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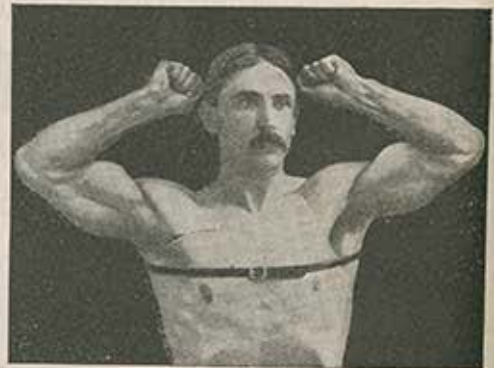
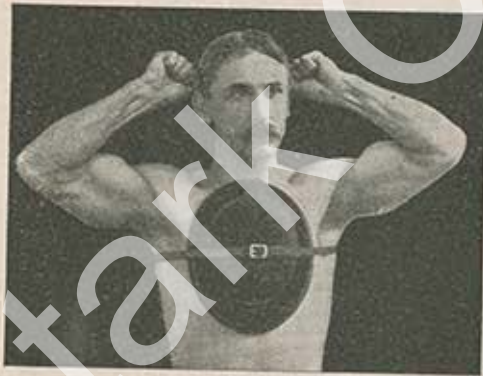
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PHYSICAL CULTURE

Vol. V.

JUNE, 1901.

No. 3

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Physical Culture is Published Monthly and is Devoted to Subjects Appertaining to
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INDIAN BODY-BUILDING.

By "Chief One Eye," of the Apaches.

(The photographs presented herewith are from originals of Sioux Indians traveling with the Wild West Show, and are presented through courtesy of Major Burke and Mr. Dexter W. Fellows.)



No chapter of history so thrills with excitement, so throbs with interest as that which tells the story of the American Indian. Son of the prairie, he will ever inspire the small boy to raise mimic scalps. Child of nature,

he impels the more sedate to study the secret of his mode of life in search after health and strength. For these have won for him a distinct place among the peoples of the earth.

This is the dawn of the twentieth century, yet a strange fascination clings to the "redskin." Civilization has



CHARGE-CLOSE-TO-LODGE AND TWO-MEN IN A WRESTLING BOUT, SIOUX STYLE.

brought him into almost daily contact with his "paleface" brother, yet is he looked upon as a creature apart from other men.

The Indian knows neither gymnasium nor *drugs*. He never studied anatomy, never read physiology; for this reason is he physically perfect. His ignorance, as you might call it, has been his salvation. The Indian, like the animals about him, instinctively knows every natural law

under which he exists and conforms to them. The paleface educates and civilizes himself away from nature, so that the more he knows the less he knows.

However, this article will deal only with the Apache system of body-building. The more interesting should it prove when you learn two facts about this great people. First fact: the Apache Indian is acknowledged to be one of the strongest (if not *the* strongest) races on earth. This is true both of the individual and the tribe. Second fact: in stature this Indian averages five feet, eight and a half inches; in weight one hundred and fifty pounds. So you see he is a comparatively small man, yet in muscular power he is a marvel. A man in my tribe (my division included a thousand braves) who could not lift a half ton with his arms or push two hundred pounds to arm's length above his head with one hand was not allowed to go on the war-path. He remained to guard the camp and the squaws.

In endurance the Apache is unequalled. He will carry a message on foot one hundred miles, without food or rest, across mountain or plain, and beat the best horse.

As to his agility, ask Gen. Miles or Gen. Howard, or read some things Gen. Lawton used to say. There is no being on earth quicker than an Apache Indian except another Apache.

Nor is this type of man lacking in symmetry or grace. His life is such that every part of his body has been brought to its fullest perfection of development, and the result is a natural ease and freedom of movement that is pleasing to the eye.

I have mentioned these four characteristics in detail because the most perfect animal development embodies these four features. And of course we are all animals in the one side of our nature.

Show me an animal that has not this four-sided development, and I will show you an animal that you have simply domesticated away from his natural habits and methods.

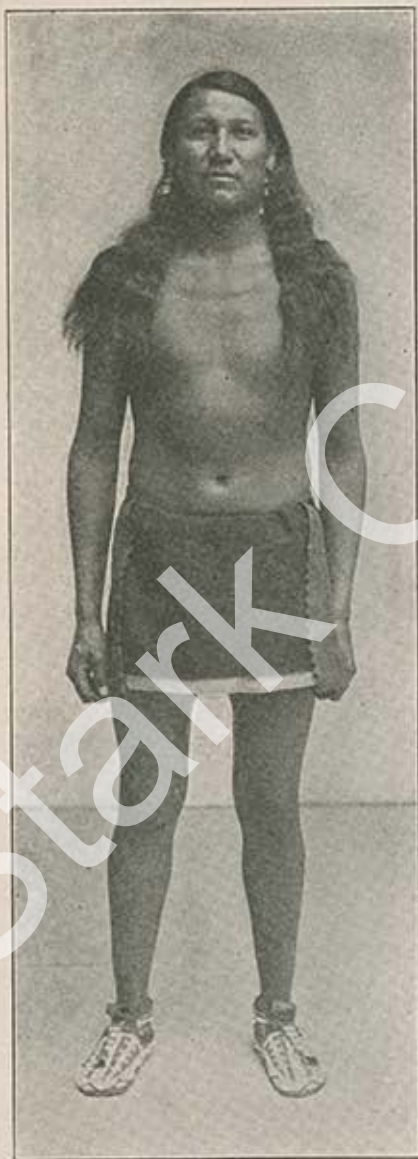
Look nearer home. In spite of your efforts to teach your animals how to live, you have much to learn from them. Your ox is of great strength and endurance. Your dog is alert and healthful,



CHIEF LONE BEAR.
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Your horse is graceful and fleet. Your little cat is supple and agile. All because they are natural. They do not take physical lessons. They do not get sick, except when sometimes they eat unfit food that you give them because they trust you. Then they straightway hunt an emetic to get it out of their system, instead of taking a pill to help digest it.

Now you ask, What is the secret of



TWO-MEN, OGALLALA SIOUX.
(Now with Buffalo Bill's Wild West.)

this fourfold development of the Indian and the animal—this great strength, this unlimited endurance, this beautiful grace, this remarkable agility?

Let me answer these four questions. The secret of strength is activity. This is the law of the universe, from the largest star to the smallest atom. Inactivity means stagnation and stagnation means death. The strength of the animal and the Indian is due to constant activity except in the hours of sleep. The animal, owing to its build, naturally exercises every remotest part of his anatomy. The Indian, through his games and other habits, does the same. Hence a symmetrical development—equal strength in all parts of the body. Brother, the secret of it all is activity; not strength tests and heavy lifting; not "new methods" of physical culture and "scientific athletics." I like this magazine and its able editor because they exploit nothing new. They preach and teach first principles—conformity to natural laws. You cannot improve upon nature, and nature is only another name for God. Then study Nature and her children, and as you are teaching us mental development, so will we teach you physical perfection.

A word about the second point—endurance. The secret of endurance is conservation of force. Food builds up the physical being—that is, proper food. Exercise turns this food into force, or energy. It is a mistake to suppose that mere tissue or muscle is strength. It is only the medium through which we express our strength. Strength is vitality. Constant activity develops this vitality. Heavy gymnastics expend it—waste it. No animal, no Indian lifts weights or works pulleys or uses apparatus. Expenditure of force by the animal is only when he fights for his food or in self-defense; by the Indian only in his games of competition. At all other times they conserve their force—hence their unlimited endurance.

Consider the third feature—grace. The secret of grace is repose. Did you ever see an Indian strung up at a high degree of nervous tension? That condition belongs to the dyspeptic "paleface," who knows not how to live. Does your animal bear that strained, worried look so characteristic of modern American life?



Two-Mec.

Chief Lone Bear

Charge-Close-to-Lodge.

GROUP OF SIOUX INDIANS WITH BUFFALO BILL'S WILD WEST.

There is not a society woman but would give a thousand dollars to be able to walk across a ball-room floor with the willowy ease and grace of a "redskin."

The tense, nervous creature of an unnatural civilization moves in jerks and angles. The child of nature is all curves and grace. However, he is wholly unconscious of it, because it's natural. At all times be calm; cultivate ease. Then when the occasion presents itself to go into action your conserved force will be irresistible.

The wild animal moves so easily, is so lithe and graceful as to seem incapable

of harm. Quicker than thought it becomes like a volcano in terrible eruption. The white man marvels at the passive stoicism of the Indian. In the twinkling of an eye he is a rushing, howling torrent of disaster. In action both are swift and dangerous as an electric current. At all other times both embody the consummate grace and ease of a tabby cat. Repose means grace.

Now for the last point—agility. The secret of agility is perfect health. There can be strength without health; witness many athletes. There is no perfect health without strength. Health means a normal

physical condition. Strength means perfect vitality. Activity, the secret of strength, means the ability to transmit or flash this vitality to any or all parts of the body as quick as the wish or thought. This is agility. It is almost impossible to catch a domestic animal or a well-trained pugilist off guard. It is impossible to catch the wild animal or Indian unawares. Agility, then, is a natural result of the other three characteristics of the "beast" or "savage" whose better habits and mode of life you would disdain.

In conclusion, let me say that I have purposely avoided the personal element in this article. I have spoken of my people in general. I am merely a fair type

of the tribe, and to show that "the proof of the pudding is in the eating," a few of my own records follow:

Lifting a dead weight of twelve hundred and sixty-four pounds with the two arms; striking a blow of five hundred and fifty pounds; running twenty miles in two hours without a rest and no after-effects; a hundred-yard dash in ten seconds; raising a one-hundred-and-sixty-pound man in each hand above the head.

I am glad there is such a magazine as **PHYSICAL CULTURE**. I rejoice in its fearless, sensible editor, who is not ashamed to admit that he can learn of Nature and her children better than from books.

HEALTH HOME CURES.

By Bernarr Macfadden.



These lines are being written we are still waiting to hear from the representatives of so-called "medical science" in answer to our plain invitation, in which we agreed to show them how to cure all diseases considered by them incurable.

Mr. Andrea Axelsen, the free consumptive patient of Port Byron, Ill., whose photograph we published in the last issue of this magazine, has already announced that he considers himself practically cured. His hacking cough is gone; the rattle in the lungs has disappeared; his rupture is nearly cured. We expect to make an athlete of him. The average reader will call this a miracle. It is nothing but the result of our simple methods, and can be repeated at any time. We can cure any case of consumption not in the last stages of the disease, and in July or August issue we will publish Mr. Axelsen's final comparison pictures, and will describe plainly just how his case was cured, so that any one can effect a cure at home without expense.

Mrs. Cole, of Watertown, N. Y., our rheumatic patient, is also practically cured, and we will publish the results of her case in a later issue.

Mr. Herbert Laney, of Cumberland, Md., the sufferer from that incurable disease, partial paralysis, is also virtual-

ly cured. We are now putting the "finishing touches" to his case, and when his friends see him again in his home town, he will have been "born again."

I know that many readers of these lines will think we are in the "faking" business, along with the science of medicine, but we not only invite, we demand, the strictest investigation of every case. Write to their home towns, where they have been known for years, and find out for yourself the frightful condition of every patient whom we have accepted.

Remember, we picked out in every instance, for our free patients, the worst cases that were offered.

We publish herewith pictures showing the remarkable improvement of a case of nervous debility. His letter is as follows:

"Though I had read your magazine and had begun to see the merit of some of your theories before I visited the **PHYSICAL CULTURE** home, I must say that my first impression of your methods was far from favorable. Your methods are startling—I might say revolutionary. They stun one by their absolute lack of consideration for long-established conclusions. At first I thought you all must be mad. But now I can plainly see that it is the vast ignorant public that are mad—mad, unthinking followers of conventional rules

and ideas. Nowhere have I ever seen such marvelous results as frequently follow the use of your simple methods. And yet how reasonable it all seems after calm consideration. I wonder how I could have been such a fool all my life—how I

of ultimate recovery dawns convincingly upon them, is a common experience at your institution. Then you have eliminated all features that make it appear like a home for the sick. No gloom, no sadness. All gayety and gladness. Every



MR. DORR AS HE APPEARED WHEN HE ENTERED AND WHEN HE LEFT THE HEALTH HOME.
NOTICE PARTICULARLY THE CHANGE IN FEATURES.

could have failed to see the truth that will appear so plainly to any diligent student.

“To see apparently incurable cases, who have spent years in fruitless search of health, who have visited one sanitarium after another in their vain efforts, brighten up in a few days as the surety

one tries to crowd all the joy he can into life. It seems like one big play-house with a lot of grown-up boys and girls, who dress as they please and do as they please.

“Your theories will revolutionize the healing methods of the civilized world. Any one who will come here and talk to your patients—though you call them

pupils instead of patients—apparently suffering with incurable diseases, and will listen to their enthusiastic comments upon their rapid improvement, will indorse this statement.

“Disease, when your religion becomes

PHYSICAL CULTURE sanitarium, I have advanced far on the road to recovery, although having suffered for several years from a most obstinate case of nervous debility, etc. I am confident that a further stay would bring me around



SIDE VIEWS OF MR. DORR, TAKEN WHEN HE ARRIVED AND A MONTH AND A HALF LATER.

thoroughly understood, will lose all its terrors, for you have proven beyond all doubt that disease *is not disease*; that it is simply the manifestations of an effort on the part of the body to cure itself, and it becomes chronic only when the conditions that produce it become *chronic*.

“After spending two months at the

entirely, but am compelled to return home, where I expect to continue the treatment and achieve a complete cure.

“In conclusion, I will say that I feel toward the PHYSICAL CULTURE people a gratitude which I can hardly express in words, not only for the progress I made while at their sanitarium, but also for

the invaluable hygienic knowledge I gained during that time.

"Atlanta, Ga. O. E. DORR."

The methods used in the cure of Mr. Dorr's ailment were as follows:

Exercise—Long walk daily until fatigued; deep breathing exercises during this walk; general exercise for chest and

lung development, including active outdoor games about two hours daily.

Diet—Wholesome, nourishing food only, thoroughly masticated. Only two meals were permitted daily, at eleven a. m. and five p. m. At the beginning of the treatment he fasted every third day.

Bathing—Cold sitz bath of one minute duration or longer after morning exercise; two hot baths a week.

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Specimen for drug Museum
 written with hand that was paralysed.
 Yours truly
 H. Laney

4-30-1901

GYMNASTICS AND MORALS.

By F. L. Oswald, M. D.



CRITIC of the philosopher Bolingbroke admits that "some of the brief epigrams of this shrewd observer are pregnant with meaning enough to furnish topics for a thousand sermons."

A specially characteristic text of that sort is the remark that "disordered health may sometimes be a penalty of vice, but is often also its cause."

It might, indeed, be questioned if a more suggestive truth has ever been condensed within the space of two lines. Moral and physical health are certainly interdependent to a rarely realized degree, and millions of devotees who slighted the welfare of their bodies for the sake of their immortal souls, defeated their own purpose by overlooking the fact that weakness and sickness foster vicious propensities as inevitably as a neglected soil engenders weeds. Incontinence, for instance, can be frequently traced to a lack of opportunity for physical exercise.

"Müssig-gang
 Ist aller Laster Anfang."

says a German proverb—"indolence is a root of immorality." Physical energies,



DR. F. L. OSWALD.

finding no better outlet, explode in vice. The traveler Marshall, in his chronicle of the Caucasus, describes the Lesghian highlanders as "strictly faithful to their conjugal pledge, and listening with surprise, almost with incredulity, to accounts of sexual transgressions in the tribes of the coast plains." "From the time a boy can run on his own legs," he adds, "he day-dreams of the year when the chiefs will permit him to join the adventure trips of the hunters, and

up to the end of his 'teens outdoor sports keep him too busy to think of flirtations."

As long as the old Romans were the most athletic nation of Europe they were also the most virtuous. *Virtus*, in primitive Latin, meant manhood and strength as well as virtue, an echo of that by-meaning being still preserved in virtually (by strength of) and in virility. Men like Cincinnatus, who went from the battlefield to the plow and from the threshing floor to the *palestra*, had no time for vices. Immoralities began when Rome had become wealthy enough to maintain a large number of its citizens in idleness, but became epidemic only when the hypocrite-despot Theodosius suppressed the Olympic festivals, because, as he explained his decree, "athletic sports had a tendency to direct the attention of men from things spiritual."

"*Insani fugiunt mundum, immun- dumque sequuntur*," was Jordan Bruno's pun comment on that outrage: "Those maniacs, trying to renounce the world, stumbled into abominations," and the idle, sanctimonious, stall-fed and unmanly era of the Byzantine empire was, without any exception, the most immoral period in the history of the human race.

That the Grecian gymnasts could not claim moral perfection from a convent point of view may be readily admitted, but as for the charge of "heathenish enormities going hand in hand with their worship of the flesh and the world," we may safely appeal to the verdict of Nature that permitted the alleged monsters to enjoy a never since equaled degree of mental and physical vigor, health, beauty, grace and longevity.

"By their fruits ye shall know them," and if competition for the prizes of moral purity should meet before the examining board of an impartial hereafter, the health-beaming victors of Olympia might happen to eclipse a good many world renouncers.

The causal connection of indolence and alcoholism was recognized nearly a hundred years ago by the educational reformer Pestalozzi, but we might generalize his observation in the remark that the victims of enforced physical inactivity are apt to seek relief in the anodyne of intemperance. The once abstemious Turks began to fuddle with opium as soon as

the European conquests of their leaders doomed them to the tedium of city life. In pent-up Papua the veterans of Hannibal, who had routed six Roman armies, were in their turn laid low by South Italian luxuries. In the sloth of the mediæval monasteries the alcohol plague raged as it had never raged in Greece or Rome, and the mechanical cupping knives are said to owe their invention to the circumstance that ordinary lancets could not penetrate the vinous incrustations clogging the veins of the bibulous friars!

Not all these cowed tipplers went a willing road to the abyss of alcoholism, and in the era of the Crusades hundreds of pious monks volunteered to join a campaign of infinite hardship, in the hope of thus conquering their besetting foible. For similar purposes Lord Byron undertook his first tour of southern Europe, and often went out of his way to climb extra steep bridle paths of the Grecian highlands. "And he was proud," says his biographer, "to find that he could conquer insomnia without a resort to chemical specifics."

In all countries of the world the temptation to intemperance increased with the suppression of outdoor sports, and I shall never forget the remark of a gray-bearded pedagogue who had accepted my invitation to a soirée of the temperance revivalist Gough. "Isn't it strange he never mentions gymnastics?" said my companion after listening to an impassioned harangue of the would-be reformer. And as it happened, the critic was by no means prejudiced in favor of physical *vs.* spiritual remedies, but the experience of many years had convinced him that "there is nothing like a horizontal bar for keeping young idlers away from the bar of the rum vender," as Dr. Youmans expressed it.

Physical vigor also is the chief basis of self-reliance. Greece owed her eight centuries of freedom to her athletic training schools, and an adversary of the tyrant Polycrates did not hesitate to assert that he suppressed gymnasiums because he preferred submissive weaklings to men. That motive was probably the real secret of the above-mentioned decree against the Olympic festivals, which our manlier age has revised, after Greece had for fifty generations witnessed nothing

more inspiring than processions and an occasional fandango:

"The Pyrrhic dance, you have it yet;
Where is the Pyrrhic phalanx gone?
Of two such lessons, why forget
The better and the manlier one?"

But, once rekindled, the flames of the athletic enthusiasm blazed aloft with strange suddenness. Can-can pits were abandoned for wrestling rings, wine shops for foot-race tracks, and even the burst of over-confidence that resulted in the premature *defi* of the Ottoman Porte is a creditable sign of the times.

Nor is it at all certain that Germany does not owe her remarkable regeneration to the influence of the turner bund quite as much as to the political stratagems of Herr von Bismarck. There were diplomatic wizards before his time, Kaunitz, Haugwitz and others, but the spirits they conjured up could not be brought to the scratch, like the eight hundred thousand athletes that sprang to arms at the challenge of Napoleon the Little.

Physical education now goes hand in hand with common-school training throughout modern Germany, "and it would be a great mistake," says an observer of the results, "to suppose that hardy habits tend to harden the character; on the contrary, the bravest lad of a parish can generally be known by his cheerfulness and his frank good nature. The champion of a swimming school, in after years, will be apt to meet the billows of life with the exultation of conscious strength rather than with a shivering resignation. I am often tempted to quote the remark of a French training-ship surgeon of blunt speech, but with a sharp eye to the character traits of his young countrymen: "If I had my own way," said he, "every boy in the marine should serve an apprenticeship in the rigging and learn to rough it before he gets a soft berth. The lads that have grown up before the mast make the best men in every sense of the word, brave, honest fellows, most of them; while the cabin-boys, who have been pampered with tidbits and soft jobs, generally turn out 'prevaricating puppies,' or plainer words to that effect."

For the same reason a training oarsman is generally an exemplar of moral merits;

to him experience has demonstrated the *temporal* disadvantages of vice, an argument that somehow prevails where *argumenta ad fidem* have failed. "International boat races," says Charles Reade, "should not be mentioned among games of chance. They are decided by fairer tests than the 'gift of luck'—by strength, skill, endurance, chaste living, self-denial and judicious training. Every winning boat is manned by virtues."

And even the "gift of luck" is often biased by mental and physical vigor. The survival of the fittest means, in many important respects, the survival of the strongest. In a state of nature weakly animals yield to their stronger rivals; the stoutest lion, the swiftest tiger, has a superior chance of obtaining prey; the stouter bulls of the herd defy the attacks of the wolves who overcome the resistance of the weaker individuals; the fleetest deer has the best chance to escape the pursuit of the hunter.

A state of civilization does only apparently equalize such differences. The invention of gunpowder has armed the weak with the power of a giant; but the issue of international wars will always be influenced by the comparative strength of sinew and steadiness of nerve of the men that handle those improved weapons. If it is a "duty to succeed," we should not underrate the obligation to develop the factors of success. "*Fortis fortuna adjuvat*," said a Roman proverb, which means literally that fortune favors the strong, which has been well rendered in the paraphrase that "Force begets fortitude and conquers fortune."

Educational ethics should fully recognize the rights of the body. We should admit the unconventional, but also undeniable, truth that an upright and magnanimous disposition is a concomitant of bodily strength, while fickleness, duplicity and querulous injustice are the characteristics of debility. We should teach our children that a healthy mind can dwell only in a healthy body, and that he who pretends to find no time for taking care of his health is a workman who thinks it a waste of time to take care of his tools.

The civilization of the future will build a gymnasium near every school, but as certainly at last also near every temple of ethical culture.

QUESTION DEPARTMENT.

We are receiving numerous inquiries from sufferers of diseases of a private nature who have been victimized by advertising "quacks," inquiring as to what is the best policy to pursue when they receive letters in which these "quacks" threaten suit and the publicity connected with it.

We would suggest to those who are being annoyed to simply write to the physician and state that the matter has been placed in the hands of an attorney, and that they will act as he advises in the matter. We think that this will stop the annoyance. If it fails, the matter should be placed in the hands of an attorney for action if necessary.

Q. I have very poor blood. Was advised to take a quantity of fresh animal blood three times per day. Do you think this would benefit me? If not, suggest a remedy.

A. Food, regardless of its character, whether composed of blood or of any other nourishment, is incapable of producing rich blood unless your system is in condition to absorb and make use of it, therefore you have but one plain duty before you, and that is to build up your general health by exercise and other natural means, and then it will make but little difference what food you eat provided it is nourishing.

Q. What exercise would you suggest for increasing chest from 37 to 40 inches?

A. The various chest exercises with dumb-bells and other means, illustrated in past numbers of this magazine, combined with deep breathing and long walks, should bring about the desired results.

Q. I am 19 years old. Can you suggest exercise for increasing height?

A. There are no exercises that will especially increase the height. What you must do is to simply adopt those means necessary to maintain highest possible degree of physical health, and if you have not acquired your full growth you will increase in height, but if otherwise, no means on earth can increase your height.

Q. When exercising with dumb-bells I put my arm out of joint at shoulder. It has slipped out three times since and

I have stopped exercise. Doctor says joint is loose. Can I strengthen it?

A. Would advise you to continue exercise, only be very careful to refrain from those exercises which tend to disjoin the shoulder. By using care in this way you will gradually strengthen this part, so there will be no danger of a continuance of the trouble you mention.

Q. Suggest best exercise for one who is training for 100-yard dash and standing broad jump.

A. There is, of course, no better exercise for training for these events than the exercises themselves. In training for 100-yard dash, about the best exercise is to practice starting, getting away as rapidly as possible. Of course various exercises for strengthening the legs will be found beneficial, though the upper part of the body should not be neglected. Those muscles which tend to strengthen you for running would of course increase your capacity in the standing broad jump if you practice same regularly.

Q. Would you recommend exercise for persons 60 years of age? Have a fine constitution, but am muscularly weak.

A. I have called attention in a previous issue to one case of a man who recovered fine health after having been given up to die at 65. There is not the least doubt but that exercise will greatly benefit you, and if accompanied by a moderate diet would greatly increase your muscular strength. Would advise walking with deep breathing and light calisthenics.

MENTAL VS. PHYSICAL DEVELOPMENT.

By J. R. Stevenson.

ONE of those purblind people known as "public educators," whose days are spent in collecting what they term "scientific knowledge," but which all experience proves in a majority of cases to be merely data of valueless observation of abnormal conditions and environment, undertook to prove by statistical formula that exercise (physical development) was not conducive to mental effort. He took, so it is reported, the boys of a Chicago school for the subjects of his experiment, and found that not one of the

football players could pass his "exams" at the end of the term. He deduced from this that physical development and mental development were not co-ordinate, and that one was to be obtained at the sacrifice of the other.

You know how often the funny men and cartoonists take these self-same "professors" as the subjects of their wit. You are familiar with the purblind man with a cotton umbrella, long coat and goggles who performs a series of ridiculous feats. This character is not overdrawn. For ridiculous assumption, impossible reasoning, absurd premises, take



MR. GEO. H. STAPENHORST, CUMBERLAND, MD.

one of these self-same men of the schools. They are usually the educated imbeciles of the race—men trained to think by rule and according to the standard of the text-books. They are like doctors—made according to their school. Their philosophy, their religion, their politics are all of this order of manufacture. They never evolve anything, never push on into new fields of vision. Education with them has been “training” merely, not education in the sense that thinking men use the term.

Now, this Chicago professor, choosing at hazard a class of boys, undertook to demonstrate that the football players could not pass certain examinations, and because they failed in that particular class, he is out with a theory that physical development is obtained in public or private schools at the expense of the mental powers of the individual. If this professor had instituted a general comparison of all the students in the country in a given year, he would have had to make allowance for the mental peculiari-



CLASSIC POSE BY GEO. H. STAPENHORST.

ties of the class before deducing any certain law. The phenomena of one class were absolutely valueless for arriving at any general conclusion.

Moreover, this professor set out to overthrow a theory that has been demonstrated so perfectly by ages of experience that he can hardly escape the ridicule of the most cursory reader of his remarkable experiment. Two thousand years ago, the philosophers of the period recognized the truth that sound body and sound mind went together, and in that virile group of pagan philosophers produced by artistic Greece, not one existed who was not also a product of physical development. The philosophy of this school has lived through ages, has even made its impression on all other philosophies of earth, and those men must have had great minds—original minds.

Even our Chicago professor could not declare that as mental giants those old fellows of Greece, with their muscular bodies, brawny arms and strong legs, were not the superiors of any group of men who have ever attempted a tour de force in purely mental sciences. Those sages of Greece were trained in physical development from childhood up, and when they were in their mental prime and were giving forth the influences that were destined to sway the nations of future centuries, physical exercise was religiously observed as a part of each day's work, not for the

sake of diversion, but to stimulate the mental powers of the individual. It is related by Aristotle of his great teacher that prior to his daily appearance on the streets to catechise the rank and wisdom of Athens, he had already spent several hours of the morning at the gymnasiums and baths, wrestling with young men and giving play to his splendid physique.

Unfortunately the age of decadence has produced decadent ideas and theories, and the most evil of these is the theory that the only effort worth making is purely mental, and that such effort is not in the remotest way dependent upon physical power or perfection.

There has always been a greater demand for physical power in the universe than for mental. It is the well-balanced, wisely administered physical power that preserves the balance of civilization. Decadent, non-physical ideas would have made chaos of the universe long before this if Nature had not safeguarded her rule with admirably established laws.

She has made it a rule that good, strong intellect and good, satisfactory, healthy bodies should always coexist. She has made the brain depend upon the general tone of blood and muscle of which the rest of the body is composed, and in the face of these facts such experiments as the Chicago professor instituted are worthless, and such deductions as he made the very apotheosis of assinity.





HEALTH.

What matters it if thou hast massive wealth,
 And countless acres fertile to the eye,
 And hast not on thy face the bloom of health,
 And in thy breast a Man's virility?

I see the Prince of Riches sullen, sad—
 With broken frame, emaciated face;
 Who passes not a single moment glad—
 A stolid dwarf amid life's manly grace.

Half of his crown he'd freely give to buy
 A transient season of my baneless light;
 But now, too late! the wormed tree must die
 When from its leaf reflects Death's sick-
 'ning blight.

Behold the student bending o'er his toil
 Till night's small hours in quest of Wis-
 dom's name;

When—lo! the Serpent winds him in his coil
 In sight of the bright zenith of his fame.

Ah! to my view what countless legions go—
 All closeted from my life-giving air;
 All weak and withered of my fervid glow—
 Down to the grave of premature despair.

But, oh! I see a ruddy-featured boy,
 Who plies his toil with manly majesty—
 A giant frame—a soul that utters joy;
 Who learns of me and feels my potency.

I am the giver of the cloudless Brain;
 The Reason unalloyed; the Iron Will;
 The Soul that through this brief terrestrial
 reign

Unfettered looks to the Eternal Hill.

—CLARENCE D. MOORE.

NOLL'S MATCH-MAKING.

By A. A. C.

“WELL, old fellow, I am nearly through with the dear old place, and you have only another year in which to draw knowledge and inspiration from the wells of education. I confess I am sorry to go, and yet there is a certain joyousness in the knowledge that I shall face the world for myself and shall try to their fullest extent the body and mind I have been able to develop here in the dear old school.”

“Wish to goodness I was going too, Noll. I can't see for the life of me how we are to get on without you, for we shall miss you everywhere—in the gym, on the track, on the football field, in the classroom, and especially in the social life of the school.”

The speakers were sitting in the college room of the former, and one could tell by the way they looked at one another that they were close friends. “Noll” Bigelow, as the boys called him, was a magnificent specimen of a man—tall, broad-shouldered, deep-chested, with the light of health in his eye and the sound of joyous strength in his voice. No less magnificent was the young Hercules who sat, or rather lounged, in the great Morris chair before the fire.

In the days when some minister had laid holy hands upon his childish head he had been christened Edward Raynor, but throughout the old school and in some other schools, whose athletes remembered it with sorrow, he was known as “Tiger” Raynor.

Men who were in college when Raynor



“WISH TO GOODNESS I WAS GOING TOO.”

came used to say that no more sickly and attenuated specimen ever entered those halls or crossed the old campus. In a year had come a marvelous change. In his sophomore year he "made the 'varsity' teams in baseball and football, and was known as the hardest wrestler in school.

"Tiger" had attended one evening a lecture on physical culture and had heard a magnificent young wrestler tell his story—a story of awful weakness that had been gradually developed into magnificent health and virile strength. Naturally enough the boy asked himself why he could not be strong and vigorous. He decided that if hard, faithful work would bring health and strength he'd have it. Back to school he went and consulted the physical instructor, who happened to be of the "new school," and the result was that a course of training was laid out and Raynor held himself to it with the inflexibility of an iron will. In a year he was ranking higher in his studies and, in his own words, "feeling more as I had thought a man ought to feel than I had ever dared hope to feel."

"Well, Tige, old man, I had thought once upon a time that you were to be more than a friend to me. I thought you were a little taken with Mab about three years ago, and rather hoped we'd be brothers some time."

A look of pain shot across Raynor's face. In a moment his friend was by his side and they had clasped hands.

"I didn't think it would hurt you so, old man."

"It's all right, Noll. You never knew how much there was between Mab and me, so you did not realize that you were opening an old and terribly sore wound."

"But Mab has never had anything to do with any one else, my boy, and I supposed it was your fault entirely."

"No. She told me that she could not and would not marry a man in my physical condition, and God knows it was miserable enough, too. But I have changed all that, and yet I hardly dare ask her again."

"Pshaw! You must tackle that proposition just as you do any other, my boy. There is only one way to do anything like that, and that way is to go at it quickly."

"Oh, she is too splendid for me, Noll.

Venus will do well to look sharply after the laurels she has had so long. What a magnificent temple she has made of her body, and what a glorious spirit that temple contains!"

"Mab is coming to be my guest for a month before graduation, old fellow, and I just want you to do your prettiest in the games next Saturday."

"All right. I can beat all kinds of records if she will applaud for me."

Saturday dawned bright and clear, and at two o'clock the athletic field was crowded, every available seat being taken, and crowds were standing along the sides of the field. The different colors of the schools were borne aloft in the shape of pennants and banners made by the sisters and sweethearts of the contestants, and worn in great streamers from the lapels of coats and cloaks.

"Noll, where is Edward Raynor? I haven't seen him since I came up from home."

The speaker was a handsome young woman, perhaps twenty-three years of age, and as one stole a glance at her, that glance would be turned into something akin to a stare of wonderment. Such grace and dignity, vivacity and reserve were not to be met with very often in a lifetime. As she stood looking out over the great athletic field she made what an artist would call a magnificent subject for a picture.

"Oh, he is still here in college and is the same dear old fellow. I understand he is entered for the mile and half-mile runs to-day, and is to wrestle and box in the gym to-night," Noll answered very quietly, but all the time watching the effect of his revelation.

The look of incredulity that swept over Mab's face was followed by a ripple of laughter.

"Why, the poor boy couldn't run a half mile to save his life. Three years ago he was the smallest specimen of a man physically I have ever seen. Perhaps he has improved, though. You are such a poor letter writer that I have gotten 'way behind while in Europe, Noll."

"Oh, well, Raynor isn't the most magnificent man alive, of course. Here's your big brother, you know."

"Egotism pure and simple, my dear

boy. My! who is that fellow coming across the field from the dressing-rooms? He is splendid. What a head he has, and what a chest and shoulders! Why, he looks as though he had stepped out of some of that splendid Greek statuary I saw last year. Tell me who he is, Noll."

Noll was inwardly rejoicing, but answered nonchalantly:

"Oh, he is one of the football men. Pretty good sort of fellow. He is in the same races with Raynor."

"Then Edward had better bid good-by to any dreams he may have had of success."

"Perhaps he had. Shall I tell him that his old friend Mab wants him to win to-day? Perhaps it would encourage the poor fellow, you know."

"Yes. Tell him anything that will help him, but if I go away from this town without meeting my modern Greek, I'll never forgive you."

"Phew! You are in bad shape, aren't you, dear?"

"There, Nolly dear, you are my brother, you know, and I can say things to you."

"Very well, sister. I must go and get ready for the fray now, I suppose. Shall I bring some one to you or do you prefer to stay alone?"

"Oh, I shall be all right here, thank you."

As her brother moved off she caught the low murmur of admiration that went up from a group of men wearing the colors of another school, and these words also:

"What chance have we against such fellows as he, boys? I tell you our system is at fault. We have the men, but not the muscle and the staying qualities that this school seems to develop."

Mab's heart beat a little faster under the elegant gown she was wearing, but her thoughts were still with her vision of a few moments before. Suddenly she remembered that her brother had told *what* he was, but had not answered her query as to *who* he was.

Suddenly there was a cheer as eight stalwart fellows came stalking toward the starting-line for the half-mile run. Using her glasses, Mab saw her splendid brother, and by his side the one whom she had called

her "modern Greek." Every muscle rounded and beautiful and walking with an easy grace and strength that betokened superb power and staying qualities, he seemed indeed one of the old Greeks resurrected.

The woman then in the grandstand watched with intense interest their preparation for the start. She noticed that her brother and her "Greek" stood almost straight, with one foot a little ahead and with arms outstretched, one behind and one before.

"Are you ready?" the starter's voice sang out clearly, but the answers came through shut teeth, "Yes, all ready." He held them a moment thus and then came the sharp crack of the pistol, and eight lithe forms were on their way to the goal.

The track was a quarter-mile track, and as the runners passed the grandstand for the first time four of the men were very close together, so close, in fact, that it would have been hard to pick a winner. But when the pace grew hotter, slowly but surely Raynor and Noll began to forge ahead. But see! A man shoots out from the second form and like a meteor is off after the winners. A cheer went up from his friends and Raynor looked over his shoulder. It was a fatal look, for he stumbled and fell and in a moment the seven had swept on. If he had been running before, it would seem as though one must invent a new word to describe the magnificent exhibition that the fallen runner began to give the moment he reached his feet.

Mab was watching the race with intense interest, and noticed as her "modern Greek" regained his feet that he simply put one arm across his body and went flying after the other runners. People almost lost sight of the pretty struggle for first place going on between Noll and the man whose meteor-like dash had caused Raynor's downfall in the interest bestowed upon Raynor himself. Already he had reached and passed the man who was doomed to be last in the race, and was running with seemingly ever-increasing power. Not the training of a few days was showing itself now, but that of years was being shown in the endurance of the man. As they swung into the home stretch Raynor was again among

the first four and was making the pace fiercer than ever.

"See! See! He'll win anyway!" some one in the grandstand cried.

Slowly, surely Raynor forged up to Noll himself, and then the spectators got a glimpse of his face, blood-covered and scratched, but set with an awful look of determination. The third man made a last desperate effort, and together the three raced for the mark 200 feet away now.

Cheer after cheer went up from the great crowd as it saw Raynor forge ahead of the others and in a few seconds go over the line first, with his old chum a close second.

Running a little way over the mark and stopping, they came slowly back toward the trainers, who were already running toward them. As Raynor's trainer was throwing his great bath-robe over his shoulders he whispered: "Get a doctor, old man. I broke my arm up there on the track."

The boys from the old school came pouring into the track crying: "Ride him, fellows, ride him!" But some of the trainers said to two or three of the leaders: "You can't, fellows. He has broken his arm and Jones has gone for a surgeon."

Almost immediately the boys fell back to make way for the surgeon, and then they wended their way back to the grandstand, and in a little while Mab knew that her "Greek" had won his race in spite of a fall and a broken arm.

Turning to a young man who was sitting near her and who wore the school colors she said:

"Pardon me, sir, but will you find Mr. Bigelow and tell him that his sister wants to see him?"

"With pleasure," the young fellow answered as he sped away on his errand, and before long he came back with Noll.

"Noll, I want to see the man who won that race and tell him what I think of him. May I?" she whispered



"I WANT TO SEE THE MAN WHO WON."

"Why, of course, sister," Noll answered, secretly hugging himself and muttering as he turned away: "If the course of love doesn't run smooth in the hearts of these two now, it won't be because I don't do my best to make it."

It was not long before a cheer loud and long rent the air, and then Mab saw her "Greek."

"Sister, allow me to introduce Mr. Raynor, my dear old friend; my sister, Miss Bigelow, Mr. Raynor."

Mab stood in perfect amazement, and had it not been for Raynor's presence of mind there would have ensued a very awkward interval, but in a flash he replied:

"Oh, gammon, Noll. I know your sister almost as well as you do, and am going to stay here and protect her while you win those other races."

There was a look in Mab's eyes that told him he would be welcome to stay, and so he took the seat by her side.

Noll strode off muttering: "Apollo and Venus. My! what a match they will be."

Sitting by the side of his divinity, Raynor almost forgot the pain and dis-

comfort as she talked sweetly of other days.

"Well, Mab," he said, dropping almost unconsciously into the friendly speech of the past, "I suppose you have the same opinion about some things as ever, haven't you?"

"Yes, I have," she answered.

"That must be the reason why you are still so fine-looking, Mab," he rejoined.

"You impudent fellow! I shall watch this race for the next ten minutes."

"Oh, no, you won't. Noll will win that in about ten seconds, and then you'll talk to me again."

If Raynor had really thought there was no hope for him, he could not have taken a better course than this.

The boy's next move surprised even himself. He reached over and took her program of races and wrote on the card:

"Mab, have you ever felt as though you'd like to change the answer you gave me nearly three years ago?"

She scribbled a "Yes" on the margin.

Noll's match-making had worked like a charm, and to-day Ned and his wife are showing the world—their little world—how men and women ought to live.



A PHYSICAL CULTURE TYPE.



A 14-YEAR-OLD SCHOOL BOY AFTER 3 MONTHS OF PHYSICAL CULTURE.

WHERE DEATH LURKETH.



Behind the cigar counter,
Grim Death is often met,
In the shape of poisonous nicotine
And the fatal cigarette.



In the gaily lighted drug store,
This dreaded phantom lurks,
Where, with the help
of deadly drugs,
His awful spell
he works



BARGAIN
THE
'DEADLY GRIP'
CORSET
\$1.50

Again, disguised as surgeon,
He often stalks abroad,

Licensed to carve and cut, ad lib,
His victims by the horde.



Then at the corset counter,
Death always may be found,
And, with Dame Fashions ready aid,
Rears many a grassy mound



And in the gaudy grog shop,
There, Death finds lots to do,
As he slowly eats away men's brains
And vital organs too.

ON EATING.

DIGESTION DEPENDENT ON MASTICATION.



ON many occasions we have emphasized the great importance of thorough mastication. Foods, to be properly digested, must be thoroughly liquidized and mixed with the saliva before swallowing. All physicians agree as to the correctness of this conclusion. Mr. Horace Fletcher has recently written a book entitled "Glutton or Epicure," in which he makes some most startling claims in reference to the value of thorough mastication in health or disease.

The conclusions he has deduced from considerable experimentation are well worth consideration by those in search of the superb powers of intoxicating health, and we hope our readers will carefully peruse the following extracts which we have taken from his book:

"Appetite and taste are the sense functions that are most important to health, and, hence, are the most important to study and understand. They are the guide in nutrition and the guard of the body.

"Taste is also dependent on supply of the mouth juices, usually called saliva, and these differ materially in individuals, necessitating self-study, self-understanding and self-care to insure prevention of disease.

"Whatever does not taste, such as glass or stone, is not nutritious.

"The juices of the mouth have the power to transform anything that excites taste into a substance suitable for the body.

"If we swallow only the food which excites the sense of taste, and swallow it only after the taste has been extracted from it, removing from the mouth the tasteless residue, complete and easy digestion will be assured and perfect health maintained.

"If we masticate—submit to vigorous jaw action—everything that we take into the mouth, liquid as well as solid, until the nutritive part of it disappears into

the stomach through compulsory or involuntary swallowing, and remove from the mouth all fibrous, insoluble and tasteless remainder, we will take into the body thereby only that which is good for the body.

"The first thought that will arise in the reader's mind on perusal of the above declarations will undoubtedly be: 'What! masticate soups, wines, spirits and other liquids? Nonsense! That is impossible!' It is not, however, impossible, and, furthermore, it is absolutely necessary to protection against abuse of the stomach and possible disease.

"The only things necessary to life that we are compelled to take into the body that do not excite the sense of taste are pure air and pure water. These are necessary to life, but are not what is called nutrition. They do not, alone, replace waste tissue. They do not challenge the sentinel, Taste, and hence do not require mastication.

"Individuals differ greatly in the quantity of the supply of the juices of the mouth which are active in salivation. They differ so much that it is safe to say no two have equal provision.

"Numbers of mastications as related to given quantities and kinds of foods are no guide to be relied upon.

"Gladstone's dictum, 'Chew each morsel of food at least thirty-two times,' was of little value except as a general suggestion. Some morsels of food will not resist thirty-two mastications, while others will defy seven hundred.

"The knowledge required is simple. It involves acquaintance with the relation of involuntary or compulsory swallowing to the proper mastication and salivation of food to insure easy and perfect digestion. The assertive evidence of this is shown when the excreta are small in quantity and comparatively inodorous. The inferential evidence is shown by the increased comfort and vigor of the body and the strength and energy of the mind.

"It is said that in man the usual time

required for the digestion of food until the refuse is ready for discharge is from two to three days, during which time unhealthy substance is in a state of fermentation and may be the cause of any disease which is prevalent at the time.

"Gluttony imposes upon the body a quantity of matter which is underdone; that is, under-prepared; so that only a small portion of it is suitable for nutrition, leaving the greater part to ferment within the channels and strain the intestines until they are contused and weakened.

"If a bloated, pimpled, bilious tramp, sorely afflicted with two or three internal and intestinal diseases which have been declared to be chronic, can be brought to normal weight, purified in complexion, cured of a craving for drink, and put in possession of natural manhood and an energy for work, without use of medicines, but only with attention to mastication, and all within three months, what may not be the possibilities involved in the discovery herein described?

"Taste has been considered the lowest, in usefulness, of all the senses. On the contrary, if properly understood, taste is the most important of all the faculties man possesses. Upon an examination, that any one can make for himself, it is revealed that taste is the faithful sentinel of the stomach, of the tissues and of the brain, whose guidance and warning, if heeded, will give heretofore unknown enjoyment of eating, and at the same time insure perfect health and the maximum of strength.

"Taste, in its normal condition, when allowed to direct or advise, craves the kind of nourishment the body needs, invites to eating, gives enjoyment during the whole time needed for the fluids of the mouth to do their part of the assimilating process, ceases when the food is ready for the stomach, and thereafter fails to recognize the indigestible sediment which remains in the mouth after nutriment has been extracted; and, in these services, if consulted and obeyed, prevents indigestible matter from entering the system to burden and clog the lower intestines.

"The message or warning which Taste gives in connection with eating is: **THAT WHILE ANY TASTE IS LEFT IN A MOUTHFUL OF FOOD IN PROCESS OF MASTICATION**

OR SUCKING, IT IS NOT YET IN CONDITION TO BE PASSED ON TO THE STOMACH; AND WHAT REMAINS AFTER TASTE HAS CEASED IS NOT FIT FOR THE STOMACH.'

"Such is the impetuosity of uncultivated or perverted human tendencies that the desire for acquisition, sometimes called greed, impels one to swallow one mouthful of food to take in another, without ever dreaming that the very last contribution of taste to the last remnant of a delicious morsel is like the last flicker of a candle, more brilliant than any of the preceding ones. In eating, the last taste is most perfectly in possession of the solution, is better than all the other stages of the process. It is the choicest and sweetest expression of the incident, as related to each mouthful. Then why not court it and obey, thereby, Nature's first law of health?

"Taste can direct the mastication of food so that the requisite quantity of saliva and other juices of the mouth are added in transit, so that the stomach will have the least to do in the matter of conversion of food to blood, and so that the brain and nerve centers will be taxed the least possible to assist the stomach in its work.

"It is said that none of the microbes of disease can live an instant, and hence cannot propagate, in a perfectly healthy human tissue. It is possible to secure the perfectly healthy human tissue, to both the generally healthy and to those who are afflicted, unless too far gone to reform, by keen attention to the direction of Taste, and the reward of the attention is manifold. The actual pleasure derived from eating under the direction of the method suggested herein cannot be equaled by any other means.

"There are two ways of putting a limit to a meal—to eating. One—the wrong one—comes in the shape of a protest on the part of a too full stomach while the appetite is yet ravenous. The right one comes naturally from a perfectly satisfied feeling—a ceasing of desire for anything more, no matter how alluring to the palate, before the stomach is overburdened. The former is evidence of glut, or gluttony, and the latter is Nature's way, for which there is every desired reward.

"It would seem that the perfection of

nutrition requires the proper mixture of saliva added to all food substances, and that mastication is not only a means of separation in order to give saliva a chance, but a valve opener for salivary glands, in order to make the proper solution for the stomach; and that taste exists, in one of its important functions, to indicate how long the process should continue and when it has effected its healthful purpose.

"The result, in all the cases of my observation, has been an immediate response of naturally increased energy; approach of weight toward the normal, whether the subject was over-weight or under-weight; a great falling off of the waste to be discharged by the avenue of the lower intestines and also through the kidneys; relief of bleeding hemorrhoids and catarrh—the diseases suffered by the patients; emancipation from headaches; clearing of the tongue of the yellow deposit—usually called fur—that is an indication of rotten conditions in the stomach; and return of the energy for work which all men and women should have, and which finds expression in healthy children in the form of great energy for play.

"The tax upon the lower intestines has been, in my experiments, reduced so that there was no invitation to relief more frequently than once in four or five days, and the quantity of the deposit was less than half the quantity of a usual daily contribution to waste under former methods of taking in nourishment, thereby proving the fact that Taste had selected little but nutriment out of the supply of food offered it for selection.

"It will be found that, when normal conditions have been attained through attention to the inspection, selection and rejection of Taste, when the tongue has lost its malarial yellow scum and when Hunger is represented by healthful Appetite and has dismissed bilious and insatiable Craving from its service, there will

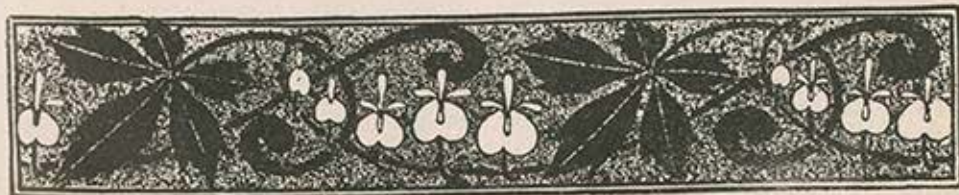
at all times be a delicately sweet taste in the mouth which will prevent craving for anything else. For instance, a person in possession of normal taste conditions may pass a confectionery shop or a fruit stand without temptation to eat of their wares, for they would spoil the taste already in possession of the mouth.

"There are wealth, health, strength, long life, abundant usefulness and much resultant happiness offered as a reward for learning and following Nature's perfect way. When we learn that obeying Nature's laws emancipates us from the slavery to cravings of unnatural appetite, releases us from constant attention to meals, does away with at least half the drudgery of woman's work and makes us immune from the attacks of microbes of disease, it is then no hardship to take a few lessons in the art of Economic Nutrition.

"The hunger in the morning is necessarily but a habit hunger. The best evidence of this is that, when busily employed, we forget it without trouble; and also that Europeans, where the disease dyspepsia is unknown in the list of physical derangements, perform the chief physical or mental effort of the day before their breakfast, the morning coffee scarcely meaning anything in the way of what we called a meal.

"I indorse Dr. Dewey's assertion to the effect that when the stomach has had a chance to 'clean up' and is ready for more fuel, it will make it known in a healthy manner by a healthy appetite, and that it is never normal before noon; and not really before one has done what might be called a day's work.

"I can assert boldly, as the result of experience, that the time to get work out of the brain is between the morning awakening and the first meal, and it is the same relation to drafts on the physical strength."



PHYSICAL DEVELOPMENT CURES CONSUMPTION.

By Wm. H. Spanjer.

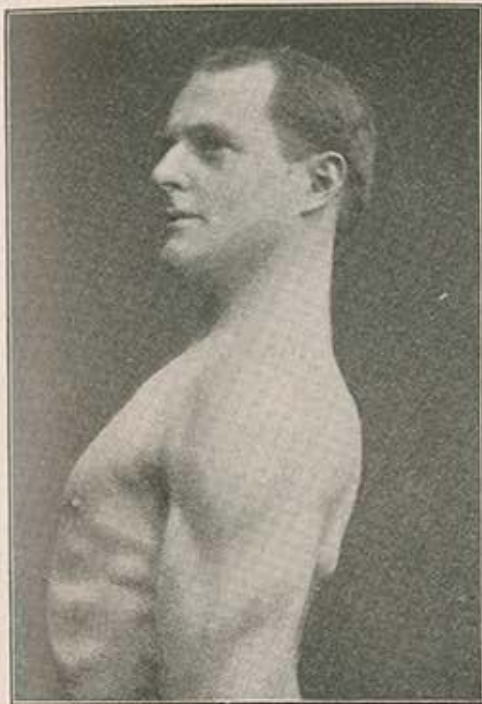


THIS IS THE WAY MY BACK LOOKS NOW.

I BEING a subscriber for your valuable magazine for six months, have put the advice gleaned therefrom to practical use with wonderful results, more clearly illustrated by accompanying photos. Business before pleasure, exercise before business in the morning, makes business a pleasure and there is no waste of time.

Two years ago I was taken with a severe cold, which settled on my lungs and caused hemorrhages, but as it was the opening of our busy season I gave it

little thought and continued to work early and late, until finally I lost appetite and vitality and was obliged to see my physician, who told me that I was in the first stages of consumption. I visited others and was convinced of the fact, and through their advice spent some time in the mountains, but with only temporary relief. Then I began the physical instructions you had prescribed for one in my condition. Fifteen minutes' exercise night and morning, deep breathing, fresh air and cold water bathing, with the proper diet, has increased my weight, strength, vitality, and has



MY PRESENT CHEST EXPANSION.



TWO YEARS AGO I HAD HEMORRHAGES.

made life a pleasure. My chest expansion now is eight inches, and I never felt better.

It is my wish to advise other young business men that the time supposed by many to be wasted thus in the morning is by far the reverse.

NECESSITY OF EXERCISE FOR THE AGED.



HE young boy has nearly pure blood, and his body is comparatively clean, and he does not really need exercise so much while he is young; but the old man or woman, or the middle-aged man or woman, especially requires exercise. If they do not take exercise, arteriosclerosis, which is hardening of the arteries, will take hold of them, and it is like a snapping turtle—when it takes hold, it holds on and cannot be shaken off. If it gets into the brain it is apt to result in apoplexy; if it gets into the spinal cord it lays an excellent foundation for locomotor ataxia; if it penetrates into the liver, then

we have cirrhosis of the liver; or if it gets into the stomach, then it generally results in ulcer of the stomach or cancer, etc.

If you will take this whole combination—pure diet, exercise, with physical culture to build you up and strengthen the muscles to hold the viscera in place, and bath-room treatments to regulate the movement of the blood—then you have a wonderful triumvirate for the cure of disease. Diet, exercise, and water are the three great curative agencies, and the greatest of these is water, and the next greatest is pure diet; but exercise is by no means to be despised or neglected.—*Health Journal.*

PHYSICAL CULTURE



EMIL GRAMBORG, L. I.

5 ft. 10 in. high; weight, 175 lbs.; 22 years old; chest, 46 in.; biceps, 15½ in.; waist, 36 in.; thigh, 22¾ in.; calf, 14¾ in. Self-developed in 15 months.

Editorial Department

I have been eating only raw food diet now for about a month. I must admit that the results of this experience have astounded me, and concluded to give the diet a trial of another month to make sure of my conclusions.

HOW long will minds reeking with moral depravity be allowed to stamp the insignia of their mental condition upon the growing boys and girls? How long, O God, will youths and maidens of this country be tainted in mind, debilitated in body, as the results of prurient curiosity aroused by the efforts of our so-called public educators to hide or ignore the facts of sex and the existence of sex laws? I want men—I want women to help me in the fight I am making for the future of this race. I want help in my efforts to turn the electric light of decency and honesty upon the brains of those who are endeavoring to hand down to future men and women their own vile conception of the human body.

Here is a sample of their work. Read the following, and think of the mental condition of the one who proposed this order:

The Somerville (Mass.) School Board at a very short meeting adopted an unusual order, which was offered by Mr. Sanborn, of Ward 5. The order reads:

"That in the primary and grammar schools instruction in physiology and hygiene be entirely oral, and that hereafter a single desk book be furnished for the use of teachers only; and it is hereby ordered that instruction be regarding the proper care of the body rather than the structural formation.

"Speaking on the order, Mr. Sanborn said that the books now in use are objected to by some of the parents of scholars. In addition, he stated that he considered certain portions of the books improper—in fact, indecent."

Mr. Sanborn considers certain portions of the physiology in question indecent. Why does he consider them indecent? Where is the indecency? In the physiology or in Mr. Sanborn's mind? I will leave my reader to answer the question.

But as you ponder on this, call to mind the millions upon millions of white-faced wrecks, some of whom stare you in the face in every community. You will see no brightness in their eyes, no life in their movements. Poor, hopeless wrecks. They go through life suffering all the tortures of the damned. There is no need for a hell in the next world. They get it here.

There is no effect without a cause. Health and vigor of a high degree is the natural heritage of man and of woman, too. Why, then, these white-faced wrecks? Why their abnormal condition, which makes a drunkard of one, an opium fiend of another, a pervert of another?

I can state with the absolute certainty that comes with unfaltering conviction, deduced from long and diligent study, that the primary school of all this depravity—the first turn in the road of life that leads to this moral and physical degradation—is the blighting, even murderous secrecy maintained on sexual subjects by those who have the young in their care.

I want those inhuman beings who are attempting to perpetuate this crime, who are endeavoring to breed moral disease into the minds of our growing boys and girls, to be thoroughly understood. I want the fact cried aloud that they, by their

demoralizing efforts, are condemning to a life of uselessness, misery and disease not thousands, but millions of human beings. Medical science may hasten the funeral of these poor victims, but there is no disaster of storm or tide, no earthly condition, past or present, which has produced one-tenth of the misery, physical and moral degradation, caused by this Gorgon horror—PRUDISHNESS.

Look back upon your own life—you who read these lines. Have you ever erred? Have you not committed gross sins against your body that could easily have been avoided by knowledge? Have you ever thought of the damnable crime committed by those who educated YOU in failing to inculcate the plain facts in reference to your body? If you can answer no to these plain questions, I can only say you are a rare exception. Nearly every man and many women, too, bestow upon the altar of this dearly bought experience a certain amount of their innate vigor and vitality.

But these vile prudes would go on murdering, go on blighting the best and fairest, simply because their own minds need cleansing and disinfecting.

I WANT THEIR CRIMES STOPPED.

WHO WILL HELP?

Who will reach out and save the souls and bodies of those who may soon be struggling in the darkness of misery and disease created by these prudes?

Who will aid in making the plain, wholesome truths of physiology so universally known that vulgarity of mind in reference to this subject will disappear like filth before the searching rays of warm sunshine?

Wake up, my friends, to your duty. Have you a son, a daughter? If not there must be sons or daughters somewhere in whom you are interested. Save them from the moral and physical blighting influence of prudes as you would from wild beasts.

AS these words are being written there is at our experimental Health Home one case of consumption that came to us with the death-rattle in his lungs and with that hacking cough which always foretells a speedy end. He is now practically cured.

**EVEN INSANITY
CURABLE**

A case of that terrible disease, progressive paralysis, of many years standing has also been nearly cured. A serious case of rheumatism has also about recovered.

Not one of these cases was accepted unless we received unquestionable evidence that every means known to medical science had been tried. Each case had been given up as incurable by physicians.

What does this all predicate, my friends? The "handwriting on the wall." To the intelligent human being who reads, thinks and observes so-called medical science is doomed.

My friends, we want to bury it quick. We want to stop the murders it is committing every day, every hour, every minute, and at times every second.

Look up at your clock—you hear in solemn monotone "tick, tick, tick, tick." Are you aware that somewhere one or more human brethren are being murdered in the name of medical science at each sound? Are you aware that your turn, too, may soon come? You, too, will have your vitality sapped by doses of poison. You, too, will have your years of life lessened by this same "science."

Won't you wake up now, before it is too late? Read, observe and reflect upon the damning evidence that we are collecting against this giant and murderous fraud of the century.

We want help to stifle this horrible curse. You men and women who have been "faked" and deluded, weakened in body and mind all your lives, rise up and help us in our fight against this Gorgon horror, medical "science."

Look around you and behold its victims! In every home its blighting effects are noted. On every street they pass you by the hundreds; hospitals and insane asylums are crowded by them.

Every one of these poor weak creatures could easily be well and strong. But medical "science" stands in the way with its false promises, its murderous creed, its stupid practitioners.

What! You say insanity is a hopeless disease?

I say it is not! Insanity is simply an abnormal condition of the mind, produced by abnormal physical conditions.

I firmly believe it is curable in ninety-nine cases out of a hundred. I will deposit any reasonable amount of money to guarantee that I can go into any insane asylum in this country and in less than six months turn out ninety-five per cent. of the inmates as rational, sane human beings.

You may call this an astounding assertion. Some readers may doubt it. I am not a gambler, but there are some occasions where "money talks." I will deposit \$1,000 with any reputable trust company, which I will present to charity if I cannot cure any case of insanity that may be sent me, provided no fool surgeon has removed or permanently injured any organ or function, or a similar result has not been produced by poisonous drugs, and provided the party presenting the case also deposits \$1,000, which will go to treating free patients in our Health Homes if I succeed in bringing about recovery.

I am in this work to stay, and those who think my efforts are for financial gain, just watch me to the end.

ONE of our readers writes to state that we are "too hard on physicians." I would like to ask how he arrived at such a conclusion. Not only have we refrained from fighting physicians, but not a statement has been made in this magazine at any time which cannot be strengthened by quoting the most famous physicians of the world.

Because of the general tendency of nearly all newspapers to suppress any information that would tend to lessen the faith of the public in medical science (that would surely lessen their incomes from fake medicine advertisements, which would be a serious matter), the remarks of many famous physicians have never been given the publicity that they deserve. Men who have spent their lives studying and practicing medicine ought to know something about the science of medicine. Their views, especially when they are recognized as some of the brightest minds of the profession, ought to be of value. When a man condemns in such scathing terms the methods and theories of his own profession, he must indeed be convinced beyond all doubt of the truth of his statements.

You who have been dosing yourselves with medicine all your life, read what the greatest authorities have to say of the "science" which pretends to heal the sick in this modern age.

If you can still believe in the infallibility of medicine after reading these quotations, your mind must unquestionably be surrounded by a wall of prejudice that no reasoning could ever pierce.

John Mason Good, M. D., F. R. S., says:

"The science of medicine is a barbarous jargon."

Prof. Valentine Mott, the great surgeon, says:

"Of all science medicine is the most uncertain."

Dr. Marshall Hall, F. R. S., says:

"Thousands are annually slaughtered in the quiet sick room."

Prof. S. M. Goss, of the Medical College of Louisville, Ky., says:

"Of the essence of disease very little is known. Indeed, nothing at all."

Sir Astley Cooper, the famous English surgeon, says:

"The science of medicine is founded on conjecture and improved by murder."

Dr. Hufeland, a great German physician, says:

"The greatest mortality of any of the professions is that of the doctors themselves."

Prof. H. C. Wood, our distinguished American writer, asks:

"What has clinical therapeutics established permanently and indisputably? Scarcely anything."

Dr. Abercrombie, Fellow of the Royal College of Physicians, of Edinburgh, says:

"Medicine has been called by philosophers the art of conjecturing, the science of guessing."

Dr. Benj. Rush says:

"The art of healing is like an unroofed temple—uncovered at the top and cracked at the foundation."

Dr. Talmage, F. R. C., says:

"I fearlessly assert that in most cases our patients would be safer without a physician than with one."

Sir William Knighton says:

"Medicine seems one of those ill-fated arts whose improvement bears no proportion to its antiquity."

Dr. Abernethy, of London, says:

"There has been a great increase of medical men of late, but upon my life diseases have increased in proportion."

Dr. Wakely, in the London *Lancet*, says:

"A system of routine or empirical practice has grown up, vacillating, uncertain, and often pilotless, in the treatment of disease."

Prof. Henle, the great German pathologist and teacher, says:

"Medical science at all times has been a medley of empirically acquired facts and theoretical observations, and so it is likely to remain."

Dr. Jacob Bigelow, formerly president of the Massachusetts Medical Society, says:

"The premature death of medical men bring with it the humiliating conclusion . . . that medicine is still an ineffectual speculation."

IF you eat, you cannot afford to miss the editorial in June issue of "Woman's Physical Development" by the editor, on **DO YOU EVER EAT?** "The Perfect Food and Health Food Fakirs." It tells all about and how to prepare a food that is never sold in grocery stores which is more palatable, more easily digested, more rich in nourishment, more easily procured, and more valuable as a muscle and energy builder than any food now being used.

The information contained in this startling editorial is worth beyond a money value to one who values strength and health.

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