

## EXERCISE.

Another condition on which good health is based is proper exercise. The human body is composed largely of muscular tissue. Every movement of the body or of its various organs and tissues is performed wholly by muscular contraction. There is not an organ or tissue, capable of action, in which muscular fibers do not form a part of the structure; and it is by the contraction of these fibers that these organs and tissues are enabled to perform their functions. There is but one function that the muscles can perform, and that is contraction or exercise. Now, as health is that condition of the body in which every organ performs, or exercises, its functions properly, it is evident that **health cannot exist without exercise. To insure health, every muscle must be brought into exercise.** When this is not done, the tissues become soft and flabby, the body weakens, the vital organs cease to perform their work properly, and the individual soon finds himself becoming debilitated.

One of the reasons— and it is not a slight one — why students, ministers, clerks, and women, especially the wives and daughters of the wealthy, find themselves in poor health, is because they neglect to take sufficient exercise. Exercise always strengthens and increases the health of any portion of the body by increasing the circulation of blood in the part. It also gives firmness and elasticity to the tissues. The arm of the blacksmith feels solid and firm, while that of the clerk is soft and without strength. All who would have health must take daily exercise in the open air. See articles on Air and Light.

*The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 34-35 by M. G. Kellogg*