Local Writer Benefited From Stay at Physical Culture Hotel

BERNARR MACFADDEN, popular magazine publisher, has established the Physical Culture Hotel at Dansville, N. Y., in the beautiful Genesee valley. Your writer was privileged to spend last week at this institution and returned full of praise for the work being done there to aid thousands (some of them seemingly hopeless) on the road back to health.

I arrived there last Sunday morning after a bus ride of a few hours from Erie, and the first lady I met was, I later learned, the owner of the hotel. She was accompanied by the hotel's doctor who had just examined one of the younger guests, and there is always someone on hand to help those who need energy. Drugs are not used at the Physical Culture Hotel.

In the dining room the theme behind the service is health. No food that is not essential to the building of the body is served. There is nothing served that is made of white flour. All the baking and cooking is done with whole wheat flour, which is said to leave one with twice the energy of white flour. Delicious salads of fresh fruits and vegetables are served.

For the young person who is contemplating a visit to the hotel, the athletic courts and swimming pool will be most attractive. There is a concrete tennis court that will tax the playing ability of the best players. This is a popular spot with most of the younger guests, and there is always someone on hand to play a set or two.

The swimming pool is another popular spot with the guests and patients at the Hotel, the athletic courts and swimming pool situated within the immediate area of the building are needed energy. Drugs are not used at the Physical Culture Hotel.

I have been more than pleased with the health, strength and physical condition I have gained.

Mrs. Hewitt also found that a bronchial condition improved and that elimination was easier. She was especially appreciative because of the health knowledge which she gained while here and I am sure that from now on both of us are going to continue to improve in health. We know how to live correctly and expect to apply these principles for the rest of our lives. The time spent at the health resort was also a pleasant vacation for both of us and we hope to come back again.

Mrs. A. W. Hewitt
Mr. A. W. Hewitt

Abel Perlmutter

Do You Know a Boy?

who is uncertain about his future schooling? Tell him of Bernarr MacFadden's man-building school.

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Berry State Park is a short distance from the Hotel and is one of the most delightful spots in the East. Conesus Lake is not far from Dansville and those that go in for angling will find plenty of fish, just waiting to be "hooked". The outstanding area of natural beauty is known as Letchworth Park. A visit here is well worth the time.

The institution is one of the finest of its kind in the country and people come from all over the world to reap the benefits that can be derived from a stay here. There is activity and fun for old and young alike, and the young person can have a marvelous time there if he decides to visit this wonderful institution.

Abe J. Perlmutter
The third annual Physical Culture Convention brought together an army of enthusiastic followers of the Macfadden way of living at the famous health resort at Dansville. For a week or more in advance of the opening day physical tourists arrived from every section of the United States to take part in this annual health chautauqua. It has become the great event of the year for those interested in health through sane and sensible living habits and building up superabundant vitality through proper exercise, correct diet and following the laws of Mother Nature.

Bernarr Macfadden, father of the physical culture movement, philanthropist, publisher, a man revered by millions of followers in all countries, was greeted by scores of friends and admirers when he landed at the Dansville airport in his private plane. One of the enjoyable thrills experienced by many of the Convention guests was the opportunity for a trip in Mr. Macfadden's plane. He was most generous and a large number accepted his invitation for an air ride.

The picture shown above serves to give only a glimpse of the brilliant array of health experts, athletes and noted people from far and near who enjoyed the splendid program, the hospitality of the Physical Culture Hotel and the magnificent scenery of the Genesee country. This section of western New York, always beautiful, was a haven of rest and plenty after the distressing experiences observed in some of the drought stricken areas of the United States.

The program presented an unusual array of names which are familiar to those who are interested in health education and physical development. To name all of them would require more space than we have at our command but you will readily recognize such outstanding authorities as: Dr. Charles A. Clinton, physician and author, in charge at Physical Culture Hotel; Dr. Arthur Black Farmer of Toronto, Canada; Prof. H. Glenn Hall of the Charles B. Towne Hospital, New York,
N. Y.; Carol Cameron, popular writer for the Physical Culture Magazine; Milo Hastings, Food and Nutrition Expert for Macfadden Publications and contributor to Physical Culture Magazine; Dr. Robert G. Jackson, of Toronto, a remarkable young man of seventy-odd years who is an expert physical culture instructor and who has a large following in the United States and Canada; Carl Easton Williams, Editor of Physical Culture Magazine, had an important place on the program; Art Gay and his talented and attractive family from Rochester, N. Y.

Dr. Clifford B. Severn of Johannesburg, South Africa, proved a volatile and intensely interesting speaker; Dr. Lorine Pruett of the New York Herald-Tribune was a popular speaker; Mr. C. H. Corson of Toronto gave a remarkable exhibition of swimming in the outdoor pool.

Otto Arco and Sig Klein, world known athletes, gave a wonderful exhibition of body development and muscular coordination, followed by a series of poses which left the audience spell-bound and breathless; William C. Campbell, Leo and Joseph Dominick, also gave athletic exhibitions which brought forth a great deal of praise.

Polly Bragg was one of the popular members of the younger group and her father, Paul Bragg, made a big hit with his amusing yet instructive lecture on "See the Famous Death Dinner Served".

Miss Alicia Flager of the Macfadden Physical Culture Institute and Edward Doherty, popular writer of detective and mystery stories were popular speakers; and many others who contributed their part.

This sketchy report can not begin to cover all the happenings of this great convention. If you were present you know what a marvelous program was carried out and how much it was enjoyed by all—if you were not present resolve now that you will attend the Fourth Annual Physical Culture Convention.