuring *over* 24 inches; and Clay's 23½; Chief Justice Gibson's—the greatest jurist in Pennsylvania—24½; and Hamilton's hat passed over the head of a man whose head measured 23½. Burke's head was immense; while Franklin's hat passed over the *ears* of a 24-inch head. Washington's head was also *very large.*" (Look at it in the statue in front of the Sub-Treasury on Wall Street, New York City, as compared with the body.)

and for its abnormal breadth above the ears. But the body matched the head—as it ought to do in every man —and woman, and child.

Mr. Low, in his *Prince Bismarck*, Vol. II., p. 484, says of him in 1886 that "It is not too much to say that, in spite of all the qualities lodged in *this wonderful head* of Bismarck, HE NEVER COULD HAVE ACCOMPLISHED HIS WORK WITHOUT THAT HERCULEAN FRAME AND IRON CONSTITUTION WHICH HAVE CARRIED HIM BEYOND THE ALLOTTED SPAN OF HUMAN LIFE, AND WHILE SO MANY OF HIS SUBORDINATES HAVE BEEN LITERALLY CRUSHED TO DEATH BY THE BURDEN OF EMPIRE-MAKING. MINISTER AFTER MINISTER HAS GONE TO THE WALL; DIPLOMATISTS HAVE DIED OF SOFTENING OF THE BRAIN; AND OVERWORK HAS CARRIED OFF MANY OF HIS MERE MECHANICAL HELPERS; BUT, AFTER A LONG LIFE OF SUPERHUMAN CARE AND TOIL, THE MASTER STILL WALKS ERECT; AND IS STILL EVER FOUND IN THE THICKEST OF THE FRAY. NO ONE OF HIS AGE HAS EMERGED FROM THE POLITICAL BATTLES OF THE LAST FIVE-AND-TWENTY YEARS SO UNSCATHED AND UNCONSUMED AS HIMSELF."

Dr. Busch says: "In April, 1878, he said, 'I have always lived hard and fast; by hard, I mean that *I always did what I had to do with all my might; whatever really succeeded, I paid for with my health and strength.*'"

Mr. Low continues: "There have been men of higher intellectual powers than Prince Bismarck; and men of greater physical endowment; *but surely there never was any man in whom the mental and the physical were so largely and so equally developed as in the Unifier of Germany. What impresses every one on seeing him for the first time is his air of* VAST BODILY STRENGTH. Ap-

pearances are never more deceitful than when Bismarck and Moltke, the two main pillars of the Empire, are seen together. A stranger who had merely read of their respective achievements, without deriving from art some familiarity with their features, would, on first beholding them, infallibly mistake the diplomatist for the soldier. In the tall figure, *the broad shoulders; the thick neck;* the grisly mustache, the bushy eyebrows, and the grim, determined look of the Prince, he would at once be sure of the victory in three unparalleled campaigns. . . . And not only has Bismarck the *body*, but also the *spirit* of a soldier. . . . Largely inheriting the instincts of a warrior-ancestry and a military nation, Prince Bismarck is a soldier by nature; a statesman only by chance; and even his statesmanship is of a *military* order. ABOVE ALL THINGS, HIS FIGURE IS THAT OF A VERY POWERFUL FIGHTING MAN, A WILLIAM WALLACE, OR A WALLENSTEIN; AND NO MORE PERFECT IDEA COULD BE GOT OF A MEDIÆVAL KNIGHT IN ARMOR, TERRIBLE TO FOES, THAN WHEN THE CHANCELLOR APPEARS, MOUNTED ON A HEAVY CHARGER, IN HIS SHINING CUIRASS AND EAGLE-CRESTED HELM. There is no Prussian officer who does not feel proud of him as a comrade; for TAKEN ALL AROUND, THERE IS PROBABLY NO MAN OF FINER PHYSIQUE IN ALL THE GERMAN ARMY. At a Court where the Princes are *all* tall, and some of the Generals look like *giants; there is no one who overtops or outweighs the Honorary Colonel of the Magdeburg Cuirassiers.* HE STANDS SIX FEET TWO IN HIS BOOTS*—*and, though a septuagenarian, as*

* "On one of the posts of the door of the study at Friedrichsruh, the height of each member of the Chancellor's family was solemnly registered on the last day of 1880 *by the Prince himself;* and the pencilled inscriptions which are still to be seen there are as follows:

straight as an iron rod—is broad in proportion, and when heaviest (in 1879), *scaled close upon twenty stone* (*two hundred and eighty pounds*).

"In 1883 a Kissingen newspaper published the following statistics of the Chancellor's weight as taken during the few previous years at that watering-place: in 1874, 207 lbs.; 1876, 219 lbs.; 1877, 230 lbs.; 1878, 243 lbs.; 1879, 247 lbs.; 1880, 237 lbs.; 1882, 232 lbs.; 1883, 202 lbs. (German). *The English pound is equal to about one and one-tenth times as much as the German pound.*"

And how he *educated* that body let Mr. Low tell. In Vol. I., p. 15, he says: "But while he had thus been favored with the very best preparatory education procurable; *care was also taken to preserve in him that healthy equilibrium between the mental and physical powers*, the neglect of which causes the ordinary German schoolboy to resemble a sickly hot-house plant. DEVOTED TO ALL MANLY SPORTS, HE WAS A SWIFT RUNNER; AND A CAPITAL JUMPER; AND HE LEARNED TO SWIM; TO FENCE; TO ROW; TO RIDE; AND TO SHOOT. WITH HIS RIFLE HE COULD DECAPITATE A DUCK AT ONE HUNDRED PACES; AND IN REVOLVER-PRACTICE ALSO HIS AIM WAS DEADLY. IN PARTICULAR HE WAS TAUGHT TO RIDE LIKE A CENTAUR, AN ACCOMPLISHMENT IN WHICH HE WAS PECULIARLY FITTED BY NATURE TO EXCEL; and so well did he attend to the precepts of his father in this respect that the old Rittmeister, when especially pleased with the equestrian feats of his daring son, used to remark that *he had a seat like Pluvenal, Master of the*

the measurements being taken in centimetres: *Prince Bismarck*, 6 *feet* 2 *inches;* Count Herbert (his elder son), 6 feet 1½ inches. Count William (his second son), 6 feet and ½ inch."

Horse to Louis Quatorze; or like Hilmar Cura—who had been riding-master to Frederick the Great. He has himself recorded that *if he has fallen from his horse once, he must have done so fifty times.* Even in later days *he broke three of his ribs thus* at Varzin. 'Once before,' said Bismarck, 'during the French war, I had a remarkable fall. I was on the road, and *we were riding as fast as the horses would go.* Suddenly my brother, who was a little in front, heard a frightful crack. *It was my head, which had knocked on the road.* On another occasion, too, I had such a serious fall from my horse that *when the doctor examined my hurts, he said that it was contrary to all professional rules that I had not broken my neck.'"*

And besides laying his hand occasionally upon a nation, he seems to have known how to use it when the need arose—not in German, but in American and British fashion—on an *individual.* For he thus describes his contact with one who tried to pick a quarrel with him: "I was quietly drinking my beer." (The other party, a stranger, had already absorbed *his.*) "My being so quiet vexed him; so he began to taunt me. I sat still, and that made him only the more angry and spiteful. He went on taunting me louder and louder. I did not wish for a 'row,' but I would not go, lest they" (the stranger's friends) "should think I was afraid. At last his patience seemed exhausted; he came to my table, and threatened to throw the jug of beer into my face; and that was too much for me. I told him he must go, and when he then made a gesture as if to throw it, *I gave him one under the chin, so that he measured his length on the floor, smashed the chair and the glass, and went clean to the wall.* The hostess came in, and I told her she might make herself quite easy, as I would pay for the

broken articles. To the company I said: 'You see, gentlemen, that I sought no quarrel; and you are witnesses that I restrained myself as long as I could; but I was not going to let him pour a glass of beer over my head, because I had been quietly drinking mine. *If the gentleman has lost a tooth by it, I am sorry.* But I acted in self-defence. Should anybody want more, here is my card.'" There is no record that any one called for more. Yet this great man, whom no man could master, bears equally clear testimony to his reverence for *his* Master. For once during the Franco-German war, he used these words: 'If I were not a Christian I would not continue to serve the King another hour. Did I not obey my God, and count upon Him, I should certainly take no account of earthly masters. I should have enough to live upon, and occupy a sufficiently distinguished position. Why should I incessantly worry myself, and labor in this world; exposing myself to embarrassments, annoyances, and evil treatment, if I did not feel bound to do my duty on behalf of God? *Were I not a stanch Christian; did I not stand upon the miraculous basis of religion; you would never have possessed a Federal Chancellor in my person.* Find me a successor animated by similar principles, and I will resign on the spot. *How gladly would I retire from office! I delight in country-life, the woods and nature. Sever my connection with God, and I am the man to pack my trunks to-morrow, and be off to Varzin to reap my oats.*"

A mighty all-round man this,—fit companion for his great countryman,—Charlemagne; able, like him, to create a Germany; able to do more than he, though it was no fault of Charlemagne's—to make one *that will stay.*

VON MOLTKE (1800-1891)

The London *Times*, in its obituary notice of Von Moltke, said: "A great soldier has passed away. A foremost name has faded from contemporary history. The genius and skill of Moltke became apparent to the world *only when he was sixty-six years old*—for he was born in the first year of this century, and he thus lived into his ninety-first year. *His was a long, patient, and silent career of toil and of duty, before suddenly his fame burst forth; and the excellence of his labor was made manifest.* . . . The war of 1866 made Moltke famous. This fame was won through hard work, constant perseverance, and rigid self-denial. *Officers of every army can take no brighter example as their model than Helmuth Karl Bernhard von Moltke.* His parents were of good family, but poor, and he was their third son. In 1811 he was sent to Copenhagen, and in the following year was admitted as cadet in the Royal military academy there. . . . This stage of his education was not so happy. In later years he said of it: 'Our boyhood in a foreign city, without relatives or friends, was truly miserable. The discipline was strict, even severe; and now, when my judgment of it is impartial, I must say it was *too* strict, too severe.' *He was chiefly distinguished by a burning desire of knowledge, and an untiring energy for work.* His means were small; he had no income beyond his pay. At thirty-two a lieutenant. At thirty-five a captain; he served three years in the East; sent by the Sultan's military adviser to the Euphrates. He wrote *Holland and Belgium*, about 1830; and his well-known *Letters from Turkey*, about 1835–1839. Also an important critical military work, *The Russo-Turkish Campaign of* 1828–9 *in European Turkey*. In 1856 a colonel. In 1859 he was made Permanent Chief of Staff of the Prussian army. The duty of a Chief of Staff is, above all things, to prepare in peace for war. He organized the system of coast-defence for Prussia. He reduced the mobilization of the Prussian army from twenty-one to ten days; reorganized the army; and planned the operations for the combined Prussian and Austrian armies in 1864. In the war with Denmark he early saw the importance of breech-loaders, and translated various books about them; and gave them to the officers of the Prussian army. A larger field for his strategic genius was opened to Moltke in the war of 1866. By this time he had gained

the esteem and admiration of the service. He was acknowledged to be a bold and perceptive strategist; an excellent military adviser; and a most accomplished linguist. His proficiency in languages was so extraordinary, and his reserve and modesty so marked, that he was proverbially known throughout the Prussian army as '*The man who is silent in seven languages.*' In the war with Austria over the newly acquired Elbe duchies, in 1866, he combined three Prussian armies, and used the military field telegraph so freely that he exposed the Austrian forces to simultaneous attack front and rear.

"He swept away the Austrians with his breech-loaders, and soon Königgrätz was won, and the Austrian army so utterly defeated that Benedek telegraphed immediately to his sovereign, 'Sire, we must make peace.' The war was practically ended, and the unity of North Germany secured. Then came the treaty of Prague, in 1866. August 6, 1866, France demanded the fortress of Mainz from Prussia, under threat of war. *Moltke's answer was a rapid march of sixty thousand men to the Rhine; then France excused herself* because of the Emperor's illness. The French army was unprepared for war; was not armed with breech-loaders nor complete with men. But France was steadily arming, and Moltke knew it. He had the fullest information from France, *and when the war came he was ready.* France was buying corn in England for forage. On the tenth day after mobilization was ordered, the first troops were descending from the railway-carriages close to the French frontier; and on the thirteenth day, sixty thousand combatants were put there in position; and on the eighteenth day this force would be swelled to three hundred thousand men. Iron discipline knit the Prussian soldiers; previous victories gave entire confidence in their leaders; and a high sense of duty and self-denial pervaded the ranks. The French had enthusiasm and gallantry, but less discipline. Luxuriant ideas prevailed; many officers were wanting in high military education; but France had the Chassepot rifle, which was superior in range and accuracy to the needle-gun, which was, like it, a breech-loader."

Naturally delicate, till his friends feared consumption, he educated his body, too.

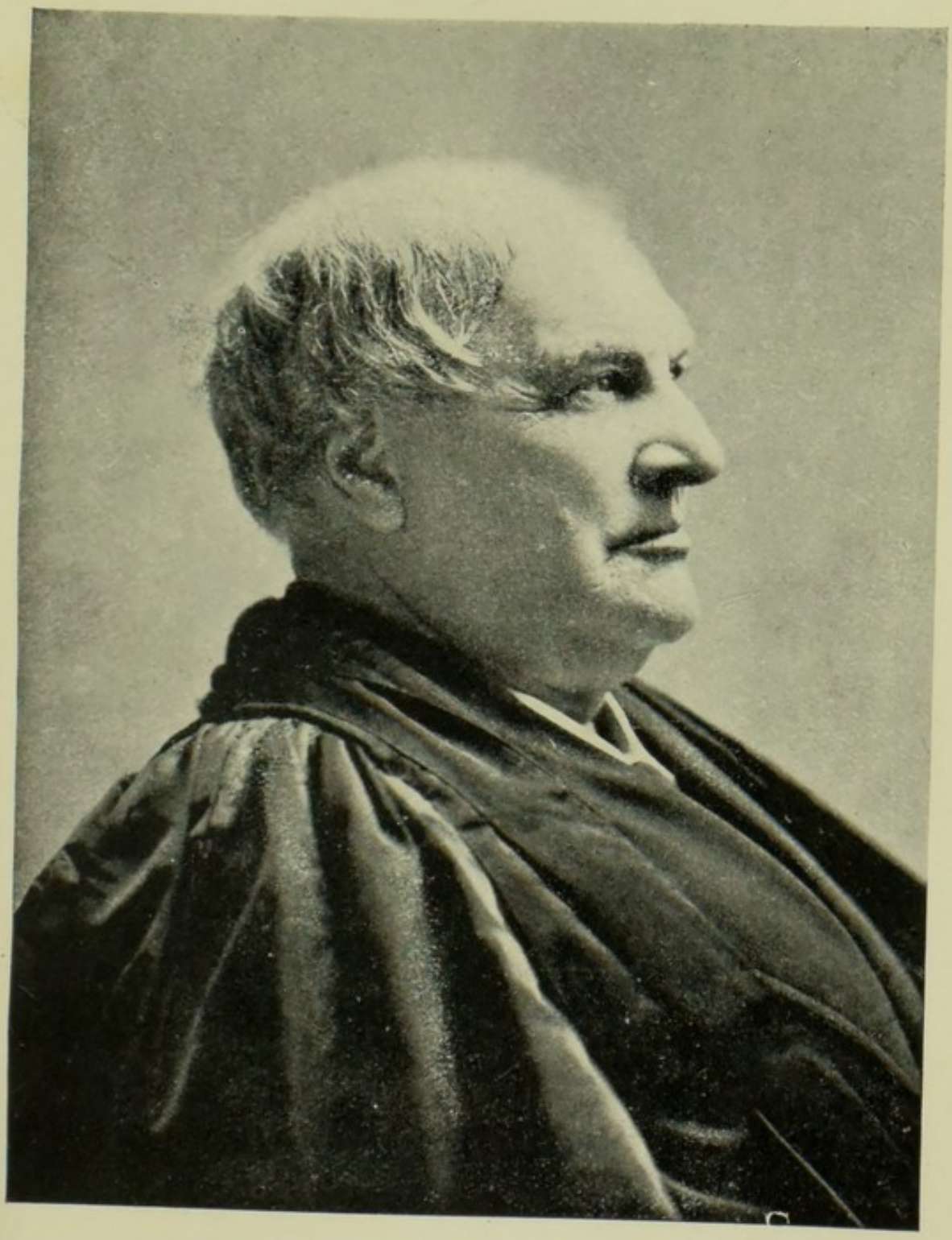
The London *Times* says: "Moltke's *iron constitution,*

unhurt by unbroken work, long withstood the impress of time. Tall of stature and somewhat lean, he rode well, and was always well mounted. Cool in battle, whenever requisite he freely exposed himself to danger, but with a modest calm, devoid of all desire of effect. To observe the disposition of the enemy at Königgrätz, he rode among the advanced line of skirmishers in the wood of Sadowa. The motto that he took for his coat-of-arms, when he was made Count, instead of his old family device of 'Candide et caute,' 'Erst wägen, dann wagen!' (*First weigh, then wage!*), well points his military policy. His plans were well weighed—his warfare was waged boldly, sternly, and decisively. Long and carefully he calculated; but when his decision was once made, he *rushed* straight on to his objective point."

None but an extraordinarily tough, enduring body could have stood the work that that man did; and then have outlasted nine hundred and ninety-five men out of every thousand, clear on to *ninety-one* years of age.

SAMUEL FREEMAN MILLER (1816-1890)

"Twenty-eight years an Associate Justice of the United States Supreme Court; pronounced '*the most eminent expounder of the Constitution since Marshall.*' Born of pioneer stock, amid humble surroundings, at Richmond, Kentucky; a farmer's son, with slight educational advantages; graduated a *doctor* at Transylvania University; *practised medicine ten years;* admitted to the bar at *thirty-one;* removed to Iowa in 1850; commissioned to the United States Supreme Bench by President Abraham Lincoln in 1862. The position he early acquired, and ever maintained on the Supreme Bench, was that of a *truly great lawyer.* He wrote more opinions of the Court than any judge, living or dead, and participated in more than *ten thousand. Had great capacity to seize upon the vital points, and a command of general principles.* Says ex-Attorney-General Miller: 'His most striking feature was the logical faculty;



MR. JUSTICE MILLER, OF THE U. S. SUPREME COURT

(From a photograph by Bell, of Washington)

others, perhaps, had more culture, more learning; none had more legal *wisdom.*'"— *Gilbert Clark's Sketches of Eminent Lawyers.*

In the words of Charles Lamb, descriptive of an old Bencher: "His step was massive and elephantine; *his face square as the lion's; his gait peremptory and path-keeping, indivertible from his way as a moving column.*" A common saying with him was: "The *true* lawyer is seized of an estate as secure and venerable as an estate in lands; its income, better than rents; its dignity, higher than ancestral acres." "*Sublime, moral courage was the most marked characteristic of his nature.*"

At his death Mr. Evarts said of him: "The great traits, the great elements of his power and his character for a judge, were great breadth of understanding; great solidity of judgment; great severity of temper; and rapid and penetrating perception of legal relations." He himself wrote Judge Dillon, November 16, 1885: "The convincing power of the opinion or decision in a reported case must depend very largely *on the force of the reasoning* by which it is supported; and of this every lawyer and every Court must of necessity be his and its own judge."

And a glance at his picture will show that he had simply *a stalwart body.* No dress shows a man's figure like an evening suit. At the reception given by the New York Bar Association to the Presiding Justice, Noah Davis, and Mr. Justice Van Vorst, on their retirement from the Bench, we saw Justice Miller in such a costume. Of about Sullivan's height, we called the attention of a friend at the time to the uncommon *depth* of chest and *massiveness* of make of this great jurist, and to the fact that *he was built more like Sullivan than almost any other man we ever saw.*

At the time of his death the press called attention to the fact that he had, for many years, been in the habit of taking *deep, slow breaths,* and his *capacious* chest looked as if that habit must have been born with him. Taller men have sat upon that august tribunal; but none so sturdy for his height as Mr. Justice Miller,

probably none who—each at his prime—could have laid him on his back in a wrestle. The body matched the mind, and shared its strength and sturdiness.

CHARLES O'CONOR (1804–1884)

"The leader of the New York Bar for twenty-five years. Born in New York City, January 22, 1804; died at Nantucket, Massachusetts, May 12, 1884, aged eighty. He was the son of a shiftless Irish immigrant. *He had two months' schooling.* Admitted at *twenty*, he started for *himself* with but twenty-five dollars, *having devoured every obtainable law-book.* By his indefatigable industry, he was soon pitted against the leaders of the New York Bar. Some of his noted cases are: that of the slave Jack, in 1835; the will cases of Lispenard, in 1843; of Parrish, in 1862; and of Jumel (involving six million dollars), in 1872; the Lemmon slave case, in 1856; the defence of young Walworth for fratricide; Armstrong *vs.* United States; the great Forrest divorce suit, being opposed by John Van Buren and other eminent counsel, in which he won for the plaintiff-wife, *and acquired a national reputation;* the Almaden Mining Company's case, *in which his argument was one of the greatest ever made in the United States Supreme Court;* and the Goodyear rubber case. In 1848 he sympathized with the Irish uprising, and ran for Lieutenant-Governor of New York He leaned greatly to the Southern cause during the war, acting as counsel for Jefferson Davis, and signing his bail-bond. Prosecuted, *without compensation*, Tweed and his associates, 1871–75, *which eventually destroyed the ring in New York.* He was nominated for President, 1872, against his will, by the anti-Greeley Democrats. Appeared, in 1877, for Samuel J. Tilden before the Electoral Commission.

"As a lawyer, he stood in the *foremost* place. His devotion to the law and his clients amounted to an overmastering passion. Although not a general reader, he was deeply read in law, but held that an hour's *thinking* is worth many hours of reading. His life was pure and spotless, his manner quiet, almost icy at times. He was a master special pleader, wonderfully self-possessed, a dogged worker, and understood every detail of his case. '*Possessed*,' said Samuel J. Tilden, '*a more perfect knowledge of law than any lawyer in this country or abroad.*'"—*Life Sketches, Thoughts, Etc., of Eminent Lawyers*, by Gilbert J. Clark, Vol. II.

"When he started to practise he did not own a single law-book. A merchant endorsed his note for three hundred and twelve dollars for one hundred and fifty-six law books at two dollars each. *For thus befriending him, he left to the merchant's granddaughter one-third of his estate at death.*"—*Scott's Distinguished Lawyers.*

Perhaps no man was better placed to know and qualified to speak of Mr. O'Conor than Mr. James C. Carter, the present leader of the American Bar. At the time of his death, he said: "Impressive and powerful in his oral efforts, he yet appeared, as I think, at his best in his written or printed briefs. Upon the composition of these he lavished all the resources of his skill and acquirements. He had much imaginative power; and had gained a familiar acquaintance with the best things in literature, especially in philosophy, history, and Old English poetry. He had acquired, or created, an English style of marvellous purity and precision; and when his briefs finally left his hands, they were, indeed, masterpieces. They were not swollen with redundant learning; but exhibited the choice results of blended thought and learning; all arranged with infinite art; with resistless logic; and redolent with a fine breath of philosophy, satire, wit, and eloquence. As he appeared in these compositions, he might be described almost without exaggeration in the lines once applied to Lord Bacon:

> "'Deep, comprehensive, clear,
> Exact, and elegant; in one rich soul
> Plato, the Stagirite, and Tully joined.'

"Whenever he carried the day triumphantly *he carried it by open and by manly strength, skill, and courage;* and whenever he was overborne in the contest—not often, to be sure, by personal triumph, but by the law and the decision;—he was always ready and frank and generous in admitting that the strength and the skill of the opponents had gained the victory."

But with all his ceaseless study, his rare experience in important cases, and his great attainments, *he took wise care of his body.* He knew its value too well, and it had served him too faithfully to allow him to neglect it. *Six feet high;* erect; dignified; and of noble mien; he was so fond of foot-work, that, when far past sixty, he

was very frequently seen walking either from his home at Mount Washington to his office—nearly ten miles—or from his office to his home. The professional man could scarcely keep in better trim for real work than he did. The following letter from one who for years knew him intimately, and had rare opportunity to judge, will serve to give some idea of the fibre and matchless spirit of this *the greatest lawyer that New York has ever produced:*

"Library of the New York Law Institute,
"Post Office Building, *December* 11, 1897.

"My dear Blaikie,—The substance of our conversation in writing, as requested, and confining myself to the O'Conor items, is briefly this: Charles O'Conor, the famous New York lawyer, *was a man of exceptionally fine physique*, and with his venerable appearance, pale, scholarly face, and piercing black eyes, possessing chameleon-like power, in anger, of changing their color, he drew to him at once a stranger's attention and interest.

"In height he probably measured nearly six feet. His bearing was noticeably erect, and it often occurred to me that if a mantle were thrown over him, covering head and chest, the rest of his person *might easily be mistaken for the graceful proportions of an active athletic youth of eighteen.*

"*His appearance of vigor and activity was not illusive by any means;* and I shall only mention in illustration one or two instances of the many, which came under my observation, at a time when this white-souled man, with record at the bar the purest and cleanest of any advocate of any age, was closely approximating to his *eightieth* year.

"He had occasion to use our library during several wintry nights in succession, in preparing for an argument in an important case in the United States Supreme Court. The last evening, after finishing his labors, which had lasted well on to the midnight hour, with no fear apparently of the increasing rigor and roughness of the night, he entertained me in his peculiar and quaint phraseology with an interesting talk as to his early professional career; his estimates of the early leaders of the New York bar,

Thomas Addis Emmet, Aaron Burr, John Wells, Ogden Hoffman, and of other artists in legal word-craft whose portraits graced the library walls; with touching incidents in his own professional life; his ideas as to the qualities and endowments which constitute a great lawyer; his youthful favorites at the bar, etc.

"When, past midnight, we left the building and walked to the depot in the cold, cutting wind and blinding snow-storm, I marvelled to see him *walking with the upright gait and alert step of a vigorous young man.*

"He and General Sherman must have resembled each other in their strong and hardy ways; just as, in these fancied resemblances, we might perhaps believe that Mr. Evarts, in his sterling honesty, kindness of heart, and keen sense of humor, was a college-bred counterpart of Abraham Lincoln.

"On another occasion, *and on perhaps the worst day ever seen in New York, excepting Blizzard day,* he came into the library-rooms about ten o'clock in the morning, *after walking from the depot* in West Thirtieth Street (about *four* miles).

"He was fairly covered with snow-flakes and clinging icicles. His greeting was pleasant, and he really appeared more like a thinly carved Santa Claus *than the great leader of the American bar.*

"To my remonstrances that it was a shame for a person of his venerable years to expose himself in the pitiless storm, and that he should have remained in-doors at home, he replied, laughingly: 'Mr. Winters, this is nothing. WHEN I HAVE WORK TO DO ELSEWHERE, IT WOULD TAKE MORE THAN AN EARTHQUAKE TO KEEP ME AT HOME.'

"*To those who knew Brady, O'Conor, Evarts, and Field, it would seem that their worldly success was as much due to their marvellous physical health and perfection as to school discipline or mental culture.*

"Faithfully yours,

"WILLIAM H. WINTERS,
"Librarian New York Law Institute."

No man who ever saw Mr. O'Conor could soon forget his lofty bearing; his searching eye; his manly, straightforward action, and the ease and dignity of his every movement. Irishmen are proud of him, because,

a lineal descendant of the last of the Irish kings, he added lustre to their fair name. Americans are proud of him, because he is one of the typical men whom Americans delight to honor; who, starting poor, *with only two months' schooling*, without money, without influence, entering one of the most intricate and difficult of the learned professions, by the sheer force of his own ability and unaided efforts he rose by successive steps—and every step an honorable one—to the first rank in that profession, the peer of Ireland's greatest sons—O'Connell, Burke, and Wellington; an American king, ranking with Washington and Franklin, Lincoln and Edison, and her other national benefactors—world's benefactors—*each one a self-made man*. Asked once if he thought he would have succeeded as well in any of the other professions, he promptly answered "Yes"; and to the inquiry *how* he would have done it, he said, "By study." Could there have been a battle of giants, involving questions of the greatest difficulty and highest moment, between the best lawyers Great Britain has ever produced and the best America has known—with each at their prime—England would likely have chosen Lord Erskine and Sir Samuel Romilly; yet Charles O'Conor and Daniel Webster would not only have taken absolute care of America's interests; but before the battle was over they would have made it clear to all intelligent observers that the great Britons were at last fairly outmatched.

LORD TENNYSON (1809-1892)

Born at Somersby, Lincolnshire, England; a rector's son; at eighteen he and his brother, Charles, issued *Poems, Chiefly Lyrical;* at Cambridge University won the Chancellor's Medal for a poem in blank-verse, entitled "Timbuctoo"; in 1830, wrote *Poems by Two Brothers*, in two volumes, *which established his supremacy,*

which has continued ever since; in 1847, "The Princess," a medley; in 1850, "In Memoriam," when upon Wordsworth's death he succeeded him as Poet-Laureate; in 1852, his "Ode on the Death of the Duke of Wellington"; in 1855, *Maud, and Other Poems;* in 1859, *The Idylls of the King;* in 1864, "Enoch Arden"; "Aylmer's Field" and "Tithonus"; in 1870, "The Window; or, The Songs of the Wrens"; in 1872, "The Holy Grail"; in 1875, the drama "Queen Mary"; and in 1876 another, "Harold."

The London *Times*, October 7, 1892, said: "The death of Lord Tennyson extinguishes the most brilliant light in English literature—a light which has shone to the last with unwaning lustre. He linked us with the golden age of the famous poets of the beginning of the century; and his loss, following on that of his old friend Browning, leaves a blank we can scarcely hope to fill. Though the late Laureate had kept his powers and much of his energy to the last; he has died in the fulness of years as of fame. *He lived to a good old age;* he did great and imperishable work; his name had long been a charmed household-word around the hearths and in the hearts of his admiring countrymen; for he was eminently the poet of the feelings and of the affections; and if he cared for lower honors and for more riches, he had won enough of both to satisfy his ambition. The greatest or most conspicuous men are often the least to be envied; but we should say that few lots were more enviable than his. The son of a clergyman in affluent circumstances, life from the first was made smooth and pleasant to him. . . . When most boys are still drudging at the *gradus*, or beginning to labor over the grindstone of Latin verse, he wrote flowing poetry which is readable, and was full of promise for the future. . . . His genius ripened steadily and surely. His reputation increased with the appreciative and sympathetic, as his popularity was widely extended among the crowd. . . . In the enjoyment of ample means; absolute master of his time and of his arrangements, he made his favorite recreation his regular occupation, writing just as much or as little as he pleased. He led the easy life of a country gentleman, as he understood it; drawing inspiration for his scenery and his minutely exquisite painting of nature from the lanes and downs that surrounded his dwellings.

"He was born on August 5, 1809. His father was rector of Somersby, Lincolnshire, and *remarkable for bodily strength and stature;* which may help *to explain his son's longevity, and the per-*

ennial vigor of mind which prolonged his powers of giving pleasure beyond reasonable expectation."

So he came honestly by a strong body; and he had it, as his good old age well proved. For in *Professor J. S. Blackie, His Sayings and Doings* (p. 291), occurs the following passage: "In a letter written to his sister, in 1864, describing a visit to Alfred Tennyson, at Farringford, he says: '*He is a big, strong-built fellow, dark and sallow, more like a Spanish captain of privateers*, or an Italian brigand, *than like a hilarious John Bull, blushing with health and activity and port wine; with a grand Ionian head* AND HERCULEAN SHOULDERS. In manners he is plain, simple, natural, and rather quiet. He is no match for me in play of tongue; and I presume a hundred small wits from town would dominate over him in this way; but what he says is significant, and he gives you an impression of thorough honesty, thoughtfulness, and truthfulness. He has the common faults of the poetic temperament; that is, he is apt to be moody, and sometimes makes himself miserable with odious trifles which a practical man would skip over.'"

And here is Carlyle on his personal appearance: "Tennyson *is one of the finest-looking men in the world;* a great shock of rough, dusty, dark hair; bright, laughing, hazel eyes; massive aquiline face; most massive, yet most delicate; of sallow, brown complexion, almost Indian-looking; clothes cynically loose, free, and easy; smokes infinite tobacco; his voice is musical metallic—fit for loud laughter and piercing wail,and all that may be between speech and speculation free and plenteous. I did not meet in these last decades such company over a pipe."—*Review of Reviews*, December, 1892.

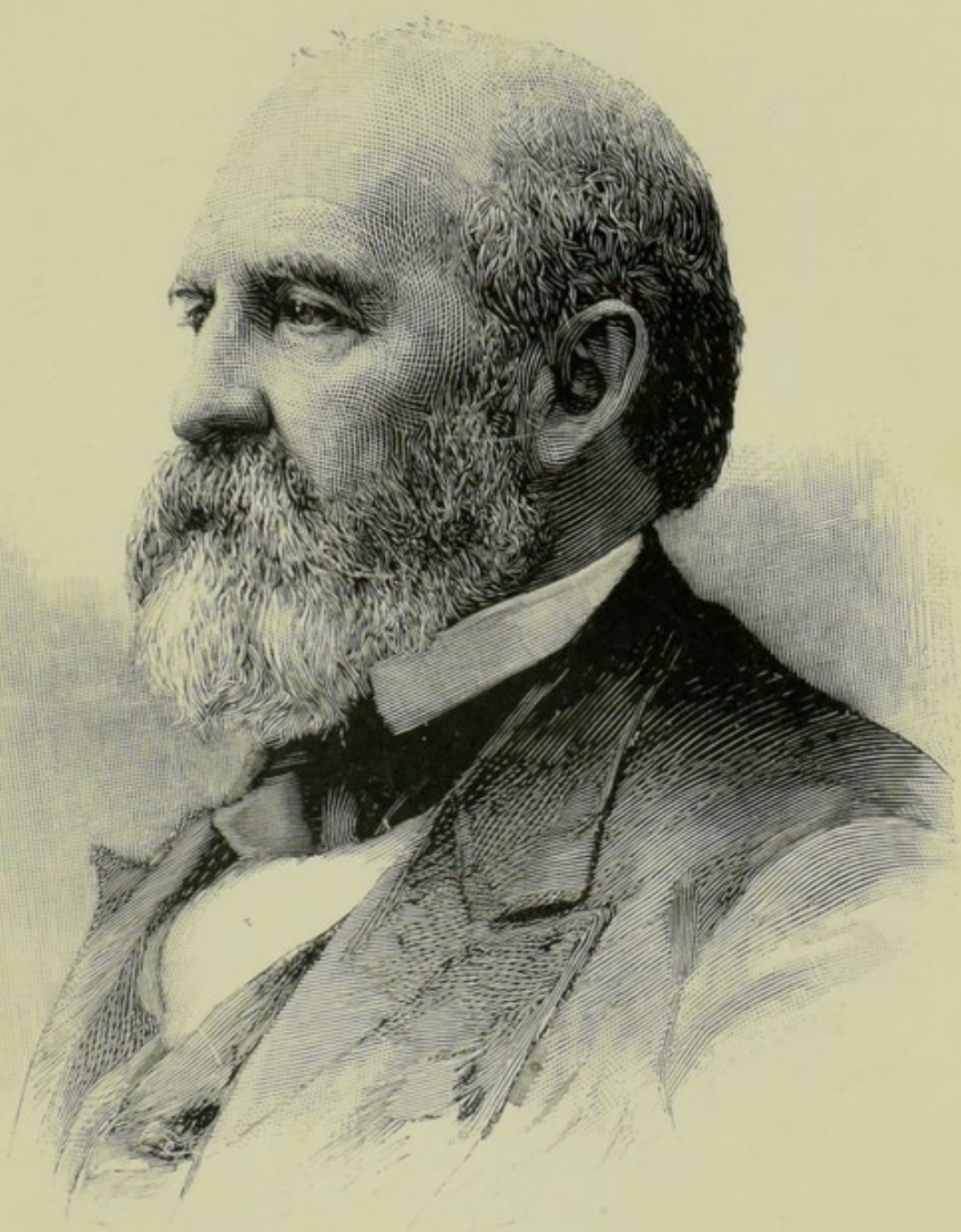
CHARLES DICKENS (1812-1870)

The London *Times*, June 10, 1870, says: "One to whom young and old, wherever the English language is spoken, have been accustomed as a personal friend is suddenly taken away from among us. Charles Dickens is no more. *The loss of such a man is an event which makes ordinary expressions of regret seem cold and conventional. It will be felt by millions as nothing less than a personal bereavement.* Statesmen, men of science, philanthropists, the acknowledged benefactors of their race might pass away; and yet *not* leave the void which will be caused *by the death of Dickens.*

"They may have earned the esteem of mankind; their days may have been passed in power, honor, and prosperity; they may have been surrounded by troops of friends; but, however pre-eminent in station or public services, they will not have been, like our great and genial novelist, *the intimate of every household.* Indeed such a position is attained not even by one man in an age. *It needs an extraordinary combination of intellectual and moral qualities to gain the hearts of the public as Dickens has gained them. Extraordinary and very original genius must be united with good sense, consummate skill, a well-balanced mind, and the proofs of a noble and affectionate disposition before the world will consent to enthrone a man as their unassailable and enduring favorite. This is the position which Mr. Dickens has occupied with the English and also with the American public for the third of a century.* If we compare his reputation with that of the number of eminent men and women who have been his contemporaries, we have irresistible evidence of his *surpassing* merits. His is a department of literature in which ability in our time has been abundant to overflowing. As the genius of the Elizabethan age turned to the *drama*, so that of the reign of Victoria seeks expression in the *novel.* There is no more extraordinary phenomenon than the number, the variety, and the general high excellence of the works of fiction in our own day. Their inspirations are as many as the phases of thought and social life. They treat not only of love and marriage, but of things political and ecclesiastical, social yearnings, and sceptical disquietudes; they give us revelations from the empyrean of fashion and from the abysses of crime. Their authors have their admirers, their party, their public; but not the public of Dickens. *It has been his peculiar fortune to*

appeal to that which is common to all sorts and conditions of men; to excite the interest of the young and uninstructed, without shocking the more refined taste of a higher class and a more mature age. Then the news of this death will hardly meet the eye of an educated man or woman who has not read his works, and who has not been accustomed to think of him with admiration and friendly regard."

And his *body* was almost as well known. A writer says: "In early portraits he had a dandified appearance, and was always a little over-dressed. *He possessed a wiry frame, implying enormous nervous energy rather than muscular strength, and was most active in his habits, though not really robust. He seems to have overtaxed his strength by his passion for walking.*" That he walked much was well known, some accounts saying from seven to twelve miles each day. We once saw him with Mr. James T. Fields walking through Cambridge, Massachusetts, in sensible sack-suit, his trousers rolled up, going at about three and a half miles an hour, and with the swing and gait of an easy walker. But there is one thing in this very walking likely to mislead. The writer just quoted evidently thinks he hurt rather than helped himself by so much walking. But walking has this drawback as an exercise: To a man of active mind, it often gives almost his only chance to escape interruption and to have his thoughts to himself. So, when he gets off on a walk, his mind keenly enjoys it, *and is likely to go much faster than his legs.* But does this *rest* the *mind?* or really work it hard, *perhaps harder than ever?* while, of course, the legs are going too. This double-drain—burning the candle at both ends—is a very common mistake made by studious or hard-pressed business men. Then they wonder why the walk does them so little good. *Is* it any wonder? Next to extemporaneous speaking, composing is rated



COLLIS P. HUNTINGTON

one of the severest tests of the brain and nerves, and takes a deal out of a man. Medical men say that *a few* hours of it a day is *enough*. Yet here this marvellous man, not content with calling on his genius daily for what would be rational and ample, forces through a maze of work in his great thought-factory, so connected, varied, and intricate that it seems almost incredible that one man could have done it all, even in a hundred years. And then on top of it he takes the very hour set apart for change and recreation, and studying every odd character and strange sign and queer freak wherever he goes, gives himself, in all probability, *double* work through nearly all of it. Now if that hour had been on the golf-links, or at the sculls, or chasing a fox, or swinging Gladstone's axe, his mind would have had a real rest—a scour. He would have inhaled twice as much air ; would have given his arms, shoulders, neck, chest, and back considerable to do—*would have unbent the bow*—and would have gone back to his work *refreshed, recreated, remade,* and *ready* for it, as Gladstone, with a better method, *has* kept his mental powers in great working-order for high-class and endless work, not up to *fifty-eight,* like Dickens, *but clear up to eighty-eight*—and he *not* naturally strong at that. Is it not unfortunate that Schiller (composing far into the night), Scott, and Dickens did not see how their breakneck pace and lack of sensible, regular, vigorous *play*—with brain-work shut off at least *one* hour a day—*would have likely saved them each for many more years?*

COLLIS P. HUNTINGTON

Was born at Harwinton, Litchfield County, Connecticut, October 22, 1821 ; left school at fourteen and worked for seven dollars a month ; at sixteen, in New York, with letters, got credit

for goods, which sold at a large profit; the next known of him he was travelling in the South on his own hook; at twenty-two, with his brother Solon, opened a country store at Onconta, New York; March 15, 1849, sailed for California; detained three months at the Isthmus, he made some money there, so that the twelve hundred dollars he had started with became five thousand dollars when he reached Sacramento; there he established the hardware-house of Huntington & Hopkins, which is there yet; bought supplies low, sold high; would give something for anything not perishable, till it was said: "If you cannot sell elsewhere, go to Huntington; he'll buy and pay you cash"; in 1856 he had a fortune; one of the first to see the need of a railroad east; he got seven others to join him in the first survey across the mountains; in 1861 the Central Pacific Railroad Company was organized with a capital of eight million five hundred thousand dollars, and he went to Washington with maps and charts to urge its construction and get government aid; and in 1864 Congress agreed to give lands and bonds to aid in the construction, upon which Mr. Huntington said: "We have drawn the elephant; now let us see if we can harness him up." He then came east to enlist the aid of capital; and "the story of his experience in the negotiation of bonds offers an example of financial achievement, in the face of disbelief in the practicability of the great work and doubt of the value of the security proposed, *which stamps the daring leader in the enterprise as one of the greatest financiers of the century.*

"The faith of the four men, Huntington, Hopkins, Stamford, and Crocker, is illustrated by the characteristic way in which they solved the first problem of construction, when they agreed to pay *personally* for the labor of eight hundred men on the road for one year, and pledged their private fortunes to meet the obligations they assumed. The construction-race with the Union Pacific, which was rushed westward, while the Central Pacific was pushed eastward, created unbounded excitement and enthusiasm as the wires flashed across the continent daily the progress made. The tremendous strain, the anxieties and difficulties of this construction, can never be adequately told. Freights, prices of material, and wages rose enormously, and the necessity of paying in gold coin in California at a time when gold was at a high premium was an aggravating feature of these difficulties. A hundred discouraging problems arose, under the burdens of which the build-

ers, had they been ordinary men, must have been crushed; *but with Mr. Huntington, an unlimited capacity for work, natural powers which had never been impaired by the use of tobacco or liquors, and the rugged, physical vitality which was the outgrowth of heredity and early training carried him safely through the ordeal.*

"He next built the Southern Pacific Railroad; meantime he had acquired lines through east from it, connecting it with New Orleans. He then, to unify the operations of this vast system of transportation lines, organized the Southern Pacific Company of Kentucky, which consists of twenty-six distinct corporations, comprises 8024 miles of railroad, and 4976 miles of steamship lines in the United States, and 573 miles of railroad in Mexico. President of the Guatemala Central Railroad and of the Pacific Mail Steamship Company, *he built at Newport News, Virginia, and owns the best-appointed ship-yard in the United States.* He has also provided his native town with a beautiful church.—*America's Successful Men.*

No one who ever saw him need be told that, bodily, he is a man in a thousand, and that the hard farm-work of youth has done its work.

One look at him—one shake of his hand—will tell any one that here is an unusual man, *six feet high, broad, deep, massive, weighing, apparently, about two hundred and forty pounds; his grip, even at seventy-six, was stronger than that of most men of any age.* Not only did his rugged, physical vitality carry him through the mighty ordeal just named, but through all his long life of vast responsibility. Owner of tens of millions, he is said to have once remarked that high living was what had killed several of his chief contemporaries; and that bread and milk had always been good enough for him, and is so still.

ULYSSES S. GRANT (1822-1885)

Of Scotch stock; born at Point Pleasant, Ohio; entered West Point at seventeen; in the Army eleven years; in all the battles of the Mexican war, except Buena Vista; twice brevetted; in 1854

made Captain; farmed near St. Louis without success; in 1860 a tanner with his father at Galena; thirty-nine and unknown when the Civil War broke out; four days after Lincoln's first call was drilling a company of volunteers at Galena; offered his services to the Adjutant-General of the Army; got no reply, but the Governor of Illinois employed him in organizing volunteers; was soon Colonel of the Twenty-first Illinois Infantry; in three months a Brigadier-General; *without orders* seized Paducah, commanding the navigation of the Ohio and Tennessee rivers; won at Belmont against fearful odds; *without orders* attacked and took Fort Donelson by assault, and a great number of prisoners and cannon; the first great success of the war, and of tremendous importance; made Major-General of Volunteers; July 4, 1863, took Vicksburg; was made Major-General in the regular army; won at Missionary Ridge and Lookout Mountain; Congress gave him a gold medal and the thanks of the nation; March 12, 1864, he was made Commander-in-Chief of the Armies of the United States; with nearly seven hundred thousand men, planned a campaign against Lee at Richmond; and another under Sherman against Atlanta; after varying fortune, Richmond was evacuated and Lee surrendered at Appomattox Court House; July 25, 1866, was commissioned General of the United States Army—a rank created for him. Was twice elected President of the United States; afterwards made a tour of nearly all civilized nations, *receiving greater attentions and honors than had ever been accorded to any man;* after great suffering, which he bore with rare fortitude, he died at Mount McGregor, near Saratoga, New York, July 23, 1885, of cancer.

Adam Badeau, his private secretary, who knew him intimately, said of him: "Not a particle of subtleness or suppleness in his nature; and quite as little power or orderly effort in detail. This limitation of his ability extended to his knowledge of character. He selected generals with an acumen and accuracy never surpassed, but in his appreciation of men outside of war he was often at fault. He knew a Sherman or a Sheridan by instinct; but he was at the mercy of Ferdinand Ward; and seemed to lose almost his common-sense when pitted against schemers in any sphere. *It was when overwhelming effort became indispensable, instant decision, firmness, and breadth of judgment, whether in government or war, that he rose to pre-eminence. He needed, however, to be supreme. All his successes in the field were without the supervision of a superior; he must have*

not only emergency but responsibility to bring out this quality; but when these were combined he seldom failed."

"He always did the best he could with such men as he had. *In small affairs he was an ordinary man.* IN MOMENTOUS AFFAIRS HE ATTACKED AS A GIANT."—*General Horace Porter, at the Inauguration of the Brooklyn Statue,* April 25, 1896.

Garland says: "At Shiloh, he did not shout, vituperate, or rush aimlessly to and fro; he had no vindictiveness. *His anxiety and intensity of mental action never passed beyond his perfect control. He fought best and thought best when pushed hard.* No noise of confusion of line, no delay or mistake of commanders, no physical pain could weaken or affright him. His coolness, his alertness, his perfect parity of vision, under the appalling strain evidenced the great commander of men."

His son, Colonel Fred. Grant, said of him: "*He always did his best.* He did as much his best when he was a farmer as when he was Lieutenant-General, *and he never saw that doing your best in one position in life was any different from doing it in another.* For instance, he would never look upon one particular achievement and say: 'That was my brilliant deed.' He never looked at things that way. He used to say that he had done all that he could, taken all the pains he could about everything, and if one thing turned out better than another it was because he had more and better information to act upon. No, he never felt one responsibility more than another. He felt it his duty to do his best under all circumstances, and after that he did not care. So he never thought that he did one thing better than another. *It was the duty-idea that ruled him.*"

And thus wrote General Sherman to him: "Dear General,—You do yourself injustice and us too much honor in assigning to us too large a share of the merits which have led to your high advancement. You are Washington's legitimate successor, and occupy a place of almost dangerous elevation; but if you can continue, as heretofore, to be yourself, simple, honest, and unpretending, you will enjoy through life the respect and love of friends and the homage of millions of human beings that will award you a large share in securing them and their descendants a government of law and stability. . . . *I knew wherever I was that you thought of me, and if I got in a tight place you would come if alive.*"

General Horace Porter tells us how he looked while

doing his great work: "Many of us were not a little surprised to find in him *a man of slim figure, slightly stooped, five feet eight inches in height, weighing only a hundred and thirty-five* pounds, and of a modesty of mien and gentleness of manner which seemed to fit him more for the court than for the camp. *His mouth, like Washington's, was of the letter-box shape,* the *contact of the lips forming a nearly horizontal line. The firmness with which the General's square-shaped jaws were set* when his features were in repose was highly expressive of his force of character and the strength of his will-power. His eyes were dark gray. His hair and beard were of a chestnut-brown color. His face was not perfectly symmetrical, the left eye being a very little lower than the right. His brow was high, broad, and rather square, and was creased with several horizontal wrinkles, which helped to emphasize the serious and somewhat *careworn look* which was never absent from his countenance."—*Century Magazine,* November, 1896.

And General Ingalls, who saw his West Point life, says of him at that time: "Grant was such an unassuming fellow when a cadet that nobody would have picked him out as one who was destined to occupy a conspicuous place in history. . . . And *at cavalry drill he excelled every one in his class.* He used to take great delight in mounting and breaking-in the most intractable of the new horses that were purchased from time to time and put in the squad. He succeeded in this, not by punishing the animal he had taken in hand, but by patience and tact and his skill in making this creature know what he wanted to have it do. *He was a particularly daring jumper. In jumping hurdles, when Grant's turn came, the soldiers in attendance would, at an indication from him, raise the top bar a foot or so higher than usual, and*

he would generally manage to clear it."—Porter's Campaigning with Grant.

Lieutenant-Colonel Church, editor of the *Army and Navy Journal,* in his Life of Grant, says: "When the regular services were completed, the class, still mounted, was formed in a line through the centre of the hall. The riding-master placed the leaping-bar higher than a man's head, and called out 'Cadet Grant.' A clean-faced, slender, blue-eyed young fellow, weighing about one hundred and twenty pounds, dashed from the ranks on a powerfully built chestnut-sorrel horse, and galloped down the opposite side of the hall. As he turned at the farther end and came into the stretch across which the bar was placed, the horse increased his pace, and, measuring his strides for the great leap before him, bounded into the air, *and cleared the bar,* carrying his rider as if man and beast had been welded together. The spectators were breathless.

"'Very well done, sir!' growled old Herchberger, the riding-master, and the class was dismissed and disappeared; but 'Cadet Grant' remained a living image in my memory.

"A few months before graduation one of Grant's class-mates, James A. Hardie, said to his friend and instructor: 'Well, sir, if a great emergency arises in this country during our lifetime, *Sam Grant will be the man to meet it.*' If I had heard Hardie's prediction I doubt not I should have believed it, for I thought the young man who could perform the feat of horsemanship and who wore a sword could do anything.

"A leap of five feet six and one-half inches made by Cadet Grant on Old York, a horse that no one else dared ride, *still holds the record at West Point for high jumping.* To a companion who said, 'Sam, that horse

will kill you some day,' Ulysses replied: 'Well, I can die but once.' . . .

"Though too good-tempered to be betrayed into a quarrel, it is told of him that when an undersized cadet he was compelled to take a beating from some larger cadet. *He went into training and tried it again, with the same result. A third time he failed, but in his fourth fight with the same youth, some months later, he was the victor,* and gave his antagonist an illustration of the maxim that *perseverance conquers all things.*"

General Longstreet, one of his most persistent foes on the field of battle, says, in his Reminiscences: "General Grant had come to be known as an all-round fighter seldom if ever surpassed; *but the biggest part of him was his heart.*"

So this unassuming hundred and thirty-five pound, five-foot-eight man was the most daring horseman and skilful horsebreaker of his class where all were trained men kept in fine condition all the time. If he was not an athlete, and an uncommonly good one—what *would* you call him? And *that* was the sort of body that stood him in such stead when he filled the great place where *every one else* had failed.

SIR ARCHIBALD L. SMITH

There is a cluster of British judges, who, while known here chiefly to our Bar through long and honorable careers upon the English Bench, dealing constantly with important questions, often of great magnitude, have names which are a household-word in England. Of one of these, Mr. Justice A. L. Smith, the *Law Gazette*, February 26, 1891, says: "His health has been as good as his law; *and physical strength counts for much in the race for briefs.* While at the Bar his industry was surprising. Whatever the number of the cases he had on hand; and sometimes they were more numerous than *two* ordinary barristers could have controlled; he always

possessed a perfect mastery over all the facts, and a complete knowledge of the authorities bearing upon them. Leaders regarded him as *the most helpful junior at the Common Law bar;* he always gave them a liberal supply of points. Time has dealt very gently with him. His years are much older than he looks. He was born in 1836, but as he sits in court, his head resting on his hand, supported by his desk, his keen eyes indicating close attention and mental activity, he certainly appears to be younger than fifty-five years old. He is as quick and sharp as a needle; and *the rate at which he disposes of the cases tried before him is not surpassed by any of his brethren.* In grasping an argument, and in taking the measure of a witness, he shows that his mental machinery works *at express speed.*

"In his early days Sir Archibald *was a cricketer of considerable renown;* and he has maintained his enthusiastic interest in the world of bats and balls. Now he derives his pleasure from the pursuit of the gentle pastime; he has delivered the sentence of death upon many a salmon in the rivers of Scotland."

But they have left out part of the story. The record of the 'Varsity races will tell it, and it is good reading here:

"April 4, 1857, over the four-mile three-furlong course, from Putney to Mortlake, A. L. Smith, of First Trinity College, rowed No. 4 in the Cambridge eight in the 'Varsity race, and lost. March 27, 1858, he rowed No. 2 in the Cambridge eight in the 'Varsity race over the same course, and won. April 5, 1859, he rowed No. 3 in the Cambridge eight in the 'Varsity race, same course, and lost. His racing-weight was 158 lbs."

So the hard worker on the Bench of to-day learned how to work hard forty years ago—on the thwart of his University's pride—the best eight out of the thousands of her athletic sons."

MR. JUSTICE DENMAN

Of another, the son of a judge of great name, the famous Lord Denman, the *Law Gazette*, September 17, 1891, says: "To see Mr. Justice Denman in court disposing of the business before him with the rapidity and ease which pay an eloquent tribute to the endurance of his exceptional mental, as well as *his remarkable physical powers*, is to derive, without further knowledge, no idea of the length of his career. *His years sit lightly on him;* the strong, handsome face does not proclaim his age; nor *his robust form* the fact that he is the senior Judge of the Queen's Bench Division. He is truly a veteran in the ranks of lawyers. He began his legal career in 1846. He has been on the Bench nineteen years; and from the time that he made his first appearance in wig and gown, he has labored hard in his vocation. Son of the first Lord Denman, eighteen years Chief Justice of the Queen's Bench; *born in* 1819; graduating in Cambridge; in his career at the Bar he gained a reputation for sound learning and unceasing industry. He has in a high degree the power of expressing very clearly his views; his grasp of facts being exceptionally firm; but he never was an eloquent speaker, though his voice is one of the finest heard in the courts. His judicial career is admired by every one acquainted with it. He has always been a most excellent judge in his knowledge of the world, as well as of the law."

A scholar and a poet, he trained his body too.

"At Cambridge he was one of the best-known men in the University; and *Trinity College was justly proud of him;* for in the realms of learning *and in the arena of athletics he greatly distinguished himself. His achievements with the oar have caused his name to be enshrined in the athletic annals of the University. He rowed twice in the Cambridge eight, and did much to advance its reputation.* He has presided over the dinner held after the great race more often than any living man; and a better chairman could not be imagined; his love of the river

and his literary power rendering his speeches little gems of their kind."

And they *had* to row in that day, as we shall see in Lord Esher's case.

"TOM BROWN OF RUGBY"

"Blessed is the man who has the gift of making friends, for it is one of God's *best* gifts. It involves many things, but above all is the power of going *out of* one's self and seeing and appreciating *whatever* is noble and loving in another man."—THOMAS HUGHES.

And now comes one who needs no introduction here or in any other land where the English tongue is spoken.

"There are few men on the Bench more widely known or more popular than his honor Judge Hughes—popular with the entire community, and as much loved and respected in America as he is at home. All through his career, Judge Hughes has endeared himself by his thoughful and earnest interest in social problems, tending to advance the happiness and well-being of the bulk of the people. Born in 1823; at Rugby a firm and lasting friendship sprang up between Dr. Arnold and Thomas Hughes, which helped largely to mould the latter's character; and *which led young Hughes to consider the well-being of the masses as the highest care of an English gentleman.* At Oxford, the spark that Dr. Arnold had aroused into activity gradually grew into a sturdy flame; 'Hughes of Oriel' winning much repute as an earnest student; holding strong liberal views; and one who would do and dare much and raise the democracy to his standard of purity and excellence. Successful at the Bar and in politics '*It is, however, as an author that Mr. Hughes owes his wide popularity.' His Tom Brown's School-Days, published in* 1856, *at once brought him the most sincere congratulation, and to this day is the school-boy's classic as a source of pleasure.* It has passed through very many editions, and has been reproduced in many languages.

"*The Scouring of the White Horse; Tom Brown at Oxford; Layman's Face; The Cause of Freedom, and the Manliness of Christ;* and many articles of his 'have evoked warm praise from the most capable critics at home, in America, and on the Continent. And, when the Lord Chancellor raised Mr. Hughes to the County Court Bench, in 1882, it was felt that his appointment was alike a compliment to literature as to law. As a judge, his honor is urbane, punctil-

iously polite, painstaking, and most anxious to be just.'" — *Law Gazette*, August 26, 1893.

And rightly does he refer to America's respect and love for Tom Brown of Rugby. What *other* hand, American or British, has ever so read a boy's mind; so seen with a boy's own eyes; so touched his heart; so traced his course on from boyhood to manhood; with all its doubts and vexations and disappointments; its pleasures and hopes and fears; its eager ambition, of which he seldom speaks, to one day be somebody himself? That fight of Tom with big Slogger Williams for bullying little Arthur Stanley touched a chord responsive in a million hearts. No manly man or boy likes a bully. But they *love* him who *faces* one—bigger than himself—and fights him to a finish. And they love him even more when, in the temptations that come to all boys at times to go wrong, he *won't* go—and *doesn't* go. Sturdy, splendid John Hardy—a strong all-round man, morally, mentally, and physically—was Tom's best teacher. And he has had hundreds of thousands of other willing pupils too. "Tom" told the writer once that he had two men in mind whom he fused into a Hardy. What a grand thing it would be for every boy to have one *such* a friend! And once, when a boxing-master was bullying his pupil, the story goes that "Tom" asked the former to let a stranger put them on; and, on the favor being granted, thrashed him soundly, a good lesson.

SIR JOSEPH CHITTY

And now comes another name honored and loved in England.

"His father and grandfather very famous lawyers; Sir Joseph Chitty, beyond all doubt, is one of the most erudite lawyers of Great Britain. He really loves the law, and revels in its intri-

cacies. His chief delight is a will case. *A thorough master of the English language, he is a great scholar as well as a successful lawyer.* Born in 1828 ; at Oxford he gained distinction as a classic and Fellow Commoner in the schools ; the Vinerian scholarship and a fellowship at Exeter ; and he still retains his interest in the study of Greek and Latin literature ; probably no judge has a better library ; and its cosmopolitanism forms an index to the versatility of its owner. He is an accomplished violinist, and very fond of carpentering. His career at the Bar was one round of success ; and his popularity was equal to his accomplishment. His fairness as an advocate was proverbial ; his ability was acknowledged in every quarter ; and *his power of work was a wonder, and the pride of Lincoln's Inn.* His humor forms one of his attractions on the Bench. Some years ago part of the ceiling of his court gave way and fell just in front of his desk. 'Fiat justitia, ruat cœlum !' readily exclaimed Mr. Justice Chitty, the twinkle in his eye developing into a smile upon his massive features. Some few weeks ago our readers decided by means of a competition that Mr. Justice Chitty was the *most popular Judge on the Bench.*"—*Law Gazette*, June 4, 1891.

"It is, however, *as an athlete* that he is best known outside the law. At Eton he *excelled* as a *cricket* and *foot-ball* player ; and *at Oxford he gained a distinction as an oarsman that has certainly never been surpassed. At Putney and Henley, between* 1849 *and* 1852, *his unrivalled success was truly marvellous ; 'Joe Chitty,'* as his friends have always affectionately called him, *was such a hero as Oxford has seldom seen.* As everybody knows, for many years he acted as umpire of the University race until, indeed, he was promoted to the Bench, in 1881. Sitting in his court on a hot June afternoon, and looking at *the massive shoulders which proclaim his great physical strength,* it is impossible to prevent one's thought from wandering from the detail of the complicated marriage settlement being discussed to the picturesque reaches of the river, *where the Judge was wont*

to show his prowess with the oar. Even as he delivers one of his remarkably clear decisions,

"'*On the ear*
Drops the light drip of the suspended oar.'

"In society his conversational powers are very highly esteemed. Sir Joseph's popularity is as wide as his acquaintanceship and fame. Everywhere Mr. Punch's refrain may be heard:

"'All hail, Joe Chitty; fortune favors pluck—
A stroke of genius, *and a stroke of luck;*
In Boat, at Bar, on Bench, you are and were
By all acknowledged "fairest of the fair."'"

—*Law Gazette*, June 4, 1891.

So this splendid man, "whose power of work was a wonder, and the pride of Lincoln's Inn"—this captain, and winning captain, of his 'Varsity cricket eleven; stroke-oar and captain of his winning 'Varsity eight; rowing at No. 3 in the Oxford 'Varsity eight, March 29, 1849, and losing; rowing the race over December 15, 1849, *and winning;* and rowing *stroke* at Henley in the *winning* eight, June 17, 1851; rowing *stroke* in the 'Varsity eight, April 3, 1852, *and winning*—has taught all men how a powerful body wedded to a powerful mind and an exalted character makes a grand man.

LORD ESHER

American lawyers and judges need no introduction to Lord Esher, the famous "Master of the Rolls," and here is what they think of him in England: "William Baliol Brett, now known as *Lord Esher, is one of the brightest, if not the brightest, ornament on our judicial tribunals.* A man of profound learning, of catholic sympathy, and possessing a wide knowledge of human nature, kindly and yet dignified; such is Lord Esher, familiarly known and

spoken of by the Bar as 'The Rolls.' Right worthily does he fill his high and ancient office, and right proud of him are we all.

"Born in 1819; he took his B.A. at Cambridge, in Caius College, in 1840; was called to the Bar at Lincoln's Inn, in 1846; from the outset he made his mark. In 1868, Solicitor-General, which carried with it a Knighthood; in 1868, Justice of the Common Pleas; in 1876, Lord Justice of Appeal; and on Mr. Gladstone's recommendation, in 1883, made Master of the Rolls.

"At the 'Varsity young Brett was exceedingly popular all round; *and on the river, particularly getting his colors and rowing in the 'Varsity crew. His prominence as an oarsman is still the theme of many a college yarn.* Caius men, whenever they hear reference to the Rolls, take care to ejaculate: *'Oh yes; Brett was one of our Blues!'—a College and 'Varsity honor surpassing in undergraduate eyes even the dignity of Master of the Rolls."—Law Gazette,* June 16, 1893.

"Writing of Lord Esher's rumored retirement, an evening paper remarks: 'Lord Esher's knowledge of the world is in striking contrast to the guilelessness of some of his colleagues. IN HIS EARLY DAYS HE WAS A NOTED ATHLETE. THREE TIMES *he rowed in the Cambridge eight and was one of the victorious crew.* Since then he has been a lively figure in society—also a prominent one—*thanks to his six feet of robust manhood,* and his large development of the humorous faculty.

"'And it took good men to row a 'Varsity race in that day, when dainty shells were unknown; outriggers, too; and when the boat weighed nearly, or quite, twice as much as a racing eight does now. We seriously debate to-day whether, with frail shell, sliding seats, spoon-oars, great expense of preparation, and all, four miles is not too far; and too hard on the men; and

if three will not do. But see what this lusty Master of the Rolls and his men did in their big boat in their day.

"'The official record says:

"'1839—Wednesday, April 23.
Course, Westminster to Putney. *Distance,* 5 *miles* 3 *furlongs.*
Cambridge wins. Oxford loses.
Won by 1 minute 45 seconds. Time, 31 minutes.'"

—*Law Gazette,* January 13, 1894.

No mere *four*-mile race there. No little dainty paper shells, with skeleton outriggers and spoon-oars. Boats, no doubt, twice as heavy as those of to-day, cumbrous, slow, and rowed probably on the gunwale. It took *good men* to row *such* a race, and under *such* conditions.

SIR RICHARD WEBSTER

"At Trinity College, Cambridge, whither he went after leaving Charterhouse, *Sir Richard Webster was the most popular man of his time.* He gained his popularity not by means of any extraordinary display of learning such as the scholarship of Mr. Justice Romer. His university attainments consisted of the thirty-fifth position in the list of Wranglers; and a third class in the Classical Tripos. It is not too much to say that Sir Richard Webster is one of the most versatile men of his time. *He is equally at home in the Courts and in a Sunday-school; in the House of Commons and at a meeting of the Society of Arts; in a gymnasium and in a church choir; in defending the Pelican Club (of boxers) from the charge of being a nuisance and in presiding over an anti-gambling demonstration.* He is popular among all classes, being genial and respectful towards *all* men.

"But he never hesitates to express his thoughts, and his sincerity has made him enemies. The Attorney-General possesses all the qualities that make a good judge. He always forms an independent opinion; and his judgment, though never hasty, is not slow. He is courteous to the humblest member of his profession; and

SIR RICHARD WEBSTER,
Attorney-General of England

every barrister and solicitor will be willing to congratulate him when he is promoted to the highest position in the land.

"Although one of the wealthiest among the rich men of the Bar—and all his riches have been *earned*—he still works with the passion of youth. Nearly every morning he is at work *before six o'clock;* mastering the details of some complicated case, and enjoying the cup of coffee he prepares with his own hands.

"Unlike Sir Charles Russell, who works late at night, the Attorney-General believes that the morning is the best time to work; the mind and body then being fresh and free; and many a morning the sun has appeared above the house-tops at Kensington to find Sir Richard deep in the mysteries of a patent."—*Law Gazette,* 1891.

But the *Gazette* continues: "*It was as an athlete that he distinguished himself above* ALL *his fellows. In his palmy days he was the smartest runner either Cambridge or Oxford has produced.* HIS EQUAL HAS NEVER BEEN SEEN IN THE TWO-MILE INTER-UNIVERSITY RACE. THE GREAT PHYSICAL STRENGTH WHICH MADE HIM POPULAR AT CAMBRIDGE HAS MADE HIM SUCCESSFUL IN THE TEMPLE. ONLY A MAN OF EXCEPTIONAL POWER OF ENDURANCE COULD HAVE DONE THE WORK THE ATTORNEY-GENERAL HAS BEEN CALLED UPON TO DO. It is easy to see, as he walks along one of the corridors in the courts, or across the lobby of the House of Commons to his private room, that *he possesses a frame of extraordinary power. The broad shoulders; the well-proportioned body, narrowing at the loins; the massive features furrowed by responsibility and thought, and bearing the unmistakable stamp of ceaseless intellectual activity, tell their tale with ease.*"

"Such is the man whose income from his profession each year is thirty thousand pounds, the fees marked on some of his briefs being enormous—his practice being confined to commercial law, railroads, and patents."—*Law Gazette,* August, 1892.

Gilbert Clark says: "As Attorney-General, his income was seventy thousand dollars a year. He is said to have received one hundred thousand dollars for his services in the Parnell commission and the *Times* libel matter. He earned, during the legal year which closed last August, about forty thousand pounds (two hundred thousand dollars), the largest figure even his great professional income has ever reached. His fees in four days at the summer assizes amounted to three thousand pounds. Sir Richard has certainly made more money at the Bar than any man of his time; and few have ever equalled him."

JAMES C. CARTER

"James C. Carter is, by the general consent of the New York Bar, spoken of as the leader of the profession. *This title has not been accorded so generally to any man since the death of Charles O'Conor*, with whom Mr. Carter was associated in several important litigations, especially in the great Jumel case, which they carried, after years of labor under extraordinary difficulties, to a brilliant termination. Mr. Carter was born in Lancaster, Massachusetts, October 14, 1827, and is a graduate of Harvard college. He is a gentleman of fine appearance, of courtly manners, and impressive speech. His main superiority consists in his broad and philosophical view of the law. In his arguments he prefers to seek the fountain rather than to follow the streamlets. He builds upon the broadest and strongest foundations, and it may generally be said of him, as was said of Mr. Calhoun, that if you grant his premises you are bound to accept his conclusions. Although he has had considerable success as a jury lawyer, his main excellence has been in great arguments before the Court of Appeals and the Supreme Court of the United States. Though defeated by a closely divided court in the great Tilden will case, his argument in that celebrated litigation does him great honor. He was of counsel for the United States in the Behring Sea case, and his eight-day argument elicited great commendation. It was masterly in its generalization and its philosophy, in its breadth, and in the

high tone which prevailed throughout. *The President of the tribunal commended it in terms of deserved eulogy.* His practice has been for many years very large. He was made President of the American Bar Association in 1894. Since the death of his former partner, Mr. Henry J. Scudder, in 1886, with whom he was associated for thirty-three years, Mr. Ledyard, a grandson of General Cass, has been associated with him. Mr. Carter is a bachelor, *and retains, to all appearances, his old-time vigor and earnestness,* and is greatly esteemed by his associates." — *Clark's Sketches of Eminent Lawyers.*

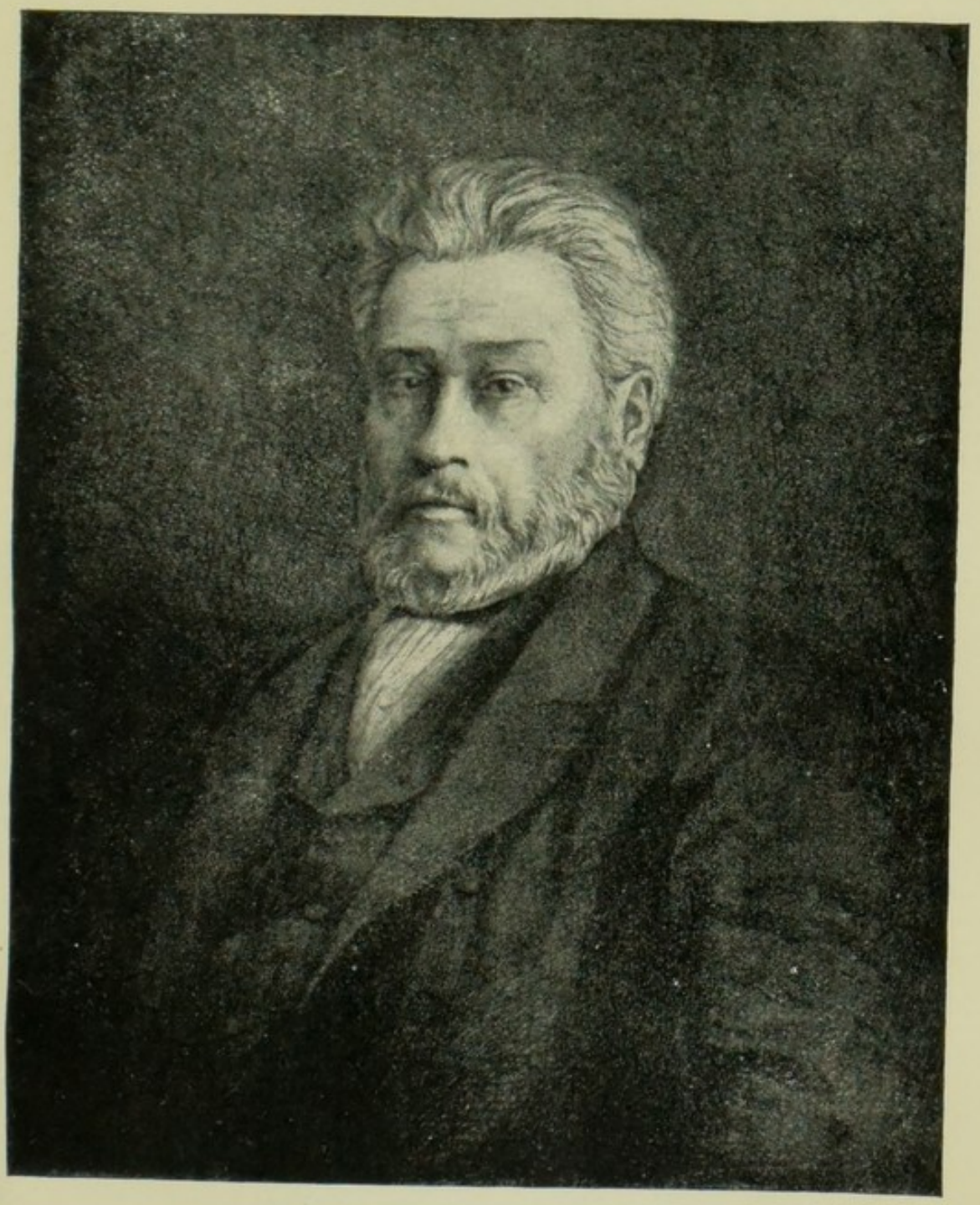
Mr. Clark rightly says that Mr. Carter retains his old-time vigor and earnestness. No man who has met him at the Bar, in conflict, needs any proof of that. Five feet nine inches in height; strong-legged; square-waisted; deep-chested; full-blooded; ruddy and vigorous, but carrying no freight; easy of movement; and strong of grip; he *has to this day kept up an eager interest in sport,* and loves out-of-door life. Naturally a strong man; in that same great Jumel will case, his running-mate, Mr. O'Conor, so forced the pace that it took his junior off his feet; and, breaking down with nervous exhaustion, he left the active practice of the law for some four years; and, like the sensible man he is, devoted himself to *thoroughly* regaining the health that intense and unremitting over-work, for a quarter of a century, had so impaired. He "shot ducks from Currituck to Eastport," as he once said; and at his charming home by the sea, directly under the light of one of the great light-houses of Long Island, where he spends his summers, his neighbors delight to tell of his athletic doings. One of them says that in the teeth of a gale, when Shinnecock Bay is a mass of foaming white-caps, "Judge" Carter—as they love to call him—takes his boat alone, *and rows right into the very roughest*

water he can find; his body seeming to have the same characteristic as his mind, when hard questions are to be dealt with. And as one neighbor tersely put it: "*A duck has very hard work to pass Judge Carter,*" which is not bad shooting for a man over seventy, and looking to have at least ten good years in him yet.

JOHN PIERPONT MORGAN

Born in Hartford, Connecticut, in 1837; son of Junius S. Morgan, the eminent London banker; "a graduate of the Boston English High School; of the University of Göttingen; entering the New York banking-house of Duncan, Sherman & Co. at twenty; in 1860 made American agent of George Peabody & Co., of London; maintaining a similar relation since with J. S. Morgan & Co.; in 1864 a member of Dabney, Morgan & Co.; in 1871 of Drexel, Morgan & Co. By the death of the older members, he has now risen to the head of the greatest private bank in America"; and one of immense influence in the country's financial progress. Reorganization of railroads, negotiation of large loans, and the establishment and conduct of enormous trusts have been carried on by Mr. Morgan and his present firm to an extent never before approached, scarcely conceived of; and with uniform and marvellous success. Cæsar and Napoleon's greatest and most lasting bequests to their nations were their roads. In her grandest day, when the Roman Empire extended from Scotland to the Sahara, from the Pillars of Hercules to the Euphrates, she was justly proud of her magnificent system of roads, which, starting from the famous Golden Milestone in the very heart of her great capital, stretched in all directions to the farthest confines of her mighty empire. But Mr. Morgan controls over fifty thousand miles of road to-day —more than these two men, or any other two men, ever controlled in the world's history — and *better* roads besides; and is said to have the controlling vote on over a billion dollars' worth of stock.

And of a body to match his big brain. His father, tall, stalwart, of commanding presence, resembled Daniel Webster more in figure, carriage, and bearing than, per-



CHARLES HADDON SPURGEON

From an etching by Leon Richeton)

haps, any man now living. And the son inherits his father's fine presence and massive physique; a large, sturdy, strong man—fit for great and protracted labor with mind, and nerve, and will, and every faculty. Rothschild said it takes great courage to make a fortune; and ten times as much judgment and courage to keep it. Many times undertakings of vast magnitude have depended upon the judgment and nerve of this one man. But no one ever heard of *his* not being equal to every demand. A weak, timid, or unhealthy man could never have done what he has done. He would have broken down by fifty. But Mr. Morgan bids fair to even outlast his famous father's seventy-seven—possibly to control all the railroads in America besides. Not a month, hardly a week, passes but the press tells of some new and mighty combination of capital involving tens of millions, and putting the control in a few hands; and almost as invariably you find the brains and financier of the project, and almost a sure guarantee of its success, the name of J. Pierpont Morgan. The duties of the Secretary of the Treasury would be light beside what this American Rothschild performs self-imposed. And he finds time to think of others, too, giving *a million* dollars for a hospital with as little ostentation as if he was buying a newspaper.

CHARLES HADDON SPURGEON (1834-1892)

Out of Dutch stock; was born at Kelvedon, England, in 1834; a Baptist; at seventeen he began to deliver cottage sermons; at eighteen had a church at Water Beach; at twenty pastor of New Park Street Chapel, London, where he preached so well that in two years the building had to be greatly enlarged; then Surrey Music Hall was engaged; then his people built the well-known Tabernacle, in 1861; the evangelistic and philanthropic agencies

in connection with this immense chapel comprised the Stockwell Orphanage; a Pastors' College, where hundreds of young men were trained for the ministry under his care; more than twenty chapels were founded by him in London alone; and the Golden Lane Mission; his sermons were published weekly, and yearly volumes were issued for many years; which had an enormous circulation, and were translated into many languages; he also wrote *John Ploughman's Talk*, which had a circulation of three hundred and fifty thousand; *The Saint and His Saviour;* and many other books; besides editing a monthly magazine, *The Sword and the Trowel;* he died in 1892.

The London *Times* of February 1, 1892, said: "By the death of Mr. Spurgeon English nonconformity has been deprived of a remarkable man; a man of striking power and strong personality; a man who has left upon the religious life of his generation a mark deeper if less wide than that which will be left by his contemporary of the Salvation Army. . . . *It was as a writer and a preacher of sermons that Mr. Spurgeon exercised most powerful influence.* An American author wrote of him that the chief sources of his power lay '*in his wonderfully original, natural, and impressive delivery;* his marvellous command of simple, precise, idiomatic Saxon language; *and his red-hot earnestness and simpleness of purpose.*' . . . In politics Mr. Spurgeon exercised an active influence. A man of his oratorical strength, who was in the habit of addressing huge congregations, who did not shrink from alluding to the events of the day, could hardly fail to be a power; and the trenchant attack which he made upon Mr. Gladstone's Irish policy of 1886 was a serious blow to the influence of that sometime leader of the Liberal party. . . . The liveliness of his discourses is systematic and deliberate; witness the preface to the first volume of sermons published in 1856, in which the preacher says 'he is not quite sure about a smile being a sin; and, at any rate, thinks it less crime to cause momentary laughter *than a half-hour's slumber.*' On this principle he preached throughout a tolerably long life, with the result that *he obtained hearers in thousands, when scholarly men could not obtain them by hundreds or even by scores;* and had an almost unbounded influence over large bodies of men and women, chiefly in the lower middle classes. This eloquent and energetic preacher, who was almost worshipped by his immediate followers; who was the personal friend of Presi-

dent Garfield and of Lord Shaftesbury ; whose words were widely read, not only in Great Britain, but all the world over ; who entertained, by the flashes of his shrewd wit, even those who were not attracted to his principles, will leave a great and visible gap in English life."

And this—after Chalmers—greatest preacher Europe has seen in this century, who said: "I think I am bound never to preach a sermon without preaching to sinners. I do think that a minister who can preach a sermon without addressing sinners *does not know how to preach;*" —was his a delicate, half-developed, hap-hazard, neglected sort of a *body?* Look him over a little and see. Power—broad, square, deep—written all over him. The mighty chest that made his clear, vigorous voice go easily to all those six thousand and more who packed that Tabernacle Sundays; the thick neck; the set, determined, forceful-looking head and eye; the general massiveness; and everything he did and did not do showing that that is just what he was — *massive.* Another of the great divines like Luther, Chalmers, Guthrie, Beecher, Hall, Moody, specially fitted by nature to deal with *great* assemblies, and move them as he liked.

PROFESSOR JOHN STUART BLACKIE (1809-1895)

The New York *Tribune* of March 3, 1895, said of Professor Blackie: "To scarcely any personage could the much over-used title 'Grand Old Man' be more appropriately given than the illustrious educator whose death is herewith recorded. *Half a year older than Mr. Gladstone; he bore his age even more lightly, and with much less physical infirmity, than that marvellous veteran; and maintained his versatile intellectual activity unimpaired to the very end of his life.* In his departure the world loses almost *the last of the great figures of Scottish scholarship* who long made their country's capital the 'Athens of the North.' As a young man he spent some years at Göttingen, Berlin, and Rome, devoting himself

especially to the study of Greek, German, and Italian, and classical philology. Returning home, he published a metrical translation of *Faust*, in 1834, which attained great popularity; and of which a new edition has RECENTLY appeared. Then he was called to the Bar, and for a few years was a successful practitioner, shrewd and canny, and wellnigh invincible in argument. His great talents were not to be given, however, to courts of law. In 1841 a new chair of Latin literature was established at the old Mareschal College at Aberdeen; and he was called to fill it. For eleven years he held the place, *with a reputation filling all Scotland and overflowing into all the lands of the earth for thorough scholarship, and a peculiar ability to win the attention and mould the minds of his pupils.* The personal appearance of Dr. Blackie was at once striking and attractive. He was familiar to every wayfarer on the streets of Edinburgh. A man of *middle stature, lightly built, of finely* chiselled features, cleanly shaven; a wealth of silken silver locks trembling on his slender shoulders; a dark frock-coat; a Shakespeare collar; a Cavalier hat; a gray Scottish plaid intricately wrapped around the chest; humming a German student's song, or a chorus from Æschylus. He was a picturesque figure in his study too; clothed in a voluminous blue dressing-gown coming to his heels, and confined at the waist by yards upon yards of red silk sash. . . . *Outwardly he is the most picturesque of his race, inwardly the most youthful and brilliant of his kind.*"

In a charming little book, *Blackie's Sayings and Doings*, his nephew, Mr. Angus Kennedy, says:

"Few men had such a brilliant list of visitors and correspondents — Gladstone; Carlyle; Ruskin, 'a small edition of Carlyle, but a delicate and dainty edition'; Browning; Froude; Max Müller; F. W. Newman, and his brother the Cardinal; Bunsen; the Duke of Argyll; Lord Rosebery, 'the wise young Laird of Dalmeny'; Sir David Brewster; Sir William Hamilton; Dean Ramsey; Cardinal Manning; Kingsley; Guthrie; Macleod; Blaikie; 'Christopher North'; Dr. Trench; Lord Neaves; Mrs. Bishop; Sir Noel Paton; Sir George Reid; Sir Henry Irving; Miss Mary Anderson; and his neighbor, Principal Rainy, 'a fellow incapable of talking nonsense'—these are a few of the names.

"One curious but inevitable result of the English style of teaching Greek is that our great Greek scholars, when they visit Greece, cannot even make themselves understood. It is said that Mr. Glad-

stone himself had to fall back on Italian, *while his friend Blackie could chat away with the Athenians in their own language as comfortably as with the Aberdonians in theirs.*"

A capital body had this light-hearted Scot; reformer of classical education in Scotland; the best friend her crofters ever knew, raising a large amount of money for their relief—just the body for a scholar. And *all his life a walker.* It was from Oban that Blackie *used to go off for a fortnight's walk on what he called* "the one-shirt expedition." *There was not a high mountain in Scotland that he did not get to the top of at some time or other, and The Lays of the Highlands and Islands,* which he published, with some instruction on geology and other useful matters, for the benefit of tourists, were composed, he tells us, "With no conscious purpose at all; but merely to pour forth the spontaneous happy moods of my own soul, as they came upon me during *many years rambling* the Bens and Glens of my Scottish fatherland." It was he who had *walked* so much in Germany, and all over Greece and Scotland. And not only did he take these fortnightly tramps when he was *in the sixties;* but he continued a spry, light, staying walker far on into old age, always carrying a stick, but no man ever saw him leaning on it. A fresh-faced, healthy, fine-grained man.

Punch missed him, too, as well as all Great Britain, for on March 9, 1895, it added its tribute:

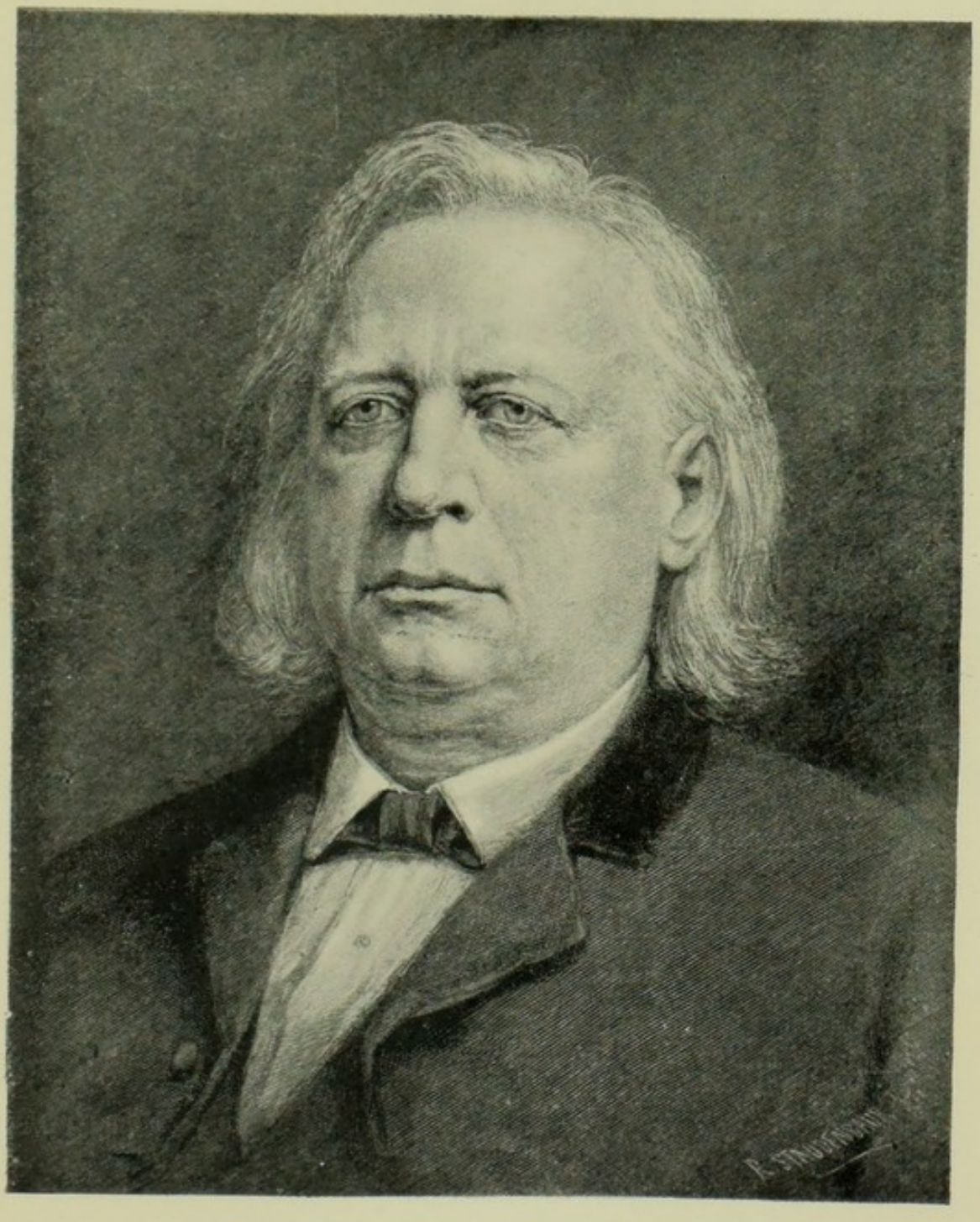
"Thou brave old Scot! And art thou gone?
How much of light with thee's departed?
Philosopher, yet full of fun,
Great humorist, yet human-hearted;
A Caledonian, yet not dour;
A scholar, yet not dry-as-dusty;
A pietist, yet never sour!
O, stout and tender, true and trusty,

"Octogenarian optimist,
The world for thee seemed aye more sunny;
We loved thee better for each twist;
Which streaked a soul as sweet as honey.
We shall not see THY like again!
We've fallen on times most queer and quacky;
And oft shall miss the healthy brain,
And manly heart of brave old Blackie!"

HENRY WARD BEECHER (1813–1887)

Son of Lyman Beecher—himself a great divine; born at Litchfield, Connecticut; he attended the Boston Latin School; graduated at Amherst in 1834; then at Lane Seminary two years, his father being President; in 1836, Editor of the Cincinnati *Journal*; pastor at Lawrenceburg, Indiana, 1837–9; at Indianapolis till 1847, when he was installed as pastor of Plymouth Congregational Church, Brooklyn, and preached there till his death, forty years later, his genius and remarkable eloquence attracting one of the largest audiences in the United States. Equally successful as a lecturer and a popular orator; in 1861, editor of the *Independent;* in 1863 he made five great speeches in England in behalf of the North during the Civil War; prominent anti-slavery advocate; temperance reformer, and upholder of the rights of women; in 1872–4 delivered three courses of lectures on Preaching at the Yale Divinity School on the "Lyman Beecher Foundation"; in 1850 delivered and published *Lectures to Young Men;* in 1855, *Star Papers;* 1858, *Life Thoughts;* 1864, *Royal Truths;* and wrote *Norwood* (a novel); 1871, *Life of Christ* (Vol. I.); 1884, *Evolution and Revolution;* 1885, *Sermons on Evolution and Religion;* and about twenty other volumes of sermons; 1870–1881, founder and editor-in-chief of the *Christian Union;* a frequent contributor to the New York *Ledger;* editor of the *Plymouth Collections of Hymns and Tunes;* and of *Revival Hymns.* Numerous compilations of his utterances have been published, including *Prayers from Plymouth Pulpit; Notes from Plymouth Pulpit; Sermons from Published and Unpublished Discourses; Morning and Evening Devotional Exercises; Comforting Thoughts,* and many others.

This many-sided, rarely gifted teacher, preacher, editor, moral reformer, lecturer, author, orator, patriot, "so active, so intense,



HENRY WARD BEECHER

and so outspoken in times of heated debate, could not but make many and bitter enemies. *Throughout half a century of public life* Mr. Beecher was a target of innumerable attacks from men who either from self-interest feared, or from conservative considerations dreaded, the effect of his teaching." Only one of these attacks ever cast any shadow on his name—and in the greatest scandal ever known in America, where a gifted rival did all he could do to ruin him, he so bore himself that "the largest Congregational council ever convened, which included representative men from all sections of the country, and all schools of thought; after a week spent in thorough scrutinizing inquiry, in the course of which Mr. Beecher was himself submitted to a searching cross-fire of questions from the members of the council in an open session, extended to him, *without a dissenting voice,* the Christian fellowship and sympathy of the churches, *and expressed the confidence of the entire council in his integrity.*"

One writer well says: "Mr. Beecher's genius was distinctively that of an *orator.* He showed no power in executive or administrative functions. As an editor he shaped and inspired the journals with which he was connected, but never administered them; as a preacher and pastor, he filled his audience with his never-failing enthusiasm, but did not attempt to allot to them individual work; as a public reformer, *he touched the hearts and consciences of the nation,* but took no part in the administration of either political, moral, or missionary organizations. BUT AS A PREACHER, whether measured by the power of his utterances, or by the variety of his pulpit themes, HE WAS CERTAINLY WITHOUT A PEER IN THE AMERICAN PULPIT, AND PROBABLY WITHOUT A SUPERIOR IN THE HISTORY OF THE CHRISTIAN CHURCH."

Few who ever heard him will question this; or will forget as long as memory lasts the mighty power of this man in the pulpit; holding his audience in the hollow of his hand; doing with it, and with every member, *whatever he wished to do;* and doing it with an *ease* denied to most men *from the beginning of the world till now.*

And lavish as Nature had been with this man—with his wonderful imagination, unequalled power of illustration, and *creative* mind, never yet approached in Ameri-

can pulpit, and almost upon American platform—she gave him also the inevitable magnificent body.

We have already seen from his pen (page 83) the value he put upon health and the important part it must ever play in all great performances; and in a life of tireless activity in great fields, from the small beginning at Lawrenceburg, at three hundred dollars a year, till, by tongue and pen, he is estimated to have earned and collected in all his life far over a million of dollars; no man knew better than he what a priceless ally health is, and how crippled and helpless he would have been without it. He wrote his grandson — a growing boy at school: "Don't be tempted to give up the wholesome air-bath, the good walk, the skate, the ride every day. *It will pay you back over your books by freshness, elasticity, and clearness of mind.* I have noticed that lessons which require acuteness and memory both, are best gotten by studying them the last thing before going to bed; and then taking hold again early in the morning. . . . Take care of health. *Learning, in a broken body, is like a sword without a handle; like a load in a broken-wheeled cart; like artillery with no gun-carriage.*" And at thirty-two he wrote on a fly-leaf of an educational agricultural book, begun January 10, 1845: "It is my deliberate conviction that *physical labor is indispensable to intellectual and moral health;* that the industrial and producing interests of society are powerful conservators of morals. *Especially do I regard the tillage of the soil as conducive to life, health, morals, and manhood.*"

And from childhood on he practised what he preached. His brother, Rev. Thomas K. Beecher, says: "Ed was a man like father. But Henry and Charles were *heroes doing things.* HOW THEY COULD JUMP! HOW THEY WHIRLED AROUND THE HORIZONTAL BAR!"

While a student at Amherst, offered ten dollars to deliver a lecture at Brattleboro, Vermont, he *walked there,* lectured, *and walked back, covering about one hundred and fifty miles in the tramp.* His wife, son, and son-in-law, Rev. Dr. Scoville, in his biography, say: "In his younger days his farming and gardening experiences *were intimately associated with hard physical work.*" Lewis Tappan says of him while at college: "He joined a club of eight, who boarded a mile from college, *that the going and returning from their meals might give them six miles of exercise a day.* This was done in part to save expense, board being cheaper at that distance from the village. *He also walked from college to Boston, more than one hundred miles,* for the same reason."

Look at the *make* of the man. No one who ever saw him soon forgot the great head; *the sixteen-and-a-half-inch neck* (see page 203); the massive shoulders; the capacious chest; the stalwart legs; the fresh, blooming complexion; the *double* set of splendid teeth; the powerful action; *the exhaustless vitality* of this grandfather of Henry Ward Beecher the Second—the latter one of the most renowned foot-ball players in the annals of American great athletic contests. And he came honestly by his mighty wealth of vigor. For in speaking of his ancestors his biographers say: "Apparently of more than the average intellectual ability, there was one feature in which the men whom we have described *markedly excelled*—namely, *in physical strength.* The standard of measurement was peculiar in those early days, and may not be as well understood by us; but, even now, conveys the idea OF GREAT STALWARTNESS. David (Henry Ward's grandfather), it was said, *could lift a barrel of cider, and carry it into the*

cellar. Nathaniel, his (David's) father, was not quite as strong. *Yet he could throw a barrel of cider into a cart;* while Joseph (Nathaniel's father) exceeded them all — FOR HE COULD LIFT A BARREL, AND DRINK OUT OF THE BUNG-HOLE!"

Just try any one of these three feats at some time when you are feeling fine. You may learn something; or name some man among the three and a half millions of people in New York City, or of the four and a half millions in London, who can do what Joseph Beecher did. Not only is a cider-barrel a clumsy, unwieldy thing; but you have to hold it at arm's-length, and with a poor grip; so that, even empty, it is no plaything. But full, it weighs *about four hundred and fifty* pounds; and, barring Sandow, and a very few others, the world has scarcely a man in it to-day who can do what Joseph Beecher did. David, the grandfather, was a blacksmith—about the strongest kind of mechanic—and Henry got a deal of strength there. But wherever he got it, *it stood out all over him.*

JOSEPH HODGES CHOATE

Gilbert Clark says: "Born in Salem, Massachusetts, January 24, 1832. He is a man of unusually fine presence, and is conspicuous as the leading jury-lawyer of New York, and the representative trial-lawyer of the American Bar. He has not the fire and eloquence of some other men that might be mentioned, such as William A. Beach, Colonel Ingersoll, or Bourke Cockran. On the contrary, he always holds himself under perfect control, and is especially noticeable for the keenness of his satire and the quality of his humor. He carries weight with juries; and no man is more successful in wresting verdicts from them than he. He is also very able before the court in banc; and has been counsel in many of the most important litigations of the day. His career has been one of uninterrupted success. With the possible exception of James C. Carter, he has no superior as a general practitioner.

His clientage is very large, and he is employed on one side or the other of the most important cases. His fees as counsel are said to amount to not less than eighty thousand dollars per year. . . . He was elected in the fall of 1893 to the Constitutional Commission, of which he was chairman ; and took a leading part in the important debates had in that body. He was for many years associated with William M. Evarts, and is now the head of the firm, since that eminent lawyer has substantially retired from practice. The firm name is still, as it has been for many years, Evarts, Choate & Beaman. Mr. Choate is a graduate of Harvard, is a fine general scholar, and has long been in the front rank of excellence as an after-dinner speaker. . . . It is said that Mr. Choate will not go into court for less than five hundred dollars, no matter how small the fraction of a day consumed."

Connecting early with the foremost law firm in America and now its head, his career has been like that of a "Limited Express" with the right of way clear, and everything telling to help his great abilities in enabling him to become a very great lawyer. It is often asked how Webster would have stood at the present Bar. In the amount and quick despatch of work, Mr. Choate would have likely passed him ; for Webster was slow to start, and in small or moderate-sized cases was often beaten. But when once aroused, and he shook off his lethargy, and had a great question to deal with,—*this and every other land has yet to match him.* Comparison between these two men was much heard when Mr. Choate tried for a seat in the United States Senate. But he had a professional against him ; and met with the result usual in all trials when an amateur runs foul of a professional. But Mr. Choate did not try to enter public life till past sixty ; while Webster began at twenty-eight. Mr. Choate is a gifted and charming speaker. Webster's Dartmouth College argument ; his addresses at Plymouth Rock ; at Bunker Hill ; on the Foot Resolution in reply to Hayne—are part of our country's history ; and of the outfit of our brighter school-boys ; and will last for centuries. But which speech of Mr. Choate is destined to outlast him ? Connected with more important cases than any other American lawyer now living, it has not fallen to him to have part—save in the Income-tax case—in one of great national or international importance. A man of lofty character, with the respect and affection of the Bar ; refusing the most exalted judicial position upon the face of the

earth ; it is unfortunate that, instead of confining himself to his private practice, he does not let his countrymen enjoy him more, *and have his services.* Fit to range up alongside of Gladstone, why not take the steps—which he could if he would—to win power and influence for good in our land equal to Gladstone's in his?

Chancellor Kent said of Hamilton : "I have very little doubt that if General Hamilton had lived twenty years longer he would have rivalled Socrates or Bacon, or any of the sages of ancient or modern times in researches after truth. Benevolent of mankind ! the active and profound statesman ! *the learned and eloquent lawyer would probably have disappeared before the character of the sage philosopher, instructing mankind by his wisdom ; elevating his country by his example.*" If this could be said of Hamilton at forty-seven, why is it not true of Choate—a greater lawyer than Hamilton — at sixty-six ? with a mind of marvellous readiness ; opulent in equipment ; trained by long and exceptional experience to deal with large subjects in a large way ; with the most profitable practice—save one*—probably of any man in America ; pressing close on Mr. Horace Davy's twenty-three thousands pounds, or Sir Richard Webster's thirty thousand pounds, a year in England—if not passing them ; why should not *his countrymen,* instead of merely his private clients, profit by his great abilities ?

Physically the youngest-looking man of his age at the New York Bar ; scarcely gray yet—a characteristic he has in common with his renowned relative—youthful and sunny of disposition ; six feet high, not erect, of good frame and breadth ; but lacking *depth* of chest—look at Webster's mighty vital-house if you want to see a *deep* chest—a GREAT CHEST, worthy of Ajax or Agamemnon—he has many good years in him yet ; *and the country ought to own them.* He would make, as did Mr. Webster, a great Secretary of State — a great At-

* "Mr. John E. Parsons, whose friends say that he is fond of the repute which he has of having the finest practice *of the English-speaking Bar.*"—*Philadelphia Press.*

torney-General—or a great anything else where ability of the highest order is demanded. His body does not look as if it had ever seen much real work; or been at all *educated*, as it might have been—as Mr. Justice Chitty's; or Lord Esher's; or Sir Richard Webster's; or George Washington's; or Abraham Lincoln's *were* educated. If he thinks it is too late now, let him look at the *daily* habits of Gladstone; or of the young lad of eighty referred to on page 160; or of a charming Philadelphia lady of ninety-two there mentioned; and see whether, *if he will*, he may not yet have the force and lung-power, and power of voice, that can *fill* a mighty hall of his delighted countrymen so easily, when a great theme is up, as Daniel Webster could; as Mr. Gladstone did *at eighty-five;* as Bourke Cockran can; and as Mr. Choate cannot—*yet*. The field is ample. Once in every four years this entire land is turned into a vast debating club; and, when the struggle is at white heat, men go about—demagogues rather—arraying class against class; fomenting envy, and jealousy, and hate; asking the poor what right others have to live in fine houses, though bought and paid for with money, every dollar of it honestly earned; telling men that they can borrow a dollar; then vote a *half* dollar to be a dollar; pay the debt with it; *and still be honest*. What a power men like Gladstone and Choate could be at *such* a time! They would strike a chord responsive in the heart of every man fit to be a citizen of this Republic. Or in greater questions, when there is a *foreign* foe; for the American heart in America's quarrel is always true; and will stand, as it ever *has* stood, *every* test that comes.

And how such men would *own*, and rightly, the hearts of the people!

"For Romans in Rome's quarrel
Spared neither land nor gold;
Nor son nor wife, nor limb nor life,
In the brave days of old.

"Then none was for a *party;*
Then all were for the State;
THEN THE GREAT MAN HELPED THE POOR,
AND THE POOR MAN LOVED THE GREAT;
Then lands were fairly portioned;
Then spoils were fairly sold;
The Romans were like brothers,
In the brave days of old."

PAUL KRUEGER

"*The greatest statesman in Africa;* one of more native ability, Bismarck says, than any other man, of any tongue, he ever met—Paul Krueger. 'Oom' Paul needs no introduction. Let his own chief justice, Kotzé, speak. In the *Saturday Review* he is thus quoted: 'Krueger's great qualities of heart and character entitle him to be regarded as the father of his people. He is the greatest man whom the Boers have yet produced; and though I stood against him for the presidentship, in 1892–3, I was not sorry when he was re-elected, and I have since supported him loyally, my judgment being in agreement with him on the general lines of policy. *Krueger loves the truth;* you need not be afraid to speak your mind freely, even if what you say runs counter to his most cherished convictions, and annoys and angers him. He will hear you and answer you; and in his heart of hearts think the more of you for your outspokenness.'

"As I looked about me, President Krueger came into the room with a sort of business-like haste. He walked

heavily, I noticed, like a man with more strength than elasticity, the result of age, I suppose (the president is over seventy), for *the chief had told me that Krueger had been a famous athlete in his youth,* and had *been noted for speed of foot as well as for strength. Krueger himself, it appears, in exemplification of his belief in the superiority of the white over the black races even in physique, loves to tell of how he once ran against three Zulu runners; and beat the best of them by some ten miles in the twenty-four hours, which, for an untrained man, must be regarded as an extraordinary feat.* Krueger *stands now about five feet eight inches; in youth he was probably about five feet nine inches. His shoulders are very broad;* his *frame at once square and deep, his great size and length of body render him ungraceful, almost uncouth.*"

Another John L. Sullivan body (see page 207), big enough for a much taller man, under a great head; born great; and made greater by *the only true developer of power—intelligent hard work!*

And he seems to have been rather handy with his *hands* as well as with his feet. For Joseph Vande Heuvel, a purchasing agent, living in Bay City, Michigan, an old comrade in arms of Krueger, told the correspondent of the Boston *Transcript* this of the great Boer:

"'Oh, Krueger *was* a good man!' 'Good how?' I asked. '*Oh! every way; brave; kind; generous—everything!* He'd give a friend his last kreutzer, *or risk his life a hundred times over for him;* but he was a terribly hard hater, too, and couldn't very easily forget an insult.'

"'Was he skilled in the use of arms?' 'You bet,' replied he; '*he was the best rifle and pistol shot and the*

best swordsman I ever saw. You ought to have seen him!' and the old trooper caught up my cane, stepped to the middle of the room, and gave a capital exhibition of thrust and stroke, guard and point. 'Why,' he resumed, 'Krueger wasn't afraid of anything on earth. *I've seen him shoot a hungry lion dead right in the air, when it was springing straight at him; and he was no more excited than if it had been a rabbit. And I saw him once kill fifteen men with a sabre.*' 'Fifteen men with a sabre!' I echoed. 'You had no bloody wars in Holland, I think?'

"'No, it wasn't exactly war. It was a big meeting of one wing of a foot-regiment. What caused it I could not, for my life, make out. Well, when this meeting broke out, the two troops he and I belonged to were sent out one morning to quell it, and arrest the leaders. Just outside the barracks we met about four hundred of the mutineers, who were all armed with muskets and bayonets, but had not been able to get any cartridges. We had not been allowed to bring our fire-arms, so carried only sabres, the authorities thinking we would overawe the rioters at once. Our colonel, riding to the front, ordered the fellows to stack their arms, and give up their leaders; and I think they would have done it if one giant of a man hadn't stepped out and made a fiery speech, telling them that they were more than double our numbers; that we had no revolvers, and at last ordering them to fix bayonets and drive us off the field. We were formed into a long line two files deep, and the moment these threatening words were uttered the colonel shouted, "Draw swords! Trot! Gallop! Charge!" and we swept down on them like a whirlwind before they could form square.

"'In an instant their ranks were broken, but they

neither ran nor surrendered. Every man fought savagely; and several of our horses had been killed by bayonet-thrusts; *when Krueger, his eyes blazing with fury, rode straight at the big man who had spoken, parried his fierce lunges, and, with a side-long stroke, cut the top of his head clean off.* But the next moment, while each one of us was busy defending himself, *more than twenty of the mutineers surrounded Krueger,* some striking with gun-butts; others tried to run him through; and others again trying to pull him off his horse. His uniform was torn and pierced in a dozen places; and how he escaped instant death is a miracle. *Like circular lightning-flashes his sabre whirled around his head, or darted out like a tongue of flame from side to side; and, wherever it struck, there lay a dead man.*

"'*After fighting desperately for ten minutes or so, seeing that the game was lost, they threw down their arms and cried for quarter.* Then, when all the survivors had been properly surrounded by guards, *it was found that Krueger had, single-handed, killed no fewer than fifteen men, while neither he nor his horse had received a serious wound. That was why I said he was a great swordsman.*'

"'What kind of a looking man is President Krueger?' I asked. '*He is about five feet nine tall,* and when I last saw him, twenty-three years ago, he had dark hair, *and weighed about one hundred and sixty-five pounds.* I really can't tell the color of his eyes; but they were pleasant to look at, *except when he was angry; then they had a sort of stony glare that wasn't very nice to face.* HE WAS VERY MUSCULAR, AND A GREAT DEAL STRONGER THAN MANY MEN FIFTY POUNDS HEAVIER. When he'd once made up his mind about anything, he was as obstinate as a mule, *and would take his own*

course in spite of all opposition. If any power wants to get possession of the Transvaal, *he, and a good many more like him, must be first killed off;* for he *will fight to the death for what he thinks his rights.*'"

Not very much doubt as to the bodily equipment of this God-fearing, but not *man*-fearing, Boer statesman.

HORACE GREELEY (1811–1872)

"The *Tribune* has not been so great a road-maker in journalism as the *Herald,* but it also has followed a course of its own. The *Herald* was aiming to be a great mirror of the world's events; the *Tribune* aspired to be a moulder of sentiment, *a power of public opinion* as well as a newspaper. . . . Mr. Greeley was a superior journalist, a man of literary taste and ability, who soon drew to his paper some of the cleverest reporters, the best writers, and the ablest critics in the country. Thousands of people looked to it before expressing their own opinions upon the new theories in science and philosophy, upon books, art, and the drama, and accepted its judgment upon these matters as final. It also influenced the moral tone of its readers, and was more prominent than any other journal in the country in the interest and support it gave all movements of philanthropy and reform; one of the greatest objects of its life was to promote the good, and to put out, keep down, and reform the bad in all walks of life. Mr. Greeley was warmly interested in every movement that seemed likely to improve the condition and enlarge the opportunities of the toiling poor.

"But probably the most powerful of all the influences Mr. Greeley exerted was in politics. This began in the old log-cabin days, and lasted as long as he lived—longer, for the *Tribune* is still what he made it. At first a Whig, when the Whig party died out, *the Tribune almost formed the Republican party,* which it has stanchly supported ever since; it has been one of the longest and greatest advocates of the protective tariff that the country has ever had. In the Kansas war it was all Kansas"—in the war against slavery it was all anti-slavery. "If he was not always right on current questions, nor always free from the impetuosity which too often mars the efforts of reformers; he discussed those questions with a vigor and intelligence not often shown by the con-

ductors of political journals in his day. *A high moral purpose was at the bottom of every form of political and social activity to which he lent his support;* and few men, especially such a strong partisan, have ever enjoyed in a higher degree than himself the respect and confidence of his political opponents.

"The *Weekly Tribune* has always been of even greater importance than the daily edition. From the first its contents have been clean, interesting, instructive, and of first-class literary merit. It established the club-system now used by many publishers; and by many clever schemes pushed its circulation into almost every Republican family in the country.

"Author of *Recollections of a Busy Life,* a well-known lecturer on social and political reforms, and on agricultural and manufacturing interests, in this way, and in the columns of the *Tribune, he did more than almost any other man of his time to promote the development of the great interests of the people.*

"Defeated as Liberal Republican candidate for President in 1872, bitterly accused by old friends, severe illness, and the death of his wife made his last days very sad. But 'when it was too late his countrymen awoke to an expression of how they admired and loved him.' *Few in the world have been greater in journalism,* 'one whose name will live long after many writers and statesmen of greater pretensions are forgotten.'"—*One Hundred Famous Americans.*

Coupled with marked intellectual force, his face had such an innocent, child-like expression that many thought him a soft, muscleless man. But listen to what he *did*—as told by himself—and see if that roomy, hearty body was not made of good material—better, indeed, than the bodies of ninety-five out of every hundred indoor men in our land to-day:

In his *Recollections of a Busy Life* (page 76), Mr. Greeley says: "It was on this visit that *I made my best day's walk*—from Fredonia, New York (in 1830), through Maysville and Mina to my father's, which can hardly be less than *forty miles* now, and by the zigzags we then made must have been considerably farther. *I*

estimated the route I travelled at forty-five miles of bad road would be equal to fifty of good. . . .

"Beginning at twenty-five miles per day, walking slowly but keeping pretty constantly in motion, you may add two or three miles per day till you have reached forty. All above that I judge must, for most persons, involve exhaustive fatigue. . . . *The railroads have nearly killed pedestrianism, and I regret it. A walk of two or three hundred miles* in a calm, clear October *is one of the cheap, wholesome luxuries of life, as free to the poor as to the rich.*"

He had equally strong views about another kind of exercise, for he says (page 303): "*The axe is the healthiest implement that man ever handled, and is especially so for habitual writers and other sedentary workers,* whose shoulders it throws back, expanding their chests and opening their lungs. If every youth and man from fifteen to fifty years old could wield an axe two hours per day, DYSPEPSIA WOULD VANISH FROM THE EARTH, AND RHEUMATISM BECOME DECIDEDLY SCARCE. I am a poor chopper; *yet the axe is my doctor and my delight. Its use gives the mind just enough occupation to prevent its falling into revery or absorbing trains of thought;* while every muscle in the body receives sufficient, yet not exhausting exercise. *I wish all our boys would learn to love the axe.*"

Sometime when you are run down, and think you must go to Europe, spend a thousand dollars, hanging around spas and other loafing-places, and imagine this will rebuild you; try instead a month swinging an axe with the lumbermen of Maine or Wisconsin — *earning* money instead of spending it—and you will get a vigor that will do you good for a whole year afterwards.

CHARLES A. DANA (1819–1897)

Horace Greeley showed how a man of the right material could, *without* collegiate or other systematic education, become a great editor, and a great power in the nation, especially in stormy times. Charles A. Dana has shown, with equal clearness, what a man who *had* such an education—*but who earned it himself*—could do in the same field. Of a famous family; born in Hinsdale, New Hampshire, August 18, 1819; clerk in a store at Buffalo, *he fitted himself* for college; entered Harvard in 1839; but failing sight kept him from graduating. But he had learned how to use the tools of self-instruction, and he wasted no time. Treasurer of the Brook Farm Community; then connected with the *Harbinger;* fifteen years with the New York *Tribune* under Greeley; a great Assistant Secretary of War; and twenty-nine years editor-in-chief of the New York *Sun*, his fitness for his work, and how well he did it, can be best told by one who saw him do it, and who was exceptionally fit to judge. This is the touching personal tribute paid him at his death by one of our most gifted reviewers, one who knew him intimately:

"There has never lived in the United States *a more genuine American* than Charles A. Dana. Never has our commonwealth boasted of a citizen who was more deeply impregnated, by birth and education, with the spirit of our institutions, or more thoroughly and fruitfully conversant with their workings and their transformations during the last fifty years. From this point of view he has been, at times, compared with Horace Greeley. It is certain, however, that Mr. Dana's mental training in early life was much more rigorous and stimulative, and that his stores of knowledge were far ampler and more various than those of the elder journalist. Yet Greeley himself was not more purely and unmistakably a product of this country, of its traditions, and of its atmosphere. His stalwart and uncompromising Americanism was the outcome of ante-natal prepossessions as well as of life-long associations. Charles A. Dana was of Puritan stock, and to this fact, doubtless, we should attribute the sturdy reliance on his own conclusions, and the readiness to defy the world on their behalf, which were among his most striking characteristics. He differed from Greeley not only by virtue of a more virile temperament and much greater moral steadiness; but in this significant particular,

that a far wider and deeper intellectual culture had given him more unerring intuitions, greater breadth of vision and of sympathy, *and a more powerful logical faculty.* He had none of Greeley's premature cocksureness; and none of his ill-timed irresolution after the die was cast.

"*As regards the scope and thoroughness of his literary accomplishments, he has never had an equal in this country within his own profession.* Literature, however, represented only one side of his equipment. He was one of the few men who, despite the cares of business and the constant labors of an arduous profession, *was able to keep pace with the current of scientific research and speculation; with the biological, botanical, astronomical, dynamical, and philosophical discoveries and tendencies of his own day.*

"Once free to embody his view of the aims and standards of journalistic work, Mr. Dana produced a newspaper which, in this country, had no prototype in respect of keenness, comprehensiveness, and trustworthiness of observation; breadth and accuracy of knowledge; luminous and truthful scholarship; soundness of reasoning, and matured good sense. He justified the title of his journal, for in it he offered a daily conspectus of all that meets the solar rays. He believed that, not only as regards local incidents and local politics, but as regards the personages, events, movements, discoveries, and discussions of the world at large, the newspaper ought to be the abstract and brief chronicle, and we may add *expounder*, of the time. Besides discharging its former function, he thought that a daily journal should supplant the lecture-room, supplement the pulpit, and absorb the old-fashioned magazine and quarterly review.

"It was a position of unique distinction which Charles A. Dana occupied at the head of a profession to which he gave unprecedented dignity and a limitless horizon. *He was, above most of his contemporaries, the man who should have been selected by wise citizens to serve the State.* He would have had nothing to gain, however, by exchanging for a seat in the Senate, House, or in the White House, a desk which, for prestige and influence, might well be likened to a throne.—MAYO W. HAZELTINE."

And Mr. Dana did *other* great work most helpful and attractive, too, to the entire community—work of lasting value. For, beside, his signal service to the country in the War Office; he and George

Ripley edited the *American Cyclopædia*, which has long been, and is likely to remain, a standard and an authority.

It was next to impossible for a man of that stamp not to have had a body which, instead of hindering, constantly *helped* him in accomplishing his great life's work. And the most casual look at his body showed that this was true. Listen to one who knew him for many years, and had rare opportunity in his later life for judging of his physical as well as other equipment. For he says:

"NEW YORK, *April* 14, 1898.

"In reply to your note of March 30th concerning Mr. Dana's physique:

"*He was one of the most symmetrically formed men* I ever saw. *He had the best of health* I ever knew. Throughout his entire life *he was absolutely free from moments which are generally called 'ailing.' He never felt unwell, or had a headache, or a derangement of the stomach.* HE WAS STRONG, AND COULD ENDURE FATIGUE. *When he was a boy he worked on a farm;* but the only exercise I ever knew him to take was riding on horseback and *breaking his horses* in the high-school. In that he was *thoroughly* trained. He never raised his hand for exercise. He never walked for exercise. He was no athlete. He had absolutely no athletic accomplishments. He never played any athletic games in my time" (the second half of his life), "and the only thing I ever heard him speak of of the sort was kicking foot-ball on the Harvard delta. . . .

"Although *of great physical vigor* and without ever a trace of nervousness in mind or body, he could not drink coffee, except when engaged in such out-door work as being with the army. He never smoked; and his use of alcohol, while always free, was always extremely moderate. I looked upon him as a unique case of physical and mental perfection."

And well he might. For the rich native outfit; the steady habits; the work on that farm; the handling of horses; and the years of army-life; would readily help

to bring that "*great physical vigor*" and that physical perfection which were such invaluable aids to this wonderfully useful life.

JOHN HALL

Descended from a Scotch family, which had settled in County Armagh, Ireland, in 1600 ; born there in 1829 ; entering Belfast College at thirteen ; graduating with honors ; a missionary in the West of Ireland at nineteen ; called to the First Presbyterian Church of Armagh ; then to St. Mary's Abbey, Dublin ; and in 1867 to the Fifth Avenue Presbyterian Church in New York City; at a salary at first of six thousand dollars a year; which was later raised to fifteen thousand dollars; in a church and parsonage which had cost a million ; for many years Chancellor of New York University, for several years without any salary ; a Trustee of Princeton ; of the Union Theological Seminary ; of Wellesley College; Chairman of the Presbyterian Board of Home Missions ; author of *A Christian Home, and How to Maintain It ; Familiar Talks to Boys ;* and of many other books on moral and religious themes. After thirty years of steady service, when the Rev. Dr. Hall was about to resign his charge, a prominent New York paper said :

"There will pass from the field of active metropolitan service a minister *than whom none who has ever preached here has had a wider fame ;* and the Presbyterian Church at home and abroad will lose perhaps *its most distinguished clerical figure.*

"John Hall is one of the long generation of Scotch and Scotch-Irish divines whose racial and individual traits equipped them for stalwart work in the pulpit. Many of them New York has called to the charge of churches. He was one of the first to find his mission here, and for thirty years his personality has been a connecting link between the Presbyterian bodies of the old and new worlds, more direct than is always supposed. In the strongholds of that church in the British Isles his name is as familiar as it is here.

"To the metropolis Dr. Hall is known as *the head of the most conspicuous church of his great denomination,* as the pastor of one of the largest and wealthiest congregations in the country, as the active friend of charitable and benevolent agencies, and as the public-spirited citizen who studiously refrained from partisanship,

while his influence always made itself felt, powerfully if unobtrusively, on the right side.

"Further evidence of his industry is seen in his activity in pastoral work. The charge of a congregation numbering between three thousand and four thousand, *and containing more than two thousand six hundred communicants*, is itself, without the burden of preaching and outside writing, a task of *great* dimensions. But no minister in the city has been more assiduous than Dr. Hall, and *no year has passed without at least one visit from him in every family of the congregation.* It is his custom to have announced each week *the streets* in which he will make pastoral calls. His day begins at nine o'clock in the morning, when he is ready to receive visitors. *Every hour until a bedtime not of the earliest has its duties and demands.*

"In the pulpit Dr. Hall's predominant characteristics are his sincerity, lucidity, and simplicity of thought. The structure of his sermons shows that *progress* so vital to entertaining discourse. The manner is like the matter and the man. *It is strong and simple and direct*, with the charm of a rich, deep voice, in whose accents some discover a trace of the land which gave him birth. His language is the purest Anglo-Saxon. Although *he preaches without notes or manuscript of any kind*, yet his sermons are all carefully written out before their delivery."

The New York *Sun* of February 2, 1898, said: "The Fifth Avenue Presbyterian Church, *throughout the thirty years* of Dr. Hall's pastorate, *has been the richest of the Presbyterian churches in this country, if not in the world. At one time its eligible pews were sold at prices equal to the cost of a very considerable house, and the salary of Dr. Hall was among the* greatest ever paid to a Christian minister."

One glance at his *body* will satisfy any one as to where he gets his vigor; and he *trained* it by *years* of out-of-door life; for, "When John Hall was a young man and had the care of a thriving congregation at Armagh, in the north of Ireland, many of his people lived on farms three and four miles away from the town. In pastoral calls it was his custom to have a conveyance take him in the *morning* to the home of his *most remote* parish-

ioner. There he would dismiss it *and set forth on his round of calls, zigzagging afoot across the countryside. It would be evening before he had walked into town again,* WITH MORE MILES TO HIS CREDIT THAN MOST MEN WOULD CARE TO NEGOTIATE BETWEEN DAYLIGHT AND DARK, and generally having conducted a service and preached at the house of one of his parishioners. In his trips abroad *he still likes to walk* about the scenes of his youth, as well as to stroll through the stores and book-stalls of the English cities."

One of the grandest-looking men to-day in New York; indeed in America; about six feet two inches high; *weighing nearly three hundred pounds,* and carrying it with great ease; erect and noble of bearing. The account continues: "Still a twelvemonth and over this side of three-score-and-ten, *John Hall's appearance of manly vigor is such as to make the stranger stand and gaze when he passes on the street. His stature, almost that of a giant, bespeaks a reserve of physical strength* on which, as the unaided pastor in a charge that would make exacting demands of any one, he has made frequent drafts. A ruddy and kindly face framed in white hair surmounts *his broad shoulders.*"

One does not need to study that great head and body long to see that he has indeed "a reserve of physical strength"; and what a factor it must have been in his extraordinary success in this great field?

And fortunately we have the great divine's own word as to the aid his splendid body has been to him, for on May 18, 1898, he wrote thus: "There is good reason for my gratitude to God for health of body, so that *for forty-nine years* I have been permitted to labor as a minister, without *any* interruption such as I have just passed through. *Abstinence* from tobacco and stimu-

lants was taught me from my boyhood, *and open-air exercise in the discharge of my duties has no doubt contributed to bodily vigor.*"

DWIGHT L. MOODY

Born at Northfield, Massachusetts, in 1837. He was but four years old when his father died; of slender education; at seventeen salesman in a Boston shoe-store; at nineteen went to Chicago; became a home missionary; hired four pews in the Plymouth Congregational Church, and kept them full of young men each Sabbath; established a great Sunday-school and did such missionary work that his power was soon felt all over the land; vast audiences flocked to hear him speak and Sankey sing; was equally successful in Europe; has continued the work in this country; has established the Moody School at Northfield, Massachusetts, which is very large and successful, and appears to be full of vigor and enthusiasm all the time.

The *Christian Advocate* attempts an analysis of "Moody and his Power" thus: "*The Evening Post* says it is rather remarkable that Mr. Moody's influence has told more powerfully among college students than any other class of men. This statement is indubitable. Oxford and Cambridge students heard him with delight; and many of them are said to have entered upon the Christian life under his appeals.

"But though remarkable, it is explicable. *Practical sense, unaffected and direct style, self-confidence induced by success, immense physical vigor, predominance of Anglo-Saxon in his speech, shrewd management of crowds,* keeping on the best terms with the press, plentiful use of illustrative facts personally attested, and the element of surprise to college students growing out of the contrast with the didactic discourses to which they are accustomed; and the fact that those who delivered said discourses seem to sit at the feet of this *untutored* man, are among the natural elements of his power.

"Besides, he has accumulated a vast amount of knowledge, and obviously has a well-defined theory of human nature and how to mould it. To this must be added great earnestness and *his constant declaration that the sole source of his reliance is the Holy Spirit.*

If he were mistaken, the earnestness that results from his faith and the utterances spoken of would be a powerful agency; but Christians believe that he is *not* mistaken; that the Holy Ghost *does* move upon the hearts of men; and the crowds of Christian people anxious for his success and looking with tearful solicitude upon their friends who they hope will be affected favorably, are a source of power which transcends every other and increases the influence of all. The Holy Spirit attends *every* sermon and every religious service in the world where the truth is preached. Without it the results of all other agencies might be visibly great, but certainly would be transient in their influence.

"It should not be forgotten, too, that Mr. Moody stirs up Christians to work, and that he gives more attention to this form of agitation than ever before."

And who has not seen him—this giant of the pulpit? About five feet eight inches high, *about four feet around the chest,* with neck and waist to match. His Napoleonic head—Napolean-like in energy and administrative power—is set on his great trunk as sturdily as Luther's. What other living man has talked to as many hundreds of thousands—*yes, millions?* And so strong and vigorous is he that it no more wears him out than it did John Wesley. No one ever thinks of a man like him breaking down. He is too strong an all-round man; is built too massively out of long-toughened material; and takes too sensible care of himself to be likely to break down for many a year yet. And no one interested in Christianity can fail to hope that he will not.

EDWIN LAWRENCE GODKIN

Born at Moyne, County Wicklow, Ireland, October 2, 1831; son of a clergyman, who was also a *littérateur* and journalist; graduating at Queen's College, Belfast, in 1851, he read law at the Middle Temple, intending to go to the English Bar, when the London *Daily News* sent him out to Turkey as a correspondent

during the war, where he served with distinction for three years; came to America, made an extensive horseback tour through the South, and recorded his observations in the *Daily News*. Read law with David Dudley Field, and was admitted to the New York Bar in 1859; through failing health revisited Europe; returning in 1862, and became an unattached editorial contributor to the New York *Times*. In July, 1865, with Mr. Olmsted, founded the *Nation*, of which he became, and has remained ever since, the editor-in-chief. As Mr. Wendell Phillips Garrison, its publisher from then till now, well says: "The moment was propitious. The four leading journalists of New York—Messrs. Bennett, Greeley, Bryant, and Raymond—were approaching the end of their activities, as of their existence. All of them had 'taken their crease,' as the French say, in the old order of things. What was needed was a fresh vision, *an untrammelled criticism, a dispassionate temper, joined to a direct and virile expression;* and these qualities were united in an altogether exceptional degree in Mr. Godkin. An American by naturalization; a Republican by 'convincement,' his foreign birth gave him the clear objective discernment which the native American could hardly possess; his judgment was undisturbed, as his utterances were unfettered, by political affiliations of any kind. The public, and especially the editorial fraternity, were not slow to perceive that a new force had arisen in American journalism. The politicians of both parties, on the other hand, 'viewed with alarm' a censor insensible to the glamour of their reputations, and who did not hesitate to treat them with a levity nothing short of irreverence.

"*Mr. Godkin's judgment*, in any summing up of his characteristics, *stands at the head.* But, prompt and certain as it is, it has, perhaps, not been unparalleled; whereas his humor is *sui generis;* and it was this that startled the shams, charlatans, and knaves, together with the fossils, whom the Civil War left in possession of the political field. Made editor-in-chief of the *Evening Post* in 1881, he not only enlarged his constituency, but immensely strengthened his local influence in a city where, as editor of the *Nation*, he was comparatively a stranger. To this Tammany, at least, can testify."

And it HAS testified; and has put the testimony on record by *arresting* him over and over and over for talking too plainly; till at one time it became almost a *daily* occurrence; and merely for hold-

ing, now this leader, now that, up in such a glare of light that the strain was too strong for him—the strain of *truth;* and until they fear his pen almost as much as Tweed and *his* Tammany men did Nast's pencil, when they got *thirteen million dollars* for building a court-house of miserable, make-believe marble, already reeking with rotten iron-juice ; and so dark, ill-ventilated, and unhealthy that judges forced to sit within its walls wither and droop and die; until the higher branch of the court would stand it no longer, and went bodily away to quarters wholesome, attractive, and a worthy home for men to whom such great powers are intrusted. No other great editor whom America has yet produced can so quickly throw his ablest rivals off their guard, till they descend to the resort of most people who run out of argument—personal abuse. Always master of his case; buttressing it with clear, ringing arguments, drawn from a marvellous storehouse of knowledge, both of the present and of the past, pressed home with relentless logic ; despising all private gain and emolument ; whoever differing, faces him, knows that he will have all the fighting he wants, and the fighting always of a gentleman. No man has crossed swords with him oftener than Mr. Dana—(two rare, strong men). But when, in one of his many arrests for his fearless denunciation of some political though popular malefactor, he was coarsely, wellnigh brutally, treated ; Mr. Dana sprang to his defence, and insisted that such work cease. And it did. The swiftest of our editors to see whether some cause—for the moment popular, and carrying the people away by impulse—*is right ;* the foremost, if it is wrong, to dash to the front—often to the *lonesome* front—*and to say so ;* he has almost uniformly the sweet satisfaction that Emerson says it takes reformers generally *twenty years* to get, namely, of seeing many, if not most, men come around to him later. Utterly free from sensation, this worthy occupant of Bryant's chair so guides his editorial page that it is doubtful if any other journal to-day has greater or even equal weight with the ablest men in charge either of large private affairs or of the affairs of the nation.

And *bodily* he is splendidly equipped for hard work. No shallowness of chest; no thin legs; no suggestion of weakness anywhere. But, on the contrary, a five-foot-nine compact man, built from the ground up like a

wrestler; square-sided, deep-chested, strong-necked, and uncommonly well-legged—a hearty, vigorous, manly, well-balanced man, whose sturdy port, and gait, and entire presence tell of present strength; and of one who in his youth must have been an unusually good one. At nearly seventy a well-known wheelman, he could probably duplicate his long horseback trip through the South almost as easily as he made it long ago. For many years used to much daily club-swinging, fond of walking, his stout stick and sensible walking-shoes, his easy swing and his evident enjoyment of all the footwork he can get show that, if he does not care to excel in parade, and in the feats of the French "Bicepsmen," of whom he has written so instructively; he is not unmindful of the more sensible daily training of his illustrious predecessor Bryant; and knows, as *he* knew, the value of *systematic*, sensible, muscular exercise to sedentary brain-workers.

CHARLES H. VAN BRUNT

"The presentation by the Appellate Division of the Supreme Court in this State yesterday of the portrait of the Presiding Justice, Charles H. Van Brunt, was a graceful and fitting recognition, by leaders of the New York Bar, of a well-earned judicial reputation. It revealed the personal regard felt for him by the members of the Bar, and his fellow-justices; and demonstrated the respect and admiration entertained for him as a judge by jurists of the highest study and reputation.

"Judge Van Brunt is a unique personage in this community. Although he has been sitting continuously on the Bench of the highest courts of New York for more years than most of the younger lawyers have lived who were in his court yesterday, he has barely passed the three-score-year mark. He has probably heard more appeals argued than any other of our living judges; but he is to-day a closer student than ever. At the Bar he had the reputation of being a hard fighter—aggressive, indomitable, intrepid; and, as a judge, these qualities have manifested themselves

in fearless courage in following his positive convictions. He has performed many unpopular judicial acts ; but no one has doubted his sincerity of purpose. Before he became a judge he had shown a strong and active interest in politics ; as Presiding Justice his judgments have quite as frequently, and quite as severely, defeated the claims of his former associates as of their adversaries. *He has been as ruggedly honest as he has been blunt.*"—*New York Tribune*, June 9, 1897.

One of his associates, Mr. Justice Barrett, referring to the portrait of the Presiding Justice, said : "*It speaks to us of a masterful mind* IN A GIANT FRAME ; of *extraordinary* capacity for work ; of great integrity of mind ; of natural ability of a high order ; of sound common-sense ; and, above all, *of ingrained fairness. A man of vigor and commanding personality.* That face, gentlemen, is no respecter of persons. That hand—*that powerful hand*—that seems so well fitted to wield the sword of justice ; is it a hand in which you would put a Damascus blade ; OR WOULD YOU NOT RATHER FIT IT ADEQUATELY WITH ONE OF THE GREAT RAPIERS WIELDED BY ONE OF THE GIANTS OF THE PAST ?"—*New York Law Journal*, June 9, 1897.

And strength, sturdiness, virility to match that hand are written all over him—a man FULL of vitality, stronger of make than ninety-five out of every hundred, no matter what their work may be ; on the judgment-seat at Athens, with Socrates before him discussing death by the hemlock ; or Demosthenes arguing some question of lasting concern to the nation ; he would have looked as much at home, and a born judge, as any of his august associates.

And we are fortunate in having from his own pen a suggestion of some of the means by which this masculine man has kept up the *unusual* vigor with which he was born, and which is written all over others near of kin to him. For, in reply to our inquiry as to what he had done to so maintain his vigor, he wrote as follows :

"SUPREME COURT, APPELLATE DIVISION,
"FIRST DEPARTMENT.
"NEW YORK, *March* 9, 1898.

"MR. WILLIAM BLAIKIE:

"*Dear Sir,*—. . . I never received any *special* physical training. I have *always* taken *considerable* exercise; but I think that I have been able to do my work *because I never took it to bed with me.* And I have always kept Saturday as a day of recreation, and have also had a good amount of sleep. *I believe that more harm is done than a little because men think of their work in bed instead of sleeping.* Yours very truly,

"C. H. VAN BRUNT."

And what a *valuable* suggestion—going right to the heart of the subject, as he about always does! No man of much experience at the New York Bar, and doubtless at those involving large interests elsewhere over the land, does not know of some brother professional man, who, from neglect of this one simple *but surpassingly important practice* of Judge Van Brunt's, has either *broken down,* and gone the rest of his way in nerve and effectiveness *a cripple*—or who, long before his time, *has actually* DIED *from precisely that neglect. And many more are following to-day exactly the same course.* In some way the Duke of Wellington learned to go to sleep when and where he would, night or day, in the stillness of his own chamber, or amid the thunder of battle. General Butler, it was said, could do the same. Mr. Gladstone, as already seen, followed inexorably Judge Van Brunt's rule. And Mr. Beecher did even more—just the thing for us intense, nervous Americans to *know*—AND TO DO. For almost *every afternoon,* soon after dinner, he *would* have his nap. And who will say that that quieting of heart, and whole machinery; that resting of brain and nerve and muscle, for ever so few minutes, when half-way down the burden and heat of

the day—*that giving digestion a good chance*—did not enable him to do the second half of the day's work with *renewed* vigor — and so did not *prolong life?* The writer, once hearing his father mention that he had seen *his* grandfather (of the Cameron clan, in Scotland) chopping trees at one hundred ; and that he lived to be one hundred and three ; asked if he could recall any habit that he thought might have aided him in thus completing his century-run. After a little reflection, he said : "Nothing, outside of the regular habits of a farmer, *save that he always took a nap soon after dinner.*" Well may all who are bearing the heavier burdens,

> "Men in the middle of life,
> Austere and grave of deportment,"

heed this sage advice from one of the foremost judges in the world to-day, the Presiding Justice of the highest tribunal in the world's greatest city save one ; whose labor, for more than a quarter of a century, in questions of endless variety, of great moment, and often of vast responsibility, has been unceasing, of lasting importance, and more extensive even than was that of Chief Justice Marshall in the early days of the Republic. And that, "*I have always kept Saturday as a day of recreation,*" thus getting two whole days of rest together each week—what a *wise* thing !—and a thing that many men *can* do if they *will*—at any rate, can get *half* of Saturday; they will do *more* work each week, and live a *longer* life by simply following these two habits, which this eminent jurist not only prescribes, *but practises ;* and which happily promises to retain for the public his great services for many years to come—of which fact that public, always knowing a good man when it sees him, promptly availed itself by *all* parties uniting,

at the last election, to keep him on the Bench for fourteen more years, *by the greatest vote ever given to one man for any office in the City of New York!*

And what a cloud of *other* witnesses! Look at the masculine, clearly chiselled face and muscular neck of Dante—poet of marvellous power, soldier, scholar, citizen, ruler, ambassador, exile, dependent, he who knew riches and festivities; and who also knew poverty and the salt bread of other men's tables.

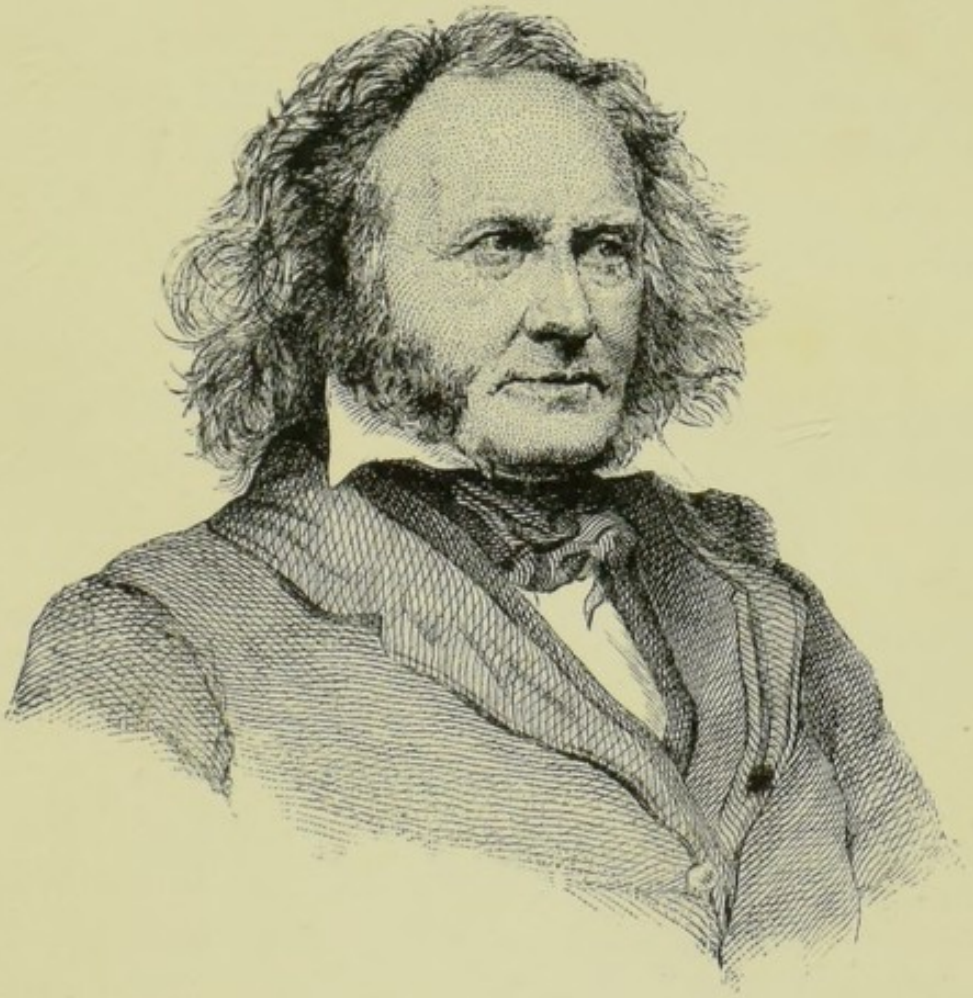
At Byron, though so lame from birth that he could only walk on his toes; yet of "good figure, broad chest, and amazing length of arms, playing cricket in the match against Eton," though he had to have another fellow to run for him; fighting Lord Calthorpe for calling him an atheist; boxing, riding, swimming matches; *swimming three miles* on the Thames; and across the Hellespont.

At Selwyn, Gladstone's friend; till sixty-nine Bishop of New Zealand, "of great versatility, courage, and energy; mastering navigation and becoming his own sailing-master in his mission-work in the dangerous waters of the South Pacific." At Eton distinguished both as a scholar *and as an athlete; rowing No. 7 in the Cambridge losing eight in the first 'Varsity race, in* 1829, against *Bishop* Wordsworth, rowing at No. 4 in the Oxford winning eight; who, when a footpad once met him on a lone road and demanded his watch and money, took off his coat and vest, with his valuables in the pockets of the latter, laid them on the ground, and told his accostant to whip him and he could have them; an interview at once ensued—a *touching* interview—in which the ground flew up and hit the stranger in the back of the head, the garments resuming their wonted place on the back of the divine—

and so (once again) the church militant became the church triumphant.

At Scotland's gifted son, descendant of the great Marquis of Montrose—John Wilson, "Christopher North," carrying off many prizes at Glasgow University; editor of *Blackwood's;* elected *over Sir William Hamilton* to the Edinburgh chair of moral philosophy; "of a wonderful power of stimulating the enthusiasm of his students"—perhaps if *all* our professors had *vigorous* bodies *they also* would *stimulate* more—whose *Noctes Ambrosianæ* delighted all Scotland; at Oxford, in 1803, "noted alike for the splendor of his intellectual gifts *and for his supremacy in athletic sports—boxing, rowing, running, riding, swimming*—A SIX-FOOT APOLLO, he *leaped the Cherwell* (*twenty-three feet wide*); WALKED FORTY MILES IN EIGHT HOURS; *walked from London to Oxford—fifty-six miles—in a night*"; now winning the Newdigate prize by his poem, "The Study of Greek and Roman Architecture"; now, jostled by a famous prize-fighter on London Bridge, thrashing the latter then and there; and, finding his identity known by the alternative remark from the bruiser, "You are either Jack Wilson or the devil," soothing the latter with a mug of porter; close friend of Wordsworth, Southey, Coleridge, De Quincey; and loving to match himself against the Cumberland wrestlers, one of whom has left it on record that *he was "a vera bad un to lick."*

At Sir Robert Peel, who in boyhood trained his memory till it was as extraordinarily capacious and tenacious as Macaulay's; of whom it was said that "What most impressed those who knew him was *his unvarying sense of public duty,* which was carried by an iron will into every detail of action." Of whom Wellington said, "*I never knew a man in whose truth and justice I had a*



PROFESSOR JOHN WILSON

("Christopher North")

more lively confidence"; and who, oarsman, cricketer, horseman, had just the body for great work; "*a tall and commanding figure, and a frame so strong as to endure the labors of a Prime Minister at the rate of sixteen hours a day.*"

At Lord Palmerston, for *sixty* years a statesman of mighty power in England, and in all Europe; bright, sunny, buoyant, self-reliant, athletic, always owning many good horses; riding to hounds with the neighboring packs; and in his later years sure of his daily ride on his old gray, whose personality was almost as familiar to Londoners as his own; whose pet saying was, "*Every other abstinence will not make up for abstinence from exercise.*"

Ask Agassiz, naturalist, zoologist, geologist, explorer of the natural wealth of the Amazon, "not merely a scientific thinker, but a scientific force; and no small portion of the immense influence he exerts is due to the energy, intensity, and geniality which distinguish his nature"; a broad-chested, deep-chested, stalwart, sunny-natured, wonderfully magnetic man, *and a dangerous fencer and swordsman.*

Ask Charles Sumner,* jurist, senator, statesman, an organizer of the Free-soil party; orator; leader of the Abolitionists in the councils of the nation—and *such* a leader! "There IS no other side!" he said to a friend, with fervor; "and Cromwell's Ironsides did not ride into the fight more absolutely persuaded that they were doing the will of God than did Charles Sumner." Of

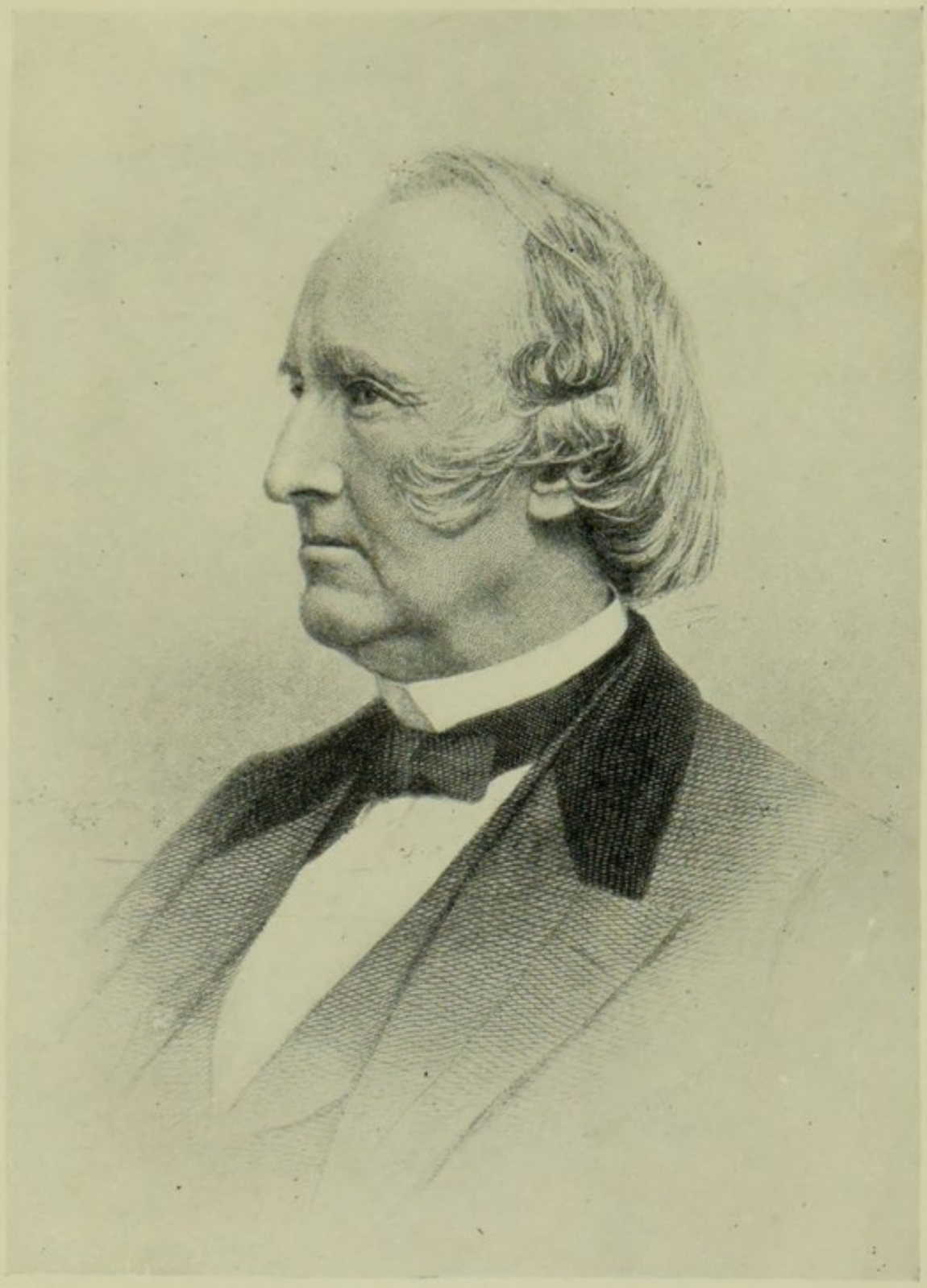
* "So when a great man dies,
For years beyond our ken,
The light he leaves behind him lies
Upon the paths of men."
—LONGFELLOW, *on Sumner.*

commanding presence ; *six feet two inches high ;* broad-shouldered, and of noble mien ; a tireless walker ; and *the best boxer in Harvard University.*

Or his renowned compeer, Wendell Phillips, agitator, abolitionist, polished, matchless orator, of whom at twenty-six, in a great meeting at Faneuil Hall (to protest against the work of a mob who had dragged William Lloyd Garrison almost naked through the streets with a rope around his waist, ready to strangle him, which he barely escaped), it was said, as he stepped upon the platform, *his manly beauty, dignity, and perfect self-possession won instant admiration ;* and whose stinging words swept the house, as an autumn gale sweeps the leaves of the forest ; tall and superb of figure ; who among his many rare gifts and accomplishments *was the most skilful fencer of his day in Harvard University.*

Look at Mr. Justice Gray, Reporter of the Massachusetts Supreme Court Reports, when ex-President Benjamin Harrison was of those of Indiana, and Senator Chandler of those of New Hampshire ; Associate Justice and Chief Justice of that Court ; then and ever since Associate Justice of the Supreme Court of the United States ; a grand presence, *six feet four inches high ;* broad, deep, almost imperious in bearing, clear-skinned, and healthy—*a magnificent specimen of a man.*

At his brother Associate Justice Harlan, one of Kentucky's greatest two living sons, scarcely shorter, and even sturdier, than Justice Gray, racing him, if not passing him, upon the scales ; for he comes from a State pre-eminent for racing and passing everything in sight, and longing for more ; a brace of giants ceaselessly wrestling with, and steadily mastering, great problems involving now enormous property ; now the welfare of millions ;



WENDELL PHILLIPS

(From Austin's "Life of Phillips." Published by permission of Messrs. Lee & Shepard)

now human life itself; yet when did you ever hear of either of these men losing a day, or not being up to his work? Like nearly all our judiciary, INADEQUATELY paid; upon a basis of many years ago, when our population was much smaller and poorer; while their work has increased *vastly* in volume, magnitude, difficulty, and importance; *receiving but a fifth as much, for instance, as the Lord Chancellor of England;* yet holding *more* responsible positions *than his*—dealing with a *wider* range of questions—*a seriously unfair and unjust* way to treat men of whom seventy-five million people expect and demand the *essence* of justice. Do you get *the best* work out of the most skilled men in your employ by squeezing them down to *half* pay? Do you or I do *our* best work when he for whom we do it tries to get off with only *partly* paying for it? Is or is not the workman "*worthy* of his hire"? And will you name men whose lives are *fuller* of more important and more exacting, *never-ceasing labor* than our judiciary? When the fate of vast railroad properties, or of a mighty city even, hangs trembling in the hands of a mob; and the nation watches breathless to see if law and order and right shall prevail; and the very integrity of our institutions even is in jeopardy; does or does not he by the single stroke of whose pen the danger may grow, or may cease, *need the knowledge and the wit to see, and the nerve to do exactly right?* It is a *national* loss when men like Chief Justice Cooley can no longer stand the ceaseless, mighty strain; *and give way under it.* Chief Justice Shaw saw *better than Mr. Webster himself did,* what a *sacrifice* he was asking him to make; and yielded to the giant onslaught of that compelling mind only after the most stubborn resistance. Our law-makers should see to it AT ONCE *that this glaring evil is remedied;* and in a way

worthy of the dignity and resources of a great and mighty nation.

Look at Agassiz, the younger, and likewise distinguished, naturalist, zoologist, ichthyologist, coast surveyor, metallurgist, president of the richest copper mines in the world—the far-famed Calumet and Hecla—an athlete, tough, skilful, fearless, and a stayer; *bow oarsman of the first but one, and of the victorious Harvard University crew;* exacting their best of others, *and equally unsparing of himself.*

Or at President Eliot, who, taking the President's chair of the oldest and most illustrious university in America when still a young man, has for more than a quarter of a century filled it with signal success; keeping it the leader, in the van of American institutions of learning; *rowing an oar in the 'Varsity crew of* '58; and only prevented from racing Yale by the sad death of his stroke-oar, Dunham, who was drowned at Springfield just before the race-day.

Or at Sir Charles Dilke, critic, journalist, statesman, author of *Greater Britain,* which, passing through many editions, elected him to Parliament; a violent Republican, yet re-elected; Under Secretary of State for Foreign Affairs; member of the Cabinet; again in Parliament; proprietor of the *Athenæum;* author of *The Present Position of European Politics; The British Army;* and *Problems of Greater Britain;* pronounced by Bismarck the ablest statesman in England after Gladstone; personal friend of the Prince of Wales, and perhaps to be his first prime minister; of whom it was said, in a New York paper, that he "has been astonishing Paris by his prowess with the foils; that, though *in his fifty-fourth year,* he showed an *agility* and *alertness,* and, above all, a *suppleness,* that would have done

honor to any young athlete of twenty; and carried everything before him; *defeating several of the most celebrated maîtres d'armes, or professionals, who were simply staggered by the rapidity of his manœuvres, especially with his trick of changing his foil from hand to hand. For a quarter of a century scarcely a day* has passed where the Baronet has not devoted *an hour* to this branch of sport; *and it is to this in particular that must be attributed the preservation of his physical and mental faculties.* He is likewise a splendid *oarsman,* and at home in the saddle." *

Or at McBurney, the foremost surgeon in America today, if not in the world, in certain fields, notably in appendicitis; *losing only two patients out of a hundred with this dread disease,* which has of late become so alarmingly common; *performing two operations for appendicitis, and delivering a lecture, all within one hour; rowing four thousand miles* in his four years at Harvard; bow oar of her Freshmen crew; of her winning Sophomore crew; of her losing 'Varsity crew, junior year; and of her winning 'Varsity crew, senior year; and one of the coolest, nerviest men in danger that ever sat in a boat; his nerve and splendid arms to-day the delight of thousands of his students; *and that same nerve undoubtedly a potent factor in his success in saving life itself* so often in his matchless operations.

Or at Commodore Dewey, assigned to uninviting duty at the other end of the world where there seemed no hope of active service; yet going with alacrity, and in the dead of night sailing his ships into the jaws of death, over a magazine about sure at any moment to

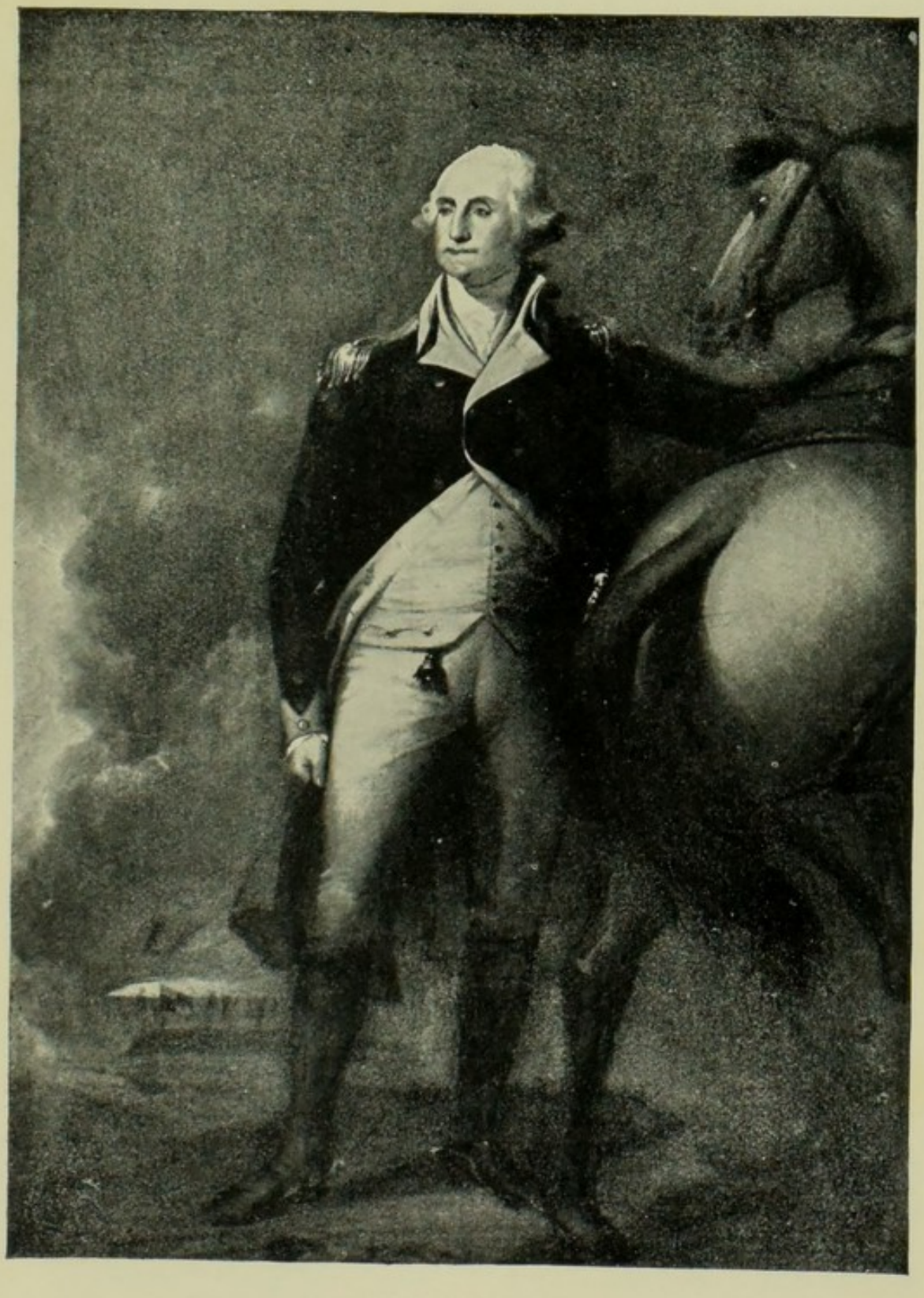
* We put him in a wherry once at Harvard, in 1866; and he made her gallop.

send him and every soul with him into eternity; fighting a fleet of twice his numbers backed up by bristling land batteries; yet working so effectively that he coolly suspends the battle for twenty minutes till his men have breakfast; and then makes such thorough work of it that the whole civilized world looks on in amazement; and he awakens to the satisfaction that *he has done more than any other man in this century to knit the hearts of his fellow-countrymen together as one man.* And he, the New York *Herald* says, at sixty-one "one of the finest-looking men in the navy, which is saying a great deal; known as 'Gentleman George.' A great club-man and a huntsman of no mean repute; *in riding to the hounds he has often distinguished himself, while as a daring horseman he probably has no superior in this country.* HE IS ALSO AN ALL-ROUND ATHLETE."

But we need not offer more proof, save one instance —a more magnificent one in some respects than any of the rest. A man whose virtues we know; whose life we know; whose work we know; *but whose preparation* for that work, *in the field now under consideration, is not* generally known.

WASHINGTON (1732-1799)

"At eleven years old left an orphan to the care of an excellent but unlettered mother, he grew up *without learning.* Of arithmetic and geometry he acquired just knowledge enough to be able to practise measuring land; but all his instruction at school taught him not so much as the orthography or rules of grammar of his own tongue. His culture was altogether his own work, and *he was in the strictest sense a self-made man;* yet from his early life he never seemed uneducated. At sixteen he went into the wilderness as a surveyor, and for three years continued the pursuit where the forests trained him in meditative solitude to freedom and largeness of mind. In his intervals from toil he seemed



WASHINGTON

(From a copy of Trumbull's famous portrait now in the City Hall, New York City)

always attracted to the best men, and to be cherished by them. Fairfax, his employer, an Oxford scholar, already aged, became his fast friend. He read little, but with close attention. *Whatever he took in hand he applied himself to with care;* and his papers which have been preserved show how he almost imperceptibly gained the power of writing correctly; always expressing himself with clearness and directness, often with felicity of language and grace. When the frontiers on the West became disturbed, he at nineteen was commissioned an Adjutant-General, with the rank of Major. At twenty-one he went as the envoy of Virginia to the council of Indian chiefs on the Ohio, and to the French officers near Lake Erie."—*Bancroft's History of the United States*, Vol. III.

From nineteen to twenty-six in the French and Indian War, rising to the rank of Colonel; the only aide of General Braddock who escaped from the disastrous ambuscade at Fort Duquesne; in constant danger in treacherous Indian warfare; always in the thickest of the fight; horses shot under him; his clothing riddled, Indian braves doing their utmost to kill him; till his escape at times seemed miraculous; then a member of the Virginia House of Burgesses till forty-three; and Patrick Henry says that for solid information and sound judgment he was easily the peer of any man in all that distinguished body; a member of the Continental Congress; then made commander-in-chief of the American forces; "Compelled by superior forces at times to retreat, and reduced to the most desperate straits by disaffection, lack of men and supplies, and even cabals against his authority; approached by the enemy with bribes; yet by his mildness, calm courage, prudence, firmness, and perseverance he brought the war, with the aid of powerful allies, to a successful termination; and the independence of the thirteen colonies achieved, he retired from the army to Mount Vernon, which he had, during the *eight years* of war, *but once visited. He refused to accept pay*, but kept a minute account of his personal expenses, which were reimbursed by Congress; in 1784 planned the James River and Potomac canals; gave the shares voted him by the State to endow Washington College, at Lexington, Virginia, and for a University; proposed conventions for commercial purposes, which led to the Convention of 1787, of which he was a member, which formed the present Federal Constitution, considered by him as the only alternative to anarchy and civil war; elected first President of the United States,

April 30, 1789; at the next election he desired to retire, but yielded to urgent general solicitation; in 1796 he positively declined a third term, and returned to Mount Vernon, to the quiet of home-life, where he died, December 14, 1799, of acute laryngitis, his last words being, 'I die hard, but am not afraid to go.'"

"Mr. Depew says that Mr. Gladstone told him: 'Sixty years ago I read Chief Justice Marshall's life of Washington, and *I was forced to the conclusion that he was quite the greatest man that ever lived. The sixty years that have passed have not changed that impression;* and to any Englishman who seeks my advice in the line of his *development and equipment*, I *invariably* say, "*Begin* by reading the life of *George Washington.*"'"—*New York Tribune*, February 15, 1895.

Of whom Charles James Fox, in the British House of Commons, when Lord North was doing all he could to keep us from being free, rose and said of Washington: "He derives honor less from the splendor of the situation than from the dignity of his mind; before whom all borrowed plumage sinks into insignificance, and all the potentates of England seem little and contemptible."

To whom Thomas Erskine—the greatest forensic orator England ever saw—wrote in 1796: "I have a large acquaintance among the most valued and exalted classes of mankind. You, sir, are the only human being for whom I ever felt an awful reverence. I sincerely pray God that He may grant a long and serene evening to your life, which has been so gloriously devoted to the universal happiness of the world."

Here is the estimate of one who knew him intimately: "Perhaps the strongest feature in his character was prudence, never acting until every circumstance, every consideration, was maturely weighed; refraining if he saw a doubt, but, when once decided, going through with his purpose, whatever obstacles opposed. His integrity was most pure, his justice the most inflexible I have ever known, no motives of interest or consanguinity, of friendship or hatred, being able to bias his decision. *He was, indeed, in every sense of the words, a wise, a good, and a great man.*"—THOMAS JEFFERSON.

The Expounder of the Constitution tells us how *he* regarded this great man: "That name was of power to rally a nation in the hour of thick-thronging public disasters and calamities; that name

shone, amid the storm of war, a beacon to light, to cheer, and guide the country's friends; it flamed, too, like a meteor, to repel her foes. That name, in the days of peace, was a loadstone, attracting to itself a whole people's confidence, a whole people's love, and the whole world's respect. *That name, descending with all time, spreading over the whole earth, and uttered in all the languages belonging to the tribes and races of men, will forever be pronounced with affectionate gratitude by every one in whose breast there shall arise an aspiration for human rights and human liberty.*" — DANIEL WEBSTER.

And his greatest successor adds his fitting tribute: "*Washington is the mightiest name on earth.* Long since mightiest in the cause of civil liberty; still mightiest in moral reformation. On that name no eulogy is expected. It cannot be. To add brightness to the sun or glory to the name of Washington is alike impossible. Let none attempt it. In solemn awe pronounce the name, and in its naked, deathless splendor leaving it shining on."—ABRAHAM LINCOLN.

When he took command of the Continental Army, Bancroft says: "Washington was then forty-three years of age. *In stature he a little exceeded six feet; his limbs were sinewy and well proportioned; his chest broad; his figure stately,* lending dignity of presence with ease. *His robust constitution had been tried and invigorated by his early life in the wilderness; his habit of occupation out-of-doors; and his rigid temperance;* SO THAT FEW EQUALLED HIM IN STRENGTH OF ARM, OR POWER OF ENDURANCE. His complexion was florid; his hair dark-brown; his head in its shape *perfectly round.* His *broad nostrils* seemed formed to give expression to scornful anger. . . . *Courage was so natural to him that it was hardly spoken of to his praise; no one ever at any moment of his life discovered in him the least shrinking in danger; and he had a hardihood of daring which escaped notice,* because it was so developed by superior calmness and wisdom.

"*His passions, which had the intensest vigor, owned allegiance to reason;* and with all the fiery quickness of his spirit, his impetuous and massive will was held in check *by consummate judgment.*

"He had in his composition a *calm* which gave him, in moments of highest excitement, the power of self-control, and enabled him to excel in *patience;* even when he had most cause for disgust. He might be described as *the best specimen of manhood as developed in*

the South. But his qualities were so faultlessly proportioned that his countrymen felt that *he was the best type of America;* and rejoiced in it; and were proud of it."

The Rector of his parish, Rev. M. L. Weems, says: "Lord Fairfax readily engaged George *as a surveyor, and sent him into the backwoods to work.* He continued in his lordship's service till his twentieth year, *closely pursuing the laborious life of a woodsman.* In Frederick he boarded in the house of the widow Stevenson, generally pronounced Stinson. This lady had seven sons—William and Valentine Crawford by her first husband; and John, and Hugh, and Dick, and Jim, and Mark Stinson by her last husband. *These seven young men, in Herculean size and strength, were equal perhaps to any seven sons of any one mother in Christendom.* This was a family exactly to George's mind, because promising him abundance of *that manly exercise in which he delighted.* Upon the fine extended green, several hundred yards long, in front of the house, *every evening when his daily toils of surveying were ended, George* —like a young Greek training for the Olympic Games—*used to turn out with his sturdy young companions 'to see,'* as they termed it, *'which was the best man' at running, jumping, and wrestling;* and so keen was their passion for these sports, and so great their ambition to outdo one another, that *they would often keep them up, especially on moonshiny nights, till bedtime.*

"The Crawfords and Stinsons, though not taller than George, were much heavier men, so that at wrestling, and particularly the close or Indian hug, he seldom gained much matter of triumph. But in all trials of agility they stood no chance with him."

George Washington Parke Custis, Martha Washington's son, who lived with him, must have known him intimately. He says: "The last time he weighed was in the summer of 1799, the year of his death, when, having made the tour of his farm accompanied by an English gentleman, he called at his mill and was weighed. The writer placed the weight in the scales. The Englishman, not so tall, but stout, square-built, and fleshy, weighed heavily; and expressed much surprise that the General had not outweighed him; when WASHINGTON OBSERVED THAT THE BEST WEIGHT OF HIS BEST DAYS NEVER EXCEEDED FROM TWO HUNDRED AND TEN TO TWO HUNDRED AND TWENTY POUNDS. In the instance alluded to he weighed a little rising two hundred and ten pounds.

"Of the portraits of Washington, the most of them give to his

person a fulness that it did not possess, together with an abdominal enlargement greater than in the life ; *while his matchless limbs have, in but two instances, been faithfully portrayed: in the equestrian portrait by Trumbull, of* 1790, *a copy of which is in the City Hall, New York;* and in an engraving by Loisier from a painting by Cogniet, a French artist of distinguished merit. The latter is not an original painting, the head being from Stuart ; but the delineation of the limbs is the most perfect extant. GENERAL WASHINGTON IN THE PRIME OF LIFE STOOD SIX FEET TWO INCHES, and measured precisely six feet when attired for the grave. From the period of the Revolution there was an evident bend in that frame, so passing straight before. But the stoop is attributable rather to the care and toils of that arduous contest than to age ; for his step was firm, and his carriage noble and commanding, long after the time when the physical properties of man are supposed to be on the wane.

"*To a majestic height was added a correspondent breadth and firmness; and his whole person was so cast in nature's finest mould as to resemble the classic remains of ancient statuary, where all the parts contribute to the purity and perfection of the whole.*

"*Washington's powers were chiefly in his limbs; they were long, large, and sinewy. His frame was of equal breadth from the shoulders to the hips.* His chest though *broad and expansive,* was not prominent; but rather hollowed in the centre. He had suffered from a pulmonary affection in early life, from which he never entirely recovered.

"HIS FRAME SHOWED AN EXTRAORDINARY DEVELOPMENT OF BONE AND MUSCLE. His joints were large, as were his feet; and *could a cast have been preserved of his hand to be exhibited in these degenerate days, it would be said to have belonged to the being of a fabulous age.*

"During Lafayette's visit to Mount Vernon, in 1825, he said to one writer: '*I never saw so large a hand on any human being as the General's.*'

"And that writer adds: 'I saw this remarkable man four times. It was in the month of November, 1798. . . . I was so fortunate as to walk by his side, and had a full view of him. *He was six feet one inch high; broad and athletic, with very large limbs;* entirely erect, and without the slightest tendency to stooping. His hair was white, and tied with a silk

string; his countenance lofty, masculine, and contemplative; his eye light gray. He was dressed in clothes of a citizen, and over them a blue surtout of the finest cloth. *His weight must have been two hundred and thirty pounds, with no superfluous flesh. All was bone and sinew;* and he walked like a soldier.'

"*Whoever has seen in the Patent Office at Washington the dress he wore when resigning his commission as Commander-in-Chief in December*, 1783, at once perceives *how large and magnificent was his frame.*

"During the parade, he saw something at a distance. His eye was instantly lighted up as with the lightning's flash. At this moment I see its marvellous animation, its glaring fire; exhibiting strong passion, controlled by deliberate reason.

"Rickets, the celebrated equestrian, used to say, 'I delight to see the General ride; and make it a point to fall in with him when I hear that he is abroad on horseback. His seat is so firm, his management so easy and graceful, that *I, who am a professor of horsemanship, would go to him and learn to ride.*'

"*Bred in the vigorous school of the frontier warfare; the earth his bed, his canopy the heavens,* HE EXCELLED THE HUNTER AND WOODMAN IN THEIR ATHLETIC HABITS; and in the trials of manhood which distinguished the hardy days of his early life.

"HE WAS AMAZINGLY SWIFT OF FOOT; and could climb the mountain-steep and not a sob confess his toil.

"In person, Washington, as we have said, was unique. *He looked like no one else. To a stature lofty and commanding he united a form of the manliest proportions; limbs cast in nature's finest mould; and a carriage the most dignified, graceful, and imposing.* No one ever approached the *pater patriæ* that did not *feel* his presence.

"While several pictures and sculptures are excellent likenesses of his physiognomy, in various stages of life, *there has been a general failure in the delineation of his figure.* His manliness has been misrepresented by bulkiness; while *his vigorous, elastic frame, in which so many graces combined, has been drawn from the model of Ajax, when its true personification should be that of Achilles.*

"*With all its development of muscular power, the form of Washington had no appearance of bulkiness; and so harmonious were its proportions that he did not appear so passing tall as his portraits have represented. He was rather spare than full during his whole life.*"

Mr. Sullivan, in his *Familiar Characters* (1834), says: "The following are recollections of Washington derived from repeated opportunities of seeing him during the last three years of his life. He was over six feet in stature, of strong, bony, muscular frame, with fulness of covering, well formed and straight. HE WAS A MAN OF MOST EXTRAORDINARY PHYSICAL STRENGTH. At the age of sixty-five time had done nothing towards bending him out of his natural erectness."

Look over all the men whom you have ever known, or of whom you have ever heard, in private or in public, obscure or famous. Yes, blacksmiths, athletes, and all you like; put in Adirondack guides, too, and say which of them, on the whole, was MORE AGILE, STRONGER, AND MORE ENDURING—a better *all-round* man—physically than Washington. Bancroft says: "Few equalled him in strength of arm, or power of endurance"; and among the sixty thousand men of the Continental Army there must have been hundreds of picked men of rare strength and lasting power—out-door men as well as he—more, *relatively to population,* than this country has ever seen since. For the work of nearly all of them, at clearing land; at farming; hunting; fishing; surveying; felling forests; opening up new territory; and long experience in Indian warfare; with simple habits and frugal living, had built a hardy, splendid race; fit founders of a mighty nation. Yet, of all these, the famous historian says, "*Few equalled him in strength of arm or power of endurance.*"

Sandow is stronger in his arms. But for *endurance;* striding through forests; over hill and mountain; fording streams; and on all variety of ground; from early dawn to nightfall; ceaselessly trailing the dusky redman to his lair; nothing in Sandow's record shows that

Washington would not, by sundown, *have left him miles behind.* For he not only equalled, "he *excelled* the hunter and the woodman in their athletic habits."

"He looked like no one else; rather spare than full; lofty and commanding"; he said himself that the best weight of *his* best days was between two hundred and ten and two hundred and twenty pounds; indeed, he once wrote his step-brother Lawrence: "Without a pound of superfluous flesh, I weigh two hundred and thirteen pounds"; and one artist, who saw him stripped to the waist, says: "He was literally thews and sinews; in the prime of his life he stood *six feet two inches; broad and athletic, with very large limbs.*"

With a hand of fabulous size; *his powers chiefly in his limbs,* which were very large and sinewy; and so superb a horseman that a celebrated riding-master said that he would go to Washington to learn to ride. The range of athletic contests in his day, while narrower than now, included searching tests; the one of a man's *agility,* the other of his *strength and lasting power* —namely, jumping* *and wrestling;* and in each of these Washington was king.

*The following is taken from the New York *Daily News*, June 8, 1894:

"A WASHINGTON LEGEND

"HOW THE FATHER OF HIS COUNTRY CAME TO MAKE HIS FAMOUS JUMP

"In your last Sunday's *Courier*, on the editorial page, you refer in a short article to having heard about George Washington jumping, and you also state that you 'have not been able to find any evidence of the accuracy' of the story. The writer, when a boy, read a historical article about the jump that George Washington made when he was a young man, and the story is as follows, as the writer now remembers it:

"It was during the French and Indian War. Washington was

For not only was he, as Custis says, a runner, and "*amazingly swift of foot,*" but tradition says that of the best jumpers of his day, Nathan Hale—at the running broad jump, of course—did twenty feet; that Lindley

a colonel in the British Army, and was in Virginia at the time, and was, or had been, on some military errand, and was returning from the same on horseback. The road upon which he was travelling led him through a small village, or hamlet, and as he drew near the village green, which was bounded upon one side by the road, he noticed a number of young men jumping, and being fond of athletic sports of that character, he rode to the place where they were, and asked one of the young men that stood there, why, or for what, they were jumping. The gentleman of whom Washington made the inquiry told him the reason, which was as follows:

"It seems that a well-to-do farmer had had a haying-bee that day, and he had told the young men in the morning that if they would finish that afternoon early enough, he would go down to the village green with them, and they could jump for the hand of his daughter, who was the belle of the county. At that time she was betrothed to a young man by the name of Henry Carroll, who was quite an athlete, and was one of the young men at the bee. Washington asked if the contest was open to strangers, and on being told that it was, and that he could jump if he desired, he waited until they all had jumped, including this Carroll, who cleared twenty-one feet and seven inches in his leap, which surpassed all the others. Washington dismounted, tightened his belt, *and jumped twenty-two feet and one inch*, beating Carroll, the next to him, by six inches. Of course Carroll and the young lady—who witnessed it—were very much chagrined at having a stranger stop and out-jump all others. After making the jump Washington stepped up, stood alongside of the young lady for a few moments, said a few words to all that were there, and then handed her over to Carroll, mounted his horse, and rode away. No one there knew him, and they all wondered who it was that could make such a leap. Time rolled on, and during one of Washingington's campaigns in Virginia, Carroll, who had become acquainted with Washington during this war, invited him and some

Murray, the grammarian, jumped twenty-two feet; but that *Washington*, beating him, *did twenty-three*. Not knowing just where to find verbal evidence or record of this, there is proof, in Hale's case and in Washington's, eloquent and wellnigh decisive. Look again at Hale's statue (p. 1). Notice the sinewy, clean-cut, uncommonly developed calves; indeed, every part of the legs. No fat; nothing soft there; *nothing superfluous;* but just where a jumper needs unusual development; *there* Hale *had* it.

Clearly he was a good one. To-day he would have made the 'Varsity crew surely; or the foot-ball team; —or both; as Chitty did the crew and the 'Varsity eleven at cricket. *But Washington was a better; and had still better legs.* Look at them and see. For here is a copy of the very picture from the City Hall, of which Custis said: "*His matchless limbs have in but two instances been faithfully portrayed.* In the equestrian portrait by Trumbull, of 1790, *a copy of which is in the City Hall, New York," etc.* Scrutinize it closely at foot and ankle; at calf and knee and thigh; at hips and waist; chest, arms, shoulders, and neck, *and say if, taken altogether, you ever saw, physically, a better man, or as good a man.* We took one of Harvard's most famous coaches—an oarsman of record and renown—in

of his generals to his home near by for supper. While they were at supper Carroll noticed his wife closely watching Washington, and he asked her if she was ailing. Then Washington spoke up, and said that she undoubtedly recognized that, by warfare's usage, they would not be able to jump twenty-two feet one inch that night for a lady's hand. This was the first time that Carroll knew that Washington was the man who had made the jump years before upon the village green."—DILWORTH M. SILVER, in Buffalo *Courier*.

there one day; a master in the art of choosing men for strength, speed, stay, and fitness for arduous struggle combined; and asked him what he thought of him. He looked at the picture long and earnestly. Again we asked the verdict. He said: "THAT'S THE BEST-BUILT MAN I EVER SAW!" And he has seen the best athletes that Cornell, Harvard and Yale, Columbia, Princeton, and the University of Pennsylvania have ever turned out; not a few of the best of Oxford and Cambridge as well, and about all of America's leading professional oars, including Hanlan, Courtney, and the three famed families of professionals—the Wards, the Biglins, and the Ten Eycks. And not only were Washington's *legs* almost massive, yet *with not even a faint suggestion of fat*, or of anything but clear spring and lifting-power; and Custis says that "Washington's powers were *chiefly* in his limbs"; but he adds, "HIS FRAME WAS OF EQUAL BREADTH FROM THE SHOULDERS TO THE HIPS." Nothing more significant than this occurs in any description. It means *power*, precisely where one kind of athlete, *the highest kind, the strongest man, wants it*—namely, *the wrestler*. There never was, *there never will be, a great wrestler weak in the sides*. Power *must* be there, or he who *has* it will throw him. But was Washington a *wrestler?* The rector of his parish, Rev. Mr. Weems, has just answered that. One would think that all day, tramping through forest, with gun, and axe, and theodolite, surveying for Lord Fairfax, would entitle a youth of seventeen or eighteen to sit down when evening came, and take a rest. But not so Washington, with seven such big, good men staring him in the face. He must have a fall out of them; or they should out of him. Often he went down; for those sons of Titan, tugging and twisting,

and forging the Father of the Republic into shape for his mighty task, ought to down one who was scarcely more than a growing boy, though large for his years. But he kept them busy. And then, for seven years, in the French and Indian War, hardly sitting down all day, save in the saddle; constantly exposed to privation, hardship, or danger; always in the thickest of the fight; horses shot under him; his clothes riddled till he seemed to lead a charmed life; and Bancroft well said: "*No one ever, at any moment of his life, discerned in him the least shrinking in danger; and he had a hardihood in daring which escaped notice, because it was so developed by superior calmness and wisdom.*" *This* was the training of Washington. *No wonder he had square sides.* That wrestling; that running, jumping, hard riding, and Indian-fighting would help square *any* man's sides. THOSE TEN YEARS MADE GEORGE WASHINGTON; AND NO COLLEGE OR UNIVERSITY IN THIS LAND HAS EVER TURNED OUT HIS EQUAL PHYSICALLY, OF WHOSE DEEDS THERE IS ANY RECORD. Had the best sparring-master of to-day spent those three years there, with Washington and the Stevensons, and taught them his art until they had mastered it; *as Washington always mastered everything he touched;* and could Washington at twenty-six have met John L. Sullivan at twenty-six in a finish glove-contest, the chances are at least even that the winner would not have been Sullivan. Include *wrestling* as well as boxing; and long before the end of the bout, as he felt those mighty legs—*better ones than his*—twine around him, and found his feet—put them where he would—somehow always slipping out from under him; he would very likely have asked the Father of his Country if he had not once told people to "*beware of entangling alliances*"; and have concluded

that he had better do something in this line himself. *For Washington had greater height; weight; reach; and sounder judgment than Sullivan,* who never began to have ten years of such seasoning, and superb preparation for a supreme effort like this, as those ten years of Washington's, absolutely free from every known form of dissipation, or anything that could undermine and destroy a man.

A fashionable New York tailor, as his books will no doubt show, one day, when Sullivan was at his best, and before he grew so fat, measured him for a suit of clothes. He made the largest girth of his chest, directly under the arms, *forty-two and a half inches.* Men know that a tailor will not let a man inflate his chest when he is being so measured, but makes him hold it *naturally.* A shirt-maker, upon the same day, measured him for shirts; and the chest-girth was again *forty-two and a half inches;* our informant in each case being a gentleman who was measured at each place upon the same day when Sullivan was; and he had these facts from the tradesmen themselves. Custis says that "Whoever has seen, in the Patent Office at Washington, the dress he wore when resigning his commission as Commander-in-Chief, at once perceives *how large and magnificent was his frame.*" Some years ago, at our request, a banker in Washington prevailed upon the Curator of the Patent Office to measure this identical suit. The waist-girth of the vest was thirty-seven and a half inches; BUT THE CHEST-GIRTH, DIRECTLY UNDER THE ARMS, WAS FORTY-FOUR AND A HALF INCHES. This made him almost exactly half as many inches around the waist as he was inches high, and about three-fifths as many inches about the chest as he was high. And every inch and ounce of that man was of the *highest* quality.

Justly proud as are his countrymen of his exalted character, his unerring judgment, his success unsurpassed in the world's history in battling for eight long years with a mighty nation, with a comparative handful of men; and in bringing into existence what in scarce one short century has become one of the greatest nations of the earth; they will find, the more they know him, that Mr. Gladstone's remarkable estimate of him is a just one; and that in all respects the verdict of his contemporaries is true to-day, and will remain true as long as our nation lives, that he was, indeed, "*First in war; first in peace; and first in the hearts of his countrymen.*"

CHAPTER XIII

IN CONCLUSION

"Genius *is only protracted patience.*"—BUFFON.

"Long, patient toil *fits for emergency.*"

"*Peril breeds power.*"

"Genius *is painstaking.*"—LONGFELLOW.

"Genius is *two* per cent.; *hard work* ninety-eight."

"I never did anything worth doing *by accident.*"—EDISON.

"If you want knowledge, you must *toil* for it; if food, you must *toil* for it; and if pleasure, you must *toil* for it; TOIL IS THE LAW."—RUSKIN.

"The King *is the man who* CAN."—CARLYLE.

"Every *great* work *is the result of vast preparation.*"

"Thorough mastery of *great principles* by Patrick Henry, Hamilton, Webster, Lincoln, WAS THE RESULT OF YEARS OF STUDY OF THOSE GIANT INTELLECTS."—PRESIDENT BASHFORD.

"Know what thou canst work at; AND WORK AT IT LIKE HERCULES! That will be thy better plan."—CARLYLE.

"It was *by the friction of tremendous difficulties* that the bright, gifted young man, David, the son of Jesse, became developed into one of the chiefest men of Old Testament history. His conflicts with King Saul were worth more to him than millions of gold."

"Many persons owe their good-fortune *to some disadvantage* under which they have labored, and *it is in struggling* against it that their *best* faculties are brought into play."

"Learning in a broken body *is like a sword without a handle.*"

—BEECHER.

"Mankind mistake difficulties for impossibilities. *This is often the chief difference between those who succeed and those who do not.*"

—FRANKLIN.

We have been spending an hour in illustrious company; among men nearly all great, some of them the greatest in their lines whom this world has known—its *real* kings—for "the king is the man who *can*." We have seen several who started, like Cæsar, Cicero, Demosthenes, Gladstone, Webster, with bodies *not* naturally strong, *but who found and persistently used means which brought them abundant helpful vigor*, enabling them to use their great abilities to a good, and in Gladstone's case—and, but for the knife of Brutus, doubtless in Cæsar's also—to a great age.

And what wondrous interest clusters about these great names—each in itself a mighty chapter in, and a conspicuous part of, this world's history; conquerors, emperors, soldiers, statesmen, divines, jurists, philosophers, inventors, poets, merchant-princes, explorers—leaders all in all the great activities. Seat them around a festive board. What a feast of reason; what a flow of soul! Who would not travel far for the privilege of once looking on, and listening to these grand minds at play? Yet, rich as they were in gifts of mind, *they were scarcely less so in those of person.* One of the best tests of human physical speed, power, and endurance yet devised; one palpably fair, yet which, before all eyes, and free from all bad influences, in one short half hour takes the strongest man in all his glorious prime, and tries all that is in him, till he can scarcely go another foot, is a University boat-race. In England, sixty years ago, they fixed on a proper course for it, and have fought their great battle there steadily, and almost annually, ever since. For nearly half a century we in this country have been rowing our University race; yet where is our University race-*course* to-day? Now at Lake Winnepesaukee; then at Springfield; at Lake Quinsiga-

mond; on Saratoga Lake; back again at Springfield; then at New London; then Poughkeepsie; then back to New London. *Which* is the great American inter-University race-course? Does any one know? Is it not almost time that something definite came; and men each year could look back at previous records on the *same* track, and compare them; and so approach some clear idea of whether our oarsmen are improving or going back? The famous Putney-to-Mortlake stretch of four miles and three furlongs is far from a good course; straight nowhere after Hammersmith Bridge—in fact, one large letter S; the crew fresh enough to keep the inside for two miles can have the pole all the way; *so that the two crews never cover the same distance.* Our Poughkeepsie course, while straight, is on such broad water that while national legislation keeps it fairly clear on race-day, it has no control over it during *practice;* and the broad surface exposed to every breeze, and ceaselessly *churned* by the swash of passing steam-craft, has proved its unfitness for a contest of such importance; while the race is not, in fact, at Poughkeepsie, but over on the other side of a wide river, where there is scarcely even a village. And at New London, the Thames, so pinched, and full of eel-grass in one portion, that even two crews cannot fairly row abreast, is really an arm of Long Island Sound, close by; and is so affected by every tide that the number of hours for either racing or practice is hardly two in twelve; while every breeze at all southerly is likely to knock up such a sea as to make it unfit for shell-rowing. *Men who have made great preparation and sacrifice for the most important athletic contest of their lives might at least be guaranteed a first-class track, a worthy arena for such an arduous struggle.*

And happily there *is* such water—not an S, but almost

straight — *twice* as wide as the Putney-to-Mortlake course; undisturbed by tide or passing vessel; near a large railroad centre; and so well sheltered that crews can practise there at any hour they like, with practically a great private track all to themselves—and that is on the Connecticut, a little below Springfield. But an hour and a half from Yale, two and a half from Harvard and from Boston, and three from New York; near the greatest bicycle-racing centre in America; with many railroads, and good accommodations for guests at Springfield and at Hartford, not an hour away. Since the changes in the Enfield Locks, there is water enough for a fleet of eights to battle for the championship of the world. Pick out now from these men of great achievements and renown, not *two* eights, but *four*. Give them, of course, the fleetest ships, the most nearly perfect oars and rigging known to the waterman's art. Make the men contemporaries—take each at the best year of his life—when all his powers were at their acme; train them to row — and to row *together* — not *one* year — *for no really great oarsman was ever made in one year*—but *for three full years* of wise, skilful preparation, till every man came up to the line fit to row for a kingdom; —in as superb condition as were the best men in all Greece when, a nation looking on, they agonized for the mastery. Make the distance *five miles*. If you like, select two eights from non-college men and two from the Universities—the "Townies" and the "Gownies." You might sort them thus:

First crew.		*Second crew.*	
Socrates,	Bow.	Luther,	Bow.
Jackson,	No. 2	Wellington,	No. 2
Wallace,	" 3	Chalmers,	" 3
Peter,	" 4	D. Webster,	" 4

First crew.	*Second crew.*
Charlemagne, No. 5	Bismarck, No. 5
McCormick, " 6	Morgan, " 6
Gibson, " 7	R. Webster, " 7
Washington, Stroke	Chitty, Stroke.

Third crew.	*Fourth crew.*
Krueger, Bow.	Beecher, Bow.
Cæsar, No. 2	Plato, No. 2
Bruce, " 3	Lord Denman, " 3
Hannibal, " 4	Wilson, " 4
Lincoln, " 5	Johnson, " 5
Huntington, " 6	Fox, " 6
William, " 7	Lord Esher, " 7
Vanderbilt, Stroke.	Cromwell, Stroke.

There is splendid material for coxswains, but it is all "'Varsity." But that would not matter. Put the "Little Lion," Hamilton, in to steer the first crew, Paul the second—for he says himself that he knew just how to fight a good fight, and to *finish* his course, and to make other men do their utmost. Paul was *no quitter*. Alexander could steer the third crew; and the "Little Corporal" the fourth. And *such* steering as that would be! With pretty flags cut the course into one-hundred-and-fifty-foot lanes; and disqualify any crew ever outside of its own water—if any question arose.

Range up alongside of these four crews at the starting-line the best eight watermen England has yet known—Renforth, her greatest oar, at stroke, "Harry" Kelly, "Joe Sadler," Taylor, Winship, and the other famous ones. In another boat let old Ike Ward put any eight of his nine sons—all oarsmen—or any six with John Biglin, the greatest of the Biglins, and Walter Brown; or the best of the three Ten Eycks, till he had it all to suit him. In a seventh boat have the best eight *amateur*

oars yet seen in England, other than those above, and make the eighth crew of the best, fastest eight *amateurs* America has produced.

And now name the winner—*if you can.* You have more of a problem than you would ever dream of. With all that is said about rowing, and all that is known about it, *is it yet an exact science?* If it is, *which* is its exponent—of two of the world's greatest coaches to-day—Mr. Lehmann or Mr. Courtney? Their styles are radically *different.* Then which is *right?* But you take those thirty-two mighty minds, let them concentrate on winning that wonderful battle, greater than any peaceful one yet fought on any water; not excluding that between Mnestheus and Cloanthus, and all their famous triremes—get all that intellect, all that force, all that resistless will-power, and fighting-power incarnate, packed into those dainty, glistening racing-shells—thirty-two men with the racing spirit of thirty-two thousand coiled up in their great brains—*and name the winner if you can!* And would not they *love* the battle! You could not suit them *better.* Bismarck on the best horse in Germany, Washington on Ten Broeck, and Andrew Jackson on Lexington, contemporaries in a four-mile dash, would ride like demons. But that section of lightning-rod, Jackson, would win; for, in such a terrible struggle, every ounce of weight would tell *on the horse;* and Jackson, long as he was, did not weigh much. But in the boats, again, if you can, *name the winner.* What *other* men in the world's annals have known, as have these, the *countless* elements that enter into winning? Especially in winning against master-minds like their own—up to every move on the board, mercilessly exacting of themselves; intuitively knowing the value of discipline, foresight, fortitude; of self-

denial, of united action; and knowing, too, what weak men seldom know, *how to obey*—no man of all those thirty-two would need any *urging*. He would drive himself, and every ounce of himself, with wellnigh superhuman energy, over every inch of all that long five miles till he crossed the finish-line.

Not the least interesting feature in the study of these great men has been, not their inordinate craving and capacity for ceaseless hard work upon problems of serious difficulty; not the courage and tenacity of purpose that held on after all others had given up all hope; so much as good, sane, sound sense, a body that did instantly just what that sense bid it do; and an utter absence of conceit. "Before honor is humility," applies conspicuously to almost every one of them. Cicero may have taken off his hat whenever he heard his name mentioned; and perhaps Napoleon. But who else? It seemed as if they had reached such intellectual heights, and saw with so much wider range of vision how much they did *not* know, that it bred in them true modesty, and a simplicity that was charming.

And does it not now become more clear how the *bodies* of these giants helped them in their life-work; *and how, without unusual vigor and lasting power, they could never have done what they did?* And if these physical resources were so potent a factor in *their* success; *are they not in any man's who much surpasses his fellows?*

Every one knows some youth, or young man, of rare promise—many a parent has a son whom he believes to be such—but his *body*—well, *it* does not look as if his stay here would be long. No equilibrium between mind and body there.

Is there no help? If only *some* way could be found to make that body hale, strong, enduring; so that, push

his intellect—genius even—all that a rational man should, *his body would every time respond to the demand;* and his physical reserve be ample for many an over-draft as well—what a blessing *that* would be—the *saving* even of the man; and the assuring of the *good* to his fellows, and to all after him, which he might do; but is *not* going to do now. Clear beyond doubt is it, that educating the *mind* alone; or the mind and moral nature only; and *not* educating the *body*, never—save in rare instances—makes the *really* great man. Who could tell the value of health so eloquently as the few who have reached greatness *without* it? Ask William, Prince of Orange; or Alexander H. Stephens; what *they* would have given—indeed what would they *not* have given for sound health? Ask John Milton what he would *not* have given for good eye-sight after he went blind at forty-six; and clear on to the end of his great life! Massachusetts, in front of her lofty State-house, has statues of two whom she loves to honor; the one, the famed teacher of her youth, remodeller of her school-system; the other, teacher of a nation—"the Expounder of the Constitution"—Horace Mann and Daniel Webster.

The one with an *un*educated body—the other with a *grand* one, *matching* that wonderful mind. Let the former state his own case: "At college I was taught the motion of the heavenly bodies, as if their keeping in their orbits depended upon *my* knowing them, *while I was in profound ignorance of the laws of health of my own body. The rest of my life was, in consequence, one long battle with exhausted energies.*"

And this from the lips of a *scholar;* the President of Antioch College; one to whom, "as much as to any person, is due the founding of Normal Schools in the

United States"; of whom it was truly said, "Rarely have great abilities, unselfish devotion, and brilliant success been so united in the course of a single life."

A startling confession from such a man. "He saved others; *himself* he *'could'* not save." And you and I, and every intelligent man and woman, *know some one now* who is cutting down a life of rare promise of great usefulness *by just such ignorance;* and in just such a battle as was fought by Horace Mann. Does it show *common-sense* to educate a boy or girl as to the *heavenly* bodies; or any other bodies; but to teach them nothing about *their own* bodies; and not to so *educate* those bodies that they shall be their willing and most helpful servants, no matter where is cast their lot in life? *Which branch* of their *mental* training approaches *this* in importance? *Yet is not just this being done in a majority of the schools —and colleges too—in these United States to-day? Talking* about the body, perhaps; *reading* about it, perhaps; but *training it, strengthening it, toughening it, fitting it* for the *life-battle—where?* At West Point—yes. Always yes, in many good respects, though her sons could in an hour a day be made ten, twenty per cent. better men than they will be by their present system. And scattered here and there, some other institutions, where the pupil's body is getting a treatment abreast of the intelligence in this field; and giving reasonable assurance, if kept up, of a long and useful life for its owner. But you—the hard brain-worker, in or out of college; you, young man or young woman of character and splendid spirit—working extra hours, far into the night, perhaps, and robbing your sleep—ambitious to be somebody, and to do something worthy in the world; you, already so in love with your work, and so absorbed in it that you do not see that bright as you are making the light in

the light-house, *you are slowly, silently, but with fatal certainty, undermining the structure itself;* so that, just when you want it, and want it *most*; and your trained mind would be a beacon-light on some broad, useful sea; and you one of the honor-men of your time; *the first storm of privation, hardship, or suffering that comes along will crash it all to pieces*—is there not a lesson for *you* in the examples of these renowned men; mighty accomplishers in *their* various fields of action—*and a lesson of great moment?* Never, since the world began, was the art of body-building so well understood as it is now. Your lacks; your weakness; your probable length of life, can be gauged with a certainty well-nigh unerring. You can be told how far you are ahead of your finish; about how long you will last, if you take no more care of your body, and do nothing more to make it a good body, than you *are* doing *now*. Able, brilliant, surpassingly useful and great man even as you may make, if your best hopes are realized; you will scarcely claim to have in you the making of a better man than *some*, at least, of these illustrious ones. Yet they by chance, necessity, or choice, or by some opulence of native outfit, *had or got an unusual store of vitality; and they learned how to keep it; and that if they did not use the means* they would *lose* it. And so *they used the means.* For they were wide awake to the need of it and to their helplessness *without it.*

And which part of their education was a more paying investment? Cut out of Commodore Vanderbilt's life that training on the *farm* and on the *water;* of Cæsar's that ceaseless go-as-you-please race across Gaul, and over the Alps, again and again, back and forth, for ten long years; out of Washington's those priceless years of endless foot-work, all over Virginia

and Kentucky; of Gladstone's that hour DAILY, *no matter how busy he was,* and how exacting even a *nation's* demands, in his *walking*-shoes; or, better yet, *with his American axe;* eliminate from the lives of these men *this* branch of their preparation for their life's work—its *foundation,* indeed—and say, if you truthfully can, that their life's work *would have ever been heard of.* To make a man of bone and muscle alone, and of untutored mind, would give little better than a horse or ox. But to make one whose brain-work so dominates that his body is *neglected, and eaten up by it,* till at length some vital organ will *not* longer stand the strain, and the end comes to his usefulness, or to his life, or both—is *this* so much more sensible than the *former* plan? It lies in every man's hand and power to *educate* his *own* body. *Strong men do not much need teachers. They will find a way.* How much had teachers to do with the lives of almost *any* of this distinguished galaxy? Well says one writer: "Every person has two educations—one which he receives from *others; and one, more important, which he gives himself.*"

And so can *you* get that more valuable one, *if you will only look for it,* to save *your own* body.

You who hope to be a *professional* man—perhaps a lawyer—do you need any louder hint than that already quoted from the lips of a leader of our Bar, who has attained all, and more, in the profession, than you, in your fondest dreams, have ever dared to hope for, when he says: "The sound body *is at the bottom of it all.* The stomach is indeed the *key* of all professional eminence. If that goes back on you, you might as well throw up the sponge." You, who are aiming to heal the bodies of *others*—will you long succeed at your divine art if you do not train and sedulously care for *your own* body?

And you, whose interest is higher than either—whose hope is to win souls; valuable as is the pastoral side, is not *one-half* of your work to be in the *pulpit?* And, on your *present* plan, will *you* ever be a *power* there?

Do you think *he* is a power in the pulpit who, indifferent, feeble even, of body and of voice, with eyes glued to his manuscript; and his body half hid, chained and motionless, reading off that which half his hearers could have read as well or better than he—do you think *this* kind of thing is not *crippling* the power of the pulpit in our land to-day? Aptly does one writer ask: "Who has not heard a minister whose sermons were packed with facts; whose style was elegance itself; whose logic was without flaw—*and yet who went to sleep*"? Who knew better than Spurgeon, or had better chance to know, when he said he thought it "less a crime to cause momentary laughter *than a half-hour slumber*"? Or than Beecher, when he said, "Nothing is more eloquent than the *full form* of an earnest man!" All over our land to-day is it not the rule that, at the evening service on Sunday, *the churches are not a quarter full?* In any other field of instruction, benefit, or entertainment, would you call *such* an attendance *a success*,—or *not?* And are *you* likely to cure it by following the *same* stiff, formal course which has made it, for every one else, *a failure?*

Is *this* the kind of speaking which *accomplishes* anything in any *other* field? Try it once before a jury and see. You will not have a chance to again—at least for *that* client. Try it before a popular assembly on election-eve; when the people's blood is up and party strife is at boiling-point; and just wait a few minutes till your rival or your adversary has his innings; and see how he will retire you. If a man trying to sell you a carpet

or a ship gets up behind a fence and, half of the time not looking you in the face, *reads off* page after page in steady monotone—do you *buy* the carpet, or the ship? Do you think that *feeble* men go for much in the pulpit? Listen to one who has made wide and careful study, and hear what he says:

"The orator *needs* therefore *a stout bodily frame*, especially *as his calling is one that rapidly wears nerve and exhausts the vital energy*.

"The *most potent* speakers in *all* ages have been *distinguished for* bodily stamina. *They have been*, with a few remarkable exceptions, *men of brawny frames*, with *powerful* digestive organs, *and lungs of great aerating capacity*. They have been men who, while they had sufficient *thought-power* to *create* all their material needed, had pre-eminently the *explosive* power by which they could *thrust* their materials out *at men*.

"They were *catapults;* and men went down before them.

"Burke and Fox were men of *stalwart* frame. *Mirabeau had the neck of a bull, and a prodigious chest*, out of which issued that voice of thunder before which the French Chamber *quailed* in awe. Brougham had a constitution of *lignum-vitæ*, which stood the wear and tear of ceaseless activity for more than eighty years. Daniel Webster's physique was so *extraordinary* that it drew all eyes upon him; and Sydney Smith could describe him only as a 'steam-engine in breeches.'

"Even those orators who have *not* had giant frames *have had at least closely knit ones*—the bodily activity and quickness of the *athlete*. It was said of Lord Erskine that his *action* sometimes reminded one *of a blooded horse*. When urging a plea with passionate fervor, his eye flashed, the nostrils distended, he threw back

his head. 'His neck was clothed with thunder!' *There was in him the magnificent animal* as well as the proud and fiery intellect; and the whole frame quivered with pent-up excitement. The *massive frames of O'Connell and John Bright* are familiar to all."—*Mathews's Oratory and Orators.*

Now if, instead, these men had merely *read* a paper, precisely as most ministers *do* read their sermons to-day—*would they likely have ever been heard of?* Is not oratory as essential in *your* calling; in the great cause you are to support and urge home upon the hearts and lives of your hearers? And what have *you* done or *are* you doing to get and keep "the *stout* bodily *frame*"; "the bodily *stamina*"; "the *brawny* frame"; "the *powerful* digestive organs"; "*the lungs of great aerating capacity*"? Or "the *closely knit*" frame, and "the bodily *activity* and *quickness* of the *athlete*"—to have in *you*—and one of your *richest* possessions—*the magnificent animal "as well as* the proud and fiery intellect"? Look at those giants of the pulpit—Luther, Spurgeon, Beecher, and Moody—if you want to see *exactly* that "*stout bodily frame*" and those "*powerful* digestive organs, *and lungs of great aerating capacity*"; or at those nervy, superb men of wire and steel, Paul and Wesley. Study *their* lives, and see if they were not *of this very closely knit type,* and had not this very "bodily activity and quickness of the *athlete.*" Ride horseback five thousand miles a year for fifty years with little John Wesley, as *he* rode; and you would have to be a good man, or you could not have stayed with him the distance—to say nothing of preaching a tithe even of his sermons.

How is it that two sermons a Sabbath—a hundred a year—five thousand in fifty years—*wear you out,* and you have to be sent every now and then to Europe for

repairs, when John Wesley—not so big a man perchance as you—preached, *not five* thousand sermons, *but forty-two thousand sermons*—and *good ones too?*

And so charming and delightful a man he was to men of even the highest intellectual equipment that Samuel Johnson said that Wesley's *only* drawback was that he had so many engagements that you could never see half enough of him. Yet of such perfect *nerve* and *balance*, and in such good *condition* was he that it was said that *no one ever saw him in a hurry.* Do you not think that that tough, wiry, little, trained English body of his, without "an ounce of superfluous flesh; exceedingly symmetrical and strong; *exceedingly muscular and strong,*" had a good deal to do with his success in the giant battle of a lifetime that he fought so grandly—quite as much, perhaps, at least, as the fighter's good body has to do in any *other* contest?

If Demosthenes saw the need of these things, and worked for them till he got them; merely to make his guardians disgorge the funds that they had embezzled—is it not worth *your* while to work at least as hard as *he* did for the eternal salvation of souls?

Do you think that oratory is no *power?* That it will not be a mighty aid to you in your chosen life's work? Can you name *any* other power its equal, except that of a great *character* behind it? How was it that it could be said of Chalmers: "What ruler of men ever *subjugated* them more effectually by his sceptre than Chalmers, who gave law *from his pulpit* for thirty years—who drew tears from Dukes and Duchesses, and made the Princes of the blood and Bishops *start to their feet, and break out in rounds of the wildest applause*"? Name some city that you know of which has *many* eloquent men in the pulpit, or out of it; so many that you can-

not almost count them on your *thumbs*. Yes, and include the *other* professions as *well* as yours. At the very last Presidential election, for instance, how came the New York *World* to say, not only that "For the best eloquence *all* the powers of the mind are brought into the service of the orator; reason and imagination are the chief of these powers." But it well asked: "*Is there* ANY *man of moving or governing eloquence on either side? Is there* ONE who can handle the thunders as they *were* handled by Daniel Webster; or who can weave a spell around the reason like that which *was* woven by Henry Clay; or who can stir the fires of the spirit as they *were* stirred by Wendell Phillips; or who can use our English speech as it was used by Abraham Lincoln?" And it added, suggestively, "The rewards that await eloquence *are tempting indeed.* No *wonder* that the gift is so eagerly sought after. No wonder that so *few* capture it. We would like to see an orator of true eloquence, *Democrat or Republican,* in the political campaign which has opened here. *Surely, the great city of New York ought to produce* ONE. There is *fame* for *any* American who can make a *great* speech during the coming week."

Does this look as if real orators were *many,* when in a city of millions of inhabitants they seem to be in serious doubt *whether there is even one?*

Is not real oratory founded on deep convictions and tremendous earnestness of purpose; where a man *feels* what he says so *deeply* that it burns the marrow in his bones till he gets it uttered? And do you believe that he who tamely, often listlessly, *reads* his words *has any such feeling?*

Do you mean to say that *all* preachers should drop their notes and only *preach*—not read? No, not all. But

nearly all. There are those who, after the fairest and most protracted series of trials, have satisfied themselves and their hearers that they can read *more* effectively than they can preach. But how many have *really* made any such trial? Starting next Sunday, give every clergyman in our land who now reads his sermons, in addition to his present salary, a hundred dollars for each sermon he will not read, but *preach—with no desk or anything else but his people in front of him*—and both pastor and flock, in hundreds of our parishes, would be electrified. He would get that hundred dollars *every time.* And nearly every time the congregation would get *better* sermons than it is getting now; and it will begin to look as if, as Mr. Beecher said of getting rich, the same reason exists why most ministers do not preach well; and that is because they are too lazy. And perhaps too timid. Ask the ferry-hands at Fulton Ferry from New York, on a Sunday in his day—no, you did not *need* to ask them—where all those crowds were going. Hark a minute, and you would hear: "Right up this way to Beecher's church! Second street to the right! Follow the crowd!" And men and women came *from all over America* and from *other lands* to hear this giant. No fear of empty benches *there.* Why, you would stand up *outside* often fifteen minutes before you could get *standing*-room even inside. And within, *what a sight!* Thousands of intent, eager, set faces, in a house where, but for the speaker's voice, you could have heard a pin drop—all determined to lose no word that fell from his lips! And all you saw on that broad platform was no pulpit, no desk, no anything else but a stalwart, magnificent, supremely earnest man, his face radiant with intelligence; with some great fact to tell, and almost *bursting* to divulge it. Suppose, in-

stead, he had crouched in behind a desk, and *read* from a paper, precisely as half, and more, of our ministers *do* read to-day—why, that audience *would have flowed out of those doors;* or, rather, would have never flowed *into* them; till they would have had to close the church because it did not pay.

And yet had Beecher any better chance—*as good* a chance as *you* have to-day—of counting for anything in the pulpit when, his own sexton, he was sweeping out his little church of only nineteen members in Lawrenceburg, Indiana, on three hundred dollars a year, half of it paid from the Home Missionary Fund; and the best suit he owned, when he first came East to preach, was so threadbare and shiny that his wife was ashamed of it?

And do you think that *he* got this power to *speak* without *working* for it?—without learning *how* to speak? On the contrary, Professor Mathews says that *he placed himself* at college under a skilful teacher; and *for three years* was drilled *incessantly,* he says, in posturing, gesture, *and voice-culture.* Later, at the Theological Seminary, *he continued his drill.* In a large grove between the Seminary and his father's house he says that *he and others used to make the night and even the day hideous by exploding all the vowels from the bottom to the very top of their voices.* And what was the result? "The drill I underwent produced, not a rhetorical manner, *but a flexible instrument,* that accommodated itself readily to *every* kind of *thought,* and *every shade of feeling, and obeyed the inward will in the outward realization of the results of rules and regulations.*" Have *you* put *yourself* through any *such* preparation as *that?* Or as Demosthenes did for three whole months locked up in that subterranean cellar? *These* men *meant* to be speakers. Do *you* mean to be one? Does not knowledge

conquered *by labor* secure *a greater vividness and permanency of impression?* And do *you* so conquer it when you merely write it and *read* it; OR WHEN YOU MAKE IT A PIECE OF YOU? And see Mr. Beecher elsewhere; *resting* all day Saturday, *sleeping* two hours after dinner; careful of his food, and that nothing prevented a *long* night's sleep; then an hour and a half after breakfast on Sunday morning of *profoundest* thought, when only *one* human being—his devoted wife—could be allowed to see him; and how he got himself in the pink of condition, keyed up to concert-pitch just at the time he wanted to be ready, when the church-bell ceased ringing for service. There was *method* in *his work.* And did you ever see good, much less *great,* work in which there was *not* great method—and *great preparation?* Look at the life of this the greatest pulpit orator America ever saw; and of every other *really* great speaker; and name *one* who was not unusually strong, unusually athletic, or both? Who ever reached *eminence* in swaying the minds and actions of others without assiduous and *long-continued* careful preparation; and a body meeting every demand, no matter how exacting, which its owner made upon it?

But surely you do not want all men to be *athletes!* We have not urged *that.* But we *have* urged, and *do* urge, that all men—and all women—and all children—be *athletic;* that they weed out the effeminate, the feeble, the nerveless, the puny, and the weak *by turning them,* one and all, *into* strong, healthy, vigorous, robust persons; and many into *powerful* and *stalwart* ones.

But do not athletes *die young? Some* do. Take a man with a feeble heart, or weak muscles; rush him

through a brief, hurried "training" of a few weeks, under some so-called "trainer," who does not even have him examined to see if his *heart and lungs* are fit for *any* hard work at all, much less for such an exhausting ordeal as a race—on a wheel, or afoot, or in a boat; when perhaps there is functional or even *organic* heart disturbance there; and danger there surely *is*. But if, as has been pressed, *each* person *is* so examined, and, *when found all right*, then, moderately at first, then for several months gradually, steadily, sensibly, is brought on to more and better work; it is but natural to expect by-and-by improved tone, vigor, *power*. As one physician says: "Bad *valvular* action should be regarded as an absolute bar to *cycling*. Mere *weakness* of the *muscular* fibre, on the other hand, will be distinctly *benefited* by *common-sense* riding."

Athletes fit to be athletes do NOT die young—at least from any *athletic* cause. Undermine one, though, with some form of dissipation, or vice, and you can kill him early (though not *as* early then as the nerveless, undeveloped wreck who never touched athletics). But *which* kills—the athletic work or the *vice;* that which *built him up*,—or that which wrought his *ruin?*

Plato—*boy*-wrestler before his parts had even matured; contending in the great national games for the champion boy-wrestlership of Greece in her best days—stayed till *eighty-three*, and put in a pretty busy and useful life besides. Did *he* die young?

Lord Brougham, the fleetest runner of the whole region; as one writer well puts it, with a constitution of *lignum-vitæ;* yet one of the most prodigious mental workers the world has ever seen, died at *eighty-nine*. Is *that* young?

Gladstone, a trained athlete from his cradle to *eighty-*

eight; easily as active as any fellow on Eton play-ground —and that *is* a play-ground (American schools, with rare exceptions, have *no real* play-grounds)—who could *out*-walk any man in great, athletic Oxford, that nest of athletes; a slashing axe-man *for over half a century*— did *he* die young?

Mr. Morgan, of Oxford, in his *University Oars,* years ago, asked every one then living of the nearly *three hundred* men who had till then rowed in the Oxford-Cambridge *'Varsity* race; and their friends, as to those who had died; and found that the *average* length of life of these racers *exceeded* that of ordinary men. Mr. Rudolph C. Lehmann, the famous English coach, whose disinterested and valuable services to university-rowing, both in his own land and in this country, have won him countless admirers, in his capital book on *Rowing,* commenting upon Mr. Morgan's report, says:

"And it must be remembered that this inquiry covered a period during which far *less* care, as a general rule, was exercised both as to the selection and the training of men than is the case at the present day. I may add my own experience. Since I began to row, in 1874, I have rowed and raced with or against *hundreds* of men in college races and at regattas, and I have watched closely the rowing of very many others in University and in Henley crews. I have kept in touch with rowing-men, both my contemporaries and my successors, and among them all *I could not point to one* (putting aside for the moment the three special cases I have just discussed) *who has been injured by the exercise,* or would state himself to have been injured. On the contrary, *I can point to scores and scores of men who have been strengthened in limb and health*—I say nothing here of any moral effect—by their early races, and the training

they had to undergo for them. I could at this moment pick a crew composed of men all *more than thirty* years old who are still, or have been till quite recently, in active rowing, and, though some of them are married men, I would back them to render a good account of themselves in eight or four or pair against *any* selection of men that could be made.

"Nay more, *in any other* contests of strength and endurance, I believe they would *more than* hold their own against any younger athletes; and would *overwhelm* any similar number of non-athletes of the same *or any other age*. As contests I should select a hard day's shooting over dogs, cross-country riding, tug-of-war, boxing, long-distance rowing, or, in fact, *any* contest in which the special element of racing in light ships has no part.

"For such contests I could pick not eight but *eighty* men *well over thirty years old;* and, if the limit were extended to twenty-four years of age, *I could secure an army*. Is there any one who doubts that my rowing-men would knock the non-athletes into a cocked hat? For it must be remembered that the bulk of rowing men are not *exclusively* devoted to oarsmanship. A very large proportion of those that I have known have been good *all-round* sportsmen."

Does this testimony of Mr. Morgan and Mr. Lehmann, *covering nearly eight hundred famous oarsmen,* the most renowned amateur oarsmen England — rowing England —has ever produced; for a 'Varsity oar who does his duty in the battle is forever on an honor-roll, dear to men any way, as we have seen in the case of the Master of the Rolls:—does this say that athletes die *young?* Have athletics killed Mr. Justice Chitty at *seventy?* Or Paul Krueger at *seventy?* Or Lord Esher at *seventy-nine?* Or Bismarck at *eighty-three?*

Had you asked one of the most inventive and valuable minds America has yet known, *inventor* and *patentee* in 1836 *of the* SCREW-PROPELLER — honor enough for any *one* man—of the little *Monitor* which revolutionized the world's naval architecture,—John *Ericsson;* who worked mentally ten hours a day for over sixty years, *yet always had his half-hour or more every day for sharp gymnastic and athletic work* (as it is a serious mistake that Edison has not);—who, on his *eightieth* birthday in a tug-of-war *alone* against *two* young and rather vigorous-looking men, hauled them in like tom-cod; and whose splendid body brought him comfortably through clear up to eighty-four;—had you asked *him* if *athletes need* to die *young;* does it take long to tell what would bave been *his* reply?

Ask William B. Curtis*—"Father Bill," as the athletes

*In response to our request for *data* as to *some* of his best work, he hands us this:

"Running, 50 yards, 5¾ sec.; 60 yards, 6½ sec.; 75 yards, 8 sec.; 100 *yards* (*many times*), 10 *sec.;* 220 yards, 23 sec.; 440 yards, 51½ sec.

Walking, 1 mile, 8 min. 51 sec.

120-yard hurdle race, 19 sec.

Skating, 1 mile, 3 min. 18 sec.

Swimming, 100 yards, 1 min. 40 sec.; 200 yards, 3 min. 39 sec.

Rowing, single sculls, 1 mile, 6 min. 49 sec.; 2 miles, 13 min. 57 sec.; 3 miles, 23 min. 13 sec.; double sculls, 1 mile, 6 min. 9 sec.; 2 miles, 12 min. 23 sec.; pair-oared, 3 miles, 22 min. 48 sec.; four-oared, 3 miles, 18 min. 12 sec.; six-oared, 1 mile, 5 min. 38 sec.

Running long jump, 19 feet, 4 in.; high jump, 5 feet 1 in.

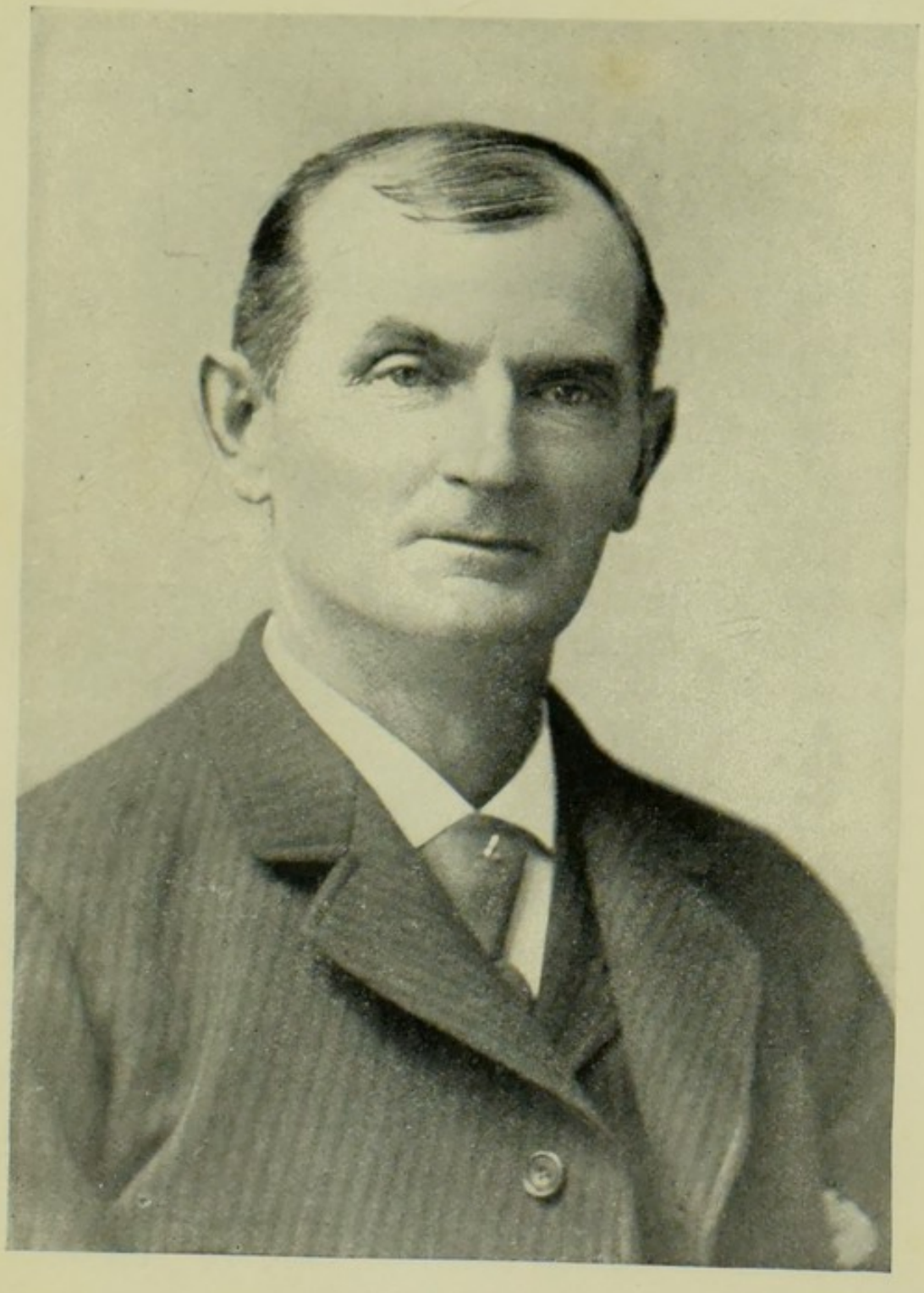
Throwing hammer, 90 feet; 56-pound weight, 24 feet.

Putting up one dumb-bell of 168 pounds; two dumb-bells, 100 pounds each.

Lifting, with hands alone, 1323 *pounds; with harness,* 3239 *pounds.*"

call him—and Harry Buermeyer, founders of the New York Athletic Club *more than a generation ago*—and Buermeyer is *fifty-nine* and Curtis *sixty-one*—who rowed scores of races and took part in other athletic events *before this present generation was born;* Curtis *rowing in more than one hundred and fifty races;* in walking, jumping, throwing the hammer, skating, and swimming, *taking part in over two hundred events; running more than two hundred and fifty races* IN ALL IN MORE THAN SIX HUNDRED CONTESTS;—let us see Greek or Roman of ANY age outside of war-time show such a score as *that;*—who, in a Chicago store, when some boxer was, or rather *said* he was, going to thrash him; caught him up lovingly in his arms, *and threw him through the window into the laughing Chicago river* just behind the house,—which closed the entertainment. Buermeyer, a kingly looking six-footer, with sixteen-inch arms, great shoulders, magnificent chest, square sides, and powerful legs; a modest, quiet, unassuming man, *but a terror with the gloves*—or *without* them—almost what the English fighter described Sullivan, when he saw him spar,—'*a cat and a locomotive combined*';—who to-day, each without training, would be very likely, in a glove-fight with either Corbett or Fitzsimmons, to give them the surprise of their lives. Just ask these grayheads—indeed Curtis does *not* show much gray yet—if athletes *die young,* and see their eyes light up! *Catch hold of either for a fall,*— and see if he does not throw you over his head!

Does this man opposite look to be sixty years old? Do you know many other men of *that* age who look as young? Do you see anything weak or feeble in that Julius Cæsar head? In that Joe Jefferson face? As manly a man, in his way, as the former; and as sweet



"JOSH" WARD (AT 60)

Ex-champion Single Sculler of America

and lovable as the latter. But a six-footer, broad-shouldered, stringy, *enduring beyond most men; long time single-scull champion of America;* the most famous member *of her most famous crew;* defeating England's *best* two fours in a four-mile race on Saratoga Lake, away back *in 1871, for the world's championship,* with such men as *Harry Kelly,* England's renowned champion single-sculler; Thomas Winship, "Bob" Chambers, *Joseph H. Sadler,* and other men of the "Coaly Tyne" and of the Thames, as well known then to almost every man and boy in England—just ask *him, the renowned "Josh" Ward,* if athletes *die young?* Put in a day or a week at his comfortable inn by Cornwall Bay on the Hudson, five miles north of West Point. Go shooting ducks with him; go fishing with him; take one of his many easy-rowing boats, and, with him in the other, pick your own distance, and see if *you* are the man who *first* crosses the finish-line. Ask, not champion Edward Hanlan Ten Eyck; but his father, James Ten Eyck the Second—a very fast sculler to-day, if athletes die *young.* Then ask *his* father, James Ten Eyck—a lad of *seventy* summers—to try you for a mile with the sculls—or *five,* if you like—and if old age does not creep over the finish-line ahead of you, you are a *good* one. Just ask *him* if athletes *die young,* and he will inquire if you wish any further answer—*or any more miles.* It is getting pretty near time to drop this exploded notion that sensible athletic work by any man not physically defective does him harm, or shortens his days; and to see whether it does not *add* greatly to the probability that it will lengthen them. Dr. J. Gardner Smith well says: "The man who never makes much physical or mental effort may live to a good old age; *but he is never prepared for an emergency,* such as injury *or disease* of a portion of the lung; *nor can he enjoy any*

violent effort with safety." But that same body, trained intelligently, steadily, persistently, at length becomes a temple fit for a noble spirit to dwell in; and a valuable helper in about all you undertake in any line, however busy your life may be; and you are then *largely* prepared to meet emergency, injury, disease, or violent effort almost with impunity.

Most of our boys and girls are *through* school by twelve, or at latest fourteen, and then they have to work for a living. Vast numbers of them, as already seen, are at the higher mechanic arts, in stores, offices, and elsewhere, bent over type-writers or sewing-machines, or otherwise, where nine-tenths of their muscles have nothing to do, day in and day out, year in and year out—who go a whole week together without *once* taking a *full* breath; and many of whom *ride*, not *walk*, both to and from work if they can—*and they generally can.* Now what can *they* do where there is no gymnasium or athletic track near or cheap? Get the owner of the shop or mill to let you use the largest room he has, which has considerable empty space in it, for an exercising-room *evenings.* Get a few exercisers, or ask *him* to get them, and put them up around the room. Paint a track around the room on the floor, with as few laps as you can to the mile. Any carpenter can make you a spring-board; and any young girl can in a few minutes, out of two yards of drilling, filled with sawdust, make a good striking-bag, which you can hang by two ropes from the ceiling. That is a good enough gymnasium in which to develop any one. Let the best two or three each evening lead the others in classes, and show them what *they* know; and do whatever they *can* do; and by a little reading and inquiry they will soon know much more. In two

or three months you will be astounded at what that old mill-room will do for you. Get the owner also to take part, and he *will*, oftener than you imagine, for he *does* look to your *real* interests. Saturday evenings have a *debate* there for mill-hands only, on any timely, stirring topic. The really bright youth in that mill can want no better arena. Nothing will raise him in the estimation of all his neighbors—and especially of his *fair* neighbors—like good work done *there*.

A bobbin-boy in Massachusetts, in just such a mill, used often to *walk* twelve miles to Boston after supper to *get a book* out of a library; and to *walk* back home again, so eager was he *to know something* and to be somebody. *And he became somebody*, as he deserved to—the *Governor* of Massachusetts; a Major-General in the war; and one of the greatest Speakers the House of Representatives ever saw! There was *racing* stuff in *that* bobbin-boy; and a wonderful long-distance swimmer *under* water, by-the-way, was that same *General Banks*. No one appreciates such youth more than their *employers*. To the credit and lasting honor of New England it is said that she has no town of over eleven hundred inhabitants *without a public library*. When *that* can be said, not of New England only, *but of the nation*, good chance for an education as nearly every youth in our land has to-day, *then* he can have no one but *himself* to blame if he *remains* ignorant. Both here and in Scotland, Mr. Andrew Carnegie has put this and future generations deeply in his debt, in several communities, by his forethought and wise munificence, in supplying them with large working libraries—FREE. If, in his great hall in the metropolis, he would, every fall and winter, provide the public with *the best* lecture-talent in the world, as the foresight, kindness,

and ready purse of John Lowell, Jr., *has** so provided Boston *for nearly sixty years;* he will own a warm place in the hearts of a vast multitude of his fellow-countrymen; and will do inestimable good.

"*Many are the friends of the golden tongue*"; and all enjoy hearing men talk who know what they are talking about, and have learned how to tell it; and by a little thoughtful provision, not only on his part, but by a few men and women who have their city's welfare at heart—in *each* city—*our whole land* could, ere long, sit at the feet of *the best* teachers in their various chosen fields; and could have the never-to-be-forgotten delight of drinking *at the fountain-head*—while the expense to the donors would never be felt. The ablest professors in all our colleges and universities—provided they know how to talk—could thus edify and benefit, not a mere handful, as now,—*but a nation,* and so *multiply* their influence and the good they are now doing a hundredfold; and the press would be their great ally in the work. Indeed, thanks largely to the efforts of one live newspaper—the *World*—New York has to-day lectures

* And among the voices which have instructed and delighted audiences there are those of Silliman, Sir Charles Lyell, Lovering, Gray, Agassiz, Professor Cooke, Rogers, Ray, Peirce, Tyndall, Goodale, Geikie, Farlow, Wyman, Langley, Cross, Ball, Wallace, Sir William Dawson, Murray, Professor Drummond, Andrew P. Peabody, Richard S. Storrs, Lyman Abbott, Mark Hopkins, Edward Everett, Cornelius C. Felton, Professor Child, Oliver Wendell Holmes, James Russell Lowell, William Everett, Bishop Huntington, George P. Marsh, Bayard Taylor, James Bryce, President Eliot, Edward Everett Hale, William D. Howells, Professor Shaler, Dr. Brown-Séquard, Richard A. Proctor, Bonamy Price, General Di Cesnola, Francis A. Walker, Horace E. Scudder, Dr. William B. Carpenter, George Kennan, Rodolfo Lanciani, Colonel Theodore A. Dodge, John Fiske, John A. Kasson.

annually to half a million of hearers—*good* lectures too. But these do *not* include the *great* men in the field, the Stanleys, and Maclarens, and Nansens; the "Tom" Reeds, Edisons, and Bourke Cockrans, the *best* of both continents; and men and women in moderate or small circumstances would enjoy and profit by hearing these even *more* than do the wealthy; and such lectures published afterwards—*the Carnegie course*—would have a permanent value.

And now what more tools do you want? You have more than *Franklin* had; more than *Washington* had; more, far more, than *Abraham Lincoln* had. How *they* would have *welcomed* such a chance for self-improvement as this! Or your running-track can be on the *road* near by. And one thing more you do want and can *all* have—a good bit of turf FOR THE BEST EXERCISE YET DISCOVERED TO MAKE BOYS AND MEN STRONG ALL OVER —WRESTLING. Which, as Milton says (see page 291), *is the likeliest means to make men grow large, tall, and to inspire them with a gallant and fearless courage.** Washington had no time to wrestle during working-hours. *That* made no difference; he *found* time *afterwards.* So did *Lincoln;*—and so can *you.* If, as the ancients believed and found, "a well-framed and exercised body *assured sound sense and right judgment*"—and will you name any man richer in sound sense and right judgment than *Washington* or *Lincoln*—if, as Beecher so well put it—and *he* could put *anything* well —"learning in a broken body *is like artillery without a*

* *A Hand-Book of Wrestling,* by Hugh F. Leonard, the accomplished Instructor in Wrestling of the New York Athletic Club—(published by E. R. Pelton, New York); and *Wrestling,* by Professor Hitchcock, of Cornell University, and Mr. Neligan, of Amherst College, will be found helpful in this field.

gun-carriage";—you *have* all the tools with which to educate yours into a good body *now ready at hand.* Of the five events in the mighty games of ancient Greece —throwing the discus; and the javelin; leaping, running, and wrestling—you *have* the more important three —the leaping, running, *and wrestling.* We Americans are generally *poor* wrestlers; and weak in many parts, where in a few months of half an hour's work each evening we could soon become strong. *Turn us into a nation of wrestlers,* and that mighty increment of vigor would be of *incalculable* value in our health, effectiveness, comfort, working-power, and self-reliance—not as individuals only, *but as a nation.* Of two regiments otherwise in all ways alike, but one *all* wrestlers; the other ignorant of the art; the wrestlers would be liable to win every battle.

And the women in the shop and store and mill should have most of the exercises just as well as the men; care being had to choose those that suit them best. It will not be long till you will find girls there who can *out*-skate the men, *out*-swim them, *out*-row them, and *pass* them in many *another* line, as the Spartans found that their maidens often did PASS their men when trained, not for health, but for war.

Marked as we think our interest in this country is in athletics, *it has scarcely more than begun.* Indeed, we are not ready yet for high performance in this field.

As already seen in rowing, so in all other athletic lines, we have *no* really *national* meet or track. Will some one name a track in or near a great city where the best men of the year *from the whole nation, now* meet and *prove* their superiority? Mention some track where fifty thousand persons even can be comfortably seated and sheltered, so as to view the games. Thirty, forty thou-

sand people gather at Springfield, Massachusetts, to view the bicycle contests. But what is that handful in a nation of *seventy millions?* In or near a great city—say in its golfing links—patterned after the best plans of ancient Greece and Rome—or better ones yet—suppose we had a *first-class* half-mile oval track, with enough seats around one-half of it to accommodate, not the eighty-three thousand of the Roman Coliseum, which, 615 feet long, was not so much longer than Madison Square Garden, New York, though, 510 feet wide and 150 feet high, with its marble seats,and cushions, it was much higher and wider; not the open plains of Olympia, in Elis, where an entire nation could congregate; but where say one hundred thousand persons could *all* be comfortable, could *all* see *all* of the contests, and could get to and from there safely, swiftly, and with ease. When the demand increased, as it soon *would* do; *seat the whole oval;* while the four-in-hands and other turn-outs could have the central field. No more charging half a dollar or several dollars to get in. Twenty-five cents for the best seats, and ten for the others, would be *ample* entrance-fee. Had in the summer months, as the ancients had theirs; or in mild October, when the merchants' associations invite the buyers from all over the land to come to town, and bring their wives and daughters; with car-fares at last *a cent a mile, as they should have been years ago;* any convenient hill-side holding half of the seats, and a stout though cheap structure on the other side, such as sprung up in a night almost when General Grant's tomb was dedicated; and the cinder-path, the gridiron, and the field would be easy to provide. A *cycling* race before such a mighty gathering would *indeed* be an impressive spectacle. The best runners on *that* track; the best *wrestlers* on *that*

sod; the best players in a great foot-ball match; or the fleetest pedalers on that oval,—with our wonderful press facilities,—such as Greece and Rome in their palmiest days *never even dreamed of*—would win a national and lasting name in an afternoon—even as to-day we know the names of some of the best men on those ancient plains two thousand years ago; for, as Mr. Thirlwall says in his *History of Greece,* Chapter X.:

"The mainspring of emulation was undoubtedly *the celebrity* of the festival, *and the presence of so vast a multitude of spectators,* who were soon to spread the fame of the successful athletes to the extremity of the Grecian world." . . . (Our *press* would attend to *that, and easily beat them at it.*) "Thus it happened that *sports not essentially different from those of our village-greens* gave birth to master-pieces of sculpture, and called forth the sublimest strains of the lyric muse. Viewed merely as a spectacle designed for public amusement, and indicating the taste of the people, the Olympic Games *might justly claim to be ranked far above all similar exhibitions of other nations.* It could only be for the sake of a contrast, by which *their general purity, innocence, and humanity* would be placed in the strongest light, that they could be compared with the bloody sports of a Roman or Spanish amphitheatre; and the tournaments of our chivalrous ancestors, examined by their side, would appear little better than barbarous shows."

How roundly such meetings—and larger yet, *International* ones—would pay the management, the hotels, the railroads, and the varied other interests, will be seen at a glance—especially if the games ran through two or three afternoons. New York is not ready for such an American Derby yet. She would be but for *one* thing. She has many charming spots in her northern Borough where a grand track could be had and at small cost, for it would need but a few acres of land. But, save for a few trains each day, she has *no* rapid transit. Upon a stage-coach, such as was driven a century ago, Mr. Cat-

lin, or Mr. George R. Read, or Colonel DeLancey Kane will drive you *to-day* from one end of the city almost the entire fifteen miles to the other, *and beat any existing conveyance,*—so far behind the age is she in this respect. But whenever at last you can go in or under the city nearly or quite *a mile a minute*—as you *now do* ride upon any first-class railroad *out* of the city—*then* the problem will be a simple one. But Chicago, with her typical go and genius for achievement—which gave us the grandest Fair the world has ever seen—could *soon* have such a track. So could Philadelphia or Boston. And it will not be many years till *some* city *will* have it. Then athletics—if kept pure, as the University races, for instance, are now—will leap to a place in public and national esteem not yet conceived of.

And, rightly managed, and showing the *best* men, and methods of development of men of the year; *it will make for the welfare of the race.* We are steadily, rapidly, substantially *improving* in almost *every* line. WHY NOT ALSO IN THE PHYSIQUE OF ALL OUR MEN, WOMEN, AND CHILDREN—a far more important matter than the Greek statues and lyrics? The intense, ceaseless energy of commercial and all industrial life to-day demands *unusual* bodies, or we will burn out—as so many of us *are burning out—long before our time. Everything* that wise, intelligent direction can do for the athlete, and for the athletic; for the muscleless and for the weak, *will be for the common weal.* When we once realize how important an *educated* body is as an aid to sanity and mental power; to self-respect and high purpose; to sound health and vigorous, enduring strength; to genial, attractive good-nature, and to sunny, welcome cheerfulness;—we will spare *no* pains to insure that *education* to *all.* And when we reflect that a mind educated to

a high degree, with a *neglected* body, is like an axe with a razor-edge *and no back to it*,—a rare tool to *whittle* with, but *worthless* for felling timber; that the body trained to a high degree, with a *neglected* mind, is an axe *all back*, and with its edge as blunt as our finger-ends—fit for *neither* whittling nor felling, nor for much of anything else worthy of a man—but that, *with the two combined*,—the keen *edge* and *the splendid back* behind it,—*you can hew down whole forests till you have cleared a continent;* that, with the EDUCATED *mind* and the *body* also EDUCATED, we can do a *full*, often a *great* life's work;—*then* we may see, with an insight and force new to us, how *deep* a meaning to the ancients lay hidden in their terse and favorite maxim—A SANE MIND IN A SOUND BODY.

APPENDIX I.

Showing the average state of the development of two hundred men upon entering the gymnasium.

Age		18.3 years.
Height	5 ft. 8 in.	67.974 in.
Weight	135 lbs.	134.981 lbs.
Chest (inflated)	35 in.	35.067 in.
Chest (contracted)	32¼ in.	32.29 in.
Forearm	10 in.	10.03 in.
Upper arm (flexed)	11 in.	10.960 in.
Shoulders (width)	15½ in.	15.602 in.
Hips	31½ in.	31.475 in.
Thigh	19½ in.	19.612 in.
Calf	12½ in.	12.729 in.

APPENDIX II.

Showing the average state of the growth and development of the same number of men (two hundred) after having practised in the gymnasium half an hour a day *four times a week, for a period of six months, under Dr. Sargent.*

Height	5 ft. 8¼ in.	68.254 in.
Weight	137 lbs.	137.123 lbs.
Chest (inflated)	36¾ in.	36.829 in.
Chest (contracted)	33 in.	33.206 in.
Forearm	10¾ in.	10.760 in.
Upper arm (flexed)	12 in.	11.903 in.
Shoulders (width)	16¼ in.	16.260 in.
Hips	33¾ in.	33.875 in.
Thigh	21 in.	20.964 in.
Calf	13¼ in.	13.232 in.

In this case the apparatus used was light dumb-bells, 2½ lbs.; Indian clubs, 3½ lbs.; pulley-weights, from 10 to 15 lbs.

APPENDIX III.

Showing average increase of two hundred students in various measurements, after working but half an hour a day four times a week, for six months, under Dr. Sargent.

Average increase in height..... ¼ in.
Average increase in weight..... 2 lbs.
Average increase of chest (contracted)..... ¾ in.
Average increase of chest (inflated)..... 1¾ in.
Average increase of girth of forearm..... ¾ in.
Average increase of girth of upper arm..... 1 in.
Average increase of width of shoulders..... ¾ in.
Average increase of girth of hips..... 2¼ in.
Average increase of girth of thigh..... 1½ in.
Average increase of girth of calf..... ¾ in.

APPENDIX IV.

Showing the effect of four hours' exercise a week for one year upon a youth of nineteen, under Dr. Sargent's direction. This was two hours' work more each week than was required of the regular classes.

S——.	Age.	Height.	Weight.	Chest (inflat.).	Chest (cont.).	Fore-arm.	Upper arm.	Shoul-ders.	Hips.	Thigh.	Calf.
	Yrs.	Ft. In.	Lbs.	In.	In.	In.	In.	In.	In.	In.	In.
In one year {	19	5 8	145	36⅛	33½	10¼	12¼	15¾	35	19¾	13½
	20	5 9	160	40	34¼	11	13¾	17	36½	22	15
Increase.....	...	1	15	3½	¾	¾	1½	1¼	1½	2¼	1½

APPENDIX V.

Taken from Maclaren's "Physical Education." Showing effect of four months and twelve days' exercise, under his system, on fifteen youths ranging from sixteen to nineteen years of age.

RETURN OF COURSE OF GYMNASTIC TRAINING AT THE ROYAL MILITARY ACADEMY, WOOLWICH, FROM FEBRUARY 10TH TO JUNE 22D IN THE SAME YEAR.

No.	Measurements, Etc.							Increase.				
	Age.	Height.		Weight.		Chest.	Fore-arm.	Upper arm.	Height.	Weight.	Chest.	Fore-arm.	Upper arm.
	Yrs.	Ft.	In.	St.	Lbs.	In.	In.	In.	In.	Lbs.	In.	In.	In.
1	18	5	11	7	8	29 1/2	9 1/2	8 3/4					
		5	2	7	8	30	9 1/2	9 1/4	1	"	1/2	"	1/4
2	19	5	8	9	5 1/2	28	11	10					
		5	8	9	11	31 1/2	11	11	1/4	5 1/2	3 1/2	"	1 1/8
3	17	5	5	9	1	26 1/2		8 3/4					
		5	6	9	1	29 1/2	10 3/8	10	1/8	"	3	"	1 1/2
4	18	5	8	10	0	33	10 3/8	10 1/4					
		5	8	10	3	35	10 3/8	11 1/2	1/4	3	2	"	1 1/4
5	18	6	0	10	13	32	10 1/2	9 1/4					
		6	1	11	2	34	10 1/2	10 7/8	3/4	3	2	"	1 5/8
6	17	5	3	8	1	31	10 1/2	9 7/8					
		5	4	8	7	33	10 5/8	11	1	6	2	"	1 1/8
7	18	5	5	7	13	26	9 1/4	7 7/8					
		5	5	8	2	29	9 1/2	9 1/2	1/2	3	3	1/4	1 5/8
8	16	5	6	8	3	28 1/2	9	8 1/2					
		5	7	8	4	31	9 1/2	9 1/2	1/2	1	2 1/2	1/8	1
9	17	5	8	11	3	31	11 1/4	10 1/4					
		5	9	11	3	33	11 1/4	11 1/8	3/8	"	2	"	3/8
10	18	5	11	11	8	30	10 1/2	10 1/2					
		5	11	11	8	33	10 3/8	11	"	"	3	1/2	1/2
11	19	5	7	10	2	33	10 1/2	10 1/4					
		5	8	10	2	34 1/2	10 1/2	10 7/8	3/8	"	1 1/2	"	3/8
12	18	5	10 1/2	10	11	32	10 1/2	10					
		5	11	10	11	33 1/2	10 1/2	11	1/2	"	1 1/2	"	1
13	19	5	7	11	13	33	11 1/2	12					
		5	9	11	13	35 1/2	11 1/2	12 1/2	1/4	"	2 1/2	"	1/2
14	17	5	6	9	13	29	10 5/8	8 1/4					
		5	7	10	3	32	10 5/8	9 1/2	3/8	4	3	"	1 1/4
15	19	5	10 1/2	10	1	27 1/2	10 5/8	9 3/4					
		5	11 7/8	10	9	32 3/4	10 5/8	10 7/8	1/8	8	5 1/4	"	1 1/2

APPENDIX VI.

Taken from Maclaren's "Physical Education." Showing effect of seven months and nineteen days' exercise, under his system, on men ranging from nineteen to twenty-eight years of age.

TABLE OF MEASUREMENTS OF FIRST DETACHMENT OF NON-COMMISSIONED OFFICERS SELECTED TO BE QUALIFIED AS MILITARY GYMNASTIC INSTRUCTORS.

Date.	No.	Measurements, Etc.							Increase.				
		Age.	Height.		Weight.		Chest.	Fore-arm.	Upper arm.	Height.	Weight.	Chest.	Fore-arm.	Upper arm.
		Yrs.	Ft.	In.	St.	Lbs.	In.	In.	In.	In.	Lbs.	In.	In.	In.
Sept. 11.	1	19	5	8½	9	2	33	9½	10					
April 30.			5	8⅞	10	1	37⅛	10½	11¾	⅜	13	4½	1	1¾
Sept. 11.	2	21	5	9	10	5	34¾	10	11					
April 30.			5	9¼	11	1	38½	11	12¼	¼	10	3¾	1	1¼
Sept. 11.	3	23	5	5	9	7	34	10½	12					
April 30.			5	5¾	10	2	37½	11½	13¼	¾	9	3½	1	1¼
Sept. 11.	4	23	5	7¼	9	13	37	10¼	12					
April 30.			5	7¾	10	8	38½	11½	13	½	9	1½	1¼	1
Sept. 11.	5	23	5	8¼	9	10	36	10	11					
April 30.			5	8½	10	6	37	10½	12	¼	10	1	½	1
Sept. 11.	6	23	5	9⅛	11	3	36½	11	12					
April 30.			5	9¼	11	12	38½	11½	13	⅛	9	2	½	1
Sept. 11.	7	23	5	9	10	6	36	10¾	12					
April 30.			5	9⅜	10	11	38½	11	13	⅛	5	2½	¼	1
Sept. 11.	8	24	5	8¾	10	8	35	10¾	12¾					
April 30.			5	9¼	11	6	40	11¾	14	½	12	5	1	1¼
Sept. 11.	9	26	5	6¼	9	5	33	10	11½					
April 30.			5	6⅞	9	11½	36	10¼	12¾	⅝	6½	3	¼	1¼
Sept. 11.	10	26¾	5	11⅜	12	6	41	11½	13					
April 30.			5	11¾	13	1	42	11½	14	⅜	9	1	"	1
Sept. 11.	11	28	5	7¾	10	10	37	10½	12½					
April 30.			5	8¼	11	9	40	11¾	13¾	½	13	3	1¼	1¼
Sept. 11.	12	28	5	10⅞	10	9	37	10½	13					
April 30.			5	11	11	11	40	11¾	14	⅛	16	3	1¼	1

The men composing this detachment had been irregularly selected, the youngest being nineteen, the eldest twenty-eight, the average age twenty-four; and, after a period of *eight months'* training, the increase in the measurements of the men was—

	Weight.	Chest.	Forearm.	Upper arm.
	Lbs.	In.	In.	In.
The smallest gain...	5	1	¼	1
The largest gain.....	16	5	1¼	1¾
The average gain...	10	2⅞	¾	1¾

APPENDIX

CONCLUSION

In the earlier chapters of this little book attempt has been made to call attention both to defects and lacks resulting largely from not taking rational exercise, and to what such exercise has accomplished wherever it has been thoroughly tried. In the tenth and eleventh chapters have been suggested not a long and difficult system of gymnastic exercises needing a fully equipped gymnasium, a trained instructor, and years of work to master; but rather a few plain and simple exercises for any given part or for the whole body, and hints as to how to distribute the little time to be given to them daily. The teacher, the parent—the child even, without the aid of either—the young man or woman, the middle-aged and the old, will all find variety enough of work, which, while free from risk, will still prove sufficiently vigorous to insure to each a good allowance of daily exercise. All else that is needed is a good degree of the steadiness and perseverance which are generally inseparable from everything worth accomplishing.

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