

Mrs. Whelock
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"BASIC PRINCIPLES OF HEALTH"

Prof. Edward B. Warman.

Dr. L. L. Denny finished the introduction of Prof. Warman by saying, "Like a woman he speaks for himself."

Prof. Warman began. "and as a woman I purpose having the last word." I have a German friend who always begins his public discourses by saying, "Now let us have some mis-understandings about some-things," now that is what we want, only ours must be an understanding about something. I would first call your attention to the great difference between theory and practice. It is not enough that you know, it is necessary that you DO. I listened to a gentleman read a paper at a discourse on the subject of Physical Training. Every now and then he punctuated his remarks with a very difficult and bad cough (although I never knew a good one) He was narrow chested, sunken chested so to speak, and he said in closing the article, "Now ladies and gentlemen, (cough) if you will, (cough-cough) if you will practice physical training every day, (cough--c-c-cough-) you will always, (cough--c-c) be well and strong." His theory was right, but his practice was poor.

At another institute I heard an instructor in language say to his teachers, "I have given you many valuable rules, but none more valuable than this, "never use a preposition to end a sentence WITH." His theory was right, but his practice was poor.

So as I come before you as an exponent of HEALTH, of health principles, of right living, I do not expect to have the results if I do not take my own medicine. It does not matter what a man preaches, it is what he practices, and I say to you as I have said before, I challenge anyone to ever find me violating a single principle that I publicly inculcate. So in our work of Eating, Drinking Bathing and Breathing, I would like to have you follow me closely that this one idea, as I said at the beginning, "It is not merely knowing, it is DOING."

I have been forty years in this line of work, and I want to say to you that it took me twenty years out of that forty to learn some of the simplest things of health, and in fact all the good things of health are simple. It took me twenty years out of the forty to learn how to eat, when to eat, and what to eat. Eating, Drinking, Bathing, Breathing. Previous to that for twenty years, although engaged in strong physical work and teaching physical development, I was not well. I was not sick, but I was not well. I used to have headaches, I used to catch cold, used to have liver trouble, stomach trouble, yet I was a teacher of physical training. But after I had learned the principles that I shall undertake to give to you, to the best of my ability; after I learned these principles, all these difficulties vanished. I am ill no more, shall never again be ill, and when I come to die, shall be like Dr. Holmes' "One Ross Shay," "Go to pieces all at once. To expect to be ill would be contrary to my principles as a teacher of Psychology, contrary to my principles as a teacher of health. Now I believe these things of living are right, and I purpose to lead you to believe them yourself along this line.

Let us look first at the word HEALTH. What does it mean? Just a few remarks that I have heard since I was here five weeks ago. One lady said, "Yes, I am well, quite well, but I always feel bad when I am well, because I know I am going to feel worse afterward." I heard another lady say, "Yes, she has miserable health." Think of that a moment. That is impossible you know. She might feel miserable, but she hasn't any health, and she could not have miserable health. You cannot even have good health. There is no such thing as good health, poor health, or tolerable health. It is simply and gloriously HEALTH all of it in capitals, and the largest you can have.

Think of it a moment. Health means wholeness, but can anything be aptly whole, miserably whole? Simple HEALTH, WHOLENESSE, COMPLETENESS so to speak. I know there are people who say they have poor health, and they seem to enjoy it. I know many persons, if you were to take away what they call their poor health, they would feel lost. There are some people who go through the world nursing their physical difficulties; do not want to part with them. I recall to mind a certain person who would sit down and rehearse her difficulties and tell how long she was ill, and how long it was that not a morsel of food had passed her lips; better for her had it been longer, how long it was, she could tell by the hour, and almost by the minute that the doctor stood by her bedside lest the spark of life should go out; better had the doctor gone out. So they will rehearse these things over and over again, giving themselves those auto-suggestions right along that are detrimental to them.

And so it is we speak of good health, and we hear people say, you ought to enjoy good health; if we have good health we ought to enjoy it. But I want to say there is no such thing as good health, or poor health, it is simply and gloriously HEALTH, and that is the one thing that we want to aim at. In my experience of forty years, (it is said that a man gets reminiscent when he gets old. It does not necessarily follow that a man is old when he gets reminiscent) so I am reminiscent for a moment or two. I look back over a sweep of forty years since I began the work, and I want to say that since I was here five weeks ago, I have made a change in my line of work, as a result of that work of that forty years, coming down to the present time. The majority of people who take a full course in physical training will not keep it up, therefore I have reduced the work, so that I can give in one hour the exercises that will bring every joint and muscle in the body into play, and that work can be done in twenty minutes.

Now I say that in that forty years, you will see what has led me to put so much stress on this work; and I have lectured in every state and territory in the United States, and Canada and I can count on the fingers of one hand, and not use all of them either, the number of teachers of physical training that I have met, with reputations as teachers of physical training, that are well; the leading directors of physical training in the gymnasiums of Colleges and Y.M.C.A.s. They look well on the floor, are proficient in their work, but come right down to it, they are not well. I know such a man at the head of one of the finest gymnasiums in the United States today. I asked him if he was well and he replied, "I have difficulty with my heart." Not a well man. Now if physical training does not count for health, it does not count for anything.

You take the average athletes and they are very short lived. All pugilists too, are very short lived. There is the exception of course, but as a rule they die early in life, before middle age at least, and nearly every pugilist dies of consumption. Look at the training, the overtraining. Nearly every man who enters the physical field thinks of nothing but mere muscle making. Muscle making is all right, but at the same time it must not be paramount. If he disregards the rules and laws of health, he fails. What I am today I expect to be fifty years from now. I have learned the secret of health, and I can give you in these five lessons, the sum total of all my years of study, research and observation.

Now let us come down to the first thing in hand, the basic principles of health. You are just now entering a new field of labor. Be careful that you do not make the same mistake as some physicians, but "heal thyself." Look out for YOUR spine, before you look out for the spine of OTHERS. The very first essential of health is correct position of the body, standing, sitting, and walking, and you show me a person who has not correct position and you will show me a person who has not health, according to my definition of health.

There is a physiological law, and I think Chiropractic principle, and an Osteopathic principle as well, and that is, that the structure must be right or the functions cannot be right. If there is any depression, if there is any impingement, or if there is any constriction, there is something wrong with the human machinery. First of all then, I will aim to give you what is correct position.

When you are standing, the weight of the body should be over the center of the foot, mid-way between the heels and toes, so you can raise on the toes without having to sway the body forward. Many cases of headache have been relieved by due attention to correct position. I weigh 180 pounds and as I stand, a child could put its fingers under my heels and not have them hurt as I am standing, if I were to walk on them, this would probably not be the case, but my weight is so poised that in standing it is true.

Now in order to get correct position, if you will stand with your heels against the wall, if you possibly can with shoulders, keeping the chest up and the shoulders down, and imagine an inflexible rod extending from the top of the head to the ankle joints. Then to obtain correct position in walking, lean out from the wall, bending only at the ankle joint. Then carry the body from the chest. The chest should be kept active, and you cannot keep it active without plenty of muscular exercise for the chest. Keep your chest up by muscular action and not by breathing. When I bring up the subject of muscles I will show that the position of the chest should not move one thirty-second of an inch in breathing when exercising.

Now as to sitting. I have always said to my pupils, sit far back in your chair without letting your back touch the chair back, maintaining an erect position and letting go, but not letting "down." I remember in Los Angeles calling on a society lady, my wife and I, who said she had been taking physical culture. She said one of things she had learned was to relax. She was then sitting on the fore part of her chair with her elbow upon her knee, back stooped, chest sunken, and chin dropped. I told her that I did not call that relaxing but "collapsing." So when you sit down for a moment to rest, do not pat the foot, or puff, that is nervous energy wasted. Relax, do not collapse. So it is with all kinds of work, you can do a thing and do it rapidly, and not be nervous. It is like the man who went to the farmer and asked for a job. I am the very man you want, he said, for I never get hungry or tired. He was employed on the spot and was sent out with a horse and plow. Soon after the farmer looked out into the field, and saw him sitting in the shade of a tree eating a large piece of bread and butter. Well, said the farmer, I thought you never got tired or hungry. Just so, replied the man, I always eat before I get hungry, and rest before I get tired. That was alright in regard to resting, but not so good in regard to eating.

In sitting at a table or desk, there is a tendency to pull the chair too near the desk. That is true also if you are at the table, always pull your chair far enough back so you can sit in a correct position, whether writing, reading, or eating.

Now I have treated this fully, and I consider correct position a fundamental law, and especially for those of you who are taking up this Chiropractic work. If you will pay attention to correct position, it will inspire confidence in regard to your own position, and to your own carriage of the body, and health as well.

I have three pet exercises for keeping the body in good condition. In order to keep the activity of the body, you do not want to get rigid at the waist. Keep the abdominal, dorsal and intercostal muscles flexible. As old age sets in, men let up on their physical work and as a consequence they lose their suppleness. I believe with the great German scientist, Metinkoff, a man is not in his prime until he is eighty, active until 120, and should live until 140. All animals live five times their growth, all except man. A man's growth is generally at twenty-eight, and that would give him 140. "As a man thinketh, so is he."

In New York a Rabbi who is just 106 and believe in the scriptures where it says is it not good for man to be alone, found a young lady of 71 and is very happy in this, his third marriage. Now this is encouraging for some of you. The idea is simply this. If you begin to think three score and ten, three score and ten is the span of life, you will go down at three score and ten, just as sure as you live until then, and you ought to. You have no ambition to go further. I do not put the limit on 140 for myself. I say 140 is the minimum, and I would not keep in my mind 140, for if I did, I would die at 140. Because I am gray is no sign that I am old; it is just early piety.

You look out on plant life and see that everything in nature ages. And it is so to a certain extent. You can tell an old tree from a young one, but you can't tell the difference of years and years of growth of those old trees, such as those out in California. Now this is the point I am trying to make, the point I am making with myself, and it is what I charge my mind with every day of my life. I have now reached that age where there is no need of aging for years and years to come. Now mark you, I don't want to mature. You want to stop this side of maturity. Nature has no use for anything that is matured. Just as soon as anything matures, it decays, so you don't want to mature until the very last moment, but you want to get in that condition of health like that tree when it reaches a certain stage where it remains almost indefinitely.

In the first place, no one knows anything to amount to anything before he is fifty. (present company "suspected"). Then a person has to live a good many years before the judgment matures sufficiently in any line of work, and you come to a certain state so you can stop there and keep on developing and at the same time not be getting older. Remember no one grows old until he ceases to grow. Just as long as you are growing, you will not become old.

These three pet exercises I have not missed for years and years, even on the train I never miss them. I go into the smoking compartment of the Pullman car; people laugh at me and say, "old man trying to get young, eh." Then they become interested and ask me how to do this, that and the other, and I tell them. When I leave the train they say "God bless you Prof Warman, we shall not forget you soon," and they will not, at least for a couple of weeks. The idea is this, it is regularity. It is regularity that tells. I would not miss a morning. If I have to get up and take a two o'clock train, I take these exercises before I take the train. I know what they will do and you ought to be as regular in these exercises as you are in devotions, that is, as you should be in your devotions.

See the old man who doesn't take exercises, the old man with the short step. Keep elasticity with these three exercises, bowing, bending and what I call the "liver squeezer."

For BOWING.-- I do not mean the dignified bow of the head, or the society bow. I mean bowing for business, bowing for health. When you start, stand solidly on both feet, place the hands on the hips, fingers forward, chest active and head up. I mean the chest held up by muscles, and not by the breath. Bend forward, touch the floor with the hands without bending the knees; then place the hands at the waist and bend backward. If this is done right it will develop the waist muscles and burn out adipose tissue. I put the palms of my hands on the floor fifty times every morning of my life without bending my knees. You should begin with ten or fifteen and then increase little by little. There are unused muscles there. There was an old gentleman in New Jersey who did the exercise fifty times the first morning and was in bed for a week.

SIDE MOVEMENT.--Place hands on ribs, weight solidly on feet, standing in correct position, and without lifting either foot from the floor, bend sideways, letting hand on side in direction you are bending reach down toward the foot as far as possible. Then repeat for the other side. I do this twenty-five times. None in this room are too old to begin. I had a gentleman in Washington begin at the age of 92. This exercise strengthens the intercostal muscles.

LIVER SQUEEZER.--Place hands on hips, fingers forward, thumbs back, head up, and then simply turn at the waist line as far around as possible. As I take it, I bring the shoulder under the chin and using the arms (striking the air with arms in horizontal position) strike as I move around. This is a little more vigorous but you will want it as you go along. Take this fifteen times.

Let me tell you what to do the first thing in the morning before you arise. Tense every muscle in the body. Tense as a cat does after it has been asleep. Tense your arms as full and tight as you can; tense the neck, tense the body, tense the legs clear down to the feet. This brings about arterial distension as to accommodate the increased heart action on arising. Then cleanse the teeth, rinse the mouth, and then drink two glasses of cold water. Then take your exercises. With the two glasses of cold water in the stomach, begin the bowing and by the time you are through with your exercises, much of the water has passed from the stomach, having cleansed it of mucus. Then take your back, but never before the exercises.

STAIR CLIMBING.--I call it stair climbing because so many people climb the stairs. There is an art in going up the stairs. There are three principles involved. The first one is, touch only the ball of the foot to the step. Do not touch the heel as it causes a jar to the spinal column, a jar to the kidneys, and a jar to the base of the brain. Go up from your chest. Do not plant the whole foot. Never bend or break at the waist. Incline forward if you like from the hips but do not bend at the waist. The third principle is to keep the mouth closed. I know that is hard for some people, but keep the mouth shut, breathe evenly, and when you get to the top, do not exhale the breath violently in a puff. Keep on with the deep breathing until breathing is normal, and if you keep at it you will want to go down and come up again. It is one of the finest exercises that can be taken if taken properly. **TOUCH ONLY THE BALL OF THE FOOT--DO NOT BREAK AT THE WAIST--KEEP MOUTH CLOSED.**

One thing more. You understand these things that are given you and shall be given you from day to day will pass from you very quickly, provided you do not refunctionize your brain cells. Just go from here this evening and say--"I will recall this or that," and every day you do, you refunctionize those brain cells. If you do not, they will atrophy. The first thing is **INTENTION**; then **ATTENTION**, and **RETENTION**. So I say to you, it is the little things that tell; application and concentration on those things that are so essential.