

AN IMPROVED MAN.

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The Improved Man will differ from the man of today, chiefly in the economy of nervous power. We are just beginning to understand ~~that~~ nervous force is to ~~the~~ human life just what elasticity is to the bow or steam to the engine, -- the only thing that makes it of any use. Muscle and brain are both valueless without it, and ^{it} is a force in large degree independent of either. It certainly does not depend on muscular development and the most finely organized mind is worthless without this mysterious motive power. Like all other forces it is weakened by constant exercise. Overwork, to which its destruction is usually attributed, is ^{really} very rare; over-excitement, -- constant ^{alertness} ~~attention~~, lack of restorative repose, -- ^{are} ~~is~~ the most evident ^{present} fact of our life. From a babyhood which brings an inheritance of over-strained faculties, until a premature grave, the life of today is one of constant over-stimulation and utter lack of repose or ^{nervous} recuperation. The little one instead of being encouraged to sleep and grow as any young animal should in order that the mysterious battery on which nervous power depends may arrive at its completest development and be able to endure the greatest strain, is urged from the earliest dawn of intelligence to exhaust day by day its little stock of vitality, in order to gratify ^{the} parental yearning for precocious display.

Our whole educational system is founded on over-excitation of the nervous power. Color, sound, change of subject, change of scene, -- anything that will serve to keep the child's attention alert and its faculties strained to the utmost, is accounted a desirable addition to of modern system of education. It is just as dangerous to over-stimulate the ^{nervous energy} ~~intellectual faculties~~ of the child for six ^{four or}

with constant demands upon its ~~all~~ ^{intellectual faculties} ~~by~~ ^{of sense} hours a day, as it would be to excite the nerve by constant tickling, for the same ~~same~~ time. The only difference is, that in the one case the process of destruction becomes offensively visible, and in the other ~~case it is very gratifying to parental pride.~~ ^{its manifestations are peculiarly both to the spirit of the parent and the teacher.} A mother who would be horrified at muscular spasms, ~~the result of~~ ^{produced by} excessive excitation of the nerves of sense, is affected only with the highest rapture at the unnatural ~~spasmodic~~ ^{the} efforts of over-stimulated brain which makes the child a prodigy. This system produces an infinite variety of ^{what are termed} "attainments", an amazing aptness at catching on to half-defined thoughts, a wonderful average of what we ~~term~~ ^{call} intelligence, an unprecedented power of ^{half} absorbing ^{an immense} a great number of ideas, very little capacity for continued or concentrated effort, a surprising harvest of disappointments and a terrible demand for laudatory tombstones. It makes true the adage that "the good die young;" and compels us to rely on the poorest element of today's life for tomorrow's achievement.

The Kindergarten and all similar methods of intellectual titillation by which the young are excited to unnatural alertness are only civilized inventions for a decorous "slaughter of the Innocents." Life would be prolonged and individual power increased, if it were made punishable as homicide to tax the young brain with the burden of acquisition until the body had grown strong enough to stand the racking force of ^{a highly-stimulated} ~~awakened~~ nervous energy. The Improved Man, instead of submitting ^{his} the child to over-exciting conditions, and ^{trying to ward} ~~warding off~~ insanity ^{and collapse} by soothing-syrups and nervines, will seek for and demand quiet, rest, lack of variety, freedom from excitement while the young animal is gathering force and power for the herculean efforts and unequalled endurance the civilization of tomorrow will ^{require} demand.

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Instead of asylums for worn-out lives, the Improved Man will build establishments, pass laws and practice a regimen, calculated and intended to prevent over-wear and ^{the} early ^{and irreparable} destruction of nerve-force. With a few possible exceptions, the great and beneficent work of the world has been done by men whose early days have been uneventful, free from excitement, restful and unworn by multitudinous irritations, until the body had gathered strength and the nervous energy had acquired a sufficiency of reserved power to justify great undertakings. As a rule, the men who have done the world's work have been distinguished ^{as having} for ~~vital energy, reserved power,~~ and have come late to the full enjoyment ^{and} or realization of their own capacity, ^{with} a ~~superabundance of accumulated vitality.~~

Moses, ~~the Christ~~, Mahomet, Cromwell, Washington, Lincoln, Bismark, Von ^t ^d Molke, Humbolt; Scott, Shakespeare, --and almost all the great healthful names in philosophy, religion, politics, literature, and even war, have been men whose powers were dependent on an unexhausted youth and matured nervous energy. ^{for the accomplishment of the great achievements which have made their names immortal.} Unhealthful, phospherent ^{brilliant} brilliancy, and in a few instances, notably Napoleon and Hamilton, remarkable and perhaps enduring powers, have been early developed. It must be remembered, however, that in such cases men have almost always been the heirs of generations of ^{unstimulated} ~~unstimulated~~ powers, --of generations of accumulated vitality and unexhausted nervous energy. Not unfrequently, too, such lives ^{are} the product of a swifter ripening climate, which brings the nervous power to an earlier perfection. The "Improved Man" will study these matters and instead of ^{cultivating swift-ripening} ~~growing~~ monstrosities for the ~~time~~ museums of the world's wonder-gathers, will look for substantial results, prolonged lives and ripe ^{capabilities} ~~fruits~~ as the gifts with which to bless his offspring. When the "Improved Man" comes to be a fact, the good will live longer than the bad, and healthful power will be es-

esteemed more desirable than early brilliancy,--a steady light bet-
 ter than the fitful glare that speaks of phosescence and hints of
 the graveyard's damp, and mold. He will differ from the man of today
above all other things,
 in the fact that he will give his attention chiefly to the conserva-
 tion of vital energy rather than to the invention of new methods *by which*
 the consumption of *immature* nervous force *may be developed promoted* --to developing capacity for great
 achievement, prolonged effort and healthful results, rather than de-
 veloping astounding *fungoid* monstrosities *with which the hot-bed*
civilization of today abounds

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