THINNESS is the outward expression of impaired nutrition, indicating a defective or diseased condition of the organs of Digestion and Assimilation.

Every part of the body is at once affected, when through lack of exercise, improper food and inattention to the ordinary Laws of Nature a sufficient amount of nutriment is not extracted from food and absorbed into the blood stream. Every muscle, every organ and structure of the body is dependent upon a continuous supply of fuel for its normal maintenance. Fat serves as a protection against unusual changes in temperature; it fills out the hollow places between body structures and protects the important organs against injury and shock.

The healthy, vigorous, well-nourished body is symmetrically developed; every structure and organ is supported and protected by well-balanced muscles. The muscles are made up of small, thread-like fibres lying side by side, yet each separate and distinct from its neighbor. These fibres are arranged in layers and there is a thin tissue of fatty material between each layer. Without this fatty layer, smooth muscular action is not possible. The muscles have the power to contract and return again to their original form. Every movement of your body is the result of muscular contraction. The condition of your muscular system is the measure of your Life Forces. Life, itself, is activity.

Your muscles determine your physical fitness. If these structures are undernourished, the surrounding fatty tissue is used up; the muscle fibres become stringy and stiff; they are incapable of free, smooth contraction and expansion. As a result the muscle structure becomes unbalanced; it pulls unevenly upon the bones to which it is attached. This causes displacement of the bony parts; hollows appear; there is a general lack of symmetry and we see that drawn, scraggy, scrawny condition commonly called—Thinness.

If your food digests fully and is properly assimilated, you will not be Thin. It is not necessary or natural
To store up a large reserve of fatty tissue. One may be slender and yet be well-rounded, with properly developed muscles producing symmetry and beauty. All specimens of physical perfection, both ancient and modern, show well-nourished, symmetrical, bodies with smooth muscle structure and gracefully rounded curves. The most admired models that come to us from bygone days are those of Ancient Greece. The olden Greeks lived a life more nearly akin to Nature's Laws than any other peoples known to history. Skill in out-of-door sports and scientific muscular activity was a national standard. Sickness and disease were at their lowest ebb. The average Greek in those days was beautifully and symmetrically developed and set a standard of physical perfection which the whole world acknowledges as its model.

In the Social World, the Thin person is again at a great disadvantage. No matter how cultured or clever—no matter how quick-witted or intuitive he may be—he becomes attached to such a pleasing influence and is sure to decide that this well-nourished person is as efficient mentally as he is physically. Without a doubt, a Thin person is at a great disadvantage when he enters the Arena of Tournaments in competition with the well-nourished individual.

When this condition becomes chronic, every organ and structure of the body is weakened; functional deficiencies results and the condition known as General Debility develops. This is a possible basis for any one or all of the long chain of ills to which the human body is heir under such unnatural conditions. These disorders usually attack boys and girls and women. One can readily detect the victims in the schools, or the street; everywhere one can see the thin necks, bony chests, pointed, half-starved faces and angular bodies of the anemic.