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Whitman: Unrecorded notes on health

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ON THE BACK COVER:

WHITMAN: UNRECORDED NOTES ON HEALTH.—Written in pencil on a scrap of paper, 7¼ x 5½ inches, is an unknown piece of prose of just the sort that Edward F. Grier would have included under "Health" in his edition of Walt Whitman's *Notebooks and Unpublished Prose Manuscripts* (New York: New York University Press, 1984), 6:2245–2259:

> —The *main object* henceforth to cultivate a *perfect personal* [*personnel* written above] —get the blood, stomach, bowels in good condition—*perfect condition*—& *keep them so, uniformly*[,] the mind clear & equable.
> —Become indeed *a serene, clear, healthy,* [four words underlined twice in ink; *p* in *perfect* and *personal* also in ink]
>
> *Gay-hearted man* [in ink, underlines and pointed fingers, in pencil, for emphasis]
>
> Do good to the utmost extent of means—
>
> Kind demeanor—affectionate gentle words—give liberally—give, give, give

As can be seen in the reproduction on the back cover (with the kind permission of the Feinberg Collection), the writing is of a mature Whitman; and, furthermore, he refers to "a really GAY-HEARTED MAN" in *Good-Bye My Fancy,* published in 1891. Whitman was obsessed with health, with dozens of such references throughout his prose ("bygone atmospheres of perfect health" in the 1876 Preface; and "The master sees greatness and health in being part of the mass" in *Democratic Vistas*).

Oakland University WILLIAM WHITE