



Founder of the Fastest Health, Strength and Physique Building System

## EXERCISES FOR LESSON TWO NUTRITION

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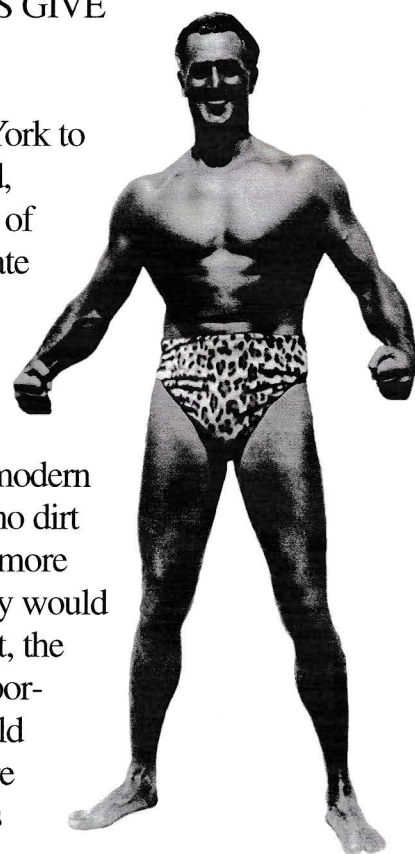
DEAR FRIEND:

How was that first week's exercise? I often receive letters by this time telling me that the chest muscles are already beginning to stand out. Let me hear from you.

WE WILL NOW LEARN THE TYPES OF FOODS AND WHICH ONES GIVE HEALTH, POWER AND GREAT ENERGY.

The huge streamlined express airplanes, which hurl themselves from New York to California, shrieking through the air with enormous power and terrific speed, depend upon the proper kind of fuel for their energy. What would you think of the aviator who put any old junk into the tanks and expected this fuel to create the power and energy to get his plane to its destination on time? You would say, that man's a fool. Yet that is exactly what millions of people are doing today with regard to their eating habits.

Proper food furnishes the power with which to run the human engine. Our modern airlines take special care in selecting the best grades of fuel, and watch that no dirt or other impurities enter into the gasoline tanks. If only human beings were more careful in selecting those foods which give them brain speed and power, they would be immeasurably better off. Energy is largely derived from the foods you eat, the way in which you eat them and at what times you eat them. It is of vital importance, then, that you use great care in eating only those foods which will build health and increase your strength and energy, thus giving you more and more POWER. So that you may intelligently understand the underlying principles of dietetics, I am furnishing you with a little non-technical information regarding the science of nutrition.



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

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First of all you must know WHY you eat, then you will be better able to avoid things that you know to be injurious. Foods eaten under proper conditions, among other things, repair the waste and worn-out tissue, build up the brain, supply the cells with the elements of life, and also store fat.

The seven principal classes of nutrients are:

1. PROTEIN, largely composes muscles, organs, antibodies and all enzymes.
2. CARBOHYDRATES, the body's principal source of energy
  - a. Simple Carbohydrates - all sugars including dextrose, maltose, lactose, table sugars (sucrose)
  - b. Complex Carbohydrates - primarily starches. Some examples are bread, rice, pasta beans, fruits, vegetables and potatoes
3. VITAMINS, helps to regulate many bodily functions, including the digestive and nervous system
4. MINERALS, essential for numerous processes from bone formation to heart functions; they become part of the body.
5. FATS, Numerous body functions from warmth to maintaining healthy skin.
6. FIBER, aids in the elimination of body waste and reduces the risk of contracting certain diseases; the indigestible part of the carbohydrate.
7. WATER, basis for all body fluids, cell processes and organ functions.

All foods containing the above constituents to any degree are valuable for the perfect nourishment and maintenance of the body in a state of normal health. In other words, to maintain good health you should eat from all the seven classes of food daily. If one or more are omitted, you will suffer the consequences of undernourishment. There are other important factors to be taken into consideration, such as the right proportion of foods in each of the seven classes. They must also be combined in such a way that on entering the stomach they can be acted upon by the various digestive juices with the minimum expenditure of energy. They must be eaten at regular intervals; under wholesome conditions; presented in an attractive and appetizing manner and thoroughly chewed before swallowing.

## NUTRITION

Here is a list of those foods containing a large percentage of protein:

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|---------------------|---------------|
| 1. Nuts             | 5. Poultry    |
| 2. Eggs             | 6. Lean Meats |
| 3. Beans, soy, peas | 7. Fish       |
| 4. Milk and Cheese  |               |

Carbohydrates: foods containing simple and/or complex carbs are:

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|------------------------|-------------------|
| 1. Bread               | 5. Cereals        |
| 2. Macaroni, spaghetti | 6. Meals & Flours |
| 3. Table sugar         | 7. Crackers       |
| 4. Syrup               | 8. Potatoes       |

Those foods very rich in Vitamins are:

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|---------------------|--------------------|
| 1. Green Vegetables | 5. Tomatoes        |
| 2. Oranges & Lemons | 6. Herbs           |
| 3. Butter           | 7. Bananas         |
| 4. Melons           | 8. Root Vegetables |

The foods predominant in fat are:

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|--------------|-------------------------|
| 1. Cream     | 4. Nuts                 |
| 2. Fat Meats | 5. Cooking Fats         |
| 3. Butter    | 6. Table and Salad Oils |

Another group that cannot be overlooked are the minerals, including:

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|----------------------|---------------------------|
| 1. Shellfish         | 5. Whole Grains           |
| 2. Apricots          | 6. Leafy Green Vegetables |
| 3. Fluoridated Water | 7. Organ Meats            |
| 4. Broccoli          |                           |

The foods giving the essential fiber are:

- |                     |                    |
|---------------------|--------------------|
| 1. Bran             | 4. Root Vegetables |
| 2. Leafy Vegetables | 5. Cereals         |
| 3. Whole Wheat      | 6. Fruit Pulp      |

Note that the selection of foods is derived from fruits, vegetables, dairy products, meats, oils, cereals and their products, fish, poultry and preserves. This includes a large selection in each respective food group, but you must exercise care and choose only those that are called organic or unde-



natured foods. That is, foods from which the life-principal has not been extracted by commercial processes.

Before going further, I will describe those particular foods which hardly contain any nutritional value. Undoubtedly, the greatest food products condemned as lacking in the vital elements of nutrition are white bread and all white flour products. In the refining process of white flour, the millers have unwisely extracted most of the important food constituents. Most enriched white bread replaces only four of the twenty-two nutrients it originally started out with before the milling process and contains seventy-five percent less fiber than whole wheat breads. This is a crime. Along with white bread should be included such things as pies, puddings, pastry, cakes, doughnuts, rolls, muffins, cookies, biscuits and similar preparations made from white flour. This white flour is the real part the millers should throw away for lack of nourishment. You can not become healthy or strong by eating this product.

Whole wheat, on the other hand, has more vitamins, minerals and fiber than enriched white bread. The whole wheat kernel contains all the essential food qualities in almost perfect proportions. However, bread advertised as "whole wheat" must be made from one-hundred percent whole wheat flour. Breads that are labeled "cracked wheat" or "sprouted wheat" usually contain a large percentage of white flour. Many 'so called' wheat breads, for example, contain about seventy-five percent WHITE FLOUR. So, don't be fooled by the labels. Any product labeled "whole wheat" must have whole wheat flour listed as the only type of flour used.

On a white flour diet, you clog the alimentary tract. The use of white bread and similar products made entirely of white flour is one of the causes of constipation. If you are eager to be free from this annoying condition, refrain when possible from using any foods where the base is white flour. Fortunately, many of our breads today are fortified by the addition of vitamin B-1. It is quite all right to eat such products.

Another class of food stuffs you are urged to greatly decrease is all fatty meats. If you eat meat, see that it is very fresh, lean, tender and well-cooked. The undesirable feature about the fat meat is this: the saturated fats in some meats can be a threat to health. Eating an abundance of fat can lead to elevated levels of blood cholesterol, which in turn may lead to clogged arteries, which can lay the foundation for heart disease and heart attacks. Refrain from eating it if you value your health.

Also to be avoided are sharp spices such as: pickles, pepper, mustard, sauces, vinegar and all similar foods. These I strongly condemn because they retard the normal action of digestion, hardening the lining of the stomach and intestines, preventing the natural secretion of the gastric fluids, which mix with the food in the process of digestion. Perhaps the least harmful of spices is salt. You may use a small quantity, but if the foods are properly prepared they need no addition to

bring out their true flavor. The excessive use of salt, mustard, pepper, and vinegar dulls the taste sensibilities, so that the real flavors of the foods are not known.

Together with the foregoing articles to be condemned in your dietary, should be included the frequent use of candies and all commercial sweet products even the use of white sugar. These manufactured products are composed largely of a cheap glucose and other inferior sweetening mixtures, including various injurious chemicals, compounds, and similar ingredients. If you must eat candy at times, be sure it is of the very highest quality, and wherever possible, substitute regular maple or brown sugar for the white commercial kind.

There are still a few more food products which are to be avoided if possible such as ordinary rice. Rather, substitute organically grown brown rice. The Chinese live almost entirely on rice, but not the rice we get. Genuine rice is unpolished or undressed, and you should insist upon getting this kind if possible. Brown rice, like the whole-wheat flour, has not been robbed of its vital elements. This also applies to spaghetti and macaroni, that are products of white flour. There are some manufacturers who make these foods from pure whole-wheat. Their new delicious flavor and nourishing qualities make it worth your while to procure them.

While on this subject of condemned foods, I must not overlook certain drinks. No nation in the world drinks so much coffee and tea as does America. No nation has so many people suffering from nerves and similar troubles. Tea and coffee are stimulants of an artificial nature. There is no real nourishment in tea or coffee. They are actually narcotics and poisons, and should be shunned if you value your health. Instead of soothing your nerves, as you think they do, their real action is to paralyze them. You cannot have strong, responsive, keen nerves by paralyzing them, which results from the drinking of tea and coffee.

The caffeine of coffee and tea is a deadly poison. (Of course only when taken in concentrated form). Look inside your teapot or coffee percolator and observe the dark brown stains deposited by these poisons. This same condition goes on in the lining of your stomach. Do you think then, the use of these drinks will give you health, strength and power? They will not! If you are wise you will avoid them.

I have mentioned a great many ordinary articles of diet I want you to refrain from eating and drinking. From my past experience, long study and careful observation, I have found that the large majority of people are sick today because of dietetic errors. They do not know what to eat and what not to eat to insure the maximum of health and efficiency. Now that I have told you what to avoid, you will, I hope, switch from those articles to others which will supply the body with its needed elements. You want increased health, muscular power and strength, magnetism, personality, courage and confidence, you cannot get them from eating products that will not build a strong



perfect body for you. It is essential that you grasp this idea and at all times refrain from eating anything which has no real nutritional value. If you do, you simply hinder the building-up process. You sow the seeds of disease, and you **MUST** reap the penalty of poor health as the result of your disobedience of Nature's unalterable laws. Again I must repeat; as the mighty engines derive their power from carefully selected fuels, so do you derive your power from carefully selected foods. Because of the tremendous importance diet plays in the actual promotion of health, I feel it my imperative duty to inform you fully and freely of my latest investigations and experiments along this line. I warn you to treat your stomach with respect, and supply it with only those foods which will aid in the building of a more perfect and beautiful body.

It is a well-established fact that a great number of diseases may be avoided and even reversed merely by the selection of proper foods suited to the individual's requirements. Thus, if you are overweight, by cutting out the fat forming foods and exercising regularly, you will, other things being equal, become normal. Be sure, however, that your energy output is equal to or exceeds your caloric intake. On the other hand, if underweight, you can make considerable gains by following a well-planned dietetic regime. It is, of course, impossible to give menu lists for you to observe all through life, so I am devoting a little space to give you more information concerning foods, thereby enabling you to select your own wisely and carefully.

As many diseases originate from impurities in the blood, and the blood is manufactured from the food eaten, it stands to reason if you select healthful foods, you will be more likely to have healthy blood. Therefore, in building up a perfect and muscular body, you must henceforth confine your diet to those particular foods which contain all the elements to thoroughly nourish the body, making sure you get a very generous supply of vitamins and minerals.

Special care must be exercised in having the right food combinations at each meal. The various foods should blend when mixed in the stomach. No matter how nourishing the foods are, if you display ignorance in not combining them appropriately you will suffer in consequence. If you wish to determine beforehand as to whether the foods of any meal are a satisfactory combination, imagine all these foods mixed up in a large bowl, and consider what possibilities there are of making good, rich blood from the mixture. Do not eat all protein (muscle forming) foods at one meal. Nor should you eat all starch or carbohydrates at any one meal. You can easily consult the food groups given on an earlier page and see that at each meal you combine proteins with starches, minerals, vitamins and so forth. This will be a fair guide in helping you decide just how to balance your diet for maximum health and strength.

Do not forget the first process of digestion commences in the mouth. All your food must be carefully and thoroughly chewed before you swallow it. So many people are in the habit of hurrying

their meals and then help wash it down with a cup of coffee. This undigested mass lies in the stomach a very long time, requiring considerable energy to cope with it. You cannot afford to waste this energy. Conserve it as much as possible by giving your teeth the work they are meant to do. Do not impose on your stomach by sending down unmasticated foods. All foods, including fluids, must be well mixed with the saliva in the mouth before swallowing. Then, on its arrival in the stomach it is ready for the next process in the act of digestion. Avoid eating between meals. You should be really hungry when you eat, and you cannot enjoy your food when constantly eating snacks between meals. Allow at least five or six hours to elapse between your meals. The digestive system needs a rest just the same as you do. Many foods take from three to five hours or more to be digested, so you see the poor stomach does not get much rest anyhow. Treat it with respect! Never exercise for at least two or three hours after a meal. The stomach demands an extra supply of blood when digesting food; if you exercise just after a meal the stomach is denied the blood it needs for its work, and the process of digestion is considerably delayed, therefore you derive no benefit from the exercise. Have a care!

If you are in a great hurry, do not eat until you have time to really sit down and enjoy your meal. If you **MUST** eat at this time eat only a very small quantity. Realize, it is not how much you eat, but what you **ASSIMILATE** that counts. Therefore, a little food properly eaten is of far more value than a lot of food gulped down any way.

You are especially urged to beware of the common practice of getting a light lunch of a soda and a slice of cake. What nourishment is in this? Very little. Yet millions of men and women are doing this every noon. If you have only the time for a light lunch get some whole-wheat or Graham crackers and a glass of milk - eat them very slowly. The price is the same but the amount of nutrition cannot be compared. What has been said regarding sodas applies equally to the habit of drinking soft drinks and the like from fountains. Rushing for a soda is largely a matter of habit. Satisfy actual thirst with water or milk, refraining from iced tea and iced coffee.

Restaurant foods should be selected with care. Demand whole wheat or rye bread in place of the white flour rolls. Finish your meal with a fruit salad or fruit of some kind. This insures your getting some minerals and vitamins, at the same time leaving a clean taste in your mouth. See that all your meals are eaten under wholesome conditions, amid pleasant surroundings.

Of the utmost consequence in securing the maximum benefit from your eating, is the assumption of cheerfulness. Do you realize your food cannot be digested if the mind is disturbed by worry, anxiety, fear, and other mental troubles? Such is actually the case. Refuse absolutely to be mentally disturbed during mealtimes. You should enjoy light, sociable conversation on pleasant topics during meals.



With regard to your eating see that you get sufficient nourishment without overeating. You may be eating far beyond your bodily requirements and still be undernourished. This is because you are not selecting the proper kinds of foods. In seeking health and strength, you should select muscle-forming foods. Many thin people are so because they not only do not eat enough but also because they eat too rapidly. If you feel tired, loggy, heavy and the mind clogged, you can depend upon it you have been overeating. This condition is far worse than under-eating, and must be guarded against.

## VALUE OF WATER

A very important but simple method in Health and Strength Building is the frequent drinking of PURE WATER. I want you to get the water-drinking habit. Water is the universal solvent. Its great value is that it flushes out the impurities from the body - washing away all poisonous waste matter from the stomach, thoroughly cleansing the kidneys. In addition to sweeping the debris from the system it is also a vitalizing element, because among its constituents are oxygen and valuable minerals. I suggest that you drink from six to eight glasses of pure water each day.

As in all other things, there is a correct method of drinking water, and the following rules you are kindly asked to observe: Drink at least six or eight glasses of clean water daily. Do not drink at meal times to wash down your food. It is preferable to avoid drinking half an hour before and half an hour after meals. If, however, you are very thirsty drink sufficient to quench actual thirst. Avoid gulping down water. Sip it slowly, mixing it with saliva, endeavoring to almost chew it as you would a solid. [Refrain from drinking ice-cold water. By thus freezing your stomach, you retard the natural action of the gastric juices and work havoc with the digestive system. Likewise avoid very hot drinks. Why scald the stomach with fluids sizzling hot?] If you are hot and very thirsty, refresh the mouth by rinsing, but do not swallow for a time. Water should be cool as normally comes from the faucet. If the water has been standing any length of time, it is well to aerate by pouring from one vessel to another, or sipping through a straw which has been pierced with several pinholes. Drink a glass of warm water immediately on arising. If it has a flat taste, sweeten with a spoonful of pure honey, or add the juice of half a lemon. Do not drink too much water prior to going to bed. Satisfy normal thirst to be sure. If you drink late at night it may mean you will wake at an unduly early hour to relieve the bladder. Whenever this desire is experienced by all means eliminate the waste matter. Never retain it or you may do yourself considerable harm. Have a glass of pure water always on hand on your desk or table and drink it freely and often between meals, because it washes away toxic matter and gives new tissue an opportunity to grow.

## DRINK WATER FREQUENTLY EVERY DAY. MAKE IT A REGULAR HABIT.

At dinner see that you get a properly balanced meal, with the proteins, fats, carbohydrates, miner-



als and vitamins. This can be assured if you have a vegetable soup, lean meat or cheese omelette, etc., nutloaf, green vegetables, potatoes, fruit salad or fruit of some kind. If you have potatoes, you do not need macaroni, spaghetti or rice because they are all carbohydrates. If you have peas you do not require beans or nuts at the same meal. It is hardly likely that you will get too great a quantity of minerals and vitamins from fruits or raw green vegetables so therefore eat plenty of those. It is the better plan if possible to have your dinner - the heaviest meal - at midday, and a supper consisting of something not quite so substantial as at noon.

Please do not make the mistake of eating MORE than you can enjoy. Do not FORCE food on the stomach. If you are not eating very much increase the quantity a little at each meal. Remember, you cannot increase the size of your muscles and round out the body to perfection living on a split pea and a glass of water. You've GOT to eat. Each meal should thoroughly satisfy you and you ought to experience a feeling of contentment after eating. In addition to the above suggestions take care that you do nothing that will in any way lower the vitality and tear the body down. Conserve your energies as much as possible. Strive to perfect your body for your particular type of build.

Concentrate on gaining strength and you will be astonished at your progress.

I now say Good-bye until Lesson No. 3.