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CORRESPONDENCE SCHOOL****BANGALORE CITY (INDIA)****PHYSICAL TRAINING THROUGH CORRESPONDENCE****LESSON 6.**

FOOD AND ENERGY:- Proteins and Carbohydrates in our daily food are the two main sources of energy in the body. The proteins build up the flesh too. Our daily food must supply a store of potential energy which shall equal the energy dissipated in the twenty-four hours, in the shape of work and heat. Of the heat produced in the body, it is estimated that about 7 per cent is utilised by the external mechanical work and of the remainder, about four-fifths is discharged by radiation, conduction and evaporation from the skin, and the remaining fifth by the lungs and excreta. This is an approximate estimate. It is subject to much variation, especially in the amount of physical work done. Physical work is the great varying factor: the greater the amount of work a man does, the larger the supply of food needed, especially of the fuel-foods. If as the food-scientist says the total energy dissipated from the body in twenty-four hours is equal to the caloric value of the total food injected into the body during the same period, one would desire to know the whereabouts and whatabouts of the thing called the RESERVE ENERGY.

WHAT IS RESERVE ENERGY?- This reserve energy is derived from the unutilised protein, partly stored up in the muscles as Carbohydrates (as Glycogen) mainly in the liver, and the fat stored up in the adipose tissue of the body. Let me make this point more clear to you. Take the case of a well-to-do but not over-energetic person. His basal metabolic requirement of fuel-food value is somewhere about 1,500 to 1,700 calories; but he takes daily food which has 3,500 caloric value. That will leave him 1,800 calories for muscular work, -which he does

not utilise completely. So he puts on a store of fat in the adipose tissues of the muscles and a store of unburnt Carbohydrates stored up as glycogen in the liver.

In strenuous exercise or physical labour, the muscular energy is the thing first called for. In prolonged mental exertion or mental conflict the nerves get exhausted and what is generally known as nervous exhaustion or nervous breakdown results. Failure in life and business and sudden mental shocks do also cause this. Let me for a moment drift from my explaining what RESERVE ENERGY in the muscle means and draw your attention to the state commonly called NERVE EXHAUSTION or NERVOUS BREAKDOWN. NERVOUS BREAKDOWN has become common with the fashionable people of to-day. No one particular reason can be attributed to it. Easy life and luxury and insufficient bodily movement are among the primary causes. In fact the rich man's dyspepsia is a forerunner to this, and dyspepsia is mainly due to the atony of the digestive and eliminative organs, which in course of time affects his nervous system too, ending in what is known as NERVOUS DYSPEPSIA. He first tries to cure it with drugs and failing to effect a cure becomes a hypochondriac.

Abuse of stomach and body and bachanalian excesses also finally lead one to NERVOUS BREAKDOWN. These cases are more numerous amongst the 'Swanks' to-day than the one mentioned above. Chronic ill-health, failure in business, disappointments in life, sudden mental and physical shocks also cause NERVOUS BREAKDOWN.

HEALTH:-Health expresses itself in various ways: in talk, manners, movement, bearing, mood and expression.

PERSONAL APPEARANCE:- This is as important to the individual as to any actor, and 'Each man in his life plays many parts'. First impressions are proverbially permanent and often make or mar our fortune. In every assembly we observe many whose manner of standing and walking is slouchy or uncertain; they sit, stand or walk awkwardly or with affectation. Their expression is more often suited to a criminal, to a dandy, or a fool, than to the well-intentioned and intelligent individuals, who, likely they are. Their complexion indicates physical abasement, or excessive indulgence in the good and bad things of life. Features, unfortunately, are unchangeable except perhaps by surgical intervention. Physical appearance

can be improved by proper garments. If they are unbecoming or unsuitable they mar one's appearance.

Appearance is primarily dependent on one's own personal criticism. It is a combination of Nature's gifts and their cultivation by the recipients. Nature's contributions are figure, features, skin and temperament,—every one of which may be improved or even exalted by vigilance and perseverance. The important elements in the figure are ease, poise and motion. Ease is best acquired by attention to exercise and massage, the former bestowing the necessary strength and the latter suppleness. Poise or grace is also visible in motion and is valuable, as it demands the most healthful position of every portion of the body.

Expression — unless heavensent, is capable of improvement. It is the most indubitable indication of culture and is best seen in the 'Best Set'. Expression depends on the action of the so-called voluntary muscles of the face, although the will dominates it. But the majority leave it 'to its own sweet will' to act as emotion, chance or whim suggests.

Charm is possible without beauty; but beauty without expression is dead and disappointing. I have rarely seen a countenance that could not be made agreeable or even lovable and still more rarely, one in which the charm could not be enhanced by culture of the expression, indicating intelligence and charity in their widest sense.

The eyes, eyebrows, mouth and forehead are the only factors in the exclusive human faculty of expression. The muscles of emotion are the primary agents in producing the creases and wrinkles which are so detrimental to appearance. The muscular contractions fold or crease the skin and by frequent or continuous pressure at certain lines wastes the tissues which form the skin; and wrinkles become permanent. The action of the facial muscles should be reserved for the expression of strong emotions, as by their frequent or habitual contraction most disfiguring wrinkles are graven. And with the muscles composed "Time write no wrinkles on thine azure brow". With the utilization of the foregoing suggestion, facial massage described in the appropriate place is strongly recommended.

I do not assume to be an authority on the ever-increasing and occult mysteries of the toilet. But by experience and

observation I have found 'Mergolised-Wax' to be a good face-cream. It should be used strictly according to the directions enclosed in the packet. Only finger tips (held together) should be used for massaging the face and every massage movement should end in an upward stroke. Never massage the face downwards. Cheeks should be stroked upwards. Chin must be massaged first sideways, and then upwards. Forehead must be massaged upwards. Sides of the nose too must first be massaged sideways and then upwards towards the temples. In fact every massaging movement must be directed towards the temples. Close the eyes and massage the upper eye-lid in an arc-like movement and then stroke the end of the eye-brows upwards. The lower eye-lids should be massaged from the bridge of the nose in a straight line sideways and then upwards. Thin and normal faces require only light massage (without pressure). Fat and fleshy faces require firm kneading, especially on the chin, double-chin and cheeks.

Habitual constipation and sluggish liver make the face sallow and dull. Pimples and black-heads mar the complexion; they are an expression of the clogged skin-pores and clogged-up blood circulation in the face. For those in this condition I suggest washing the face with plenty of hot-water and soap before going to bed and applying a liberal quantity of Mergolised-Wax, olive oil, or almond oil and massage the face well. (Oily complexions should not use these things.) Wash your face with hot-water and soap after you wake up in the morning. Please understand that this is only an aid to maintain clear complexion, the real health and texture of the skin depend entirely upon regular bowel movements, open air and sunshine.

Skin is one of the important excretory agents of the body. Visibly or invisibly the skin is ever active in throwing out waste matter produced in the body in the form of sweat through skin-pores. Evaporation of the liquid in the sweat leaves a salty encrustation on the skin which must be cleaned by daily bath to dissolve and wash it off, and maintain the skin healthy and active. After the bath a few drops of olive oil may be rubbed all over the body and massaged by the friction of the palms till a red warm glow is felt all over. This gives to the skin all the health and beauty it needs. Personal hygiene does not end with the care of the skin. Your hair and teeth also require scrupulous care. Teeth-hygiene is perhaps

the most important of all. In India the detestable habit of betel-leaf chewing has wrecked its pearly beauty, with its dirty red blotches. In other countries of the world ignorance, negligence, uncleanliness, meat and candy-eating habits have added in plenty to dental decay.

CARE OF THE TEETH:- As an asset that enhances the facial beauty of man and woman, sound, white teeth, well-set and well-kept, rank as the most coveted treasure.

The beauty of the teeth is singular in itself. It commands attention. Its scrupulous cleanliness and milk-white charm have a magnetic influence. Were she as beautiful as Venus, and he, as beautiful as Apollo they would fall very much short of excellence if their teeth are not well set and well cared for.

Every one experiences in his or her daily life a sore disappointment, disgust, or perhaps a shock when they see an ugly, discoloured set of teeth displayed by a charming, beautiful face, and Gods, what a disappointment!

It may be that Nature has bestowed on such persons a fine set of teeth to match the chisel-cut features of their face. Was the gift appreciated? Was it ever cared for? It was, perhaps, never brushed or washed even once a month or once a year. Particles of food remained stuck in the crevices between the teeth and even spores came out of this decaying matter and began gnawing at the roots of the teeth. Then commenced the dozens of dental diseases one after another. The dentist was sought. He pulled out a few and filled up a few others. Result:- the beauty and charm of the whole face was marred for ever.

This appearance of bad teeth is a sufficient proof of indifference towards health and often also of a neglect of the internal organs. Such persons are dirty inside and out. They are often as filthy as their teeth. The man who preserves a set of pearly white teeth, Nature's beauty dower, is an artist. He loves all that is beautiful, clean and wholesome. There is one thing which even your best friend will not tell you and that is the offensive odour of your breath. It is sometimes so offensive that it makes a person talking to you sick, and throw-up. It is possible for a person to have his olfactory-nerve (pertaining to the sense of smell) in perfect condition. He may be very sensitive to every other smell and odour but of his own breath.

There are certain things which are injurious to the teeth. Smoking stains it. Heavy meat eating turns them yellow. Lead and mercurial poisoning in the form of medicines or injections bring about a bluish discoloration of the teeth. One should eat ice-cream, chocolates and candies in extreme moderation. It is a heart-rending sight to see beautiful children angel-like in face, but with teeth, black, yellow, dirty, discoloured, irregular and full of caries. Indians should avoid the dirty habit of chewing tobacco and betel-leaves. If good teeth are a valuable adjunct to beauty, they are also of intrinsic value to the maintenance of health.

If the teeth are bad, proper assimilation of food is impossible. The septic blood and pus from the affected teeth, mix with the food and drink and poison the system. And mal-nutrition, rheumatism and paralysis result therefrom.

Teeth are to be brushed well with a good tooth-brush preferably after each meal. Some good tooth-powder or tooth paste must be used. Each tooth must be well brushed both inside and out. Common salt and cooking soda are two good cleansing agents. An excellent tooth-powder can be prepared as follows— Take 2 oz. of Alum crystalline, 1 oz. of common salt, 1 oz. of Incense-benzoine (Loban, or Dhoop, or Sambrani) and $\frac{1}{2}$ oz. of Black pepper. Except Alum the other things should be finely powdered and mixed together. Alum should first be put into a frying pan and fried over a steady fire, until all the water of crystallisation evaporates and then be powdered well and mixed with the other powders. Two pinches of this powder can be used at a time. This is also an effective remedy for weak and shaky teeth and bleeding gums. If the teeth are diseased consult a dentist immediately.

DEVELOPING THE THIGH AND CALF-MUSCLES:- Well-developed and shapely legs have always stood for strength, vitality, and nerve energy. The man with a pair of naturally strong legs is blessed with a strong constitution; his bones are big and capable of bearing great physical strain. May be, such a person is not built for speed; but his endurance is no less than a Marathon runner's.

The development of the legs of the present generation is deplorably deficient compared with that of our doughty forefathers. This truth strikes any one who takes a cursory look at the legs of our boys in the drill classes or on the

playgrounds of any school. Spider-like and shrivelled up in appearance they look more like stilts rather than legs of flesh and bone.

One obvious reason for this is the ever-increasing conveyance facilities in our cities. Nine out of ten would not care to walk if tram, taxi, or bus was at hand. To walk to or from their work, is an exercise people rarely contemplate with pleasure. The pitiable deterioration of man's physique is not entirely due however to the advent of modern machinery; it is also due to the carelessness and negligence of the laws of health.

However much the machine civilisation may advance, man cannot discard his muscles; for, their proper usage alone can give him a good digestion and sound sleep. Proper usage of his leg and hip muscles alone can keep his bowels active. The movement of the thigh and hip muscles massages the 'COLON' thus enriching it with more blood and stimulating it to activity.

Legs are usually four to five times as strong as the arms. Hence, the muscles of the thigh are big and tough; and the muscle-fibres there more close. This is especially true with regard to the muscles of the calf; hence, the calf-muscles are always more difficult to develop in bulk than any other muscle of the body. I would say shapely calf-muscles are in almost all cases a gift of Nature. One has to take very great pains to build this muscle up to a required standard. The development of the calf-muscles is a despair of quite a large number of Physical Culturists. Exercise for the legs draw a large supply of blood away from other parts of the body. This temporarily minimises the supply of blood to the brain-centres. It is partly due to the leg being farthest away from the heart and partly due to the large bulk of muscles of the thigh and calf which the blood has to feed.

While a muscle is being exercised the heat produced in the muscle and the chemical changes occurring in there, dilate every capillary (blood vessel) and draw more blood to balance the chemical changes and hasten away with the waste products produced, as a result of active exercise. The lungs too have to bear the brunt of this work supplying large quantities of oxygen to neutralise the acid formed in the blood, and put off the fatigue point. So, naturally, the intake of oxygen

(breathing in) must be increased three to four-fold or even more, according to the intensity of the exercise and demand created.

The heart also expands much and at each squirt pumps four to five times the quantity of blood than it did at normal pressure. This is exactly the reason why the exercises are tiresome. In strenuous leg exercises the heart beats are accelerated and the supply of blood to the brain centre is considerably lowered. Fatigue is soon perceived. If there is anything like a strained heart, or dilatation of heart amongst the Physical Culturists, I should attribute the cause mainly to unrestrained and strenuous leg exercises; for, no other exercises, strain the heart so much as the leg exercises do.

It is advisable to stop or temporarily suspend the leg exercises, whenever the heart begins to throb fast, or there is a feeling of tiredness coming on. The exercise may be continued after enough rest. Leg exercise done in a standing position becomes rather tiresome, but it builds up endurance, and increases Lung capacity as no other exercise does. Leg squats or deep-knee-bends with a heavy bar-bell over the neck across the back, is a favourite exercise with the bar-bell enthusiasts. One thing it definitely does, it makes the strong man stronger and the weak man weaker by putting much strain on his heart.

So, one who indulges in leg exercises, should be very careful in safeguarding his heart from over-strain. He must adjust his leg exercises to the extent of strain his heart can safely bear. The leg exercise must not be taken in a continuous stretch. For these exercises create an abnormal demand for oxygen, which must be adequately met. The speedy supply of oxygen saves the heart from over-strain.

In the last lesson, the exercise known as the "deep-knee-bends with bar-bell across the shoulders" was prescribed for the bar-bell enthusiast. Another equally good exercise is the "Lying on back leg press-ups" (bar-bell placed across on the soles of the legs). The exercise is done as follows:-lie on your back and pull over to your Chest a moderately heavy bar-bell and push it to arm's length straight over your Chest. Now, flex both the knees and draw up your legs and shift the bar-bell on to the legs, across the soles of the feet. The bar-bell should rest well poised on the feet (exactly in the

centre of the soles). Having secured balance, push up the bar-bell slowly by straightening the legs, all the while maintaining the centre of gravity. Pause a second or two, and then lower the bar-bell while exhaling. Push up again inhaling deeply and straightening the legs fully. This exercise does not strain the heart and can be done till the legs fairly tire. It may be repeated again and yet again.

It is difficult in the beginning to correctly poise the bells across the soles of the feet. Just on account of this, a very light bar-bell may be used in the beginning, till the correct balance is secured. When this is done, you may exercise with heavier bells.

If one who desires great strength can only spare two hours a week for physical exercises, I would ask him to spend one complete hour for his leg exercises, half an hour for the back and the spine, and the remaining half an hour for all the other parts of the body. Back power and leg strength go together. Back and leg power are the criterion of strength in the finished ATHLETE, ... in the SUPER-STRONG-MAN.

Any kind of exercise may be good in its own way, but there are a few exercises which create SUPER-STRENGTH in you, i.e., which give you the build and appearance of a SUPER-ATHLETE. The SUPER-ATHLETE, whoever he be, could not have become that, if he had not devoted enough time and attention for the development of his legs, unless that part of his anatomy in its full measure was a natural gift. The driving power, the pushing power, the pulling power, the resisting power, the lifting power and the carrying power, all, are outcome of leg strength. To get real SUPER-STRENGTH you must work on the rule that your hips and thighs are as important to you as the hind legs are to a race-horse. The horse when running at full speed gets almost all the driving power from the hind legs.

When you next chance to attend field sports, study the legs of those short distance sprinters; you will see where they get their momentum from. With all these ideas indelibly in your mind, start upon the leg exercises.

I would now like to draw your attention to the 1st lesson of your course of training, wherein I have explained at length the well-known Indian leg exercise 'BAITAKS'. If, as I take it, you have been practising the 'BAITAKS' faithfully

from the very day you started upon this course of training, surely you must have by now gained very much, not only in shape and measurement of your thigh, but also in strength and staying power.

Quite often I have noticed that for a beginner the leg exercises do not hold as much charm as the exercise for the biceps or chest muscles, for the reason that they are tiresome and secondly, the response is slow. Yet, difficult as it all is, it deserves your persistent effort. The strength and development you gain through leg exercises, are quality gains and long standing. I do not give you many leg exercises. I am a staunch believer in doing a selected number of exercises, repeatedly, than try hands at all sorts and fancies. That would be sheer waste of time and energy, and worse: being irrational and idiotic, they thwart the growth of muscles, instead of adding to their bulk. I have patiently and with great pains adopted only such exercises, as are correct for the anatomical structure and movement of the muscles. Every exercise has been put into years of practice, and its efficacy fully tested before presenting to you.

EXERCISES FOR THE THIGH AND CALF-MUSCLES:—Ex. 34. For the thigh and calf-muscles. Study Fig. 32. Stand in the position as shown in the illustration, but with legs quite straight in the beginning and heels pressing strongly each against the other. Sit down on your toes slowly, exhaling and at the same time widening the knees apart as you sit down. Do not slacken the resistance against the heels even a bit. Now, re-straighten the legs fully, maintaining the resistance against the heels to the same degree of intensity throughout. Inhale deeply as you straighten up. Repeat 10 to 12 full movements, gradually working up to 20 movements at a stretch. Keep your spine erect and look always straight in front of you. Looking down upsets your balance and when the balance gets unsteady you cannot maintain pressure against the heels. This particular exercise improves the adductors, vastus-inter-nus of the thighs, and the shape and bulk of the calf-muscles. This is one of the best exercises for the legs, as every muscle there gets due benefit provided the resistance put against the heels while doing the exercise is strong enough. You have to be on your toes throughout this exercise; and while straightening the legs, brace up the knees vigorously.

Ex. 35 FOR THE THIGHS:- Study Fig. 33, procure a box or a teapoy some 2½ ft. high. Place one foot on the same and slowly rise up straightening that leg. But do not start the movement with a spring or jerk. After the leg is well straight, let yourself down slowly to starting position. This completes one movement. Repeat 10 such movements with each leg. This exercise must be done slowly and with full control

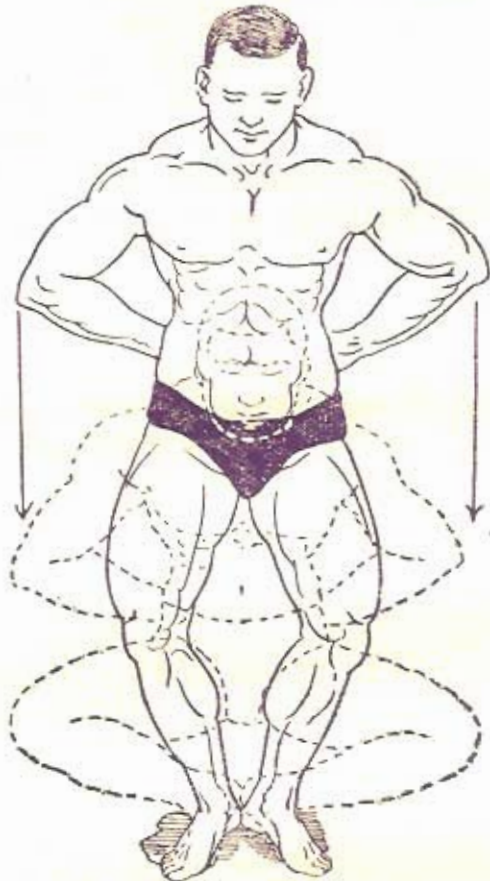


Fig. 32



Fig. 33

of balance. A jerky start spoils the entire effect of this exercise. See that you transfer the whole weight of your body upon your bent leg and slowly get up on this leg, inhaling deeply and straightening the leg fully. Pause for a second or two, and then come down slowly while exhaling.

Ex. 36. For the muscles of the calf. Study Fig. 34. You have to perform this exercise standing on the edge of a block of wood or stone 3 to 6 inches thick. Stretch up as high as possible standing on your tip-toes, pause for a second or two till you feel your calf-muscles are feeling almost

a cramp and then let your heels down till they reach or almost reach the ground. Pause for a second or two and repeat the exercise till the calf-muscles can stand no more. Rest

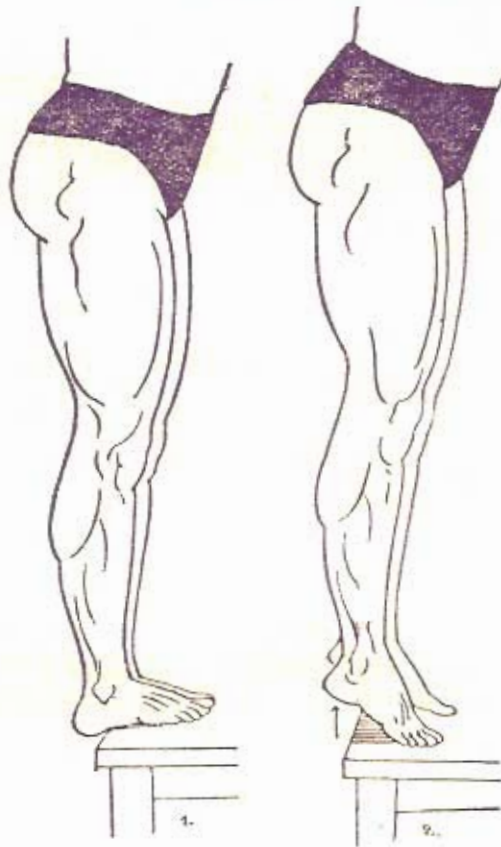


Fig. 34

and repeat again. Persons who have thin calves should devote some time for this exercise. Breathing is normal.

Ex. 37. For the back portion (or the biceps) of the thighs. Study Fig. 35. Assume the position shown in the illustration

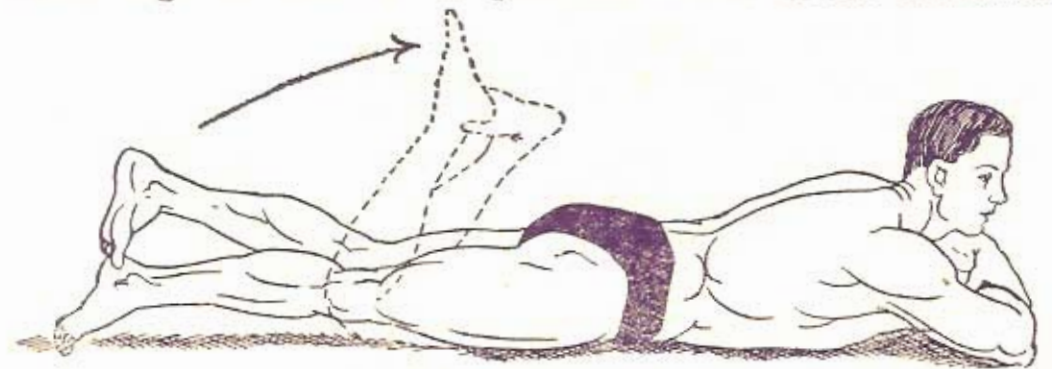


Fig. 35

and start resisting the right leg with the left, until the right knee can be flexed no further. (If you do this exercise correctly and with enough concentration, you will very soon feel cramping sensation in the back part of your right thigh.) Now relax the right leg to starting position and repeat 10 to 12 movements. Exercise the other leg as well. Increase 2 movements a week till you reach up to 20 movements with each leg. Breathing must be normal.

Your Sixth Lesson ends here. The secret of success in any course of physical training lies in the CORRECT APPLICATION AND CONCENTRATION IN THE WORK. Not only does it stand to reason that the natural abilities for physical development in different people, vary much with each individual, according to his frame and physical heredity, but also, as to one's age, office and present bodily condition.

AS A PRINCIPLE I STIPULATE REGULARITY IN TRAINING. THIS GRADUALLY TENDS TO MAKE THE MECHANISM OF THE BODY REACT UNCONSCIOUSLY AND OFTEN WITH SURPRISING PUNCTUALITY BY REASON OF ITS ADAPTABILITY AND GROWING HABIT.

For instance if one has regular daily habits, he gets awakened always at the same hour, feels hunger at the same hour, and feels sleepy at the same hour. Hence, it is advisable to take exercise as nearly as possible at the same hour every day.

The period of exercising for the average normal healthy beginner should not exceed 25 to 30 minutes in the first fortnight, and 30 to 40 minutes by the end of the first month and it should never be more than 40 to 45 minutes at any time later. This rule is only applicable for this system. You must be able to finish all the scheduled exercises within this time. Even a strong-man can get enough exercise for every inch of his body within three-quarters of an hour, provided he is clever and does not waste time unnecessarily. I do not include professionals here. For one who merely desires to keep fit, even so much time is not necessary. 10 to 15 minutes of well-selected daily exercises are enough for any normal person to keep fit throughout life. But just how many are doing that? not one in a thousand; and MAN pays for it very dearly, sometimes with his life.

After this course of training is completed, it is enough if you can devote some 20 to 30 minutes daily for these exercises. There might come a few breaks in the trend of daily

exercises, owing to travels, unforeseen circumstances and happenings, but you will have to commence again and stick up to your daily routine. You should keep this half-an-hour of your exercise time free from every engagement and calls. These few minutes are the premium you have to pay daily, to keep your Health Insurance policy alive. For, on your Health and welfare depends, the Health and welfare of your family. If you breakdown, they break down. At least for them, you have to live, earn, and provide.

With this lesson you come to the end of this course of training. After this, follow this programme of exercises, for a couple of years, till you have brought your physique to limit of development.

Along with these exercises you may also follow a course of dumb-bell exercises as detailed in my book "PHYSIQUE & FIGURE" (price Rs. 2-14-0 including postage). These exercises give finishing touches to your Physique. You may do these dumb-bell exercises for a week continuously and then change over to the exercises of this 'course' for the next week and so forth.

Bar-bell exercises are for those who aspire for great strength and great physique. It is not meant for all. It is only for those that have a natural big frame and an abundance of innate Vitality. There are quite a number of American books on this subject, which the bar-bell enthusiast may follow safely.

EXERCISE.

1st DAY: The three Neck exercises, 'Stool-dips' and 'leg Baitaks'.

2nd DAY: Ex. 7 & 8 of L. 2. Bhujangasan, Dhanurasan and Ex. 14 of L. 3. Exercises 16, 17, 18, 19, 20 of L. 4.

3rd DAY: The three Neck exercises of L. 1. Exercises 31, 32 and 33 of L. 5, and all the exercises in L. 6. You may omit Ex.37 of L. 6 after a fortnight.

The Bar-bell enthusiast need not go through the third day's programme, but should do the bar-bell exercises as laid out in L. 5.

Keep these exercises for as long a period as you can. Better it is to maintain a small programme of moderate exercises throughout life. Twenty to twenty-five minutes a day is

more than ample. Ambitious young men can increase it to thirty to forty minutes daily. Busy people must at least devote some fifteen minutes every day to keep themselves fit.

In all these lessons I have not done anything more than just tell you "How to breathe, how to eat, and how to stand". It took me years to learn this. If you will just mind these things, there can be no doubt of your being physically fit for the duration of your life. I have placed before you enough knowledge to safeguard your Health as long as your life lasts.

Life's journey is easier for him who has health, physical and mental strength. Physical fitness is just the first requirement for the long journey of life. Only the fit can survive to the last. Without health, and without physical, mental, moral strength and courage, youth will be a blunder, manhood a struggle, and old age a regret. It is the duty of the present-day Universities, Educational Institutions, and Municipal Bodies to take this thing up seriously: the building up of the health and fitness of its people. The aim should be to make the unfit men and women fit; Not to turn fit men and women into athletes. To judge the physical efficiency of a nation by the achievements of a small select group of athletes is wrong altogether.

Of what benefit is it to the Indian nation if its hockey team won the World Olympic Trophy year after year? or the Calcutta football eleven or the Bombay cricket eleven defeated other provincial elevens? except, imbecile satisfaction for the unfit men in reading about in the local newspapers the prowess of their luckily fit brethren.

The defeat of eleven foot-ballers or of cricketers by the local eleven may be a matter for congratulation; but it does nothing to check the appalling physical unfitness that one meets with everywhere in this unhappy land of ours. We must not aim at producing a group of specialists, nor should we be concerned in turning out super-athletes; while there are ever so many crying out for a chance to become ordinarily fit beings. When a person is fit and vigorous he turns to such sports which provide him with an outlet for his energy. It is easy to train up this sport and athletic-minded people and get the best out of them; but to interest men of poor physique and feeble vitality in their physical well-being, is great uphill work. The job is, how to make

the horses drink the water while it is difficult enough in all conscience to lead them to the water's edge. The limb-swinging and physical jerks, and the indoor and outdoor games as advocated and taught by the foreigners in our land, and readily accepted and adapted by Educational Boards and Universities, have been of very little value in building up Indian-manhood. I say again that it is only the physically fit and the athletically-minded men who get the benefit of such training; the bulk, the physically unfit and the punily-built, remain indoors and beget their likes or worse in their own turn.

ONE WORD MORE:-We all owe a duty to our home, our society, our land, and to humanity at large. I want you to be an apostle of this gospel of Health and Right-living. This is no doubt the duty of the Educational Institutions, the Local Boards, Municipalities and Governments. They have not done it. Hence my request to you.

If you are a young man you have brothers, sisters and friends to whom you can impart this knowledge (these exercises) and see that they act on it regularly. If you are a married person, you have your wife and, perhaps, your children. You must make them strong, robust and healthy. There is no fun in your alone being Strong and Healthy, while others in your family are weak, sickly and puny. You had better start a small private Gymnasium of your own, where you can instruct your friends and brothers. A room in your own home may be set apart for this purpose, wherein, all of you can take regular physical training. This is the only way open to us to get strong and healthy, to make every boy an Apollo, and every girl a Diana and every home a Gymnasium. That is my one dream and I am at your command for any service, if you will only carry on this noble work: the building up of our nation.

We remain slaves so long as we are weak and disunited. Do all what you can to bring about this Union. Union is strength and a Union of the Strong and the fit is invulnerable. It is the only chance to survive. None will help us if we do not help ourselves.

Yours for Health and Strength,

K. V. Iyer.