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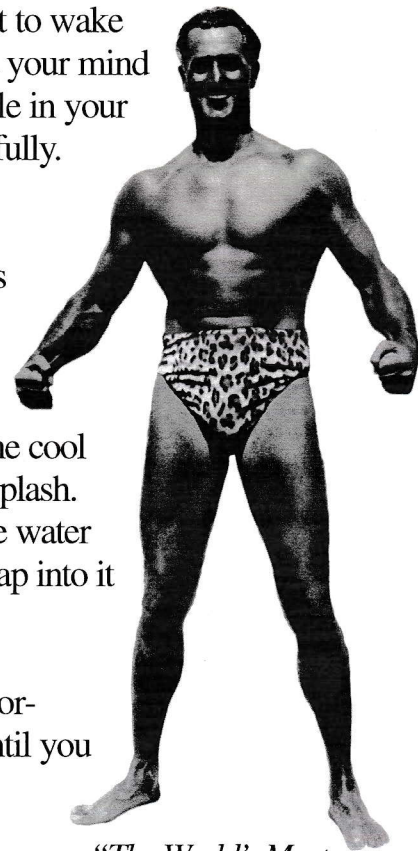
EXERCISES FOR LESSON SEVEN THE TRUE TONIC OF LIFE

DEAR FRIEND:

We all know the familiar saying: Cleanliness is next to Godliness, but cleanliness is only one feature we derive from water. Intelligent bathing and the application of water to the body is a valuable factor in building superb health and bodily vigor. There is hardly a tonic that can compare in value to the scientific application of water administered in its various ways to the body. Please bear in mind that water is a natural tonic; a wonderful invigorator, a cleansing agent to wake up the body and soothe the nerves. The application of water can soon make your mind and body glow all over with new vitality; you will notice a new vivid sparkle in your eyes. Understand you **MUST FAITHFULLY** follow these instructions carefully.

If you are not already enjoying the luxury of the morning cool bath, you are urged to commence in this manner: After you have performed your exercises immediately on arising and are quite warm, if not actually perspiring, quickly step into the bathtub, rinse the hands, then the face and neck; follow this by getting a fairly wet cloth or sponge and going over your entire body. By dashing water over your hands and face **FIRST**, you can more easily stand the cool shock of the water, and this greatly helps you to get accustomed to the cold splash. After using the sponge, rub your entire body with your wet hands, rub off the water with the sponge, and rub the body practically dry with the bare hands and snap into it as quickly as you can, so that your body is all covered with a pink glow.

Now get a good, thick, heavy Turkish towel and vigorously rub the body thoroughly dry, getting dressed while still warm. Never take this cold sponge until you have exercised well beforehand and are quite warm. **IF YOU ARE COLD OR CHILLY REFRAIN FROM THIS COLD WATER RUB. BE SURE AND GET WARM FIRST.**



*"The World's Most
Perfectly Developed Man"*

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Twice each week at night, after your exercise and just before retiring to bed take a warm soap and water bath. The morning bath is to act as a stimulant, a tonic, a natural bracer, a revitalizer; the twice-a-week evening bath is a cleansing bath. Remember that the water must be real warm, not cool or scalding hot for the latter is weakening, while the former makes you chilly. After carefully washing with a good soap, rinse the body with a cool sponge or cloth. The hot bath opens the pores and the final cool rub closes them, thus you avoid taking a chill. After the bath dry the body and get to bed as soon as possible.

SECRETS OF POWER FROM A SINGLE SOURCE

Perhaps one of the greatest and most effective source of human power is derived from applications of water. Here are the secrets now revealed. I want you to enjoy them as frequently as you find convenient. It is a well established fact that the great nerve centers are the main sources of power. Now if we can stimulate and tone up in a natural manner these particular zones, their strength and force will be greatly increased. The three especially important localized zones are the spinal column, the solar plexus and genital organs. I am glad to inform you of these rare and effective methods, which you can do as follows:

Every morning bathe the sexual organs with very cold water for a few minutes. Keep the cold wet applications on as long as convenient frequently renewing the wet cloth. This is a marvelous tonic and will do you a world of good. **DO NOT NEGLECT IT.** The reproductive system is endowed with a very delicate and sensitive nerve supply which, when in a healthy condition is highly benefited by the application of **COLD** wet cloths. What has been said with regard to the reproductive organs applies with equal force to the solar plexus. Dab this area, a little above the navel with very cold water, frequently renewing the water with a sponge or cloth. If the first two or three applications are likely to prove too severe, have the water with the cold chill taken off, gradually reducing the temperature until you can stand it almost ice cold, which you should be able to do after the first week. Do not penalize yourself by freezing. The safe rule which you may rely upon at all times is to see that you experience a pleasant warm glow in that region. Both these secrets can be indulged in every morning while having your cold rub down. You do not have to make a special ordeal of it. As for the spinal zone, you can conveniently do this part twice each week when you are getting your hot bath as previously described. Have a good supply of water very hot, but not so hot as to burn or cause pain, and while lying on the chest, apply the not wet cloths to the small of the back. Renew with hot water frequently. Dab the back lightly a few times so that the skin can become accustomed to the heat, then lie the entire cloth across the lower part of the back. Complete the process by applying cooler water, finally using a cold application to close the pores. Understand this **HOT** water is to be applied to the small of the back only, and the water for bathing the entire body should be warm, not hot.

CONQUERING WORRY AND ANGER

In my wide experience of dealing with human nature I have found mighty few people who were not inclined to worry and anger at some time of their lives. While it is a recognized human weakness, fortunately it can be helped. Worry, irritability and anger are mental and physical poisons. By giving vent to these undesirable habits the body tears down far more quickly than it can be built up. I suggest that you do not worry or get very angry. However, occasions may arise when you will have a fit of anger and it is well to know how to throw off the mood. Do you know that babies have been killed by poisoned milk from angry nursing mothers? This illustrates the terrible consequences of anger and worry on the physical body.

On NO account allow yourself to become worried, either over the past, the present or future. The past is dead. Forget it! Why dig up the corpse? The future has not arrived, why anticipate what probably will never happen? And why worry over the present? Can your worry accomplish anything good? Will it benefit you any? You know it won't. Then why worry? Resolve to cut it out of your life forever. Live on the sunny side of life. Companions with large souls, think pleasant thoughts. Worry and like habits are a drain on the vitality; they are a waste of mental energy. They poison the blood and prevent the best and quickest development of a perfect body. It has been said: Worry works its irreparable injury through certain cells of the brain, and that delicate mechanism being the nutritive center of the body, the other organs become gradually affected. Thus, some disease of these organs or a combination of organic maladies may result. Worry and fear retard the functioning of the entire digestive system. Thus if you eat while worried, you can expect a good case of indigestion.

Don't fret. Force yourself out of the mood. Laugh, think of the funniest things you can recall to mind. On the morning of each day think of, or read, some inspiring beautiful thought, and think over this frequently during the day. In other words, substitute your worry thoughts for thoughts of health, strength, happiness and joy. Get all the sweetness and happiness out of life possible. Make the best of your life, in every respect. You are entitled to be happy. Make up your mind you WILL be! All this will have a powerful effect on your physical body, giving it an added power and magnetic charm. Saturate your life with noble, lofty plans, ideas and ambitions and you will have no time, or desire to worry. The following suggestions are given by a well-known philosopher, and you are urged to scorch them deep into your soul: ELIMINATE FEAR. CONQUER WORRY. AVOID ANGER. OMIT DEPRESSION. SHUN HATE. STUDY CHEERFULNESS. CULTIVATE HOPE. DEVELOP COURAGE. EXHIBIT CONFIDENCE. ASSUME SUCCESS. LIVE SIMPLY. MAINTAIN BUOYANCY. CONTROL SELF. THINK HEALTH YOURS. I will add, CULTIVATE HAPPINESS. Do all you can to make yourself and others truly happy. This will soon reflect itself in your life. For remember, health and happiness go hand in hand. CONTINUE THIS REGIME UNTIL YOU ARE MASTER.

THE VALUE OF AIR AND SUN BATHS AS A HEALTH AND STRENGTH BUILDER.

You have already been advised to take your exercises as far as possible in just your trunks or shorts, but here you are invited to make a special daily practice of spending a definite time each day devoid of most clothing and enjoy the benefits of an air bath. To secure the fullest benefits you should remain in an atmosphere that is reasonably warm. The skin breathes and if perpetually covered by clothing it has little chance to get the air it needs. The sense of freedom without clothes gives an added pleasure.

Whenever possible your air baths should be taken while basking in the warm sunshine. You do not have to be on the bathing beach to enjoy these baths, but at the bathing beaches the wearing of just your bathing trunks will give the sun a chance to reach most of your body. These combined air and sun baths can be taken while lying on the porch, in the bedroom or other convenient places where the sun can shine through the open windows. If you can get out into the country and enjoy these baths so much the better. You must see that the windows are wide open if you are obliged to remain indoors. The morning is a good time to take these sun and air baths, and during the day at weekends. Of course be careful not to catch cold. The sun's rays on the body have the same influence as on plants and flowers. If you hide a beautiful flower in a dark cupboard you know that flower will soon wilt, fade and die, but when placed in the warm sunshine it soon blooms in all its magnificent beauty. The same applies to your body. There is life and vitality in the rays of the sun, which seekers of bodily perfection will not miss getting. Then again, the air and sun have a soothing influence on the nerves, calming and quieting them in a natural manner. If the air is cool it is a splendid tonic to the skin and entire body, and has often proven a good method of preventing colds. The ultraviolet rays of the sun impart vitamin D to your body. When taking sun baths be very careful to avoid burning the skin. You can do this by sun bathing BEFORE or AFTER the sun arrives at its height, and make your baths of short duration the first few times. If you should get burned AVOID exposure of the area burned by the sun, and gently bathe with olive oil, resting the part for a few days. Pure air and the sun's warm infrared and ultraviolet rays are the best germicides and most powerful disinfectants we have. Of course if you are allergic to sunshine you should not sunbathe. After this sun bath it is an excellent idea to get a coarse towel and give the entire body a friction rub. This thoroughly arouses the activity of the skin and gives it a natural stimulation which is highly beneficial. Please do not neglect it. During rainy weather and in the winter months an ultraviolet sun lamp could take the place of the sun for your daily sun bath. In your next Lesson I'll give those shoulders of yours some powerful exercises.

Yours for Health and Strength,

Charles Atlas