Strength Development

By Galen Gough
Physical Culture Lecture Bureau

During the days of Hercules, strength exhibitions were considered the most popular of sports. You would say that civilization has progressed since then, which is true.

We are a marvel of tech, have been taught the higher things of life in many modern methods, but the fact remains that in all our progress we do not have a test of strength any more severe than the strength of old. One athlete is not as strong as the other in strength is something that springs from sickness and disease.

Strength means Galen Gough health, and in its absence, people neglect their welfare for general work and unnecessary pleasures. Of course, there are exceptions to the rule, for we have many physical curators who cannot follow the average plan.

While the Greeks did not know about physical culture methods of keeping fit, they did live clean, and their routine of daily work carried a suggestion of exercise. They were not afraid of the early sun or the cold of the day. Their bodies were splendidly developed, and strength was a routine of their daily pleasures.

They did know anything about white bread, but only of the golden grain. Their food was not demoralized. True food is the first thought, sweet and palatable. Man is an average has not progressed so far as his physical welfare is concerned. However, we must admit that Bernard MacFadden, the father of physical culture, has at last made the world realize what health means.

I firmly believe that man can build up his strength to the world of Hercules. Strength enthusiasts could bring the contest of strong men right to the front. There is no more interesting spectacle than

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To some sickness is merely a matter of nature and they take it as it comes. A certain sum is laid away for doctor bills, and the usual medicine is kept in preparation in the chest.

The fact reveals that the most unnecessary expense of the family household can be found in the purchase of medicine. Besides, most of it is patented for nearly every sickness and disease imaginable. To me there is but one sure doctor and cure for any physical defect or illness. Through the principles of physical culture I found the road to health and happiness, and believe me, I am not going to stop telling about it.

I have not been sick a day since my course from hopeless illness to super-strength and my secret will show that I have been a constant follower of physical culture. Not only a follower and confirmed believer, but a teacher of the principles it advocates. Which I not only feel is a useful service, but great privilege.

The Challenge

There is no sickness possible to the person that has a strong endurance. I believe that the world could not penetrate a healthy physique.