

The Grains Of Truth



MISS CAROLINE WARD.

"We require to exert a great deal of body control to walk unharmed through the heat of modern existence."

"WHAT shall I do to be healthy?"

Someone says that to preserve youth and health all you have to do is to drink five pints of water a day; another says eat only fresh fruit and vegetables, including six apples daily; yet another tells us we must exercise vigorously for an hour, morning and evening, and sleep 10 hours each night; someone else suggests that we should eat only uncooked foods; another, that it is a "mild form of suicide" to eat salt, smoke cigarettes and sleep with shut windows; and so on and so on, until our minds reel amid a hub-bub of clashing opinions.

The truth is that there are grains of truth—sometimes many grains, sometimes only a few—in each of them. What we must decide is—what is logical to our own minds; what is practical for our own use.

No matter who we are or what we are let us all get down to improving our health and physique, and let us enjoy ourselves in the process!

THE ideal body has these three qualifications. It is strong, refined and obedient. By being strong I don't necessarily mean muscular, but a general strength that will withstand the daily wear and tear of modern life. At present our bodies require, in nearly all cases, constructive training to enable them to work quickly and efficiently in the accelerated life we lead.

A refined body is the reflection of a refined mind. A coarse, sluggish body is the reflection of a coarse, sluggish

Some Rules of Healthy
Living To Which
All "Schools" Subscribe

by

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mind. So with the toning up of the body comes the quickening of the mind and an improvement in the efficiency of the five senses.

A qualification of everyday importance is that the body should be obedient, we should work for becoming masters of our bodies, preventing our bodies becoming masters of us.

THE prize of perfect physique is alertness. This alertness is of the greatest value in our daily life; to think quickly, to act swiftly. The human being should work that way. Co-ordination of mind and body, or body control, is for all and every one living. It can be learnt and practised in the throes of daily life.

The Indian Yogi, walking unburned through fire, exercises supreme body control which we Westerners seldom aspire to, but we do require to exert a great deal of this body control to walk unharmed through the heat of modern existence.

I AND many others write constantly about the care of the body until readers are forced unconsciously into imagining that the body must be treated like a pet dog; washed, fed, exercised, and kindly disciplined into the art of genteel living. Man should not be recognised as the owner of a pampered animal, but rather as a musician and the body as the instrument on which he plays. These are the vital necessities that promote an abundance of health.

(1) Fresh air: Many a time have I heard a city worker complain about the lack of fresh air, and it amazes me the amount of grime and dirt our lungs will

stand; so give them a good start each morning (when the air is freshest) before an open window. And a rest from city atmosphere once a week.

(2) Food: To say "each to his choice" would be an easy way of skimming over this very difficult subject, but I will make a few suggestions. Remember that it is not what you put into your mouth that nourishes the body, but what is assimilated. Therefore, assist assimilation by thorough mastication, especially of indigestible foods, such as nuts, apples, etc. The tendency is toward less meat and more toward fresh or carefully-cooked fruit and vegetables of every variety. Great importance should be attached to the cleanliness of food, its freshness,

Organiser and trainer for the Wellington Branch of the Health and Beauty League, the author of this article, Miss Caroline Ward, claims there are grains of truth in the teachings of every "health school." Her advice is based on common sense and her rules are flexible. Live to make mind and body co-operate, she says.