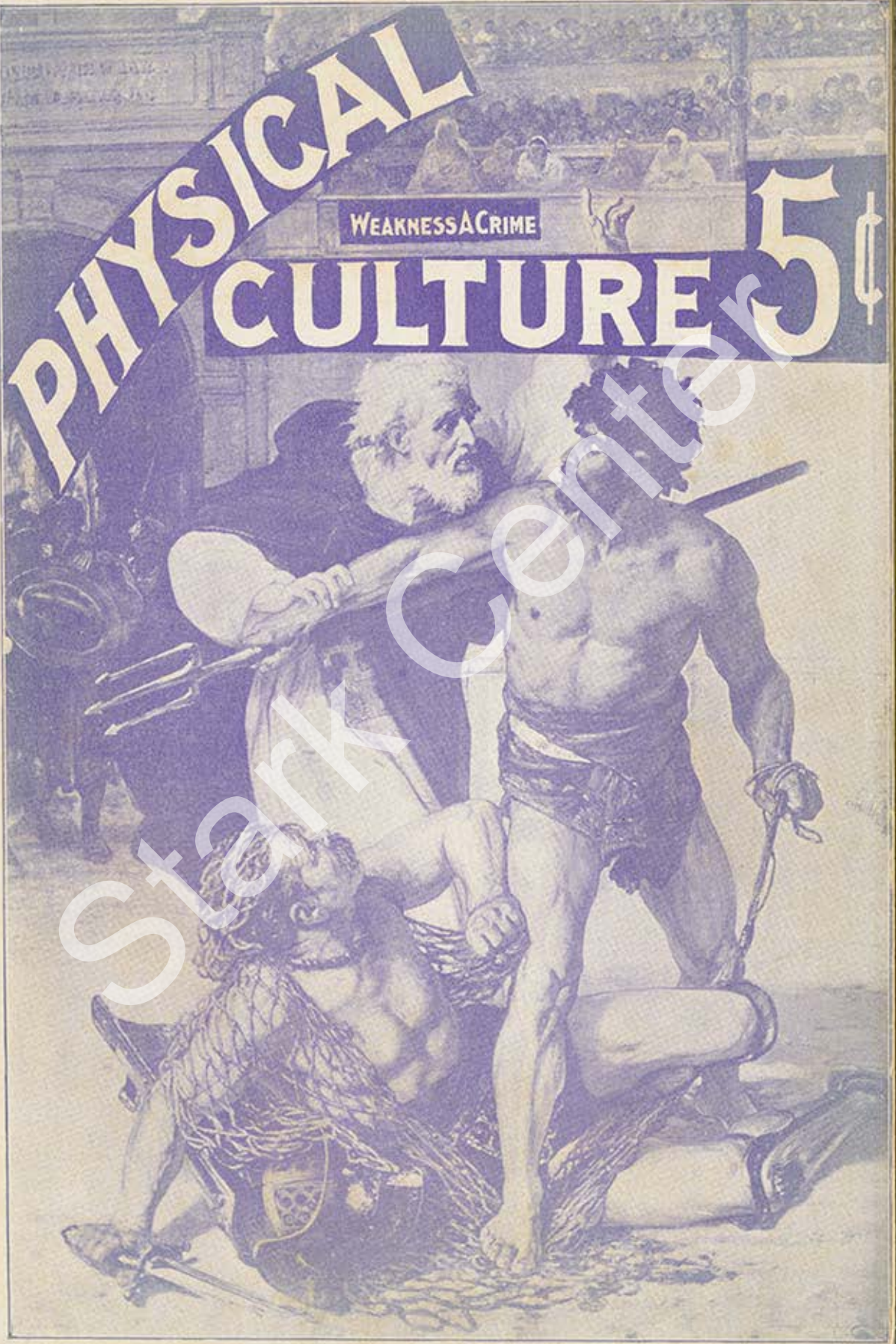


PHYSICAL

WEAKNESS A CRIME

CULTURE 5



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Manhood

How Strength and Vigor is
Lost, and Manhood may be
Restored by Self-Treatment

Wrecked

...BY...

Rev. W. J. HUNTER, Ph. D., D.D.

and **Rescued**

THIS is a most timely and important work, by one who has made a careful study of the subject, and brings to bear a thorough knowledge of general and sexual hygiene. For the want of the knowledge on sexual subjects this book contains many men are on a downward course, and by the use of it many could be saved from sexual weakness, restored to manly vigor and made capable of properly filling life's duties and become strong, manly men, instead of physical and social wrecks. We cannot better describe this work, which has received the highest praise from competent critics, than to publish the following from the

...TABLE OF CONTENTS...

CHAPTER I.—THE WRECK.

Primeval man—His dignity and purity—Some noble specimens of manhood still—Causes of the wreck—Ignorance of natural law—Poverty and lack of proper food—Stimulants and narcotics—Sexual perversions the crowning cause—Touches more than half the race—Puberty—When sexual passion abates in man—Rebukes to the clergy.

CHAPTER II.—AN ANCIENT WRECK.

Sensuality the sin of the ages—Proof that the flood was a direct punishment of sensuality—The Mosaic account critically examined—Testimony outside the Bible—Why Noah was spared—Perfect in his generations—Blameless in his sexual relations—The indecency of Ham—The old devil of sensuality—Circumcision; its meaning and its lessons—Sensuality the sin which caused the destruction of Sodom and the cities of the plain—Sensuality in the patriarchal age—The chastity of Joseph—A modern incident—Prostitution in the patriarchal age—The Mosaic economy—Sensuality the sin which destroyed the Canaanites and surrounding nations—Sexual purity in the law of Moses.

CHAPTER III.—A MODERN WRECK.

The history of prostitution—The Christian era—The doctrine of chastity—The voice of the apostles and the life of the early Christians—No compromise with impurity—Modern civilization—Statistics of Prostitution—A startling testimony—The blood of the race poisoned by venereal diseases—Thirty thousand men daily infected in the United States—History of venereal diseases—A State document—National decay—Prevention better than cure—Licensed prostitution—a failure—Roman laws for the regulation of prostitution—Facts and statistics of recent date—A threefold appeal.

CHAPTER IV.—A YOUTHFUL WRECK.

Masturbation—Puberty: its indications and sequence—Prevalence of the solitary vice—An ancient habit—Referred to in the law of Moses—Impossible to exaggerate its ruinous results—Testimony of medical experts and of educationists—Duty of ministers—Duty of parents—Loss of semen is loss of blood—Results of its expenditure—Seminal emissions—Effects on the nervous system—Conservatism of nature—The nervous system explained—Where masturbation and marital excess do their most deadly work—A word to parents and boys—Quacks and charlatans—No medicine required to cure seminal emissions.

This book is handsomely published in large clear type, bound in extra cloth, and wishing to co-operate with the author in his desire that all who need it might have it, it is sold at \$1.00. Clergymen and teachers wanted to act as agents for this great work, for the bettering of man.

Manhood Wrecked and Rescued, sent postpaid, bound in cloth for - - \$1.00
With One Year's Subscription - - - - - 1.25
With One Year's Subscription and Macfadden's Physical Training, - 1.40

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CHAPTER V.—A WRECK ESCAPED.

Continence of young men—Is continence possible?—Tremendous power of the sexual appetite—Created of God for the perpetuation of the race—Continence outside of wedlock is possible—None but impure men question this—Impure thoughts the chief cause of self-abuse and fornication—Testimony of Dr. Acton and his personal experience—How to live a continent life.

CHAPTER VI.—THE RESCUE BEGUN.

Does nature forgive?—Natural law is God's method of operation—Forgiveness in the moral realm a higher type than forgiveness in the natural realm—Nature repairs and restores when we cease to disregard her laws—Three letters to the author—Comments on the same—Difficult to convince the victim of seminal weakness that no medicine is needed—Cut loose from charlatans—Burn their pamphlets—High medical testimony that medicine is not required—Is marriage a cure?—The question answered—The habit abandoned—Helps and encouragements—A cure as certain as the rising of the sun—Old-time philosophy—An amulet—Perseverance and victory.

CHAPTER VII.—THE RESCUE CONTINUED.

Some earnest words—Imperative—Philosophy of the difference between nervous function and muscular power—Nervous sensation frequently evokes results in sensitiveness and debility—Strong drink—Tobacco and its effects on the nervous system—How to cure yourself of the tobacco habit without expense and without inconvenience—What to eat and drink—Employment—Exercise—Bathing—Sleep—Society.

CHAPTER VIII.—THE RESCUE COMPLETED.

The medical profession—If you must have medical advice, consult a resident physician—Beware of medical companies and sharks—They take your money and shorten your life—Additional testimony that medicine cannot cure seminal weakness—The parts affected—Their intimate relationship—The principal aggravating cause of seminal weakness—A flood of light on the subject—Special treatment without expense—An absolutely infallible remedy—A certain cure for piles, and relief for the suffering resulting from irritation of the bladder and enlargement of the prostate gland—It is your life—Worth a struggle—A man again.

PHYSICAL CULTURE

A Monthly Publication Devoted to Subjects Appertaining to
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BERNARR A. MACFADDEN, Editor.

*Stories and articles of unquestionable merit suitable for publication in "Physical Culture" invited.
We accept no advertisements from those whose wares we cannot conscientiously recommend. Patent
medicine and other "fake" remedies cannot buy space of us at any price.*

...CONTENTS...

© 1899

Methods of Physical Culture of Prominent Players	- - -	<i>Geo. Ruskin Phoebus.</i>
Once an Invalid--Now a Hercules	- - -	<i>The Editor.</i>
How Love Made and Destroyed an Athlete	- - -	
Air and Sunshine	- - -	<i>Mrs. Amelia M. F. Calkins.</i>
Theodore Roosevelt, Rough Rider and Athlete	- - -	<i>Geo. Ruskin Phoebus.</i>
A Del Sart Romance	- - -	<i>Ned Nettir.</i>
Physical Education of Women	- - -	<i>Dr. Julia Holmes Smith.</i>
Muscular Heroines of Great Authors	- - -	
Influence of Muscle on Mental Power	- - -	<i>Harry Nelson Jennings.</i>
Paderewski on Strong Muscles in Piano Playing	- - -	
Editorial	- - -	
Our Premium Instruction Course	}	<i>The Editor.</i>
Answers to Questions		

METHODS OF PHYSICAL CULTURE OF PROMINENT PLAYERS.

By Geo. Ruskin Phoebus.



FINE physical appearance as a rule than are persons born with finer physiques and actresses are not success of a player. Act- is a *sine qua non* to the engaged in other walks of life, and yet during the successful seasons of a prominent player he or she almost invariably attracts attention both on and off the stage, because of unusual erect, symmetrical, well-rounded and finely poised figure.

There must be a reason for this. We have sought by discussing the question with several leading men and women of the stage, prominent before the American public to-day, to find wherein the reason lies. The answer is the same that has proven to be that given by others who have attained an approximation of physical perfection. It is that the result is attained by regular physical exercising. We propose here to give some of the methods adopted and used by those prominent as successful players in attaining and preserving the fine physiques that have attracted so much general admiration.

Wilton Lackeye is to-day regarded as one of the handsomest actors before the American public, as he undoubtedly is one of the ablest. Mr. Lackeye's physical proportions are rather larger than those of the average man, and yet his figure is well-rounded and symmetrical. Mr. Lackeye is naturally inclined toward the development of proportions oftentimes called aldermanic. In other words, he is inclined toward stoutness. The development of a large paunch in this actor would be almost fatal to his ambition, and he finds constant physical exercise a necessity, both in keeping down this inclination to stoutness and in preserving his general good health and activity. Mr. Lackeye violates with malice prepense the homely old rule, "Early to bed and early to rise," and adopts for his own particular use its converse, "Late to bed and late to rise." "I do this," said the actor, "because the old

rule was not made for men who are engaged in doing the best of their work after sunset. If I were engaged in a business where the hours required my attention to my affairs from nine a. m. to four or five, the old rule would hold true. Not so with an actor. To my notion the actor should have his brain thoroughly refreshed and clear and his body thoroughly refreshed and free from all indications of tiredness when he appears to entertain and instruct the public. Therefore I retire by sunlight in the early morning and rise oftentimes just before twilight in the evening. I believe if this rule were obeyed by actors generally there would be fewer of us who would break down in the midst of what ought to be a healthy and active period of life, and our successes would be greater and more lasting."

Mr. Lackeye's method of exercise consists of walking, cold baths and the use of light dumb bells. He practices regularly before breakfast, which meal he eats at between five and six o'clock p. m., and exercises again, this latter period of exercise being the longer, before retiring on towards the break of day. Mr. Lackeye is a hard worker and attributes much of his success and his ability to work so untiringly as he does to his methods of exercising.

The figure of Maurice Barrymore, now appearing as Mrs. Fiske's leading man in the production of "Becky Sharp" at the Fifth Avenue Theatre, is probably as well known and as often admired as that of any other actor seen on the streets of New York. Mr. Barrymore devotes himself to a much heavier system of exercise than does Mr. Lackeye. Mr. Barrymore is a trained athlete. He is an Englishman by birth, and before he adopted America as his home was the champion amateur middle-weight boxer of England. In order to attain this title, of course, Mr. Barrymore had to go through a severe course of physical training. In order to keep up with the procession, therefore, which he has made



JULIA ARTHUR.

for himself he is forced to adopt now much more vigorous methods of exercise than do very many of his fellows. Mr. Barrymore resides in a handsome house on the West Side. Here he has constructed a gymnasium of his own, making the punching bag one of its features, and daily he devotes quite a bit of his time to the pursuit of punching leather.

John Drew is another actor whose fine physique is much admired. Drew is not a muscular man. On the contrary he is rather inclined to be slender and is some-

what stately in appearance, yet his figure is symmetrical and well poised, and it invariably attracts attention wherever he goes, whether he is known or whether he is not known to be John Drew, the actor.

Drew's special exercise is walking, and he leaves the theatre many times at midnight or thereabouts, eats a light supper, and then jogs up Fifth Avenue, and through the park, walking at a swinging gait and completing quite a number of miles before he returns to his home. Apart from this Drew devotes himself to

light calisthenics and is quite adept in handling Indian clubs.

Julia Arthur, who is considered to possess one of the finest figures of any of the actresses of the present day, is a devotee of Indian clubs and of fencing. She has taken lessons from nearly all the leading instructors in New York and some also in Paris, and is so adept with the foils that she would make, should she ever be called upon to exercise that talent, a good soldier. She is also very adept in handling Indian clubs. She practices daily with

set about her figure as well as to any other one reason that has gained her the deserved title "best-dressed actress in America."

Miss De Wolf is a devotee of walking and calisthenics. She also uses light wooden dumb bells in exercising, and has been a devoted student of some of the best schools of posing and physical expression. She exercises daily, taking a short exercise upon arising and a longer one before retiring. Miss De Wolf says she has not known a day's illness since she adopted the

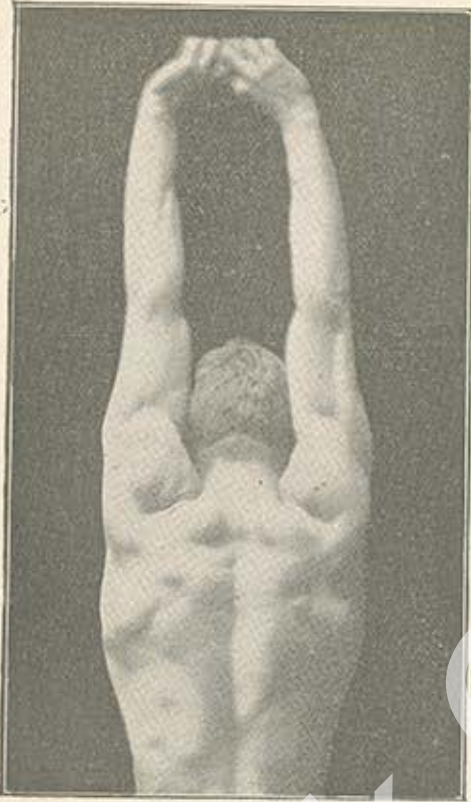


JOHN DREW.

the clubs, using light ones, and once or twice a week engages in a bout at fencing. "I do not believe," she said to the writer, "I could go through an exacting theatrical season were it not for the benefits which have accrued through my systems of exercise.

Elsie De Wolf is generally called the best-dressed woman on the American stage. Miss De Wolf not only dresses handsomely and with excellent taste, but she knows how to wear her gowns, and it is to the graceful manner in which they

theatrical profession, and she owes this fact, she believes, to her constant and regular exercising. Before adopting the stage as a profession Miss De Wolf was a prominent New York society woman. It was in order to perfect herself in her stage work that she took up her exercising, and she says she believes that despite the arduous duties attached to her work her general health is many times better since she became an actress than it was before. In physical culture she says lies the secret of her good health.



He began at this time to actually "devour" every work on physiology and hygiene that he could obtain. He finally joined a gymnasium, and at this time he failed signally in an attempt to pull his weight up to his chin, while hanging from a bar with both hands.

The ordinary gymnasium work did not attract him. He devised methods of his own for exercise and was greatly pleased to note how fast he improved in strength. Those who had first ridiculed his methods now began to adopt them and share in the benefits.

His upper arm increased from nine to fourteen inches and the measurements of all parts of his body greatly improved.

His first efforts were spent in building up big arms and chest, but after acquiring considerable improvement at this part of the body he realized that the body is like a chain, which is as strong as its weakest link. The body is no stronger than its weakest part. About this time he realized the great importance of developing the

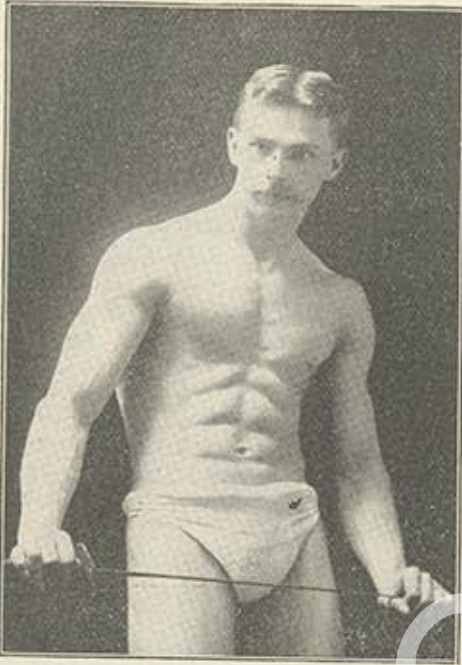
abdominal muscles which surround the great vital organs.

The benefit resulting from strengthening these muscles was immediately apparent. Every part of his body grew stronger, for in strengthening these muscles he built greater vital strength.

He made all sorts of experiments in a dietetic way and learned much from this as to the relative value of foods in building up super-abundant health from the various conditions of weakness.

Notwithstanding the fact that Prof. Schmidt has for a number of years given much of his time to the practice of various feats in weight lifting, he does not believe in recommending such work, and has for some time past given up the practice almost entirely himself, maintaining that there is not only a liability of straining a muscle or tendon, but that it is a waste of





power, that it actually saps one's vital strength, and lessens the years of life when indulged to excess.

Although having followed his present occupation of teaching physical culture now for some years, he claims that the work never loses interest for him. He is constantly learning something new.

In a street attire he is apparently slight in build, but the rolls of supple muscle hidden by the conventional dress have no doubt surprised many a bully. The professor's favorite pleasure is to have a visit from some of the traveling strong men, and many a professional whose weight was over the 200-pound mark has seen this little Hercules perform feats that he would grunt and groan over in his endeavor to equal and still fail to accomplish.

Prof. Schmidt believes in the "Gospel of Health," and if there were only a few more like him in this world humanity would be better physically, and cleaner, purer and stronger mentally and morally.



HOW LOVE MADE AND KILLED AN ATHLETE.

JUST a year ago the news came from Cuba that Major Winchester Dana Osgood, probably the most famous all-round college athlete this country has ever produced, had been slain by a Spanish bullet while at the head of the Cuban

bands of crape on their sleeves for thirty days.

At Washington a young Japanese nobleman, a member of the legation, smiled sardonically when he heard of Osgood's death. At her home in Wayne, one of Philadelphia's many beautiful suburbs, a girl sighed. "Poor Win!" she said. "It



forces. His death came as a shock to the college fraternity. His achievements on the football field were still fresh in the public mind. At Cornell and the University of Pennsylvania memorial services were held. At old Penn, where Osgood had been the idol of his fellow-students, the members of the football team wore

was just like him." He had loved her for years. She had driven him away. And now he was dead.

I.

The story begins at Wilbraham Academy. Wilbraham is a boarding-school for boys and girls, just outside of Springfield,

Mass. It was there that "Win" Osgood and Caroline Davis first met. She was a pretty little girl, with a roguish face, laughing eyes, and, despite her tender years, she was a most proficient flirt. Young Osgood was a shy, delicate boy, with a pale face and tawny hair. But his love for Caroline Davis was fraught with

suffered in silence. He was not a boy to invite the confidences of his fellows or to share his secrets with them. She liked big, strong boys. She had admirers by the score, but her favorites were those who played baseball and football, who displayed their prowess in sports.

Then came the Jap. His name was



"WIN" OSGOOD.

The editor was unable to secure a likeness of the heroine of this romance. The reader can choose from the two photographs shown, as they are both conjectures as to the real heroine's appearance.

an intensity born of its own hopelessness. That love shaped his whole life. It did even more. It bore him on with irresistible force to his own doom.

Caroline Davis laughed at him, and he

Matsugata, and he had been sent to America by his noble father to be educated in our institutions. He was not popular, but he was rich. His lavish expenditure of money dazzled the eyes of the girls and

caused him to be cordially hated by the boys.

He paid court to Caroline Davis. She laughed at him, when he wasn't about to see, and accepted his costly gifts. She was the best tennis player among all the girls. When the tournaments were arranged he would offer prizes of great value, that she might win them. But her heroes were still the big, strong boys.

And all the while "Win" Osgood was eating out his heart with boyish love of her. Sneer if you will, you grand dames and polished sires! Prate of "puppy love," you worldly cynic! The love of a boy for a girl is often sublime. Look back through the vista of your own heart, you who have loved women, and see if it has ever since been scorched by fires so fierce as those born of your first love for a young girl.

"Win" Osgood realized that there was only one thing for him to do, and he set about heroically to do it. He would become an athlete. The world should ring with his praises. And then—Oh, the dream of his life would be realized. She, for whose sake he would brave untold hardships, for whose sake he would do such deeds of valor, would learn to love him.

But he found it hard work. The other boys laughed at his feeble efforts. His physique was against him. On the football field he was toppled over as though made of straw. Still he persevered, never losing sight of the goal which was crowned with his fondest hopes. His spare time was spent in the gymnasium. His muscles developed and gradually hardened. During his last year at Wilbraham he almost made the football team. He had been looking forward to it as the crowning feat of his preparatory school course. But he was adjudged too light. The disappointment was bitter, but he consoled himself with the thought that he would enter Cornell next year, and then—who knew what might not happen?

And Caroline Davis, little suspecting how deep was the love of this boy, still admired the big, strong fellows, and still kept in the good graces of Matsugata. At the end of the term she returned to her home at Wayne. In the fall Osgood entered Cornell, and the Jap matriculated at the University of Pennsylvania. He again had the advantage.

II.

At Cornell young Osgood had but one purpose. He neglected his studies. He thought only of becoming a great athlete. He applied himself with feverish energy to perfecting his physique. He was doing it all for love of a girl, but this he kept to himself. He kept up a steady correspondence with Caroline Davis, which was perfunctory on her part and pathetic on his.

The trainers saw great possibilities in the earnest young fellow who neglected the books for the gymnasium. They took him in charge and found him a most willing pupil. He soon excelled in boxing and wrestling. He rowed in the crew and played in the football team. In field sports he excelled in running, jumping and putting the shot. His muscles became as steel. He was beginning to attract attention in the athletic world, and for the first time since he had met Caroline Davis he was happy.

Then came a position that filled his cup of happiness to overflowing. His feats had attracted the attention of the athletic advisory board of the University of Pennsylvania, and, so it was said by the rival colleges, inducements were held out to him to enter Pennsylvania. He accepted.

Wayne was only a few miles from the university on the banks of the Schuylkill, and he would have many opportunities of seeing the girl for whose sake he had braved so much. He indulged in rosy day dreams.

So he had entered the University of Pennsylvania. His fame had preceded him, and he was hailed with loud acclaim. Matsugata was also there, and he was still showering his attentions upon Caroline Davis. Young Osgood saw her often, and, feeling that he had at last reached a position where he might find favor in her eyes, he told her of his great love.

He told her how he had worshipped her when a little boy; how he had seen her preference for the big, strong boys, and how he had determined to become as one of them. He told her of his struggles for strength, of how he had gradually perfected himself in every branch of athletic sports. He told her he had never loved any other girl, and never would. He asked her if some day she would not

marry him. She had shaped his life, and it would always be devoted to her.

She put him off, but he was not disheartened. It was only a question of time, he argued. He would soon become still more famous, and then she would be proud to win his love. On the football field he played like a demon. He was generally conceded to be the greatest half-back that ever carried the pigskin. In

had perched on Pennsylvania's banner, Osgood was carried from the field on the shoulders of his worshippers, she displayed no pride in having won the love of such a hero.

During his entire course at Pennsylvania Osgood never quite lost heart. He continued his visits at Wayne at frequent intervals. He stormed the citadel of Caroline Davis's heart, only to meet with



other branches of sport he also took precedence.

Caroline Davis always attended the football games at Franklin field, usually escorted by Matsugata. She cheered with the rest, wore a red carnation imbedded in blue violets, and waved a flag with a big "P" on it. If her heart beat more quickly when Win Osgood made some sensational run or tackle, she did not show it in her face. And when, at the conclusion of a magnificent game in which victory

repulse after repulse. He became morose and sullen.

III.

It was not until college days were over that he got his final conge, and abandoned all hope. Just what happened nobody knows. Osgood had been too much wrapped up in his athletic career to go in for mild dissipation affected by the majority of college boys. Indeed, he had been a leader in Y. M. C. A. and

similar circles. He didn't know the taste of liquor, and had never even smoked.

With the final crumbling into dust of all his dreams came a great change. He became reckless, and astonished his old friends by starting to go the pace. "What's got into Win Osgood?" they asked each other. But only a few knew the truth, and realized the disappointment and sorrow that had clouded his life.

He went to Cuba. "I can't stand this sort of existence any longer," he confided to a chum. "I want to go where there is fighting. I need the excitement and the danger to make me forget."

He was the son of an army officer, and experienced little difficulty in securing permission to join the insurgent army in Cuba. Caroline Davis cried a little when she heard he had gone, and she cried again when Matsugata joined the Japan-

ese legation at Washington. Both had passed out of her life and left her disconsolate.

Osgood won high honors in the Cuban war. His daring was such as had never before been seen even among men who were fighting for the independence of their country. He knew no fear. It seemed as though he actually courted death. He was promoted to the rank of major, and it was when at the head of a force of artillery in the act of sighting a gun that he fell with a bullet in his brain.

And the girl who had always admired big, strong boys was married one evening to a young man who is neither particularly big nor particularly strong. Matsugata has returned to Japan. Osgood is lying in a soldier's grave. Neither could smell the orange blossoms; neither could hear the merry peal of the wedding bells.—Exchange.

AIR AND SUNSHINE.

HOW TO GROW YOUNG AND KEEP YOUNG.

Extract from Lecture by Mrs. Amelia M. F. Calkins.

WHEN the sun does not come the doctor does. Had I not gently but firmly insisted that it would be far better to take poison from a bottle purchased at the drug store rather than to inhale over and over again carbonic gas from the lungs of human beings; so I see the endless procession of human beings passing to and fro over the earth, bearing many burdens of unnecessary pain and sorrow and staggering under many loads carried by their own choice, or because they think them necessary—loads of worry, of ill health, of trouble and suffering, sin, and sometimes crime, and, many, if not most, of these dens are the direct result of broken laws of health!

What the world often thinks is sin is quite apt to be dyspepsia, and what we often censure sharply as a fault of temper is only a want of fresh air!

Admit sunlight at least a part of the day to as many rooms as possible, especially into the sleeping-rooms, sitting-room, dining-room and kitchen—every room, in



MRS. AMELIA M. F. CALKINS.

fact, should be aired daily, and given the benefit of the sunlight, if not of the sunshine directly.

Sometimes, indeed, little children have said to me, "Oh, I never knew fresh air tasted so good," and grown-up children taught to walk with uplifted body, active chest and lungs filled with oxygen, have exclaimed: "I feel almost as though I could fly, and just to live and breathe and walk is a delight."

Years ago Herbert Spencer said: "Few seem conscious that there is such a thing as physical morality. Men's habitual words and acts imply the idea that they are at liberty to treat their bodies as they please. Disorders entailed by disobedience to nature's dictates they regard simply as grievances, not as the effects of conduct more or less flagitious.

What school teacher or school child of even twelve years of age does not know of the death of men confined in the "Black Hole of Calcutta" from the lack of fresh air, and yet I have been in schools, churches, theatres and dwelling-houses where the air was reeking with impurities. If we could wear glasses strong enough to see those microbes of impure air, we would cover our faces and rush away in horror.

A lady visiting a sanitarium for consumptive patients in the Alps in Switzerland, feeling a draught of air, turned, as so many people instinctively do, to close the windows, when to her surprise she found the windows were fastened so that they could never, summer nor winter, be completely closed.

To me the great thought—and I wish I had a thousand tongues with which to voice it—was: Use nature's remedies to prevent ill, rather than wait to depend on them for cure when sometimes it may be too late.

General O. O. Howard, of whom you have all heard, said to an officer about to start for the front at Porto Rico: "Young man, if you would keep well while you are gone, make it your business and rule and practice to take forty or fifty deep, full inhalations of air every day," adding: "I have known the value of this habit for fifteen years, and in that time have not suffered from colds that had formerly been my bane."

We never tire of calling upon our youth to emulate the virtues of Washington, Jefferson, Adams and Franklin, Daniel Web-

ster, Ulysses S. Grant and Abraham Lincoln. Boys are urged to study that they may be President, be statesmen, be called to high office and positions of trust; but who ever heard of boys urged to develop their physical natures for a like purpose; but when we come to study facts we find that each great man named was as remarkable for physical endurance as for mental.

Dr. George Hepworth in a sermon which he called "a health-giving gospel," using for his text, "And Moses was a hundred years old when he died, his eye was not dim nor his natural force abated," said: "I am sure the Creator intended his creatures to be healthy, and that it is one of the prime duties of man, A RELIGIOUS DUTY, to keep himself in good physical condition. *Man is the maker of disease, God is the maker of health.* Behind every disease there is somewhere a broken law, not your fault at the time perhaps, but some one's fault, that some one having broken a natural law from which you are suffering in consequence."

Who can doubt that had Poe used dumb-bells instead of brandy bottles, his writings would have been less uncanny, and more greatly worthy, giving him the place in the literature he seemed born to hold, but just missed. Pope's mocking cynicism probably resulted from his crooked, unhealthy little body. Among the world's great musicians we find Pergalisi dying at twenty-six, Schubert at thirty-one, Mozart at thirty-five, Purcell at thirty-seven, Mendelssohn at thirty-eight. Surely—surely there are many broken physical laws to be accounted for. A long list of authors could also be enumerated, among them, Shelley and Keats, dying at twenty-five and twenty-nine. Prof. Lynes, a man high among Southern educators, writing of these things, says: "The move toward physical development is a great one, and nothing can stop its progress. It will secure good models to the artists, and healthy literature to readers. It will do away with dyspeptic romances, and give us a literature as strong and vigorous as that of the ancients." An artist, speaking of physical culture in regard to art, said: "We have few good models among women, and that is why we cannot vie with the ancients. Who would model a Venus from a woman who took little exercise and had worn corsets since childhood?"

THEODORE ROOSEVELT, ROUGH RIDER AND ATHLETE.

By Geo. Ruskin Phoebus.

WHEN asked to what one condition more than any other he owed his phenomenal success, Governor Roosevelt, after a moment's reflection, answered, "I should say to my activity."

"To well-regulated mental and physical exercise," replied the famous chief of the Rough Riders.

"To well-regulated mental and physical exercise." There is a vast amount of meaning in that sentence; not mental training alone, not the confined life of



GOV. THEODORE ROOSEVELT.

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"And to what do you owe your activity?" he was asked.

an overzealous and constant student of books, but active and continued physical



GOV THEODORE ROOSEVELT IN HIS ROUGH-RIDER COSTUME.

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and mental training, forming therefrom a harmonious unity.

Perhaps no two men active in public life to-day demonstrate greater powers of endurance more than do William Jennings Bryan and Theodore Roosevelt. Both seem absolutely indefatigable, and both are marvels of intellectual power and stamina.

Governor Roosevelt's bible is exercise. No matter where he is, nor in what he is engaged, he never forgets this book. He has been and is an admirer of athletes and athletic prowess, and knows more of the history and science of boxing and athletic sports generally than any man who has yet gained prominence in public life in America, not even excepting the late Roscoe Conkling.

The Governor is himself a splendid specimen of physical manhood. When he returned from his famous campaign in Cuba, with his Rough Riders, a little over a year ago, worn by the conditions of the climate there, and half a hundred pounds lighter than when he left home, to be nominated for the Governorship of New York, some of his friends urged him not to participate too actively in the campaign, insisting that he needed rest. His answer was to pick up a fifty-pound dumb bell, lift it above his head and declare, "I'll get rest enough working. Not a muscle or nerve has been affected or overstrained by the campaign in Cuba. All I have lost is flesh. That will return while I work in a healthy climate. Don't bother yourself about me. I am all right."

And the Governor's wonderful work during his campaign against Justice Van Wyck for the chief magistracy of the Empire State proved the wisdom of his assertion. He was constantly at headquarters, busy with his correspondence, when not touring the State and making speeches, and during the whole of his campaign never seemed to need a moment's rest. He regained all his lost flesh, and by election day was as hearty and stout as he had been in the early spring, and demonstrated the fact that he had not overworked himself by immediately after the election contributing numerous articles, all notable for their merit, to the current magazines, and delivering a series of splendidly attended lectures before the Lowell Institute in Boston. No

student ever lived who devoted himself entirely to the study of books could have accomplished this work. Roosevelt did it and never felt any strain therefrom, because during his whole life he has known and has realized the great value of physical culture.

Governor Roosevelt is an early riser; he is up every morning by seven o'clock. His political idol is Abraham Lincoln, and it may be from the life of the great war patriot he obtained the suggestion that has led to the adoption of what is now his favorite exercise. Lincoln, you know, was a rail-splitter and built the wonderful sinews for which he was afterward celebrated by splitting rails in the forests of Illinois in his early life. Roosevelt, therefore, has adopted wood-chopping as his favorite exercise and pastime. A person who has not already developed the splendid physical powers possessed by the Governor would be overcome by the violence of this exercise and incapacitated thereby probably for the remainder of the day. Roosevelt enjoys it, thus following the rule that exercise is the most beneficial which is a pleasure, and the further rule that the greater the physical development the more violent may be the exercise which becomes a pleasure.

Immediately after breakfast each morning, when at his home at Oyster Bay, the Governor tackles the wood-cutting. Tossing off his coat and vest and throwing aside his suspenders, he wields the axe with the skill of the most expert backwoodsman, and the chips and splinters fly hither and thither, and he enjoys it as much as an undergraduate does a game of football.

Governor Roosevelt is now forty-one years old. He was not an unusually strong youth. He entered Harvard College when very young and began to build up his physical nature by light exercises in the gymnasium. His one rule was regularity. He worked constantly and intrepidly, and the work proved a pleasure as it began accomplishing the results at which he aimed. Soon his exercises became heavier, and during his sophomore year he took up boxing, and before the year was out was admittedly the best boxer of his class. During his junior year he was admitted to be the best boxer in the university. During his vacation season he

continued his exercises, varying them by trips through the wildest sections of the West, through which he became a skilled horseman and shot. The Governor is near-sighted and wears eyeglasses. If he had sought enlistment in the regular army, he would have been refused under the rules for this physical defect, but by a constant exercise and practice with the gun—for he is very fond of shooting—he has made himself as skilled a marksman as many of the best shots of the Western prairie.

Following the close of his college career, the Governor became a ranchman, and through a ranchman's life, of course, continued the development of his physique.

He did not develop his physique alone,

however, for during his whole life in the West he devoted himself to studying and reading, and accumulated much of the style that has made his written articles so interesting to the public.

Most men whose great successes have made them famous in public life have been thrust into careers that required physical development and exercise. Not so with Governor Roosevelt. His work along this line has been a matter of choice and an appreciation of the fact that the well-rounded intellectual man must also be a well-rounded physical man.

"Activity" is a motto which all might follow to their very great benefit—activity mentally and activity physically.

A DEL SART ROMANCE.

By Ned. Nettir.



IT was one Monday morning in mid-October. The roomer stood at his window feasting his eyes upon the glory of the lake and the bannered hills. His rooms over the kitchen and dining-room were endured for the sake of the outlook, and he got other compensation this morning. It was seven o'clock chiming out of the University Library tower when the rat-tat-tat of brisk knuckles on the kitchen door many times repeated reminded the roomer that Mrs. Plusone had been up a large share of the night and was probably making up for lost sleep by a morning nap; so he went down in slippers and dressing-gown, thinking to find Mrs. Migler or maybe the grocery boy for orders. At first glance the figure standing on the doorstep seemed to the roomer to be a part of the beauty of the October morning scene which he had been gazing upon for the last half hour. Had it enchanted him? Was it standing there before him personified? He waited a moment, speechless, for the illusion to vanish and leave the respectable but commonplace figure of Mrs. Migler; for the person who stood there in the sunshine,

which gleamed in her wavy hair, gave a suggestion only of that matron, such as an exalted dream gives of the flat reality. Her eyes were brightly blue as the lake, and her hair—that reminded him of the nutty woods, and her lips and cheeks—they were like the maples—the sugar maples. This the roomer thought later, but he gasped as soon as he could get the breath, "Goo—good morning. Wo—won't you step in?"

"Good morning. I have come to do the washing," said the vision.

"It must be a dream," thought the roomer, "for her voice is as lovely as the rest, and that never happens in reality—and a vision like that at the washtub! As a dream it would be all right; they always have some absurd kink, dreams do. By Johnny! she don't act very dreamy!"

This last thought resulted from the quick, graceful movement as she stepped into the kitchen, laid a neat gray felt hat with a long black feather in the band on a shelf in the corner, took off her natty jacket and hung it on the back of a chair, and, tucking up her sleeves, revealing slim, round arms of milky white, said:

"I am Mrs. Migler's sister. She is ill, and I have come to do the washing in her

place. She told me that Mrs. Plusone might not be up when I came, and where I could find the tubs and things, so I will get ready right away."

And away she skipped, leaving the roomer too dazed to do more than grope his way back to his room like one does after turning out the light.

He could hear the brisk, light footsteps and the quick movement of utensils put in battle array, and he jeered himself for a chump for not getting them up for her. Then he laughed at himself. He had never felt any call to get the tubs for Mrs. Migler, who probably needed his help more. But these reflections did not shame him from making an errand to the kitchen for hot shaving water, although this operation was not due until Tuesday morning.

Mrs. Plusone had come down, and business was in full swing. It was a revelation of feminine physical grace in a new aspect to the roomer as he watched this slender young woman at work. Lithe, supple, deft, with the sure ease and accuracy of a sound mind and a sound body in sweet accord; every movement natural, in harmony and grace, accomplished what it was put forth to do without fret or loss or jar. The roomer wanted his water very hot that morning, and he waited and waited for the teakettle to boil it just right. He called to mind that he had once read that a noted physician said there was no exercise so good for the proper development of woman's physical grace and health as general housework, with hearty indorsement of the statement.

Mrs. Plusone was getting the breakfast, and after she got the coffee measured and

put to boil, she thought of introducing the young people. "You told me you were Mrs. Migler's sister," said she, "and I was so glad to have your help that I did not think to ask your name. This is Mr. Thummage, our roomer." Mr. Thummage made his best bow and the young lady acknowledged it with a pretty smile and a rosy blush among its dimples. "My name is Delphine Sart, but I am usually called Del Sart."

When the roomer got back to his room, he felt obliged to go through the form of shaving, and while standing before the glass, he heard Miss Del Sart's sweet voice in answer to Mrs. Plusone's question, "Yes, I had a long walk this morning—two miles, I guess. I live over by the East Hill quarry, and I went up to sister's to see if she was able to work; I was afraid she wouldn't be, and she just has to have the money, so you see I couldn't let her lose the job."

"Well, she has lost it this morning," said Mrs. Plusone, with a little giggle.

"Oh, no, she hasn't; I am just doing it for her, and you'll pay her just the same, but I'll have to take it up there before I go home, for she needs it bad. I don't need money. I have all I want at home, but pa, he's mad at sister for marrying old Tom Migler, and he has been mad at her ten years, and I suppose he always will be mad at her. Sister has it very hard."

The roomer gashed his chin, but, for a wonder, he said not a bad word, and there was a smile looking back at him from the glass. He had found sudden, intense belief in the harmonious development of the physical and spiritual graces—according to Del Sart.



PHYSICAL EDUCATION OF WOMEN.



R. JULIA HOLMES SMITH, Dean National Medical College, Chicago, in a paper read before the American Institute of Homœopathy, criticises

the members of her profession for failing to raise their voices in the interest of physical education for school girls. Her sentiments are well worth attention:

"We physicians, who should be watchmen on the housetops, have utterly failed in our duty and have neglected to cry aloud and spare not the unwise school board, who through the years that the girl is being prepared for the higher college and university course — when brain and brawn will be taxed to their uttermost — have failed to arrange the school curriculum so that physical culture has been perforce neglected and the body, that 'temple of the Holy Ghost,' has been injured in its very foundation, and the ambitious girl graduating from the high school has many times been obliged to consult her physician, complaining of maladies whose very names should be unknown to the healthy woman — backache, leucorrhœa, insomnia, and a host of neurotic symptoms. The normal girl should only know of the existence of the sexual organs when the necessity for their use arises.

"I have been reading lately Mrs. Burnett's 'Lady of Quality,' and was much interested in the ideal woman of the eighteenth century, so far as her physical organization was concerned. I have no word of commendation for the moral atmosphere in which the young woman was educated, but to me she is an ideal of physical development, broad of hip, and straight of back, strong of limb and wise in judgment. This girl came into her kingdom after having had an education such as the boys of her time were allowed. She could ride and she could swim, she could run and fight as well, and, to her shame be it spoken, her fist was oftener used in ar-

gument during her childish days than her intellect; but all the same, when the demands of social life presented themselves, and the wooer came to whom her heart responded, she, the normal woman, said: 'My lord, I do so love you that I do long to give from myself sons who may be like unto their father.' How many women of the nineteenth century, especially the women who have been gifted with the higher culture, so yearn toward the husbands of their choice?

"Am I unduly magnifying the physical development of women? Verily, no. But I would bespeak for the girl during the period between seven and seventeen such leisure from mental application as will insure a perfect development of the bodily organization. I would encourage marriages later in life. I would give to the young woman the same leisure for physical culture that her brothers have, and would insist that the heyday of feminine youth need not be measured by less than a quarter of a century. Under wise mental and physical discipline girls are given opportunity for both physical and mental development, and not only this Committee on Sanitary Science but all the world would feel constrained to rise up and call that school board blessed who will scientifically divide the time between mental and physical culture.

"The schools are not all to blame. Parents should bear some share of the reproach, for many a time the mother's ambition is the curse of the child. I appeal to the good judgment of teachers and parents. Our nation demands each year more and more of its sons. Our aspiration is unlimited. We, the youngest nation, are forging shoulder to shoulder with those who have long since won high places in the battle of life. We want to be the Judah among the nations. Let us see to it, then, that the mothers are properly prepared for their great responsibility. To have a great nation, we must have great women."



MUSCULAR HEROINES OF GREAT AUTHORS.

WE present this month some types of muscular women who have won the admiration of readers of fiction. Volumes have been written by our latter-day critics against the decadence of the novel, and condemning the so-called psychic hero or heroine who does all kinds of strange feats of mind, but demonstrates the possession of little or no virility. It is not sought here to claim that many writers on psychic subjects are not moving along proper lines of development. It is simply sought to point out the falsity of this so-called psychic novel and to demonstrate why it is, in the main, an improper and unwise guide and educator, and to call attention in so doing to some muscular women fiction types, the creations of the minds of those recognized as among the great writers of the century, and to demonstrate that from the fact that these characters live and live and remain the always admired in fiction, that they are true standards for emulation.

It has been previously pointed out in



this periodical that the decadence of each civilization has been preceded by the development either of the mental or the



physical side of men without harmony and commensurate effort. We believe in men and women, strong men and strong women—if you please, strong-minded men and strong-minded women—and we believe that the development of mind which means of necessity the birth of new opinions, which must be defended or perish, can never successfully be so defended without the development of muscular and physical power along with the mental.

Permit us, therefore, to introduce to your attention some of the women made famous in fiction and call your attention to the muscular development that has made them the everlasting favorites that they are.

Charles Reid was remarkably fond of depicting this healthy, well-grown type of young woman. Here is his description of two fisher lassies north of the Tweed: "Of these two young women one had an olive complexion with the red blood mantling under it, and black hair and glorious black eyes; the other was fair, with a massive but shapely throat as white as milk, glossy brown hair, the loose threads of which glittered like gold, and a blue eye, which, being contrasted with dark eyebrows and lashes, took the luminous effect peculiar to that rare beauty. Their



short petticoats revealed a neat ankle and a leg with a noble swell, for Nature, when she is in earnest, builds beauty on the ideas of ancient sculptors and poets, not of modern poetasters, who with their airy-like sylphs and their smoke-like verses, fight for a want of flesh in women and want of fact in poetry as parallel beauties. These women had never known of corsets, so they were as straight as javelins; they could lift their hands above their heads, actually. Their supple persons moved as

Nature intended, every gesture with ease, grace and freedom."

Whyte-Merville contributed his due share of muscular damsels to their literary of this type. He dealt in a description of a sportsman, and these of necessity must be strong. Head and shoulders above them all stands the Roman lady, Valerian, in his masterpiece, "The Gladiator;" of her we learn that she was "a large, handsome woman, in the very prime and non-tide of her beauty, a woman whose every



part—the long, round limbs, the shapely hands and feet might have belonged to Diana, so perfect was their symmetry.”



movement and gesture bespoke physical organization of a vigorous nature and perfect health. While the strong, white neck gave grace and dignity to her carriage; while deep bosom and somewhat massive shoulders partook more of Juno's majestic frame than Hebe's pliant youth; while the full sweep and outline of her figure denoted maturity and completeness in every

The description of a young woman written by a more modern author, and whose picture we produce, reads as follows:



“The period of the damsel's life being placed in the year 1858, she was a young Juno, quite a grand creature to look at,



with her noble stature and heroic figure; she was full of health and strength, and, indeed, you might have walked a long way without meeting another such piece of feminine majesty and loveliness."

Most novel readers must be acquainted with that Lass of Lowrie's, the noble creation of Mrs. Francis Hodgson Burnett's genius. The same author has more recently, in "A Lady of Quality," contrib-



uted an even grander figure to our gallery of muscular heroines. At the mature age of six, Clorinda Wildiares did her best to give her father a sound thrashing, and he, so far from resenting this premature attempt to assert the authority of the sex, had her brought into a room full of boon companions, where "he exhibited her to them, boasting of her beauty, showing them her splendid arm and leg and thigh, measuring her height and exciting her to test the strength of the grip of her hand and the power of her little fist." The story, indeed, abounds with demonstrations of the muscular powers of Clorinda,



and in that admittedly lies one of its chief features of attraction.

Another novelist who has written descriptions of sterling and muscularly developed women is Dr. Oliver Wendell Holmes, whose popular heroine, Miss Euthemia Tower, was so strong that at school she earned herself the nickname "The Wonder."

Women declare themselves to be in search of emancipation in these days. If they wish to accomplish it, let them study these types and gather what they can from the admiration these fiction heroines have attracted. It may prove a vast practical benefit.

INFLUENCE OF MUSCLE ON MENTAL POWER.

By Harry Nelson Jennings.



It is related of the Duke of Wellington that once, while watching the boys engaged in their sports on the playground at Eton, he made the remark, "It was there that the battle of Waterloo was won." And no one comparing the burly, robust Englishman with the pretty but effeminate soldiery of France can choose but to believe that he was in the right. In England very great attention is paid to the physical development of its youth, and in France very little, and the result is very clearly shown in the armies of the two countries.

To have a good body and a sound constitution is the first and most essential element to success. The leaders in all departments of life have almost invariably been strong men physically as well as mentally. Of course, there are some notable exceptions to this rule; for example, blind Milton; Pascal, who was an invalid at eighteen; Pope, also an invalid and a hunchback; Julius Caesar, who never planned a great battle without having an attack of epilepsy; and the great Aristotle, who, though having the body of a pigmy, possessed the intellect of a giant. But these are only the exceptions which prove the rule. The fundamental principle is unshaken, that it is the men who possess the good, finely developed bodies who win the laurels in the struggles of life. This is true of men in all walks of life. It applies to the merchant as well as to the farmer, to the bank clerk and to the policeman, the student and the athlete.

We need not, and could not, all be Sandows or Jeffries, but each should work for that degree of muscular development which will enable him to carry out his life work most successfully. Again I say that it is all-important that a person have a healthy and well-developed body, and, if a man aims to be a leader, this is almost in-

dispensable. Horace Mann says: "I am certain I could have performed twice the labor, both better and with greater ease to myself, had I known as much of the laws of health and life at twenty-one as I do now. In college I was taught all about the motions of the planets, as carefully as though they would have been in danger of getting off the track if I had not known how to trace their orbits; but about my own organization, and the conditions indispensable to the healthful functions of my own body, I was left in profound ignorance. The consequence was, I broke down at the beginning of my second college year, and have never had a well day since. Whatever labor I have since been able to do, I have done it all on credit instead of capital—a most ruinous way, either in regard to health or money. For the past twenty-five years, so far as it regards health, I have been put, from day to day, on my good behavior; and during the whole of this period; as an Hibernian would say, if I had lived as other folks do for a month, I should have died in a fortnight." Such is the testimony of one of the best educators America has produced.

Until lately muscular development has been despised as associated chiefly with rowdyism, and the aim has been to develop the mind to the almost total neglect of the body. But the people are beginning to awake to the fact that the body, as well as the mind, has rights that are bound to be respected, if the best results are to be secured, and if a man is brutal and quarrelsome it is not the fault of his athletic training, but it is the nature of the man. Perhaps the pale, sickly student who spends his night hours that should be given to rest in poring over his studies for the succeeding day, will win the most of the honors at school, but the tough, sinewy, athletic fellow, who devotes a portion of his time to sport and needful rest, will, other things being equal, achieve the greater success in after life. A compara-

tively weak mind with a Herculean frame will achieve greater results than a giant mind with a shattered constitution. A great deal is said about the danger arising from athletic sports, and, indeed, there is a certain amount of risk in them all, from the danger of a sprained ankle at tennis, to the chance of a black eye in boxing, but we do not wish this to degenerate into a spoon-feeding age, and while the horror of these good people who set up a great cry when a professional pugilist gets a lungful of wind thumped out of him, or a sturdy boy of eighteen or twenty suffers a bruised knee or a sprained ankle on the gridiron, may be something very beautiful, yet it will be a bad day for the country when a black eye or a sprained knee constitutes martyrdom.

What we want is a continuance of that self-reliance which made our men stand firm in battle, and hold out in the trenches before the enemy and uphold the honor of their country, without a thought of wavering on account of their own discomforts. To improve and cherish this national self-reliance, individual trouble and struggles are necessary. When small dangers have been faced without flinching, greater ones come easier, and all I can say is, that if our sons are to be wrapped up in cotton wool for fear of getting their precious persons injured, or losing a little blood, the sooner we throw up the national sponge the better.

The effect of the culture of the body is best seen in the ancient Greeks and Romans, with whom it was a part of the regular school routine. It was not confined to the athletes of the day alone, but orators, poets, philosophers and statesmen strengthened both mind and muscle by indulging in abundant athletic exercises. It is related of Cicero that he once found himself a victim of dyspepsia, and instead of consulting the physicians he gave his attention to the gymnasium, and at the end of two years he emerged as strong and robust as ever.

The result of physical culture is seen by

comparing our own statesmen with those of England. The public men of England as a rule are much healthier and longer lived than those of the United States, which is probably entirely due to the physical exercises in which they indulge. The public men of America are too ambitious. They live too fast. The desire to outstrip others in the race for fame leads them to overwork the mind to the almost total neglect of the body, thus in time seriously impairing both intellect and constitution. Very few of our statesmen or other public men live to an advanced age, but break down from overwork in what should be the prime of life, and the rare exceptions are found to be men who have given the laws of health that attention which is required to preserve a sound and healthy constitution. In England all this is different, as physical education receives almost, if not quite, as much attention as mental, and riding, walking, boat racing and other sports are really a part of the course at her schools and colleges. The benefit of all this is very plainly seen in the history of her people. That the splendid empires which England has founded in every quarter of the globe have had their origin largely in the football contests at Eton, the boat races on the Thames, and the cricket matches on her downs and heaths, who can doubt?

That Americans, when put to the test, are superior to the British has been shown in many ways, from Revolutionary times to the present day, when her champions in nearly all fields of sport fall easy victims to our own countrymen who have thoroughly developed muscles and undaunted bravery. And what a few men can do, surely we can all do in a greater or less degree. There is no reason why our nation should not lead all others physically, as she now does mentally. Then our beloved country would become in fact as well as name the grandest, noblest and most powerful nation that ever existed.



PADEREWSKI ON STRONG MUSCLES IN PIANO PLAYING.

IN an interview with Paderewski, some time ago, on the importance of strong muscles in piano playing, he made some very interesting comments, which follow herewith:

have well-developed muscles, a sound nervous system, and, in fact, be in as good general health as possible. Music is an affair of the emotions and the brain, and, of course, no amount of muscular development could transform a bad executant into a good one. But it is well to remember



“It is highly desirable that he who strives to attain the highest excellence as a performer on the pianoforte should

that in the case of pianoforte playing the message of the brain has to be interpreted by muscular action, and the more highly

trained are the muscles, the more harmoniously working the nervous system, the nearer is it possible for the player to succeed in getting that which he produces to approximate to that which he conceives and feels. Not only this, but the more capable is he of interpreting his feelings the more does he feel. Thought and conception and the power of interpretation act and react upon one another.

"There can be no question that a good deal of strength is necessary in order to achieve success at the piano. I do not deny that there have been virtuosi, slight and weak even to the extent of frailness, but there are different sorts of strength, and theirs has probably been of the nervous sort. But when you come to consider the actual manual labor involved in, say, practising for six, seven, eight, or even more hours a day, it becomes obvious that strength and endurance must be of vast assistance.

"It might be thought that practice on the pianoforte in itself would bring about the necessary increase in muscular power and endurance. This, however, is not altogether the case, and though undoubtedly playing does in some cases develop muscles by constant use, in other cases it has a distinctly deteriorative effect, owing to the muscles being kept cramped and unused. The chief muscles actually used are those of the hand, the forearm, neck, small of the back, and the shoulders. The latter only come into play in striking heavy chords, for which the hands and arms are considerably raised from the keys; in light playing the work is chiefly done from the wrists and, of course, the forearm muscles, which raise and lower the fingers.

"My reason for saying that pianists ought, by exercise and physical culture, to get their muscles in good condition is gained from my own experience. It is not so much that greater strength of muscle will give greater power for the pianoforte, but rather, that the fact of the muscles being in good condition will help the player to express his artistic talent without so much effort. To play for a great length of time is often very painful and distressing. The strain on the neck and shoulders—on the trapezius and deltoid muscles which govern the movements of the shoulders and arms—becomes at times

almost unbearable, and you cannot expect a player to lose himself in his art, and to throw all his powers and feelings into his work, when every movement of his hands is provocative of discomfort, if not actual pain. Sometimes, indeed, a great amount of playing brings on a special form of complaint known as 'pianist's cramp,' which may so affect the muscles and nerves that the unfortunate artist, thus afflicted, finds his occupation gone.

"This is where physical culture should prove of great benefit. In playing the piano, the same muscles are being continually used, and roughly speaking, in the same way, and over exercise is quite as bad for muscles as too little. Therefore, every opportunity ought to be seized for exercising them in other ways, so as to guard against stiffness and want of tone.

"But I am inclined to think that the chief advantage of a well-trained and developed physique would be a safeguard against the after effects which almost every pianist has experienced. I have frequently found that though whilst playing I have experienced no trouble from my muscles being overtaxed, afterwards the reaction has set in, and I have had no little exhaustion and weakness in the muscles of the shoulders and neck, and I have also suffered from severe neuralgic pains affecting the nerve which run from the head and conveys impulses from the brain to the deltoid muscle. Weakness in the small of the back has also been by no means uncommon.

"This, of course, is due to maintaining a sitting position for so long at a time. The position is not only a tiring one, but has a natural tendency to contract the chest and thereby impair the heart and organs of respiration. Here again physical culture would be highly beneficial, especially for those who are predisposed toward consumption and other pulmonary complaints.

"There is a point which I must not overlook, and that is with regard to the fingers themselves. They must not only possess strength, but, united with it, great delicacy of touch. Hence we see the necessity, not only for development of muscle, but for even development, so that all the muscles will work harmoniously and under the complete control of the will. If the muscles are developed very

unequally, certain movements will be labored and slow, and this, of course, is fatal to perfect execution. Besides, equal development and culture of all the muscles increase and sustain that nervous energy which most pianists possess. The latter result of physical culture is particularly valuable, for, unless he have a good physique, nervous energy will only tire a

course of exercises.

"It is necessary for me to say that I have not devoted much time to a study of the few points I have dealt with above. I have but spoken from my own experience. I have not had the opportunity of studying the question in all its bearings, and, therefore, am not in a position to pose as an authority.



man out and leave him exhausted and dispirited.

"As for myself, I have not taken any special exercises, having been blessed by Nature with pretty good muscles to start with. But, that is not to say that I do not realize that I should feel in better condition generally, and able to do my work with less fatigue, were I to develop all my muscles still more by a proper

"But I do honestly believe that, in playing the piano as in everything else, a sound set of muscles and a harmoniously working body cannot be other than an advantage. Unless mind and muscles work in harmony, there must be discords; no great result can be achieved unless they do so work. That is a universal law, and it is idle for the musician to think he is exempt from it."



A STUDY.

EDITORIAL.

WHO will work for this glorious cause? Who will take up the principles of right living, the "Religion of Health," and give time, thought and study to the education of the masses along these lines?

We want converts—we want enthusiastic men and women to take up these momentous subjects with us. We want those who feel they have been "called to the work." We want help—the more the better. We want lecturers on these subjects to be heard in every city, every hamlet in this united kingdom. Why not be one of us, friend? Why not use your efforts to convince some one of these "mighty" truths that affect human life in such a startling manner?

Hundreds of letters have been received from those whose experience has been similar to that of the editor. They have struggled through weakness, disease, and misery of body and soul, on and on, to the goal of health, glorious, pulsating and beautiful.

They have been taught in that "school of experience" the terribly severe lessons that finally enabled them to acquire and retain health. The "drug curse" handicapped them just as it does nearly every human being in this modern age. They had to struggle through the mire of "ignorance and prejudice" until they finally arrived at the solid ground of self-confidence, until the persistent failures of so-called medical science forced them to think for themselves.

Thousands of American men and women are to-day in this same condition—struggling in the grasp of this gorgon monster, the "drug curse." When the fangs of this "monster" once firmly sink into its victim, there is but little hope for freedom, little hope for health of body and mind.

Who will assist with tongue and pen to save these martyrs to drugs from the results of their ignorance? There is no work on earth that is so badly needed—there is no cause that is so divine in its possibilities. Not only the souls of men,

but their bodies and their minds are also saved.

If the editor was free from the responsibilities connected with the management of this publication, if the vast amount of time and thought necessary to its financial success could be avoided, he would be preaching the "Gospel of Health" day and night, on and on to the end of life itself. There would be no occupation so pleasant, so satisfying, so productive of that feeling that life is being wisely and profitably used.

But what can one man do? He is only a "drop" in the "ocean of humanity." It takes the combined force of thousands, aye, millions, of such "drops" to break a dam built by prejudice, ignorance and conventionality.

Friends, help us in this glorious, this divine work! Preach health at every opportunity. Make your friends realize the enormous value of health. Not the health that means merely "being out of bed," but health that makes every nerve thrill with the power, the energy and the happiness of this superb condition.

To our enthusiastic correspondents, to those whose letters have teemed with words of praise, to those who seem to feel that the sentiments of the editor are their own conclusions evolved by those burning thoughts which accompany days, weeks and often years of misery and physical weakness—he can only say, spread the "Gospel of Health."

Preach it, teach it, talk it. Don't bottle up your enthusiasm—your feelings. Let them express your thoughts—let them express yourself, as you are, and fear not the derision of those who are unable or unwilling to accept your views. The truth will ultimately prevail.

Do not allow the question of finances to restrain your ardor. The possibilities from a standpoint of compensation are superior to any other business or profession. Physical culture teachers who are familiar with all that pertains to the building up of health, strength and beauty—who are competent, conscientious and enthusiastic, can secure more remunerative employ-

ment at the start than is offered in any other business or profession at the present time.

The editor knows of a number in this city who are earning from \$200 to \$500 per month. There are hundreds who average from \$100 to \$200 per month. The demand for competent teachers cannot be supplied. The need for them is growing faster than the supply. And one great advantage is that a teacher need not depend on others for employment. He or she can put out a sign, have a few circulars printed and distributed, and in a short time, if the essential abilities are possessed, the returns are greater than could be obtained in any ordinary employment.

The editor, who followed this profession for a number of years, has made as much as \$500 in one month in a large Western city. On one occasion he made over \$300 from one month's work in a city of less than 20,000 inhabitants. Every city of over 5,000 inhabitants in the United States would furnish sufficient employment for a teacher to earn a satisfactory living. This means that thousands of teachers IF THEY WERE COMPETENT, could

to-day, at this moment, be supplied with profitable employment.

The first need is the enthusiasm acquired from a thorough knowledge of the power of physical culture to cure disease, to produce the highest and finest degree of health, to make men and women better, stronger, nobler and more beautiful specimens of the human race. Unless you can fully understand this wondrous power, unless you can feel the truth thrilling your soul as would the faith of a religious zealot you are not prepared to heal the sick, beautify and strengthen the healthy and impart to humanity the "Gospel of Health."

If you desire to prepare yourself for this profession, read, study and experiment. Literally absorb the contents of every book that you can secure which treats of hygiene, health, and physical culture. But first develop your own physique until your appearance indicates health—until you are a living, walking example of the benefits of that which you intend to teach. This inspires you with confidence in your own theories—it gives confidence to your pupils, and spurs them on in their endeavors to reach your physical perfection.

OUR PREMIUM INSTRUCTION COURSE.

ANSWERS TO QUESTIONS.

WE have been inundated with letters for advice on every conceivable subject appertaining to the cultivation of health, strength and beauty! This of course pleases us. It proves that the editor's efforts to make this publication a success are appreciated—that there is a vast amount of interest among all classes in these natural methods of curing disease, of building up the finer forces of physical life through the natural means provided by physical culture. But we have, of course, been unable to answer in detail all these queries. It would take all the editor's time to properly perform this task. With the double object of quickly adding a large number to our subscription list and to furnish cheaply advice to all needing same, we

have inaugurated with this number a plan for directing the work of pupils, which will enable us to give instructions by mail almost as intelligently as would be possible were the pupil to be under our direct personal supervision. The entire work will be systematized, and each pupil will receive the particular advice that will be of most advantage in his particular case. If there are any defective or weak parts that need strengthening—if any disease exists that can be cured by physical culture, in the form of exercises and the following of the laws of health and hygiene in other ways, the pupil can depend on receiving advice that will, if followed, be the means of bringing about that strength, health, energy, suppleness and symmetry of body so much desired by one and all.

In the advertising part of this issue will

be found an application blank, which if correctly filled out will enable the editor to determine very accurately as to the needs of each particular case. And the advice will by no means be entirely confined to the necessary exercises. It will include everything in the way of common-sense instruction in diet, bathing, clothing, etc., when such advice appears to be needed.

By subscribing for PHYSICAL CULTURE at a slight advance over the regular subscription rate you can secure the benefit of advice fitted especially for your individual needs.

This will in no way affect our Question Department. The editor will be pleased to answer all questions of general interest as heretofore. But many do not care to wait until the answers to their questions appear in PHYSICAL CULTURE, and to those the monthly course will of course be especially desirable.

The first month's course consists of various exercises that can be made without the use of apparatus. Of course each applicant will have only those exercises prescribed which will tend to remedy defects and be of benefit to the pupil for which they are intended.

The second month's course will consist of exercises on wall apparatus, and no exercise will be advised which cannot be performed on any one of the many exercisers now procurable everywhere at moderate prices.

The third month will be a dumb-bell course, and after taking these three courses, each pupil should be so familiar with all kinds of exercises adapted to individual need, both with and without appliances, that there will be no excuse thereafter for ever neglecting this imperative duty.

QUESTION—Can you tell me how to strengthen a weak ankle which I sprained about one year ago?

REPLY—Jump up and down lightly as you would in skipping a rope, provided the exercise is not painful. Stand with the feet about thirteen inches apart; now turn the ankles out as far as possible, then inward as far as possible. Keep the heels on the floor and raise the toes up as high as possible. Continue each exercise until tired. Also massage ankle by kneading with fingers.

QUESTION—After violent exercise such as running and boxing, is it better to draw in the stomach when the breath is expelled or vice-versa—and why?

REPLY—There is an immense amount of "rot" written about breathing. If you desire to learn how to breathe use your intelligence and watch a small child unhampered by bands or other restrictions. The walls of the abdomen will always gradually rise when a breath is being inhaled. Nearly every person except the victims of the "corset curse" breathe correctly.

QUESTION—What is meant by "second wind," and how do you get it?

REPLY—A well-trained athlete does not know the meaning of "second wind," but one who has been improperly trained, or a person not accustomed to training, is naturally overcome with a feeling similar to the sensation of being smothered after having exercised violently for a short time, because of the abnormal rush of blood to the lungs, resulting from this violent exertion, sufficient air cannot be inhaled to furnish the oxygen necessary to purify it. Of course if the efforts causing this are continued and they do not entirely overcome the individual, the functional system, lungs, heart, etc., gradually adapt themselves to the changed circumstances, and when this occurs, one has obtained what he calls "second wind."

QUESTION—What exercise will develop the exterior muscles around the heart.

REPLY—Exercises Nos. 1, 4 and 7 of the writer's system of training.

QUESTION—One of my ribs stands out more prominently on one side than the other. Can this defect be remedied?

REPLY—The development and massage of the muscles around the defective part will no doubt lessen the defect, but a cure could hardly be promised.

QUESTION—Is a 60-pound dumb-bell lifted over the head with one arm by a boy sixteen years old, weight 110, too much weight? Also if advisable for him to walk three miles in morning and three in afternoon at five miles an hour gait?

REPLY—I would consider sixty pounds too much weight, though I have seen a boy of thirteen weighing but about eighty-five pounds, push up sixty pounds. Five miles an hour is a very fast gait, but no harm will be done if there remains no feeling of exhaustion fifteen minutes after the walk has been finished.

QUESTION—Is coffee and tea drinking harmful if one is trying to develop the muscles?

REPLY—Both coffee and tea are stimulants. There is absolutely no food element in their composition, and if one can do without them he will certainly be physically improved because of this abstinence.

QUESTION—What effect has tobacco smoking and chewing on the nervous system?

REPLY—Tobacco unquestionably has a tendency to gradually lessen the sensitiveness of the nervous system. It blunts the delicacy of feeling, the finer elements of the emotional nature, and decreases the virility and vital powers of manhood. To more fully answer this I will quote the following from an exchange:

"1. Tobacco used to excess lessens the natural appetite. A great smoker is seldom a great eater.

"2. It impairs digestion, causes dyspepsia, besides other derangements of the digestive system.

"3. It causes inflammation of the mouth and throat, destroying the purity of the voice. A smoker is rarely a good singer.

"4. It is a cardiac irritant, causing palpitation and 'tobacco heart.'

"5. It causes nervous prostration, diminished virility, melancholy and impaired memory.

"6. It injures the sight and hearing. This follows more often from smoking than chewing.

"7. It is hostile to the most perfect development of the body; an athlete in training is not allowed to use tobacco.

"8. Its most marked effects are in the young, in whom it arrests development of

the nervous centers and stunts the growth."

QUESTION—Is twenty-seven years of age too old to attain a development such as is represented in your photographs reproduced in the October number of PHYSICAL CULTURE?

REPLY—One is supposed to have attained about his full growth at this age, and though a development can not be acquired that would in any way equal what might have been possessed, if physical culture had been practiced earlier in life, still, a vast improvement can be made in the appearance and strength at this age, or even up to forty or fifty.

QUESTION—I eat breakfast at 7 a. m., and am actively engaged all day, much of the time being out in open air. Would you advise me to try the two-meal-a-day plan—eating my second meal in the evening after the day's work.

REPLY—One accustomed to three hearty meals per day will find it difficult to feel satisfied with two, and there are no doubt instances, where one rises early and leads a very active out-door life, that three meals per day will be better, though nothing but benefit can result from making a short trial of the two-meal plan, and if it seems to give more energy—if you seem to feel better and stronger, why continue until there is good reason for returning to the old regime. Occasionally the writer deviates and eats three meals instead of two, but in every case he finds it expedient to go back to two meals per day. The foods seem to be digested better, and apparently supply more energy, both muscular and mental, when only two meals per day are eaten.



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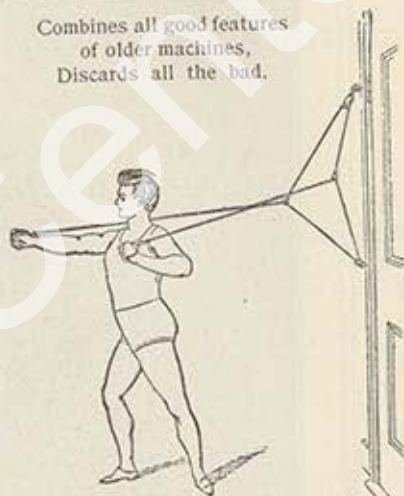
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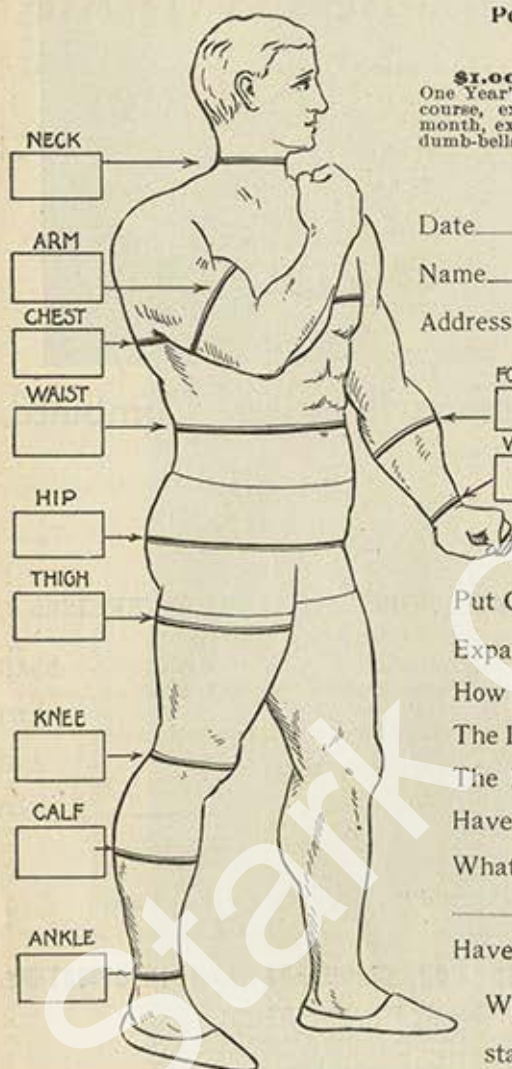
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Strong or Weak _____

Put Chest Natural in square.

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How is the condition of the Heart? _____

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Have you any disease? _____

What is Physician's Diagnosis? _____

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Take measurements carefully as illustrated above
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Mark with cross (thus X) on above figure parts of the body you consider defective.

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DOES EVERY DISEASE HAVE A CAUSE?

Of course you answer: "Yes."

The causes of acute diseases are generally known; microbes, germs, bacteria, poisons of various kinds taken into the blood; but what about chronic diseases?

The causes of chronic diseases are deep down in the system, some obscure fault with the nutrition of the organs, local congestions, displacements, etc., etc.

How are these chronic diseases to be cured? Will the use of drugs, elements that are foreign to the system, and in most cases poisonous in themselves, reach the cause of the disease? Even if we grant that the drug sometimes removes the result, it does not cure, because the cause remaining, the result is bound to reappear.

Take the dyspeptic, for instance, and you find that he or she has taken numberless remedies, and is a dyspeptic still. All the remedies may have given temporary relief, none have cured. How many hundreds of tons of pepsin preparations are used by dyspeptics every year, and yet a moment's reflection will show that these preparations cannot cure. At the most they simply do the work in the stomach that the stomach should do for itself, namely—digest the food.

You would not expect a child to learn to walk by being carried all the time. It becomes strong enough to walk by trying to walk. We fail to see, then, how putting the pepsin from a pig's stomach into the human stomach, and letting the former do the latter's work, strengthens the latter.

To bring about a cure

MORE RADICAL MEASURES

must be resorted to, something that will change the condition of the stomach glands. The very worst cases of dyspepsia, those that have lasted for years, can be cured by exercise, attention to diet, and the employment of our simple physiological measures that can be used by any one at home.

Another person resorts to drugs to cure constipation. These drugs act as an irritant to the intestines, and the trouble is temporarily relieved. But every sufferer knows that these drugs do not cure; that, on the contrary, the disease is aggravated by the remedy; for the intestines learn to depend on these stimulants, as the drunkard does on his dram, and they must be given in increasing doses.

What is true of dyspepsia and constipation is true also of jaundice, biliousness, headache, loss of appetite and all stomach and liver troubles.

Another class of diseases that cannot be cured by medicine is the chronic disorders peculiar to women. The unfortunate woman with a difficulty in the pelvic region, if she once commences "doctoring," in most cases haunts the physician's office until her money or her patience has given out, and, as a rule, she gets but temporary relief. The blisterings, burnings, and probrings she has been subjected to have not touched the cause of the disease, and naturally when the cause continues similar results

will follow. The use of artificial supports, pessaries, etc., does not strengthen the natural supports of the womb, more than a crutch strengthens the lame leg.

How many thousands of American women are suffering to-day from pelvic disorders and womb troubles, who through modesty or lack of means, never seek the physician's aid. Yet it is no exaggeration to say that nine-tenths of them have the cure in their own homes and without expense.

Are the foregoing statements as to the uselessness of drugs in the cure of chronic diseases true or false?

We appeal to yourself, if you are a sufferer. Confess now, have you not been a medicine taker for years, if not all your life, and can you honestly say that you have received permanent good from all the "cures" you have tried?

We claim, then, that to cure a disease of long standing, one that has become settled and part of the constitution, as it were, requires something more than the taking into the stomach of drugs that are foreign to the system, many of them poisonous in themselves.

A PHYSIOLOGICAL CURE

We claim that Dyspepsia of all kinds, Indigestions, Jaundice, Biliousness, Constipation, Dysentery, Diarrhoea, Liver, and Kidney troubles, Coughs, Bronchitis, Consumption in its first stages, Chronic Skin Diseases, Catarrhs, Emaciation, Palpitation of the Heart, General Debility, Nerve Exhaustion, many cases of Epilepsy, all cases of Insomnia or sleeplessness, Brain Congestion, Anemia, Chronic Rheumatism, Neuralgia, and all the Chronic Pelvic Diseases of women, Leucorrhoea, Congestion, Displacements of all kinds, with all the symptoms due to these, can be cured by our method.

We claim that no drugs are used. That the relief of pain, if present, is immediate, and that the improvement in strength and flesh and color is speedy.

There is no "faith" or "mind cure" treatment in our system, but a new application of Nature's healing powers, the vis medicatrix naturae, to the cause of all chronic and sub-acute diseases.

While our claims may seem extravagant at first thought, a trial will prove that they are far within the bounds of truth.

It is the most common-sense method ever devised, and strictly scientific and physiological. There is no word or phrase that describes it in full; the nearest we can come to it is to say that it is in a sense "mechanical treatment," though this does not begin to express it.

It is a thorough and scientific system, not a simple cure-all.

The means for carrying it out are in every home, no expense is entailed, and any intelligent person can apply it.

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Satisfaction is fully guaranteed, and in any case, if not satisfied, book may be returned in good condition and money be refunded.

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These numbers contain the following interesting articles by the Editor:

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—SIR ERASMUS WILSON



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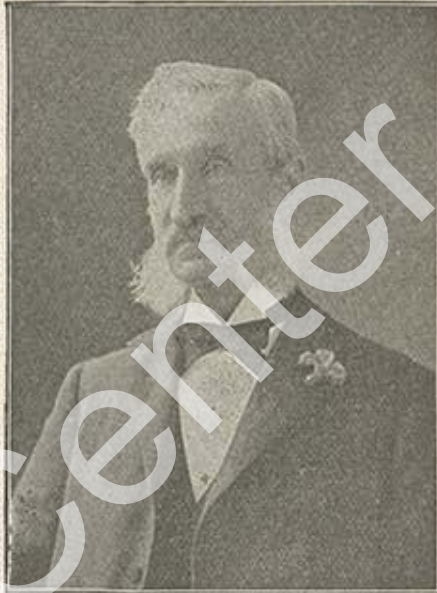
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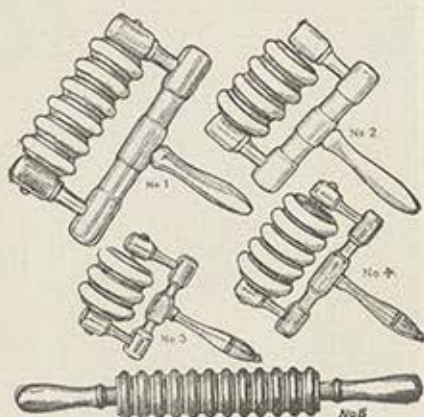
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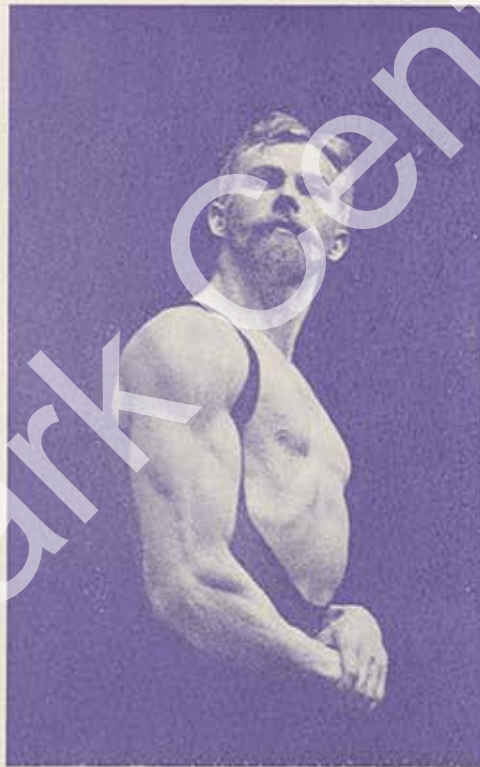
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