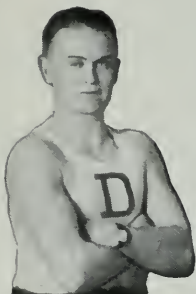


# HEALTH COMES FIRST

By BERNARD DRURY

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When I first started giving the Daily Dozen over Radio KPO I expected to receive letters from people who were ailing and who would want to know what exercises to take and what to avoid, but I was hardly prepared for the avalanche of mail that came to me not only from California but from far distant points.

The majority of these letters served to confirm the conviction I had long held that most adults do not enjoy perfect health and that the main reason for this condition is the lack of intelligent exercise.

The trouble with most people is that they are so wrapped up in their business or social activities that they forget all about the needs of the body, and the latter part of their lives is one long series of struggles to fight the undermining influences of failing health. We ought to pay attention to our health when we have it—not when it is beginning to leave us. Just as the sensible business man does everything in his power to keep the business intact which he has been at such pains to develop so ought we to leave nothing undone which will tend to maintain a condition of normal health, a condition where all the muscles of the body perform their functions properly.

There are many diseases of the nervous system which are brought on through sheer neglect. Bad nerves have ruined many lives. When the nerves are in poor condition people become irritable when they ought to be pleasant, restless when they ought to be in repose, unsteady and excitable when they ought to be calm. They worry themselves sick about their business or domestic problems when they should be meeting them fortified by the powers of resistance which are ever available for people with healthy normal bodies.

The condition of the nervous system is bound up with the general health of the body and those who would enjoy a condition of normal health must give their bodies as conscientious care as they give to their automobiles or any other piece of machinery.

Take care of your health and you will be surprised to find what demands your constitution will successfully meet. But you must be prepared to put out some effort. Everything worth while is worth working for. Health is one of these things—the most precious of all.

Health comes first. Without it all things are barren. Business suffers, pleasures pall and life seems hardly worth living. Keep your health and all things are yours.

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