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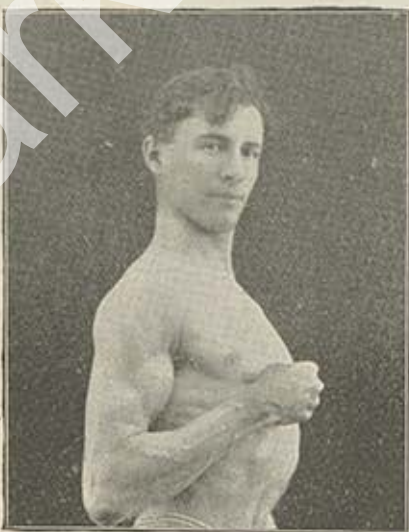
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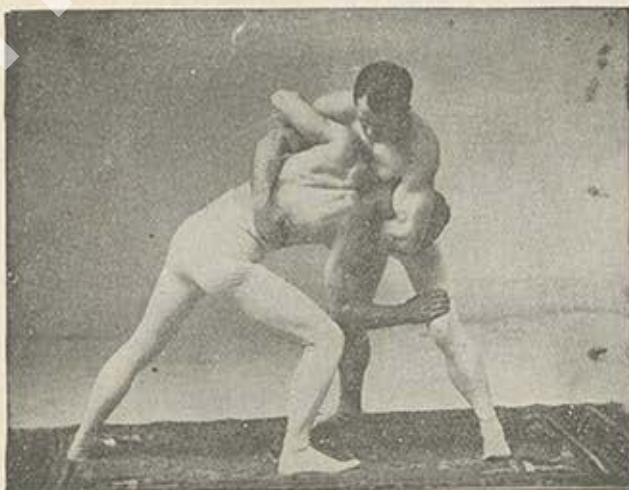
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PHYSICAL CULTURE

Vol. II.

MARCH, 1900.

No. 6

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Physical Culture is Devoted to Subjects Appertaining to
**HEALTH, STRENGTH, VITALITY, MUSCULAR DEVELOPMENT AND THE
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BERNARR A. MACFADDEN, EDITOR.

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PHYSICAL CULTURE FOR BABIES.

By Bernarr A. Macfadden.

THAT physical culture is of value almost from birth to death will probably be doubted by many. No one can deny, however, that the regular use of the greatly limited powers possessed by a newborn babe is absolutely necessary to the growth and development of his body just as much as the retainment and development of the versatile and manifold powers

of brilliant minds and superbly developed bodies depend on their use.

The infant, by the exercise of his limit-



EXERCISE No. 1.

ed strength, gradually evolves the greater and more complex powers of manhood or womanhood. Thanks to Nature, the desire for activity in a child is too strong to be curbed. By kicking and swinging his arms around he gradually acquires enough strength to crawl. After indulging in the delight of this new-found freedom for a while, and after repeated endeavors in the art of balancing, sufficient strength and skill are acquired to walk. Unconsciously, almost from his very birth, every child practices physical culture, and in the proportion that children are en-



EXERCISE No. 2.

couraged in their natural desire for muscular exercise, in the same proportion will they improve in health, strength, and in that symmetry and beauty of body which can be admired in a child without the danger of being called immodest or immoral.

There are but few children between the ages of say one and eight or ten years who do not possess well-shaped bodies. They have nothing else to do, but to play, and there is no better physical culture than active play. If you have a child who is not able to find joyful companions of its own age, ready and willing to run, wrestle, jump, push and pull, it is your duty to become a child yourself, and thus give his little body the use so necessary to his development. When we see a healthy, well-kept child, we often comment on its beauty, but the fact that the beauty usually disappears long before maturity rarely causes comment. This should not be. It is the terribly destructive effects of the abnormal condition connected with education and other environments that produce this deterioration.

The lower animals all grow in physical beauty up to maturity, and unquestionably it should be the same with human beings.

Do not forget that the less clothing worn by a child the faster he will grow in size, in strength and symmetry. Of course he should be dressed sufficiently for warmth, but no more.

There is no occasion to fear colds if the child is allowed to breathe fresh, pure air and is not overfed. Overfeeding and breathing over and over again the poisonous emanations from the lungs, cause most of the diseases that attack children at this age. Though being weighted down with clothing, hampering every movement, and crushing all the desire for exercise, unquestionably assists greatly in bringing about various complaints.

Following out the theory that in order to develop strength in a child it must be given all possible encouragement in the use of its powers we give a series of exercises with this article, the result of which



EXERCISE No. 3.

will astound any parent who will give them a fair trial for one or two months.

Of course all these exercises should be considered in light of play by the child. It should be one big romp from beginning to the end. Unquestionably the exercise necessary in giving the baby this romp will be of benefit also to the elder participants, and it should be thoroughly enjoyed by both.

For safety's sake we take for granted your child is weak. Begin slowly. Do not under any circumstances handle him in a way which apparently causes pain or discomfort.

The less clothes worn by the child in his romp, or physical culture treatment, the better will be the results. And for heaven's sake do not starve his little lungs. Thousands of poor children are annually laid away in their graves for the need of a breath of pure air. They are actually poisoned by breathing confined air over and over again.

After you have played with the child



EXERCISE No. 4.



EXERCISE No. 5.

a while and warmed his body by accelerating the circulation, no amount of fresh, pure air will give him a cold.

Whatever you do, avoid making these exercises work. Make them a pleasure for yourself as well as your pupil. If you are a man take off your coat, roll up your sleeves and "go at it" with zest, with energy, with most hearty enjoyment. If you are a woman, remove your corsets, and take the same pleasure in it.

After you have developed enough strength in the child to enable him to endure considerable of this there will be very little need of other means of exercise for any parent who treats his child to a daily lesson of this kind. Especially so if he can only free himself from the ridicu-



EXERCISE No. 6.

lous fear of fresh air, and open the windows while the exercises are being given. Every part of these exercises must be sacrificed to the play element. Do not try to give them in their regular order—give them in “any old way” just so you learn each one thoroughly and do not miss it during the “romp.”

Always cease the moment the child tires.

Exercise No. 1. Raise the child high in the air several times from this position. This will expand his chest and develop the muscles around the chest.

Exercise No. 2. Raise the child as per illustration. Now while holding him in this position, bring his hands together, then far out to the side again. Variation

—Move right hand forward and left hand away from you, then vice versa. This exercise is also excellent for expanding the chest and for developing the muscles at this part of the body.

Exercise No. 3. Instruct the child to clasp his hands tightly over your arm, then raise him off the floor several times. Especially good for strengthening his hands, arms and chest.

Exercise No. 4. Grasp his feet in such a manner that he can catch hold of your two thumbs with his hands, then raise and swing him back and forth. For strengthening the legs, hip, back and arms.

Exercise No. 5. Grasp him by the wrist and one leg, lift and lower him several times. Then lift him by both hands and one leg—both legs and one hand. Be very careful in this exercise as it is rather rough handling unless the child is strong.

In fact on starting with the exercises the writer again emphasizes the necessity for great care to avoid doing too much, though the best guide is to continue until



EXERCISE No. 7.



EXERCISE No. 8.



EXERCISE No. 10.



EXERCISE No. 9.



EXERCISE No. 11.

DO NOT GIVE ANY OF ABOVE EXERCISES UNTIL CHILD IS STRONG.

the child sees no fun in it—until the pleasure has all been exhausted. Then he is tired, and if it is bed time and he does not strongly desire to retire to bed immediately, or if he wakes before morning after such vigorous exercise, there is something extremely unnatural about him.

Exercise No. 6. Clasp his hand lightly. Now try to induce him to raise his body with just as little assistance on your part as possible. Have him continue until he acquires the impression that it is work. For strengthening the legs.

Exercise No. 7. Raise the child with hands under abdomen as per illustration, and induce him to hold his body straight if possible for a short time. The closer the hands are together, the more difficult will be the exercise. For strengthening the back and hips.

Exercise No. 8. Raise the child with

hands under the back as per illustration. Induce him to straighten his body for a short time if possible. For strengthening the abdominal muscles. The nearer the hands are held together the more difficult the exercise.

Exercise No. 9. Raise the child with hands under his side. First under one side, then the other. For strengthening muscles on side of hips and waist.

Exercise No. 10. Raise the child by grasping both ankles as per illustration. While holding him in this position bring feet together, then far outward. Also move one leg forward and the other towards you, then vice versa. Muscles of legs, hips and waist.

Exercise No. 11. Raise child by one leg, grasping ankle as per illustration. Raise and lower him a few times and then same with the other leg. For strengthening legs and hips.



Attention.



Hip movement—25 times.



Bend down, with arms forward—30 times.



Stoop—30 times.



Back manoeuvre, with limbs upward—30 times.



A few more exercises, and then—



Breakfast,

HOW TO REMEDY OBESITY.

From Die Fliegende Blätter.

CAUSE AND CURE OF CATARRH.

By Theodore Jacquemin, M. D.

In the first part of this article (Feb. issue) the writer pointed out the importance of first discovering the cause of this disease in endeavoring to effect a cure and enumerated the principal causes that tend to produce it. Unquestionably it will be difficult for the ordinary sufferer to select accurately the exact cause or causes that has produced the disease in his or her case. Therefore, in order to avoid the possibility of an error, the safe and sure method is to adopt those means necessary in the development of the highest degree of physical health, and carefully avoid everything that will tend to produce or aggravate the disease.

First, do not be afraid of fresh, pure air. It has never caused, never will cause catarrh, though unquestionably thousands of cases have been caused by the lack of its purifying influence. Sleep with your windows open winter and summer. Use only sufficient bed clothing for warmth, no more. Do not load yourself with clothing during the day—simply sufficient for comfort. The writer uses an overcoat only in the very coldest weather, and wears light summer underwear the entire winter through. There is no better tonic for the surface of the body than cold air. A daily air bath, especially while exercising, is to be most heartily commended as a means of assisting to remedy this trouble.

The writer once knew an athlete who was a severe sufferer from catarrh and, while it was especially virulent, he was called upon to pose nude for a life-class of art students. In two or three days he noticed the catarrhal discharge had slightly diminished and thought nothing of it, but at the end of the week his trouble had almost disappeared, and standing for four hours per day with the surface of the body exposed to the air had unquestionably brought about a temporary cure. Of course, after going back to his usual habits and occupations, it again slowly appeared.

This, however, proves most conclusively the value of air in accelerating the action of the pores.

Of course, the writer realizes that the average reader will say, "Oh, I cannot do that; I'd catch my death of cold!"

For heaven's sake, try and reason. Stop depending on the ridiculous theories which have been handed down, the writer believes, for the last million generations. They must certainly have been promulgated long before the time of Methuselah. These ideas must come from the same source from which emanated the fear of the "damp night air."

Of all the idiots that ever existed those who live in constant fear of the "damp night air" are probably the worst. They say the "damp night air" is full of malaria—it is poisonous. But they proceed to tightly close in a room this "damp night air" and breathe forth the foul vapors from the lungs until the air is so absolutely reeking with the carbonic acid gas that at every breath they inhale their own poisonous emanations. Poor, deluded beings—their poisoned bodies fall easy victims to any disease.

Immediately on rising each morning exercise for a few minutes entirely nude. If cold the exercise will soon create a feeling of warmth. As a means of still further accelerating the action of the pores secure two small, soft bristle brushes about the size of your hand, and, grasping one of these brushes in each hand, brush every part of the body thoroughly immediately after the exercise. Continue brushing back and forth until the surface of the body is tingling and pink from the accelerated circulation brought to the surface by the friction.

Follow this friction bath with a cold sitz bath or a sponge bath of the temperature of the body or as much colder as can be borne, and still be able to enjoy a feeling of delightful warmth immediately after the bath.

In your diet do not eat too freely of

meats. Eat slowly, masticate thoroughly. If not particularly hungry at breakfast, eat fruit only. Avoid stuffing by all means.

Walk at least five miles each day, after becoming inured to the exercise. Take many breathing exercises during this walk, drawing in deep, full breaths always through the nostrils.

Take a hot bath with plenty of soap and water at least three times per week just before retiring. Do not remain in the bath over ten minutes.

From three to four times per day cleanse nostrils by drawing a mild solution of salt and water (about a level teaspoonful of salt to a glass full of water) up through the nose and back through the nasal passages into the mouth. Do not throw the head back while doing this.

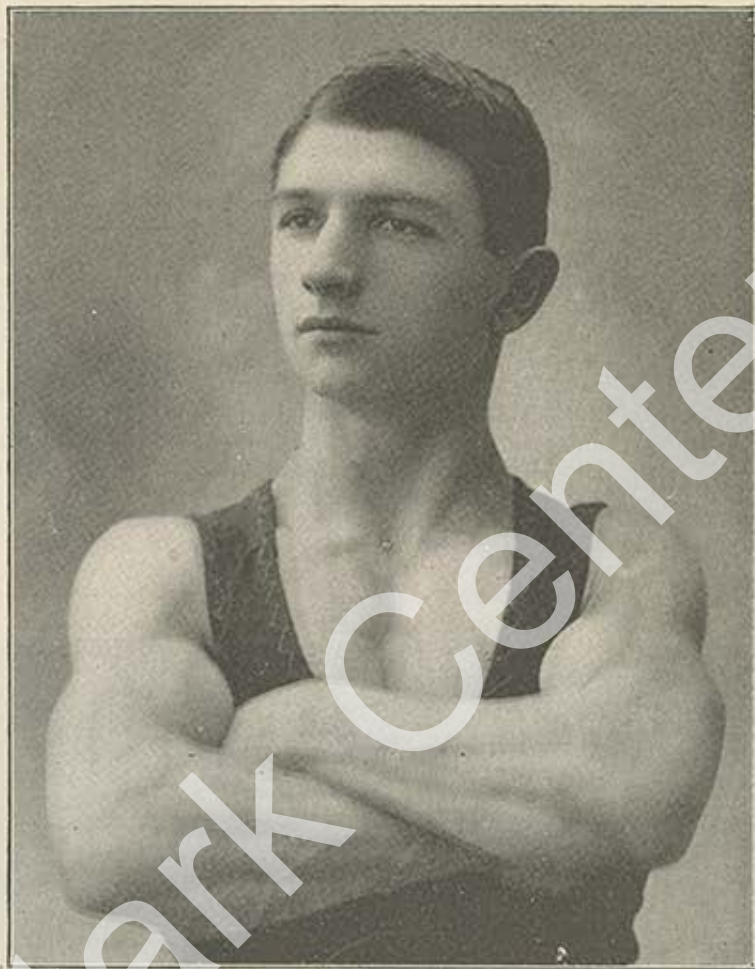
This part of the treatment is of especial importance, as it thoroughly antisepticizes the parts and alleviates local inflammation.

This course of treatment, if accurately followed, will unquestionably greatly alleviate this trouble in a few days, and if continued for a sufficient length of time will usually effect a cure.

In saying a cure will be effected the writer does not mean that all discharges from the nose will forever cease. There may often be a light discharge, but it is not necessarily a sign of disease. It is when the discharge becomes profuse or where crusts and other offensive matter are blown from the nose that a diseased condition exists. These abnormal, diseased conditions will almost immediately be greatly lessened in severity if this treatment is given a rational trial.



FROM THE PAINTING "THE MORNING BATH," BY B. VAUTIER.



HARRY WALLER, THE BOY HERCULES.



THE following comments are taken from New York newspapers, and are authentic accounts of his enormous strength.

Mr. Harry Waller is undoubtedly the strongest man of his size in America. He is nineteen years of age, is five feet one and a half inches high and weighs 121 pounds. He lifts 950 pounds dead weight. In harness he lifts 1,800 pounds.

Waller is very resourceful in his tricks. He will seize a man weighing 160 pounds and raise the victim with one hand far above his head. Then he will bend a railroad spike over his knee. He can drive his fist through an ordinary kitchen chair.

A heavy brewery wagon ran into an excavation on Sixth avenue, and the usual crowd collected to witness the process of extricating it. Two policemen and four bystanders were tugging away at the wagon but could not budge it, when a man of youthful appearance and athletic build, appeared and proffered his services, and requested that he be given a chance to lift it alone. The policemen winked knowingly, and the crowd smiled when he got down under the wagon, but were amazed when they saw that wagon lifted out by this man and cheered him loudly. In answer to a question of the *World* reporter, he said his name was Harry Waller. That settled it, for he is known as the strongest man in America.

QUESTION DEPARTMENT.

CAN "Bow-legs" be remedied?

A. This defect can be greatly lessened and in many cases entirely remedied, especially if the sufferer is still young in years. Take exercise No. 3, on page 160 of January issue, and each time your weight is raised, make the straight leg assist vigorously. Stand with the feet about three or four feet apart. Now bend the ankles inward, and force the knees inward as far as possible. When you become accustomed to the first exercise mentioned, place the hand on the knee of straight leg and press downward strongly each time you rise. Tire yourself thoroughly two or three times per day, if you expect to accomplish result.

Q. I want a cure for curvature of the spine?

A. Hang by the hands on a bar until tired several times per day. As you grow stronger, arrange some weights so you can raise and lower them with the feet while hanging. Take up a thorough course of physical culture. Thoroughly tire yourself, especially with those bending exercises, back and forward and from side to side. Raise an iron bar or long dumbbell that is as heavy as you can easily lift from floor, to shoulder, then high over your head with both hands.

Q. How would you treat muscular rheumatism without drugs?

A. Light vegetarian and fruit diet. Absolute fast for from one to four days on beginning treatment. Encourage the appetite for pure water at all times. Use massage treatment and friction baths, with two soft, bristle brushes at least once per day. Unless moving around is painful take a walk once per day until tired, giving special attention to breathing exercises during this walk. If you have not sufficient will power to fast on beginning treatment, take internal flushing or hot vapor baths.

Q. Suggest method of curing torpid liver and biliousness without drugs?

A. A thorough course of physical culture. Long walks, many breathing exercises. Light diet for first few days of treatment. A twenty-four hour fast would be a valuable aid in starting treatment. Cold sitz bath after morning exercise, if able to recuperate with a feeling of warmth. Encourage appetite for fruits.

Q. My physician says I am threatened with rupture. What can I do?

A. Adopt means necessary to strengthen all the muscles in close proximity to the affected parts. Begin carefully—feel your way step by step until you are thoroughly familiar with just how much exercise you can take with benefit. The neglect to strengthen the abdominal walls is what makes rupture possible, and if this duty is performed rupture is one of the least dangers that need be feared.

Q. I have been boxing for the last three years. I like the exercise and it has benefited me greatly, but I am greatly troubled with my thumbs—the least knock on either left or right makes it extremely sore, and unfit for use?

A. You have undoubtedly strained the tendons of your thumb on one occasion, and instead of giving them time to thoroughly recover before sparring again, you have carelessly allowed them to be repeatedly injured, thus permanently incapacitating them for the hardy use that might have been possible under more normal conditions. Massage will be some benefit, but the principal remedy is to avoid absolutely all exercise where a repetition of the strain is liable to occur.

Q. Is perspiring while running or dancing healthy?

A. Yes; and, in fact, if you are not able to perspire after very vigorous exercise, it indicates beyond a doubt that you are not in a normal healthy condition, and steps should be taken to build up your general health. Friction baths can be especially recommended as a means of accelerating the action of the pores.

Q. Would a moderate amount of stair

climbing be beneficial to a woman suffering from any mild form of indigestion?

A. If none of the weaknesses peculiar to her sex exists, and if the air is not too bad, stair climbing is a commendable exercise for anyone. No one can deny the beneficial effects of mountain climbing, but it is changing scenes, pure air and pleasure that make it so much better than stair climbing. The exercise is about the same, and if one will only stop harboring the mental dread of stair climbing and realize the benefits, the results will be entirely different—if the air is good.

Q. What can I do to get a more fleshy and stouter thigh?

A. Take the exercise of lowering the body by bending the knees as much as you can, then rising again. Stand with one foot as far forward, bend forward leg and make straight leg assist vigorously in rising. Change position with other leg forward. Take exercise No. 3, on page 160 of January issue, PHYSICAL CULTURE. Whenever dressing or occupied so it is convenient assume a squatting position, with the knees bent as far as possible, retaining this position until tired each time. Also jump back and forth over obstacles.

Q. I take regular exercise every day, but find my calves stay as thin as ever, although hard. What would you advise?

A. With some persons the calves are very difficult to develop. Would advise you to try an exercise similar to jumping a rope, continuing each time until thoroughly tired. Raise and lower the body on the toes as many times as you can, first on both feet then on one at a time. Raise on toes as high as you can, then, holding this position, make several endeavors to raise still higher. Stand with the feet about twenty-four inches apart, now bend ankles inward as far as you can, then outward. Raise the toes off the floor as far as possible as many times as you can.

Q. What causes a feeling of discomfort, or, I might say, pain between or under the shoulder blades while taking breathing exercises?

A. It is usually a sign of weakness, and it calls for better air, more walking in pure air, and while such a pain continues, breathing exercises should be indulged in very moderately.

Q. Although I take all the exercise in

your instruction book, I cannot bring out perspiration. What would you prescribe in my case?

A. It is not absolutely necessary that you bring on perspiration to secure the benefits of physical culture, though if you are rather strong the benefits will unquestionably be greater if the work is made sufficiently vigorous to dampen the surface of the body. Try this: Go through the entire course of exercise very energetically. Now jump as in jumping a rope until "winded," then jump back and forth over some obstacle, about as high as you can jump. If possible, finish all this with a run of half a mile or more.

Q. What exerciser do you recommend?

A. The writer does not especially recommend any exerciser. Anything that will accomplish the object of using thoroughly all the muscles can be commended. The exercise with a chair, illustrated in the February issue, will be productive of results as beneficial as the average exerciser, though various devices and means of exercising, of course, gives more variety and pleasure to the work, and naturally increases the benefit.

Q. I am 17, can jerk 80 lbs. over my head with right hand. One year ago I could jerk only 25 lbs. I have a friend practicing in a gymnasium who is training to lift a heavier weight than I. What can you suggest to enable me to still retain the supremacy?

A. Continue your practice with dumbbells. Walking is especially to be recommended as a means of assisting you to harden your general physique. Chest weight would be beneficial for increasing your chest capacity and your general health. Be careful in practicing the feat in which you wish to excel not to do your utmost each day. Adhere to a certain weight which you can handle easily before adding more.

Q. Is swimming a good exercise, and would you advise it after exercise in the gymnasium?

A. Swimming is unquestionably a commendable exercise, though fresh water swimming should be indulged in in moderation, especially when taken after gymnasium work. See article "Swimming and Bathing," July issue, 1899.

STRONG LUXURIANT HAIR—HOW
ACQUIRED.

By J. Walter Smithson.



THE ignorance of all classes as to the proper care of the hair is astounding. A person may reason very clearly on all ordinary subjects, but when the hair is discussed the power to deduce rational conclusions seems

satisfactory information anywhere on this subject. Scientific men seem to have passed it by as of but little moment, though to a man or woman fast approaching baldness its importance assumes enormous proportions. A fine head of well-preserved hair gives the appearance of youth often far on to advanced age, and every reasonable



to disappear. The reason for this is not hard to fathom. There is but little

effort should be made to acquire and retain it. It is a paying investment of time

and labor whether viewed from a standpoint of finances or otherwise. To look mature and young means that you are more valuable in almost any capacity.

But a fine head of hair, like anything else of value, cannot be secured without an effort. It requires time and attention daily, though the rewards are ample pay for the efforts expended.

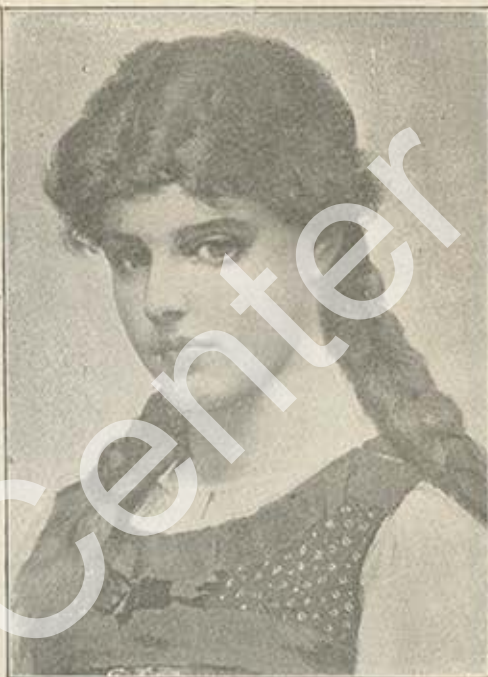
But few are aware that the hair can be strengthened and made more luxuriant with as much certainty as the muscles of the arms can be developed. Though baldness is rarely remediable, there is really no excuse for man or woman ever to become bald if they adopt rational, radical means for strengthening the hair and its roots. Of course it is impossible in this short article to give all the necessary information that is required in order to thoroughly do this, but first of all use "common sense." Remember that the scalp is like any other part of the body—that it is



filled with thousands of little pores which are continually being clogged with dirt, and with the oil that exudes from the skin and the sebaceous glands of the hair, and that it must be frequently cleansed, or else the hair will suffer severely. It is not the

hair that needs frequent cleansing—it is the scalp.

This one error, the belief that it is injurious to wash the hair, has caused thousands to become bald. Massage of the



scalp with the fingers or with a device of some kind is also very beneficial. It accelerates the circulation to the hair roots, and has an invigorating influence on the hair generally.

A stiff-bristle brush for scalp friction should be used daily. Brush the scalp from back to front, and from side to side until it is in a glow from the effects of this. After this be careful to brush out all the dandruff. Many imagine that dandruff is a disease. When present in excessive quantities it is, but an ordinary amount of dandruff is always present in the healthiest scalps. It is simply the exfoliation of the scarf or outer skin, and the accumulation of the dirt or filaments of the clothing. Many believe that washing the hair produces dandruff, because whenever they cleanse the scalp more dandruff appears on the next occasion the hair is brushed. This theory is ridiculous. Of course if one's head is filthy with dandruff, the oil that is thrown off



naturally causes it to adhere to the scalp, but when the scalp is washed, the oil is removed by the soap, and of course releases the dandruff, which appears in great quantities when the scalp and hair dries. The simplest and most effective means of

remedying this annoying trouble is frequent washing with a high-grade vegetable-oil weak-alkali soap. If the alkali is too strong it will take too much of the oil from the hair, though if otherwise absolutely no harm can be done by this fre-

quent washing. In fact the effects will be exactly opposite, as the roots will be greatly strengthened and stimulated, and of course the hair will in time be more vigorous in consequence.

The effects, too, of the general physical condition upon the hair is very great.

to come out. The average person imagines when the hair begins to come out in rather unusual quantities that he is doomed to be bald, and actually avoids touching the hair at times for fear it will come out. This is directly opposite to the policy that should be adopted on such oc-



When one declines in health, the hair always suffers in consequence, for the hair is nourished by the blood, the same as other parts of the body, and depends upon it entirely for sustenance.

Another cause of loss of hair is the fear of removing the hair when it is inclined

casions. When the hair has a tendency to fall out, the first means to insure that each spear of hair will grow in again, is to pull out all that is easily removed. The writer defies any one to refute the soundness of the following: *When you pull a hair out another one always grows in its*

place, but if you allow it to remain until it falls out, the root frequently dies and consequently does not sprout a new hair.

The hair can be cultivated and strengthened in every case, and those who allow their hair to disappear have no one to blame but themselves.

The tonics, oils and all other fake remedies on the market for treatment of hirsutical troubles never benefited any head of hair and never will. Many have become bald sooner because of their use. Oil does not strengthen the hair any more than fat will strengthen the muscles.



The tremendous fortunes made by many from the sale of hair tonics illustrates with startling emphasis the human tendency to desire "something for nothing." Anything that is worth having is worth working for, and this applies as emphatically to luxuriant hair as it does to an Apollo or Venus-like figure.

To acquire a fine head of hair, first learn how to properly care for the hair, then follow out accurately the rules necessary under the circumstances, and the results will amaze you.



The poet, Oliver Wendell Holmes, declared mankind had been drugged to death, and that the world would be better off if the contents of every apothecary store were emptied into the sea, though "the consequences to the fishes would be lamentable."

Dr. Traill: "What do persons who call themselves reasonable do in the midst of a hundred doctors, with a hundred different medicines, each affirming that his own is good, and that all the rest are bad? Do they reject them all? No; they swallow them all."

CRIMINAL NEGLECT IN OUR EDUCATIONAL METHODS.

NINE-TENTHS OF THE WEAKNESS AND THE RESULTING DISEASES IN ADULT LIFE MADE POSSIBLE BY THE NEGLECT TO RECOGNIZE THE NECESSITY OF BODY CULTURE AS A PART OF OUR EDUCATIONAL METHODS.

By Bernarr A. Macfadden.

IGNORES FUNDAMENTAL PRINCIPLES OF LIFE.



HERE is no greater enemy to the advancement of mankind than the belief that his conditions in life are beyond improvement. It has been often repeated that our methods of education are more advanced, more thorough, more practical and nearer perfection than any others existing now or in the past. And yet our methods of education with all their vaunted perfection, their boasted advancement, almost entirely ignores the fundamental principles of life. Strength, health, general physical vigor, manly and womanly beauty—the very foundation upon which is built all happiness, all success, and all that makes this life profitable or enjoyable—is so entirely disregarded by our juvenile educators that on graduation a youth knows more of the history of the dark ages than of this all-important desideratum. He is not only depravedly, densely ignorant of the proper use and development of his own body, but hundreds, yes, thousands of instances have occurred where students have become physical wrecks while pursuing their studies from gross violations of Nature's simple health laws.

EDUCATED TO DEATH.

Such persons have for a start in life a brain crowded with information and an invalid's body to feed and furnish the stamina, energy and courage absolutely essential to success and happiness in this terrible individual war for mental and financial supremacy.

How many of our youths and maids are thus educated to death. Is that education? Is that intelligent training?

"But," says the teachers, "we have no time for physical culture; we are overcrowded with studies already."

What kind of studies? Is it of more benefit for one to understand the science of mathematics, mineralogy, or to know the date of Rome's fall, than it is to have a good digestion, pure blood, strong, shapely supple muscles, and the god-like gift, perfect health?

PURE BLOOD AND A GOOD DIGESTION NEEDED EVERY SECOND.

One cannot temperately acquire too much knowledge. The science of mathematics, of mineralogy, or the date of Rome's fall, may often be useful during life, but you need pure blood, strong muscles, a good digestion every day, every hour, every minute, and at times, every second of your existence. Which are of the most importance?

Is it not generally understood that education adds to the happiness and pleasures of life? But has it done all this in the past? Can we claim with truth that happiness is a universal possession in this country. Is it not a rare exception to the general rule? Do we enjoy life as much as the savage, or the peasant whose intelligence is incapable of understanding the meaning of intellectual pleasures?

EDUCATION HAS NOT INCREASED HAPPINESS.

Education, as the term is universally understood to-day, has not increased the happiness of man one iota. It has often filled his life with weakness and misery. Not because it is education, but because it is perverted education. It is simply a cultivation of one organ at the expense of all others; it is a cultivation of one power while another power is left to weaken and decay, or, in other words, it is merely a

cultivation of the brain while the necessity for health, strength and physical perfection remains to be recognized.

The results of this pernicious, destructive and one-sided system of education are showing themselves in the most horrible and revolting form. Go into the average institute of learning and notice the weak, undeveloped girls. But few have even the appearance of vigorous health, and as for finding one in possession of superabundant strength, with great physical beauty, that would be exceedingly difficult. Though the boys are far better than the girls, they are usually very poor representatives of their sex.

YOU CAN BECOME ACCUSTOMED TO ANYTHING.

In some foreign countries the lower class of people shelter their hogs, chickens and dogs and all their domestic animals under the same roof, and very often in the same room occupied by the family. Why does not this seem disgusting to them? Because it is the custom; they know nothing better. We have become familiarized to our present degraded physical condition in the same way, and the fact that vigorous health is the rare exception instead of the rule, that bright eyes, ruddy cheeks and graceful forms are possessed by but few, that it is an unusual occurrence for one to die of old age—excite no comment. We have become so accustomed to seeing weak and sickly specimens of manhood and womanhood that we now look upon it as a matter of course—as an evil which cannot be remedied.

ATHLETICS SOMETIMES MEANS PHYSICAL DECAY.

But, you may say, look at the great interest now being manifested in athletics at our large schools and colleges. True; but athletics are not always physical culture. They often mean physical decay. Not only has that been proved, but the very pupils in those schools—the weak, sickly ones—who specially need the physical training, rarely get it. It is the strong, ruddy fellows, possessing muscles that lead to success in athletic contests who receive all the training. In a college of say 2,000 students, you may find two or three hundred who are enthusiastic enough to make endeavors for physical

improvement, and you may find another hundred occasionally making futile attempts to become regular in their exercise, but the other 1,600 will simply look on and applaud, making no permanent efforts to secure for themselves the vigorous frames and rugged health which is surely within their reach.

EVERY WEAK INDIVIDUAL COULD HAVE BEEN STRONG.

Now consider the fact that every individual, with possibly a few rare exceptions, who is to-day suffering with weakness and disease, could have been strong and healthy if he had enjoyed in youth a thoroughly rational education, which includes a thorough training of body as well as mind. For, what is the cause of our physical infirmities? Nothing more or less than physical weakness and ignorance—ignorance of the great natural health laws which should govern the life of every civilized human being from childhood to the grave.

Can a system of education which ignores these laws be called perfect? Can an individual with a man's brain and an invalid's body claim to possess a high degree of perfection? Can we claim a high degree of civilization when probably nine-tenths of our population suffer with diseases brought on by simple violations of health laws? Is such destructive, depraved and vital-destroying ignorance supposed to be a part of civilization?

HEALTH OF MORE IMPORTANCE THAN ARITHMETIC.

What we need is a system of juvenile training which admits the absolute necessity of physical education, the absolute indispensability of body building in connection with mental training—a system which recognizes the indubitable fact that health is of far more importance than arithmetic, that it is worth more than the knowledge of the combined studies taught in scholastic curriculums—a system which looks upon health and physical wealth as the very foundation of all culture, of all education, of all refinement—a system, in other words, which acknowledges this vital element of human existence to be the first and greatest necessity—a system which develops our boys and girls into grand and glorious specimens of human perfection,

into men and women in every sense of the word, mentally and physically able to struggle for the prizes to be found in life's arena.

MARVELOUS RESULTS OF PROPER METHODS.

What would be the result of the adoption of such methods? To-day, where we find weakness, we would then find strength; to-day, where we find disease, we would then find health; to-day where we find misery, we would then find happiness.

Think of it, reader! What! Do you doubt it? Do you doubt that nine-tenths of the weakness, of the diseases, of the misery existing to-day has been brought on by physical infirmities which could have been avoided by proper habits earlier in life? For the want of physical stamina the wife declines and becomes an invalid; for the want of the same power, the husband is unable to cope with the hardship and constant toil essential in his occupation. There we find weakness, disease and unhappiness. This terribly destructive trio travel this civilized country hand in hand. There is scarcely a home which has not been marked by a visit from the dull, lustreless eyes, the pallid cheek, the emaciated body, the trembling hand and tottering step of this monster enemy to civilized humanity.

INFINITE VALUE OF HEALTH TO THE NATION.

What would it be worth to America to-day if every weak or diseased individual could be made healthy and strong? Could the value of such a change be measured? Would it not be worth far above the greatest monetary considerations? The writer believes it would.

It would probably be impossible to make strong and healthy every weak and diseased human adult, but it is possible with an intelligent training, with a proper education, with a right civilization, to develop every boy into a magnificent man, every girl into a superb woman. Our educational system should more distinctly recognize that we are a species of the animal world, and that the animal instinct which governs habits of all wild animals is no longer a human possession.

ANIMAL INSTINCT MUST BE REPLACED BY INTELLECT.

The effects of civilization tend to de-

stroy animal instinct. The intellect must supply this deficiency. Our mental power must be able to guide and control our appetites and desires. Here lies our great defect. This intellectual power, this knowledge, this substitute for our lost animal instinct, so absolutely essential to the enjoyment of the highest degree of happiness, is possessed by but few. Our children are taught that health is of great importance, but the fact that this important condition can be developed and preserved in each and every human being, is never fully impressed upon them. When this criminal neglect is considered, with all its awful results, should we wonder at the physical ugliness, weakness, misery and diseases that are met at every turn? Should it cause comment if vigorous health is a rare exception instead of the rule, as it should be?

Imagine a nation wherein all are handsome, strong and healthy; a nation in which disease and unhappiness are unknown; for wherever you find one, you will always find the other. There can be no disease without unhappiness, and no real, lasting unhappiness without disease.

YOU CAN BE STRONG OR WEAK AS YOU MAY DESIRE.

When it is universally recognized that the body can be moulded and strengthened almost at will; that one can be healthy or diseased, strong or weak, just as he may desire; that vigor of body, in every case, enables one to make greater efforts toward mental development—then can we claim to have risen to a high degree of perfection. When our playgrounds resound with the melodious voices of beautifully formed boys and girls, when our educational institutions realize the necessity for body training in connection with mental training, when fine specimens of manhood and womanhood in the truest sense of the words can be seen on all sides, when the vigor of body and purity of mind make one and all scorn to stoop to an ignoble action, when disease and the heart-rending misery which accompany it are unknown, when, in fact, every individual is a specimen of mental and physical perfection—then, and not till then, can we, as a nation, claim to have reached a high degree of civilization.



FROM THE PAINTING, "HEART'S AWAKENING," BY W. A. BOUGUEREAU.

THE DOWNFALL OF A BULLY.

By Ned Nettirc.



HE schoolhouse stood conveniently placed on the cross roads. It was a little red schoolhouse, quite mean to some eyes, no doubt; but there are many men and women far scattered over the world who remember it with a warm heart-throb and with glistening eyes. It looked very grand, indeed, to little Johnny Danby, one spring morning, when his father brought him down in the old rattley buggy, letting him drive old Sib, the clever bay mare who was "old enough to vote."

Johnny's craft was to be launched that morning upon the sea of knowledge, and like the kind father he was, John Danby came along to see that the ways were "greased."

"Good mornin', Miss Spink," said he to the neat little schoolma'am, who stood on the doorstep as he banded Johnny down from the buggy. "I've brought ye my little boy—Johnny, this is the teacher, Miss Spink—she is the lady that is goin' to help you find out about all them pictures in the books, and lots of things—and she knows how to make all the letters jest as nice; you'll remember you must mind her like it was your ma, won't ye, sonny? I don't want the boy whipped if it can be helped, but I ruther have him licked than be mean in school or out of school. I won't have him quarrel with anybody. Of course, I don't want him to fight, but I ruther have him fight than slink. I d'n know as ye hev any bully in this school now—they use ta hev when I was a boy—so if there is any trouble like that, I ruther ye'd talk it over 'ith me. I don't want Johnny babied, ye understand; I jest want him to hoe his row clean and hill it up neat like he seen his pa in the garden this mornin'. Good-by, sonny," he said, as he started away. "Pa can trust his little boy all right. Here's yer dinner-basket. Ma said to keep it stiddy so's not to spill the milk." And with a

cheery nod to Miss Spink, John Danby turned old Sib homeward and drove off.

The Diamond District, in which this schoolhouse was located, could not claim to be that unmined jewel, a community without a bully. It was like all other districts, just a little patch of the world. Tom Malger was the oldest, the largest and the strongest boy in the little school, but that fact did not shame him from fighting all the other boys—whipping them like a medieval lord used to whip the peasants. Of course, little Johnny Danby was his victim and took his punishment with true Yankee grit, which is every bit as genuine as was the Spartan kind. Miss Spink, although unable to entirely prevent the aggressions of Tom Malger, saw to it that there was no great damage done to the fighters, and agreeably to John Danby's request, she informed him of each recurring encounter, for true to his father's trust, Johnny would fight before he would slink. One day he came home with marks of the encounter which could not be ignored. Mrs. Danby referred the case to the father, who manoeuvred the explanation to the barn at chore-time.

Johnny, the sturdy little chap, had fought his up-hill battle all summer without saying a word about it at home, but at the kindly tact of his father's queries, he put his little bruised fists to his swollen eyes, and gave up his whole heart to the sympathetic comrade who did not fail him.

After a while, John Danby was sitting on the ground-feed chest with his little lad in his arms, who said with more of cheer in his voice than had sounded there before:

"I 'most licked him to-day. Yes, sir, I did—say, pa, I'm gettin' nearer to lickin' him every time, 'n he dassent pitch on to Sammy Card any more, for when I help Sammy, he knows we c'n lick him."

John Danby's eyes glistened with a proud joy which he thought perhaps it

were as well his son should not see, and he said in his soft, soothing drawl:

"Yes, yes, sonny, as I hev been tellin' ye, pa don't want his little boy to fight; but he don't want him to run away, either, not when Tom pitches into a poor little cripple like Sammy Card—and ye needn't run away when he pitches into you—but see here, sonny, you hear what I'm a-tellin' ye, don't ye never pick onto him, nor onto nobody at all. If you hev to fight or slink, I ruther ye'd fight—fight

an' I guess ye will be able to handle Tom Malger by spring any way.

"Now, when ye have licked him good, so's 't he gets enough, then if I ever hear of yer pitchin' into him or any one else, I'll lick ye myself with old Sib's halter."

This counsel entered deep into Johnny's heart and was earnestly acted upon.

In a few weeks Johnny began to grow stronger. He studied the training methods of all the prize fighters whose names were prominently mentioned in the vari-



JOHNNY DANBY TRAINING FOR THE FIGHT.

fair and fight hard, but don't ye never fight with your mouth. If I was you, I'd do considerable as ma wants ye to about eatin'—lots of corn bread and graham bread, an' ye'll grow good and strong; an' pa's been and made some things they call dumb bells for ye—an' I'll show ye how to swing 'em; that'll make your arms hard an' build the muscle; an' we'll come out here on the hay and learn to turn han' springs like I used to when I was a boy,

ous newspapers. He avoided Tom Malger all he could while training for the contest which he knew would ultimately result.

He wanted to be thoroughly "fit."

Tom never saw him so docile, and he gradually grew into a habit of taking advantage of this apparent good nature. Johnny read on one occasion about some great fighter running ten miles per day, and he concluded he would try it, but he found that a quarter of a mile was about

his limit. He was a determined little chap, though, and he persevered. He gritted his teeth and kept to work day after day, vowing that he would do anything to whip Tom Malger, and after many trials he was finally able to run a mile without a rest.

Miss Spink was puzzled at the change in

"Just one or two more weeks to make sure," he said to himself, as he trudged to school one morning.

But the circumstances on this particular day brought matters to a climax sooner than he expected.

Tom Malger was a vigorous boy, and in asserting his superiority over the others,



"GET OUT OF ME WAY," ROUGHLY PUSHING JOHNNY DANDY ASIDE.

Johnny's disposition. In fact, on viewing Tom's treatment of him on one occasion, she felt angry at Johnny for not resenting it.

At least two months had elapsed since Johnny began his training. He had concluded that he was about ready.

he reminded one of the "boss" steer in a cattle yard. Whenever any of the boys were in his way, or did not do as he dictated, he would shove or cuff him—and he was by no means careful in applying this punishment. His touch was rough, and often brought cries of pain.

School was out—they were on their way homeward. Tom had been especially aggressive that day. He had handled the cripple, Sammy Card, very roughly, and the teacher had lectured him very severely for the "cowardly use of his strength," as she termed it.

This lecture had been administered to Tom just before the scholars were dismissed, and he was far from being in a good humor as he walked along in his masterly style.

While musing angrily to himself he noted Sammy Card trudging along a little in advance. He increased his speed.

"Get out of me way," roughly pushing Johnny Danby aside, who chanced to be in his path.

Johnny smothered his wrath, though he clenched his little fist and solemnly renewed his oft-repeated vow.

"So little Sammy Card," in tones of rude, drawing irony, "had to tell teacher, did he?" said Tom as he neared Sammy's side.

The angry light in Johnny's eyes grew brighter as he heard the words and tones.

Sammy tried to draw away, as he limped along with his crutch. He gave one imploring glance back at Johnny. The fear in Sammy's eyes almost made him determine to test his newly-found strength, and he started forward more speedily, with his teeth gritted and his bright little brown eyes blazed with indignation. But he checked himself. Why not wait and make sure, he thought.

Tom Malger happened to look back at that moment, and he detected how his ill-treatment of the cripple angered Johnny. He became more abusive still. He gave Sammy a push and he almost fell. Tom looked back to see the effect of this on Johnny, and was pleased.

"Big coward!" blurted out Sammy, almost crying.

"Coward, be I?" remembering afresh the stinging words applied to him by the teacher. "Well, take that!" pushing him with all his strength.

Sammy did not expect such rough treatment, and he staggered quite a way in his fall towards the fence, his head striking a post. He rolled over on the ground and lay there unconscious. But the moment Sammy was thus roughly handled Johnny

could control himself no longer.

He rushed towards Tom.

"I say you're a coward!" he cried, stopping a short distance from Tom, and glaring at him, and then at the fallen and now unconscious cripple.

Tom turned pale. There was a challenge in those eyes that fairly staggered him.

Was this Johnny Danby he asked himself, and as he realized it could be no other, his courage returned.

"You little kid, I'll knock both your eyes into one," rushing at Johnny, and paying no attention to the girls, who were now endeavoring to restore the cripple.

He gives Johnny a blow on the shoulder with all his weight behind it.

Johnny falls.

Tom trips over him and falls.

Johnny is up like a Jack-in-a-box, and as Tom rises he strikes him a stinging blow on the nose.

Tom blinks his eyes and roars with rage.

He rushes at Johnny again. Johnny avoids him, follows and strikes Tom in the stomach as he turns.

Tom is swinging his arms around like mad. He strikes Johnny on the ear.

Johnny falls, but pluckily rises, though stunned by the blow.

The girls have partially revived the cripple, and all are gazing at the fight with their "hearts in their mouths."

Tom sees his advantage. Rushes in and grapples with Johnny. He finally throws him. They roll around the ground for some time, no damage being done by either.

Tom finally secures an advantage, and is apparently of the opinion that he has conquered.

"Now, will you give up?" he said between breaths, almost "winded" from his hard work.

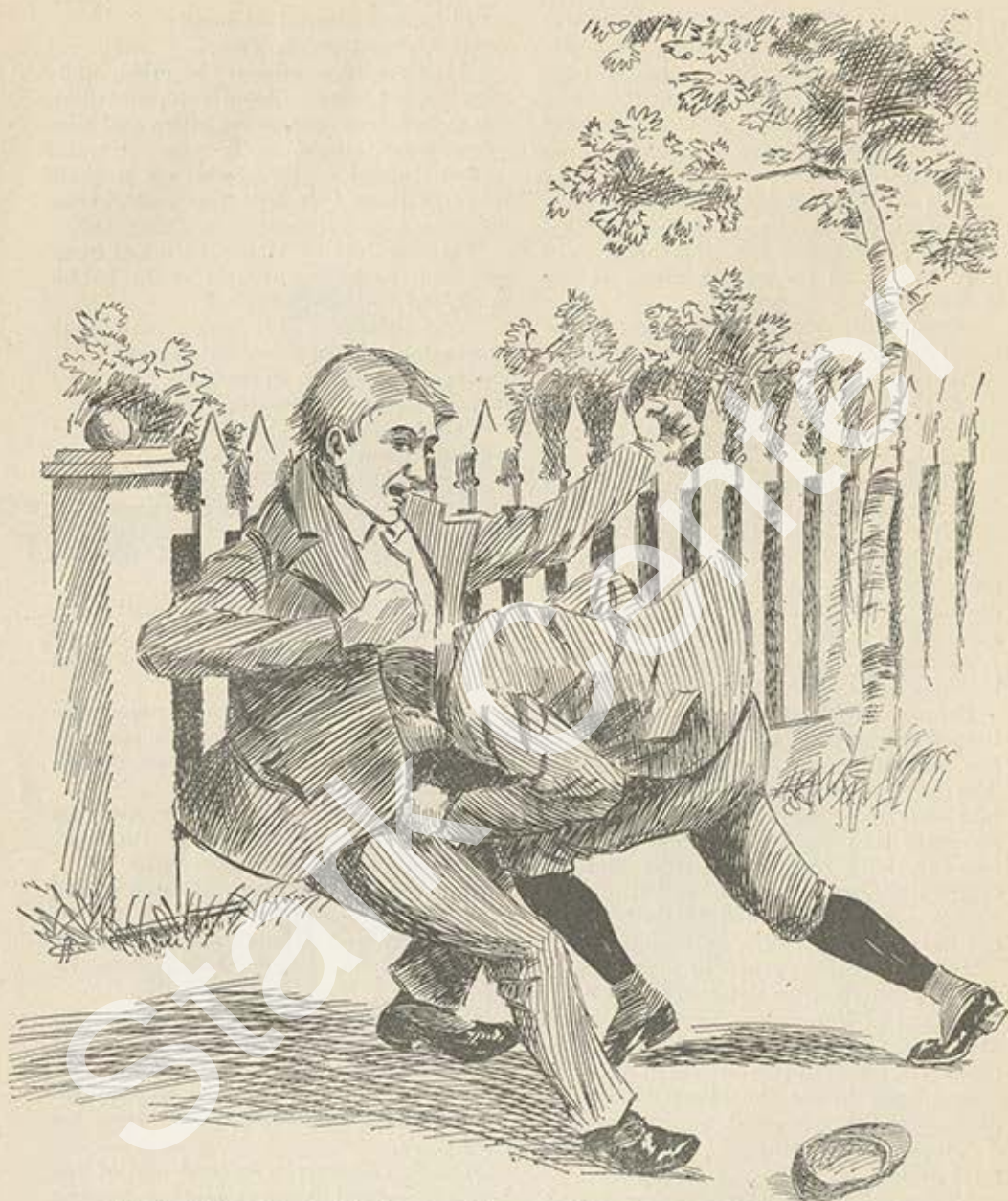
Johnny suddenly wrenched one of his hands loose, and Tom got another stinging blow on the nose for answer.

It surprised Tom so that Johnny partially turned him and rose to his feet.

Now they "go at it" like two little infuriated animals.

Tom strikes Johnny on the nose. His nose begins to bleed, but he fights on with the blood running down his shirt.

Tom is growing tired. Johnny's train-



HE SUDDENLY LOWERS HIS HEAD AND RUSHES AT TOM, BUTTING HIM IN THE STOMACH.

ing now begins to tell. He is as strong as ever.

He suddenly lowers his head and rushes at Tom, butting him in the stomach.

Tom's features contort with pain, and his knees tremble, but he braces up and again rushes at Johnny.

But his power is all gone.

Johnny sees the result of his last tactics, and fights with renewed vigor and confidence.

He strikes with right and left as Tom rushes at him. His blows stagger Tom, now already weakened by his great efforts.

The courage disappears from his features. He suddenly feels aware of the presence of his auditors, and braces himself to avoid the disgrace of defeat.

He strikes and swings wildly and without force at Johnny.

Johnny sees his opportunity—moves away a few steps and again lowers his head and, rushing towards Tom, strikes him hard with his head in the same vital spot.

Tom sinks and as he falls begins to cry.

Johnny was about to follow him, and subject him to the usual "Now will you give up?" but the blubbing of his late foe told the tale.

He went over to the now revived cripple, and the admiring throng made way for him.

He took Sammy's arm and walked away with a feeling of pride, greater than any general at the head of a victorious army.

What cared he for his bleeding nose, or for the bright red that the blood was fast dyeing his clothes.

He walked down that road towards home with the smile of the happy cripple

upon him, and the admiring glances of all following.

We need not go into details as to the reception he met when he appeared at home in his red garments.

His father saw him first, and was horrified, but the smile of complete satisfaction on Johnny's face mollified him, and when Johnny remarked in explanation, "I licked him," he took him into his arms and was more anxious for the particulars than the English are for news of the African War.

It is probably needless to say that Tom Malger gave up his bullying, and for the remainder of Johnny's career therein, the Diamond District was a very Kohinoor of contentment as regards the schoolboys. Now Johnny is at the Normal, but he has not lapsed from the idea his father held up to him. His training of the physical man is building the moral man also, as when properly guided, it will inevitably do. He has no firmer friend than is Tom Malger, whose "lickin'" benefited him as much as the preparation for it did the doughty Johnny.

THE "DRUG CURSE."

Prof. Magendie, the great Parisian physician, is reported to have addressed the students of his class in the allopathic college in that city in the following language: "Gentlemen: Medicine is a great humbug. I know it is called a science—science indeed. It is nothing like science. Doctors are mere empirics when they are not charlatans. We are as ignorant as men can be. Who knows anything in the world about medicine? Gentlemen, you have done me the honor to come here to attend my lectures, and I must tell you frankly now in the beginning that I know nothing in the world about medicine, and I don't know anybody who does know anything about it. I repeat it, nobody knows anything about medicine. . . . I repeat it to you, there is no such thing as medical science. . . . Oh! you tell me, doctors cure people. I grant you, people are cured. But how are they cured? Gentlemen, Nature does a great deal. Doctors do . . . devilish little . . . when they don't do harm."

Dr. Cogswell, Boston: "It is my firm belief that the prevailing mode of practice is productive of vastly more evil than good, and were it absolutely abolished mankind would be infinitely the gainer."

Prof. E. R. Peaslee, M. D., of the New York Medical College: "The administration of powerful medicine is the most frightful cause of derangement of the digestion."

Prof. A. H. Stevens, M. D., New York College of Physicians and Surgeons: "The older physicians grow the more skeptical they become of the virtues of medicine, and the more are they disposed to trust to the powers of Nature."

Dr. James Johnson, F. R. S., editor of the *Chirurgical Review*: "I declare as my conscientious convictions founded on long experience and reflection, that if there was not a single physician, surgeon, midwife, chemist, apothecary, druggist, nor drug on the face of the earth, there would be less sickness and less mortality than now prevails."



FROM THE PAINTING "CUPID," BY W. A. BOUGUEREAU.

EDITORIAL.



GREAT many letters have been received by the editor, inquiring if he still exercises regularly. Apparently some of our readers are of the opinion that the writer does not follow his own teachings. For the particular purpose of showing that he does exercise regularly—that he is to-day in a physical condition that no man can possibly approximate without regular exercises, he has had some photographs taken just previous to the publication of this issue, and one of them appears on the front cover. Compare this photograph with previous ones of the writer and you will note that there is an improvement—that there is more symmetry, more appearance of vigor and vital strength, than is shown in photographs taken previously.

"Do you exercise regularly?"

One might just as well ask, "Do you bathe regularly?"

No human being can be clean INTERNALLY—can secure the perfect working of all those internal cleansing organs without regular exercise. It is just as necessary to internal cleanliness as water and soap are to external cleanliness.

Often when the writer tires of his work and takes a hurried walk, or even a run up Fifth avenue, the smart equipages, splendid horses, full of spirit, life and vivacity, attract his admiration, and if from overwork or other causes he is unable to feel his own body charged with the same exuberance of life, health and joy, he envies those horses. How beautiful their every movement—full of grace, suppleness and charm.

In a horse of this type you have cleanliness itself. There may be specks of dust, or even quantities of mud spattered upon his hairy coat, but he is internally clean—a cleanliness that results from the perfect working of all the functions of the body. There is no effete, curdy matter accumulated in his body to breed disease and clog the functional system and to make foul every part of the internal organism.

Though there may have been rare occasions when he envied the fine horses that draw the handsome vehicles, there has never yet occurred an instance when he envied the occupants of those vehicles. He has often pitied them, and they usually deserve pity—poor, frail creatures. What enjoyment do they have in life? Their horses may be clean internally, but they are not. The horses may be thrilled with joy on occasions, but the owners, rarely, if ever. The very fact that they must have a carriage any where they go is sufficient evidence of this.

Health? Why, they do not know the meaning of the word. To be able to move along—to be out of bed, and to be able to drag themselves to their meals—that is health according to their meager understanding.

Why, if they were to enjoy for five minutes the fire, vivacity and superb physical health possessed by one of their horses, the poor creatures would go insane with raptures. One of the most idiotic habits that the average American has fallen into is the envy of wealth. Vigorous health is worth more than all the wealth in Christendom, and yet thousands are annually sacrificing health for wealth.

The writer does not belittle the value of wealth. It is a great power. A certain amount of it is necessary to the accomplishment of almost any object of importance. But wealth can be attained without sacrificing health. In fact, it can be acquired quicker and far easier if means are used to retain the most vigorous health while in the pursuit of it.

At the age of nineteen the writer commenced to perform the work that ordinarily requires two men, and he has kept it up ever since. He does this by being in training all the time—by following closely and persistently the demands of Nature, so that he may retain the highest degree of physical health. All this is not work—it becomes a genuine pleasure—it becomes play after normal strength has been acquired. At all times full of energy and power that always accompanies this superb

physical condition, congenial work is actually a recreation. When in this condition you feel like running every time you appear in the open air.

That superabundant power that gives zest to life—that spurs one on in his endeavors—that imparts the essential elements which lead to success and happiness is beyond price to any man, to any woman.

Wealth from a financial standpoint is nothing compared to physical wealth. If New York's most envied millionaire were to come to the writer and offer to exchange every cent of his vast fortune for one per cent. of the writer's physical wealth, he would laugh at the proposition, and in that we have the true value of health as compared to financial wealth.

Envy wealth? Don't be a fool! The poor owners of vast wealth are often the most pitiable of all human creatures. With satiated appetites and the weakly bodies that usually accompany a life of extreme luxury they have neither the power to suffer nor to enjoy. They are not blessed with nerves—they only have appetites.

If you want to envy anybody envy the possessor of superb physical health. This you can possess—bankruptcy cannot take it from you, and it will last as long as life.

The press was most rabid in its denunciation of Christian Science, recently, because one patient had died while being treated according to its methods and without medical aid.

**Christian
Science.**

These writers are probably sincere in their opinions. Their minds have run along in the same old groove that was constructed as influenced by their college education and usual conventional environments. They would not dare go out of their old groove; they would be like a fish out of water, floundering and flopping around. Therefore, what else can one expect. They have to condemn it. It is beyond them—they do not understand it.

We are not bolstering up Christian Science. Beyond its power to influence the patient through the imagination, it is one vast humbug. But the writer fearlessly asserts that if there were any method of determining the percentage of deaths occurring while under the treat-

ment of Christian Science that it would fall far, far below the mortality ratio resulting from the drug treatment.

Thousands may die from the "drug curse," and not a word of protest is heard, but if one death occurs under the treatment as administered by the Christian Scientists, you will hear a howl that reverberates from Maine to California. It speaks well for Christian Science! There must certainly be but few deaths resulting from their treatment.

Christian Science feed no poisons to the patient. It breaks down no vital power. The mental influence is unquestionably of great aid to recovery, and if the founders of this new cure for disease had only, like the religious zealots of old, added fasting as one of their main principles of treatment, they would have accomplished such wonderful cures that the usual methods of treating diseases would have been quickly revolutionized.

Christian Science may be a humbug, but it is so infinitely superior to the usual drugging method that it is welcomed by the writer. It will unquestionably save many lives by saving them from drugs.

As these words are being written, Milton Rathburn, a wealthy New York merchant, is indulging in a fast of forty days. The various newspaper writers treat the matter humorously and otherwise. They are apparently of the opinion that it is merely a whim of a freakish mind. Nothing could be further from the truth. No rational human being who has ever tried fasting as a remedy for many of the various chronic and acute diseases that attack mankind will laugh at his experiment. If the true value of fasting for this purpose were known, and if the ridiculous, even idiotic, fear of starving when a few meals are missed, was dispelled, from eighty to ninety per cent. of the medical profession would find themselves without the patronage necessary to a livelihood.

There is nothing that so thoroughly cleanses the body—that purifies and antisepticizes the entire internal functional system as judicious fasting, accompanied by the liberal use of pure, distilled water.

This means alone will cure nine-tenths

**The Value
of Fasting.**

of the diseases from which human beings suffer. Consumption, that scourge which carries off thousands of victims each year, can be absolutely cured by fasting—not in occasional instances, but in every case. The internal organs of consumptive cases are absolutely reeking with rotten accumulations to which the victim adds, meal after meal. If there is no appetite, means are found to excite a false one, and the already overloaded and jaded functional system is called upon to digest, assimilate and eliminate all this. Should it cause wonder that putrefaction is actually produced right within a living body when this overloading process is continued, meal after meal, day after day, and often year after year?

Exercise alone, though unquestionably essential to the requirement and retention of the highest degree of health, will not conquer unaided all the predisposition towards disease, which exists under the dietetic conditions of civilized life. At times fasting seems absolutely essential, if one desires to keep well. Usually the appetite will indicate the time when fasting would be beneficial, though if this necessity is not recognized, the result is disease, which in reality is nothing more than the means adopted by the functional system to bring about a normal condition. The writer has on many occasions averted illness by fasting. Less than a year ago an abscess formed in one of his ears, and a four days' fast dried it up, avoided the danger to the hearing that might have resulted if it had developed and broken in the ear.

All the benefit derived from vapor and turkish baths and the internal flushing treatment can be secured by fasting. They are simply another means devised of relieving the body of surplus impurities, which could be readily eliminated if the stomach was not kept continually overloaded.

The average individual who acquires the alcohol habit appears to believe that as long as he is moderate

**Alcoholic
Stimulation.**

no harm will be done—that, in fact, he will benefit by this indulgence.

What is the object of using a stimulant of this character? Is it because the

taste is, pleasing, like a palatable food to a hungry man, or is it merely for the exhilaration that follows? Most people will admit that it is more because of the pleasing effects. The world seems brighter for a time. It drives away the "blues." It "cheers up the inner man," so they say. True, it does all this. There is no question as to this conclusion. But does this transient exhilaration compensate one for the depression that always follows? This is the old objection, you may say—it is one that has been heard from every temperance lecturer on the platform. It is still well worth consideration, but the most striking evidence of the harmful effects of all alcohol liquors lies in the fact that a moderate drinker never has a happy moment in life, never feels the joy, the brightness of earth unless he is spurred on by his usual stimulation. Regardless of what conditions may exist to warrant a feeling of happiness, he is melancholy until his jaded organs receive their habitual spur.

This feeling of sprightliness, airiness, lightness, this condition that seems to charge one with vivacity, with energy, with joy, is usual with a human being in perfectly normal health. We see the evidence of the intoxicating effects of this superb physical life—in the prancing of a horse, in the gambols of a kid, in the wild ecstatic pleasure of a pet dog when his chain is unloosened. No alcoholic stimulation ever did or ever will produce the intoxicating influence resulting from perfect health. Every muscle, every nerve, tingles with the joy of life and power, and all the intensity and delicacy of the nervous system remains clear and unclouded.

When this stimulant habit is once acquired, when it once fastens its "fangs" into your vitals, you can bid farewell forever to the joy of this sublime intoxication. The only intoxication that remains for you is that produced by liquor, the only exhilaration that you can enjoy is the torpid semblance of this ecstatic condition that follows a few drinks.

The writer has often been in the company of acquaintances who wondered why he did not drink as they did.

"How can you get any pleasure out of life," they would ask.

The writer has often replied, "Why, I'm

intoxicated all the time—intoxicated with the intensity and power of superb health. You can never enjoy this exquisite ecstasy of life and health as long as alcoholic liquors are used."

Their blurred eyes, dulled and deadened feelings are incapable of influencing the true buoyancy of health, unless such a condition is represented by insensibility.

To ask a perfectly healthy person to share the transient exhilaration produced

by alcohol upon blunted faculties and feelings would be like asking one living in a world full of beauty and charm to step down into a common-place existence.

The possessor of perfect health feels intoxicated all the time. Like the prancing horse, he feels charged with surplus power and intense energies, and the adoption of the stimulant habit would sound the death knell to all this.



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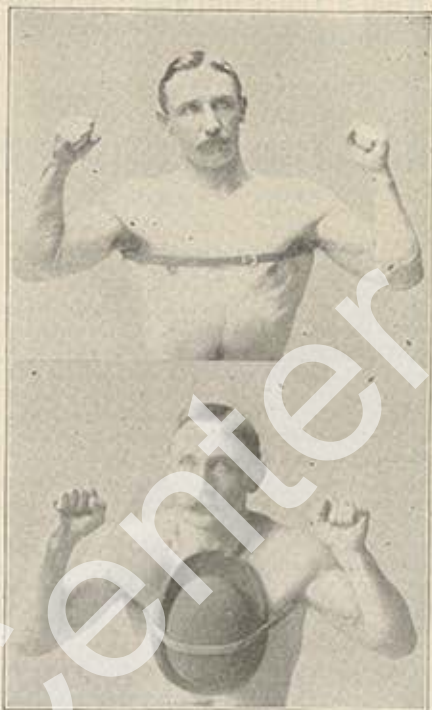
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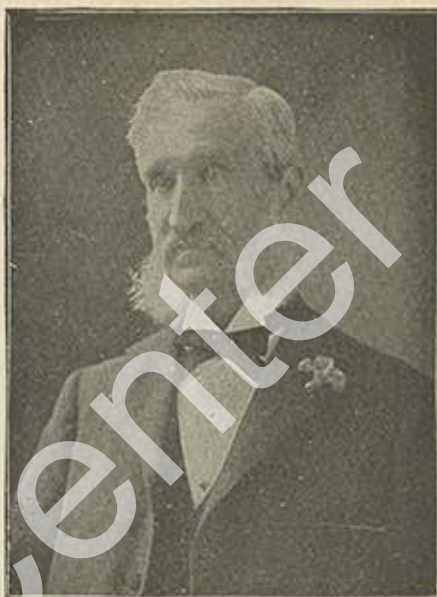
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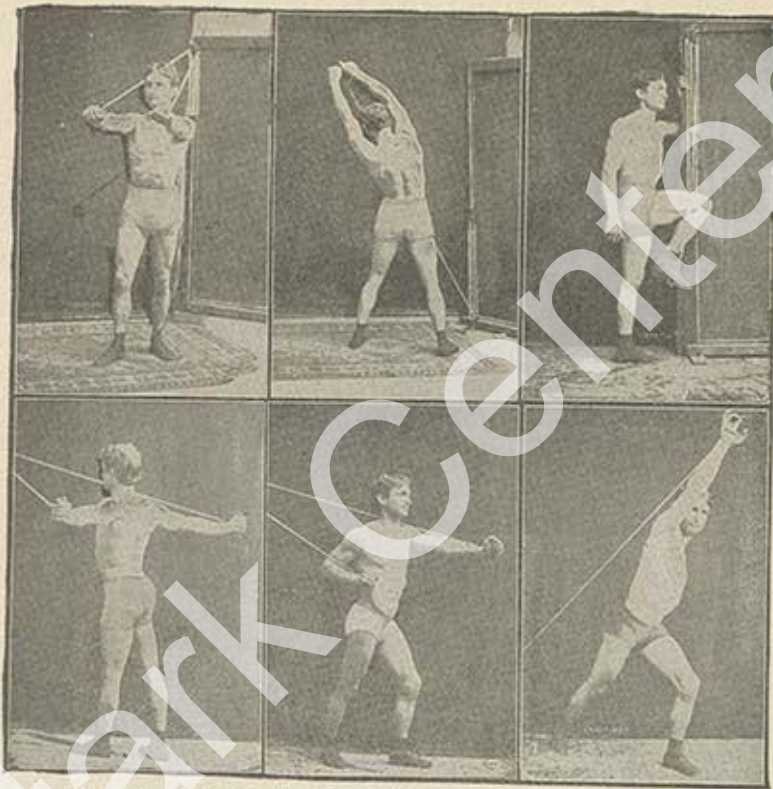
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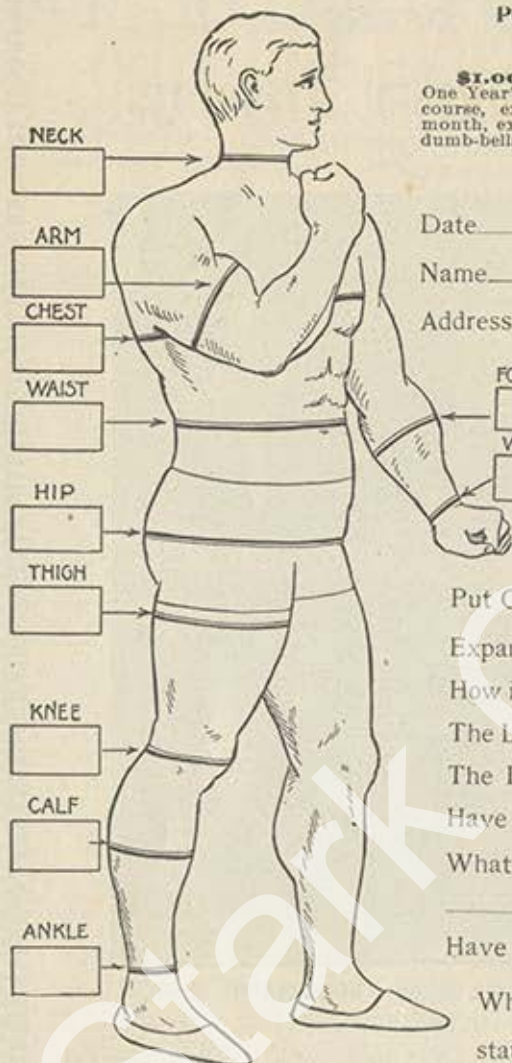
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CHAPTER VIII.—THE RESCUE COMPLETED.

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