

# PHYSICAL CULTURE

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## HAND WRESTLING.

By Bernarr MacFadden.



I HAVE written two articles in previous issues, in which I have especially emphasized the great value of wrestling as an exercise. I called

attention to the fact that numerous great men of the past were known as wrestlers of ability, and attributed their success largely to the great muscular and nervous power which is developed by wrestling.

President Roosevelt, it is said, attributes much of his present physical vigor to the exercise of wrestling. He usually has a trainer specially engaged for this purpose, and each day at periods,

questionably been developed to a certain extent by this vigorous exercise.

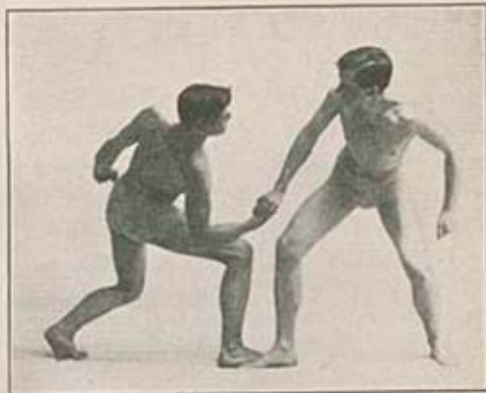


(2) Next crouch low, to more strongly brace yourself against any sudden move or twist of your opponent. It is greatly to your advantage if you twist your opponent's arm so your palm will be up.



(1) First Position.—Grasp opponent's hand tightly, brace feet strongly.

Heretofore I have referred to one style of wrestling, catch-as-catch-can or rough-and-tumble. In this style of wrestling, in order to be free from danger, one must be hardy and strong. There is danger

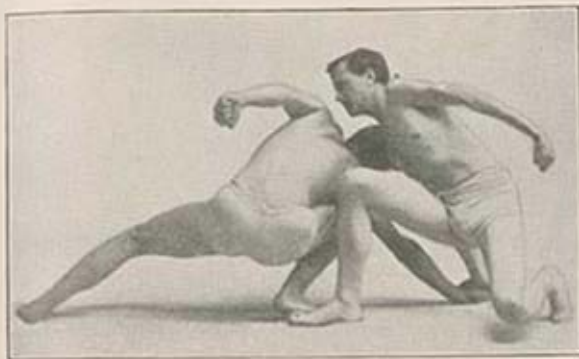


(3) Man to the right has suddenly twisted opponent's hand, turning him so far that he is falling over backwards.

when at home, this exercise is freely indulged in. His indomitable will, perseverance and strong physique, so necessary to the strenuous life which he has followed since early manhood, has un-

of a strain even under these circumstances to one not accustomed to it. For those who do not care to take up this more vigorous style of wrestling, I illustrate in this article another style which is practically free from all danger, and which does not require so much strength to

lungs, make more hardy and vigorous the muscular system, and if, when practiced, the hands are changed from right to left after each fall there is hardly a muscle in the body which will not be vigorously used. It will tend more towards the development of smoothness of outline than the more violent styles, such as catch-as-catch-can, the Greco-Roman.



(4) Man to the left had tried the same trick, but his opponent suddenly bent left knee and brought hand holding opponent far backward forcing him to touch the floor, thus protecting himself from a fall and "turning the table" on his opponent.

practice. This style of wrestling is only prevented from being popular because but few are familiar with it. Much vigorous exercise can be secured from it.

Like other styles, it will strengthen the



(5) Beginning of the over-shoulder throw. Left-hand man twists opponent's arm so he can get his own palm upward as shown above.

The exercises here have been illustrated with male figures, but they can be taken by either sex without the least possible danger, if the two contestants are equally matched. Of course, when first attempting the exercises be careful that the possibility of strain may be avoided, though there is but little danger of this.

The rules for this style of wrestling are very simple.

You place your feet in a well-braced position, grasp your opponent's hands, as shown in first illustration, and



(6) Then suddenly turning and bringing his arm over shoulder, pulling hand far forward so upper part of opponent's arm will rest on shoulder, he can throw his opponent clear over his head if fair strength is possessed.

then endeavor by suddenly pulling, twisting, jerking or pushing to make your opponent lose his balance and move his foot or loosen his grip. When either contestant moves either foot or loosens his

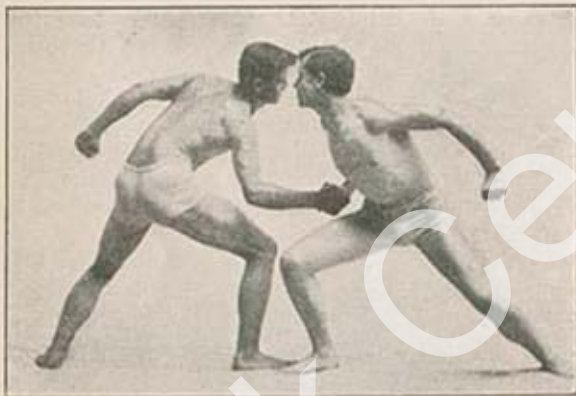
hand hold upon his opponent he has lost a fall. Thus it is necessary to be especially well braced, to avoid being over-balanced by your opponent.

Of course some little practice is required in order to become skilful in this style of wrestling. One particular advantage is that strength does not count near so much as in other styles. An apparently weak man who is familiar with the "game" can defeat a strong man with ease.

The photographs very plainly illustrate the exercise and some of the tricks, and I specially advise all who desire to build vigorous bodies to test this style



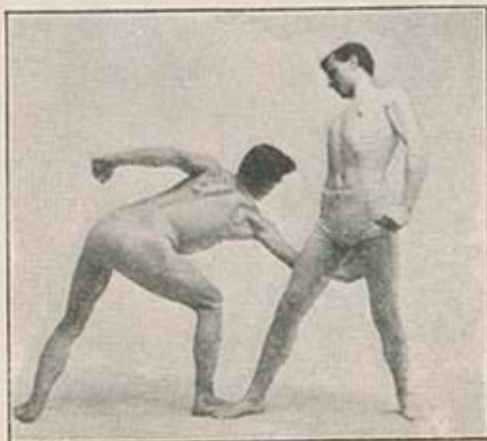
(7) Showing manner of protecting yourself from hold just illustrated in two previous photos. Hold back as strong as possible, and do not allow opponent to get arm over shoulder, though best method of protection is to not allow your arm to be twisted in the beginning.



(8) This illustrates right-hand man suddenly pulling his opponent towards him, though opponent had braced against the movement, suddenly reversing the motion from pushing to pulling or, vice versa, often catches opponent off his guard and gains one a fall.

of wrestling, for it will be found as interesting as it is beneficial. Do not forget the necessity for changing hands with your opponent each time after a fall, then practically every muscle of the body will be used in the exercise.

It is really a complete system of physical culture in itself, and is superior to any method which may be used with apparatus or dumb-bells.





As Patient appeared when she left the Health Home.



As she appeared when she entered it in March

MRS. CARRIE A. COLE, WATERTOWN, N. Y.

## REMARKABLE CHANGE IN FREE RHEUMATIC PATIENT.

THE LAST AND MOST STUBBORN OF THE FREE PATIENTS ACCEPTED.

By Bernarr Macfadden.

**E**XPERIENCE at our Health Home has taught me that one of the most stubborn diseases to cure is chronic rheumatism. Of course, the ordinary rheumatic pains which affect the aver-

age individual are very easily eradicated, but where a case has become chronic, has existed for years, and swelling and stiffness of the joints has been induced, to bring about a permanent and effective cure is a long and tedious process.

Mrs. Carrie A. Cole, whose photographs appear herewith, was with us nearly five months. She is not yet entirely well, though the photographs shown herewith indicate with remarkable accuracy the wonderful change that has been made in

her condition. When she first came to us she could hardly walk without aid. Her digestive, assimilative and entire functional system was in an almost paralyzed condition. She was greatly weakened muscularly, nervously and vitally.

The photograph on the right, taken when she began our treatment, clearly shows that she really had the stamp of death upon her features, and this result would unquestionably have been produced at an early date had not the natural-cure treatment been adopted.

We publish herewith a letter which she has kindly given us in reference to her case:

"Before becoming a patient of the Physical Culture Health Home I had rheumatism so badly for four years as to not

be able to perform even the lightest kind of work. The first fifteen months I was confined to my bed nearly all the time. I was a conscientious patient. I exhausted the medical skill in my own city, then went to a larger one, believing that it offered superior advantages in that line. I went the complete round of all the different cures; I followed all their instructions to the letter, took all the medicine prescribed until I became so bloated that my friends hardly recognized me, but with all I kept growing worse and worse. Nearly every function in my body operated only after being goaded by medicine, with the inevitable result that each finally became weaker and weaker. In February a friend sent me a copy of *PHYSICAL CULTURE* containing the free cure offer for incurable disease (so called by physicians). I immediately applied for acceptance as the rheumatic patient, not because I had much hope, for all my physicians had told

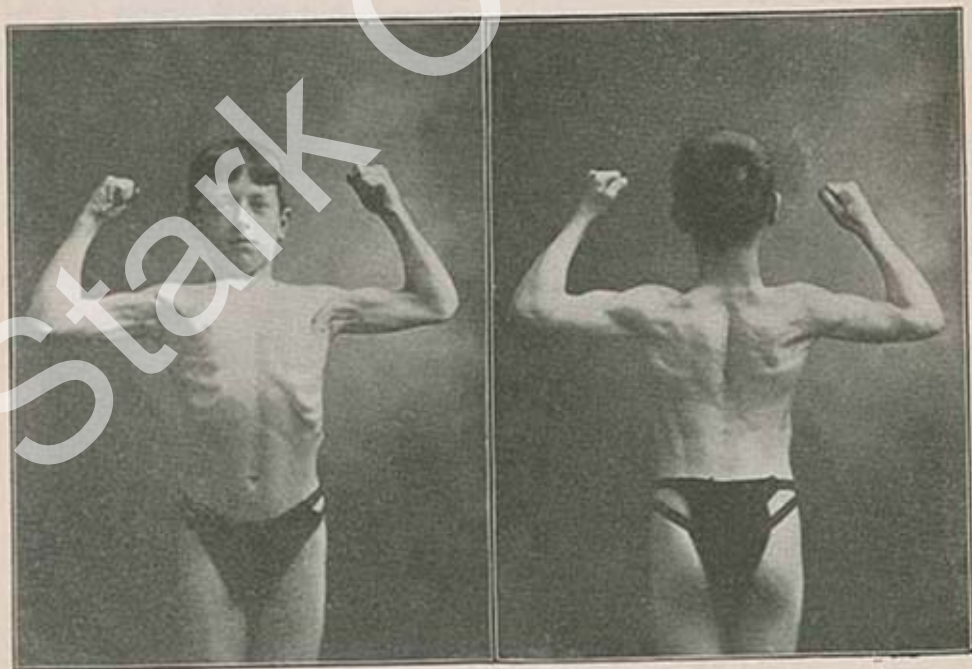
me I could never be well. But I felt I must be doing something, and fortunately for me I was accepted and allowed to try the real nature cure that is so wonderful, yet so little understood and less practised. I took the treatment as prescribed faithfully, though it was very hard at first, but gradually grew easier. I cannot say that I am *well*, but I can say that I feel as well and as ambitious as I ever did in my life. I now walk two miles daily besides taking other exercises, go to bed tired and awake rested in the morning, and by continuing this routine of work at home I firmly believe I shall acquire perfect physical health.

"After my bitter experience I absolutely believe there is only one disease—impure blood; and only one cure—the real nature cure, which is so simple that anyone can understand it, practise it and preach it.

Yours truly,

"CARRIE A. COLE."

*In next issue we will describe in detail the methods used in Mrs. Cole's case.*



HARRY LANG, A PROVIDENCE, R. I., BOY WHO DEVELOPED HIMSELF.

## THE RATIONS OF THE REGULARS.

HOW UNCLE SAM FEEDS HIS FIGHTING MEN.

By James Caldwell Burnes.



THROUGHOUT the military history of the world, in all ages, under all conditions of army service, in peace or at war, the question of properly provisioning the troops has ever been one of vital importance. It is as much so today as ever.

All the great military commanders of history stand on record as having fully

digestion and assimilation to the least strain.

Realizing the importance of this subject, and the national interest in what Uncle Sam provides for the subsistence of his soldiers, and in view of the fact that the general public knows little or nothing about the food of the soldier, the editor of PHYSICAL CULTURE has requested me to explain the United States Army ration.



TROOPS READY TO DEPART IN FIELD SERVICE.

realized the vast, far-reaching import of this weighty question, and its consequent bearing upon the effectiveness of their forces.

Formerly, it was chiefly a question of providing any kind of provender in sufficient quantities to prevent the ravages of famine, but with the acquisition of more scientific knowledge the problem has been made more complex. Now the commissary department must not only cater to the hunger of its thousands of marching and fighting units, but it must provide the foods that will afford the greatest amount of courage, energy and endurance, and subject the powers of

Under ideal conditions and with thorough knowledge of the true value of food, the soldier's ration would be made up of elements that would produce a maximum degree of physical courage, a phenomenon co-existent with a healthy well-nourished condition of muscular and nervous tissues; and the greatest amount of energy, with least possible waste.

The quality of the army ration has always been good, and the quantity liberal; the United States Army enjoys the well-deserved reputation of being the best fed army in the world. Under its old system, all food was issued to the men unprepared, each group of "messmates"

would do their own cooking. Now every organization has regular, enlisted company cooks, one cook to each company, who has the rank and pay of a sergeant; he is provided with four or five assistants who are detailed from the ranks.

A quartermaster-sergeant has charge of the company mess. He it is who selects the articles desired, and to him the men express their preferences as to the variety of the weekly bill of fare.

The whole system of feeding the troops has been vastly improved within the past

the subsistence of one soldier for one day, consisting of various components, according to the station of the troops at the time of issue and the nature of the duty in which they are engaged at the time. These rations are divided into four different kinds—the Garrison ration, the Field ration, the Travel ration and the Emergency ration.

The Garrison ration is issued to troops garrisoned at regular military posts or in permanent camps. The Field ration is for the use of troops while in



COMPANY COOKS PREPARING FIELD RATIONS DURING CUBAN CAMPAIGN.

decade, and especially within the last three years. The latest and most important change in the law, which provides for the subsistence of troops, became active on April 23, 1901, and is now in full operation wherever United States troops are stationed. The leading feature of this new law is the manner in which the various regular components of the ration proper may be converted by the issuance of various substitutive equivalent articles which may be obtained in lieu of the standard articles as heretofore issued.

A "ration" is the legal allowance for

the field in active campaign. The Travel ration is provided for troops traveling otherwise than when on the march, or when, for short periods, they are separated from the main body of troops and isolated from cooking facilities. The Emergency ration is for use in active campaign when cooking is impossible or impracticable, and for the sustenance of troops on extraordinarily emergent occasions.

This Emergency ration is issued to troops when starting on an active campaign, but is carried by the men only as a safeguard, and is never used at any time or place



where it is possible to prepare the regular ration. It is packed in a conveniently shaped tin package, which may be carried in the haversack or in the hip pocket, and is readily opened with a key. It consists of a palatable preparation of parched wheat, cracker crumbs, and desiccated beef (pulverized); the whole forms a dark brown powder not unlike coarse buck-wheat flour, and it may be quickly prepared for use in a variety of different ways, or may be eaten dry or as a paste by adding a little water. On the top of each ration is a cake of chocolate, which may be eaten raw or prepared in form of hot chocolate

20 ounces; flour, 18 ounces; beans,  $2\frac{1}{2}$  ounces; potatoes, 16 ounces; prunes,  $1\frac{1}{2}$  ounces; coffee,  $1\frac{1}{2}$  ounces; sugar,  $3\frac{1}{2}$  ounces; vinegar,  $\frac{1}{2}$  of a gill; salt,  $1\frac{1}{2}$  ounce; and pepper,  $\frac{1}{2}$  ounce. This is but little different from the old ration, which the soldiers describe in the camp song, set to the notes of the bugle call to "mess":

"Soup-e—sloppy—soup-e,  
Without a single bean,  
Pork-e—salty—pork-e,  
Without a streak of lean,  
Coffee—slimey—coffee,  
So muddy and so mean."

But the words of the "mess call" will



BREAKFASTING IN THE FIELD.

Hundreds of thousands of the Emergency ration have been used in the Philippines, and it has given good satisfaction; but as the greater portion of troops now in the service are either quartered in camps, or garrisoned at posts, the Field ration and Emergency ration are not so much in demand.

The Garrison ration consists of six regular standard components: meat, bread, vegetables, fruits, coffee and the seasoning components. The amount of each component which goes to make up the full ration is as follows: Fresh beef,

have to be changed by some Twentieth Century wit, in order to be up-to-date. For the new "conversion tables" of the army ration issue give the soldier a chance to convert the regular ration into almost any substitute he may desire. And here is where the new law gives the great amount of latitude in the matter of variety of choice. Take the meat component as an example. In lieu of his "20 ounces of fresh beef"—or canned beef where fresh meat is not procurable—the soldier is entitled to draw 20 ounces of fresh mutton, or 12 ounces of bacon,

or 16 ounces of canned meat (four varieties to choose from), or 14 ounces of dried codfish, or 18 ounces of pickled fish, or 16 ounces of canned salmon. Any one of each.

The bread component may be drawn as flour, hard bread, soft bread, or corn meal.

The vegetable component may be substituted so as to consist of beans, or peas, or rice, or hominy, or onions, or canned tomatoes, or desiccated vegetables (of various kinds), or fresh vegetables, when they may be obtained in the vicinity or transported in wholesome condition from a distance.

The fruit component may now be drawn in dried or evaporated fruits as follows: prunes, or apples, or peaches, or apricots.

The coffee component may now be drawn so as to include coffee, sugar, green or black tea, or cocoa; and, lastly, the seasoning component is now made up of salt, pepper, vinegar, pickles and chow chow.

Few people outside the service fully appreciate the capabilities of the Army ration. Here follows a regular weekly bill of fare for a troop mess, that is a fair specimen of just how the new Army ration may be used:

Sunday—Breakfast: Beef stew, corn meal mush, syrup, wheat bread and coffee. Dinner: Mutton broth, boiled mutton, boiled white rice, wheat bread, bread pudding and coffee. Supper: Cold boiled mutton, wheat bread, evaporated peaches, cheese and coffee.

Monday—Breakfast: Boiled mackerel, fried mush, wheat bread and coffee. Dinner: Bean soup, roast beef, potatoes, rice pudding, bread, coffee. Supper: Beef hash, boiled rice with prunes, bread, syrup, tea.

Tuesday—Breakfast: Fried bacon, corn bread, baked potatoes and coffee. Dinner: Vegetable soup, boiled beef, potatoes, cracker pudding, wheat bread and coffee. Supper: Cold boiled beef, stewed prunes, biscuits, tea.

Wednesday—Breakfast: Codfish balls, brown bread, fried potatoes and coffee. Dinner: Split pea soup, baked pork and beans, mashed potatoes, bread, bread pudding and coffee. Supper: Meat hash, stewed evaporated apples, light cakes and tea.

Thursday—Breakfast: Stewed beef, stewed prunes, corn bread, and coffee.

Dinner: Bean soup, bacon and greens, wheat bread, boiled hominy, bread pudding and coffee. Supper: Mutton stew, corn meal batter cakes, syrup and tea.

Friday—Breakfast: Broiled salt mackerel, bread, fried potatoes and coffee. Dinner: Vegetable soup, boiled codfish with potatoes, baked rice pudding and coffee. Supper: Codfish hash, wheat biscuits, stewed apricots and tea.

Saturday: Breakfast—Fried bacon, fried mush, baked potatoes, bread and coffee. Dinner: Bean soup, corned beef and cabbage, boiled hominy with syrup, wheat bread and coffee. Supper: Stewed beef, fried potatoes, brown bread, stewed prunes and tea.

The main idea is to give the men the meat component, which is the most important part of the ration, as well as the most expensive, in the following ratio:


Seven days of fresh meat, beef or mutton, etc., in 10 days; 1 day of fish, fresh, dried, pickled or canned, in 10 days; 2 days of salt meat, pork or canned beef, in 10 days.

The Field ration is practically identical with the Garrison ration, except that where fresh meat cannot be procured, canned meats, canned soups and canned stews are substituted, and desiccated vegetables are issued in lieu of fresh vegetables, and hard bread is used where the troops are constantly on the march and time for operating the field ovens is not allowed. Whenever baking may be done, fresh bread is issued the same as in the garrison ration. But, of course, the number of substitutive articles is of necessity limited to the supplies in the field.

The Trade ration consists of the following components: To one full ration per man per day, corned beef (in cans) or corned beef hash (in cans), 12 ounces; soft bread, 1 pound 2 ounces, or hard bread, 1 pound; canned baked beans, 4 ounces; canned tomatoes, 8 ounces; coffee,  $1\frac{1}{2}$  ounces (roasted and ground ready for use); sugar, 2 $\frac{1}{2}$  ounces; or in lieu of the coffee and sugar in kind, a money allowance of 21 cents per man per day will be paid for the purpose of procuring liquid coffee. This "coffee money" of the soldier is paid to the men in coin; mighty little "liquid coffee" is ever purchased with it; but that is another story.

THE EXPERIENCES OF A CIGARETTE  
FIEND.

By John Blake, M.D.



It was one of those hot, stifling nights in July, when not the slightest semblance of a breeze was stirring, and all was as silent as the proverbial tomb of Moses, in the little village of Carnegie, situated upon the banks of the Monongahela.

The town clock had just finished striking the hour of midnight, as Charles Wallace, a young man of about twenty years of age, rose from his bed for the sixth time that night, and paced the floor with a nervous, unsteady tread. He had tossed and turned for hours upon his pillow, endeavoring to get his much needed rest, but without success; and now, as he paused before a window and the moon shone upon his features, one could easily see, by his hollow cheeks and sunken eyes, surrounded by dark circles, that he was a victim of over-indulgence of some sort.

He once more lay down and attempted to court the god of sleep, but the irregular beating of his heart, the heavy throbbing of the arteries all through his body, and his short, quick, unnatural breathing entirely prevented his doing so. Uttering a curse upon the cause of his physical condition, he again arose and continued his nervous walking to and fro. A strong temptation now took possession of him, which he resisted for a while, but finally yielding he went to the bureau, and picking up a pack of cigarettes, lit one, and smoked it up in an unusually short time.

Nine more followed in quick succession, and the pack being exhausted he threw his tired form once more upon his couch and finally fell into a troubled sleep, replete with dreams of a wild, weird, fantastic and horrible nature, in which his diseased brain conjured up terrible monsters of immense size, sea serpents and winged dragons, which he imagined were pursuing him. Then he witnessed

a fierce battle between men armed with knives and pistols, in which he himself took part, and was mortally wounded. He could plainly see the blood issuing from wounds in his chest, and could feel himself dying and descending into hell. Down, down into the bottomless pit he felt himself falling with frightful rapidity, and then he seemed to strike upon a projecting ledge with a heavy thud, and awoke, feeling as though he had fallen from some great height, and landed upon the bed.

A cold perspiration covered every part of his body, and his entire nervous system trembled violently. He slowly arose and dressed, feeling as tired and worn out as if he had been working hard at manual labor for the last twenty-four hours.

And for the past six years he had endured this torture of mind and body, his sleep being always unrestful and disturbed by dreams.

Day after day, during that time, he had consumed from five to seven packs of cigarettes; and although he knew he was wrecking his nervous system, and made desperate efforts to stop, he found it utterly impossible to do so, since the "little coffin nails" had obtained such a hold upon him.

A little over six years previous to this time Charles Wallace was in the best of health. His cheeks were ruddy; eyes bright; hand as steady as a rock; steps, firm and elastic; but, like many other young fellows, he began smoking cigarettes, thinking it looked "big and manly," as many others think; and it wasn't long before he found himself a complete slave to the weed.

Many times during the night he would awaken and experience that abnormal craving which compelled him to get up and smoke from six to eight of the little rolls of tobacco in order to satisfy the desire. As the appetite demanded an increased number of cigarettes almost

daily, it was not long before he suffered a thousand and one ills and imagined he was dying of heart disease, consumption and brain disease.

Seeing an advertisement in one of the "fireside" monthly magazines of "Kil-Nic," the "great cure" for the tobacco habit, he purchased a box of the pills, thinking to get cured by the use of them.

As the first box did not do the work, he continued taking them until he had consumed eight boxes, at one dollar each, but they did him not the slightest good.

In fact, he afterwards had some of the tablets, which were blood red in color, examined by a druggist, who, after a careful analysis, informed him that they were made up of such powerful drugs as damiana, nux vomica, cantharides, strychnia, etc., which act merely as stimulants and poison the system if used continually for any length of time.

For several weeks, after he quit taking them, he felt as if his system had been drugged; and as he still continued smoking, the disease symptoms from which he suffered were increased in their intensity and many new ones became manifest.

The next advertisement to attract his attention was that of a certain firm which sold electrical supplies of all sorts, which were guaranteed to cure such diseases as rheumatism, heart disease, kidney trouble and a host of others. This ad. was gotten up in a way well calculated to work upon the imagination of the reader, causing him to think he had one or more of the diseases so vividly described. Charley began by purchasing an electric belt, and a pair of electro-magnetic in-soles, as they were called, for the shoes. The former was supposed to generate a current of electricity, which it communicated to the body, and restored lost nerve force and vitality; and the insoles were worn to prevent the "escape of the natural electricity of the body to the earth." At least, this is what the firm claimed they would do, and the arguments they used in their circulars would seem plausible enough to the non-professional mind.

After wearing these a while, he purchased a whole suit of magnetic garments, which encased the entire body, and when rigged in them he resembled a knight of the sixteenth century in full

armor. These he wore almost continuously for a year and a half, without the slightest effect, except that in warm weather they felt very disagreeable, on account of the profuse perspiration, and the itching sensation they produced. And now let me say right here, that these electric belts and electro-magnetic goods, as they are called, are nothing in the world but fakes, and never did anyone good. Some people may claim to have been cured by them, but if the truth is known their diseases were either imaginary, or the cures psychological.

The ad. of a magnetic healer was the next to ensnare him, and "Prof. Jackson," principal of the "Great National School of Magnetism," wrote him a personal letter offering to cure him, by his "celebrated absent-method treatments," of the cigarette habit and its attendant ills in four months, for \$5.00 per month. Well, he took four months' treatment without the slightest benefit, of course, and at the end of that time, the "Prof." again wrote him offering to sell the secret of hypnotism, mesmerism, magnetic healing, personal magnetism and Christian Science, for only \$25.00. Although he had been "faked" by this "Prof." before, Charley's mind was in such a state that he was taken in by this offer, also, and the lessons proved to be of less worth than the paper they were typewritten upon.

He was still vainly endeavoring to lay aside the cigarette, but his will was dead, and his blood and system generally were full of the nicotine poison.

Some one advised him to try "Derby's Sarsaparilla" to purify his blood. He took this advice and consumed five bottles, with the usual result, as he continued to smoke all the time he was taking the medicine.

One night he fell into such a nervous state that the family physician had to be called to prescribe for him. His pulse was tested with a sphygmograph and found to be very irregular, and far below the normal, being only thirty-eight to the minute. This physician was an allopath, and he left a prescription for a black-looking medicine made of the "old school" drugs. A homœopathic doctor happened at Charley's house soon after this, and seeing the medicine the allopath had prescribed, he laughed it to

scorn, declaring it was strong enough to wreck the stomach of an ostrich. He then declared that homœopathic drugs were the only ones that would cure a person of whatever disease he was suffering, and at the same time not affect the stomach.

He finally succeeded in talking Charley into purchasing a whole chest of his homœopathic remedies, or "bread pills," and in it were different kinds of pellets for every symptom which manifests itself in nearly every chronic disease known to medical science. He took them according to directions until they were all gone, and found that although he was no more cured than when he began taking them, he had at least experienced some temporary relief, and they were the only medicines that had not harmed him. He was fast becoming desperate and, as a last resort, he decided to attend a sanitarium. Here, the X-rays were used upon his

lungs and the mucous membrane lining of those organs was found to be literally covered with nicotine. He was closely watched to prevent his using cigarettes and a rational course of treatment given him. However, in spite of the vigilance of those in whose charge he was, he suddenly disappeared and for several days was not heard of. But at the end of that time his dead body was found in a town, about fifty miles from the sanitarium, and beside the body lay a 32-calibre revolver. In his pocket was found a note, in which he said that his physical and mental tortures were so great that life had become unbearable, and that he was absolutely without hope, either in this life or in the life to come. And thus ended a career that was certainly predestined to be a brilliant one, as the young man possessed unusual gifts, and this all on account of the weed, tobacco.



OSCAR MATTHEWS, LAWRENCE, MASS.

These pictures show chest and back view of a young PHYSICAL CULTURE reader of Lawrence, Mass. He is sixteen years old, and son of an athlete, whose picture we published in October PHYSICAL CULTURE. He has been exercised regularly since he was three years old, and his condition to-day is the greatest possible endorsement of this method. He is probably the best developed youth of his age in the country. The following are his measurements: Height, 61½ inches; girth of neck, 13½ inches; girth of chest, 34¾ inches; girth of hips, 33½ inches; girth of waist, 27½ inches; girth of thigh, 19¾ inches; girth of calf, 13½ inches; girth of biceps, 12¼ inches; girth of forearm, 10¾ inches; stretch of arms, 62½ inches; capacity of lungs (cubic inches), 180.

## QUESTION DEPARTMENT.

Q. I am suffering from nervous dyspepsia and have been troubled so for years without obtaining relief. What would you suggest?

A. A fast of five or six days, followed by a month's abstemious diet and vigorous outdoor exercise, with deep abdominal breathing, ought to cure you.

Q. My appetite is good, digestion fair, but assimilation poor. What will relieve me?

A. Eat sparingly and adopt a daily system of vigorous exercise. To stimulate the assimilation you must create a demand for the food element throughout the entire body. If you would fast one day in three for two weeks your improvement will be more speedy.

Q. I am sixty-three years old, weigh one hundred and ninety-five pounds, am 5 feet 6 inches high and am troubled with shortness of breath. What would you suggest?

A. A fast of eight or ten days. You are entirely too stout, and with the departure of superfluous flesh your shortness of breath would disappear.

Q. I am troubled with muscular rheumatism of hips and limbs, which is manifest in damp weather. What remedy would you suggest?

A. Exercise vigorously immediately upon rising and just before retiring. Follow by a thorough massage of the affected parts and then cold sitz bath. Adopt two meals per day, vegetable diet.

Q. What is the cause of continual aching pains in the back and side?

A. It is probably due to a diseased condition of the kidneys, or lumbago. Regular daily exercise, low diet and hydropathic treatment will benefit you.

Q. I have a boy eleven years old who has a weak stomach and does not grow as he should. What course would you suggest?

A. Encourage the child to eat vegetables, fruit, whole wheat bread, etc. Give very little meat, no tea or coffee. Two meals per day are sufficient. Keep him out-of-doors as much as possible and encourage him to participate in active games.

Q. Do you think it would be advisable for a person troubled with nervousness to sleep out-of-doors during the winter months?

A. You would assuredly obtain much benefit from this course. Several patients at the Health Home slept outdoors during the past winter with splendid results.

Q. What is the cause and cure of catarrh?

A. An article on the cause and cure of catarrh was published in Volume II of PHYSICAL CULTURE.

Q. I have a weak, tired feeling with drowsiness during the daytime and do not sleep well at night. Get up with bad breath. Have good appetite but do not gain any flesh. What would you suggest?

A. A series of three to four days fasts, with a week intervening, thereafter two meals per day.

Q. Can the shoulders be made even in height and width?

A. If there is no absolute deformity, yes. Adopt vigorous daily exercise, using dumb-bells and resisting exercises; bag punching will also be found beneficial. Practise standing erect, with shoulders squared, chest out and abdomen in. A little hard work and attention will remedy the defect.

Q. What remedy would you suggest for torpid liver?

A. Half an hour's regular exercise morning and night, and five or six miles' brisk walk daily, together with light diet for a while.

Q. I have spinal curvature. What exercises should I take?

A. It will require a very thorough course of development to remedy this trouble, if at all severe. Adopt system of regular daily exercises that will strengthen the general system, and at same time bring constantly into play muscles of sides and back. Reclining on back and flexing muscles tensely is good; work in a gymnasium on bars and rings will also be found advantageous. A little fugitive effort will not produce lasting benefit, but several hours a day should be devoted to the exercises.

## EXERCISE CURES DRUNKENNESS.

By T. F. Raymond.



THE writer having been for several years interested in physical culture has taken occasion to observe its effect on certain diseases and has seen people throw away their medicine bottles and pill boxes after having taken to open air and exercise. It has been known to cure a number of cases of that widespread and horror creating disease known as drunkenness or dipsomania. To some of my readers this may seem a rather strong assertion to make; but it is nothing miraculous, nothing out of the scope of the every-day life of this busy-day world.

Of the several cases noted the following is typical of many: A young man, about thirty years of age, had drunk to a large extent the greater part of his life. Reared by Christian parents amid quiet and refined environments, where there were no drunkards in the family to set him a bad example, before he reached the age of ten years he would go to a closet where a bottle of whiskey was kept, pour some into a cup with sugar and drink it; as he grew older he drank more. At the age of twenty-two he went into business. At first his attacks were less frequent, but it gradually became so that there were less sober spaces in his life than drunken ones. He became a confirmed dipsomaniac; everybody, including himself, had given up hope of his ever reforming. He had gone through one of the "gold cures" that flourished a few years ago, and left it as "thirsty" as when he entered. He had also tried several widely advertised "cures for drunkenness," and these invariably proved as ineffective. This man was neither a weakling nor a degenerate; he was neither feeble in mind nor weak of will; yet with every inducement not to drink did drink. When he kept sober for a few weeks he still had the desire for drink that would overcome him at times. He was nervous, even in his sober periods, and to attend to his business was hard work. Through the influence of friends he was induced to exercise morning and evening. He was sober long enough this time for the exercise to show an improvement in his muscle and wind,

his nerves and head. When he did get drunk it was of shorter duration than usual, he sobered up of his own accord, and went back to exercise in the morning instead of cocktails. As improvement in his physical condition became more manifest he took a deeper interest in athletics, and as his interest in this grew his thoughts of intoxicants became less. He stuck to exercise persistently, and as he noted the improvement in his condition he became ambitious for further and greater improvement. At the end of three months from the time he started, his system was free from alcohol, as was his mind; he had other things to interest him. Instead of thinking that a few drinks would make him feel pleasant, he believed they would have a tendency to make him feel uncomfortable. In meeting his friends it did not occur to him to ask them to have a drink, as was his former method of sociability. By the simple fact of improving his body he improved his business and his finances, made himself and his family happy, pleased his friends and made new ones. He found when he had made his body strong his capacity for work and pleasure was greater, that the management of his business, which he formerly considered hard work with worry attached, was changed into pleasure, and details which worried him are now decided and disposed of as soon as they arise, without extra mental effort. Parts of his business that were slurred over and allowed to remain dormant are now looked into and whipped into life. He can accomplish more now in an hour than he could before in a day. All this has come about by nothing in the world but the effort made in trying to improve his body.

This is only one of many cases that exist. No man can become interested in making his body strong and remain a drunkard; the two conditions do not mix. No man who drinks to excess can associate with people of athletic tendencies, who are interested in him, without becoming interested in athletics, and if they can get him interested enough to take up a system of exercise morning and evening he will work out his own cure.

## FASTING FOR THE AVERAGE MAN.

WITH SUGGESTIONS FOR A STAY-AT-HOME VACATION.

By Fred. S. Miller.



THE articles on fasting by the experts who contribute to **PHYSICAL CULTURE** have doubtless awakened widespread interest in the subject. Those who have followed the facts revealed

from time to time cannot fail to have been impressed with the wonderful curative effects

wrought by simply abstaining from food. They have learned that in the absence of other matter the body feeds upon its own impurities, and that thus disease (which, in whatever form, is the manifestation of impurity within the system) is consumed in a natural manner, without the aid of any medication. It has been shown that such direful chronic maladies as consumption and asthma have

yielded to the steady demands of an empty stomach, that the cleansing of the system which follows the rigid withholding of food effects a quickening of the whole mental and physical organization, and that the only bad results arising from a fast are possible in the temptation to eat too much directly it is over.

I became convinced of its benefits last winter, when I vanquished an attack of grip that in an hour had prostrated me from a condition of apparently good health. A fast of three days and a few hours' sweating effected a complete cure

and left a strange sense of physical exhilaration in place of the tonic-needing condition that had succeeded a previous attack, treated by a doctor.

In May a typical bad cold, brought on by indiscriminate eating, induced me to again try the fasting cure. I had intended to fast not longer than seventy-two hours, but as the benefits derived became more

and more apparent I made myself continue until seven days of cold-water diet had been completed.

During the interval I noted a number of interesting facts, among which are the following:

My strength was not diminished by the lack of food. For the first four days I worked hard ten and twelve hours a day with no extra physical exertion and with less mental effort than I had believed possible.

On the following days I took long fatiguing walks, but recuperation was unusually rapid, so that a half hour was always sufficient to rest me.

Normal vigor, therefore, was retained, and this despite the wasting in flesh which continued until my weight had lessened fourteen pounds.

This loss was not accompanied by a steadily increasing hunger, although I suffered acutely for the accustomed three meals until the fourth day, after which the gnawing at the stomach ceased entirely.

The lack of hunger continued after



FRED. S. MILLER.  
(At close of seven days' fast.)



the return to eating. My first meal of two oranges was not particularly relished, nor was the second one, which consisted of wheat grains that had been simmered for hours in milk. The third meal was also disappointing, and as an additionally tantalizing feature the sense of smell testified that all savory foods were most delicious. And after the appetite had returned vigorously, as it did about the fourth meal time, the annoyance of the absence of taste was replaced by another—the inability to eat enough. For although I ate only wholesome foods, masticating each mouthful to a liquid, there was still the sense of unsatisfied hunger, the feeling that one would like to begin the whole meal over again.

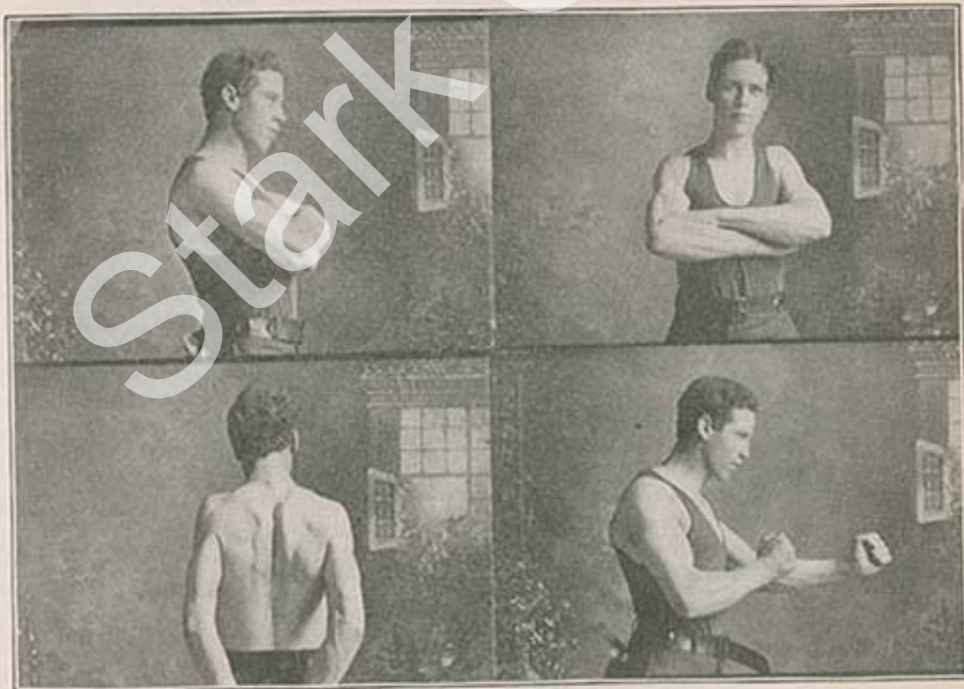
In spite of the danger of eating too much, I count among the benefits of the fast that it was not difficult to begin a two-meal-a-day plan, omitting breakfast, and that coffee and tea were discarded from the daily menu with ease.

Doubtless loss of good feeling is the price of our luxuries. "Modern civilization" has penalties to offset its advantages, and at the points where progress and achievement strike high-noon there is sur-

feit in the minds of men. The dweller in cities sighs for a simpler life in the country, with regretful memories of times spent out-o'-doors, of long journeys across country from which he returned fatigued, but with every sense attuned, with joyous appetite and unburdened mind.

He ascribes the presence of Nature in her visible forms as the creator of this cure; the relief from the pressure of the city; the uplifting influences of fresh air and boundless sky as the inspirers of the joy that made him "feel young again."

It is evident, however, that they were but accessories, and that abundant activity in the open air and a sparse diet maintained for a few days were the real rejuvenators. To attain health, therefore, it is not necessary to go a distance in order to "kill something," for the means are any time at hand. Long walks and light exercises, which may be taken in the early morning or in the evening, and the will-power necessary to deny one's self at meal times—these will accomplish the desired results. The system will cleanse itself, the circulation will be quickened, the tired nerves will become relaxed and the whole man rested and invigorated.



ALBERT W. CHAMPHIN, LINCOLN, NEB.

## THE STORY OF A FEUD.

By J. R. Stevenson.



HE Brisons and Greers were enemies. It was a feud, a regular Tennessee feud, with black hate, desperate courage, bloody encounters, terrorized neighborhoods—everything in its wake that was picturesque, primitive, romantic and lawless. It had existed between the Brisons and Greers for half a century. It started before the Civil War. The Brisons and Greers were neighbors then—they lived on plantations two or three miles apart, and one of the latter, during a rather severe winter, discovered one morning that a fat sheep had frozen to death. He sold some fresh mutton the next day to one of the Brisons, and by and by a slave told the purchaser that the mutton was not exactly what it should have been, and then old Greer was promptly shot.

During the war the parties ranged themselves on opposite sides, and for half a dozen years there was not a shack or cabin permitted to stand on the land of either a Greer or a Brison, and to the local cemetery were added several rude wooden tomb-boards, which bore one or the other of these names.

The feud lapsed into desuetude for a few years after the war; both parties were replenishing their depleted stores and rehabilitating their respective races. Then, along in '76, came a heated political campaign, and the old fever broke out anew; and in three or four years a dozen persons related to, or associated with, one or the other of the families met with violent death. By this time it had come to be a feud with a history, and the newspaper and magazine editors of the North had published stirring accounts of its events, principals and scene of action.

The county took dubious pride in such an ancient, undying and destructive feud; and tourists, during lulls in the controversy, were driven out along the winding, hardly passable road that led through the

feud country, and the tumble-down houses of the original feudists were pointed out as objects of curiosity. They did not linger long in the vicinity, these tourists, but hurried away, peering behind every bush and starting at every sound, thrilled with the daring detour they had made.

It came about in the course of time that a representative of a small college passed through the county, drumming up recruits for the institution he represented, and suddenly there was a flare of interest in education, where before there had been nothing but deadly apathy. The leading Brison of that time proudly declared that he was going to enter his oldest boy for a course in the institution, and Greer booked one of his seventeen-year olds, wild, barely able to read and cipher, for a degree, and thus the feud was carried to Nashville.

Sam Brison was short, inclined to be stout and red faced, with a thick, bullish neck and a square jaw, thick curly hair, and somewhat surly disposition. Tom Greer was taller, thin, more fragile, light haired, blue eyed, more imaginative.

The story of the feud preceded the boys to college, and it was on the tip of the tongue of every undergraduate before the "freshies" had lost the wonder look from their eyes at the strange sights and customs of the campus.

But it was more talk than anything else. Those young savages, who were developing their mental capacities, had something more to the point in their daily lives than speculating about the possible outcome of the Brison-Greer feud. Besides, the raw youngsters were rather timid among their new companions and did not appear at all the sort of chaps that would battle to death. The feud became a sort of jest; and when the hazing days came around it did not prevent both Brison and Greer from being treated to all the nerve-racking, laughter-producing indignities a freshman usually

has to undergo upon his initiation to the superior society of sophomore and senior young men.

Greer took his medicine quietly, as he saw in the stolid face of the hundreds of students, who had never heard of him before he came among them, impartial judges who would mete out what they deemed as fitting to make a college man of him regardless of his feelings. Brison stormed, swore and threatened his tormenters, much to their delight. Might was right, and they were of the sort of stuff that no more dreaded the offspring of a noted feudist than they did the lectures of the ancient dean of the institution.

After it was all over, and Greer was being put through the preparatory courses, among a lot of younger and smaller fellows, together with Brison, these two somehow came to drift together. They were from the same part of the state; there were no others of their county there, and, while their tastes were dissimilar, there was the feeling of common interest in their isolation.

They came together in the classroom, and from looking each other over interestedly they came to note how each was treated by his fellows. They were entirely without companionships, and after a couple of weeks Brison asked Greer one day how he liked the life. Greer was in a mood to accept advances, answered the question civilly, and the two drifted together, and finally became roommates. At first there was a little guying from their companions about the outcome of the feud, and then they dropped them, as they always do things that have no promise of special interest.

For a year their lives ran smoothly, while they were finishing the preparatory department of the institution, then they went into the college proper and new vistas opened before them.

Greer developed studious habits, and stood at the head of his class when it came up for university exams; Brison passed, barely, but he had already won some renown for his sturdy strength and bulldog tenacity.

Athletics had commenced to boom in this Southern University, and there were baseball and football teams, and plenty of outdoor work, if no gymnasium.

In his first year Brison took the lead in this sort of work, and Greer dug hard for mental honors. Then came the second year, the hardest in Greer's career, and he came near breaking down; but his enemy, Brison, forced him out on runs, and kept his physical powers in condition to stand the terrific mental strain. Through three years they went on different courses, but always close in sympathy, until the senior year came.

When honors were announced Greer was the orator chosen to meet all comers from other colleges, and Brison was the athletic champion; and when they bowed themselves out with their diplomas everybody thought the feud was dead.

But back in the woods there are breezes that will fan a spark into a blaze, and within a year after their college life ended the two men were not speaking, and the county was looking for a reopening of the old feud.

One of those spasmodic political upheavals rent the county with dissensions, and, as in former days, the Brisons and Greers were on opposite sides. Greer took the stump for his party, and Brison, always the center of a throng that admired animal power, worked as earnestly for the other side.

Feeling ran high, especially in the mountainous district, and eventually Greer came to speak at a little hamlet near the scene of the original conflict. His speech was a strong plea for law and order, for the establishment of a peaceful, law-abiding community; and it went home to the heart of every man who heard him and possessed the power of reasoning. There was one hearer who did not like the strain. Lew Wilson, the desperate character of the township, a man who had been hunted by officers of the law on more than one occasion, and who was credited with having killed his man before this in the old Brison-Greer feud. After the meeting was over, and the speaker was receiving the congratulations of his friends, and being urged to present himself for an office in the gift of the voters, this fellow forced his way to his side. As the orator turned away, to walk to his buggy, the ruffian laid hold of him, and by a dextrous turn of his brawny arm threw Greer to the ground. He whipped out a big knife and, with an

oath, said: "You have spoken the last damned lie you will ever utter. I have been agin you and yourn for years, and the time has come to settle accounts with you."

Greer had walked some distance away from his friends, and as he looked up at his desperate antagonist he knew there was not a friend in helping distance. The scuffle and fall, however, had attracted the attention of Brison and a little group, who rushed to where the prostrate man lay. Brison saw at a glance who the fallen man was and the position he was in, and, without a word, he sent out his big, mallet-like fist straight between the eyes of Wilson. The latter, knife in hand, fell on his face. Greer slowly raised himself. Brison was standing, unconcerned, above the man he had smitten. There was not a friendly face in the circle. Greer brushed his coat, and then held out his hand toward his erstwhile enemy:

"Brison, you and I have gone through a good many things together. We have nothing to be enemies about, save what we have inherited. You have saved my life, and I want to say that I appreciate the service you have rendered me. I have no knowledge of ever having harmed you or yours, and I cherish no feelings of revenge against you for what might have been between our families in the past."

Brison looked at the thin, pale man, and he grasped his hand. "We pulled through college together, you and I," he said; "and you were friendly when there was no other friend. What people have

said, what we have felt, shall be bygones; there's my hand."

The feudists shook hands, while the adherents of both, collected by the episode, stood with blank faces and looked on.

Wilson had slowly regained his senses, and he raised himself on his elbow. He muttered something and stooped for his knife. Brison strode forward and grasped his shoulder. "See here, Wilson," he cried; "there is to be no more killing in this county. The feud is off. Do you want to live here as a peaceable man, who respects his neighbors' opinion, or shall we send you to seek pastures new? We can start you now."

The blue eyes wore a determined look, and the broad shoulders and square jaw bespoke ability to carry out any determination. Wilson stuck the knife in the earth.

"Wal," he drawled, "the quarrel never wuz mine, you know; and if you'uns is gwine to let it drap, I'm willin'; here, Mr. Greer, here's my hand."

The meeting had been adjourned, but the crowd insisted upon more speech-making, and Greer and Brison both had to speak. The speeches naturally ran to college day anecdotes, and their hearers laughed and applauded; and when they had finished some one mounted the platform and moved that "We nominate Greer and Brison for the offices of senator and sheriff respectively," which motion was carried with a hurrah, and next day the regular candidates were dumbfounded at the turn of affairs. The feudists swept the county, and to-day their families are established as firm neighbors and friends.

## CHILDHOOD AND EXERCISE.

By Apollo.

To educate the mind and neglect the body is to produce a cripple.—PLATO.

Let the gymnasium henceforth be the playground of our youth and, simultaneously, the drill ground for the defence of our nation, where it gathers strength and seeks recreation in the most liberal arts; where it energizes and displays its characteristic activities and diversities; where it exercises and develops its innate character and ultimately divests itself of the borrowed cloak of dissimulation.—A. SPEISS.

**D**URING the past few decades great strides have been made in the science of physical culture in the Young Men's Christian Associations, colleges, athletic associations and in the German

Turnverein. But, as yet, little attention has been paid to the child in our public school educational system. At what time in one's life is physical training more advantageous than in child life? Formation is much easier and more effective than reformation. We can train

a tree to grow straight, but who can straighten its bent trunk? While proper physical training can and does correct abnormal conditions of the body, nevertheless, it is more effective if it has not these conditions with which it must contend.

In our zeal for the development of intellectuality we are apt to forget that the training of the muscular system is essential in the race for existence and success. Herbert Spencer says: "The first requisite for success in life is to be a first-class animal." To my mind, it were far more important to have a good physical education than a college degree. The perfect state of mankind depends much more on physical than on mental culture, for intellectual and moral stamina are largely dependent on sound bodily health. If we turn to history we find that it was not mental culture alone which resulted in producing the greatest races of antiquity, but that strength of body as well as strength of mind brought about this national success.

The ancient Greeks and Romans placed physical culture far above mental culture, and in the military exercises, pentathlon, Olympic games and festivities, they developed a strength which soon placed them as leading powers of the world. They were not only strong in body but strong in mind as well, and to-day their literature stands unequalled and imperishable.

Health is the most precious of earthly possessions. He who has it has everything; he who has it not, has nothing. The world is full of sickness, misery and deformity. Were the inhabitants of the United States to go about nude but a day, we would be shocked at the weakness and deformity of these bodies of ours, which God intended should be strong and beautiful. *Mens sana in corpore sano*. We are indebted largely to the school-room for abnormal conditions of the body such as round and uneven shoulders, projecting head, protruding abdomen, curvature of the spine, pigeon chest and other faulty positions and conditions. Sitting in a faulty, cramped position five or six hours daily would wreck the constitution of an adult. How, then, may a child escape? What does it profit one to be crammed full of knowl-

edge, but who has a sickly impaired constitution? The children are not to blame for this condition of affairs, as it is their nature to play and be active. In our cities, where a small plot of ground adjoins the school, one generally observes the terrible sign, "Keep off the grass." Can the child play and tumble on the hard flagstones? It would be well in every village, city and town, if a large plot of ground were set apart for children to play on, and go through gymnastic exercises. Play is absolutely necessary to a child's existence. Playgrounds and play are the best schools we have, as they teach that health is the grandest wealth that can be bestowed.

You say that we have football, etc., in the public school, high school and college. This is true, we have in some of these institutions; but the strongest persons are picked for the team, while the weaker, who need exercise the more, are neglected. Besides, football has developed into such a science that in some of our large colleges it takes a great many coaches weeks and months to teach those eleven men all the fine points of the game. Baseball is much like football. It requires only a few to play the game, and the best are picked. Even if all the boys were to play these games, what about the girls? Do they not need exercise? The future generation depends on the girlhood of the country much more than upon the boyhood, thus making exercise for them all the more necessary.

A gymnasium should be connected with every public school, and the pupils of that school required to take systematic body-building exercises. Every public school has a dozen or more teachers for mind culture. Should it not have at least one teacher for physical culture? If even every city had a physical director for the public school system, it would be better than the existing condition of affairs.

We admit that in schools where they have no gymnasiums, some of the teachers give their scholars a few calisthenic exercises standing beside their seats. While this is better than none, it is not the best, however, and the best is what is demanded.

## MANKIND CURSED BY FALSE MODESTY AND IGNORANCE.

By Timothy Drake.



FALSE modesty, improper education and the perversion of instinct that results, are factors in weakening human powers, known to every physician. They are brought face to face with the results; but even they are not permitted to sound a warning to those who may come after, on the tabooed subjects. The world has raised a standard which declares that conventional and idiotic false modesty is superior to health; it has set a premium on ignorance and banned knowledge of certain subjects which is essential to right living. But there must be light, even if a few people have to be shocked. To this end, we reprint below an article from the "Indian Medical Record" on "Sexual Intemperance," by Jennie G. Drennan, M. D.:

"At the present time we are too apt to confine our remarks to liquor intemperance, and overlook the fact that there are other forms of intemperance, which are just as pernicious to the welfare of man. Either from ignorance, or from false modesty, we have allowed this evil of sexual intemperance to pass unmolested. Under the cover of a legal marriage, it has been at liberty to cause all manner of suffering without being attacked by those who ought to and do have the health of the world in their hands. Its evils have not been held up to the public gaze like those of drink, food, dress and pleasure intemperance. Nay, many of the reformers in these other lines are as guilty of this one evil as those who do not in any respect uphold the tenets of temperance. This has been the one condition in which man has been allowed free exercise of his own will. It has been only when such intemperance has occurred outside the sacred precincts of matrimony that the public voice has been raised in disapproval. Two persons legally united are free to injure each other and their offspring as much as they may have a mind to, and it is all

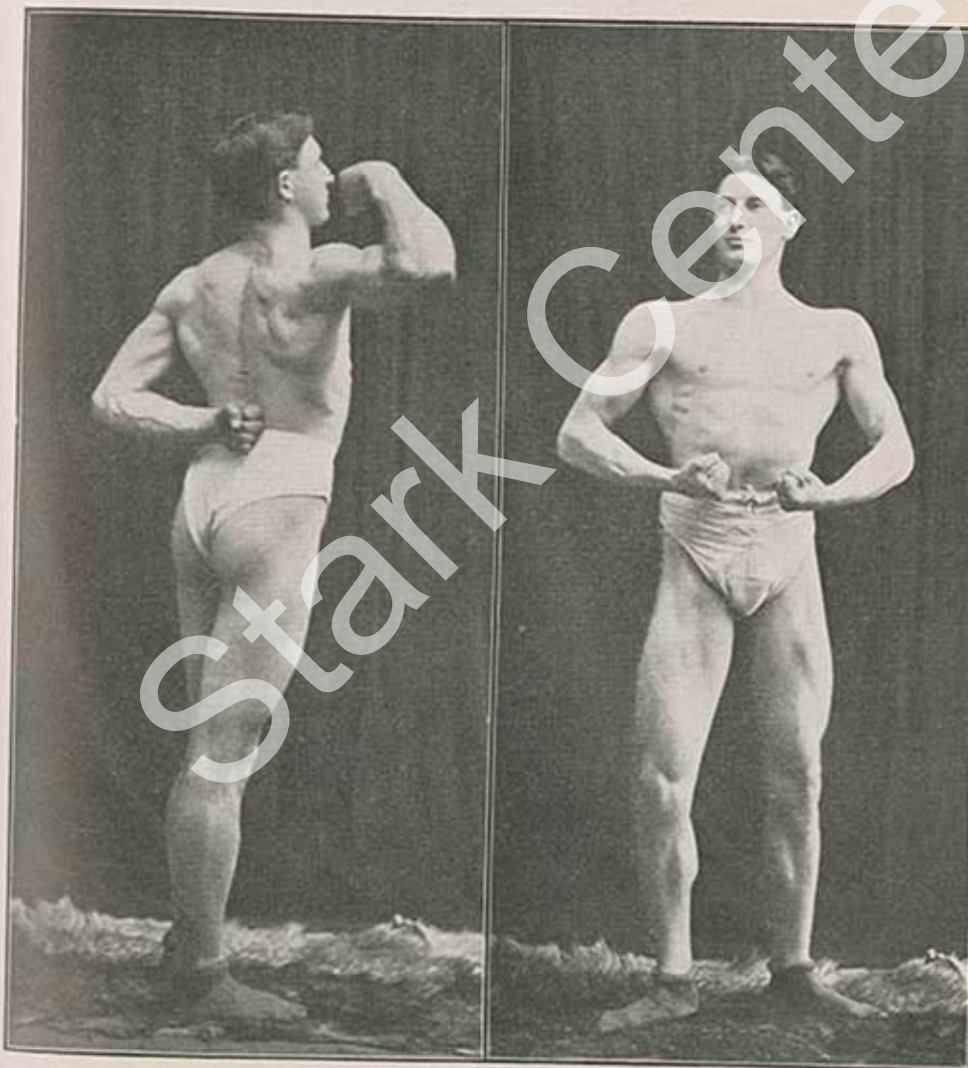
right. The legal union covers a multitude of sins. A woman may be invalidated for life, may be sent to a lunatic asylum—it is all right. A man may be lower than the most degenerate brute, and yet be all right in the eyes of the public so long as this intemperance is exercised within the pale of holy matrimony. Ignorance is at the root of this evil. Education, as in all other reforms, will alone remedy the evil. Until men and women fully realize the physiological function which they are violating continually, no remedy can be expected. Prohibition, as in all other reforms, will fail.

"This sexual function is one which ought, like all other functions, to be performed in accordance with natural laws. Abnormally exercised, it calls for more and more, and ignorant persons credit this insatiable desire to the strong love of the individuals. As well say that an abnormal stomach, which ever and ever craves for more food, while unable to digest that which it has already received, is a sign of love.

"By observance of this law there will be fewer invalidated women, women who say 'I have not known a day's health since I was married,' fewer inmates for asylums, fewer deformed children, and, on the other side, fewer weak-willed men. As the physical nature is made to obey its laws, it will be healthier, and from its more perfect condition will arise stronger intellectuality and spirituality. The population, instead of decreasing, will increase. Women with healthy bodies will not dread maternity. No longer slaves to an abnormal appetite, they will look on this physical function, as they do on those of eating and walking, as a necessary part of their lives. The physician will no longer be implored to put the stamp of CAIN on his brow in order to deliver them from a burden which they are unfitted by a misuse of this function to bear. The desire to rid herself of the function of propagating her species

has had most direful effects on woman's nature. It has made her cruel and cunning. Woman has ever sought to defy man's oppressive power by cunning, and as long as she is oppressed she will. Women who would be horrified at a murder are willing to murder that little life within them, pleading that the being is not yet alive. Not woman alone, but man also. A woman will come to a physician, desiring to be relieved of her undesired offspring, with the oft-repeated

remark: 'My husband does not want me to have any more children.' Yes; but that selfish husband has not will-power to properly recognize that he is misusing a function. The world to-day is full of those who are trying to regulate family, not by an observance of natural law, but rather by artificial means which are sources of danger. Knowledge alone will be the remedy for this evil, which should be called nothing less than legal prostitution."



HARRY COAN, NEW YORK.

## THE EVIL OF VACCINATION.

By M. R. Levenson, M.D.



REMARKABLE instance of a degrading and cruel superstition, taking its rise among a people claiming to be enlightened and persisting into what is called a "scientific" age, is that of "Vaccination."

If the believers in this superstition were content to indulge in it without attempting to force it upon the more enlightened, it might safely be left to die out as enlightenment advanced. Unfortunately for the race, a few greedy self-seekers have managed to foist their belief (or alleged belief) upon the law-makers; and these men, nearly always ignorant of the principles of legislative science and but too frequently corrupt, have suffered their fears to be worked upon until this superstitious belief has been erected into a State Medical Church and the greedy self-seekers have been appointed its well paid priests.

So persistently has the term of "dread disease," and the supposed horrors of small-pox been insisted on by nearly all the teachers of medicine during the past one hundred years, that there can be little doubt but that a large majority of the medical profession to-day "have faith" therein, and to most of them who may read this article it will be a great surprise to learn that there is no foundation whatever for their belief. That this statement is true can be proved from the writings of all medical men who wrote upon small-pox before the senseless practice of inoculating small-pox as a protection against small-pox made small-pox almost universal. It would be a waste of time and space to quote largely from these writers; references to some of them and a quotation from "The great Physician," "The English Hippocrates," will be sufficient. In his letter to Boyle upon small-pox, published in April, 1668, Sydenham writes: "As it is palpable to all the world how fatal that disease proves to many of all ages, so it is most clear to me, from all the observations

that I can possibly make, that if no mischief be done, either by physician or nurse, it is the most slight and safe of all diseases." ("Works of Sydenham" Ed. of the Sydenham Society, 1848, vol. 1, pp. lxxii-lxxiii.) Isaac Massey writes to the same effect from his experience as doctor (called apothecary in those days) to Christ's Hospital, better known as the Blue Coat School, in "A Short and Plain Account of Inoculation," London, 1722, a practice which he had the wisdom to oppose as he would certainly to-day have opposed the yet more inexcusable rite of vaccination. Dr. Alex. Monro, Prof. of Med. and Anat. in the Univ. of Edinburgh in 1765, John Birch the celebrated London surgeon in 1814, and many of equal note, all testify to the generally slight character of small-pox, and that ill results from it were generally the result of bad treatment.

Such statistics as we have fully bear out the statements of these observers. The London bills of mortality give 112,213 as the total deaths from small-pox, "within the bills," for the years 1647-1726, and 1,649,748 as the deaths from all causes. But for many years during that period most of the deaths from measles, and many from scarlet fever, were included under the head of small-pox, and yet together they only amounted to one-fifteenth of the total deaths within the limited but densely crowded and filthy area comprised within the bills of mortality! We know now that, including epidemic years, the deaths from measles are never less than twice those from small-pox and are often fourteen to eighteen times as numerous in years when small pox is not epidemic. There are no means of telling whether these proportions held good in pre-inoculation days, but taking the very smallest of these figures, and assuming that the number of scarlet fever deaths included under the head of small-pox merely equaled the number of those of measles which were omitted from that heading, then the number of deaths from small-pox



amounted to little over *three per cent.* of deaths from all causes! It has been attempted to minimize the force of this calculation by asserting that measles was not so virulent in those days as it has since become; of course, no proof is attempted of this assertion, which remains a mere assertion invented to explain an ugly fact. And those who put it forward are the very men who are constantly crying out about the immense progress which has been made in medical science, and do not in the least realize that their pretense about the greater virulence of measles to-day, as compared with one hundred or two hundred years ago, is in fact a confession that instead of progress having been made in the healing art the movement must have been backward.

The chief reasons why so much more fuss has been made over small-pox than over other and more serious diseases are two—first, because, owing to bad treatment by physicians, a large proportion of those who recovered were more or less scarred and disfigured; and, secondly, because owing to the rich having been as filthy in their habits and given to greater excesses than the poor, it affected the former more seriously than it did the latter; not, says Sydenham, that the poor were more temperately inclined than the rich, but that they lacked the means to indulge in the same excesses.

Now the severe disfigurement troubled the rich much more than did the mortality, as it affected *the beauty of the ladies*. Hence, when Lady Mary Wortley Montagu, a fashionable lady, wrote from Constantinople that the Turks escaped severe small-pox by means of inoculating themselves with small-pox, absurd as the dogma was, it found ready acceptance among the rich and highborn dames who desired at all hazards to preserve their good looks; and British flunkeyism followed hard in the wake of female vanity.

Now we have it on the authority of Professor Waterhouse, of Boston, that for nineteen years prior to 1721 not a single case of small-pox had occurred in the then filthy and unhealthy city of Boston. But of the year 1792 there was a very different tale to tell. In that year there were 8,346 cases of small-pox, with 198 deaths. Of these, 232 cases, with 33 deaths, were from natural small-pox, but

8,114 cases, with 165 deaths, were from inoculated small-pox. So that 165 persons were actually murdered by this medical fad in the city of Boston alone in this one year! Nor is it to be doubted but that some of the 232 who suffered from so-called natural small-pox took the disease through living in the small-pox laden atmosphere of the much-inoculated city; for though small-pox is not really entitled to be called an infectious disease, yet when the air is much impregnated with exuvie of small-pox susceptible persons are likely to be affected by it.

It is probable that many persons who have read of Washington causing his army to be inoculated from time to time, and repeatedly from 1775 to 1781, have never thought of connecting the delay in his military operations with this wholesale inoculation, yet a careful perusal of the history of the times will show that this was the case. The letters and dispatches of Washington in 1775, 1776, 1777, show that orders for the inoculation of the troops were both issued and carried out.

When the pathology of cow-pox is examined, the absurd and revolting character of vaccination shows itself with special force.

Inoculation had its rise in the erroneous theory that one attack of small-pox was protective against another. There never was any basis in fact for this assumption; nevertheless, it was believed in for some centuries by the medical profession in what were then called scientific days, although looked upon as a mere vulgar notion by the better informed physicians of antiquity. Several years ago the writer applied to the actuary of a leading insurance company of New York and submitted to him a calculation which seemed to the author to show a greater recurrence of second, third, etc., attacks than on the doctrine of probabilities there ought to be, on the hypothesis that one attack of small-pox had simply no effect upon the probability of a second, third, etc. The actuary took the pains to write to the author a lengthy letter in which he pointed out that the author's calculation was inaccurate because of the omission of a number of factors in the problem; but nearly every one of the factors in question only accentuated the

COMPARISON BETWEEN SMALL-POX, COW-POX AND SYPHILIS.  
 SMALL-POX. (VACCINATION) COW-POX. GREAT-POX OR SYPHILIS.  
 PRIMARY LESION.

<p>1. Eruption general, superficial.</p> <p>2. Constitutional or general symptoms precede the eruption and are relieved on its appearance.</p> <p>3. Eruption first felt as a No. 8 bird shot beneath the skin, it then appears as a papule; then a vesicle, becoming pustular about the 5th or 6th day, is from one to three lines in length; but the pustules are of various kinds, irregular, elevated, generally perforated by a hair, induration, if any, very slight, no tendency to a gnawing ulceration of the skin.</p> <p>4. The fluid is contained in two chambers—a superficial and a deep, which communicate around the edges of the separating membrane. The infective material (if any) is carried in the air.</p> <p>5. The small-pox pustules <i>leave no scar</i> if properly treated.</p> <p>6. The small-pox eruption does not affect the lymphatic system.</p> <p>7. Infectious.</p> <p>8. Inoculable.</p> <p>9. The small-pox is epidemic, taking its rise in filthy localities.</p>	<p>1. Eruption local, deep, in the corium of skin or subcutaneous tissue, or in the mucous membrane.</p> <p>2. Constitutional symptoms do not precede but follow the eruption in all cases.</p> <p>3. Pustule* always the same, first a papule, then a vesicle, becoming pustular about the 8th day, 7 to 10 lines in diameter, round, centrally depressed, margin indurated and not perforated by a hair, has a cellular membrane at floor, tendency to a gnawing ulceration.</p> <p>4. The fluid is contained in a single chamber, reticulated, is non-volatile, and the infection is communicated only by immediate contact with an abraded surface.</p> <p>5. The cow-pox leaves a foveated scar.</p> <p>6. The cow-pox poison permeates the lymphatic channels and ganglia, causing inflammation, buboes, and abscesses.</p> <p>7. Not infectious.</p> <p>8. Inoculable.</p> <p>9. Cow-pox is independent of time and place; communicated only by direct inoculation.</p>	<p>1. Eruption local, deep, in the corium of skin or subcutaneous tissue, or in the mucous membrane.</p> <p>2. Constitutional symptoms do not precede but follow the eruption in all cases.</p> <p>3. Pustule* always the same, first a papule rapidly becoming pustular without perceptibly passing through a vesicular stage, 7 to 10 lines in diameter, scooped out, deep funnel-shaped with sloping edges often elevated, not perforated by a hair, has a fungoid membrane at floor, tendency to a gnawing ulceration.</p> <p>4. Absolutely the same as the cow-pox.</p> <p>5. Similar to the scar of cow-pox, but varies in character.</p> <p>6. Absolutely the same as the cow-pox.</p> <p>7. Not infectious.</p> <p>8. Inoculable.</p> <p>9. Absolutely the same as cow-pox.</p>
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\* *i. e.*, The chancre.

Small-pox cured—no further symptoms manifested.

For a continuation of the comparison of cow-pox and syphilis see opposite page.

error of a supposed protective power in one attack; and at last the question has been worked out by Dr. Vogt, Professor of Hygiene and Sanitary Statistics in the University of Berne (Switzerland), with the result that on the basis of such statistics as can be procured, a person who has once had small-pox has 60.4 per cent. *more* chance of being attacked in an epidemic than has one who has never been attacked! Of course, this percentage varies both with age and sex, but the above disadvantage of those who have had a prior attack is the mean for all ages and of both sexes.

What the stuff is which is being put into the blood by the vaccinators is known neither to them nor to any one else, but the true affinities of cow-pox are to be seen in the annexed table. The small-pox symptoms are taken from a classical description of small-pox, the symptoms of syphilis are from one of the best reputed of syphilographers, and those of cow-pox from the writings of noted advocates of vaccination. It needs no knowledge of medicine to compare the symptoms under each heading, and to observe that while the symptoms of small-pox are comparatively few and mild without any sequela, and stand out without any resemblance to the other two diseases, those of cow-pox and syphilis are almost identical and are followed by secondaries of the most serious character. (See opposite page.)

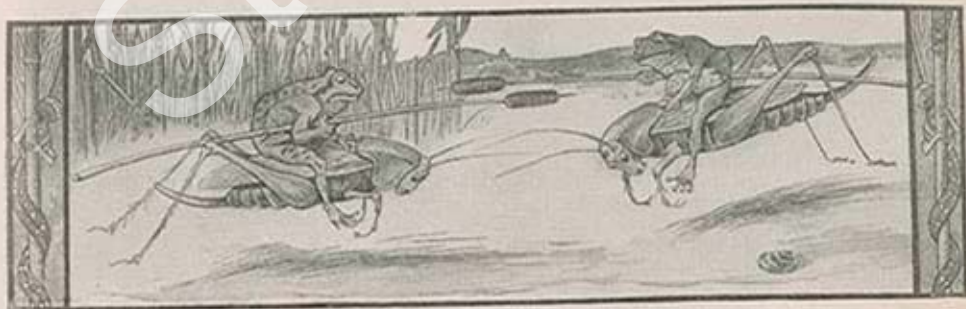
The small-pox patient, upon recovery, is free from the disease even if he is marked by scars. Small-pox will not beget either cow-pox or syphilis. On the contrary, there are various subsequent manifestations in vaccination, or cow-pox, which are remarkably like those that appear in what are known as secondary and tertiary periods of syphilis. Below are tabulated in parallel columns some of the many manifestations that appear in both these diseases, and a glance will reveal their striking similarity.

## COW-POX.

Phagedenic sores.  
Nodes in the head.  
Ophthalmia.  
Dentition delayed in children, with production of the so-called syphilitic teeth.  
Eczema of all kinds.  
Herpes.  
Ready fracture and difficult healing of bone, also probably caries in some cases.  
Insanity, probably.  
Scrofula.  
Mucous patches on tonsils, tongue and lips tending to ulceration.  
Bronchitis.  
Tuberculosis, probably.  
Arrest of development.

## SYPHILIS.

Phagedenic sores.  
Nodes in the head.  
Ophthalmia.  
Dentition delayed in children, with production of the so-called syphilitic teeth.  
Eczema.  
Herpes.  
Caries of bone.  
  
Insanity.  
Scrofula.  
Mucous patches on tonsils, tongue and lips tending to ulceration.  
Bronchitis.  
Tuberculosis.  
  
Arrest of development.





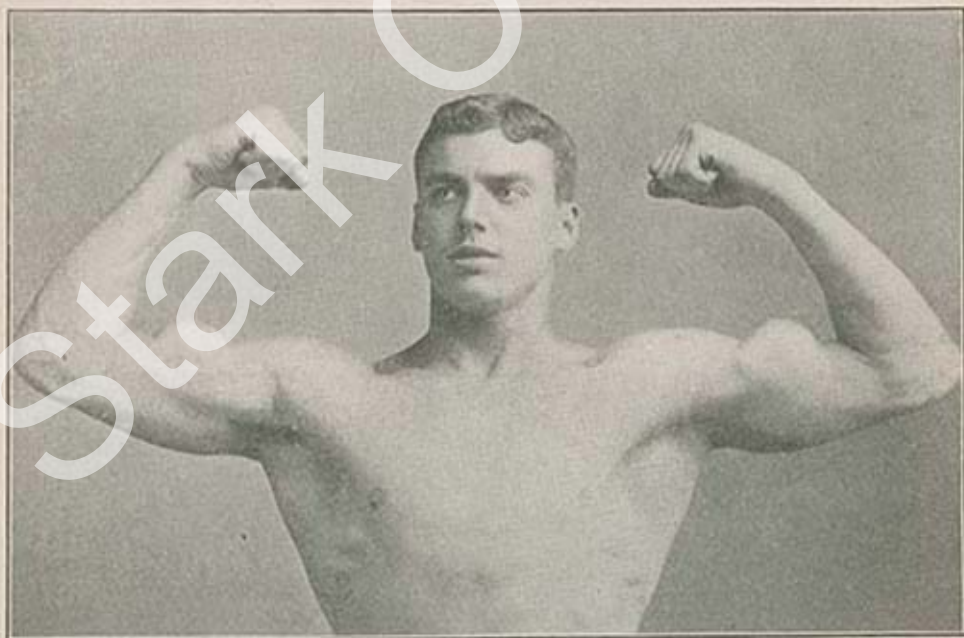
# PHYSICAL TRAINING IN THE BRITISH ARMY



By Paul Gould.

**T**O have a great standing army is the predestined lot of England, and she has long maintained her supremacy by its strength. To make her organization more perfect and her warriors more powerful, is a perpetual study and endeavor of her foremost generals.

Tommy Atkins, as the world sees him off duty, is dapper, ruddy cheeked, and erect of carriage. His uniform fits him, and he wears his little round fatigue cap jauntily over one ear. He is never slouchy, but waiks well and stands well. Eight months or so ago this same lad enlisted in his county's regiment. He was callow, awkward and stooped, but



MAJOR HAMILTON, 14TH HUSSARS.

Therefore is her system of individual development in her army one of great importance and interest to the other powers of the world.

had average chest measure, and was sound in wind and limb. For three months he was put through vigorous gymnastic and military training at his regimental depot.

Then if he had reached a certain standard, off he packed to join his battalion, where he got three months more of more advanced drill, gymnastic work and

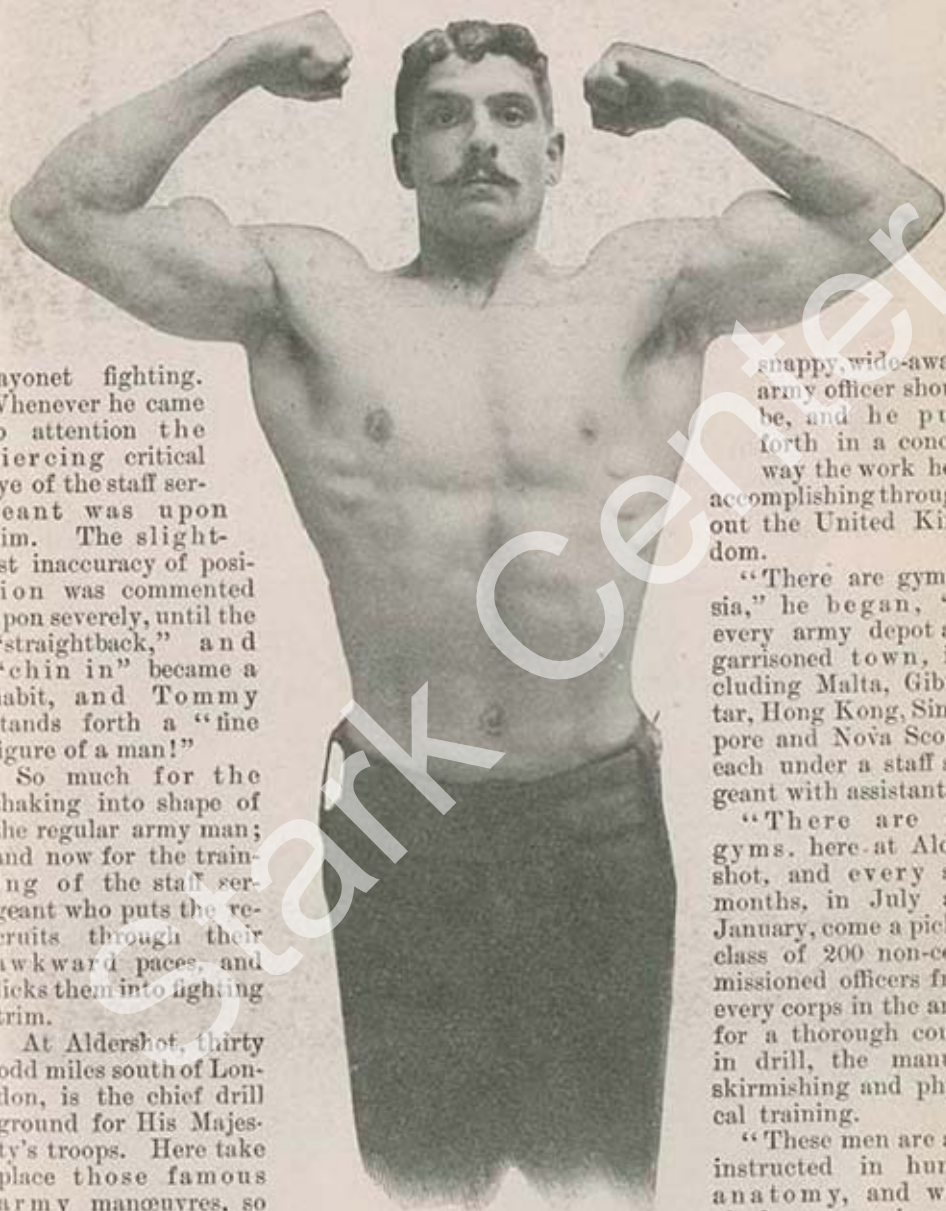
TURE called on the Colonel recently at his cosy office in the head gymnasium, and was most courteously received. The inspector is the embodiment of what a

bayonet fighting. Whenever he came to attention the piercing critical eye of the staff sergeant was upon him. The slightest inaccuracy of position was commented upon severely, until the "straightback," and "chin in" became a habit, and Tommy stands forth a "fine figure of a man!"

So much for the shaking into shape of the regular army man; and now for the training of the staff sergeant who puts the recruits through their awkward paces, and licks them into fighting trim.

At Aldershot, thirty odd miles south of London, is the chief drill ground for His Majesty's troops. Here take place those famous army manœuvres, so carefully watched over by Earl Roberts and the rest, and here it is that the head gymnastic force is stationed under Chief Inspector Col. G. M. Fox.

The correspondent of PHYSICAL CUL-



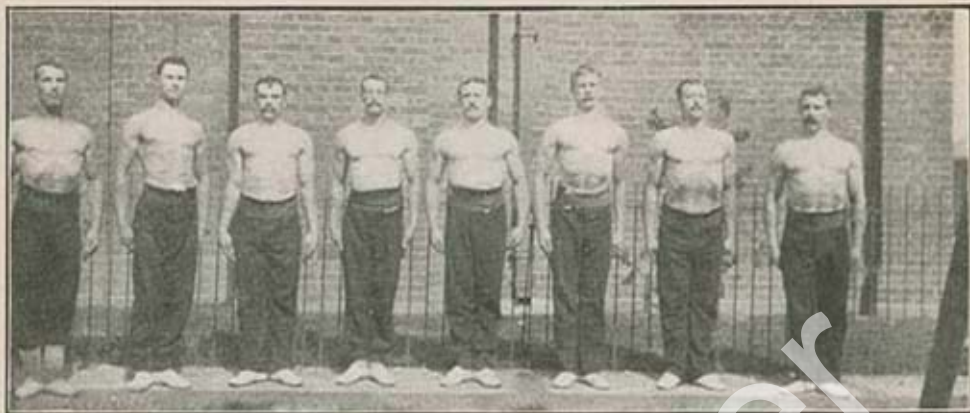
CAPT. CARTER, GRENADIER GUARDS.

snappy, wide-awake army officer should be, and he puts forth in a concise way the work he is accomplishing throughout the United Kingdom.

"There are gymnasia," he began, "at every army depot and garrisoned town, including Malta, Gibraltar, Hong Kong, Singapore and Nova Scotia, each under a staff sergeant with assistants.

"There are five gyms. here at Aldershot, and every six months, in July and January, come a picked class of 200 non-commissioned officers from every corps in the army for a thorough course in drill, the manual, skirmishing and physical training.

"These men are also instructed in human anatomy, and when their course is completed must pass examinations and obtain a certificate. If successful, they are then employed in the double capacity of physical trainer and drill instructor, with pay of three shillings a day and rank of

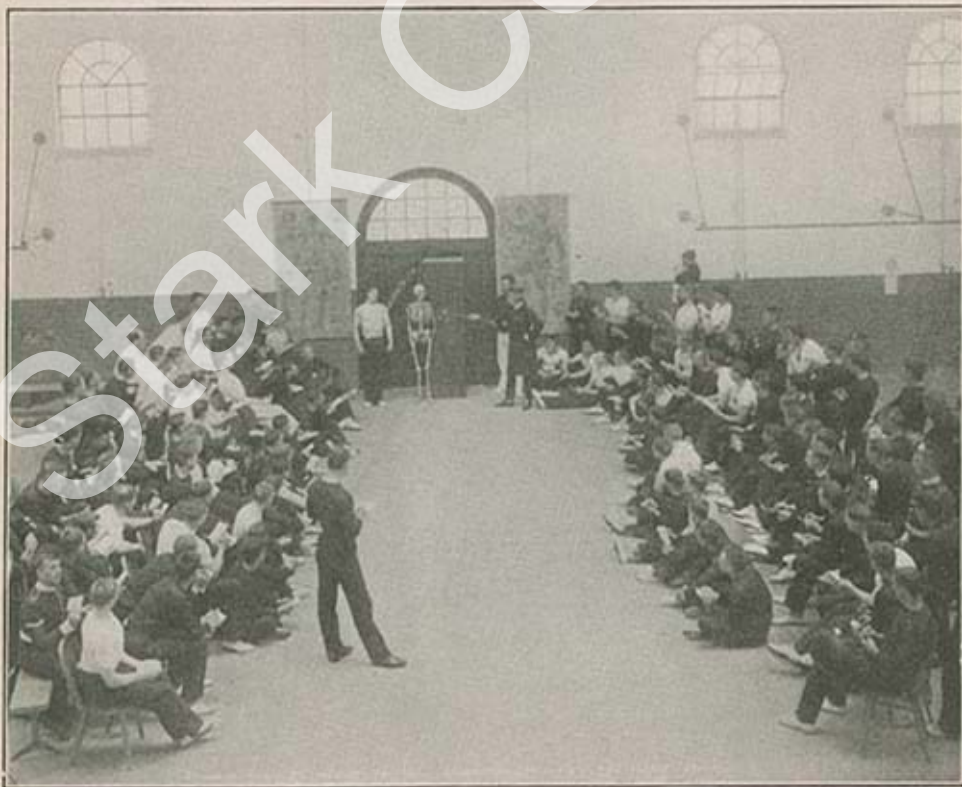


A SQUAD FROM GYM. CLASS, ALDERSHOT, ENG.

staff sergeant. After 21 years' service, these men, besides their pension, may obtain service as drill instructors in private schools at £200 a year.

"Wouldn't you like to take a look at our present class?" asked the colonel,

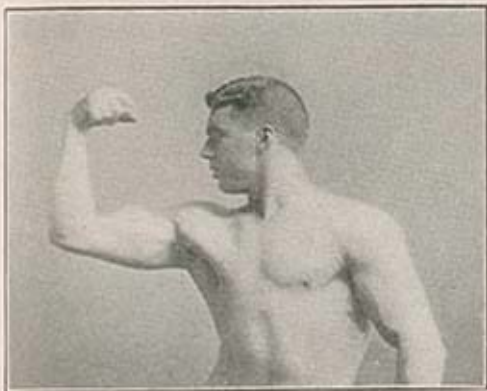
as he led the way to the main floor of the gym. "They are at their morning exercise now." And we went out on to the floor of a large, well-lighted hall, just as the class came trotting rapidly down the center, in perfect step, and halted



INSTRUCTING GYM. CLASS.

with a quick stamp at the word from the head sergeant.

The men were uniformed in sleeveless jerseys, gray trousers and white canvas shoes, and a huskier lot would be diffi-



MAJOR HAMILTON.

cult to find in the wide world. All had the rigid soldier position, their big chests thrown out, shoulders held high, heels together, and all splendidly developed physically.

"Now what we try to teach our men here," observed my host, "is that activity of mind and body must be essential to good training, and unless the work is snappy and spirited it is useless for uniform development. The men are taught to move freely, and, naturally, swing their arms and lift their feet; but they must do it in unison, to get the desired effect, and no carelessness or inattention is allowed for an instant. All consider it seriously, and *their minds always develop wonderfully while they are in training here.*" Then to the instructor, "Now, sergeant, put them through 'shelf climbing.'"

The men moved like a flash to their positions. At the word, four brawny fellows dashed out of the ranks under a big wooden shelf built eight feet above the floor, and faced around just as four more started toward them. The first quartet crouched with clasped hands, held low, and the second jumped quickly into this human spring board, and were tossed up on to the platform, where they in turn hauled up their mates, who sprang from the floor, caught the shelf

with their hands, and went, all swarming up together, just as a third quartet took their places ready to toss up a fourth lot of lively climbers. So the whole class went up in less time than it takes to tell it, and were down again in line for the next drill. They did high horse jumping and horizontal bar work, human pyramids and tumbling, always with a snap and precision that was astonishing, and an interest that must have been gratifying to the instructor. They finished with a new and simpler manual of arms than has ever been used before, executing three movements at one command, and showing that soldiers are not to be considered as well-regulated automatons, but intelligent mortals, drilling with their minds alert as well as their bodies.

With these men for instructors, the army of England should soon become an organization of trained athletes capable of resisting great fatigue, and so using their physical culture to achieve the



BRITISH MILITARY PHYSICAL CULTURE TEACHERS.

end so important in the field—that of *continued and persistent effort.*

# Editorial Department

## STRENGTH, ENERGY—PRESIDENT ROOSEVELT.

**P**RESIDENT ROOSEVELT is one of the most marvelous exemplifications of the truth of the theories advanced in this magazine since its very inception. All the successes of his life, in literature, in war, in politics, in statesmanship, have been due to the indomitable physical energies back of his every effort. His great nervous power, developed by the cultivation of muscular and functional vigor, has been the means of creating that force, determination, stability of character and concentration of purpose which have carried him to the extreme goal of his highest ambition.

FATHERS, BOYS of this country, with this astounding example before you as to the vast influence upon life of physical culture, dare you ignore it?

You all know that President Roosevelt was a weakling—that he was a frail, delicate boy, and through athletic and other physical culture exercises he developed the remarkable physique which he now possesses.

Fathers of this country, how can you allow your boys to remain weak when you know these plain facts, when it is easily in your power to make every boy, and girl, too, a fine specimen of physical health?

*Wake up, boys,* and begin the process of building a superb, manly body. President Roosevelt has shown the possibilities for you, and, regardless of the nature of your ambitions, a strong body is worth beyond the greatest financial value.



## PAST A GUIDE FOR THE FUTURE.

**A**FTER carefully considering the vast number of really valuable suggestions for proving to all my absolute honesty of purpose, I have concluded to follow the advice given me in at least half of the letters received, and that is to continue in the future as I have in the past—to take advantage of every possible means that will advance the cause of physical upbuilding—to fight and expose “fakes” and “fakirs” wherever their influence is inimical to public health—to teach and preach by tongue and pen the great truth of Nature which clearly shows that the human body is self-regulating, capable in every case of acquiring and retaining vigorous health if given the necessary opportunities.

With these purposes clearly in view, I have decided to make an offer to the school districts of the United States the **OFFER TO** great value of which I believe every interested subscriber will **PUBLIC SCHOOLS.** enthusiastically indorse.

The growing boys and girls are like putty. Their bodies can almost be moulded to suit individual tastes. This magazine is awakening the school



authorities all over this country to the enormous value of physical training, not only as a means of building increased bodily beauty and powers, but as an actual aid to boys and girls in acquiring an education; it having been proved by an extended examination of several thousand pupils in the Chicago schools that the vigorous students were by far the most intelligent and the furthest advanced in their studies.

I want to influence these boys and girls. I want them all to grow into beautiful specimens of physical health. I know that they have in nearly all schools adopted the calisthenic drills, but these movements are rarely taken with zest. They are performed usually in a perfunctory manner, and are of but little advantage further than a rest from their studies. A growing boy or girl, just as much as any of the lower animals, needs a large amount of active exercise to develop all attainable bodily vigor and beauty. These exercises, too, should be in the form of play. Physical culture that is taken unconsciously, in which every moment is exhilarating from the influence of the extreme interest and enthusiasm aroused, is far more beneficial because of the pleasure connected with it.

The most beautiful of our domestic animals do not acquire their bodily strength and symmetry from systems of physical culture, but from play. Almost constantly in their waking hours, during growing years, they are engaged in active play.

No system of physical culture ever was or ever will be equal to this means of building strong and beautiful bodies.

### PLAY! PLAY!! PLAY!!!

I want to emphasize, with all possible strength, the actual necessity for play requiring wrestling and running, jumping, pushing and pulling in the growing life of a child. If I had the control of the schools of this country, I would make each child spend at least one hour in playing active games for every hour spent in study. This would insure a vigorous body and a healthy brain, and one hour spent in study under these circumstances is worth five, or even ten, under the usual mental stuffing process now adopted in public schools throughout this country.

With the object of arousing an interest in games or competitions that develop the entire body equal to, or superior to the various advertised systems of physical culture, to all school districts in the United States having a regular attendance of two hundred or more pupils, I will offer two first, second and third prizes, one of each for girls and boys. These will consist of gold medals for first, silver medals for second and bronze medals for third prize. These prizes will be given to the boy or girl making the largest number of points in the events named. For instance, if in each event there are ten or more competitors, the winner will get ten points, the second five points and the third two points, and the boy or girl securing the

**GAMES SUPERIOR TO SYSTEMS  
OF PHYSICAL CULTURE.**

**SCHOOL CALISTHENICS  
OF LITTLE VALUE.**

**MY OFFER TO SCHOOLS.**

largest number of points will secure the first prize. The events will be definitely announced in January issue, but we have about decided upon the following:

## FOR BOYS.

- (1) 100 Yards Race.
- (2) 440 Yards Race.
- (3) Wrestling. Fall when one is off his feet.
- (4) Individual Tug of War, using bar or stick.

## FOR GIRLS.

- (1) 50 Yards Race.
- (2) 220 Yards Race.
- (3) Hand Wrestling, using right and left hands.
- (4) Twisting Stick, using round stick about 18 in. long.

All these events will, of course, be explained in detail later. They have been selected because in combination they use actively nearly all the muscles of the body.

Every pupil in the public schools should call the attention of his or her Superintendent to our offer, and if the Superintendent will write us stating that he will co-operate with us to the extent of holding and deciding the winners of the contest, we will mail him a large poster describing and illustrating the events, explaining how they should be conducted, and will have the medals prepared and forwarded so they can be put on view at least a month before the advertised date for the contests.

We had expected to hold the contests at all schools on the third Saturday in May, but would like to hear from Superintendents and other interested parties in reference to this before deciding definitely.

We would like to have from one to five thousand school districts accept this proposition. The more acceptances we receive the more pleased we will be.



## THE VACCINATION CURSE.

**N**OW is the harvest time for the professional blood-poisoners. It has never been absolutely proven that small-pox is contagious. In fact, the vaccinators themselves will admit that it is not contagious unless you are in a condition to acquire it. In other words, unless your blood is impure from breathing foul air, overfeeding, muscular inactivity and an excess of clothing.

Dr. M. J. Rodermund, of Appleton, Wis., last year visited the pest house of his city, passed his hands all over the sores of a patient in the acute stages of small-pox, then transferred as much as he could of this contagious element to his coat, vest and handkerchief. Thus reeking with the supposed contagion of this foul disease he sallied forth.

He was well known in his native town. All his friends were greeted with great effusion. He shook and held their hands, rubbed his coat sleeves over theirs and was especially demonstrative in his regard. That evening he attended a party. He wore the same suit of clothes and carried with him the same handkerchief. He continued to demonstrate his affection for all the invited guests in every possible

way. His handkerchief at least had probably rubbed against the sleeve of nearly all there.

At the conclusion of this party the doctor announced what he had done. There was a terrible outburst of indignation. The doctor came very near to being lynched, and for a time he had to be conspicuous by his absence from town.

Now, was this doctor crazy? Or did he have an object in view?

He wanted to prove with absolute accuracy the falsity of the claim that small-pox is contagious.

### AND HE DID PROVE IT.

Coming as he did direct from the pest house, meeting numerous friends who were subject to this almost direct contagion, not a single case of small-pox was contracted as a result.

It appears to me that such a startling contradiction of the ordinary medical theories, would attract some attention.

But no, not a word from the medical press; for did such results not refute their pet theories, and cost what it may in suffering or in human lives, the theories of medicine must be upheld. That is the principle that guides the medical business of to-day.

If they would only adopt rational methods for remedying this disease there would be much less cause for complaint. Drugs, feeding and bad air produce the heavy mortality and the unsightly pit marks often left by small-pox. The disease is of but little importance when acquired if properly treated, and that our readers may know how to treat the complaint in a natural manner, we give the following:

As soon as the patient is convinced that he has small-pox the internal colon flushing treatment should be immediately taken. This should be repeated at least twice a day for the first two or three days or until the crisis has been passed. Following this treatment, for half an hour or an hour, a cold sitz bath should be taken of five to ten minutes' duration or longer if the patient can endure it. If the vitality is specially good and the fever is high, a wet sheet pack should follow this. This wet sheet pack and cold sitz bath should be given at least twice a day until the crisis is passed, unless the patient's vitality is very low. In some cases where the fever is very high they can be given more often than twice a day. Absolutely no liquid or solid food of any kind should be used until the crisis is passed and the natural appetite returns. Every care should be used to see that the patient's room is thoroughly ventilated with plenty of fresh air at all times. The body should never be too heavily covered. If the patient can lie nude and be warm, it is far better than to have the body covered, as these air baths would be of great advantage. Encourage the patient in every way to drink large quantities of water, either hot or cold, whichever may be most pleasing. With treatment of this character small-pox is of but slight importance. It is usually cured in a few days, and even in severe cases will not leave the slightest mark upon the skin.

There is an article in this issue on the vaccination curse. It was written by a physician over seventy years of age. He has made a life study of this subject.

Read his comparison, showing the frightful similarity between the results of vaccination and that vile disease, syphilis, and then dare to allow your own blood or the blood of your child to be inoculated with vaccine virus.

## NO CHANGE IN PRICE.—A CHANCE FOR PHYSICAL CULTURISTS.

**S**EVERAL times it has been suggested that the price of PHYSICAL CULTURE should be made ten cents instead of five cents. After long and careful consideration I have decided that it shall remain as it is—five cents per copy, and we will continue to add to it as fast as good business judgment will allow.

I want to reach the masses with it, as they include all classes. This is not a class magazine. It is meant for all—the young and old, the weak and strong, the rich and poor, the wise and the ignorant.

When we were struggling along with a few thousands circulation, but little faith was taken in our assertion that we would soon have a circulation of one hundred thousand. Now that we have long ago passed that mark, we are setting up a higher goal, which it is our intention, and shall be our earnest endeavor, to reach.

### WE WANT A MILLION PAID CIRCULATION.

We believe there are that many individuals and families in this great country who will be better, wiser and stronger for having PHYSICAL CULTURE come to them.

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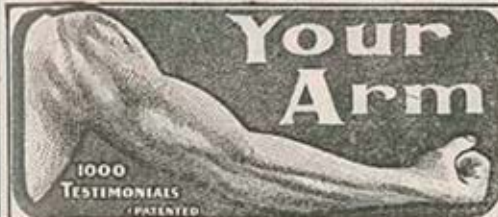
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