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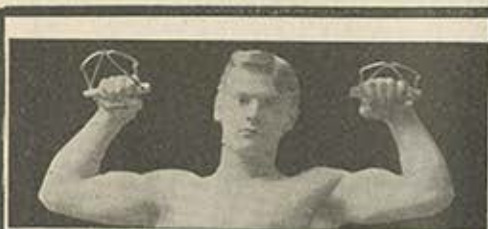
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| | |
|---|--------------------------------|
| "THE EDITOR'S PERSONAL EXPERIENCE"..... | |
| "SOME PRACTICAL SUGGESTIONS IN VOICE CULTURE"..... | GEORGE RUSKIN PROEBUS. |
| "ALCOHOL NOT A FOOD"..... | |
| "MR. GLADSTONE AS AN ATHLETE"..... | |
| "THE SCHOOL GIRL'S HEALTH"..... | |
| "THE FUNDAMENTAL DEMANDS OF HEALTH"..... | B. O. FLOWER. |
| "DEWEY AS A DEVOTE OF PHYSICAL CULTURE"..... | GEORGE RUSKIN PROEBUS. |
| "HOW TO STRENGTHEN WEAK EYES"..... | BERNARR A. MACFADDEN. |
| "THE ADVANTAGES OF FOOTBALL"..... | BERNARR A. MACFADDEN. |
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| "PHYSICAL EDUCATION OF WOMEN"..... | DR. JULIA HOLMES SMITH. |
| "MUSCULAR HEROINES OF GREAT AUTHORS"..... | |
| "PADEREWSKI ON STRONG MUSCLES IN PIANO PLAYING"..... | |
| "THE DRUG CURSE"..... | |
| "PHYSICAL CULTURE WITHOUT APPARATUS"..... | BERNARR A. MACFADDEN. |
| "COACH STAGG'S WONDERFUL BABY"..... | |
| "CAUSE AND CURE OF COLDS"..... | J. STUART. |
| "PHYSICAL WEAKNESS—MARITAL UNHAPPINESS"..... | BERNARR A. MACFADDEN. |
| "SENATOR DEWEY ON PHYSICAL CULTURE"..... | |
| "CONSUMPTION CURABLE"..... | AUG. F. REINHOLD, PH. D., M.D. |
| "READ AUGUST NUMBER—RESULTS HERE ILLUSTRATED"..... | ALFRED C. EICHHORN. |
| "PHYSICAL CULTURE WITH A CHAIR"..... | BERNARR A. MACFADDEN. |
| "HOW AVOIDABLE WEAKNESS WRECKED LOVE AND LIFE"..... | BERNARR A. MACFADDEN. |
| "SELF-MASSAGE"..... | GEORGE RUSKIN PROEBUS. |
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432 EAST 47TH STREET CHICAGO, ILL.

PHYSICAL CULTURE

Vol. III.

APRIL, 1900.

No. 1

...CONTENTS...

| | |
|--|----|
| Physical Culture with Resisting Exercises— <i>Bernarr A. Macfadden</i> | |
| Physical Characteristics— <i>Felix L. Oswald, M.D.</i> | |
| Question Department | 12 |
| Freedom of Rational Dress— <i>Marion Coe Hawley</i> | 15 |
| Civilization—Physical Culture— <i>Geo. Ruskin Phoebus</i> | 17 |
| A Study in Muscles | 21 |
| "Arising"— <i>By E. Munier</i> | 23 |
| A Message From the Grave— <i>Henrietta Short</i> | 24 |
| "Childish Joys"— <i>A. Delobbe</i> | 25 |
| Drugs—Orators— <i>Chas. E. Page, M.D.</i> | 26 |
| "A Wasp's Nest"— <i>W. A. Bouguerreau</i> | 27 |
| "Kiss Me Quick"— <i>E. Munier</i> | 29 |
| Alcoholic Liquors | 30 |
| Gallery of Poses of Joseph Barton Kohen | 31 |
| Editorials { Medical Science | 32 |
| { Electric-Belt Fake | 33 |
| { In Reference to the Nude | 34 |
| Governor Roosevelt as a Wrestler | 35 |
| Caricature of Governor Roosevelt | 36 |
| Information From All Sources | 37 |
| | 38 |

Physical Culture is Devoted to Subjects Appertaining to
HEALTH, STRENGTH, VITALITY, MUSCULAR DEVELOPMENT AND THE
GENERAL CARE OF THE BODY.

Entered as Second-class Matter at the New York Post Office, August 11th, 1899.

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BERNARR A. MACFADDEN, EDITOR.

Stories and articles of unquestionable merit suitable for publication in "Physical Culture" invited.
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medicine and other "fake" remedies cannot buy space of us at any price.
We will consider it an especial favor if readers will furnish us with proof of any fraudulent claims
made by advertisers in our columns. We have refused, are still refusing to insert advertisements which
deceive and rob the unwary of money and health. If any of this kind by accident secure insertion we
desire to know it as soon as possible.

PHYSICAL CULTURE WITH RESISTING EXERCISES.

By Bernarr A. Macfadden.

W. M. Sniffen, whose muscular figure assists in the illustration of this article, is an especially remarkable example of the power of physical culture. Although a light man he is able to perform feats of strength that many athletes heavier than he can not equal.—Ed.

THE fact that nearly every part of the body can be strengthened and developed by a series of exercises in which one muscle or set of muscles resist the efforts of another muscle or set of muscles, is not well understood. This is a novel



WM. M. SNIFFEN.



EXERCISE No. 1.

and easy method of building muscular power, and the degree of strength acquired will, of course, depend entirely on the efforts expended. If you work hard at the exercises each day, satisfactory results will speedily appear.

Do not fail to continue each movement until the muscles used in that particular exercise are thoroughly tired.

Be careful that each movement is performed exactly as illustrated. Exercise from five to fifteen minutes on rising, and from ten to thirty minutes just before retiring.

A cold sitz bath (immersing hips only in water) is a great tonic if taken immediately after morning exercise.

Walk from three to five miles per day at a fast gait.

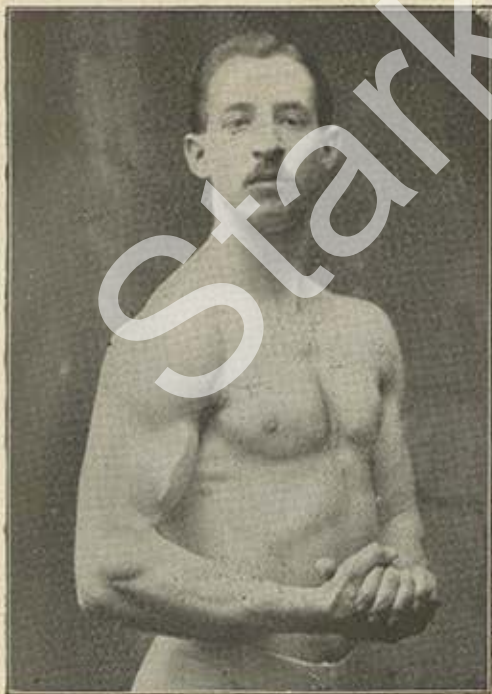
Eat moderately of nourishing food only.

Encourage an appetite for acid fruits.

Acquire a habit of inhaling deep breaths many times per day whenever in the open air.

Make the resistance against each movement sufficiently strong to tire the muscles being used in from twenty to twenty-five movements.

Exercise No. 1. Grasp left hand with right as per illustration. Now resisting slightly with left arm, bring right arm outward and downward to same position in which left arm is illustrated. Continue until tired, then same exercise with left arm. This exercise is especially good for developing the intercostal muscles and for expanding and developing chest. If a full breath is inhaled and retained while three or four movements are made, it will



EXERCISE No. 2.



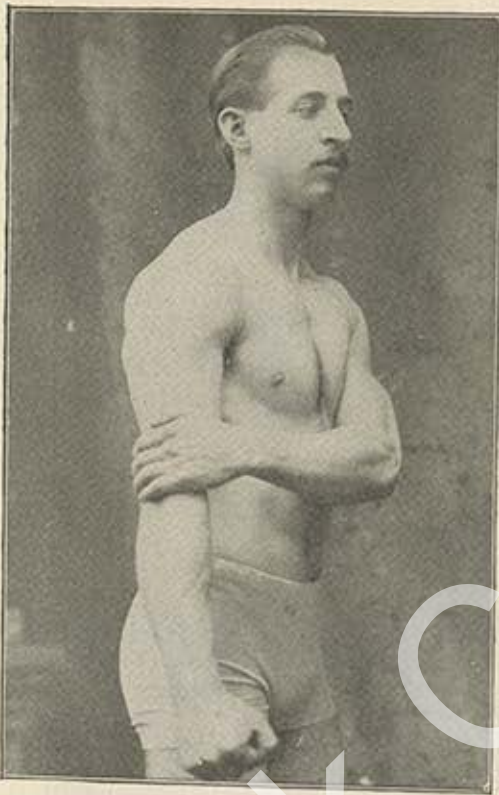
EXERCISE No. 3.

assist greatly in increasing lung capacity and power.

Exercise No. 2. Place left hand on right as per illustration. While resisting slightly with left arm, bring right hand up as far as you can. Continue until tired; then same exercise with left arm. This exercise will be found especially good for developing the biceps, large muscles on anterior part of upper arm, and it takes but a short while to show results.

Exercise No. 3. Interlace the fingers tightly together just behind the knees as per illustration. Now bend downward slightly, then straighten the body as much as you can with the fingers interlaced as illustrated. Of course you can not make much of a movement of this, but the endeavors made to straighten the body vigorously exercises the muscles in the small of the back. Continue the exercise, bending forward slightly, then endeavoring to straighten up, until tired. This is a most excellent remedy for curing pains in the back, though it should not be made too vigorous until considerable strength has been gained.

Exercise No. 4. Place left hand on right arm as per illustration. Now while resisting the movement slightly with left arm, raise right arm outward and upward as nearly to the side as possible.



EXERCISE NO. 4.

Continue until tired; then same exercise with left arm. This is especially good for filling out muscles on the side of the shoulders.

Exercise No. 5. Interlace fingers and twist left arm as far out to side as possible (see illustration). While resisting slightly with right arm, bring left arm straight across the chest until right arm is forced into the same position as left arm is shown in illustration. Continue until tired; then same exercise with left arm resisting. For the twisting muscles of the upper arm and shoulder. If you desire to be proficient in the feat of "pushing the arm down," practice this persistently and you will surprise all your friends. It is also splendid for increasing chest capacity.

Exercise No. 6. Place left hand on right wrist as per illustration. Now, resisting slightly with left arm, raise right arm, elbow rigid, to a level with shoul-

ders. Continue until tired; then same exercise with left arm. Especially good for developing and strengthening the muscles on the anterior portion of shoulders, and warranted to fill out any hollows that may exist there.

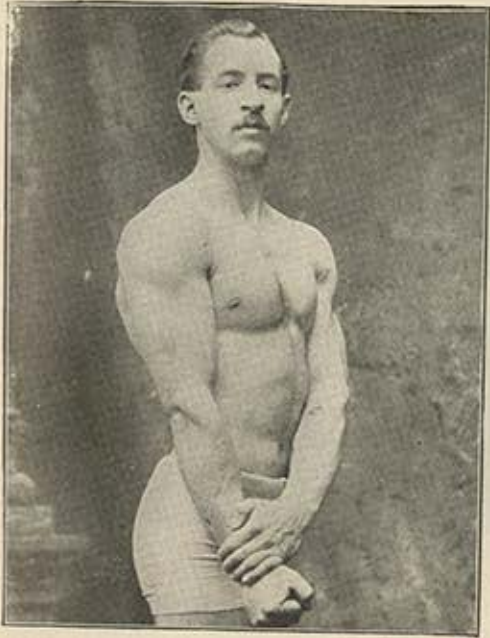
Exercise No. 7. Place left hand on right as per illustration. Now straighten right arm, bringing hand directly forward straight in front on a level with shoulders, resisting the movement slightly with left arm. Continue until tired; then same exercise with left arm. Especially for strengthening muscles on the back part of middle upper arm.

Exercise No. 8. Place the back of left hand over right wrist as per illustration. While resisting slightly with left arm, bring right arm upward and backward as far as possible. Continue until tired; then same exercise with left arm. For the muscles of back and upper part of arms and shoulders.

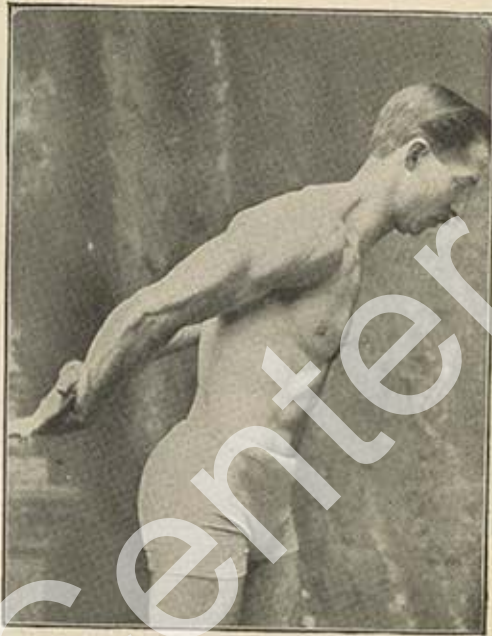
Exercise No. 9. Place hand on forehead with head thrown far back as per illustration. While pressing slightly



EXERCISE NO. 5.



EXERCISE No. 6.



EXERCISE No. 8.

against the movement, bring head forward and downward. Continue until muscles of neck are tired. Take half of the movements with right hand on forehead and

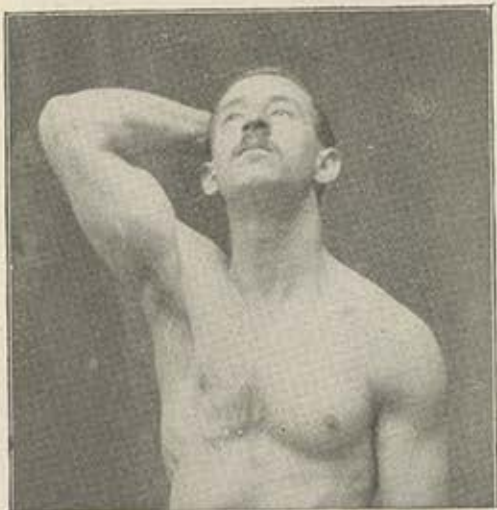
other half with left hand placed there. For filling out front and sides of the neck. The writer has known persons to increase the size of the neck one inch in one month



EXERCISE No. 7.



EXERCISE No. 9.



EXERCISE No. 10.

with the exercises here given. The side action of the neck muscles can also be exercised by placing left hand on left side of head, then bringing head out to left side, left arm, of course, slightly resisting the movement. Same on right side.

Exercise No. 10. Place hand on back of head with head far forward, then press-

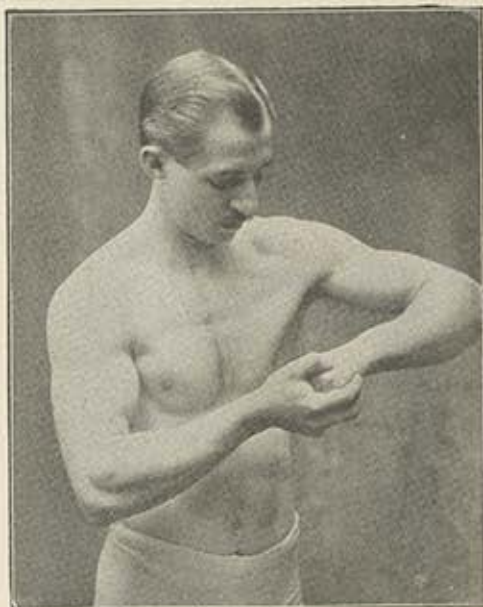


EXERCISE No. 12.

ing slightly with hand against movement, bring head far backward as per illustration. Continue until muscles on back of neck are tired. Make half of movements with right hand on back of head and other half using left hand. An excellent exercise for assisting in remedying round shoulders, as it strengthens the muscles of



EXERCISE No. 11.



EXERCISE No. 13.

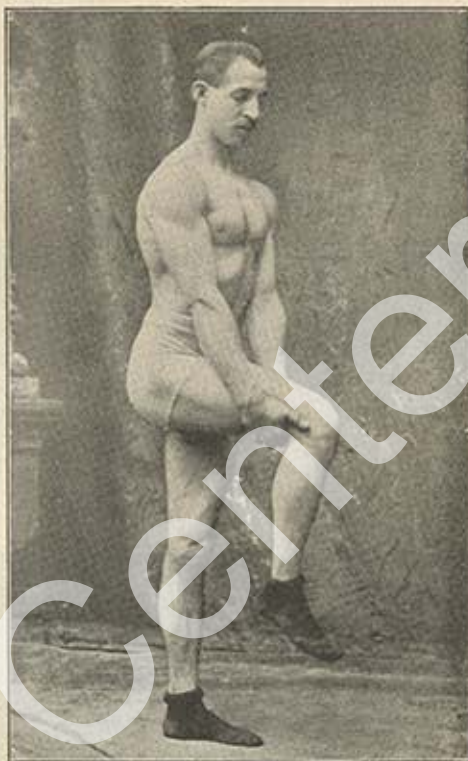
PHYSICAL CULTURE

back of neck and thereby enables one to carry the head more erect.

Exercise No. 11. Interlace fingers with backs of hands together as per illustration. Now, while pressing hands together straighten both wrists, keeping fingers interlaced. Continue until tired. For muscles on back of forearm. If you desire nicely rounded, fully developed forearm, this and exercise No. 14 are warranted to produce the desired results.

Exercise No. 12. Grasp right hand with left as per illustration. Now, resisting the movement slightly with right arm, bring left arm outward and backward on a level with shoulders as far back as you can. Repeat until tired. Same exercise with right arm. Especially recommended for correcting round shoulders, as the exercise develops and strengthens the muscles which hold the shoulders back in proper position, enabling one to easily maintain an erect carriage.

Exercise No. 13. Place left hand in the palm of right hand as per illustration. Bring left arm downward and across the chest, as far as you can, resisting the movement slightly with right arm. Con-



EXERCISE No. 15.



EXERCISE No. 14.

tinue until tired; then same exercise with right arm. For developing muscles on front of the chest, and for filling out and making the bust more firm and symmetrical. An exercise of great value for this purpose.

Exercise No. 14. Interlace fingers with palms together as per illustration. While pressing palms tightly together straighten wrists, keeping fingers interlaced. Continue until tired. For strengthening wrist and developing muscles on front of forearm.

Exercise No. 15. Reach downward and interlace fingers behind right leg. Raise to an erect position as per illustration, lifting the leg as you rise. Continue until tired. Take half of these exercises with fingers interlaced behind right leg and other half behind left leg. An excellent exercise for strengthening small of back and shoulder muscles, and if the leg resists slightly as it is raised, the muscles of posterior portion of hips will be benefited.

PHYSICAL CHARACTERISTICS.

AN INTERNATIONAL STUDY.

By Felix L. Oswald, A.M., M.D

I—SWITZERLAND.



HERE are self-made nations, as well as individuals, and others on whom Nature has in vain lavished all the opportunities of health and wealth.

A thousand years ago, when the island of Sicily was conquered by an army of Norman adventurers, a philosopher, witnessing the triumph festivals of the victors, would have thought it incredible that

Switzerland, at that time, was the Boeotia of western Europe. It was an abode of poverty, of primitive, uncouth manners. The inhabitants, like their neighbors of the Bavarian Alps, betrayed their affinity to the brachycephalous aborigines of Central Europe; they were thick-headed, thick-set, somewhat short-legged, and mentally, as well as industrially, rather behind the average of their European contemporaries.



SUNDAY IN SWITZERLAND.

their prestige as representatives of superlative manhood would ever be eclipsed by that of the Swiss shepherds. They were six footers, most of them, these proud cavaliers of the North, lithe, swift-footed, worshipers of the graces, shrewd, bold and enterprising, well-armed and flaunting the spoils of long-continued success.

But every leisure hour they could wring from toil they devoted to athletic sports, while the Sicilian aristocrats strutted in the pageants of ecclesiastic ceremonies; the hills of the poor shepherds flamed with beal fires in honor of liberty, while the Italianized Normans burned heretics in honor of the Holy Inquisition. In



OBERLAND TYPES.

their struggle for existence against manifold foes, the defenders of the four forest cantons relied on valor, vigilance and perseverance. The defenders of Palermo relied on miracles. While the highlanders enforced the rights of humanity, the islanders enforced tithes.

To-day Sicily, once the Eden of the Mediterranean, is a Gehenna of poverty and disease, from both of which Switzerland is freer than any other country of Europe.

The laws against mendicancy have never been enforced very strictly in the easy-going mountain republic, and beg-

ging children may be seen haunting the depots and steamboat landings of several Swiss cities; but they are nearly all foreigners—young Savoyards and the youngsters of French emigrants. Foreigners, too, furnish a large quota in the patronage of Swiss infirmaries; though in the country hospitals there are a good many cripples—victims of injuries incident to the adventurous pursuits of the native mountaineers. There are highland villages where half the population of male adults consists of professional guides. For an average compensation of forty francs (about \$8) per week of the mid-summer season, and a franc or two extra in winter, these topographers of the cloud-lands risk their lives a dozen times a day,



A LOG STARTER.



A SWISS FARMHOUSE.

and rarely reach the end of the year wholly unscathed. A hardly less hazardous vocation is that of the Alpine lumbermen, who fell trees at the brink of dizzy precipices and construct *chutes* from the mountain ridges to the valleys of log-floating rivers. On their way to market the poultry venders and berry pickers of the Oberland tempt trails that often test the climbing talent of the mountain goats, and boys in their early teens may be seen clambering along the edge of formidable cliffs to recover a stray kid, or pluck a sprig of

Edelweiss for the daughter of Squire Pot-belly.

It is, however, true that these youngsters reach the age of athletic self-dependence a few years ahead of the average Caucasian schoolboy. The playground of a Swiss village school resembles a Spartan *palaestra*; a ceaseless tug-of-war, varied by snowball duellos or wrestling matches. In proportion to their size these little scramblers look remarkably stout and solid-boned; owners of mountain adapted stock knees, many of them, before they have outgrown their baby kirtles.

Strikingly handsome children are less frequent than in the birthlands of the North Germanic nations. For some reason or other Nature reveals the primeval type of a species in the appearance of its youngsters. Fawns of the red deer are speckled; young robins resemble the nestlings of the mountain thrush; young lions still display the dots and stripes that served a secretive purpose at a time when



A SWISS LUMBERMAN.

the African Continent was covered with forests. Even thus the appearance of Swiss youngsters suggests the fact that, in comparison with Normans, Saxons and Goths; the Helvetians were originally

rather an inferior race. Comely matrons and fine-looking, athletic old men, on the other hand, can be seen in every mountain hamlet.

Schoolboys of the upper classes already begin to train for a junior prize of the parish *pentathlon*. Ring-masters of the competing communities keep an eye on the budding talent of every generation, and,



SWISS SCHOOL TEACHER.

years ahead, will lay wagers that the boy with that tassel-cap will one day wear the championship feather of the Apperzell wrestlers. Good runners, too, are noted and encouraged, and a local matador of eighteen or nineteen years may be permitted to enter the arena of the inter-parish contests.

There is nothing formal about these trials of strength and skill. No police license or negotiations with the bullies of a Law and Order League. No gate fees. The locality is a tree-shaded dell in the neighborhood of a good spring or village tavern, a natural amphitheatre, in fact, with a few rustic benches, but no reserved seats.

(To be Continued.)

QUESTION DEPARTMENT.



AN rupture be cured with physical culture?

A. Rupture cannot be cured by physical culture, though it can certainly be prevented by strengthening those parts where it is liable to occur. Cases of slight abdominal rupture have been cured by developing the muscles and thus closing the aperture. The writer knows of no natural means of curing this trouble.

Q. Are vapor baths taken in bath cabinets injurious to the health?

A. Vapor baths are beneficial in some cases, though they should be used cautiously. They are a great aid in the elimination of impurities, though vigorous exercise has a similar effect in this way, and, in addition, develops muscular and vital strength to a far greater extent than vapor baths.

Q. My occupation is out of doors; still I suffer severely with headaches. Have consulted several physicians and consumed quantities of drugs without relief.

A. Acquire a habit of drawing in many deep inspirations during the day. Walk at least four or five miles per day at a fast gait. Eat lightly at meals and cultivate an appetite for acid fruits. Encourage a desire for waters. Take cold water sponge bath after vigorous exercise immediately on arising.

Q. Suggest exercise to remedy lordosis—inward curvature of spine.

A. Same as advised for curvature of spine in Question Department of March issue.

Q. Can spermatorrhoea or night losses be cured by natural means?

A. A system of physical culture that develops and strengthens every part of the body will cure every case of above mentioned trouble. The exercises should be very mild to start, and should consist of as much out-door work as possible. Of course strength is acquired very slowly, and it requires determination and persistence to bring satisfactory results.

Read "Manhood Wrecked and Rescued."

Q. Give exercises for filling out side of neck?

A. Bring head as far to right as you can, same to the left. Turn head as far as you can to the right, same to the left. Continue each exercise until muscles used are thoroughly tired.

Q. If one is suffering from dry or chronic bronchitis, is it advisable to take a walk in all kinds of weather?

A. Damp air never hurt anybody, though the fear of it has killed thousands. Take your walk in all kinds of weather, and you will be stronger because of it.

Q. Occasionally one of my muscles will begin to tremble violently. How can I stop it?

A. Massage—pinch, knead and strike lightly the muscle affected.

Q. How can I stop my bones from cracking when exercising?

A. One not accustomed to exercising is always troubled in this way. This will gradually disappear as suppleness and strength are gained. The liquid necessary in lubricating the joints is not supplied in sufficient quantities when the necessity for exercise is ignored.

Q. Suggest a cure for numbness of the limbs.

A. Take all the exercises necessary for using thoroughly all the muscles of the legs. Add to this an exercise similar to jumping a rope. Walking and running are also good. Massage the muscles thoroughly daily.

Q. Name a remedy for what is termed in slang a "greasy nose."

A. Use a complexion brush twice a day. Take plenty of outdoor exercise. Place a wet cloth with opening for breathing over the nose and face on retiring each evening.

Q. I am troubled with a weak stomach, and although I exercise a great deal and am careful in my diet, I do not seem to improve.

A. It takes considerable time to remedy your trouble. Give especial attention to exercises for strengthening abdominal

muscles. Take a large amount of outdoor exercise—walking, running, etc. Confine diet to nutritious foods that agree with you. A fast of from one to three days occasionally would materially assist recovery.

Q. My face flushes on the slightest provocation; can you suggest a remedy?

A. All-around physical training will tend to produce a perfectly normal condition, increasing your self-confidence and lessening the liability of becoming excited or confused without sufficient reason.

Q. Would you recommend physical exercise for a middle-aged woman who is troubled with pains in the back, smothering spells, nervousness and hot flushes to face and head.

A. Physical exercise would be the only remedy that would effect a speedy and permanent cure. Of course, if suffering from any ills peculiar to your sex, care should be used not to take movements that would aggravate this trouble. In addition to regular exercise for all parts of the body, insist on fresh air, long walks and wholesome diet.

Q. How can rings and dark circles under the eyes be remedied, and how can the face be filled out and made round?

A. The face is generally a barometer of one's physical condition. But the only sure means of removing dark circles under the eyes and of filling out the face is to adopt those means necessary to build up the general health—nutritious diet, regular exercise, etc., etc. About the surest way to speedily fill out the face is as follows: Take a great deal of exercise in the open air, confine diet to one meal a day, which must be very light. Follow this for one month. If you eat as lightly as you should, you will lose from ten to twenty pounds. By this time you should have developed a ravenous appetite, which you should then begin to indulge, being careful to eat plenty of acid foods to assist in digesting the extra nourishment taken. If these instructions are followed accurately you should gain in weight until you are from ten to twenty-five pounds heavier than when you started to fast. A similar process to this is used by farmers to fatten hogs and cattle, and the writer can say from PERSONAL EXPERIENCE that it is all right. By a course of diet and

exercise of this character most any thin person can "get fat."

Q. I am ruptured. I exercise every evening, but am fearful of injuring myself. What would you advise?

A. In your case great care must be used not to irritate your trouble, though if no ill effects are noticed, you can take it for granted that no harm is done. Of course, it would be advisable to confine yourself to light exercises. Be careful to use a truss that does not enlarge the rupture.

Q. My brother is twelve years of age. An attack of scarlet fever left his left knee in such a state that he is unable to bend it more than a few inches. He is also subject to fits. Please give a remedy.

A. Physical culture will entirely cure him of fits in a short time. Encourage him to play and remain out of doors all he can. His knee will require special daily treatment. It should be massaged and rubbed with sweet oil, and each day it should be bent as far as possible several times. Very gradually you will notice that it can be bent further, and after many months and maybe years of such treatment the leg will acquire its natural elasticity.

Q. I have a slight congestion of the brain, and am just recovering from nervous exhaustion—also facial paralysis, right side. Will physical culture assist recovery?

A. Physical culture is practically the only remedy that will bring speedy and sure recovery. Of course, you should start moderately, very moderately. As strength is gained gradually increase your exercise. Remain in the open air as much as possible. Have windows of sleeping and living rooms wide open. Take long walks, deep breathing exercises. Eat moderately of nourishing food only. Massage parts regularly where affected by paralysis.

Q. How can I quickly develop the pectoral or chest muscles?

A. The exercise illustrated for that purpose in this issue can be especially recommended, or stand with side to a wall apparatus, and with elbow rigid pull arm down from level with shoulders to directly in front of chest.

THE FREEDOM OF RATIONAL DRESS.

By Marion Coe Hawley.

[Please note that no corset was worn by the model when these pictures were taken.—Ed.]

PART I.

WOMANKIND in general may be divided into three classes. Those who enjoy the luxury of well-cared-for bodies and clothing suitable to all the varied experiences of life; the occasional scoffer, who has no use for changes of any sort, and the earnest, busy thinkers and workers, who realize the great need of better women, physically, without knowing how to put to practical use the theories which have their approval.

It has been the misfortune that the masses, by whom must come the uplifting of the races, have but lately come to realize that it is a matter of personal interest to all women to be healthy, beautiful, and comfortable.

Strong, useful bodies are no longer to be monopolized by the professional athletes, but interest in these great questions has increased so rapidly in the last few years that one hardly meets a woman to-day who does not want to learn more about the gospel of physical culture and sensible dress improvement.

We hear so much nowadays of the lack of freedom and positive injury imposed by the corset, but so little of the accompanying evils which force it upon us. It would surely be no gain to the average woman to discard her stays while retaining the heavy skirts and tight bands cutting into the tender flesh and dragging down with just as certain an effect the vital organs.

To many it seems a long and expensive undertaking to break away from the old slavery of dress to the new freedom of health and comfort. In reality it is so simple that no one who has a knowledge of the plainest sewing need hesitate for an instant. A well-fitting union garment next to the skin is the acme of comfort, and costs no more than the same grade of material in the old two-piece suit, with its deforming shirr-string.

Over this can be worn a muslin union suit, the pattern for which can be found

in all fashion books, or an ordinary corset cover. It is a matter of a few hours' work to put every petticoat on a short, well-fitting yoke, thus disposing of all bands. The outside dress skirt may be sewed to a low-necked, sleeveless waist, thus insuring against any dragging or unevenness; or it may be firmly hooked to the waist at the three back and two under-arm seams. The dress waist should then be well boned and snugly fitting, as a very loose waist is no more hygienic than a well-fitting one and not as comfortable. In this way all parts of the body are equally protected from cold, and every organ has perfect freedom for its natural function without



Showing close-fitting Union Suit, over which is worn a Muslin Union Suit.



Showing waist of Muslin Union Suit, the underskirt shown being buttoned to this garment at the waist.

the usual "falling to pieces" feeling.

Instead of being ungainly or clumsy, the waist line is smaller, and with a little fullness of drapery in the bodice front, the general appearance is much improved.

Thus clothed, physical exercise, so necessary to health, becomes a delight and a benefit, and gives a vital glow and happiness which is the birthright of every woman.

PART II.

It has been said that "no one can go forward to a higher life until he is true

to the duties of the one in which he is placed."

In this age of progress the women of all the world are pressing on to freedom—freedom of mind, freedom of body, freedom of soul. But let us pause a moment and ask ourselves if we, as earnest seekers for that higher life, are being true to the privileges of our daily existence—if we are living up to our present growth.

It is this we need to-day—the glorious courage of freedom. Courage to believe our own convictions—courage to be slaves of fashion no longer, but stand together, in reality as in hopes, free.



Showing Street Skirt sewed to sleeveless waist.



Back view Street Costume.

As we come more and more into the busy excitement of daily work, whether in office, store, or schoolroom, it becomes more and more necessary that our minds and bodies be free and untrammelled.

We are coming, therefore, to judge people well dressed only when suitably dressed for their occupation. A gown that would be an elegant costume for an afternoon drive ceases to be good taste or even sensible when dragged over wet or dirty pavements.

With what admiration we turn to the neatly dressed business woman who steps briskly along sloppy streets in a modish

rainy-day suit. A dozen years ago the short skirt was a novelty; now there is scarcely a small town where they have not come more or less into vogue. A rainy-day suit needs to be worn but once to demonstrate its comfort and freedom and insure its lasting use.

The short skirt, just hiding the shoe tops, has come to stay. May common sense and cleanliness preserve it fashionable.

With more freedom for the vital organs, weight and warmth of clothing more equally distributed over the body, no heavy, dragging skirts, we would have fewer women who faint under the fatigue



Front view Street Costume.



Costume arranged for a Winter day.

of a few hours' labor. We would have more bright eyes and rosy cheeks at the close of the day's duties.

But it is not alone upon the street that vitality is being uselessly burned out until life becomes a burden. There are our busy housewives. How few of us stop to think of the great saving of energy a little care about dressing may be. How much easier it would be to run up and down stairs if we did not have to be always holding up a heavy skirt.

There are costumes suited to golfing, climbing and walking, but the long-suffering houseworker, who performs all the

movements of these athletes, and more, has no prescribed rule in the matter of dress to follow.

With no unwieldy stays to prod and break; not a single band to cut into the tender flesh; a light, short skirt, and a neat, comfortable house jacket, the terrors of "the work that never ends" would vanish.

In those garments we may easily accomplish the long-ridiculed attempt of womankind to get up stairs with the proverbial baby, the lamp and a glass of water.

CIVILIZATION—PHYSICAL CULTURE.

By George Ruskin Phoebus.

IF this philosopher's observation is expressive of truth, civilization, because of the many maladies which with it produce premature decay, is a generator of disease, and along with its methods of development and progress, it generates and fosters the forces which bring about its overthrow and destruction. None will deny that man develops his own civilization. If, therefore, in bringing about this result of his energy, genius and intelligence he at the same time brings into existence forces of disorder that ultimately overthrow and destroy his constructive work, there must be some radical error in his methods of construction. Every great civilization preceding our own great civilization the world has ever known, has had its periods of incubation, of youth, maturity, decay and destruction, each giving way, either to some greater succeeding civilization or crumbling before the forces of barbarism or semi-barbarism. The greatest civilizations of ancient history are admittedly those of the Hebrews, of Egypt, Greece and Rome. Each of these had its period of greatness, and from the dawn of the maturity of each seems to date the beginning of its decline and fall. Rome, the climax of all the ancient civilizations, borrowing, as she did, strength and experience from those which had preceded her, and developing a period of splendor and achievement almost undreamed of by any of the master minds of the time, crumbled and fell before the attack of barbaric tribes, which had no claim to any part of her learning, her fame or her intelligence. And yet the hordes of ignorance overthrew the great empire of achievement, progress and intelligence, and once again the world was plunged in darkness, to emerge only with the dawn of the wondrous civilization that is now making the history of the planet Earth.

Why is this? Whence comes the law, in obedience to which civilization after civilization is born but to shine for a

time, and then perish like a taper burned out? Wherein lies the error of method through which civilized man becomes weaker than his progenitor, and is unable to defend and sustain the inheritance to which he is born?

The physician, the medical man of today, is a product of civilization. No one would have the temerity to call him a blessing *per se*. Very valuable he is, doubtless, to existing conditions, and, like government, a necessary evil. He has grown up with the growth of civilization to attack and combat the mischiefs and the diseases, ills, maladies and disorders that have been generated with the growth of his civilization. Savages and barbarians know not the medical sciences, and yet they live longer and are stronger of limb and body than their more civilized brethren. Nor does the barbarian know nor suffer the unhappy pains of our fine, up-to-date, civilized disorders, such as neuralgia and the almost limitless kindred neurotic ailments.

Barbarians, savages and primitive man must engage in physical exercise in order that he may live. It is a necessity of his condition. At the outset of civilization the human animal seeks his food in the forests and streams. As he advances a step farther, he plants and builds and makes garments to shield him from the attacks of the weather. All these pursuits and habits of life require constant and regular physical exercise. Not until he reaches the highest known planes of civilization with his great congested cities, with his artificial methods of transit and locomotion, and with his millions engaged in clerical and the so-called intellectual pursuits, does he reach the period during which the necessities of existence do not demand the fitting development of the muscular system.

And then——?

History reveals the sequel. Gymnasiums, athletic clubs, outdoor sports and methods of exercise and other artificial means of contributing to and continuing the physical vigor and virility of the race

take the place of the hard physical labor of the earlier periods, or the love of luxury and ease, when physical development is no longer a necessity, overcomes the promptings of intelligence and experience, and the mortal illness of the civilization has begun its work of devastation and destruction. And every great civilization that the world has known has perished as its members have given over physical culture and development to the love of luxury and ease or to indolent habits of physical life.

At the beginning of the foundation of the civilization of Rome, when the first physician came from Greece to Italy, the people of the latter country, strong in their primordial innocence and vigor, saw no occasion for medical aid and expelled its votaries out of their land. They then proceeded to conquer the world and develop the greatest civilization of its history. But a short time thereafter, however, and Rome became the home of the most celebrated medical men who had up to that time flourished in the world's history.

The Egyptians knew little or nothing of the science of medicine, and yet their mummies revealed them to have been a race of splendid physical development, and a race whose teeth were all superbly preserved, and among whom a bald head was practically unknown. They were a race of quarry workers at the time of their highest development. The people who built the famous pyramids, and the coliseum, that dot the banks of the Nile were kept physically fit during that great period of their civilization by the very nature of their occupation. There are abundant evidences, however, that toward the end of their civilization and in their cities, and especially among their leisure classes, hygeistic or gymnastic performances existed, and in their secret and religious processions artificial exercises were introduced. These, however, were confined to limited classes in the congested districts and did not reach the masses of the people, and when attack came the great civilization of the Pharaohs and Ptolemys crumbled and fell.

The Grecian civilization, succeeding that of Egypt, realizing the threatening dangers from the concentration of its people, and the consequent limitations of the

necessities of physical exercises, established great national gymnasiums, made physical exercise, as demonstrated by the Grecian games, a part of the religious worship of the people, and will ever be known in history as the civilization during which the Olympian, Isthmian, Nemean and Pythian games and contests of strength flourished. Nothing can prove more adequately the importance which these ancient civilizations paid to the strength and vigor of the body than the fact that the athletes and gymnacists participated in the contentions and struggles of their orators and historians. It was in the great Athenian gymnasiums, indeed, that Plato, Plutarch and Lucien, advocates and votaries of gymnastics, taught their students the philosophies which have made their names famous for all time.

From the decadence of the Grecian games and the popularity of her gymnasiums dates the beginning of the downfall of the Grecian civilization.

Plato, in writing of Hippocrates, says: "It was just before the time of Hippocrates (460 B. C.) that gymnastics were made a part of medicine as a means of counteracting the bad effects of luxury and indolence." And yet the bad effects of luxury and indolence finally triumphed and the civilization of Greece passed away to have a monument erected to its memory in history.

The history of Rome is an exact counterpart of the history of Greece. Her games and gymnastic exercises and contests of strength and skill became indeed more heroic than those of Greece, but with the attainment of power and the accumulation of wealth Rome also passed into a period in which luxury and indolence got the best of the natural desire for physical development.

The same problem presents itself to the people of our time. Our stalwart, our most virile, our most inventive, intelligent and progressive people are those whose immediate or almost immediate ancestors have battled with the conditions of nature for livelihood and habitation, and the perpetuity of our own great civilization rests largely with our own conduct in connection with our physical development.



A STUDY IN MUSCLES



FROM THE PAINTING "ARISING," BY E. MUNIER.

A MESSAGE FROM THE GRAVE.

By Henrietta Short.

GRACE, if you have no lessons to do, we will have a talk before you go to Mrs. Snow's."

"Certainly, dear grandmother," said Grace Trenton, as she patted the snowy head and sat down on the stool by the sunny window.

The old lady waited a minute, looking lovingly at the fair girl, before she spoke.

"Grace, dear," she finally said, "I was pained that you felt so hurt because I was not willing for you to wear a stiff corset when Mrs. Snow fitted the graduating dress. You, of course, feel that you are a young lady now, and that you should look like other girls. Your figure is plump and round and beautifully proportioned. The rosy color in your face, quick, easy movements and happy laugh indicate youth and health.

"You are my own dear daughter's baby, and the dearest wish of my life is to see you grow into a woman perfect in mind, soul and body. When your dying mother placed you in my arms and begged me to love you, I promised her no care or tenderness should be spared if the Good Father let you live to bless my life. You know something how dear you are to me, and must believe me when I tell you it is only for your own well-being that I deny you the stays, high heels and trains some of your friends possess.

"Forty years ago God sent two little baby girls to bless my life—your mother and aunt, my beautiful Irene and Helen. All through their baby days they laughed and crowed in my arms, and my heart was full of the happiness that comes to all mothers of healthy babies. Through the days of young girlhood the two grew and played together. It was a pretty sight to watch them, dressed just alike, walking to school hand in hand, or romping wild and free, grace and strength in every motion.

"Not until they were sixteen did any thought of danger come to be a hateful thing to me. That summer, just when they were blossoming into womanhood, my cousin came to visit me. She was a

vain, wealthy woman, with no thought beyond what she called a stylish appearance. My girls were so fresh and sweet she took them into her heart at once and began plans to have their 'clothes more as young ladies' should be,' and she was really very kind and helpful to us in many ways. The subject of steels was discussed, but I opposed them so vigorously she dropped it.

"The following winter this cousin invited the girls to spend a month with her. We had very little society in the small town, then our home, and I gladly consented. I was very proud of my daughters when they left me. They were dressed in new blue traveling suits, and I was sure they looked nice enough to please even our fastidious cousin. Their visit of a month passed quickly for the girls. Every mail brought me a letter telling what good times they were having, and telling me of the dresses, etc., Cousin Ann was having made for them. She had no daughters, and enjoyed spending time and money on Irene and Helen.

"They came home the last of January, and I at once noticed that Irene was not quite the same. I was shocked to find Cousin Ann had persuaded her to wear corsets. They were injuring her, I knew, yet nothing I could say would induce her to give them up. In fact, she was not long in learning to think she could not be without them. I even suspected they were not always removed at night. The previously healthy girl was cross and irritable. Her nerves were easily disturbed; headache and backache were constant companions, and her rosy cheeks were pale and thin.

"In two years school had to be given up on account of poor health. Cousin Ann again invited her favorite to spend the winter with her. Hoping a change might do her good, and with many promises that she would be very careful of her health, I consented. She stayed until the following June, when she came home to see Helen graduate. Helen had never known a sick day and was as fresh and fair at the end of her High School work

as when she began two years before. Irene came to us worn and tired, and the low-necked, steeled waist and French shoes she brought home assured me she had not taken care of herself as she had promised.

"She had, however, become engaged to your father, Harold Trenton. He was a promising young man of good family, and my consent was given to the marriage. He came to see us in September, and at Christmas time came to claim his bride. Cousin Ann generously contributed the trousseau, and a sweeter bride it would have been hard to find, though she was worried and tired on account of not being vigorous and well.

"Harold told me he would be very tender with her, but her health was broken. The months before you came, months that should have been filled with strange new sweetness to her, were only a time of suffering and repining. Four weeks after your birth she lay white and quiet. We despaired of her life, but she became well enough to sit up and was fond of you. But she was never strong again, and you were denied even the food God gives a mother for her babe. You came to us in November, and the next year at Christmas time

your gentle mother was buried. She died of consumption, they told us, but she knew, and I knew, her sickness began when, at sixteen years of age, she was dressed like a fashionable lady. Over and over again she talked with me of the matter, and urged me every time to keep her baby well. And, over and over again, she made me promise that I would tell her baby of her mother's vanity, and that she paid for it with her life."

Grace could listen no longer with dry eyes. She was sobbing as though her little heart would break.

"Do not cry, dear Grace. This sad story must help you retain the beauty and strength God has given you. Your mother wished it to be used to warn you."

"Yes, dearest grandmother," she finally said, when she had controlled her sobs, "it shall be that, and more than that. I shall not only keep my own body pure, clean, wholesome and healthy, but shall use all my influence with other girls to have them do likewise."

And who knows how much good Grace may yet do, for her life's work is only just begun.



FROM THE PAINTING "CHILDISH JOYS," BY A. DELOBRE.

DRUGS—ORATORS.

Chas. E. Page, M. D.

WE have all heard of the eminent physician who, on learning accidentally that his patient was the son of an old friend, bade him throw the prescription he had just written in the fire and tell him all about his trouble," says the editor of the *Medical Brief* in an article on "Raising the Standard of Medicine," and he speaks of the danger of the medical teacher becoming "a sort of human phonograph, grinding out lifeless information which steeps the student in formal learning, but leaves him ignorant and helpless in the matter of ways and means" for the cure of disease. "The result is," continues the editor, "that most graduates of to-day know a great deal that 'isn't so' and doubt most everything that is."

Life-depressing drugs! When shall we see the day on which the sort of medical treatment described below will be universally condemned as malpractice? We shall then hear very much less about deaths from "heart failure." In a recent discussion, Dr. Oppenheimer said that when he used pilocarpine he usually had the patient lie down in bed and gave it hypodermically in small doses, increasing the amount cautiously, because it had a decided depressing influence on the heart action. "It was wise to have a quick stimulant on hand to inject in case there were unpleasant consequences. He had seen some rather alarming symptoms, which made him very careful in the injection of this drug, always having whiskey or ammonia or other stimulant ready."

In other words, when you sand-bag a man on one side of the head, be prepared to bang him on the other if he lose his balance!

Wherever we look throughout the profession we find little but drugs, drugs, drugs, and cutting, for which there is a perfect mania, extending even to the laity. Take all of our medical journals—Matthew, Mark, Luke, John and all the rest of them—what are the contributors do-

ing? When they are not giving their patients some combination of virulent poisons, at one end or the other, or through the skin, they are cutting out a woman's uterus and appendages, or her husband's appendix. It took ages of "medical progress" to find out that the male of the human species had an organ that was almost as much of a nuisance as a womb, though this was a double-headed piece of good fortune, for it gives us both sexes to work on. It has even been urged by one scientific idiot that the appendix (being a superfluous organ, a claim that is far from being correct) be removed as a routine measure in prophylaxis in every child at the earliest practicable age! For the poor, doubtless, we will have free appendectomy, as we now do free vaccination.

Still, as Dr. Oswald once remarked, "the dawn is at hand, though daylight spreads devilish slow." The better time is coming; the numbers of physiological practitioners—that is, physicians who employ hygienic instead of unhygienic methods—are increasing; more families are sensible enough to subscribe for a genuine health journal; while drugs and "druggists" (i. e., doctors who depend upon drugs) are steadily helping to kill off the "unfit"—the hygienically unwise.

Too many of our noblest and most useful men are dying long years before their time, if we consider carefully what this term ought to be and might be if the health laws of the animal organism were fairly well observed, to permit false lessons sought to be taught by superficial observers to go unchallenged; hence the following:

The Hartford (Conn.) *Times*, under the heading of "Why Orators Are Short-Lived," says:—"Dwight L. Moody has had the same sort of warning that the late Col. Ingersoll got a year or two before his death. Every public speaker who succeeds in fascinating and arousing an audience must do it at the cost of an over-taxed heart. Such men cannot live to a great age." Certainly not if they have

strychnine when sick in bed, a dose of which was given Mr. Moody the evening before his death!

Let us ask what sort of "warning," really, Col. Ingersoll had before his death, and see how it compares with that of the great evangelist, or, should we say, the other great evangelists? The first warning, if we are to go to the bottom of the question, in both cases should have been heeded when these splendid men began to grow stout. Fatty degeneration of the heart and other vital organs may, and often does, begin long before a man becomes gross in figure. In an earlier reference to Mr. Moody's illness we note that his "heart is to be tested by the physicians, who fear that the amount of fatty tissue over the heart will prevent them from obtaining absolutely correct data." (Daily papers of November 20.) Certainly it is practically impossible to "test" accurately the heart when this organ is surrounded by several inches in thickness of fat; but "he who runs may read" accurately enough the diagnosis in the case of any man or woman who weighs fifty pounds or over more than life insurance examiners consider a fair risk. Any man whose

chief activities consist in eating and orating—that is, who exercises with his brain and vocal organs only, while being an all-round good feeder, so to say—must necessarily become diseased, whether he take on a mountain of flesh or no; but when we have the excess of flesh (more properly called fat) in evidence, we hardly need inquire as to his average self-treatment or habits. He may have no "bad habits," in the ordinary acceptance of this term; he may use neither alcohol, tobacco, tea nor coffee; but he is fat, soft and ill-conditioned, and, therefore, predisposed to all sorts of attacks likely to prove speedily fatal.

"Phillips Brooks, another wonderful talker," continues the *Times*, "overstrained his heart and his larynx by twenty-five years of preaching, and died in consequence when he was a little over fifty years of age." It was not, however, his "200 words a minute" that did the mischief, but his 240 pounds weight, when condition—that is, health—demanded no more than 160 or 170, and this to be kept clean and sound by plenty of all-around exercise and a diet restricted to his needs.

—*Health Culture.*

From the medical standpoint singing is a most important exercise both by virtue of its influence on the emotions, on the respiratory movements, and on the development of the lungs. Nothing better shows the beneficial effect of singing in developing the chest and warding off lung diseases than the great pulmonary development and freedom from pulmonary disease among professional singers. Their general health, moreover, is exceptionally good, and this is probably in a large measure attributable to the mere exercise of their calling. Such therapeutic importance do I attach to singing that I recommend it whenever opportunity affords. It is especially useful in defective chest development and in chronic heart disease. Provided the patient can sing with comfort I know of no condition in which singing is contraindicated, unless it be a tendency to tuberculous or aneurismal hæmoptysis. It is scarcely necessary to say that the

singer should be so clad as to allow absolute freedom of the chest movements, there should be no constriction of the neck or waist, the collar should be low and ample, and the stays, if worn, ample and loose.—DR. HARRY CAMPBELL.

No scientist, medical or otherwise, has ever yet demonstrated that whiskey is of any earthly benefit to mankind except in the matter of snake bites.

In a case of this kind it is merely pitting one evil force against another.

A man is like a thermometer. His spirits are equable—neither joyous nor sad. He takes a drink. It fills him with joy. When he recovers from its effects the reaction carries him just as far in the other direction.

You cannot take a drink of whiskey without an injury, either mental or physical. Let it alone.—*The N. Y. Journal.*



FROM THE PAINTING "A WASP'S NEST," BY W. A. BOUGUEREAU.



FROM THE PAINTING "KISS ME QUICK," BY E. MUNIER.

ALCHOLIC LIQUORS.

In this day of civilization when nervous diseases, including insanity, are becoming increasingly common, while at the same time the individual labors under an ever-growing strain to keep up with the times, alcoholic poisoning is receiving much attention as a factor in lessening vital resistance and paralyzing the forces of the system.

There is no doubt that chronic alcoholism is largely responsible for the increase in insanity. A recent report of the London Asylums Committee states that out of nine hundred and fifty-eight lunatics admitted to one asylum during the year, two hundred and seventeen were the result of drink. A table of averages for the various British asylums, covering a period of five years, shows that at least one-fifth of all the patients became insane through intemperance.

The drink habit not only ruins its victims, but its injurious effects are transmitted through the blood, making the children of such men and women neurotic, idiots or morally insane. The nervous system and brain, in the children of drunkards, is lacking in normal resistance, and is imperfectly developed. Alcohol condenses and hardens tissue, first limiting and then destroying its functional capacity. Dr. Forbes Winslow states that out of three hundred idiots whose history was followed up, one hundred and forty-five had drunken parents.

The power of thought is considered to depend upon the degree of mobility of the brain cells, which are nominally exceedingly plastic, surrounded by a fluid medium, and continually changing shape, making and breaking connection with other cells, and giving out gentle shocks which keep thought currents and vital energy circulating. The habitual use of alcohol first dulls, then paralyzes, brain function, hardening the cells and preventing their free motion, drying up the fluid which keeps them in condition, until finally the higher centres being destroyed, or rendered useless, like a dry, creaking, rheumatic knee, the individual becomes

insane, reverting entirely to the animal plane of existence.

Many people begin to use alcohol as an aid to digestion, but scientific experimentation proves beyond a doubt that alcoholic beverages retard stomach digestion just in proportion to the percentage of alcohol they contain. In many cases, double the time was required for digestion where alcohol was taken. Alcohol hardens albuminous foods so that the gastric juice cannot act freely. Just the opposite condition is required for quick digestion. The food should soften, swell and crumble promptly, as, if these changes are delayed, putrefactive and fermentative processes are inaugurated.

Civilization will be freed from many of its evils and hardships when we learn to let alcohol alone.—*The Medical Brief.*

Dr. Tanner, who some years ago was the hero of a fasting feat prolonged for forty days and nights, is still alive and well at the age of sixty-seven years. The prediction was made by some medical men that his digestive organs would be irretrievably injured by his lengthy abstention from food, and Dr. Tanner prides himself considerably on the fact that despite these gloomy forebodings his health continues good. He is a strict vegetarian, and thinks that a man can live comfortably on the most modest sum of twelve and one-half cents per day. Much of the ill health from which many people suffer he puts down to the consumption of pork and badly cooked food. He also wholly disagrees with the manner in which hotel and restaurant managers cater for their patrons, and is of the opinion that the true idea of cooking is to retain the natural flavor of the viands, and not, as seems to be the aim of the modern cuisine, to disguise it.

"Is this pig?" asked a rude and troublesome guest at table, holding up a piece of meat on his fork.

"To which end of the fork do you refer, sir?" asked the quietest of the guests.—*Everywhere.*



GALLERY OF POSES OF JOSEPH BARTON KOHEN, THE AMERICAN HERCULES.

EDITORIAL.



WILL wonders never cease? There is at the present time in the City Hospital on Blackwell's Island eighteen women being treated for consumption with fresh air. The readers may say that there is nothing particularly wonderful about this. The astounding

**Medical
Science.**

fact in connection with this test of the value of fresh air in the treatment of this disease, is that those who claim allegiance to the principles of medical science are conducting it. Think of the hundreds of years it has taken the disciples of this science to find out that there MIGHT BE value in fresh air—that the poor victims might be dying for the need of it.

Apparently they have now advanced so far (think of it!) that fresh air is considered worthy of a trial. This is a remarkable concession. They may possibly have to concede its value, and this will be a blow at the very foundation of this so-called science. In another hundred years we can probably depend on their discovering that exercise is of value in treating diseases.

Medical Science has been fighting Nature and natural means from its very inception. Disease, according to their reasoning is caused by microbes or bacilli. Apparently they are totally ignorant of the fact that usually it is the disease which produces the microbes—not the microbes the disease. Even the introduction of microbes could never produce a disease unless the conditions were favorable to it—in other words, unless there is already a strong predisposition towards the disease, no microbe can possibly produce it.

The very foundation theories, upon which rests the science of medicine, are false to the core, and it is only when advanced members of the profession get above and beyond the principles expounded in their schools that they cease to murder innocent victims with the horribly un-

natural remedies—or lack of natural remedies—prescribed by their authorities.

President McKinley says we are at peace with the world, but we are at war with ourselves—we are fighting each other. With disease, medicine and medical science on one side, and with health on the other, we are waging a war the like of which has never been seen in the history of the civilized world. Medical science and disease have the best of it. Bodies by the thousand are strewn along the field of battle. The youth, strength and often the beauty possessed in life, by the owners of these bodies, are ample evidence that they are being murdered in cold blood. Barring accident, no man—no woman has any excuse for dying until some part of his or her organism has actually worn out.

Some of these consumptive women on Blackwell's Island may recover. The power of pure air is marvellous. It may be able to even counteract the evil effects resulting from the lack of muscular exercise, and the over-abundant diet which has been prescribed to accompany this fresh-air treatment.

If these consumptives were encouraged to take breathing and other exercises requiring muscular effort to the point of fatigue, even if nothing more than rolling from side to side in their beds, and their diet was extremely limited in quantity for at least two or three weeks, and especial care was used to secure fresh air night and day, they would every one recover. This would be an absolute cure, for it would remove the CAUSE of the disease.

The natural tendency of every human body is towards health, and it is only by oft-repeated violations of the health laws that disease is produced. The imbeciles who fear pure air, who stuff their stomachs from three to four times per day, who allow parts of their muscular system to remain permanently inactive, most fully deserve the suffering and untimely end that always overtakes them. They pay

the penalty for their own ignorance or indiscretion.

We are not fighting physicians! Thank God, there are honest and conscientious men in this profession as well as in other walks of life, and when they learn by experience how terribly inadequate are the remedies prescribed by their authorities: they search for other means, and the patients of such physicians reap the reward.

We are for health. We are fighting for the health of the masses, and one of our greatest enemies at the present time is medicine and medical science.

They promise results that they rarely, if ever, produce. Though we are but a pigmy in this great battle against the evils that undermine the vigor and beauty of manhood and womanhood, the writer can only say, WATCH US GROW IN POWER and IN INFLUENCE.

Though this publication depends upon its financial success for existence, every dollar of profit is used to scatter broadcast—by increasing the circulation many thousands each issue—the principles taught herein for the uplifting of the physical man and woman, and there is not enough money in the United Kingdom to buy one single paragraph in these columns. When one has no object in life above and beyond the mere accumulation of financial wealth, he is a parasite at whose death all may rejoice.

Unquestionably the use of patent medicines is gradually declining. The public have been deceived and robbed of money and health so much by these rank fakes, that they are beginning gradually to lose faith in the ridiculous claims of cures made by the proprietors of these so-called remedies. But with the decline of the use of this means of cures, there has arisen a "nothing" cure, which, in the form of electric belts, though not as bad as many harmful drugs, is still dangerous, for the reason that it lulls the sufferer into false security by impressing him with the idea that he is "doing something" for his ailment.

These electric-belt fakers are up-to-date. Nearly every one of their conspicuous advertisements contain large artistically

drawn figures of athletic men in a physical condition that no electric belt could assist, even in the slightest degree, to bring about.

The various owners of these fake cures usually make the same ridiculous claims for their belts as are made by patent medicine vendors, namely, that the mere use of their appliance will effect a cure. The disease, which in every case is brought about by the violation of the great health laws, can be cured by merely applying their belts. There is no need to give the slightest attention to the cause of the trouble; the belts will in every case produce the desired results according to their claims; though some of more intelligence give advice to their patients, the following of which often effects a cure, and of course it is credited to the electric belt.

Electric belts never have cured and never will cure disease of any kind. They may cure many diseases that have existed in the imagination only, or they may produce benefit by creating a more hopeful mental state, but a condition of actual disease can no more be cured by an electric belt than the body can be kept clean without water.

Of course, these belts are mostly recommended for weakness of the organs of sex, and though in some cases they may stimulate these organs, if this result is produced, impotence is brought on just that much quicker because of this unnatural stimulation. There is but one proper means of building strength in this way and that is to strengthen the entire muscular system by regular exercise.

As the muscular system grows stronger, in the same proportion is the nervous system strengthened, which, of course, influences the organs of sex to a similar extent.

Stop trying to get something for nothing. Leave electric belts alone, unless you are anxious to rid yourself of money. If you want health, strength, the virility, vitality of complete, fully developed manhood or womanhood, work for this superb condition. You cannot secure it in any other way.

We received from Prof. Wm. J. Cromie, physical director of the Y. M. C. A., Easton, Pa., a petition with ninety-two names attached. The object of

**In Reference
to the Nude.**

this is explained as follows:

"We, the undersigned, appreciating the need for a paper on physical culture adapted to the masses, desire to express an interest in the policy of your paper. As it is now conducted it is open to criticism, because of the pictures of the nude figures that appear both in the advertising space and in the body of the magazine. We commend the announcement you make refusing certain classes of advertising, but regret that others equally objectionable should be continued. Our future patronage of your paper will depend upon a clean magazine."

The editor most sincerely appreciates the spirit which has prompted this criticism. He believes that it is made solely in the interest of the future welfare of PHYSICAL CULTURE. But, dear friends, with all due respect to you and your opinions, the writer believes most emphatically that no magazine which is designed to grow big and broad, and to be of mighty influence, dares to follow narrow policies. One of the principal causes of physical weakness and ugliness at the present time is lack of respect for the human body—is the idea that it is something vulgar to be hid and despised. Why should we be ashamed of our bodies? Are we so much inferior to other animals that we must hide every part of our own physical proportions?

The writer ventures the assertion that not a single one of our friendly critics would acknowledge that the nude to them, if beautifully proportioned, is a vulgar display. Their principal complaint is that it excites the baser passions of others. If this be the case, then is it not evidence of the necessity for reformation in those thus affected, and not of the necessity for despising, degrading and vulgarizing the human form divine?

If a corrupted, immoral mind, festered with sores of vice and sin, sees in a beautiful, wholesome human body that which excites the lasciviousness and vulgarity of his nature, is that the slightest excuse for branding this beautiful figure with the

words, "Vulgar display?" If some continually gormandize and thus deprave their bodies, is that an excuse for depriving all of food? Would it not be far better to raise the standard of the human mind until it can appreciate the nude—until there is developed at least the same respect and admiration for a beautiful human body as is extended to dogs, horses and other animals when beautifully formed.

When the great World's Fair at Chicago was being erected in all its marvelous magnificence, the writer was told that there was considerable discussion as to whether the nude male figures which ornamented the Peristyle should bear evidence even in detail as to their masculinity. All who attended that most wonderful exhibition know the result. They concluded that there was nothing in man's human anatomy of which he need be ashamed; they portrayed him in all his physical magnificence, and no human being ever viewed the symmetrical figures without admiration unless the mind was totally depraved.

The writer believes that PHYSICAL CULTURE is doing more to elevate, ennoble, strengthen, beautify and purify the human race than any other one publication regardless of circulation. We want to influence the development of MEN and WOMEN—not fops and prudes. We want to see men in the possession of powers and energies that make them godlike in appearance, in deed, and in words. We want to see women in possession of beauty, grace and strength, that fairly raises them into empresses, rulers of the realms of homes.

We cannot serve this glorious purpose if our liberty is to be curtailed. Let us go on in our own simple way—doing good according to our own understanding. The writer may occasionally make mistakes—no human being is infallible—but deep down in the inmost recesses of his soul, of his conscience, there is a belief in the "Religion of Health," in the marvellous power of physical culture to cure disease, to alleviate weakness, to lessen crime, to develop true, manly men and womanly women.

The writer has most unbounded admiration for the Y. M. C. A. They have

filled this land with gymnasiums from Maine to California. They are doing more to elevate the standard of physical manhood and womanhood than all other influences combined. We wish to work with them, we wish to assist them in extending their influence, but the writer asks that they allow us the privilege of adding to written words the great influence of actual photographic representations of the power of physical culture. Pictures tell a story that words can never depict.

The fact that our policy is being appreciated cannot be emphasized more strongly than by mentioning that forty thousand copies of this issue—all paid circulation—are being printed. We have existed but one month over a year, and the writer has been informed that one of the most favorite Y. M. C. A. journals, now several years old, only boasts of twenty thousand circulation. We repeat this to prove by comparison the universal popularity of the methods we have pursued.

GOVERNOR ROOSEVELT AS A WRESTLER.

SEEN in his gymnasium suit in the large attic room of the Executive Mansion which he uses as a gymnasium, Governor Roosevelt has the figure and easy carriage of an athlete. As he tosses heavy dumb-bells about or swings the ponderous Indian clubs that he delights in using, one can readily understand how he earned as a young man the name of "Fighting Teddy."

Even in his sport, the Governor is as earnest and as full of vim as he is when dealing with some weighty problem in the Legislature. As he raises a huge bar-bell up to his chest and then forces it over his head to the full extent of his arms, his jaw sets hard and the fighting expression spreads over his face—the expression he is said to have worn when he told Senator Platt, emphatically, positively and finally, "It must not be Payn."

CALLS IT BULLY FUN.

Then he throws the bar-bell aside and says with a chuckle, "By George, this is bully fun."

The heavy dumb-bells and bar-bells and clubs are only preparatory to still greater "fun"—the fun of struggling for an hour or more with a professional wrestler six feet tall and weighing 200 pounds. The Governor is not quite five feet nine inches tall himself, but he weighs 190 pounds and every pound is solid bone and muscle. His attire in the gymnasium consists of a sleeveless black shirt, white duck trousers,

rolled up for an inch or two at the bottom and fastened at the waist with a tan leather belt.

He has the bull neck of a wrestler, broad at the base and tapering very gradually to the chin—the kind that does not give under the dreaded "strangle hold;" broad, heavy shoulders, with enormous lifting muscles that ripple and play visibly under his skin. A broad, deep chest shows breathing power and tremendous endurance. But it is in his arms that his main strength lies; it is not an exaggeration to say that very few professional athletes, be they pugilists or strong men, have greater biceps and forearm measurements than has Governor Roosevelt.

ROOSEVELT'S STRONG ARMS.

They are smooth arms, not bunched or rugged with muscles, and as he spars for a hold with the wrestlers they look soft and flaccid.

Once the shifting hands touch the body or arm of his opponent, however, the muscles contract as though by an electric shock, and the arm becomes firm and rigid. Then the wrestler knows that he is "up against it."

"He's a tough proposition, the Guv'ner is," said a man who had wrestled with him. "When he throws you he throws you hard, and he takes all that's comin' with a grin. He calls it fun. So it is—for him. When he gets through with me he goes to the Capitol and does a hard day's work, they tell me. I go home and take a rest. I have earned my money."—FROM THE JOURNAL, NEW YORK.



A DAY IN THE LIFE OF GOV. ROOSEVELT.

Caricature from the *New York Herald*.

INFORMATION FROM ALL SOURCES.



FOR the benefit of your subscribers, I will describe how I made a chest-weight or exerciser which has developed my muscles wonderfully. I purchased two small screw pulleys at five cents each, and screwed them in the top of the opening of my closet door. Through these I ran a rope, which cost me seven cents for six yards. To the ends of these ropes I attached a couple of ordinary smoothing irons. For handles I tied the ropes around the center of two small round sticks. I have used weight machines in various gymnasiums, and I can say from experience that my home-made device, although not so fine in appearance, serves the purpose satisfactorily.—E. H. Scott, 615 Fourth Street, Minneapolis, Minn.

Somebody who has just seen George Meredith at his pretty little chalet at Box Hill, Surrey, says he is as fresh-like today as he was thirty years ago, and he is seventy-one now. To show his visitor that his physical energy was still unabated, the eminent novelist took a pair of Indian clubs and swung them for five minutes around his head with the ease and grace of an athlete in his prime.—*Chicago Times-Herald*.

I have been taking the chair exercises illustrated in February issue, and they have developed my arms, back and shoulders wonderfully.

JAS. B. RITTER,
1816 Hamilton St.,
Philadelphia, Pa.

To encourage others who may be giving these exercises a trial the above has been published.

I am a teacher of dancing and physical culture. Not long ago a mother called on me with a pale-faced daughter, thirteen years of age. The mother told me her sad story. Her physician had refused to allow the child to go to school, ride a wheel, walk up and down stairs—in fact, cut off all play or exercise. The mother put the child in my hands. Four weeks later she had rosy cheeks, had joined the dancing class, had started to school, and as her mother expressed it, "I've a newborn child. You have saved the life of my child, and have done in four weeks what the doctors have tried for years to accomplish."

Not long ago I cured a young girl, in a short time, of chronic sick headaches, in two weeks. Recently a case of spinal trouble was forced upon me. The lady had been in bed seven years. Three treatments once per week and daily exercise and the patient was sitting up. Today she walks around, and does her own work like any one else.

A child eight years old wearing braces on both legs was brought to me. After four weeks of treatment the child could walk a block without them, though it had never taken a step without their aid.

Excuse me for writing such a lengthy letter, but I have been watching the result of exercise for several years, and I believe it will do more in one month for many diseases than drugs can do in a year.

At one time I weighed only 130 pounds. Several physicians said I had consumption. To-day I weigh 190 pounds.

Let the good work go on. It has saved my life and it will save others.

T. LESLIE CLENDENEN.

Davenport, Iowa.

The French statistician, Dr. Livrier, says half of all human beings die before seventeen; that only one person in 10,000 lives to be 100 years old, and that only one person out of every thousand lives to be sixty.



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PROF. ROBERTS is well known throughout the world as an expert in physical culture work, being the supreme authority in all the Y. M. C. A. gymnasiums. His dumb-bell drill is plainly illustrated with half-tone photographs, similar to those here shown. The book contains other valuable information in addition to the drill, and can be especially recommended to our readers.



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We don't talk much, but where is there a medium that can beat 40 replies per day from a half-page ad.? Read the following:

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NEW YORK, N. Y.

March 11th, 1909.

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Gentlemen-- The returns from my "ad" are most satisfactory, letters are pouring in at the rate of over forty a day. I am also hearing in reply to my booklet, I will soon be able to deliver some specimens.

I enclose that your journal is

in my library. Have seen

it.

Yours

11

Edward Bockmann

A Photograph that "Talks."

Our Exerciser Premium Offer.

We have had a special grade of the MACFADDEN EXERCISERS made up for our premium department. It is fitted with three changeable strong rubbers, all nicked metal parts, handsomely finished, warranted, and is supplied with fully illustrated 128-page instruction book.

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J. C. WELSH.

PHYSICAL CULTURE PUB. CO.,
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NEW YORK CITY.

For many years I was an invalid. I began to use a Mactadden Exerciser as a last resort. Now I am a man, feel like one, and can eat, enjoy, live and work like one. It is my conscientious belief that every invalid could find health in the same simple way.

J. C. WELSH,
Newburyport, Mass.

Musical Director for
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Electric=Massage=Exerciser



Greatly reduced illustration from "The Natural Cure of Disease," showing patient being treated by an operator or friend.

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Electricity has performed some wonderful cures. After all medical aid has failed time and time again, it has brought health and strength to the poor victims of disease.

Massage needs no recommendation. There is not a modern physician of intelligence who does not frequently recommend it. Thousands of weakened, diseased and pain-racked men and women have regained all the vigor of superb physical health from regular massage treatments.

The advantage of exercise or the Movement Cure in the treatment of nearly all diseases is now conceded by every student of the medical files. Where all other treatments have failed, where the vast field of medical science has been searched in vain for a remedy, the Movement Cure has proved

effective. Electricity is expensive. A competent operator charges from three to five dollars for one treatment. Massage is expensive. The services of an expert cannot be retained for less than similar prices, and a professional familiar with the Movement Cure would want extravagant figures for his time and advice.

Now you can actually secure all the benefit which can be derived from the services of such competent advisors and operators, by the mere use of the "Electric-Massage-Exerciser." By the swift movement of the polished balls over the surface of the body it generates a most pleasant current of electricity. The balls pressing into the flesh accelerate the circulation, not only on the surface, but in the deep inner tissues as well, arousing the entire functional system from torpidity to a state of freshness, liveliness and vigor which influences improved health almost immediately.

The device can be used by a friend or operator or can be used by the patient if not too weak.



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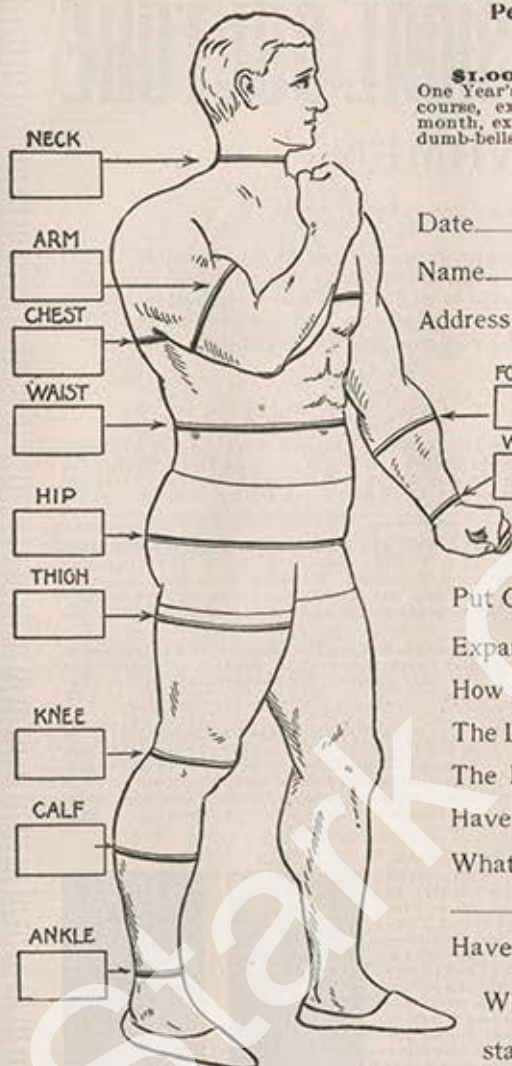
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CHAPTER III.—The Maintenance of Health: a Balance of Power between Food Supply, Digestion and Excretion—The Digestive System—Varieties of Food and the Amount Necessary to Health—Alcoholic Beverages—Constipation—The Kidneys—The Skin and the Complexion—Baths—Menstruation....115

CHAPTER IV.—The Importance of Good Chest Development and Ventilation in order to Obtain a Vigorous Circulation and a

Healthy Body—The Blood—The Circulatory and Respiratory Apparatus—The Changes in the Air Caused by Respiration—Ventilation.....177

CHAPTER V.—Dress the Fundamental Cause of the Physical Deterioration of the American Woman—The History of Woman's Dress—The Influence of the French Court on Dress—The Corset—Hygienic Dress—Decollete Evening Dress—Artistic Evening Dress.....207

CHAPTER VI.—Work, Recreation, Rest, and Sleep, in a Rational Combination as a Preservative of Good Temper and Good Health—A Definite Occupation a Physical Necessity—Number of Hours Allotted to Brain Work—Signs of Overwork—Physiological Necessity for Recreation—Number of Hours Required for Sleep—Health a Duty from an Ethical Point of View.....265



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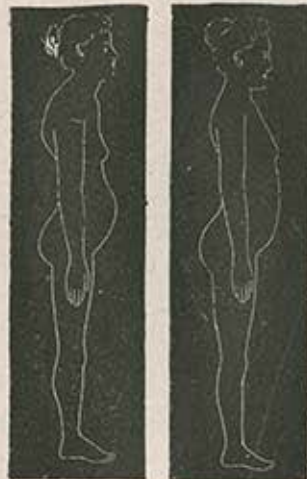
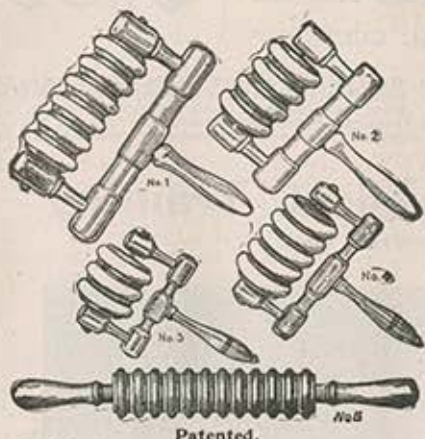


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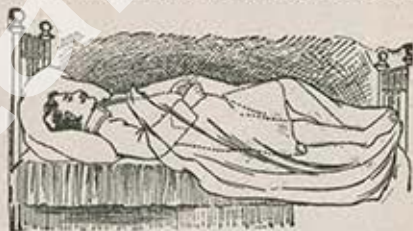
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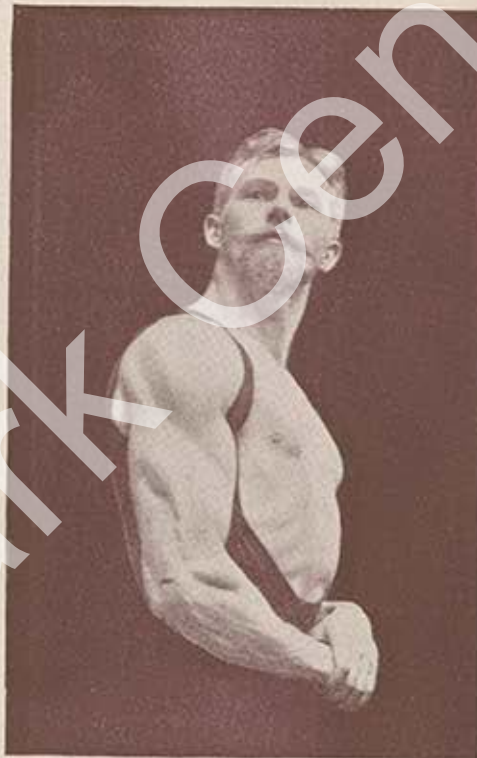
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