

# Your Health

*Originally Published in 1934 by Joseph H. Pilates*

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## Prof. Pilates' Health Studios

Where flat feet, curvature of the spine, protruding stomach, stooped-shoulders, hollow chest, hollow back, bow legs, and knocked-kneed conditions are cured through corrective exercises.

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Judd Robbins and Lin Van Heuit-Robbins  
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## **FOREWORD**

All new ideas are revolutionary and when the theory responsible for them is proved, through practical application, it requires only time for them to develop and to flourish. Such revolutionary ideas simply cannot be ignored. They cannot be kept in the background.

Time and progress are synonymous terms-nothing can stop either.

Truth will prevail and that is why I know that my teachings will reach the masses and finally be adopted as universal.

## **INTRODUCTION**

PERFECT Balance of Body and Mind, is that quality in civilized man, which not only gives him superiority over the savage and animal kingdom, but furnishes him with all the physical and mental powers that are indispensable for attaining the goal of Mankind -HEALTH and HAPPINESS.

The purpose of this booklet is to transmit in a simple form, the causes of present day ill-health and immoral conditions, and the resultant effects which prevent the average human being from attaining this physical perfection - man's inherited birthright.

The author in this booklet tries to teach the reader in simple words the way to correct our present deplorable system of physical and moral education, and to enable each, through a proper understanding of his body, to become fit for the daily tasks ahead of him.

JOSEPH HUBERTUS PILATES

## **INTRODUCTION**

by Judd Robbins and Lin Van Heuit-Robbins

Joseph Pilates preached the benefits of a perfect balance of body and mind. He also followed his own teachings. He coupled his own gymnastics and martial arts background with a keen analytical approach to body mechanics, posture, and correct breathing. All of these background fundamentals appealed to us intellectually. When we began to experience his recommendations for exercises, postural modifications, and breathing mechanisms, we truly began to feel like converts.

Our own background in fitness and athletics began years ago with competitive high school and college athletics. Lin was a gymnast and Judd was a tennis and squash player. After college, Lin went on to design and teach a variety of programs in aerobics, stretching and flexibility, and weight training. She studied advanced methodologies in exercise physiology while obtaining a Masters Degree at the University of California at Berkeley, and also holds certifications in group fitness training and personal training from the American Council on Exercise (ACE). She has been for many years a reviewer for the ACE correspondence accreditation committee.

Judd combined a degree in physics with advanced degrees from the University of Michigan and the University of California at Berkeley to develop his own very analytical approach to exercise. He was a racquetball pro in the late '70s and has since earned a 3<sup>rd</sup> degree black belt in jujitsu plus a group fitness certification from the American Council on Exercise. Both Lin and Judd are certified by the PhysicalMind Institute in New York City in the matwork originally developed by Joseph and Clara Pilates.

There are many excellent books in the field of health, exercise, and fitness. We've read and use the principles offered in many of them, from yoga to stretching to strength training. We strongly believe that Joseph Pilates created a truly effective combination of strengthening and stretching that can work well for virtually every body. With the right instruction and guidance, some or all of Pilates' recommendations can demonstrably improve anybody's health and fitness levels.

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## DEDICATION

TO:  
The Next Generation of Physicians  
and  
The Association of Medico-Physical Research

**by Joseph Hubertus Pilates**

I take this means to thank my dear friend, Nat Fleischer, a leading American authority of sports and physical education, for his kind help and suggestions. He has given me added impetus to carry on my work for the betterment of mankind in the construction of corrective apparatus for proper body development. Also my sincere thanks to William J. Miller.



Joseph Hubertus Pilates: *This photograph was taken on his 54th birthday. He has devoted over thirty years to the scientific study, experimentation and research of disturbing troubles which upset Balance of Body and Mind*

## Chapter 1: A Grave Situation

DAILY, from sunrise to sunset, the radio, newspapers and magazines broadcast to the world how to maintain health, how to regain health - what to eat, what to drink, and even about what to think.

The conflicting information, expressive of the different opinions of these various health authorities, has proved to be nothing less than "confusion worse confounded" to the millions of radio listeners, readers of newspapers and magazines, who are so unfortunate as to hear or read the diametrically opposed viewpoints of our so-called guardians of our health, since it is rather the exception than the rule, that these instructions are in agreement in their ideas and methods.

To one who has devoted the major portion of his life to the scientific study of the body and practical application of nature's laws of life as pertaining to the natural development of coordinated physical and mental (normal) health and the prevention, rather than the cure of disease, the misinformation he has so often listened to on the air or read, borders closely on the criminal. Why? Because the acceptance of the theories so advanced, not only results in the squandering of untold millions of dollars, but, what is more serious, results in actually shortening, instead of lengthening, the lives of uncounted millions who fall for this bunk.

How many hundreds of thousands die prematurely between the age range of 35 and 59 years, who should rightfully live from 20 to 40 years longer if they but understood and applied the natural laws of life to normal living? Daily we hear the cry for more hospitals, more sanitariums, more homes for the crippled, more lunatic asylums, more reformatories and more prisons!

Who is responsible for this sad, abominable condition?

Our so-called health authorities, whose remarks are accepted as law; our so-called scientists, whose statements are religiously accepted - they primarily are to blame because they fail in their mission to civilization!

In the practical universal world, ignorance of the little-understood and much less practiced natural laws of life as applied to normal living, lies the cause for the condition referred to, and I blame those in control of our health systems, for not correcting the evil.

Figures may or may not lie, but the statistics compiled by the United States Army, Navy and Marine Service in the World War, point the way to truth and warn us what health paths to choose and what by-paths to ill-health we should avoid. The record speaks for itself!

How much longer shall this grave situation continue?

Is not this vital question worthy of the closest attention? Should we not have a most vigorous support of at least a select group of men adequately clothed with the proper official authority and imbued with the necessary inherent idealism to initiate a campaign for the purpose of devoting only a comparatively few hours to an impartial investigation of the merits of my claims herein set forth, even in the face of pessimists' predictions of their failure?

I have proved my case hundreds of times to my pupils and patients, but those who hate to see the old order cast aside, refuse to acknowledge the benefits of my system. That's why I've written this booklet, so that all who are interested, may read, digest and know what is wrong with the human race today and how its physical ills can be cured or prevented.

Through medicine? No! Through their own efforts, simple exercising, simple health rules that **CAN** be observed and **MUST** be observed.

The truth ultimately will burst through the clouds of ignorance and, once in the clear atmosphere, will shine forever in the blue sky of knowledge.

Truth will - must conquer.

Instead of pursuing a policy of passivism, aggressive action should and must be taken to bring to light my teachings of health, strength and happiness through proper corrective exercises. The living examples of former broken-down human beings — ill physically and mentally, but now perfect specimens of manhood and womanhood — speak volumes for my work. Investigate and see for yourself.

It is confidently asserted by me that the statements following, representing my personal views, can be demonstrated and proved.

1 - That (barring the writer's own work), there exists today no other fundamental system, no other standard code, designed to gauge, measure and indicate what really constitutes health normalcy. My method, in that respect, is unique and revolutionary. It stands out all by itself.

2 - That not even the medical fraternity as a profession really understand the natural laws of life as applied to normal living, hence the reason for that profession's failure to benefit civilization by proper teaching of health control.

3 - That there is today probably not even a single resident professor, scientist or doctor who is really enjoying normal health.

4 - That there is today probably not a single private or hospital nurse, or private or professional masseur or masseuse, pseudo or bona-fide physical culture director, who can properly and fully explain what constitutes normal health, and who is a living example of that natural philosophy of health.

5 - That in view of the foregoing facts, it is humanly impossible for these uninformed authorities to appreciate the condition, appearance and reactions of the human body in normal health at any age.

6 - That the teachers of our children are, generally speaking, usually not enjoying ideal health and wholly unable to detect (and therefore unable to correct) the unnatural, harmful habits acquired by their pupils.

7 - That not even the very trainers of our athletes, as well as our outstanding athletes themselves, are with only few exceptions, in any more favorable condition than their fellow creatures, and these often are not even aware of the superior standards of their own condition, which was reached not because of, but in spite of, their lack of information relating to natural methods innocently practiced without their knowledge. They attained their condition rather through the medium of artificial exercises, etc., to which they resorted in striving to realize their ambition to reach the heights



of physical perfection, thus resulting in their acquiring more balance of mind and body, than is found in the average person.

8 - That practically all human ailments are directly traceable to wrong habits which can only be corrected through the immediate adoption of right (natural, normal) habits.

9 - That the present-day efforts of our so-called health departments are in vain so far as physical health is concerned.

10 - That this condition will prevail until such time as marks the recognition of a standard foundation of sound and sane physical culture, based upon the natural laws of life, as applied to the coordination of physical and mental activities tending to the intelligent development of normal health.

11 - That all tuberculosis and a veritable legion of other minor ills, not to mention bow-legs, knock-knees, flat feet and curvature of the spine, and heart disease can be prevented (an impossibility under present methods).

12 - That the millions of dollars today foolishly expended in the purchase and maintenance of gymnasium equipment, etc., could be more wisely expended for the purpose of training teachers, living examples of normal health, not mere preachers of what normal health (if they really knew) should be.

13 - That the millions of dollars today spent on so-called health foods, health talks, and health articles, are actually wasted for the reason that the claims made for them cannot be proved.

14 - That comparatively speaking, only a very small fraction of the money now so spent would, if spent in the right direction, accomplish that most desirable of all aims; namely, restoring the population to normal health, naturally.

15 - That century after century we persisted in sitting and sleeping in unscientifically constructed chairs and beds.

16 - That only today has science discovered that the real cause of our restlessness lies in the fact that our modern chairs, benches and beds are so designed that comfort and relaxation can be had only by constant change of position.

17 - That our chairs, benches, settees, sofas, couches and beds seemingly are designed for every other purpose than that of

rest, relaxation or sleep - they are in reality the primary cause of our acquiring wrong and harmful postural habits, too numerous for mention here.

18 - That as with chairs and beds, etc., our physical training and sports, with relation to health, are misunderstood.

19 - That only through the attainment of perfect balance of mind and body, can one appreciate what really constitutes normal health.

20 - That for over 25 years, the writer has conducted progressive experiments along scientific and practical lines with his own body and those of his pupils, and the complete results of his extensive research along these lines, are now incorporated in the writer's work under his coined name of "Contrology." This represents a brief but comprehensive system of physical culture and is presented in the form of a new art and science, which, if universally adopted and taught in all our educational institutions, will not only tend greatly to eliminate needless human suffering, but will also tend to reduce the necessity for more hospitals, more sanitariums, more homes for the crippled, more lunatic asylums, more reformatories and more prisons. It also will tend to make the expression "health" and "happiness" something more than mere words indicating theoretical conditions rather than the conditions in fact.

Everyone possessing the moral courage owes it to himself and to humanity to investigate the merits claimed for "Contrology" by me.

## Chapter 2: Health — A Normal-Natural Condition

GENERALLY speaking, the less the average person merely *talks* about health, the better it is for his health. Not only is health a normal condition, but it is a duty not only to attain but to maintain it. If human beings only knew and only obeyed the simple laws of nature, universal health would follow and the Health Millennium would be here.

Those more or less altruistically engaged in searching for, and studying methods to lessen unnecessary human sufferings, are compelled daily to witness the majority of their fellow-men unknowingly committing grievous sins against Mother Nature. They do this as if their very lives actually depended upon the success of their very efforts, altogether unconscious, however, of the fact that they are really jeopardizing and ruining their future health.

Imagine the immediate good resulting to untold millions, were the energies that are now so wastefully and positively harmfully expended, directed instead into the natural path of least resistance - the road to normal health!

Imagine how many more useful and happy years would be immediately added to their lives!

Imagine how much more they would really enjoy life to its fullest extent!

How many of us, or rather how few of us, realize what Life really is? Unfortunately, this ecstasy of living, is reserved for and limited only to those comparatively fortunate few who enjoy normal health - your birthright!



*This is a most instructive chart. Here we see some of the girl students who had come to my studio at a time when they were sadly in need of body developing to continue their profession. Each of the persons on this page are professional singers, actors and dancers. I took them in hand and after three months of my corrective system of exercising, they showed the perfect form and posture seen above. Here we have concrete examples of the benefits derived from my method.*

While recognizing that our modern system is to a greater or lesser degree responsible for present health ills, we shall not here attempt to indicate specifically wherein the fault lies. Suffice it to say, that the majority of our so-called intelligent men and women are so utterly and helplessly ignorant of the really simple laws of nature, that in their pitiful searching for normal health and happiness, one invariably finds them needlessly and heedlessly wandering about aimlessly and hopelessly. They meander through the valleys of quackery pointing ever downward to suffering, misery and death, instead of climbing to the very pinnacle of the mountain crests of common sense which lead to normal health, happiness and life.

Were the ailing "traveler" in life not lured by these mirages of false hopes, is it not logical to assume that he would ignore them entirely and courageously about-face and wend his way in the opposite direction? But who is there to warn him against these "mirages" and guide him to the "oasis" of normal health knowledge? These deplorable conditions cannot be attributed either to a want of understanding of natural laws, or their practical and beneficial application to the alleviation and cure of the ills of humanity - an understanding that really corrects causes rather than merely treats symptoms.

Never in history have more "time" and "money" been expended to attain normal physical perfection than in the present era! Never before have vain cravings for normal health been more justified than today!

Great military victories, moral triumphs, scientific achievements and industrial progress are indelibly engraved in the memory of men!

Business men, both during and after the war, were so busily engaged in piling up fortunes, that they entirely neglected to devote the necessary time to safeguard their health. Only too late did it finally dawn upon them that in the acquirement of their material fortunes, they, at the same time, carelessly and unthinkingly sacrificed the priceless jewel of their mental happiness, crowned with its physical setting of normal health, which they had so wantonly dissipated. Moreover, they also noted that their relatives

and friends, who had followed "The Easiest Way" to fortune so-called, were continually complaining about the state of their poor health. They saw them pass the remainder of their shortened and spoiled lives, either in constant physical pain or in mental suffering, or both. In many cases they saw them die in the prime of life.

The mistreated body, mindful of its past neglect, eventually exacts its repayment in full with interest in the form of leaving business men their fortunes to contemplate, but denying them the benefits and enjoyments that accrue to other men of wealth blessed with normal health. The bitter lesson has been learned - but too late!

While business men now fully realize that "Everyone Is the Architect of His Own Happiness," they also learn that happiness is primarily dependent upon normal health and not per se upon the mere attainment of social position or monetary wealth. They have learned from practical experience.

Was it not natural to expect that under these inviting circumstances, so-called health specialists, common quacks, proprietors of patent medicines and manufacturers of various forms of mechanical apparatus - lamps, rollers, massaging belts, rowing machines, nostrums, serum and other injections, should, through their advertisements - lure the weaklings? Each quack assures the public that his is the ONLY method of quickly restoring one's health, and he bends his mercenary energies toward reaping the bountiful harvest awaiting him from the lure of the unfortunates, in the form of payments of unwarranted sums for treatments, remedies and services. Such treatments not only fail to accomplish the results desired, but in many cases actually do more harm than good, always, however, the good benefiting only the advertisers at the expense of his innocent victims.

What does this nonsense accomplish? It extracts money from the public without corresponding benefit to the public and for good measure, more often than not, adds to their suffering and misery.

It is very doubtful, indeed, whether a really sane and intelligent person would even think of attempting to prove that any

of these many highly recommended "cures" accomplish one iota toward improving the health of anyone, much less effecting a cure.

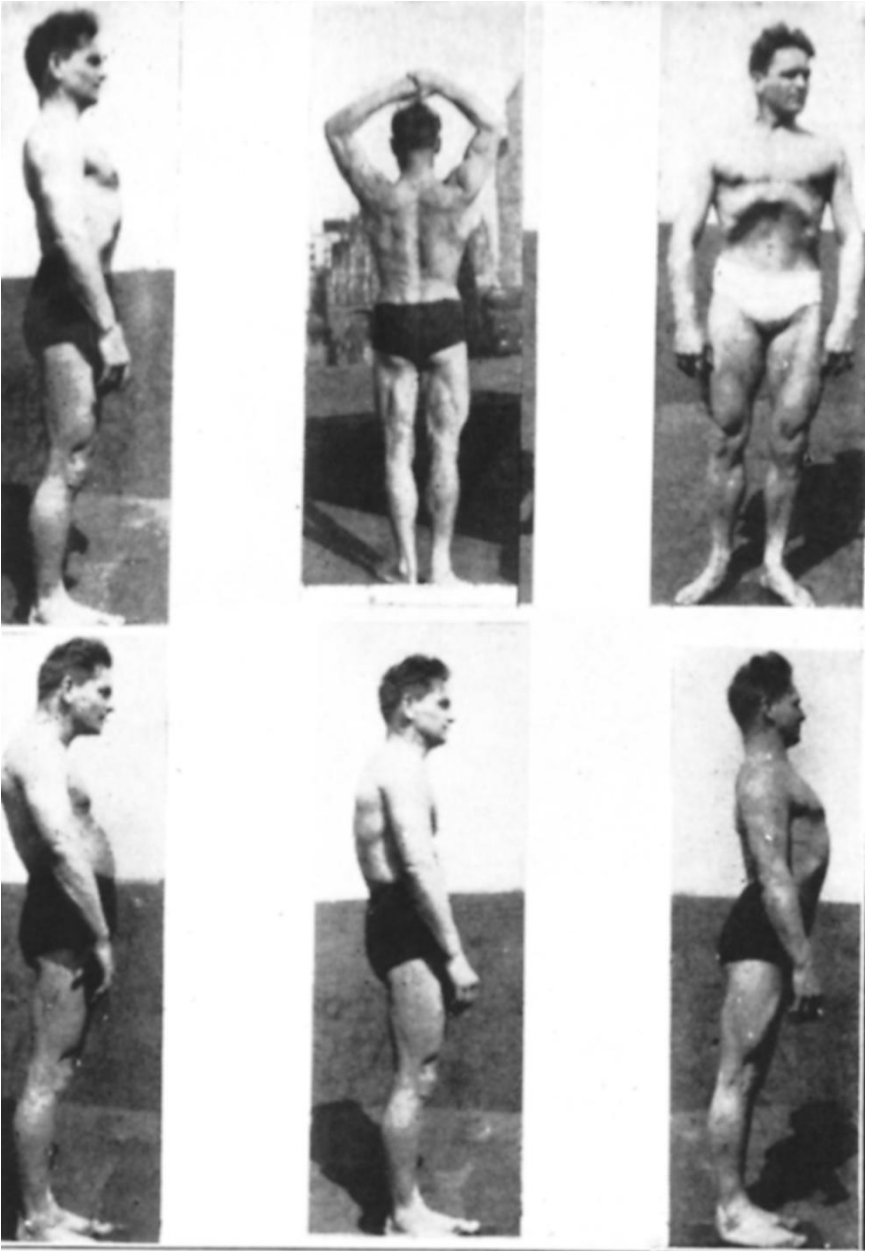
Pardon this thought - But is it not idiotic, figuratively speaking, to permit one's self to be led around by one's nose by these wholly mercenary, unscrupulous and irresponsible exploiters, who, through their misleading advertisements, fake references and unconscionable methods, prey upon the blind credulity of the public? Think it over, you saps!

Hocus Pocus *is* hocus pocus by any other name!

Under ideal (true) conditions, not only the general public, but physicians as well, will enjoy normal life.

Looking into the future, it is thrilling to those enjoying normal health, in the interest of suffering humanity, to think of the time when through legislative enactment, it will be compulsory for those advocating cures, to demonstrate the efficiency of their methods as reflected in their own physical condition and health.

I stand ready for such test. My method has been proved satisfactory in every detail. My course can stand the acid test before the most critical experts.



Here we see the correct and incorrect way to stand. Note the posture in each. On top we see three poses, front, side and back. Note the perfect body. Below we have the author posing first, in (A) the Macfadden Hollow Back incorrect posture; (B) the average incorrect posture of an athlete who is broad-shouldered and muscle-bound; (C) the usual position of ninety-five percent of persons, showing protruded stomach (and double curvature of the spine in both lumbar region and the neck.



## Chapter 3: Dreadful Conditions

CONTRARY to the general opinion and popular belief that the mind is absolute master of the body, as expounded by Christian Scientists and others, and contrary to the general opinion and popular belief that the body is absolute master of the mind, as expounded by modern so-called expert physical culture directors and trainers who concentrate their efforts solely on developing the muscles of the body through the medium of various machines and other apparatus, it is contended that neither theory is the correct solution of our centuries-old health problems.

It is contended, however, that the correct solution of our present-day health ills can best be solved only by recognizing the fact that the normal development of the body and mind is possible, not by pitting the body against the mind, or vice versa, which results from concentrating only on the mind or only on the body, as herein indicated, but rather by recognizing the mental functions of the mind and the physical limitations of the body, so that complete coordination between the mind and the body may be achieved.

The theory advocated by this author is safe, sane and sound, whereas the other theories under consideration, are more or less unsafe and unsound. That is indicated by the newspapers daily recording the death of some of our most prominent men and women, comprising educators, scientists, inventors, physicians, industrialists, bankers, politicians, actors, lawyers and artists, who, more often than not, die in the very prime of their life. Unfortunately, only too frequently, when they are just reaching the heights of their vocations and when death overtakes them, deprives the world of their most valuable services.

Many of these notables silently suffer untold agonies for years, spurred ever onward by their own ambition to accomplish their aims, and while they themselves and their families are fully cognizant of their condition, the public as a rule, is in entire ignorance of it. These martyrs of false health doctrines die comparatively young, their families are bereaved, their friends are grieved and the world suffers unnecessarily an irreparable loss in their passing.

It is not generally known that many of our most popular misnamed expert physical culture directors and trainers, athletic and other champions, have suffered for years from all various ailments. Especially have they been subject to the dreaded heart disease. In fact, many of these persons die even before they have reached their prime, others right in their prime.

Barring accident, is not this record indicative of the fact that despite their expressed faith in their expounded theories and methods - and one must give them the benefit of the doubt - that they are mistaken in their teachings? Instead of improving their own health and lengthening their lives by the acceptance of practice of their theories and methods, they are, as a matter of fact, actually injuring their health and shortening their own lives, as substantiated by their own untimely death and the record of longevity established by other physical culture authorities, whose theories and methods are diametrically opposed to theirs. The system of the latter must be correct, since the acceptance of practice of their theories and methods by others, as well as themselves, results in improved health and resulting long life - oftentimes exceptionally long life. This is the "Nigger in the wood pile."

Very few of these exponents of physical culture can prove that their doctrines will cause one to live longer and happier than will one who never indulges in any artificial exercise of any kind.

Very few of these so-called physical culturists practice up to 60 or more years what they preach in their youth and very few of them can substantiate their claims as reflected in the condition of their own bodies whenever they do reach those years, if they live that long at all.

It would be exceedingly difficult to find them, for there are not many of them to be found. An impartial investigation would disclose that.

Now is the time for the promotion of a committee composed of influential personages, for the purpose of investigating the sad and deplorable state of ignorance existing with reference to one of the simplest, if not the simplest law of

nature - balance of body and mind - and the absence of its practical application in our present-day program of physical education and training.

In these times, with ever-increasing mental training, the human system is more and more dependent on the vitality of the body, which vitality itself is dependent on the absolute coordination of the body and mind - perfect balance!

What is balance of body and mind?

It is the conscious control of all muscular movements of the body. It is the correct utilization and application of the leverage principles afforded by the bones comprising the skeletal framework of the body, a complete knowledge of the mechanism of the body, and a full understanding of the principles of equilibrium and gravity as applied to the movements of the body in motion, at rest and in sleep.

Lacking this knowledge, which is termed "Contrology", physical perfection, with resultant normal life, cannot be attained and comparatively early death cannot be avoided.

Unless the present-day system ignoring the art and science of Contrology are overthrown, it can safely be predicted that they will be successful in accomplishing more harm than good.

On the other hand, if the art and science of Contrology were universally accepted and practiced, one could confidently predict that mental anguish and physical suffering would progressively decrease from generation to generation, and life would be a real pleasure, instead of the curse it now is to so many of our fellow men.

Therefore, it is recommended that the knowledge of the science and art of Contrology should be acquired by all.

Contrology is based upon lessons learned from a life-long study of the principles underlying and governing the laws of nature.

Suffice to say that incorrect habits are responsible for most of our ailments - if not all of them.

Equally true is the statement that only through proper education is it possible to correct bad habits for good ones, the time necessary, depending upon one's condition and age, and while

the cost is comparatively nominal, one is assured of regained health and renewed happiness.

Where can this information be obtained?

Who is qualified to furnish it?

He who criticizes anything without offering something constructive and proved, had better not criticize at all.

An idealist and humanist is in duty bound impelled constructively to criticize our present-day systems of physical education and training and prove by actual demonstration in his own body and that of his disciples and students, that they are positively harmful. He must lend his support to effect an immediate change, substituting the correct theory and practice for our current systems.

Accordingly, the undersigned offers - briefly to expound the general principles of his theories and methods covering balance of body and mind, upon which the science and art of Contrology is founded. He offers to demonstrate the truth of his statements to any person desirous of cooperating with him from a more or less altruistic and philanthropic view, in his aim to spread the doctrines of his system and furnish further detailed information regarding his personal ideas on the subject of "tension" and "relaxation," as related to the attainment and maintenance of normal health, so that the world at large may be benefited accordingly.



*In this plate you see a student and the professor demonstrating the correct and incorrect use of the human mechanism. Study each photograph carefully and see how the body can benefit through my corrective exercises.*

## Chapter 4: Heading Downward

ARE we treading a downward path?

No, we are not "treading" the downward path - rather we are "racing" helter-skelter downward. We are slipping down a path that will lead to the ultimate destruction of the human race, so far as ever realizing the desirable goal of "Balance of Body and Mind" is concerned.

There is only one remedy. The public press must arouse interest to the end that such interest will compel science to "Stop, Look and Listen" at least long enough to permit of an impartial investigation of my claims regarding the simple, sane, safe and sound methods of attaining and maintaining normal health for all. Such an investigation would prove that my teachings will benefit humanity instead of permitting it to be exploited by the unscrupulous.

Science can at one and the same time eliminate poverty, ill health and unhappiness, if it will but investigate *all* and not confine itself only to matters close at hand and make bold to venture far beyond the horizon of its present narrow circle of orthodox activity. I appeal to the intelligent to put an end to the old system and to exploit my scientific system of acquiring and maintaining health.

As civilization advances, we should find the need for prisons, lunatic asylums and hospitals growing steadily less and less. But do we find this to be the case in this era? Certainly not! Teach the human race to care properly for itself and you will do away with these abominable institutions.

What a sad commentary upon our civilization to know that this deplorable "plague" can be annihilated if properly handled, and how criminal it is to think that the "cure" is offered but not accepted because of petty politics and jealousies!

Why boast of this age of science and invention that has produced so many marvelous wonders when, in the final analysis, we find that man has in the race for material progress and perfection, entirely overlooked the most complex and marvelous of

all Creations - Man himself!

Were man to devote as much time and energy to himself as he has devoted to that which man has produced, what astounding and almost unbelievable progress would be made; a progress eclipsing all he has so far successfully accomplished, miraculous as that is! Just think that over, my friends.

Man should bear in mind and ponder over the Greek admonition - "Not Too Much, Not Too Little."

Man's neglect of himself, is destructive of his physical and mental efficiency and tends toward the gradual and progressive weakening of his morale with resulting ever-increasing dishonesty, immorality, loss of all true perspective of his responsibilities to himself and to his fellow man, with corresponding loss of idealism and ethical culture. Those are not mere words - they are facts.

Is civilization responsible for man's present-day physical and mental condition? This question is not so difficult to answer if we but try to see with the eyes of the Creator.

Granting that modern science and civilization do not materially benefit the savage from the standpoint of improving his mental capacity, still, at least, he is not harmed or "crippled" from the standpoint of his physical development. This fact can be quickly demonstrated by comparing the physical condition of an average "civilized" man with the physical condition of an average savage.

Logically, man should develop his physical condition simultaneously with the development of his mind - neither should be sacrificed at the expense of the other; otherwise "Balance of Body and Mind" is not attainable, and this very lack of harmony between man's physical and mental health, is primarily responsible for man's unfortunate physical and mental condition today.

If man persists in neglecting himself, or if man continues depending upon effecting cures with present orthodox methods, his case will be increasingly hopeless as time goes on.

Radically different research is necessary in order to discover and apply the laws of nature assuring man of his birthright to "Mental and Physical Balance."

**"NOT MIND *OR* BODY BUT MIND *AND* BODY!"**

Witness the splendid physique and brute strength of the average savage - his well-proportioned body is the very quintessence of physical beauty - however, brawn has attained the mastery.

Glance at the more or less deformed physique with corresponding lack of strength of the average civilized man. His malproportioned body is usually displeasing to the critical eye. However, in his case, the brain has attained the mastery.

What the savage lacks in mental development, the civilized man lacks in physical development. If their physical and mental deficiencies were interchanged without corresponding loss of any of the physical and mental assets each now possess, then the ideal physical condition and mental state would be possible of attainment - "Balance of Body and Mind" would be achieved. What a perfect specimen of human being such an interchange would create!

Relatively speaking, the savage is physically on a par with the beasts, while civilized man is below par, physically, but exceedingly above par, mentally.

Briefly, then, all we need do in traveling the "road of life" is to trace life itself from birth to youth and middle age to discover that which is responsible for disturbing and upsetting physical and mental equilibrium - "Balance of Body and Mind." Then it will be comparatively easy to recognize and understand the causes and to correct them according to the infallible laws of nature. In short, study your body - know its good and bad points - eliminate the bad and improve the good and what will be the result? A perfect man physically and mentally!

Before attempting to modify or reform any established practice or method, we must first know what is wrong before we can even suggest what might be right. Frankly, the indicated truth is that:

The average child is born of parents whose physical and mental balance was either deranged, or, perhaps, never even attained. Ofttimes, these parents are physically defective without themselves being aware of the fact, sometimes externally, sometimes internally, and sometimes both.



These physical and organic defects are not without effect upon their children, for they are usually inherited. A high percentage of children are born under unnatural conditions, many others, suffering excruciating pains in the throes of childbirth, and not infrequently sacrificing their lives as well.

Under such unfavorable birth, children are literally born to suffer, and much of the resultant unnecessary suffering is properly charged to the physical condition of the parents.

Enumerating a few of the more flagrant faults in man which brings on diseased children, malformation in arms or feet, weak bodies and other things are:

- Feeding children artificial substitutes for mother's milk.
- Feeding children when they are not hungry.
- Overdressing children when they are not cold.
- Forcing children to go to sleep when they are not sleepy.
- Stretching and bending children's arms and legs when they are not inclined to stretch or bend them.
- Compelling children to stand up when they are not strong enough to support their own weight.
- Forcing children to walk when they are not strong enough to control their physical movements.
- Compelling children to sit in chairs for rest (impossible so far as our present-day chairs are concerned), when they are not inclined to do so, preferring rather to "squat" on the floor Turkish-fashion.
- Forcing children to remain physically inactive when they are inclined to be physically active.
- Forbidding older children from climbing trees or jumping fences when their natural inclination is to do so
- Forced to remain quiet when they crave activity. Being compelled to study that which holds no interest for them and they make the pretense of studying simply to please their "blind" parents.
- Sometimes they are even taught to lie when their natural inclination is to tell the truth.

- Quite commonly, they are deliberately misinformed and taught things they do not understand.
- Children are vaccinated with "poison" to *keep their health*.
- They are forced to swallow laxatives instead of resorting to natural exercise to prevent constipation.
- Children are in these days of prurient prudery, either uninformed or deliberately misinformed regarding sex and permitted to gain such knowledge and information haphazardly in the street and elsewhere to their ultimate ruination in body and mind. Masturbation in both sexes, the curse of mankind, is the result of such handling of children.
- After completing their school day studies, they are compelled to study professions or accept such occupational employment as their parents decide in their "infallible wisdom" is best for them and except in rare cases of rebellion against parental authority, the "victims" resign themselves to their destined fate to the detriment of themselves and society.
- Children are impregnated with the thought that success is measured by the acquisition of money and therefore, their aim should be to become rich as quickly as possible.
- Children are in the same manner forced to go through the routine established for their physical culture education, which system of training is more or less mechanically followed without understanding and under the false impression that this routine is benefiting their health.

Millions upon millions live from the cradle to the grave without really knowing themselves and without really knowing what it is all about.

If they are familiar with the Greek adage, "know thyself", it is not practically applied to themselves.

These children in adolescent and adult life, lacking normal initiative, appetites, passions and the stress of competition, figuratively speaking, slowly sink to a low level, never experiencing the thrills of life, never experiencing the glory of successful accomplishment, and never enjoying the fruits of over-flowing vitality and health that should be theirs if taught the problems of

life and the proper control of the body.

Later on, when their vitality is at low ebb, they begin to shrivel at their extremities, their blood pressure is either subnormal or abnormal - their heads get too warm, their feet and hands get too cold - their mentality waxes and wanes and they are, so to speak, more or less animated "clothes racks." This is a mighty serious problem. Think it over. It is deserving of every person's consideration.

And then again, they are influenced to join athletic teams, docilely submitting to a more or less brutalizing training regime, usually concentrating all their efforts on the physical development of the body and the acquirement of physical strength without any regard whatsoever to the acquisition and development of mental control. They are drilled to do stunts for which their bodies are unfit. While their bodies are either subnormally or abnormally developed, their mental control is absolutely neglected.

Is this the kind of instruction you want your children to have? Wouldn't the human race be better off if such system were abolished?

Do not all these violations of the simple laws of nature lead us to tread the downward path? I offer the human race in the place of the present orthodox methods, something revolutionary in character and results, "BALANCE OF BODY AND MIND" through the study and practice of the science of 'CONTROLOGY.'" MY SYSTEM DEVELOPS THE BODY AND MIND SIMULTANEOUSLY AND NORMALLY IN THE HOME, BEGINNING FROM INFANCY AND GRADUALLY AND PROGRESSIVELY THROUGH SCHOOL AND COLLEGE DAYS TO MATURITY.

But will those behind the orthodox system of ruination, accept my new, revolutionary system of training? Not until public opinion forces them to do so, for they well realize that once my system is accepted generally, which must be the case soon, it will mean the end of the quacks, the crooks who wouldn't dare to undergo the very training they offer you as a build-up process to health.

