Health and Exercise.

Health is not a question of measurements, symmetry or large muscles, that is, of strength or endurance, or of ability to win physical contests in which bodily bruises are sustained. Nor is it always a question of being fleshy or fat, or even of "feeling well"—a phrase which might truthfully be used by one afflicted with organic heart disease. Nor is it a question of large lungs unable to "digest" the air breathed. A person may possess all these qualifications and still not have health. This is constantly demonstrated in the seemingly unexplainable deaths of such persons as Bethel Golding, the champion woman swimmer of the United States; Prof. Dowd, weight-lifter and athlete; Jack Kennedy, the champion strong man; Pennell, the Hercules; Jup, the wrestler, and innumerable other athletes less well known.

Seventy-five per cent of the athletes applying for admission to our army during our last war, were rejected because they lacked internal strength. Attention is called to this not to prove that exercise is detrimental to regaining and retaining health, but to show that, like many of the other requirements in scientific hygiene, it may be abused, or may abuse the person practicing it, if intelligence is not also a factor in the work. Therefore, I say, health is a question of internal cleanliness and internal strength; that is, of involuntary power, the power that operates all the vital organs in the body, operates them without the interference of will or consciousness. This is the real power. It is the power behind the throne; the power which Bethel Golding, who died at 23, lacked; and which Noah Raby, who lived to be 132 years old, possessed. Such internal cleanliness and strength mean perfect digestion and assimilation of all the food eaten; a power and condition indicated by a clean alimentary canal, beginning with cleanliness at the very tip of the tongue, a pure breath, an inoffensive body and odor, a clear, smooth, "live" complexion, bright eyes.

All this implies quiet brain and mind, steady nerves, sound, dreamless, restful sleep, and a refreshed and early awakening with a song. For a perfectly healthy person, like "The Skylark" immortalized by Shelley, ever sings early and voluntarily. Such a person will awaken rested, and will be as glad to leave the bed as a bird is anxious to leave its nest at the first peep of day. This is health, and is the one thing in all the world that is always worth more than it costs, because it enhances the value of everything else. It pays the largest dividends yet finds few investors. Health can afford to lend; disease can only borrow.

We believe in exercising for health and beauty, not for physical combat with fellow beings in the pugilistic arena. We believe in the kind of "training" that will make it possible to enter the intellectual contest in search of truth, in which even the vanquished, if sincere, is still victorious.

We all, to a degree, exercise our arms and legs, but rarely the muscles around the abdomen, consequently we lack muscular tenacity in the very part of the body that has the most need of it. If we were unfortunately limited to only ten minutes a day for exercise, I would unhesitatingly choose the trunk exercise in this series as the one from which the greatest amount of benefit can be derived.

In some manner or degree, doubtless, all movements possible to the human body have already been presented by others, but the difference that will mark our system will be the fact that we will combine mind, air and relaxation with the movements, and in the proper proportions to get the results for which the exercises are intended, namely, Health and Vital Wealth. We, therefore, wish it understood that we class Relaxation, Respiration and Mental Discipline as exercises—as the most important exercises in our whole series.

Relaxation.

Relaxation means rest, relief, repose, recuperation, recovery. It means power, grace, naturalness, control. Relaxation means to recover from preceding exertion, whether that exertion be one move or a thousand, as may be the case in a long walk.

Recover, as used in this sense, means to put oneself into a condition favorable to the accumulation of nerve energy. In this connection, it may be remarked that sleep is the most favorable condition for that purpose.

The tensing of the muscles causes a damming up of the blood which the relaxation releases. The benefit is not derived from the tensing alone, or from the relaxation alone, but from the judicious mixture of both, and by subordinating both of these exercises to the one supreme physical exercise—respiration, correct, deep, full, continuous.

It cannot be repeated too often that in cultivating health, exercise, in whatever form it may be taken, will be beneficial only to the degree that more pure air is breathed than is needed for the exercise. Of all the requirements that make health—exercises scientific, deep, full, correct voluntary breathing of pure air is the most important. By it one makes "profit" on every "move" and this profit is only the involuntary power which, through the sub conscious mind, operates the most important organs in the human body—the lungs; the heart, the entire alimentary tract, etc.; and the first infallible sign that this life-power is below normal is manifested in the first perceivable weakness in the organs operated by it. And this means not only that the involuntary power is below normal, but that all the reserve power, which is the momentum-power in the body, has been used up also.
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Address all communications to The University Journal, Howard University, Washington, D. C.

Students and Alumni of the University are invited to contribute.

WASHINGTON, D. C., APRIL 7, 1905.

The April number of the Southern Workman (published by the Hampton Institute Press) contains several articles of unusual interest. One of these is a description of a curious Navajo medicine ceremony, which is illustrated with interesting photographs, and an explanation of its meaning. It is a distinct contribution to the literature of American folk-lore. Another article, which is illustrated with Interesting photographs, is the remarkable and graphic story of the experiences of Rev. W. H. Sheppard, the African missionary, in a cannibal camp in Central Africa in the Congo Free State, about which there is at present so much discussion. The influence of the graduates of Hampton Institute in the acquiring of land and homes by Negroes is the subject of another paper, whose illustrations show marked progress in a mild and conservative way is doing much towards solving the many problems which confront us.

Societies.

At the regular meeting of the Y. M. C. A. Sunday evening, Mr. A. E. Beatty, the retiring president, read an interesting annual report, sketching the history of the society from its incipiency. At the same meeting the new officers were installed, as follows: President, A. D. Tate; First Vice President, R. M. Duke; Second Vice President, B. G. Evans; Recording Secretary, R. P. Davis; Correspondent, John Smalls; Treasurer, J. A. Wright.

Next Sunday evening, at 6:15, Dr. H. A. Robbin, of the Medical Department, will address the society, in the chapel. All young men are invited to be present. The society is in good working order, and is looking for great success.

At the regular meeting of the Alpha Phi Literary Society Friday evening, March 31, the following officers were elected for the remaining part of the school year: President, Osea Taylor; Vice President, A. D. Tate; Treasurer, A. E. Beatty; Chaplain, J. J. Derrick; Journalist and Critic, C. C. Lathers; Sergeant-at-Arms, J. F. Jordan. The society is in good working order.

Notices.

The Howard University Band, assisted by Mr. Clarence Cameron White, violinist, and Mrs. Clara Green Baker, contralto, invites you and your friends to be present at the rendition of a special program Friday evening, April 14, at 7:45, in the Andrew Rankin Chapel.

The Henry A. Brown Prize Debate, under the auspices of the Alpha Phi Literary Society will be held in Andrew Rankin Memorial Chapel April 15th, at 8 o'clock. The public is invited. Disputants: J. Clarence Bagley '05, J. H. Roberts '06, A. D. Tate '07, C. E. Smith '08, J. F. Vanderhorst of Theological Department, J. G. Logan of the Teachers' College, '05.

GREAT VOCAL RECITAL.

Mr. Sidney Woodward, tenor soloist of Coleridge Taylor Choral Society, assisted by artists of Howard University and the Musical Conservatory, will give a recital at Metropolitan Church, M Street between 15th and 16th, N. W., Wednesday evening, April 26. Doors open at 7:00. Recital begins at 8:00. Tickets on sale at the financial department, 1541 Fourteenth street. Prices 25, 35 and 50 cents. All seats reserved.

Personal.

Miss Ethel M. Hedgman, of the Freshman Class, who has been ill, is now able to be in her classes again.

A letter from Dr. H. J. Burnett, '04, informs us that he has a good practice in Mont Clair, N. J.

Mr. J. B. Allen, of the Class of '04, is now substituting in the Armstrong Manual Training School in this city.

R. H. W. Pinkett, of the Senior College Class, has been elected First Assistant Superintendent of the Metropolitan A. M. B. Sunday school.

As we go to press, we learn of the resignation of Prof. Walter L. Smith, to go into effect at the end of the present school year.

Proem:—"In nature things move violently to their place and calmly in their place."
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Education in Africa.

Twenty-five years ago there was not a single school in Central Africa. To-day there are nearly 170 in the Livingstonia mission alone. Twenty-five years ago no one in Central Africa knew a letter of the alphabet, says the Southern Workman. To-day there are more than 20,000 pupils in the schools. Twenty-five years ago there was no Christian in all the country. To-day 300 native teachers preach Christ in the villages every Sabbath day. Twenty years ago there was only one inquirer after Christ. Last year there were more than 3,000 catechumens in the baptism classes, and in a single day at one of the stations more than 300 adults were received by baptism into the church of God. Up to 1890 slave caravans were as numerous as ever.

To-day a strong British protectorate has made slave raiding impossible, and this much is certain that if Christianity had not entered Nyasaland there would be no British administration there to-day, and Central Africa would still be a land of darkness, of spoliation and of blood.

Each week volunteer evangelists go out two by two from the mission. No pay is given them, but a few beads are usually furnished to enable them to buy food at the distant stations. To reach these, the evangelists have to leave on Saturday afternoon, descend some 2,600 feet to the lake shore and walk five to ten miles along rough broken paths to their destinations. They return on Monday in time for afternoon to descend some 2,900 feet to the lake. No less than forty-four village services are held in a day.

Wordsworth:—“Nature never did betray the heart that loved her.”

A Word to Girls.

By J. F.

A woman cannot be said to be truly attractive or popular unless she is loved or admired by members of her own sex as well as by members of the opposite sex. She must be herself at all times and with all people; she must think and act for herself and express her own opinions rather than try to copy some other person she may admire, or who is admired by the opposite sex.

Individuality is always attractive. A girl to be truly popular never says mean things about other girls, thinking that men will like her better; nor does she try to monopolize the attention of all men at once but is willing to share with other girls. She forgets the slander she has heard, ignores the peculiarities of her friends remembering only their virtues and as far as possible blot out all the disagreeable things of life.

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If not, it would be well to do so.

Table d'Hote, A la Carte.

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William Penn:—“It were happy if we studied Nature more in natural things, and acted according to Nature, whose rules are few, plain and reasonable. Let us begin where she begins, go her pace, and close always where she ends, and we cannot miss of being good naturalists.”
Howard University.

Incorporated by Act of Congress March 2, 1867.

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This University was founded in 1867, "for the education of the youth in liberal arts and sciences." It stands distinctively for the higher education of the colored race but educates men and women of all races from all the continents and from many islands.

DEPARTMENTS.

It has eleven distinct colleges and schools: Theological, Medical, Dental, Pharmaceutical, Legal, Teachers, Collegiate, Commercial, Preparatory, School of Manual Arts, and Summer School, which are conducted by one hundred and twenty-five competent professors and instructors.

For Catalogue or information address—

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