

running, jumping, lifting, throwing, striking, hanging and climbing, made man the muscular animal he is today, and they'll recreate you, if you practice them long enough.

Naturally, you cannot do these every day, but if you will combine a once-a-week heavy work-out with daily exercise drills, you will have enough to assure you the minimum amount of exercise the body needs.

Whether heavy or light, don't exercise till it hurts. The idea that exercise to be worth anything must leave you sore and stiff is about as logical as the idea that medicine to be effective must taste or smell badly. Exercise till you are tired, but not to exhaustion. Start your exercising gradually, increase as you go along, but don't overdo it.

If you want to know whether you are profiting by your exercises, see if they produce in you a faster pulse, a deeper and more rapid breathing, and perspiration.

If you get these effects, then you can be sure that blood circulation is increased, that more food is being brought to your tissues, and more waste carried away from them; that your kidneys, lungs, intestines, and skin are helping to clear out waste products; and, what perhaps is most important, that your vital organs are profiting by your exercises.

Most people think of exercise in terms of muscle building. While this is important, more important are the vital organs, the heart, the lungs, the intestines, the kidneys and the liver; these need and profit most by regular exercises.

Now all of what I've said thus far is pretty general. Exercises should, however, be adapted to the particular age and sex of the individual. The youngster, if he is normal, and healthy, should be given lots of free space and he will get all the