



Manly Health And Training (Hardback)

By Walt Whitman

Regan Arts, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. A truly significant discovery, Walt Whitman s Manly Health and Training is an entertaining health manifesto that sheds new light on one of America s major nineteenth-century authors. In the fall of 1858, a thirteen-part essay series appeared in the New York Atlas, under the title Manly Health and Training. This nearly 47,000-word journalistic effort, written by Walt Whitman under his pen name Mose Velsor, was lost for more than 150 years, buried in just a handful of library archives, until its recent unexpected discovery. What you hold in your hands is a long-lost health manifesto that, remarkably, is as relevant today as it was back in the nineteenth century. A truly illuminating discovery that reveals much about a little-known period in Whitman s life, this men s guide features earnest recommendations for eating, sleeping, and exercise, emphasizing moderation and focusing on the holistic relationship between the mind and the body: --Be a carnivore: Let the main part of the diet be meat, to the exclusion of all else. --Engage in vigorous exercise: Habituate yourself to the brisk walk in the fresh air--to the exercise of...



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