

PHYSICAL CULTURE

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BERNARR MACFADDEN, Editor.

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PHYSICAL CULTURE FOR BUILDING VITAL STRENGTH.

By Bernarr Macfadden.



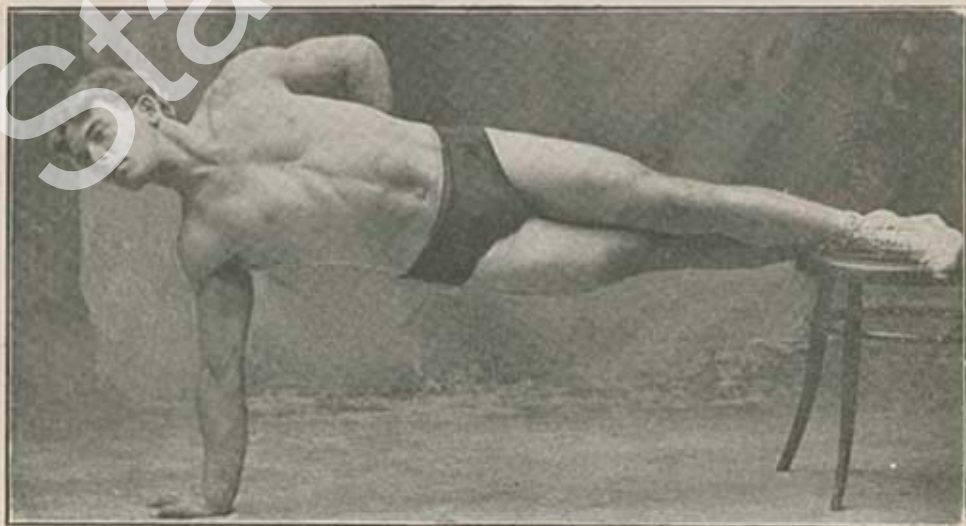
VITAL strength can be defined as the power to live long. It means that the various functions of the body are in vigorous condition. It has been said that most diseases begin in the stomach. Now if this organ is in

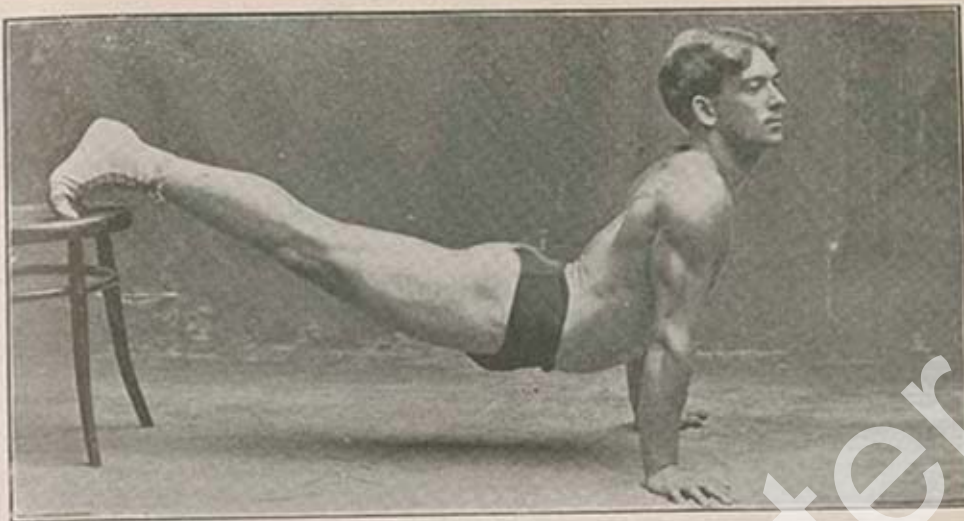
a perfect condition, if able at all times to perform its work of digestion properly, the blood as a result will be much purer, and every function of the body will be stronger and more capable of performing its office satisfactorily.

I have presented at various times numerous systems of physical culture in the



WITH FEET PLACED ON CHAIR OR BED, REST BODY AS IN ABOVE POSITION, THEN RAISE AS SHOWN BELOW. CONTINUE UNTIL TIRED, THEN SAME WITH WEIGHT RESTING ON LEFT ARM.





PLACE FEET ON BED OR CHAIR, BODY RESTING AS ABOVE, THEN RAISE BODY AS HIGH AS POSSIBLE AS SHOWN BELOW.

previous numbers of my magazines. I can conscientiously say that the one illustrated in this article is equal in value to any I have given heretofore. The particular advantage of this system is that it develops the body in the region of the principal vital organs. When all these muscles are used daily and thus strengthened, the blood is naturally drawn there in increased quantities, and the internal organs are greatly benefited thereby. The motions also, necessary in these exertions, tend to stimulate the internal organs and add to the benefit.

There are probably no exercises which

will use so thoroughly the muscles in the central portions of the body as those here illustrated. The exercises are vigorous, and unless one is in fair health, they may be too difficult at first. When first tried they should not require straining effort. If so, merely attempt them, day after day, until they become less difficult. Great care should be taken not to overdo any one of the exercises. Each one should be taken until the muscles used are thoroughly tired after becoming inured to them.

This series has a very advantageous effect upon the outline of the hips and





WITH HEELS RESTING ON CHAIR OR BED AS ABOVE, RAISE BODY AS HIGH AS POSSIBLE, AS SHOWN BELOW.

waist, vastly improving their general contour. The human body cannot possibly be properly formed, be symmetrical in appearance, unless this part of the body has been developed to a proper contour.

Among all lower animals the entire body is exercised. Every part of the upper body is used whenever the slightest activity is required. Man is an upright animal and frequently exercises but little the muscles from his hips upward. The great vital organs actually suffer seriously under these circumstances.

These exercises have the advantage of taking but little time. From five to eight

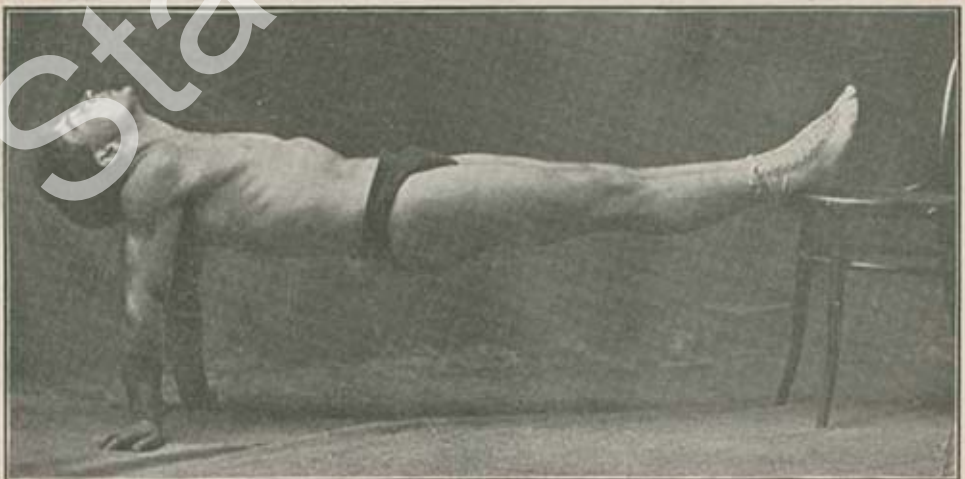
minutes devoted to them will usually suffice.

Another advantage is that no apparatus of any kind is required, other than a chair, couch or bed.

The exercises also have considerable value as a means of developing the chest and arms, as a certain amount of vigorous use is required of these parts of the body.

The exercises can be taken immediately before retiring or upon rising, whichever one may desire, or they can be taken at both times.

Deep diaphragmatic breathing would be



of great advantage immediately after exercising. Jumping up and down as though jumping a rope should precede this deep breathing. A long walk until fatigued each day would also be a very

valuable addition to these movements. A cold sponge bath or a cold sitz bath should follow the morning exercises, and the evening exercises also, if especially desirous of speedily improving.

THE LESSON OF THE LATE PRESIDENT'S CASE.

By Charles E. Page, M. D.

UP to Friday, Sept. 13, six days after the late President McKinley was shot, everything pointed to his recovery. The patient was being well fed; fresh water, the true physiologic diet

for one in his condition, was sustaining him admirably; each day he gained in comfort and strength. Even the small dose of beef-juice, occasionally administered after the first few days, though to my mind contraindicated, seemed not to occasion distress. The first four days he was given water only and his improvement amazed us all; not that to the skilled dietist the amazement was due to the fact of the patient's growing stronger on a water diet, but the progress seemed extraordinarily rapid. Alas! that the attending physicians did not let well alone. It seems that they were misled by two circumstances: first, inexperience with therapeutic fasting and its entire safety for any reasonable length of time; second, they were deceived by the patient's rapid progress and his apparent capacity for digesting food if given.

But what of the kind of "food" allowed when the physicians concluded to begin feeding? As an expert dietist, I almost gasped with astonishment when I read that they had given the President a breakfast of toast, chicken broth and coffee. This in face of the fact that thousands of hardy, robust men have been compelled to abandon the use of coffee. In truth it is a drug, of course, and in no sense a food; it is a drug that tends strongly in every instance to prevent the digestion of even the best food accompanying it. Then, the toast, doubtless white bread, scarcely more nutritious

than none at all. A lot of starch, partially transformed into charcoal by toasting, and a dose of caffeine; such a breakfast for such a patient! A nice, juicy pear or peach might possibly have been managed without harm, but, in fact, the safer way would have been to just hold him rigidly to the water diet. Had they done this, it is my conviction that yesterday would have been a good day with the President, and to-day a better one still.

After this breakfast, which for the moment acted as a "bracer" and made the President feel something like his old self, he asked if he could have a cigar, naturally enough. Seldom does even the most inveterate smoker care to smoke on an empty stomach. He will drink to eat; that is, take a nip of whisky to secure a simulation of hunger, or to give him an appetite, and then eat to smoke. The President was not a tippler; but he has been a smoker of heavy black cigars. The physicians denied him the cigar, though it would have been less mischievous by all odds than the breakfast which gave rise to the desire for it. Later in the day it became evident that the breakfast "disagreed." This was on Wednesday, Sept. 12. Even at this, had he been rationally treated for the indigestion, there was still more than an even chance for him to emerge from the difficulty. For example, had he been given moderate portions of hot water at short intervals to dissolve and wash away the irritating food-stuff and maintain normal fluidity of the blood, he would thereby have been given a fair chance for his life. But what was the course taken? A calomel purge was administered, a bulldozer to the stomach and bowels even in case of a healthy man; it would greatly deplete

the vital forces of a robust man. "I am so tired; I am so tired," murmured the dear sufferer.

To meet this symptom, for which the attending physicians were responsible, stimulants were given with a temporary effect that deceived the people and possibly the doctors. But at about 2 a. m. on Friday, the natural "reaction" from stimulation came and the President had a sinking spell, and the following is the chief bulletin: "Milburn House, Buffalo, N. Y., Sept. 13. President McKinley experienced a sinking spell shortly after 2 o'clock. The physicians are administering restoratives with the hope of reviving him. . . . Digitalis was being administered"—a drug that has stilled many a heart, as it has now helped to still that of the President. Surely the ministrations and incantations of a Christian Science "fakir" would have been incomparably less absurd and less harmful.

Our greatest sympathy is now for the bereaved wife who so recently was herself dragged through a course of drug treatment such as has terminated the lives of thousands upon thousands of men, women and children. Mrs. McKinley evinced a tough fibre which enabled her to withstand her serious illness and the more serious treatment. The lesson of her case written by the present writer was published in *Woman's Physical Development* for August. It did not at that time occur to him that he would so soon be trying to teach the lesson of her dead husband's case. This lesson should sink deep in the heart of every reader of this magazine, of every thinking person, indeed, who may have the opportunity of considering it.

Shall we fail in sympathy for the thousands at present lying in sick-beds that will sooner or later become death-beds owing to the same treatment herein condemned? And what shall we say of those honest, honorable sympathetic medical men who have had the management of the President's case? In very truth they need and are entitled to our sympathy. They tried to do the best they knew, or rather they honestly practised in this case the teachings of the regular schools. But they are blind leaders of the blind.

Now, let us go back a few days in the history of the President's case. The surgeons performed their task admirably; no

fault in the technique, and it was fortunately done almost immediately after the shooting. Then came therapeutic fasting for several days, with the natural result, increasing comfort and strength. The daily bulletins gave the world glorious accounts of the President's convalescence; each day he was better and better, without a skip while the water diet was held to. The physicians should have let well enough alone. But it seems that none of them have learned the lesson of the hundreds of fasts since the Tanner episode; fasts of scientists, pseudo-scientists; persons aiming at an engagement in some museum as a fasting freak; others, insane, believing that they could live forever without food, and "proving" it, too—for thirty, forty or more days; others still who wished to die and essayed to end their lives by starvation (a case of this kind was recently reported, that of a poor bed-ridden lady who succeeded in starving herself to death in 55 days). If the President's attendants had been wise in this matter they would not have made the talk they did about the "long period without nourishment," and which induced them to begin feeding prematurely.

He was gaining strength every day, as scores of fasters have done during periods varying from six to thirty days when fasting for therapeutic purposes. The President was an over-fed man, fat and ill-conditioned, and at no time during the past five years could he have helped receiving great benefit from a week or two or three of fasting; this while his stomach was in fairly good condition and his life somewhat active. But when stricken down by the assassin, and all the energies of his body having to do with repairing the wounded tissues, with no capacity whatever for digestion and assimilation, all thought of food and feeding, either by mouth or rectum, should have been put aside. It is more than doubtful if rectal feeding is ever of use; surely not in such a case as the one under consideration. Food to be nutritive must be digested and assimilated in the natural way. There is nothing like digestion possible in rectal feeding. Physicians have been misled in this matter all the way along; their rectal-fed patients (so fed, usually, from such excessive feeding by mouth as to provoke the stomach to re-

volt) continue to thrive for several days together in spite of so-called nutritive enemata, and, lo! they think their patients have been fed. Many individuals, as already remarked, have continued to live and improve in strength from day to day for longer periods than the aforesaid patients have been said to live by rectal feeding; but this phase of the question does not occur to either the patient or doctor.

It was better, if the President had to die, that he died quickly, rather than suffer for months, as happened in the case of President Garfield, another distinguished martyr to forced-feeding. Garfield was fed for pus day after day for many weeks, the pus escaping in quarts daily. He was fed by mouth *ad nauseum*; that is, till the nausea and pain were so severe as to forbid feeding, when opiates were administered to deaden his sense of pain, lowering his vitality with every dose; then, as a temporary relief to the stomach, the lower bowel was filled for the continued manufacture of pus. This hideous treatment accomplished what the lunatic's bullet failed to do directly.

"In the medical profession a carriage is more essential than skill," was the dictum of the great novelist, Balzac, who himself died finally from the effects of excessive coffee drinking, as we learn from his biographers who quote the statement of his physicians. Balzac, as we learn from his own statement in a letter to the lady who subsequently became his wife, was once cured of a most desperate attack of illness by means of an absolute fast of three weeks and appropriate bathing. "I emerged from this somewhat heroic treatment with a clear skin, a clear eye and a clear brain and with fresh strength and courage for renewed endeavor," he wrote.

Directly after the President's death, there was evidence of a strong effort on

the part of some of the physicians to shift the blame for the premature and bad feeding of their patient. It was intimated that McBurney directed the coffee and toast to be given and that they acquiesced against their judgment, "yielded to his great fame," or something like that. But the following, from the evening papers of the 12th, would imply cordial unanimity among the attending physicians on this point: "About 8.30 the doctors arrived for the regular consultation. The consultation was brief, and when the physicians came out their elation was evident from their smiling countenances. Dr. Mynter paused after he jumped into his buggy to announce that everything continued 'eminently satisfactory.'

"The President has had a piece of toast and a cup of coffee this morning," said he, "in addition to a cup of broth. He will want a cigar soon."

If it be assumed that the distinguished physicians in attendance upon the late President in his last illness represent the highest skill in the medical profession, the query very naturally presents itself: What must we think of the attainments of the ordinary city, village or cross-roads doctors? Well, my reply would be, that any one of these good men, being possessed of good sense and having been, in addition to the routine teachings of the schools, an intelligent student of the health-laws of nature, as interpreted, let us say, by such journals as *PHYSICAL CULTURE*, for example, would always be a safer attendant in any sick-room than any one, or all together, of the eminent men who attended President McKinley up to the time of his death. In no other profession is it, in my belief, quite so generally true, as in that of medicine, that "great reputation is the product of getting oneself overestimated."



ROUND-THE-WORLD PHYSICAL CULTURE TRIP.

COMMENCING in next issue of PHYSICAL CULTURE we will introduce our readers to a novel, instructive, and exceedingly valuable series of articles. A representative of this journal is now on a round-the-world trip, with camera and pen, recording accurate data of the methods of physical culture, health culture and dietetics employed by different nations and people. When completed, this series of articles will form one of the most valuable contributions to the knowledge of humanity. The body-building methods of the strongest and weakest people will be considered, the habits and development accurately illustrated.

The series of articles will extend over several months, and will be profusely illustrated. The author is a young college athlete, a recent graduate of Yale, who enters into the work with enthusiasm, and will give his readers entertainment as well as instruction. His itinerary has already commenced, and the first communication, relating to methods of body-building pursued in European military circles, has been received. It will be published in the December number of PHYSICAL CULTURE, and those that follow will be worth your perusal. In addition to furnishing us a series of papers on physical training and dietetics, he will contribute a series of sketches to *Woman's Physical Development*, touching on the important phases of feminine life encountered on his wanderings.

After doing the little-known peoples of Europe, North Africa and Asia, he will conclude the series with notes on some of our new Americans in the far Western ocean, and other Pacific Islanders.

We have undertaken the publication of this series of articles because we believe their educational effect will be exceedingly valuable. There are varying conditions in the countries to be visited; and how their people—many of them having been inhabited for ages—maintain a standard of health, muscular strength above the average, etc., will certainly merit comparison with our modern methods.

The pen sketches and reproductions of photographs that will be used to illustrate these articles will prove of entertaining quality, because they will present a phase of foreign life not familiar to Americans—their physical sports and pastimes.

It is probable that the series will last through the entire coming year, and we would, therefore, urge you to subscribe at once, in order to secure the entire series.



FAULTS OF FADDISM.

By J. R. Stevenson.



ALREADY the evils of faddism are becoming apparent in the practice of physical culture. The specialist—the man with a desire to win money on supposed exclusive knowledge—is appearing. And hundreds of people who have been benefited slightly by this, that or the other system of movements, give endorsement of something they do not understand. Barnum used to say that there were fools born every minute, and the physical culture specialists are aware of that. Their many devices and subterfuges attest this.

Learn one thing, that not one system of physical culture is a panacea for all ills, nor can any particular form of breathing, muscle building, or feeding be followed without deleterious results.

Physical culture is a broad phrase, and in its best sense is as broad as any other culture. The muscular organization of the human body is complex, and it requires intelligent handling. No trainer, for instance, by his system of exercises, can bring health or development to you, my reader, unless you have become sufficiently intelligent yourself to know that activity, proper dieting, drinking and sleeping are necessary to perfect development.

Action alone will not make muscle, any more than fire will make steel. Both have to be fed with the proper elements. Action will produce the condition that will result in turning the elements in the blood to muscle tissue, but the elements have to be supplied by food. The food, on the other hand, must be the sort that contains the exact, or as near as possible the exact elements necessary to produce the greatest amount of muscular power, with the least waste. Waste in the body accumulates, and is the cause of most abnormal conditions. The lungs, kidneys and skin eliminate these products from the blood, but no one of them can be

cultivated exclusive of the others without evil results. Forced breathing, for instance, supplies a large amount of oxygen to the blood, but it can be carried to a point where evil follows instead of benefit, provided it is not done intelligently.

Physical culture, therefore, is a thing that must necessarily be "all round." It requires more time than most people think. A few movements, hurriedly performed, two or three times a day, will, unquestionably, be found beneficial by a great many persons; but it cannot be stopped at that. One must study the food question and supply the elements needed to produce health; give attention to ventilation, and see that the lungs have a supply of pure air constantly, and, moreover, see that the pores of the skin are kept well cleansed at all times, that the lungs and kidneys may be assisted in the matter of disposing of useless elements that are sure to get into the system.

Physical culture, then, is a broad system of physical education that should be commenced at childhood, and continued through life. It can never be given up, without evil results. Those viciously lazy people, who want to take a few lessons that they may escape present ills, and then let them drop, as soon as the bodily powers are sufficient to permit them to indulge in former excesses, might almost as well let physical culture alone. It will not insure them against returns of their ailments, and they will drop again into as bad or worse conditions. Some of the ancient rulers were accustomed to train the body to withstand poisons, in order that they might not be poisoned surreptitiously. If they stopped their daily portion of poison for any length of time, they became susceptible again. So with the intermittent physical culturists. They might as well pursue their way, and live as long as their evils will permit; for by intermittent efforts they will not lengthen life, nor secure any permanent

good effects. By the changes they merely make their sufferings more acute.

Physical culture is really the science of living; that system of proper diet, exercise and habits that produces the greatest bodily power, from a given weight of flesh and bone, and likewise insures the possessor the greatest freedom from ills that come upon humanity as the result of wrong living or excesses.

A great many people have obtained the wrong impression that physical culture is a remedy, to be taken periodically in case one needs building up. So it is a remedy; but what is the good of taking it for a month or six weeks, and getting the system in a fairly healthy condition, to lapse back into disorders again?

If you aspire to the full benefits of physical culture, you must study your individual needs; make your food something intelligently understood; know the needs of your body, and supply them, and in the matter of providing the necessary activity to muscles, take care that it is done daily. If physical culture is thus pursued, it is the greatest blessing that man ever had.

If, on the other hand, you undertake to secure permanent health and unusual strength by adopting some particular form of breathing or muscular contractions, following a set of rules regardless of your food, water, or other hygienic items, you are certain of disappointment.

"PHYSICAL CULTURE" SOLVES PROBLEM OF HEALTH.



HAVING read PHYSICAL CULTURE now for some time, I am writing to express the good that it has done me by making me learn more fully the real truths of Nature. The first number of your magazine I bought led me to think that it was a money-making affair, and was a lot of "bosh." Instead of carefully laying it aside, I threw it down carelessly in the house and forgot all about it. Some few weeks afterwards I happened to be looking over some books at a stall and I came across a book which pointed out in the same manner that you do how our women lose their beauty, health and strength, how doctors gave poisons as medicines, and how the problem of health could be solved if people would only abide by Nature. I went and ordered your magazines, both PHYSICAL CULTURE and *Woman's Physical Development*, to come to me regularly, and I have had them coming regularly ever since and wouldn't miss them for anything. Below are my measurements taken before and after one year's hard work and play:

Before.		After.
13.....	Neck	13¾
29.....	Chest (contracted).....	34
31½.....	“ (expanded)	37¾
10.....	Upper arm	12
9¾.....	Fore arm	10¾
25.....	Waist	27½
18.....	Thigh	19
12½.....	Calf	13

GEORGE DUPAIN.

TUMBLING,

PARTICULARLY FOR PERSONS WHO HAVE LITTLE OPPORTUNITY FOR
OUT-OF-DOOR SPORTS.

By Horace Butterworth.



No system of exercise which requires much apparatus will ever satisfactorily meet the needs of the great majority of persons who, in the nearby months, will, in rapidly multiplying numbers, turn to regular daily physical exercise as habitually as they now seek the restaurant or the dining-room. Furthermore, free standing movements,



tension exercises, dumb-bells and the various machines akin to pulley weights, while yielding excellent results all are lacking in two respects, I think. The possibilities in the way of progression and variety are restricted within narrow limits, and the element of play is absent.

Every observant teacher of physical culture, who is engaged in the work because he believes that there is no higher calling than that of showing men, women and children how they may most truly interpret the answer to the ancient question of the catechism, "What is the chief end of man?" will agree, I am convinced, with the main contention in Herbert Spencer's statements regarding the element of pleasure in exercise: "The idea that so long as the amount of bodily action is the same, the

benefit derived is the same, whether the exercise be pleasurable or not, is a grave mistake. Happiness is the most powerful of tonics. The extraordinary interest felt by children in their games and the riotous glee with which they carry on their rougher frolics are of as much importance as the accompanying exertion, and as not supplying these mental stimuli gymnastics must be radically defective. Normal exercise of the limbs is better than nothing, and as supplementary aids, but it can never take the place of sportive activities."

The two may be likened to the effects of the atmosphere in different localities. The composition of the air is almost exactly the same wherever man is found; yet, in one place, every fibre in the body will apparently swell with the pride of life; while in another, the person will be merely well and strong—this sensation of superabundant vitality will be missing.

Dancing, tumbling and wrestling are forms of exercise which have been practiced "from time immemorial," and the old saying "there is no new thing under the sun" springs unbidden to the mind when we see on the pottery of Egypt and Greece illustrations placed there hundreds, and may be thousands, of years before the beginning of the Christian era, of many of the holds in wrestling which are in common use to-day, of somersaults from spring boards,



and of dances which rival in danger and dexterity anything with which we are acquainted. Each of these three varieties of movements is saturated with the element of play, and each also provides exercise for all parts of the body.

Dancing of the sort suggested requires a long time to learn and the services of a good teacher.

Tumbling is at once the most natural, the simplest and the easiest to acquire of any scheme which aims at a concentrated



THE HEERMANN, GYMNASTS AND BALANCERS.

For persons who seek merely healthful exercise, wrestling is apt to furnish more than is desired or desirable, especially if the contestants have somewhat of the genius of old Sparta in their blood—"never acknowledge yourself beaten even in sport."

system of all round exercise. By tumbling is meant, not merely the exercises which are commonly supposed to be covered by the term, such as somersaults, flip-flops, etc., but all of that vast number of bodily movements which a broad use of the term would imply. Our

earliest days are filled with tumbles galore, and there is somewhat within us that brings a smile to our lips at all times of life when we see a person slip and fall, even though we may know that the bump has been a hard one.



Furthermore, tumbling satisfies the conditions which a pioneer in the cause of physical education in this country advised his pupils to adhere to in their own teaching—advice which I consider cannot be improved upon for its purpose—“all exercises should be safe, short, easy, beneficial and pleasing.” It should be remembered that “safe” and “easy” are terms capable of great flexibility: what is safe and easy for an experienced person would be out of the question for a beginner.

Tumbling presents such a wealth of material that safe and easy steps may be taken in advance, day by day for years, exercises by the score, which almost anyone can do at the first trial, and movements which should not be attempted until a wide range of experience has been gained.

Horace Mann remarks, in one of his strong pleas for the cultivation of the physical powers with which mankind has been endowed, that “incredible as it may seem, the means of acquiring quickness, vigor and endurance have been sought for, not by the clergyman, the lawyer,

the artist, the student, the mother, but by the wrestler, the buffoon, the runner, the opera dancer;” and because tumbling has for ages and ages been the almost exclusive property of that class which, as purveyors of amusement and the exhibition of physical prowess for gain, has always been despised by the clergyman, *et al.* Tumbling has been kept in the background in the recent revival of interest in things physical and things helpful.

It has been said, and with a good deal of truth to support the assertion, that anyone who can turn a forward or a backward somersault, a flip-flop, hand spring, or cart wheel properly, or hold a hand-stand, is sure to be well and symmetrically developed.

Dr. H. L. Chadwick, in a recent number of “Association Men,” in an article on Tumbling, says: “In tumbling the muscles are so trained that they act conditionally with the minimum of exertion. The chest weight gives development from neck to ankles, broadening the chest, strengthening the back, and invigorating the whole system. Dumb-bells wands and calisthenics promote



active circulation and give tone to the muscular system. Overhead apparatus stretch the muscles, while hand-ball gives equal work to both right and left side of

the body, making a man quick, agile and sound in respiratory power. But tumbling is one of the best of all-round exercises, for it makes a man graceful in form, quick in perception, ready to take care of himself and others in any emergency."

For the man or woman exercising at home, for whom somersaults may be considered out of the question, there are roll-overs—forwards, backwards, sideways; jumps—frog fashion, crab fashion, elephant fashion, etc.; head stands; round-offs; balancing movements; things in great profusion which can be learned in a very few trials and without danger. For boys and girls there are the more vigorous and more difficult feats, head springs, hand springs, dives and a multi-

tude of movements which two or more may do together.

The great difficulty in persuading persons who have passed the flush of youth to try any such simple exercises is the great corset of that habit of thought which regards such things as undignified. To be sure, tumbling does bring us closer to Mother Earth than we are accustomed to be, but for once, haul off your straight jacket of old fogeyism which would sneer at a roll over such as was the greatest delight in the world to you when you were allowed to turn on your mother's bed and try one carefully, and bring back to your soul the care-free laugh of youth.



ART AND PHYSICAL CULTURE.

By F. F. F.



"A WORSHIPPER OF ISIS."
From painting.

IT is no longer necessary to plead the cause of physical culture to people of enlightenment. The desirability of a complete and symmetrical physical development is to-day universally conceded. Culture of the body is recognized as at once the necessary preliminary and strongest ally to the higher culture of the intellectual and moral man, as well as the first aid to fitness for the fulfilment of those duties which manhood and womanhood impose. It is not the aim of this article, therefore, to defend the thesis which has here been taken for granted, but to discuss the study of the nude in art as an auxiliary to physical culture, and to demonstrate its importance in the formation of those ideas of physical perfection which must be the foundation of every individual effort for physical self-improvement, and the correctness of which is therefore of primary importance.

Physical development comes only of effort. Culture of whatever sort must be attained by exertion and the expenditure of energy. It is the reward of labor. Now, all effort must have an incentive. This is but a special way of saying that every effect in nature must have a corresponding cause. Effort which has for its end physical development cannot be successfully enlisted without at least the incentive of an intelligent purpose. Two motives are mainly influential in shaping the activities of youth, the desire to imitate and the spirit to excel. If, therefore, the end of physical culture is the development of a perfect body, there is but one way effectively to present that end to the youth of the land, that is, through an acquaintance with perfect models. If you would have them imitate to good purpose in the moulding of their still plastic bodies, teach them to imitate physical perfection. If you would wisely direct their spirit of emulation, let the highest standards of physical excellence be ever before them.

This is but the application to the culture of the body of principles universally



AUGUST PITZ.

applied in other fields of education. Do you want your boy to speak a foreign language? You think it best that he follow a teacher who speaks it elegantly. Would you cultivate his voice or his skill in instrumental music? Realizing how potent is the inspiration of exalted standards, you will recommend to him

that he lose no opportunity to hear and study the masters of his art. Do you wish to make him an orator? You will urge him to take as models the great efforts of the orators of the past, and carefully to observe the methods of the noted speakers of the present. Would you see him an artist? You will send



AUGUST PITZ, BRIDGEPORT, CONN.

him for his inspiration to the works of the great masters, not to the pot-boilers of the artisans of his craft. Would you have him a man? You strive diligently to impress upon his youthful mind the precepts and examples of those who by their virtues have won the veneration of posterity. Would you aid the development of his manhood by making him a perfect animal? Send him to the models of the perfect physical man that he may learn of them.

Our youth, for the most part, are reared in carefully contrived and jealously guarded ignorance of those lines and proportions which make a symmetrical and beautiful human form. Beauty of feature is commonly recognized as a legitimate subject of observation even by the most callow youth; but the idea that there is likewise a beauty of form, or that one human shape may be more comely, more graceful and more beautiful than another, is an idea deemed to be replete with all indelicate and obscene suggestions. We avoid in every way possible impressing upon our young people the recognition of this fact, and carefully refrain from suggesting to them the inferences to be drawn from such comparisons. This we call guarding the purity of the growing mind and shielding it from the suggestion of evil. But when to a mind so guarded, the idea comes, as sooner or later it must, that there is a beauty and grace of the human body, it comes as a guilty knowledge, to be concealed, to be brooded upon in secret, and to form a nucleus for every evil suggestion, and the nurse of the prurient curiosity in which the perverted intelligence at length finds expression.

The corrective of this evil is obvious: Teach the child that man's first duty is to be a good animal; that a symmetrical and harmonious development is the perfection of beauty as it is the ideal of all education; and that the application of this ideal in the culture of the body should be at once its highest pleasure and its most sacred duty. Let the child early be taught how entirely its future health or happiness as man or woman is in its own keeping. Let there be impressed upon the boy and the girl in youth their solemn responsibilities toward the generation that will succeed them, and let them grow up with an enlightened appreciation of the conditions necessary to the proper discharge of those responsibilities.

Here arises the helpfulness of art as an aid to physical culture. It displays to the student at once the fairest models of physical develop-



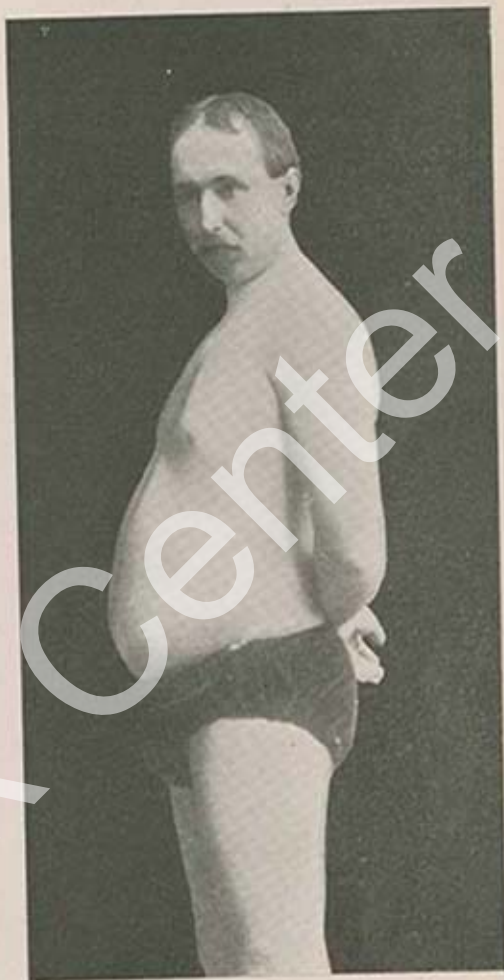
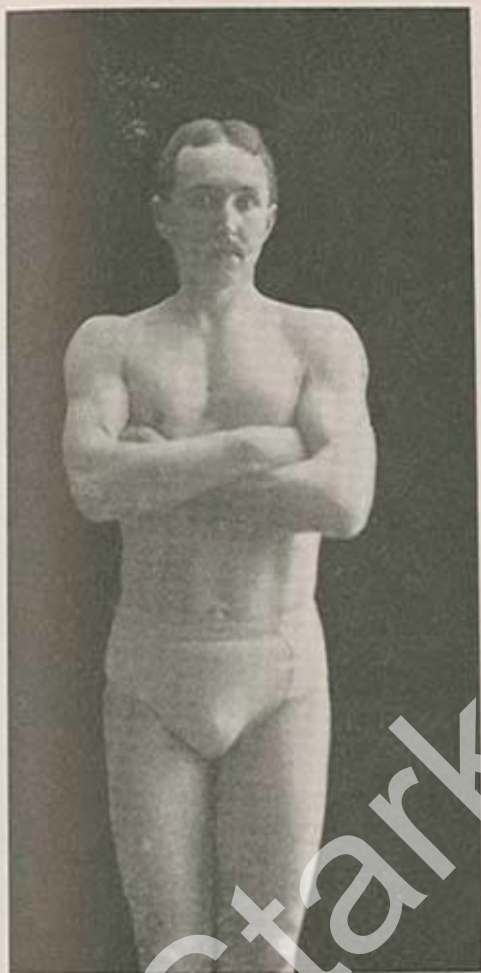
"AT THE BATH", From painting.



ance with the Venus of Milo, or that a girl who had been taught the love and reverence which every woman should feel for the magnificent and sumptuous beauty of that figure could strangle her beauty, ruin her health and debase her posterity with the cruel ingenuity which her methods of physical distortion too often display. Equally does the hollow-chested, tallow-faced clerk or student betray his unfamiliarity with the high society of the Apollo, and the Doryphoros of Polycleetus. It is impossible that a mind saturated with these ideals of beauty could long dwell contentedly in a neglected body, or consent to see its earthly abode made hideous by subservience to fashions and practices whereof the harvest is death.

ment, and the sublimest ideals of human beauty. It teaches all that we are not, by showing us all that we may become. It is by the careful scrutiny and comparison of these models that the young mind should be furnished with those ideals which it will strive to imitate, and inspired with that enthusiasm for physical beauty which will ever remain the most potent influence for the physical development of our youth. Teach them to imitate wisely by making them to know that which is most worthy of imitation. Inspire them to seek physical perfection, by giving them the incentive of a high ideal to inflame their ardor and lure their ambition. It is impossible to believe that the wasp-waisted product of the young ladies' finishing school ever enjoyed an intimate acquaint-



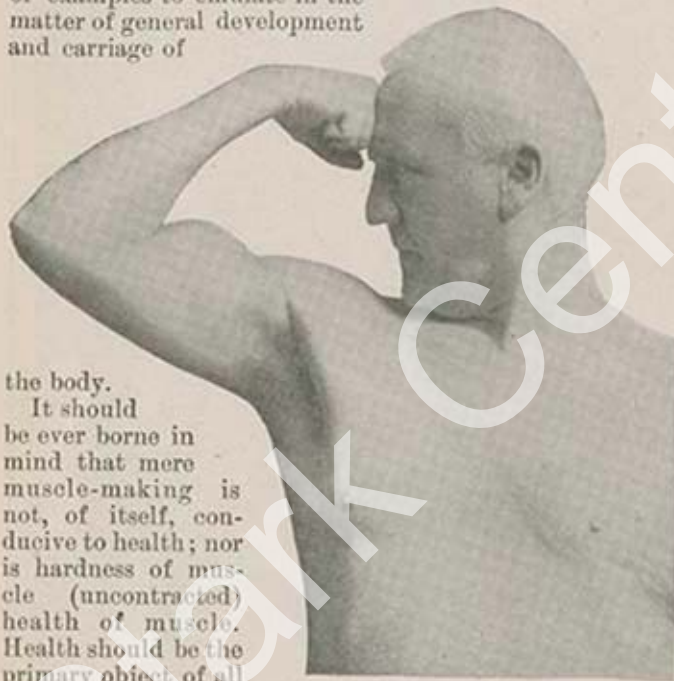


These photographs are of a PHYSICAL CULTURE reader, who writes: "The side view picture was taken when I was 28 years old; weight, 217 pounds; height, 5 feet 10 inches; chest, 37 inches; waist, 40 inches; chest expansion, $2\frac{3}{4}$ inches; capacity of lungs, 200 cubic inches. Front view taken 18 months later; after following methods given in PHYSICAL CULTURE: weight, 160 pounds; height, 5 feet 10 inches; chest, 40 inches; waist, 32 inches; chest expansion, 6 inches; lung capacity, 320 cubic inches."

HOW TO GROW OLD—ONLY IN YEARS.

By Edward B. Warman, A. M.

PROFESSORS and possessors of an art are often as widely apart as are theory and practice. The majority of athletes and teachers of physical training are far from being specimens of good health or examples to emulate in the matter of general development and carriage of



E. B. WARMAN, CHICAGO, ILL.

the body.

It should be ever borne in mind that mere muscle-making is not, of itself, conducive to health; nor is hardness of muscle (uncontracted) health of muscle. Health should be the primary object of all forms of physical exercise; the secondary object should be symmetrical development and graceful carriage of the body. There is a vast distinction to be made between physical training and physical straining. When the outgo is greater than the income the result must be physical bankruptcy. If the demand of the muscles that waste exceeds the vital supply, death will soon ensue. This is one of the causes of the early breakdown and death of so many athletes. Another cause is the over-development of the heart during the process of physical evolution; then when involution takes place (whether voluntary or obligatory) the

degeneracy of the cardiac fibre begins, the arteries lose their elasticity and millions of the now non-used air cells become atrophied. Every over-trained man goes quickly when he ceases to expend a proportionate amount of physical energy.

No one can be truly strong unless he is strong in the vital centres of his body—that is, the trunk as well as the limbs; the internal organs as well as the external muscles. Any exercise overdone, like any other infringement of Nature's laws, will be evened up in the days to come.

I hold that everyone should exemplify his teaching in his own personality; should prove the soundness of his theories by his daily practice. If from January 1 to December 31, year in and year out, the teacher of physical training is incapacitated for either mental or physical work even so much as one little hour; aye, more, if he becomes mentally or physically *tired* in the performance of his duties, he should

take in his sign. Such a teacher has not yet learned how to economize vital and nervous energy; how to get the maximum of power with the minimum of effort.

As I take a retrospective view, I am led to the conclusion with which I preface this article, viz., there are few athletes and still fewer teachers of physical training that are in perfect health. Therefore, I assert that exercise, *per se*, is but half the battle, the other half being a better knowledge of *eating, drinking and bathing*, and the avoidance of indulgence detrimental to body. During my 33 years' experience it required more than

half of that time to learn this valuable lesson, but for more than fifteen years I have entirely forgotten the meaning of that little word "tired."

In taking a retrospective view of the people I have met, I am of the opinion that the majority of the great human family do not know how to live until they are ready to die.

EATING.

I am more and more convinced that it



MR. WARMAN'S WELL-DEVELOPED BACK.

is not so much a question of *what* one eats as *how* one eats. The great secret is *mastication*. The longer one keeps food in the mouth the shorter time it will have to remain in the stomach. While this applies to all classes of food, it is especially applicable to cereals, mashed potatoes, fresh bread, etc.; in fact, all starches, sweets and fats, as this class of foodstuffs requires an alkaline medium (saliva) before reaching the stomach, where they must remain until the proteids are fairly well digested, and then all move on

together to the duodenum for the completion of the digestion in an alkaline medium received from the pancreas and biliary secretions.

While it is true that the average person eats too much; true that "one-fourth of what we eat keeps us while the other three-fourths we keep—at the risk of our lives"; yet it is also true that in addition to improper mastication and overeating, *fear* plays havoc with many stomachs. Have no fear of anything you eat. If you fear it do not eat it; if you eat it do not fear it. Those who are always fearing are always ailing. If you are perfectly well Nature will choose from the bill of fare such things as will best serve the needs of the body and brain; if not well, do not eat anything that disagrees with you, but get yourself in such a condition that *nothing* disagrees with you; that is, nothing wholesome.

A WELL-BALANCED RATION.

This includes the proteids (tissue builders) and the heat and energy producers (starch, sugar and fat). It is not necessary that these elements come from any one class of foods; i.e., animal, vegetable, the grains, nuts, fruits, etc., but a wise choice should be made from all. A mixed diet is preferable, from a health standpoint, to any one form of food exclusively.

Do not eat when tired, either mentally or physically. Do not eat directly after severe mental or physical labor (whether tired or not); yet, better this than severe mental or physical labor directly after eating.

Keep ever in view the fact that there can be no disease of any nature, if the blood is kept pure, and that impure blood cannot exist where the circulation is perfect, therefore, perfect circulation is paramount.

How to obtain this desirable condition is not, after all, so much a question of how as of will. The formula is very simple:

(a). Eat nourishing food to make

blood of sufficient quantity and quality to supply the needs of the body.

(b). Breathe deeply of the fresh air (the only blood purifier known) to thoroughly oxygenate the blood, and exhale sufficiently to throw off an abundance of the carbonic acid gas.

(c). Exercise sufficiently, always in moving air, to *compel* deep breathing, and then follow this with any of the many forms of exercise that will bring in healthful action every muscle and every joint of the body, thus causing the removal of every obstruction in the pathway of the blood until there is nothing to interfere with this great river of life reaching every nook and corner of the human body from the crown of the head to the tip of the fingers and end of the toes.

BATHING.

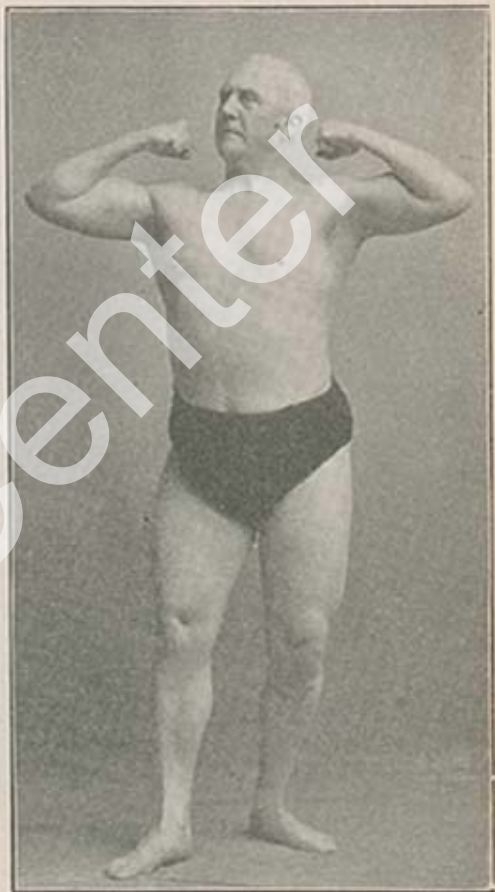
As the skin is one of the eliminating agents, it should be kept in a perfectly healthful condition by frequent ablutions. This may be by tub or hand bath (warm or cold) and should be daily. A hot water bath should not be indulged in by an exceedingly nervous person, owing to its too great relaxing effect and leakage, so to speak, of nervous energy. Warm water is sufficient to relax tired muscles, but both hot and warm water baths should always be followed with a cold plunge or, at least, a dash of cold water. Warm water baths at night; cold water baths in the morning. Where there is sufficient vitality for necessary reaction the cold water bath is preferable. For tonic effect use a handful of salt to a bowl of water or proportionate amount to more water.

Not only should cold water be used freely in external applications but also internally. The system requires about four and one-half pints of cold or cool water daily. The entire human machinery demands thorough and regular irrigation.

Immediately upon arising (at least quite a while before breakfast) flush the stomach with one or two goblets of fresh, cold (not iced) water. This gives the stomach its morning bath and cleanses it of the mucus that has gathered during the night which, if not removed, coats the myriad of tiny bloodvessels, thus preventing the free action of the gastric fluid and thereby retarding digestion.

LONGEVITY.

As for myself, practically and daily applying the principles herein laid down, I purpose continuing the demonstration of the soundness of my theories by proving that old age should not begin before one arrives at the age of eight-five and even then he should grow old gracefully,



E. B. WAEMAN, AGED 53.

and when he does get ready to go he should, like Dr. Holme's famous "One Hoss Shay," go to pieces all at once.

Born in 1847, although being doctored nearly to death before I discovered that few persons die a natural death (that is, without the aid of a physician), I am, at the present writing, in perfect health and by taking my own medicine (fresh air, exercise, daily baths, wholesome food) I have no hesitancy in affirming my belief that (barring accidents) I hold a lease on life until 1947.

HEROISM AND HEALTH.

By George Prophter.

WITHIN the last year nearly all the New York newspapers have from time to time taken up the question as to what constituted the highest form of heroism. Some offered prizes for the best illustration, some had editorials, and some published lengthy articles on the subject.

This agitation brought out the ideas of many, nearly all of whom held that the sacrificing or jeopardizing of one's life for a good purpose is the very highest form of heroism.

There is one form of heroism above and beyond this, and that is the heroism needed to acquire, by perfectly natural means, the highest physical perfection attainable; for if the amount of good a thing exerts is judged by the consequences, then health is the greatest good in this world, and therefore to gain it is the highest, truest and most beneficial form of heroism any human being can be capable of.

The man who by heredity, environments, or ignorance finds himself with hand against the door of death; who, before pushing against that door, resolves not to go through it, but to turn back, to find a way, if there be one, and to follow that way, rough as it may be at first, until he arrives at perfect balance of harmonious life, is a true hero. Such a man is a greater hero than any soldier that ever fell upon any field of battle, or than any one who ever gave his life to save others.

To find time to fight, by natural means, disease in your own body until you have eradicated the last vestige of it is the highest form of heroism; to have the time and to lose it for want of ambition is the meanest form of cowardice; to lack the time for want of time is criminal carelessness; to know nothing of the common laws of hygiene is inexcusable ignorance.

You can find one thousand persons who devote from thirty minutes to two hours a day to cleaning themselves externally while you can find one who cleans

himself or herself internally by the heroic method of physical culture.

Which is the clean and which the unclean person?

You can get one thousand recruits for army service to murder fellow-men and to stand up and be murdered by fellow-men, while you could get one to fight, to murder disease in his own body.

Which is the hero and which is the coward?

To anyone who has given the subject investigation and thought it will not seem unreasonable to say that the death rate caused by war, pestilence, famine, alcohol, disaster and accident is small compared to the death rate caused by diseases brought on by ignorance of the laws of hygiene, and by taking into the system all kinds of poison in the form of medicines.

Perfect health means directly at all times a clean tongue, a sweet breath, an inoffensive body odor, a smooth skin, a healthy complexion, a sparkling eye, a clear mind, an elastic step and an erect carriage.

This is real cleanliness!

And indirectly perfect health means ambition, industry, endurance, kindness, honesty and morality—the sublimest virtues with which a human being can be blessed.

This is real beauty!

Health being the all-important thing in life, the acquisition and maintenance of it by natural means should be made a serious study, because it is the fulcrum by which we move things, the keystone in the arch, the center from which all good things radiate.

Without health, ability, power, fame and wealth are but words; with it one can do without all these and still enjoy happiness, which, after all, is the child of health and stands next to its parent.

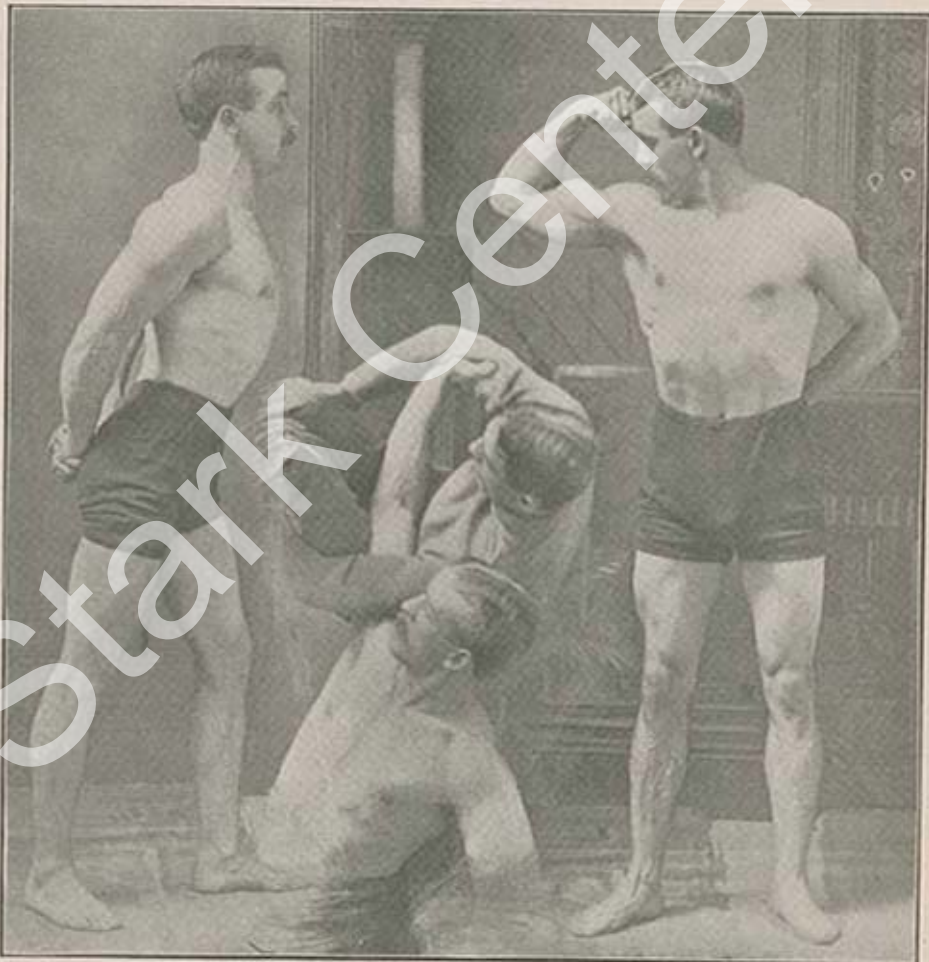
To preach and to practise this gospel is to preach and to practise that which will sooner than anything else make all other gospels easier to preach and easier to practise. It is the only lever by which mankind can be elevated physically, mentally and morally.

It clears the mind's eye and makes one look through the right end of life's opera glass and see things near and clear.

I hope that the time is near when everybody will know and believe that to admit the curative quality of any medicine is to admit the possibility of creating matter; that "there is only one disease—impure blood;" and only one cure—dieting, pure air and exercise,

I hope the time is near when universal health will turn the great thought force wasted in the medical profession into

some useful channel; that universal honesty, which will be the result of universal health, will turn the wondrous thought force wasted in the legal profession into some useful channel also; that universal morality, which also will be the result of universal health, will turn all the institutions of charity, of law, of medicine, into institutions of the arts, of philosophy, of the sciences, and thus make the human race perfect physically, mentally and morally.



"PHYSICAL CULTURE STARTED ME WORKING FOR GREATER STRENGTH."

QUESTION DEPARTMENT.

Q. Every spring my face gets red and itchy, and the skin dries up and peels off; have been troubled with this a number of years. Can you suggest a remedy?

A. During the coming winter spend a great deal of your time out of doors; exercise and bathe regularly, and avoid rich diet.

Q. I am a sufferer from sour stomach and painful headaches; tell me what to do to get rid of them.

A. Cut down your diet one-half; eat slowly, masticate food thoroughly. For acute attack, stop eating for a day and drink water freely. Follow some system of regular exercise for building up your general strength.

Q. What exercise, if any, would you suggest for a person engaged in mental work from midnight to 7 A. M., and how many hours' sleep should be taken?

A. A person working thus should get at least eight hours' sleep. Assuredly, a regular scheme of exercise should be observed. The best method would be to exercise in room ten to fifteen minutes just before retiring; repeat this when sleep is over, and then take a constitutional walk of two to four miles every afternoon. At least this much work would be required to keep a person engaged as you are in perfect health.

Q. I am 18 years old, well developed, but have bronchial trouble; tell me how to rid myself of it.

A. In general terms, adopt lower diet than at present, get out of doors as much as possible, and give your muscles vigorous exercise—hill climbing or running being best.

Q. I have a very weak pulse, often a beat is apparently missed; pain in chest and left arm. What shall I do?

A. Commence by taking deep breathing exercises several times a day; walk as far as strength will permit, and stimulate surface circulation by brushing skin and cold sponge bathing; eat plainly cooked vegetable diet, and abstain from all stimulants. As strength increases adopt flexing exercises.

Q. I am unable to think or reason clearly, although I once possessed an ex-

cellent mind. I get confused easily. Can you help me?

A. It will be necessary for you to live a most regular life for several months, and devote your energies to building up your physical powers. If possible, would advise you to go to hilly portion of country; spend all day out of doors, walking, climbing hills, hunting. Eat but two meals a day; plain, wholesome food. Get away from your present environment, and avoid all undue mental effort.

Q. When I try bending exercise I become nauseated. Can you tell me what to do for this?

A. Go without eating for a day, drinking water freely, and then try it; if this does not remove it, take the exercises reclining for a while, lifting both feet while lying at length and then rising to sitting posture, without lifting feet.

Q. Suggest an exercise for enlarging arm and strengthening wrist.

A. An excellent system, without apparatus for developing these parts, was published in Vol. II. of Physical Culture.

Q. Do you recommend exercise for giving health and strength to person engaged in hard manual work?

A. Assuredly, most forms of work in which both men and women engage bring into activity but one or two muscular tracts, and these are overworked while others receive no exercise at all. Moreover, work does not have for its object the stimulation of digestive powers, circulation, etc. The worker will find, if he tries them, that exercises will afford relief from the fatigue of toil, as well as stimulating his bodily powers. It is the regular, systematic use of the different organs that produce health and strength, rather than hard work with any particular muscle or set of muscles.

Q. I am seventy years old, troubled with dizziness, can not digest my food. What must I do?

A. Eat less. Two light meals a day, walk as far as your strength will permit daily, and practice deep breathing. Old age and its attendant weakness is more often due to lack of activity and over-feeding than anything else.



①

Said Tom Smith, "Pis rich I can do as I please,
So he led a life of indolent ease.

In physical training he took no stock,
Never 'cose from his bed till twelve o'clock.



③

Tom Smith at fifty, a physical wreck,
But then, what more could he expect;
He that wasteth his youthful days,
In later life the penalty pays.

② John Jones, though poor, was a lad more wild,
Loved manly sports and good exercise.
He was 'early to bed and early to rise,
Won robust health, life's greatest prize.



④

John Jones at fifty is in his prime,
Like wine he simply improves with time.
He needs no doctor, you may be sure,
Through life he's been taking Nature's Cure.

MORAL STRENGTH DEVELOPED BY PHYSICAL CULTURE.

By J. E. Scattergood.



THE moral effects of physical culture deserve a greater measure of attention than usually is given them. It is a fact that muscular development cannot be attained without relative improvement in the mental powers and increased moral stamina; for a strong body without commensurate intelligence to control it and adequate moral sense to restrain its animal tendencies, appears to be one of the things abhorred by Nature as apt to become an agency for evil rather than good. The evenly developed strong man is an intelligent person—not necessarily learned, but possessed of superior mental ability which renders him more capable of acquiring the knowledge to which his opportunities give him access. He is sure to be a manly fellow, also, with a keen sense of rectitude (as he has been taught to know it) and a strong desire to do what is right. With the proper environment, his mental and moral development follows conventional lines; but subjected to base influences, he develops, in an exaggerated form, the rugged, perhaps doubtful, morality of his associates. All accessions of sheer bodily strength, however, invariably are reflected in the moral powers, and physical culture may be prescribed for the cure of moral as of corporal deformities, and with the same assurances of success.

If you have acquired a bad habit which you recognize as such and desire to discontinue, but feel that you have not the will power to combat successfully, begin by building up the body. You must recognize the fact that no man is a man in the full sense of the word so long as his life is dominated by a habit which he cannot change, modify or discard at will. So long as you do not care what your habits are and what their effects may be upon your own life, and perhaps on the lives of others, it is idle, to hope for any improvement; but for all who have any

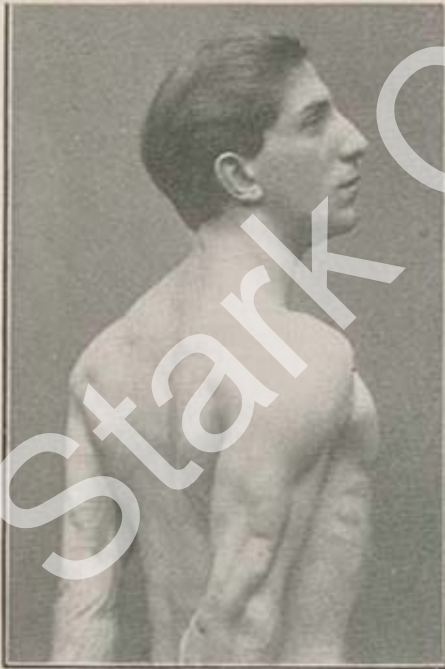
sort of ideal of true manhood and the least desire to approach it in their own experience, there awaits an assured and almost easy success in persistent and methodical muscular development.

To the man who conscientiously begins a judicious course of exercises, the invigorating effects of muscular movements soon become apparent. With the realization of even a little improvement, one is apt to grow enthusiastic; the desire for greater bodily perfection grows stronger with each advance. Directly, there is borne in upon the mind the fact that all evil habits are merely moral deficiencies and that, as such, they are near akin to physical weaknesses. The realization that one is becoming a better man physically is proof sufficient that the mental faculties, too, are being built up; for both the muscles and the brain depend upon the blood for sustenance. It is true we may, by misdirected effort, cultivate one at the expense of the other, but under a rational course of exercises they are mutually benefited by the greater purity and stronger circulation of blood which results from calisthenic movements. A better brain, then, leads to greater power of cerebration, and with the latter comes more acute appreciation of the difference between right and wrong, as well as an intensified desire to do what is right—in other words, a more powerful *will* to do as we know we should do.

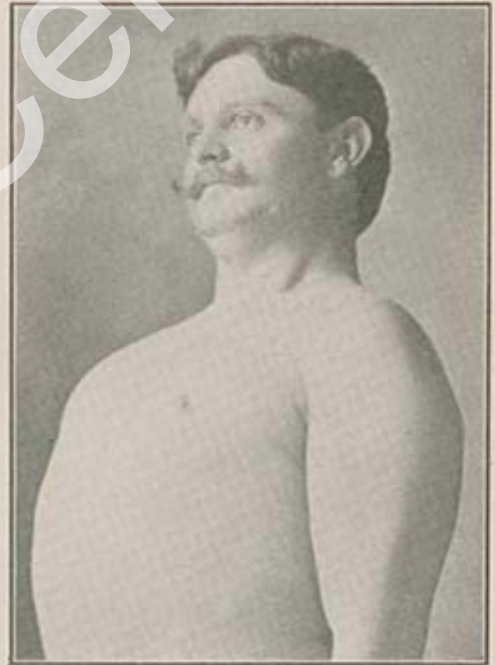
To be a "perfect animal" should be the prime object in life of every man and woman. Indeed, the reward for the accomplishment of this comparatively simple purpose is not small, being no less than freedom from pain and the possession of a superior degree of contentment or happiness during a long life—a period much longer than our present experience permits us to expect. With this object before us and a system of muscle building adopted as one of the means to be employed in its attainment, we become conscious of the manifest uselessness of any

attempt to build up the bodily functions while continuing to poison the system with alcohol, nicotine or other toxic drug, or while weakening it by sexual excesses. The contest between the forces impelling us to improve the body and those which dictate a temporary satisfaction of the unnatural and hurtful desires, perhaps, begins with a preponderant strength on the side of the latter. But with each atom added to the muscles comes reinforcement for the will power; the pride of augmented strength, the vanity arising from the consciousness of a more perfect form and an ever-growing moral sense

unite to overcome the baser desires, and thereupon these gradually weaken and give way. The practices on which once we depended for relief from self-consciousness, for mere amusement and good fellowship, or for the unnecessary satisfaction of our animal propensities, slowly become distasteful and eventually they assume their just proportions as silly, unworthy and hateful things. The final battle is surely won by the forces that make for good, and then, as individuals, we advance at least one step toward the goal for which all creation is struggling.



J. PAIGE, DENVER, COLO.



ARTHUR BAKER, PHYSICAL DIRECTOR AND CHAMPION SWIMMER OF HOUSTON, TEXAS.

FOOTBALL.

By Clifton Clarke.

"The glory of young men is their strength."

THE TISSUE TRYING GAME.



EVERYBODY is interested in football. In every American college the football player is the hero of the hour, and wherever a few men happen to come together the one topic of conversation is the condition of the team or the chances of winning the next game. Nor is this interest confined to the college world alone. The great rushing world of business pauses a moment to read and discuss the news from the football field, and the busy doctor and lawyer are glad to lay aside their professional cares to study with delight the movements of the young giants of the gridiron. Even the clergyman makes an effort to see at least one of

the "big games." All over the country athletic associations are forming teams to play the game, and the spirit of the football field penetrates to every village and hamlet.

The reason for this interest in the game and for its wide popularity is not far to seek. Men have always admired a MAN, and all the world knows that it is only real, virile MEN who can succeed at football. The game requires not only physical strength but moral courage, and it is hard to say which must predominate. Like the great game of life, it cannot be played by a weakling nor enjoyed by a coward. There is no other exercise like it to develop the strength and beauty of body, which should be the envy of all, nor is there any train-



READY FOR STRENUOUS PLAY.

ing equal to it to give a man self-control and to inculcate noble traits of character.

Football has been censured as brutal and demoralizing, and to semi-invalids it doubtless seems such. But a game which requires the skill of a tactician in its cap-



PREPARING TO KICK.



A TYPICAL COLLEGE FOOTBALL PLAYER.

tain, absolute self-control in every player, unending patience, and a clear brain steady with the calm self-confidence which comes of physical strength and vigor, cannot be called brutal or a mere display of brute force. To the players themselves the game is the nicest combination of strength, skill and agility, and the team lacking any of these will always meet defeat.

The game is rough and only for the physically fit; but it is just this element of "rough and tumble" which has developed the best qualities of our race. Take it out of our games and pastimes, and weak, cowardly, faint-hearted men will be the result. A man who is not in perfect physical health has no business on the football field. Let the weakling first become strong in milder sports and exercises, and then he may play football.

Football training is so rigorous and systematic that it makes a man immune,

or, at least, greatly reduces the liability to injury. Bruises which would lay an ordinary man up heal in a night for the football player. Sprains, strains, etc., some broken ribs, collar bones, and even noses are liable to result from football and often do; but the same thing is true of indulgence in any kind of muscular activity, and cannot, therefore, be used as an argument against football. As President Roosevelt somewhere says: "It is unmanly folly to attempt to do away with any game simply because there is an element of risk."

The aim in training for football is to develop in addition to muscular strength and vigor great endurance and agility. To accomplish this end, the player must live as nearly as nature intended. He must get at least eight hours sleep in a moderately cool room with an abundant supply of fresh air. Football is an enemy of impure air and of all other unnatural conditions. Then the aspirant for football fame must be regular in his meals and eat only the most nourishing foods. All the abominations of modern cookery are forbidden strictly, and consequently the football player is a stranger to indigestion. Tobacco and spirits are also interdicted, and every other form of dissipation.

Usually half an hour in the morning is given to light practice, followed by a cold bath and rub-down. At noon the heaviest meal of the day is taken, and in the late afternoon all the men go through hard practice on the gridiron. After the special work of team play and individual instruction, the men have to run around the field to develop their "wind," and then all seek the baths for a rub-down and massage of sore places.

Football gives to its devotees abundant health, strength and agility, endurance, manly courage, quickness of judgment, readiness of resource, and, above all, a sense of fair play. These are the qualities which create the men of action who make a nation brave and great. Who is there, then, of sane mind who would banish this noble game, or deny to our boys the unequalled chance found on the gridiron of developing in the most natural way possible the manly virtues?

Editorial Department

HOW TO PROVE MY HONESTY.

HUNDREDS of letters have been received from my friends in answer to my editorial of previous issue, suggesting the best course to pursue in order to prove beyond all possible doubt my absolute unswerving honesty of purpose. Allow me to express here my profound gratitude for this emphatic evidence of the interest that is being aroused in this great work. If I attempted to publish the many valuable suggestions made in these letters the entire magazine would be filled. But, my kind friends, every one of these letters has been carefully read and I have gained much valuable knowledge from their contents, and when the time comes for definite action I will be far better prepared to make a wise decision because of my having read them.

Many have somehow acquired, from this editorial, impressions that I did not mean to convey. I incidentally suggested turning my business over to the Government, because I believe that this work is of such vast importance to the race that all motives of a selfish nature should be removed from it.

Many of my readers seemed to fear that I had decided on such an action, and let me here and now plainly emphasize that on no account will I take any step that will, in the slightest degree, handicap or retard the unrestrained accomplishment of my life's purpose. My work is now spreading forward at marvelous strides. Like a monster wave, it is gaining power and in volume as it advances.

I will take no risk. I know myself—my own objects, my own purposes. They stand out plain and emphatic and clearly defined.

In answer to some of the anxious inquiries contained in these letters, I want to say that

I AM NOT TIRED!

I DO NOT DESIRE TO SELL OUT!

I SIMPLY WISH TO BE UNDERSTOOD!

I am stronger and hardier now at thirty-three, notwithstanding the enormous amount of mental work I have done in the last few years, than I was five or even ten years ago. I intend to continue growing in physical strength; and every day I am learning more and more. I expect to be in school—the practical school of experience—all my life. When one ceases to be student, ceasing to learn and progress, he stagnates and dies mentally, though he may still be physically alive.

Many have caught the inspiration that stirs my own soul, and have answered my cry for help in this great work. To those who are willing to add their efforts to this noble cause, I can only say, Preach the truth as you see it and feel it. Don't wait for a big audience. Talk to every friend you meet.

What if he does call you a "crank." Without "cranks," without those who throw aside precedence and reason conclusions for themselves, there would be no progress—nothing but stagnation, oblivion and death.

Preach strength and its enormous value. Talk health, act health, and be a representative of health yourself.

Score with all your reasoning powers medical errors, medical superstition and medical "fakes."

Agitate, agitate, everywhere you go. Preach the truths of life and health and strength to all you meet.

All these suggestions are of immense value to those who wish to advance this work as individuals. But the most pressing need at this time is organization.

Form a club of Health Disciples (you can write us for buttons). Such a club can be organized with two, six or a dozen members. You will be amazed how it will grow. When a sufficient number has been enrolled, engage a small hall. Meet once a week or month, and have one or more of your most enthusiastic members lecture on the subject at hand, inviting the public to attend. Later, you can, of course, secure the services of experienced lecturers, but anyone can learn to lecture who feels the inspiration of strong convictions and an honest desire to benefit his fellowmen.

Many, too, have somehow acquired the impression that I was searching for means of spending to the best advantage my surplus profits. I explained that all surplus at present is used to supply additional capital to a business which is growing at an enormous rate. I expect that the principal difficulty will be, not to find means of spending surplus, but to find sufficient surplus to carry out plans on hand.

Several months ago I stated, editorially, that we could use half a million dollars in enlarging the different branches of our business, and that I would agree to pay 5 per cent. on all amounts over a thousand dollars that interested parties would allow us to use. This offer is still open, and those who take advantage of it will not only be helping a noble cause, but will be securing a legitimate and safe investment at the same time.

SUGGESTIONS FROM READERS.

The following brief quotations from some of the letters received have not been especially selected but simply picked out haphazard to show the general trend of the suggestions put forth :

"Keep right on in the future as you have since you began the crusade against bad practices. No one with a spoonful of brains or a fractional part of conscience has a doubt of your sincerity. Only persons naturally antagonistic to the truths you advocate, or whose personal pecuniary interests are being threatened, pretend to doubt. You can neither benefit such people nor secure anything from them."—CHARLES E. PAGE, M. D., Boston, Mass.

"Do not let the control of your business go from your hands. You can do more than anyone else with it for the good of humanity. The very few who doubt the honesty of your motives are not worth noticing."—GEORGE H. MONROE, Jamestown, N. Y.

"As one very much interested in the movement you have started I would say, do not deed your business over to the Government. We are not prepared for socialism yet. Individuality is everything; and I assert that the present movement for health that is sweeping the country is largely the result of your magazines. I would suggest that you establish a health home in Colorado for consumptives."—A HEALTH DISCIPLE, Denver, Col.

"After reading your editorial, How to Prove My Honesty, I about gasped for breath, and declared the Ponce de Leon fountain of youth is discovered at last, and the desert will begin to bloom. One honest editor—well, what may we not expect in this age! One with usefulness not killed with egotism. Once prove and demonstrate your sincerity and you will be a beacon light, a star of Bethlehem to lighten and lead even the wise, the wealthy, the haughty and selfish to the reality and true purposes of life."—A. VERNON CALLAHAN, Mobile, Ala.

MEDICINE—CRITICISM—BLIND PREJUDICE.

FOR hundreds of years the representatives of medical science have so shrouded their so-called secrets in mystery that they have been comparatively free from public criticism.

One physician writes, that for stating my free opinion in the treatment of President McKinley I deserve the same fate as his murderer. He was born at the wrong time. He should have lived when witches were being burned at the stake.

This general tendency of the press to refrain from adverse criticism wherever physicians are concerned has been the means of perpetuating their errors from one generation to another.

Public criticism is a searchlight as bright, as strong, and, at times, as intense as the sun itself, and the darkness of error, superstition and deceit flee before it, like criminals from the light of day.

It is this freedom from public criticism which has enabled different schools of medicine, holding fiercely antagonistic conclusions as to the treatment of diseases, to successfully turn their graduates loose on an unsuspecting and woefully ignorant public. If the press would freely comment upon the methods taught and used by these different schools, it would take but a short time for the public to decide as to which is the best **BY THEIR RESULTS.**

The lack of free public criticism of everything appertaining to medicine has made possible in the medical profession one of the most astounding conditions that ever existed in any civilized age. Here we have all these various schools of medicine, each fiercely contending to be right, and more fiercely condemning the theories advanced by their opponents, and all the representatives of each school so violently prejudiced that they will not even compare the results of their methods with those of other schools.

It would be an easy matter to decide as to which treatment is the best by a true record of the mortality percentage and of the period of sickness resulting from each method in a large number of cases suffering from a particular disease. Of course, two or three cases would not furnish much information, but say if twenty, thirty, or even fifty cases of one acute disease were treated by each method. What a "world" of valuable information would be found in the results of such an experiment. For instance, if fifty cases of typhoid fever were treated by each method and if, for example, from allopathic methods ten cases died and the average time required for recovery of those living was twenty-five days, and if from homeopathic methods six died and the average time of recovery was twenty days, and if from the water cure, with an almost absolute fast, none died, and the average time for recovery was ten days—there would be no question as to the best method, and every physician, who upon such evidence refused to change his methods, ought to be sent to jail for criminal negligence, just as would an engineer who, through idleness or carelessness, fails in his duty and causes an accident which jeopardizes the lives of those in his charge.

Can anyone with brains enough to "come in out of the rain" fail to wonder why the above described comparison is not made? It is the plain, even imperative, duty of physicians to make experiments of this nature if the lives of their patients are considered of value. But I have no intention of waiting for such an experiment, either by the Government or the blindly, even madly prejudiced managers of our

medical colleges. If I could get sufficient help from my subscribers, I would myself undertake to carry it through; for the results of the accurate knowledge acquired would save thousands, perhaps millions, of lives.

THE FUTURE OF ATHLETES

THE Athletes of this country are sleeping. To those dulled by slumber, and to those yet in embryo I have a message.

Wake up! Rouse yourselves! Look around you! Hear you not the clarion call? Listen! There may be joyful news resounding in the air.

Strength has ruled in the past. It will rule in the future. Athletes bent on perfecting what seemed to them the most important part of their being, have neglected their brains. The mind grows "rusty," sluggish through inactivity, just as does a muscle. The "wheels of thought creak on their hinges," and mental processes that should be without effort become huge, laborious tasks.

Mental power is a species of nervous force. It feeds on nerves. It is created, fostered and perpetuated by the nervous system. Just as a strong arm by persistent daily exercise may be developed in a body weak otherwise, so a strong brain may by extreme efforts be developed with a delicate body for its foundation. But the evolvment of such results is not easy. They are the production of a forcing process which is never normal, never healthy. Vitally, such persons are as frail and delicate as a forced hot-house plant, and premature decay and death will always be their fate.

Strong nerves, strong muscles, strong bodies furnish the proper foundation for mental capacity. The universal recognition of this fact is close at hand.

President Roosevelt, the athlete, the soldier, the statesman, is only one trifling step in the right direction.

Bryan, the muscular and nervous phenomenon, is another representative of the onward march.

The rulers of the business, professional and political world of the future, will be athletes.

Whiskey soaks have had their day: They will be relegated to the savagery from which they came.

Tobacco-betogged minds may have ruled in the past, but they too are doomed. A finely-poised nervous system is as strong as steel and as sensitive as a photographer's negative. No tobacco poison must destroy this delicate balance.

My muscular friends, I want you to go to work. I want you placed in your proper sphere.

After the "ice has been broken," mental work is easy for you. The brain will soon be capable of absorbing knowledge as easily as a sponge does water. You stand in awe of minds that seem to grasp conclusions with accuracy and speed, but such minds are entirely the result of laborious cultivation. You, with your strong body as a foundation, can acquire similar mental powers with half or a quarter of the effort. Begin those efforts now. Don't be a fool when you can so easily be a statesman, a philosopher or even a President.

You make your own environment—you are the architect of your own body. You build your house with flesh, bones and nerves. If the building has been

poorly erected, if the material has been soaked with the deadening and poisonous influences of alcohol and tobacco—if the walls of your storehouse—the stomach—have been strained by stuffing it beyond its capacity, you will harvest the “wild oats” you have sown.

But if you have builded properly—if you have reaped the reward that comes to those who follow out the plain rules of health required in the growing of strong, superb bodies, try to realize your immense advantage from a mental standpoint.

Wake up from your sleep and know that brains are at the helm in all departments of life, and your brains are easily capable of being a directing, a controlling force, **IF YOU WILL GIVE THE SAME ATTENTION TO THEIR DEVELOPMENT AS YOU HAVE TO PERFECTING YOUR BODY.**

FOOTBALL!

WHAT A GRAND GAME! HOW LIKE A BATTLE WHEREIN LIFE AS WELL AS GLORY IS AT STAKE!

See how each army lines up. What grim, determined soldiers they are. What an inspiring sight. You tremble in anticipation of the splendid fight you are to witness.

Certainly, you call it a contest or a game—it sounds better so expressed. Fighting seems and sounds brutal; but it is really a fight—a grand struggle for supremacy.

Some say football is dangerous. But suppose it is. One's life is always in danger; a house may fall on you, or lightning may strike you. Anyway, it is the danger of the contest which gives zest to it. It thrills the nerves of the spectator—it initiates the player in the great battle of life, which in its undercurrents is more intense than football.

More nervous and muscular power is needed to conquer in this great game of life than in the fiercest football contest.

All hail to football! I like it because it is a manly game. It develops men, strong, hearty, superb.

It is not for weaklings—it is for the strong, and it adds strength to the strong.

If you are weak, develop strength in other ways before attempting to play.

Football is exhilarating, even intoxicating. It thrills the nerves as does a great battle.

I say to all boys, test your “mettle” on the football field. It is a sample of the strenuous life of to-day. It prepares you for this giant struggle in life's arena.

Your determination, your persistence, your courage on the football field will clearly indicate your capacity in future life.

Be fearless, determined, struggling with all your might to keep your competitors back and advance your own side. The same persistence, energy, courage and manliness needed for success in a football game is the most valuable foundation for success in the business or professional world.

If you have a boy who is backward, diffident, cowardly, teach him to play football; encourage him to indulge frequently with those of his own age and strength.

What if he does get a black eye, a bruise or a strain occasionally. The pathway of life is not strewn with roses. Hard “knocks” develop character, self-confidence, stability, manliness; and a football field is the place to secure them.