Beware of Scare Literature

The world is well supplied with Crazy Mental and Physical Culture monstrosities—men with unbalanced minds dominated by anaemic fads and ideas, the result of distorted thinking. We can put up with these and quietly listen to them, but it is mighty dangerous when such a one gets loose and starts writing quack pamphlets to rake in the dollars in any disreputable way he likes.

In our time we have had to do with every kind of enthusiast; some sane, others wild and dangerous, so we can lay claim to know something of them and their marked ways of advertising.

Several followers of Strongfortism have recently complained of the distribution of a pamphlet supposed to deal with the dangers of athletic and gymnastic exercise. It condemns the manly and clean methods advocated by our strong men and makes the untruthful assertion that these fine specimens of humanity are eunuchs and emasculated sexual weaklings—which is nothing of the kind.

Of course, this pamphlet is advocating a "System" (?) that does not adopt those tried and proven methods which the public appreciates.

In other literature, which was sent with this pamphlet which we are exposing, there are claims quite as wild and mystifying in relation to Health Culture. Evolution means literally an act of enrolling. The term has been used by some philosophers to indicate the development process of an organism toward greater differentiation of function. The term is used by astronomers, geologists, naturalists, etc., but the term is not rightly applicable to a Course of physiological movements. Evolution is an operative law which is always in action regardless of human help while we speak of physical development to mean a method actuated by premeditated effort. This is the viewpoint taken by Lanmarck, Darwin, Haeckel, Spencer and others. They should know.

A person going through a Course for health and body building naturally must be conscious of that—and still more is he conscious of the fee he pays if that Course does not help him? We have had quite a number of persons come over to Strongfortism.
after doing themselves harm through adopting “sys-
tems” (?) that were enveloped in a shroud of mys-
tery and which were not orthodox nor accepted by
Science such as Strongfortism.

Recently one of those nonsensical pamphlets con-
demning athletics and gymnastic exercises fell into
our hands, and we are taking steps to deal with it
accordingly.

It is a very uncommon thing in these enlightened
days to come across anyone depreciating the value
of athleticism or attempting to underrate the value
of the gymnasium. We thought that most intelligent
individuals understood the physiological effect
of natural exercising, whether it be with a dumb-
bell or any other natural means of supplying resis-
tance to the muscles.

We would ask the American Army when they have been when
they were called upon to supply millions of trained
and physically fit men in a short time had it not been for
the Physical Training the men were compelled to apply,
free and otherwise, rapid physical dumbbell
work and other forms of rapid physical develop-
ment, such as lifting, plunging and pulling exercises.

The splendid gymnasia work of the Y. M. C. A.
also is not to be belittled by these ignorant indio
who adopted Strongfortism as a last chance when
women, once physical wrecks and weaklings, many
of them have become strong and healthy.

Mention must be made of the splendid strong
mens and not by any means to do its readers a good
work in connection with systems of moral culture,
that in reducing the sexual energy of the
individual through gymnastic or athletic exercise, the
individual loses the desire to be sexually active or
immoral, thus converting himself into a eunuch.

We would at once step up to champion so noble
a cause as the Y. M. C. A. and other such organiza-
tions, and we are prepared to defend their splendid
physical educational work as far as we possibly can.

The fact is, young men at all times need strenuous
exercise to keep themselves physically fit and morally
clean. It is the weakling who cannot control his
sexual passions, not those who devote themselves to
athletics. Strong, virile, healthy men have so need to
lead immoral lives to be pure.

There is the world of difference between a strong,
capable, virile man who has perfect control over him-
self and other forms of rapid physical develop-
ment, such as lifting, plunging and pulling exercises.

We have had a great deal to do with our stl'ong men, those specimens of
health and physique.

The splendid gymnasia work of the Y. M. C. A.
also is not to be belittled by these ignorant indio
who adopted Strongfortism as a last chance when
women, once physical wrecks and weaklings, many
of them have become strong and healthy.

Mention must be made of the splendid strong
mens and not by any means to do its readers a good
work in connection with systems of moral culture,
that in reducing the sexual energy of the
individual through gymnastic or athletic exercise, the
individual loses the desire to be sexually active or
immoral, thus converting himself into a eunuch.

We would at once step up to champion so noble
a cause as the Y. M. C. A. and other such organiza-
tions, and we are prepared to defend their splendid
physical educational work as far as we possibly can.

The fact is, young men at all times need strenuous
exercise to keep themselves physically fit and morally
clean. It is the weakling who cannot control his
sexual passions, not those who devote themselves to
athletics. Strong, virile, healthy men have so need to
lead immoral lives to be pure.

There is the world of difference between a strong,
capable, virile man who has perfect control over him-
self and other forms of rapid physical develop-
ment, such as lifting, plunging and pulling exercises.

We have had a great deal to do with our stl'ong men, those specimens of
health and physique.

The splendid gymnasia work of the Y. M. C. A.
also is not to be belittled by these ignorant indio
who adopted Strongfortism as a last chance when
women, once physical wrecks and weaklings, many
of them have become strong and healthy.

Mention must be made of the splendid strong
mens and not by any means to do its readers a good
work in connection with systems of moral culture,
that in reducing the sexual energy of the
individual through gymnastic or athletic exercise, the
individual loses the desire to be sexually active or
immoral, thus converting himself into a eunuch.

We would at once step up to champion so noble
a cause as the Y. M. C. A. and other such organiza-
tions, and we are prepared to defend their splendid
physical educational work as far as we possibly can.

The fact is, young men at all times need strenuous
exercise to keep themselves physically fit and morally
clean. It is the weakling who cannot control his
sexual passions, not those who devote themselves to
athletics. Strong, virile, healthy men have so need to
lead immoral lives to be pure.

There is the world of difference between a strong,
capable, virile man who has perfect control over him-
self and other forms of rapid physical develop-
ment, such as lifting, plunging and pulling exercises.

We have had a great deal to do with our stl'ong men, those specimens of
health and physique.

The splendid gymnasia work of the Y. M. C. A.
also is not to be belittled by these ignorant indio
who adopted Strongfortism as a last chance when
women, once physical wrecks and weaklings, many
of them have become strong and healthy.

Mention must be made of the splendid strong
mens and not by any means to do its readers a good
work in connection with systems of moral culture,
that in reducing the sexual energy of the
individual through gymnastic or athletic exercise, the
individual loses the desire to be sexually active or
immoral, thus converting himself into a eunuch.

We would at once step up to champion so noble
a cause as the Y. M. C. A. and other such organiza-
tions, and we are prepared to defend their splendid
physical educational work as far as we possibly can.

The fact is, young men at all times need strenuous
exercise to keep themselves physically fit and morally
clean. It is the weakling who cannot control his
sexual passions, not those who devote themselves to
athletics. Strong, virile, healthy men have so need to
lead immoral lives to be pure.

There is the world of difference between a strong,
capable, virile man who has perfect control over him-
self and other forms of rapid physical develop-
ment, such as lifting, plunging and pulling exercises.

We have had a great deal to do with our stl'ong men, those specimens of
health and physique.
Why, your personal knowledge of your own friends and acquaintances will at once prove the reverse.

Muscular activity is one of the most extraordinary features of the wonderful human body. Not only is health dependent upon it, but every pulsation of the heart, movement of the eye, and every articulate word, depends upon muscular action.

To show you the importance of muscle training as relating to Health Culture and Health Maintenance, let us tell you that so great is the number and flexibility of muscles connected with even the organs of speech, that their utterances well nigh keep pace with the lightning flashes of his thoughts, a language of 80,000 words with their infinitude of combination, and acquaintances will at once prove the reverse.

So much for the value of muscular activity.

When we lift a weight of any kind, it contracts the operating muscles and squeezes out all the blood from the veins and arteries lying between them and running through them. When the weight is put down, and the muscles relax, there is a quick inrush of fresh blood, which is laden with nutrition. This nutrition is changed into a well and healthy being—through muscular activity. Fut your arm in a sling for a couple of weeks and you can soon prove what Inactivity will do for you. Your arm will become weak and emaciated.

Good HEALTH depends upon the Muscular System, more especially internal muscular action, and when a person tries to belittle world-proven methods, it is high time somebody took up the cudgel to defend TRUTH and down ERROR.