

Up to date Furnishings for College Men

Tailor made Clothing
Pressing and Cleaning

H. W. Sauers

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East College Avenue

"Pop" Golden Outlines Some Useful Exercises.

Now is the time to store up vitality for life's work. Dame Nature will not be denied and if one dissipates the energies of youth in careless living, middle life will find us unequal to the task imposed, and we must step aside for the man who is physically and mentally fit.

The following exercises, if persevered in, will insure good health, a greater capacity for work, and more pleasure in living.

These exercises should be taken with a full, smooth, strong movement allowing about ten seconds of relaxation and repose of the muscles between each set of exercises and indulge in a few deep breaths. One should breathe deeply during the entire exercise period and especially deep inhalations should be taken as the arms are extended over the head.

Eight movements of each set of

exercises should be taken the first week, twelve the second and third weeks and sixteen from the fourth week on.

Those who are strong and well developed physically can take twenty-four counts which is sufficient for the strongest man.

Never exercise until thoroughly tired. Stop when you feel like doing more. You are then building up, not tearing down tissue.

Too much care cannot be given to the ventilation of your room at all times, especially when exercising. Should you find it inconvenient to take the exercises in the morning then let them be taken a short time before retiring.

On awakening in the morning, before arising take good strong stretches in every direction trying to include every muscle in your body. Your muscles and most of the vital organs are now awake and you are ready for work.

No 1. Throw back the covers and lie flat on the back. Try to bring the knees up to the shoulders returning legs to mattress fully extended and repeat as before.

No 2. Lie flat on the back with arms folded on chest. Raise shoulders about six inches from mattress and return to position. In this exercise endeavor to contract the arm, shoulder and chest muscles as well as the abdominal.

If necessary hook toes under foot rod of bed.

No 3. Stand with feet apart about eighteen inches, hands extended high over head.

Swing hands down between legs, curving spine as much as possible, swing back to starting position, going a little beyond a vertical. "As in a yawn stretch."

No 4. Position as in No 3. Swing between legs and return to vertical and bend body strongly to right side. Repeat first part of movement and alternate, bending body to the left.

No 5. Stand as in No 4; interlock fingers behind head and let head drop forward easily until chin rests on chest. Make a strong forward resistance with hands and force head back against hands as far as possible.

No 6. Stand with feet in same position, arms at sides. Raise shoulders high, forcing them back and down strongly. Bring them forward easily and up to starting position describing a shoulder circle as nearly as possible.

No 7. Stand as before, arms extended at sides horizontally, hips firm and heels on floor. Twist head and body from waist line as far to the right as possible. Return to position and alternate from right to left.

No 8. Assume standing position and with left hand and foot extended forward strike at an imaginary opponent, bringing all muscles