

# PHYSICAL CULTURE 5¢



SOME OF YALE'S CHAMPION ATHLETES.



# Manhood

How Strength and Vigor is  
Lost, and Manhood may be  
Restored by Self-Treatment

# Wrecked

...BY...  
Rev. W. J. HUNTER, Ph. D., D.D.

and **Rescued**

**T**HIS is a most timely and important work, by one who has made a careful study of the subject, and brings to bear a thorough knowledge of general and sexual hygiene. For the want of the knowledge on sexual subjects this book contains many men are on a downward course, and by the use of it many could be saved from sexual weakness, restored to manly vigor and made capable of properly filling life's duties and become strong, manly men, instead of physical and social wrecks. We cannot better describe this work, which has received the highest praise from competent critics, than to publish the following from the

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# PHYSICAL CULTURE

Vol. III.

MAY, 1900.

No. 2

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

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desire to know it as soon as possible.



## HOW TO DEVELOP STRONG, SHAPELY LEGS.

By Bernarr A. Macfadden.

Chas. Willard, whose symmetrical figure assists in illustrating the exercises here shown, claims that he was at one time a consumptive, and that physical culture has made the marvelous change in his physique. We regret that the lady would not disclose her features, but she is an enthusiast and claims to have acquired her fine proportions entirely from physical culture. As she is well known in New York City among the "swell" social set, she desires that her identity should not be disclosed.—Ed.



If one wishes to handle the body with grace and ease, he or she must have strong lower limbs. Strength and shapeliness or symmetry usually go together. Beauty, that is not of the wall-



EXERCISE NO. 1.

flower type, which vanishes usually even before the age denoting full maturity, is nearly always accompanied by strength.

That strong, symmetrical lower limbs can be developed by any one, would be considered rather an exaggeration, but the statement is very near the truth, for most any person not bordering on old age, can strengthen and beautify this part of the muscular system by the regular use of the muscles as is acquired from a series of exercises such as we present here.





EXERCISE No. 3.

Walking is fine exercise. It is in fact the best of all exercises. No other is equal to it in value, but notwithstanding its great value it is not sufficient if all the attainable strength and symmetry of the limbs are desired. Other exercises must be added to it. Strong upper thigh muscles, which enable one to move and spring about with the agility and grace of a cat, can not be acquired from walking alone. Many find it very difficult to develop the muscles of the legs to any noticeable degree, but usually this is because of the lack of a sufficient variety of exercises necessary to bring all the various muscles into use. No one ever saw a practiced fancy dancer without shapely limbs. The very nature of their work requires that every muscle of the legs be strong, and if this strength is not possessed at the start, it must be developed, and no exercises for the legs are superior to all-around fancy dancing. Later we expect to present to our readers

some of the most advantageous movements used in various fancy dances, but to begin with, the movements we present here will be found difficult enough. In fact many will find it impossible to perform some of the exercises on the first trial without the aid of a chair, or something to grasp, that the balance may be more easily maintained.

Continue each movement until the muscles used in that particular exercise are slightly fatigued.

Do not forget the necessity for strong lungs, if strong, symmetrical lower limbs are desired. The legs can be developed much more speedily if the upper part of the body is not neglected; therefore follow some system that uses all the muscles of chest and waist at the same time you are taking these illustrated here. As stated before in this magazine on several occasions, to bring about the highest attainable physical condition, every muscle of the body must be used regularly.

Be sure to secure a plentiful supply of fresh air when exercising.

If you are thin and desire to gain flesh eat two meals per day instead of three. Go without breakfast. No energy is expended during sleep, therefore no food is required immediately on rising.

Give the stomach an opportunity to



EXERCISE No. 4.





EXERCISE No. 5.

rest occasionally, and it will gratefully reward you by doing better work.

If too fleshy, eat no breakfast. Avoid potatoes, white bread, sugar and all starchy food, and use just as little liquid as possible.



EXERCISE No. 6.

Take many long walks, deep breathing exercises and daily vigorous work for every muscle.

It would be well to note that many of these exercises are too vigorous for a weak person, and they should avoid the more difficult movements, though as strength is gained they can gradually make use of them.

Exercise No. 1. Raise and lower the body on the toes; raise as high as you can. Continue until tired. Occasionally



EXERCISE No. 8.

in this exercise it is advisable to remain on the toes after raising the body as high as possible, and endeavor to raise still higher. Also vary exercises by holding one foot off the floor, and raise and lower the body on one foot. For large muscles on back of calves.

Exercise No. 2. Raise and lower the toes from the floor, raising them as high as possible, the weight of the body rest-





EXERCISE No. 9.

ing on the heels. Continue until tired. For muscles on front of calves.

Exercise No. 3. Stand with feet about eighteen inches apart. Now bend the ankles outward as far as you can as illustrated, then inward as far as possible. For strengthening ankles and for developing muscles of the side of calves.

Exercise No. 4. Stand with right foot far forward; then bend right knee as much as you can, keeping the left leg perfectly straight. As you raise the body by



EXERCISE No. 10.

straightening right knee, make the left leg assist vigorously in rising. Continue until tired. Same exercise with position reversed, left foot far forward. If difficult to balance, place hands on a chair. For the large extensor muscles of the thighs, and for the extreme upper portion of anterior part of upper legs where they join the abdomen.

Exercise No. 5. Cross the legs, tailor fashion, then lower and raise the body while maintaining this position. Place hand on a chair if hard to balance. Con-



FEAT No. 2.

tinue until tired. For extensor muscles and muscles on extreme upper side portion of legs where they join the hips.

Exercise No. 6. Stand erect with feet about one foot apart, then bend the knees until your body assumes position as illustrated. Raise and lower the body until tired. Extensor muscles.

Exercise No. 7. Stand erect. Raise right foot from the floor, and while keeping right knee as near the left as possible, raise and lower the right foot as fast as you can, being careful to raise the foot as high as possible each time. Same exer-



cise with left leg. Continue each exercise until tired. For muscles of posterior portion of middle upper leg.

Exercise No. 8. Rest the weight on knees as illustrated. Move the body backwards slowly bending knees until resting on haunches, then raise knees from the floor and assume position illustrated in exercise No. 6. Back to knees and former position. Continue until tired. For strengthening extensor muscles, and for making the legs more shapely at the knee.

Exercise No. 9. Stand with left foot far forward, lower the body backward by bending right leg as much as possible, keeping left leg straight. On rising, make straight left leg assist as vigorously as



FEAT NO. 3.

possible. Same exercise with position reversed, right leg forward. Continue each exercise until slightly fatigued. For large muscles on posterior portion of hips, also extensor muscles.

Exercise No. 10. Stand with feet far apart. Lower the body to the right by bending right leg as illustrated. As you raise the body make straight leg assist as much as possible. Same exercise to the left. Continue until slightly fatigued. If unable to retain balance, place one hand on a chair. For muscles on inside of upper thighs, also extensor muscles.

It will be best to follow these leg movements with an exercise similar to jumping a rope, or if strong jump back and forth over chairs or other objects. This will avoid any possibility of a muscle-bound condition being produced, by the most difficult exercises. The following are more like feats of strength than exercises; though if especially strong, the reader can use them for exercise.

Feat No. 1. While in position illustrated in exercise No. 8, suddenly spring, and with one movement alight on both feet in a position as near erect as possible.

Feat No. 2. Grasp the toes of left foot with left hand from behind. Now bend right knee until left knee touches the floor; then raise to an erect position.

Feat No. 3. Raise one leg with knee straight until in a horizontal position in front. Now keeping the forward leg in this position, bend the other knee as much as you can—until you can easily touch the floor with your fingers—then still holding forward leg in horizontal position, raise the body with the aid of the bent leg alone.

Feat No. 4. Assume position as illustrated in exercise No. 9. Now raise the straight leg about an inch off the floor, then raise the body to an erect position with the right leg only.





## AN ATHLETE'S EXPERIENCE WITH NEW YORK LAWS.

SHOWING HOW ANY RESPECTABLE LAW-ABIDING BUSINESS MAN OF SPIRIT MAY BE  
JAILED LIKE A COMMON CRIMINAL IF HE SHOULD HAVE OCCASION  
TO FORCIBLY RESENT A GROSS INSULT.

By J. Walter Smithson.

**G**EORGE MELLIER was standing on a street crossing waiting for a surface car. The weather was warm, and he was dressed for comfort, with careless indifference as to appearance. He was of medium height, modest and unassuming, and seemed deeply occupied with important matters.



GEORGE MELLIER.

There were but few persons on the street. A fat policeman stood talking to a red-faced man on the nearest corner.

Suddenly the red-faced man moved away from the policeman and started across the street. He saw George directly in his path.

He did not deign to turn aside. He reached ahead, and deliberately pushed George several feet out of his path. George was amazed at such treatment, and as the red-faced man walked by with an expression on his rum-tinted features that seemed to say, "What right have you to be in the street?—get out of my way," his amazement was replaced by anger.

He reached out, and vigorously pushed his assailant.

The calm dignity disappeared from the red-faced man's features, and as he turned, his countenance was becoming white with rage.

"What right have you to push me?" he queried, in angry tones.

"I might ask you the same question," quietly answered George.

"You little, dirty, insignificant —," ending with a series of vile names.

"You better go on about your business. I'll hurt you," said George, in quiet tones.

"You hurt me," in tones of biting scorn. "Why, you couldn't hurt a mosquito."

"I tell you to go on about your business. I don't want any trouble with you," repeated George, in louder tones, his anger at his assailant's attitude gradually increasing.

The red-faced man looked over at the policeman. The policeman nodded.

That settled it. He began to berate George with all the vile names he could command.

He was evidently in the habit of doing all his fighting with his tongue.

George controlled himself for a moment



only. His tormentor slung a foul name at him that insulted his parentage as well as himself.

He rushed at him and struck with right and left, landing lightly only.

The red-faced man tries to retaliate. He receives one hard blow in the stomach. He turns quickly away, practically admitting defeat.

George, seeing he had conquered, did not follow.

When the fight started, the policeman turned and walked away, thinking, of course, that his lusty friend would soon thrash the smaller man, and he was greatly surprised as he noted the result out of the corner of his eye. But the average New York policeman understands all the "tricks of the trade" when it comes to protecting a friend, and, on seeing the outcome, he turned to a friend, a tall, well-built man, coming out of a saloon.

"Say, Jimmie, go over and thrash that, will you?"

"Sure, Mike," he answered, rushing over towards George, who was about to walk away.

George saw him running in his direction, apparently with the intention of attacking him, and he did not wait to inquire. He met him with a blow on the jaw that was a staggerer.

The policeman saw his second friend was being worsted.

He ran around behind George, and grasps him by the sleeve, in a peculiar manner known to practiced policemen.

He throws him back, and, as George saw in whose hands he was, he made no resistance.

"I arrest you for disorderly conduct," said the policeman.

"Well, if you arrest me, you should also arrest this man," pointing to the red-faced man, the second man who attacked him having mysteriously disappeared.

"Come along," said the policeman, roughly turning George.

"Will you make a complaint against him," asked the policeman, turning to the red-faced man.

"Certainly, I will; the loafer attacked me without provocation," answered the red-faced man, turning to accompany the policeman and his charge.



A FAT POLICEMAN STOOD TALKING TO A RED-FACED MAN.

George winced at the deliberate lie, and was about to angrily retort, but he realized its utter uselessness and remained silent.

It would be hard to describe the feelings of a sensitive person when he goes through the streets for the first time the victim of unjust arrest.

George felt ashamed. He hung his head to avoid recognition.

Some might have been intensely angered at the person causing the arrest, but he felt a contempt for the despicable coward that would be difficult to describe, for he had really insulted him, and forced the assault, and then instigated his arrest.

He felt that such conduct was too low, too degraded to admit of anger.

But the bitterness of his feeling against laws that put it in the power of such ruf-



fians to thus disgrace a respectable person, was most intense. He had frequently read of outrages upon justice committed by the police in New York, but this was the first time he ever suffered in this way.

As he stood before the officer in charge at the police station and heard the false, cowardly accusations of his assailant, his

"Why can I not make a complaint against this man?" asked George, who was not familiar with laws governing such conditions.

There was silence for a moment.

"Well, you can do that later," answered the officer in charge.

George had no desire to make such a complaint. He felt that it was a cow-



HE RUSHES AROUND BEHIND GEORGE AND GRASPS HIM IN A PECULIAR WAY KNOWN TO PRACTICED POLICEMEN.

respect for human beings in general lessened quite materially. He wondered how could any man claiming relationship with the human race be so low as to stoop to such dastardly means for mere spite or revenge.

He told his story, but the policeman corroborated nothing but that which lent truth to his friend's tale; therefore, George appeared to be decidedly at fault.

ardly makeshift to which he could not stoop.

An officer took him in charge. His pockets were searched for dangerous weapons like an ordinary thief. The officer was unnecessarily rough and peremptory in his treatment of him, as is usual with cowards when they have any one in their power.

He was conducted to a cell—a small,



dirty, foul, dark hole, where one would imagine murderers might be confined.

There was a wide wood shelf about two feet from the floor that served as a bed.

As George heard the locks clanging on his cell door, his heart sank. A wild, hunted expression came over his countenance.

"Can't I send a message to my friends and get bail?" he asked of his jailer.

"Yes, certainly," was the curt reply.

George fumbled in his pocket for a pencil and some paper. He found a pencil, but no paper.

"I have no paper. Will you get me a piece?"

"Yes," moving away.

George was confused and benumbed. He tried to collect his wits. What should he do? Who should he send for?

He moved backward and forwards in the narrow confines of his cell. He was afraid to sit on the hard board that served as a bed, afraid to touch the walls—it must surely be contaminated with vermin, he thought.

He looked out of the grating of his cell door.

The jailer was a long time returning with the paper—it seemed long.

When he finally appeared George scribbled a few lines and addressed it to his friend.

"Got fifty cents?" asked the jailer as George handed it to him.

George had forgotten the necessity for this and handed it to him after fumbling in his pockets a moment.

Then followed an hour of waiting that seemed like a lifetime to George.

Though a bookkeeper by occupation George was an athlete of considerable ability. The policeman who arrested him would have met with the same fate as his two friends had George resisted, but he realized that fighting under such circumstances was folly. He congratulated himself on having followed this course.

His friend finally came, and after much signing of papers, he was released.

He went out into the fresh air and inflated his lungs to their fullest capacity.

"Well, George, how in the world did you get into this trouble?" asked his friend.

George explained as best he could. They

spent considerable time discussing the matter.

"I cannot account for it. The policeman must be a friend of his," was George's final comment.

George had to appear before the judge the next morning to answer the charge.

The judge after hearing both sides and the policeman's evidence would not decide the case. He referred it to a higher court, and George had to again undergo the process of being jailed and bailed out.

Many times he wondered what some poor man without friends would have done under similar circumstances.

According to the idiotic laws that exist in New York at the present time, if a man happens to be manly enough to resent an insult and is arrested for the crime—it is a crime in New York State to be a man, you are supposed to be a monkey—he may, if he cannot secure bail, lay in jail for days before his case is decided.

Such criminal injustice is possible only in this free (?) country.

In England the fact is recognized that there often comes a time when a man must fight or relinquish his right to manliness. And no pot-bellied ignoramus has a right to arrest him. He can be forced to give his name and address and can be summoned to appear in answer to a charge, but he cannot be confined in the same jail with murderers, thieves and other criminals, as is possible in this country.

George was not notified for some time to appear in answer to the charge, but the summons finally came. It instructed him to appear in court room at ten o'clock.

He arrived there on time. He waited—and waited. There was a motley crowd assembled in the room. Two over-important policemen, with their stomachs swelled all out of proportion, walked up and down and treated one and all with studied insolence. If a girl appeared that was at all good looking, they ogled her with their beastly smiles.

George felt disgusted. It was the first time he felt ashamed of his own country.

Such gross injustice angered him. He concluded that there was small chance of justice for him in that court, and as this came to him with full import there swept over him an intense desire to stand out in



the center of the room and fight the police, judges, attorneys and all, until the last drop of blood within him had been spilled. The savage instinct that will fight to the last was aroused within him.

"You get in there!" loudly cried one of the policeman, pushing a small man into a seat.

George arose, his nostrils dilated, a wild expression came in his eyes.

"Why not begin here," he thought, glaring at the policeman.

He started from his seat. His intentions were plain, but they were frustrated.

He saw his lawyer coming toward him, and he regained control. He turned his steps toward the attorney.

Who knows how many criminals are annually made by injustice. One often struggles to do right, to be honorable and is maddened by continued unfairness, until at last he commits a crime which places him in the lawless class.

George had not neglected to secure the services of a competent lawyer. He knew full well that decisions depended less on justice than upon the cleverness of attorneys.

His case was called at last. A business man's time is worth nothing when he comes in contact with the law. He can wait and wait, at the pleasure of those in power. He may be compelled to answer a summons at ten o'clock in the morning when he is not really wanted until three o'clock the next day.

The red-faced man was called to the witness stand. His face was more natural in color. He was apparently sober, though not one whit less determined in his desire to vent his spite on George.

He again repeated his false accusations, this time under oath. He stated that he had been attacked without the slightest provocation. He had not pushed his assailant, had not called him any vile names, etc., etc.

George listened with a smile of contempt on his features. Such vileness to vent mere personal spite he could not understand.

The policeman again testified, and of course did not see or hear anything that was derogatory to his friend's case.



THEN FOLLOWED AN HOUR OF WAITING THAT SEEMED LIKE A LIFETIME.

"Are you not a friend of the plaintiff?" asked George's attorney.

"No," was the reply, perjury, apparently, having no terrors for him.

George was finally called to the witness stand. He felt nervous and a little confused. He was coming in contact with unfamiliar conditions.

He told his story, denying that he had attacked the plaintiff without provocation.

"Now, you say the plaintiff, in addition to calling you names, moved towards you threateningly," asked one of the judges.

"Yes, he did," answered George.

"Would you not attack any man who called you a name that thus insults your parentage?" asked the judge, endeavoring to discover if George was the attacking party.

"I would cease to respect myself if I



didn't—a man who won't fight when his mother's name is thus dishonored has abandoned his right to manhood."

The judge may have agreed with him, but the law did not, and there was no sign that his sentiments were indorsed.

The red-faced man was called again and questioned; also the officer. They repeated their former statements.

George's attorney saw that the officer's evidence clearly put his client in the wrong, and he said a few words in his favor.

George stood at the prisoner's bar to hear the decision. He felt instinctively that it would not be in his favor.

"Twenty-five dollars fine, prisoner to lie in the city jail until fine is paid," were the stern words of the judge.

George felt relieved. It would not have surprised him had it been far worse.

"Have you got the money?" roughly asked an officer, turning to George.

"Yes, I have," answered George, pulling some bills out of his pocket, the officer seeming to be much chagrined at not having the pleasure of jailing him.

George paid his fine. He walked out of that court-room with feelings that would be hard to describe.

He did not blame the judges so much for their decision. It was the rough, uncivil, almost brutal, manner of the police which was met at every turn, and as he realized that it would require but slight effort for him to thrash nine out of ten, their arrogance and domineering treatment was hard to bear.

It was useless to be angry—a mere waste of energy, and George was no fool. But as he wended his way towards home that evening, he vowed with all the intensity of his nature that if one man's efforts could be of any influence, from this time he would watch for an opportunity to strike a blow at the iniquitous system.

No matter how honorable, how just one may be, he cannot be a manly man and keep out of jail at all times, under the laws that now govern New York State.

George is young yet—let time tell whether his lesson will bear fruit to the advantage of others.



"HULL GEE! THAT KID'S A CORKER."

—N. Y. Journal.



## ATHLETES AT YALE.

By Fred A. Wenck.

**I**N presenting these photographs of Yale athletes, my aim is to demonstrate the benefit to be derived from consistently pursuing some form of exercise.

At Yale there are more than fifteen hundred men who either patronize the gymnasium regularly, or follow some branch of outdoor athletics. Body building is generally considered just as important as the development of the mind, and in New Haven, the rule "A sound mind



ALBERT HAYES SHARPE.



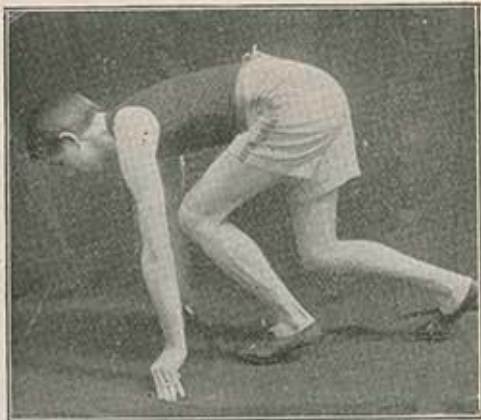
JAS. PINCKNEY ADAMS.

in a sound body," applies to the large majority.

Each incoming freshman class is subjected to "compulsory gymnastics," and, strange as it may seem, many men thus see the inside of a gymnasium for the first time in their lives.

The men are individually measured by Dr. Seaver, according to the anthropometric system, after which a book is sent up to the exercise floor for each man, prescribing the best forms of exercise needed to remedy his physical defects. The freshman then comes under the charge of Dr. Anderson, the physical director, himself a famous gymnast, who, with an able corps of assistants, proceeds to get the man interested in the improvement of his build. After the stiffness resulting from "the first work he ever did" wears off, the





FREDERICK A. BLOUNT.

freshman invariably becomes an enthusiast, and by the time spring comes around thinks himself good enough for a position on the crew of one of the athletic teams and joins one of the squads of candidates. He is thus practically training all during



CHAS. M. TAINTER, JR.

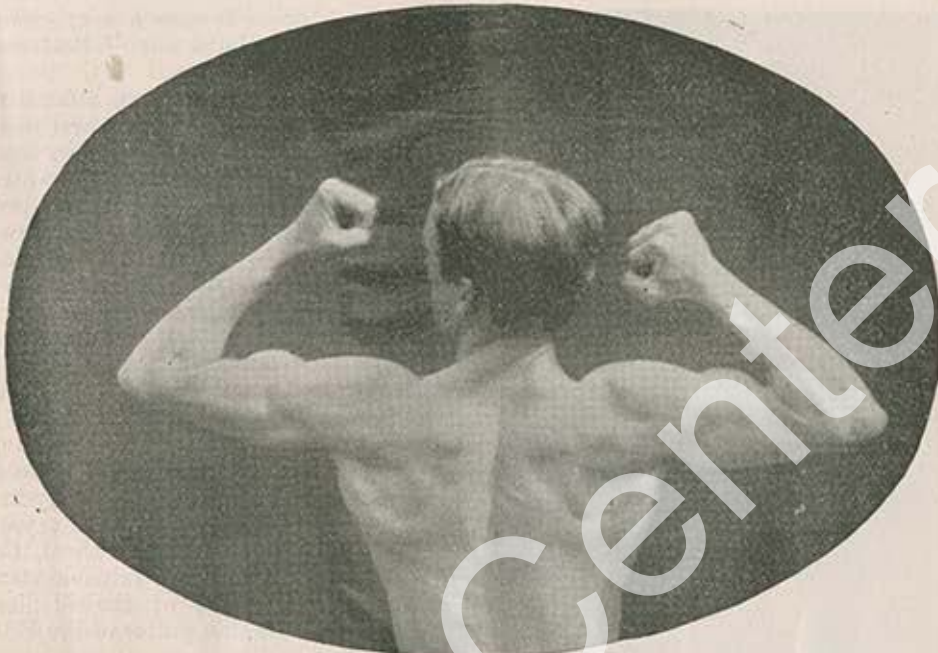
his freshman year and when he returns the following fall with his wind not as strong as before the summer vacation, he usually takes to the "gym" as a cure. Then it is the same story over again for another year, by which time daily exercise has become a habit, and as most of us are slaves of habit, this work is kept up right through the college career until graduation. It is an undisputed fact that the number of "caf  athletes" at Yale is becoming much smaller each year, and this fact is un-



FREDERICK G. BECK.

doubtedly due to the excellent system of required gymnastics for incoming classes. There are still, however, some men in college who would rather be able to call every bartender in town by his first name than strive for a "Y," but they are so very few that they could not even be said to constitute a class. From the many excellent physical specimens to be found among Yale athletes, I have selected the following men to illustrate the development acquired from different forms of exercise.



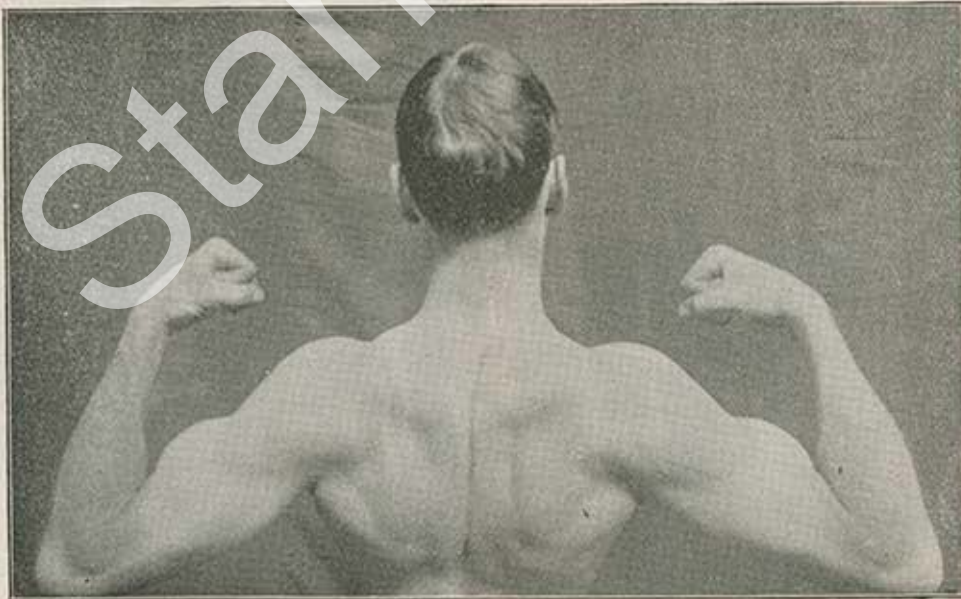


GEO. A. MAY.

Albert Hayes Sharpe is probably Yale's best all-round athlete, and never seems to tire of training.

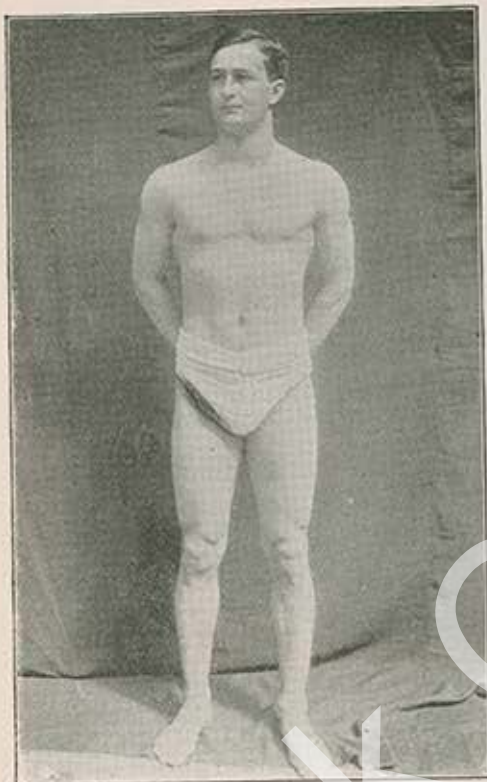
Last fall he was the star of the football

team, playing left half back, and his phenomenal drop kick for a goal against Princeton, from the fifty-yard line, will long be remembered in the history of foot-



CHARLES A. CARVER, WHO WAS A THIN, CONSUMPTIVE YOUTH WHEN HE FIRST ENTERED YALE.





A. L. GILE.

ball. Immediately after the football season he assumed his duties as captain of the basket-ball team, and played centre, his team winning the intercollegiate championship. He is now holding down first base on the University baseball team, and if present indications point to anything, he will doubtless beat out all competitors for his position by the time of the championship games. Sharpe is a member of the class of 1902 in the Medical School; is twenty-two years old, six feet one and a half inches tall, and weighs one hundred and eighty-two pounds stripped.

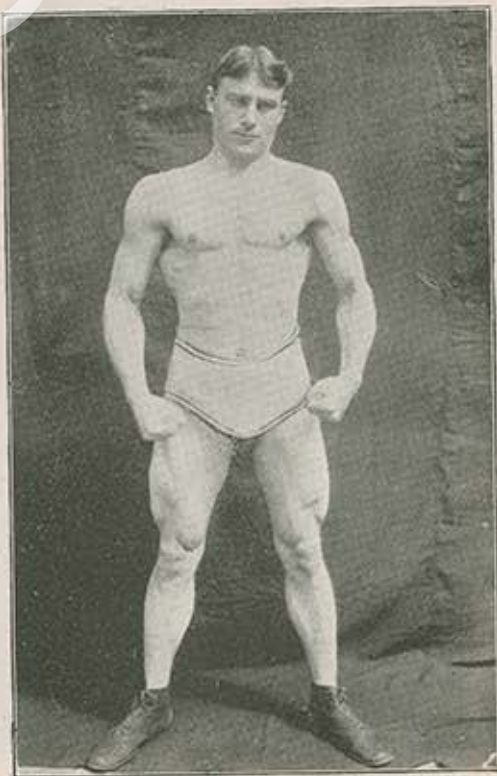
James Pinckney Adams is Yale's mainstay in the half-mile run, and is captain of the cross-country team. Adams is in the class of 1900, is twenty-one years old, five feet ten and a quarter inches in height, and weighs one hundred and fifty-four pounds. He has a record of one minute fifty-seven seconds for running the half mile, which was made on a heavy track in the dual games with Harvard

last year. Adams is also a very clever boxer and is considered one of Professor Dole's best pupils.

Frederick A. Blount presents a familiar type of sprinter, with rather a short body on a pair of finely developed, sinewy legs, and in the dual games last spring defeated Quinlan, of Harvard, in the one hundred yard dash. He is a Senior, twenty-two years old, five feet eight inches tall, and weighs one hundred and thirty-two pounds. Trainer Robinson expects him to run the hundred in even time this year.

Charles M. Taintor, Jr., is the tallest man in Yale University, being a shade over six feet five inches high, and has a record of nearly six feet in the running high jump. He is twenty-two years old, and weighs one hundred and seventy-five pounds, and as he graduates this year from the Sheffield Scientific School, the Yale track team will lose a valuable man.

Frederick G. Beck, of the Medical School, is the star shot putter of the Uni-



CHARLES W. MAYSER.



versity, with a record of forty-three feet with the sixteen-pound shot. The photo here shows him in the poise preparatory to letting drive the sixteen pounds of iron from his powerful right arm. He is twenty-five years old, five feet nine and three-quarter inches tall, and weighs, when in condition, one hundred and ninety pounds. A. L. Gile, of the Law School, is a close second to Beck in shot putting ability, besides being an excellent wrestler. He is one of the most symmetrically built men in college, and last fall was first substitute for guard position on the football team. He is twenty-two years old, six feet one inch tall, and weighs one hundred and ninety-six pounds while training.

George A. May, "the Iron Man," is a medical student, who devotes most of his time to the pursuit of physical culture, as his splendid all-round development will testify.

Although but five feet five inches tall, and weighing only one hundred and thirty-five pounds, he puts up the heaviest dumb-bells in the gymnasium with perfect ease. He is a wonderful specimen of muscular development, and his entire body is as hard as nails.

When Charles A. Carver first struck

Yale he was thin and consumptive-looking, and there was hardly a muscle visible on his body. One would hardly believe this now to look at his massive biceps, shoulders and back, but it is nevertheless a fact. He has applied himself steadily to dumb-bells and "gym" work, and now tips the scales at one hundred and seventy-four pounds, having gained twenty-four pounds since entering with the class of 1900. He is twenty-three years old, and six feet one-half inch tall.

Charles W. Mayser is a student in the Anderson School of Gymnastics, and is one of the best gymnasts in the Yale "gym." As an expert wrestler he has acquired a wonderful thigh development as his picture will show, and among his one hundred and fifty-four pounds is not an ounce of fat. He is twenty-three years old, five feet six and one-half inches tall, and also a fine weight lifter. These are but a few of the many finely built men among the athletes of Yale, and if the reader still doubts the benefit of physical culture, I can only invite him to visit the Yale gymnasium on class day, after which I will guarantee that he joins some athletic club or gymnasium himself.

## PHYSICAL CHARACTERISTICS.

AN INTERNATIONAL STUDY.

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

### I.—SWITZERLAND.

(Continued from last number.)

Time: 2 or 3 P. M. of a bright summer Sunday. For Switzerland, thus far, has enjoyed exemption from the life-blighting insanity of the Puritan Sabbath despotism—the prohibition of outdoor sports on the day when nine out of ten working-men find their only chance of leisure. The Swiss are a law-abiding people, and without a murmur have submitted to heavy taxes for national defenses against the perils of quarrels not of their own seeking. They have modified many of their ancient customs and relinquished parish privileges to accommodate the predilection of foreign residents. But at the



ALPINE SHEPHERD'S CABIN.



mere mention of Connecticut blue laws the entire Oberland would blaze up in revolt, and if a yoke of that sort should be imposed by a foreign conqueror, the old wrestlers would come to hand grips with the torments of homesickness and take their children far away, to the South Mexican Sierras or the highlands of the Algerian Atlas, where they could hope to reap the reward of toil on this side of the grave, and enjoy their festivals undisturbed by the howls of heartless and brainless bigots.

In a passage which ought to be framed in every American City Hall, William Lecky, the historian of European civilization, argues that holiday sports serve a



OBERLAND PEASANT GIRLS.

moral purpose, because they tend to lure thousands from the vice dens of the slums to the sunlight of the open fields; and the arena meets of the Swiss athletes have certainly helped to diminish the temptations of the alcohol habit.

Drunkenness is rare in Switzerland, the attractions of the dram shop being so decidedly eclipsed by the charm of outdoor pastimes that a Sunday-closing law is almost superfluous; but Helvetius Montanus has to plead guilty to the charge of

nicotine fuddling. In spite of good schools, numbers of highlanders dodge the spelling-book altogether, and the tedium of lonely winter roosts and herders' cabins has paved the way for the habit of building air castles in clouds of tobacco smoke. There are janitors of highland hotels that remain alone, snowbound and almost inaccessible, for four months in the year, and, *faute de mieux*, take out a considerable percentage of their wages in smoking tobacco. In the lonely Alm cabins, too, tobacco clouds veil the dreariness of solitude, and the habit has gradually spread to the foothill villages, where it co-operates with the presence of consumptive foreigners in fostering all sorts of lung disorders.

But the professional guides generally contrive to take care of their health. They cannot afford to throw away a chance in their closely balanced contests with the perils of the wilderness, and are often total abstainers, or practical philosophers like Professor Tyndall's path-finder Benzen, who only sipped wine at long intervals, for fear that deeper draughts of the seductive liquid would impair its value as a stimulant in critical moments of need.

These vanguard men of the armies of summer tourists find profitable trails by a sort of instinct, and have almost got rid of the weakness known as the *mal de mont*, or highland malady—a fainting fit like dizziness that attacks novices at the brink of an abyss. On a narrow ridge between two frightful precipices of the Matterhorn, the veteran guide of a French summer resort turned around with a smile: "There isn't much room here for a fit of mountain fever, is there, gentlemen?" A steady up-hill climb of three hours does not begin to affect the staying powers of these highlanders; their legs are developed as abnormally as the arms of a Swedish blacksmith, and they have learned to use their long Alpine-stock as a third foot, but nearly all the natives of the upper Alps are broad-chested, the rarefaction of the highland air having obliged the lungs of many generations to work at high-pressure speed.

En route to the peaks the Swiss guides eat sparingly, and under critical circumstances often only munch a few crumbs of



stale bread, for days together; but on their safe return to the refectory of the summer hotel, put themselves outside of a snack that would make a Bowery lunch fiend stare.

Nature accepts that compromise, here as in Switzerland; but the practice may have originated the stories of Swiss gluttony, current in banter-loving France. They tell an anecdote about a Swiss tramp who tackled a parson of the French Jura at a spring where a wagon had just unloaded the comestibles for a school picnic. "I'm busy straightening out this sheet music, but you can just help yourself to a lunch," said the good-natured curate, and ten minutes later, on starting out to meet the band-wagon, met the same wayfarer again, and asked him if he felt better now. "Why, yes; it will just do to stay my stomach," drawled out the native of the Alps; but upon the arrival of the invited guests, it was discovered that the man from the mountains had "reversed the miracle of the loaves and fishes," and devoured the entire provision stock unaided.

But on rainy days, when the Swiss rustics meet at the village tavern, the habit of taking a lunch with every drink, helps to keep the alcohol hankering in check, and after an hour of munching and *schnada-hupfen* (improvisation of doggerel couplets) the assembly is almost sure to turn its attention to athletic contests. If the muddy floor should discourage the idea of a wrestling match, they will lock fingers and try to force each other to kiss the edge of the table; or fill sacks with coal, scrap iron, etc., and then shoulder them for a handicap walk against time.

Should a visitor from the city stroll in, the rural Nimrods will corner him to "swap him a few," i. e., exchange hunting reminiscences *a la* Munchausen. "Horn game" is getting rather scarce in Switzerland; the ibex is gone, and the chamois following fast; but the hunting passion of the Oberlanders has by no means abated. They will rise at daybreak to climb up to solitary mountain meadows where fox and rabbit meet, or stalk the Birkhahn (a sort of grouse) in highland forests never reached by the foot of strolling dudes.

There are badgers, too, and a few roes

in the rock chaos of the summit regions; but even if he should find nothing but marmots, the hunter is sure to return with an assortment of keen appetites, with reinvigorated lungs and sharpened eyesight. He feels that life is still worth living, and in the consciousness of its renewed lease will every now and then vent his exultation in a long-drawn whoop.

In midsummer the rocks of the highlands often ring with the echoes of those



SWISS WOODCUTTER.

primitive Thanksgiving hymns, that haunt the memory with the charm of exceptional phenomena, for Switzerland is one of the few regions of our latter-day world where prosperity has not opened the gates of effemination, and here almost alone the natives of a civilized country can claim rank with the children of Nature that have not lost their earthly paradise.



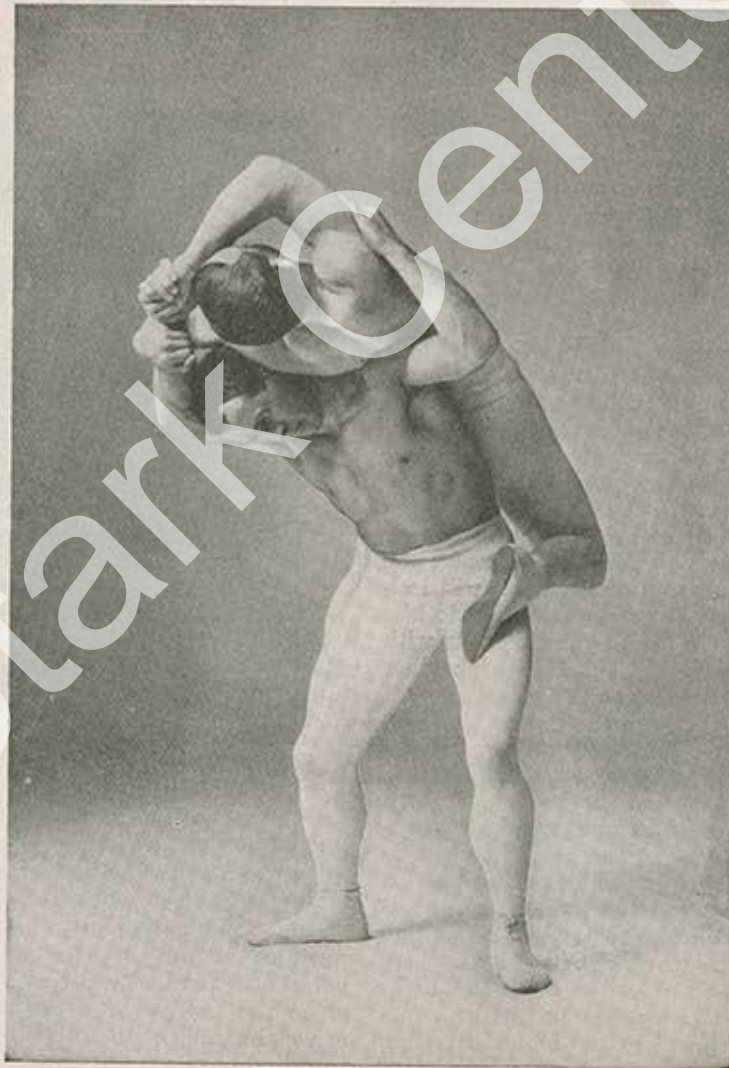
## WRESTLING AS AN EXERCISER.

By Bernarr S. Macfadden.

**U**NQUESTIONABLY wrestling is one of the finest of all sports. As an exercise nothing is superior to it. It develops a vigorous, rugged physique. No intelligent fighter ever trains for a contest without making the exercise of wrestling a part of his training. It hardens every part of his body, enabling him to smile at

blows that would ordinarily produce unconsciousness. The punishment that can be borne by a practiced wrestler without flinching is marvelous. He can be thrown and jerked around in the roughest kind of manner without the slightest pain or inconvenience.

George Washington was a practiced wrestler; Abraham Lincoln was a master at the art, and who will question that these



HUGH T. LEONARD ABOUT TO THROW ONE OF HIS PRIZE PUPILS.



two great men owed much of their marvelous energies, which enabled them to become famous, to the wrestling of which they were so fond during youth.

There is no system of physical culture on earth, with or without an apparatus, that is equal to wrestling. It uses every muscle of the body. It develops, strengthens, makes more firm, solid and symmetrical every part of the muscular system. Of course, great care must be used by one unaccustomed to the sport. It can be made most violent exercise. The degree of violence depends altogether on the efforts made by the wrestlers. Nothing could be much more violent if two well-matched wrestlers are exerting all their strength. Beginners can easily avoid danger, however, by being careful never to use their full strength at the start under any circumstances.

What if you are thrown! You are only practicing for strength, for health—and even if you are working for the fame of a championship, this method is the best to pursue.

The writer will never forget an incident that occurred in his experience that proves

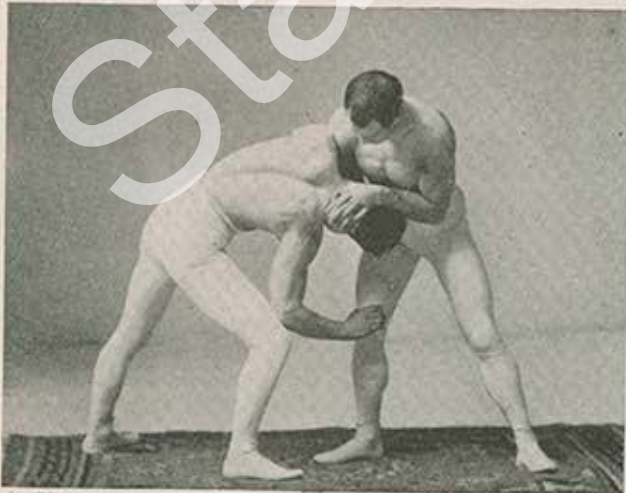


POSITION 25. CHANCERY OVER THE SHOULDER.

rather emphatically the truth of this last statement. He was at that time manager of a gymnasium in a Western city, and a number of the best amateurs were preparing for a wrestling tournament. About two months before the date of this tournament, a modest, rather heavily built young man became a member. As every one was wrestling at the time he naturally became interested. He improved very slowly. Nearly every wrestler in the club could throw him, and all were quite amazed a week before the tournament to find his name published as one of the entries. It was a good joke. They all laughed heartily.

"Oh, I just entered for fun. You all can throw me," he drawled, when it was mentioned.

But the night of the tournament arrived, and one after another fell before his strength and skill, and it was a nine-day wonder to all his victims how he did it. In practice he simply allowed them to throw him—never exerted his full power until something was at stake; and to the young wrestler the maxim, "never use all your strength," is of immense importance. It saves from a possible strain, and



POSITION 26. HEAD TWIST.



he increases in strength and proficiency far faster under such circumstances.

Of the numerous styles in wrestling, catch-as-catch-can, or rough and tumble, is unquestionably the best for practical use and all-around development. Græco-Roman is also much in favor, but as no holds are allowed below the waist in this style, it is consequently less valuable as a means of self-protection in emergencies.

Wrestling would be to-day the most popular and the best patronized sport in this country if the wrestlers and their managers would cease robbing the public with their fake contests. A professional wrestling match, on its merits, is a rare occurrence in New York City or anywhere else. The writer never saw such a match between wrestlers of reputation. The robbing game is as lucrative in this line as many others, and every match is conducted on the principle that the public likes to be humbugged. This is probably due largely to the low-class managers in whose hands the wrestlers fall. These managers divide up their profits with those in power to influence newspaper comments, and the game goes

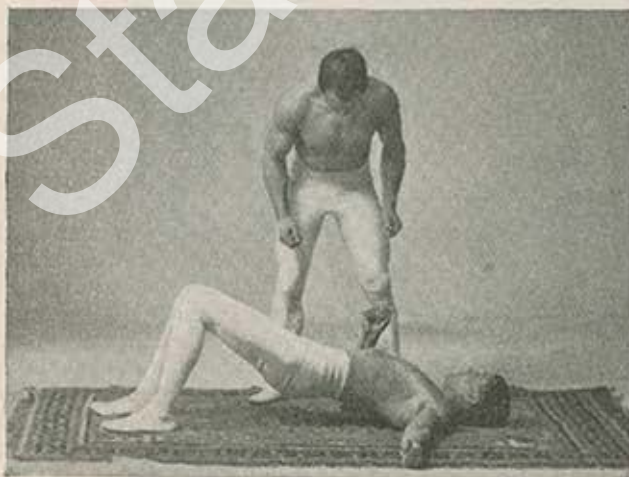


POSITION 63. ARM AND CROTCH HOLD.

on, though the result of it all is that some of our best wrestlers find it difficult to make even the most meagre living. And they deserve this reward for their dishonesty. If wrestling contests were honest, champion wrestlers would attract as large audiences, and would receive as liberal pay as champion fighters.

Honesty pays, no matter where you find it, and the writer can only say to the poor, half-starved members of the wrestling fraternity—be men, and just as you increase in manliness, in the same proportion will you increase in popularity, financially and otherwise.

To become a skilled wrestler one must practice for years, but it is wonderful how quickly one can learn a few locks, and the sport that can be had by using them on acquaintances in friendly scuffles is practically without limit. To pick up a friend that you have known for a long time and throw him over your head with but slight effort is rather an astonishing trick, and yet it is easily and quickly done, requires but little strength and can be learned with



POSITION 64. FALL FROM ARM AND CROTCH HOLD.





POSITION 69. FLYING MARE.

very little practice. Many other tricks equally as astonishing can be learned in a short time. The writer presents a few here from illustrations kindly loaned by the publishers of "A Hand Book of Wrestling," by Hugh T. Leonard, instructor of the New York Athletic Club, one of the strongest and most scientific wrestlers in this country. This last statement the writer can verify from personal experience.

Position No. 25—Watch your opportunity and turn quickly, grasping your antagonist around the neck with both hands, as illustrated, then by merely bending forward, he can be thrown over your head.

Position No. 26—If your opponent endeavors to escape by coming around to the side, retain your hold, but convert it into a "head twist," as shown, twisting his head until you force him to the floor, and over on his shoulders.

Position No. 63—To secure this hold, grasp your opponent's wrist, then place your head under his arm, and your other arm at the crotch as shown, then lift him to position, as illustrated. Illustration of posi-

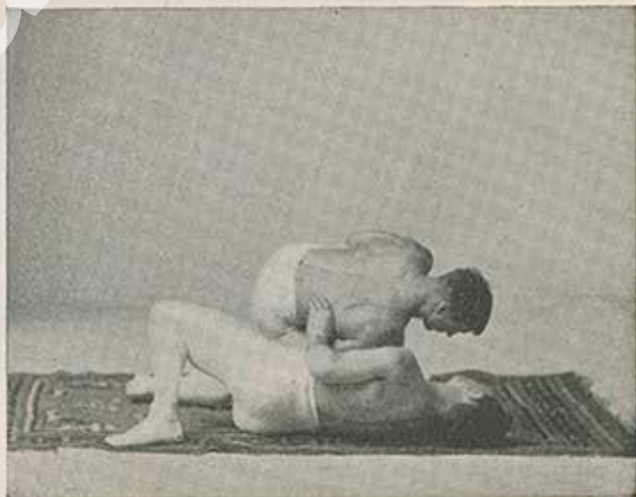
tion 64 shows manner of throwing your opponent. You bend forward and give him a quick throw from you, endeavoring to turn his body so he falls on his shoulders.

The hold shown in position No. 69 is a most startling one, as one can almost without effort toss his opponent over his head and upon his shoulders. You grasp your opponent by the wrist and upper arm as shown, then quickly turn with your shoulder under his arm, tossing him over your head. If he does not fall on both shoulders by retaining your hold on his arm he can be gradually forced over.

Position No. 191, showing the double Nelson, needs no description. You simply secure the hold, then force your opponent's head down until he turns on his shoulders and a fall is secured.

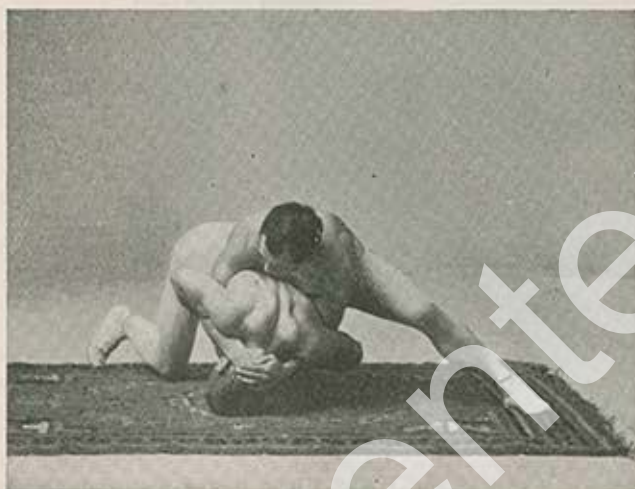
Position 209 shows a strangle hold. This is dangerous, and is of course barred in all amateur contests. It is, however, exceedingly difficult to secure an effective strangle hold on a skilled wrestler.

The holds here illustrated have been



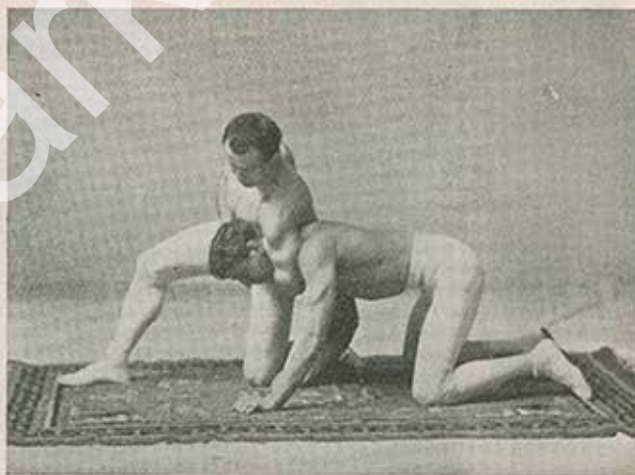
POSITION 70. FALL IMMINENT FROM THE FLYING MARE.





POSITION 191. DOUBLE NELSON.

selected from numerous others, many equally as good, or better, and if one desires to become familiar with this finest subject can be recommended. If you try the exercise with a friend, and without a competent teacher, do not fail to



POSITION 209. SIDE STRANGLE HOLD.

of all exercises, secure the services of a competent teacher, or if unable to do this, one of the numerous books treating of the remember the writer's warning, **BEGINNERS MUST NEVER USE ALL THEIR STRENGTH.**



## WHY SHOULD WE EXERCISE?

By Wm. J. Cromie, Physical Director.

**I**N the first place, nature demands it. If an arm is placed in a sling, or should we cease walking, nature will gradually remove the muscles, rendering the inactive limb entirely useless. But in our effort to use it again, she will gradually restore what she took away. It is a religious belief even to this day among the fakirs in India, that if they hold their arms above their heads they are serving their God. Of course, after holding them in that position five, ten, or even fifteen years, it is impossible to lower them again. It would be well if we had a few such examples in this country of how nature will punish those who will not obey her laws regarding exercise. If one is working at any occupation which uses one arm exclusively all the time, he will soon have one small and one large arm. Nature will strengthen and develop one, but neglect or even reduce the other. Any man of sedentary habits, whose business requires his presence indoors all the time will, at the end of a few years, find that his power of resistance against sickness and disease has become greatly lessened.

It is, therefore, evident that if the whole body be exercised as near as possible at the same time, additional strength and vigor will be distributed to every part alike. Exercise quickens the circulation, causes deep breathing and assists the organs in performing their functions, because the blood is being pumped or forced into all the different parts with unusual force. When we ask a person why he does not take exercise, he usually finds an excuse. Some say they have not time. In a few years they will have to find time to take a trip abroad, that lost health may be regained, or lie at home under the care of the physician. It saves time and money also to exercise. A man too busy to exercise is like a workman too busy to sharpen his tools. Let us not go through life with dull tools. Others imagine that they se-

cure all the necessary exercise in their business, but business of whatever form is work, and physical exercise in order to be of the greatest benefit requires absolute freedom of the mind from business cares, and the use of the body in a manner entirely different from that demanded in daily work. Still, others will say that they are too old.

Are you too old to eat? Then exercise in order to help digest your food. Still others will say many big-muscled men are unhealthy, which is often only too true. Health must be the foundation for muscle and body building. Prize fighting and other brutal sports are contrary to nature and intelligence. When developing the body, we should also develop the mind. Charles J. Kroh says, "Through proper physical training, we strive to make fit the body to respond promptly at all times and under varying conditions to the will of the mind, to counterbalance mental with physical work, contrasting throughout the results obtained with the aim in view, healthy development."

Exercise should be a part of a child's education during school life. Medical men, who have given their lives to the study of children during this period, say that the health of thousands of children is shattered by too close application to their studies. They sit in school all day in a cramped position, pressing the vital organs all together. They are then required to carry their books home, and even compelled to study in the evenings, when they should be sleeping.

Gladstone said, "Who would deny the beneficial results of bodily exercise in view of the daily examples of the deteriorating influence of school and shop life."

Do we expect to acquire wealth and fame for nothing? Then why expect health for nothing? Nothing in this world of real value can be had without effort. We should not only work for health ourselves, but help others to become strong and vigorous. If the theory we have of physical



education was practiced, we would have a much stronger race of people in another generation. A great many say that physical culture is the coming fad of the day, yet, how little effort is put forth to advance it. Almost every one knows that keeping the chest well thrown out and breathing deeply is very beneficial. Still, how few do this. I venture the assertion that there are hundreds of workers in shops and factories who never take a long, deep breath. Can one have good lungs if he is bent over eight or ten hours every day, and ignores the necessity for breathing exercises?

Can a woman wear an article of torture called a corset, made with steels and bones, seriously restricting the expansion of the chest, and have well developed lungs and a good circulation?

What is wanted is more application regarding exercise, and less talk. Chain up a dog and he will become cross. He realizes that he needs exercise and freedom. Keep a horse in a barn for a few weeks,

and when he is taken out he does not know how to act. He will run away. Man is an animal. He needs exercise. Some one will say, I do not know what exercises to take. If you do not know of anything else walk—run. If you live in the city and do not want the people to see you running through the streets, do your running stationary. Practice bending forward and backward, from side to side, etc., or, better still, join a gymnasium.

The Young Men's Christian Associations, which can be found in almost any city of note, afford excellent facilities for systematic body-building exercises. The fee is very small compared with what you receive in return.

What can this exercise, of which we hear so much about, give us. It will give us nerve power, endurance, muscular control, agility, physical courage, self-possession and expression. Can we then ask why should we exercise, when it gives us all these, and more, a long life.



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



ILLUSTRATED RESULTS OF PRACTICING  
PHYSICAL CULTURE.

By James Stuart.

**T**HE change made in a short time by a system of physical culture on Mr. Wexler is probably of rather a startling nature to the average individual. It seems wonderful—in fact if it were not for the un-

strength, beauty of manhood or womanhood, he or she is solely to blame if the necessary efforts are not made with regularity to gradually develop it.

Max Wexler is a resident of Brooklyn. In July, 1898, he was eighteen years of age. He was frail and thin, and his like-



PHOTOGRAPH OF MR. WEXLER, JULY, 1898.

mistakable similarity shown on his features in the two photographs many might seriously doubt that they were of the same individual. Thousands have secured similar improvement in their physical condition through systematic exercise, but unfortunately there are only rare cases where photographic evidence exists to prove it. Just such a change can easily be made in every slim, slight, undeveloped young man or woman, and if the reader of this article wishes for increased health,

PHOTOGRAPH OF MR. WEXLER, JANUARY, 1900,  
AFTER 18 MONTHS OF TRAINING.

ness at that time does not by any means indicate that he possessed vigorous health. About this time he accidentally became interested in physical culture. He determined to give it a thorough trial, to see if it would not build him up to the proportions he desired: When he began this work, he says that he was very timid—that the least exertion would make his heart flutter, but that now it would take a regiment of Boers to frighten him. This bears out



the statement made by the writer on several occasions, namely, that physical culture as it builds strength, not only greatly increases the physical courage, but so vastly improves one's self-confidence that the powers are equal to any emergency. Mr. Wexler put himself in the hands of a competent instructor first, and after practicing regularly for three months his weight had increased from one hundred and twenty-two to one hundred and thirty-five pounds, his chest from thirty-three to thirty-six and one-half inches, his biceps from ten and one-half to thirteen inches.

The system of exercise he followed was one that brought every muscle into use, and was no complicated method requiring a great quantity of apparatus. The use of every muscle to the point of fatigue without exhaustion was his daily rule.

His muscular condition now is shown in the two best photographs, and no one can deny that he has a physique that few can equal. His immense back muscles are distinctly shown in the full-length photograph that accompanies this article. Compare the tremendous force shown here with the physical condition as illustrated in his photograph taken considerably less than two years previous, and you will find inspiration for a desire to secure a like improvement.

Mr. Wexler states that he believes any man or woman, regardless of age, unless decrepid, can double his or her strength in a short time, if proper exercise is regularly taken, and the writer endorses this statement.

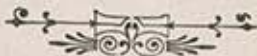
His weight is now one hundred and fifty pounds, stripped: in ordinary street costume, one hundred and sixty pounds; his chest measurement is forty inches; his biceps, fifteen inches. This shows an improvement of twenty-eight pounds in



PHOTOGRAPH OF MR. WEXLER IN JANUARY, 1900

weight; seven inches in chest measurement, and four and one-half inches in biceps, in less than two years.

He states that he can easily push one hundred and sixty pounds high overhead with one hand; two hundred pounds with two hands. He has wrestled with a great many athletes of his weight and has never met defeat. He is a fine bag puncher, and a clever sparrer, and intends to perfect himself in all sorts of athletic exercises.



Gymnastics and athletics bring mental development through development of motor nerves, whether in work or play. The brain being a dominating organ must have an adequate food supply. We must have a

higher regard for health, for health brings success, and I have never yet seen a red-checked criminal. Life is incomplete along classical lines; we must keep close to nature's heart. DR. J. W. SEAVER.



## EDITORIAL DEPARTMENT.

Let us emphasize and let the statement remain here permanently that the Editor of PHYSICAL CULTURE is in hard training, and expects to continue in training that he may be in the finest possible physical and mental condition for the great fight which he has inaugurated against

- (1) THE CORSET CURSE, (4) THE CURSE OF SEXUAL IGNORANCE,  
 (2) THE DRUG CURSE, (5) THE CURSE OF MUSCULAR INACTIVITY,  
 (3) THE ALCOHOL CURSE, (6) THE CURSE OF OVER-EATING.



HE inconsistency of the human mind is most marvelous. The average consumptive will shut himself in his room and breathe the rotten emanations from his own diseased lungs day after day, night after night, year after year, and then have the incomprehensible audacity to wonder why he has the disease—why he does not improve in health. The strongest animal that ever lived will acquire the disease under like circumstances.

Ignorance the  
Cause of  
Consumption.

All this talk about bacilli being the cause of consumption is idiotic. The writer will eat all the bacilli that can be sent him, fried, boiled or raw, and he will wager his life against a five-cent bag of peanuts that they will have absolutely no effect upon him, although he is of consumptive parentage, and at one time was seriously threatened with the disease.

IGNORANCE IS THE CAUSE OF CONSUMPTION—ignorance of the fact that the lungs need oxygen, day and night—that the muscular power of the body was made to use regularly—that inactivity breeds disease, and creates the conditions that finally stop the beating of the heart.

Many really die long before the heart ceases to beat. Death lurks in every muscle, in every organ. Death begins when activity ceases to be part of daily habits. Stagnation cannot for long be a part of life.

Thousands are going about their daily duties in a condition actually bordering closely on death. They eat, drink, sleep, sometimes have daily duties which they perform just as a machine would turn out so much work, but there is very little life in their bodies. Every organ contains elements of death—dead, foul matter—that can only be eliminated by activity; by muscular exercise, which is just as necessary to a real normal condition of life as is food.

The lion, famed as the king of all beasts—wondrous in his strength, has time and time again died of consumption when caged by human hands.

We consider leprosy a horrible disease. Parts of the body die by degrees, and fall off right before your eyes. Consumption and numerous other diseases are similar. Of course, death is not so apparent—it cannot be seen plainly as in leprosy, but it can be felt just as clearly. It is slow death just the same. The body dies in the same way. In the veins and arteries—in the most minute part of the capillary circulation—in thousands of cells that go to make up the body, there is death. And the great object of muscular exercise, of a plentiful supply of oxygen, is to remove these dead particles from the living body. The moment one ceases to make a habit of exercise, ceases to use the powers inherited and developed by environments, that moment he begins to die—the dead cells begin to accumulate, and finally they clog up the system so effectually that the



heart is unable to go on with its duties and the body, which may have contained quantities of the elements of death for some time, dies now in reality.

It is a well-known fact that women usually grow old faster than men—that they show their age more plainly—that they lose the elasticity or suppleness of youth far earlier in life than the average man. The strongest evidence of the truth of this conclusion is that most women consider it necessary to marry before twenty-five, for fear that after this age their attractiveness will have lessened so much that they will not be able to win a desirable husband.

This should not be! A woman should grow in beauty of body and mind up to at least thirty-five, and should retain this perfection for many years. Under proper conditions this would be true in every case. Is it not shameful, therefore, that the average woman of thirty-five has usually settled down to old age? And yet view the environments and conditions under which the average woman grows to this age—if this is considered, it may well be thought remarkable that a woman has grown to this age and lived.

The average man has nothing of which he can boast from the standpoint of the care which he takes of his body, and though he may abuse his stomach by gormandizing and using alcoholic liquors, his movements are not restricted by a skirt, and his internal organs are not squeezed and tortured by the corset.

Mothers who work so hard to save their sons from drink must remember that their daughters usually do themselves far more physical injury with the corset than their sons do with alcohol. Save your daughters from the corset, and future generations will live to bless you.

In heaven's name is not a skirt enough of a drag upon a healthy girl? No; she must also have her vital organs compressed until all the life and vivacity are actually squeezed out of her. And then they expect women to compete with men! Give women the same physical freedom that men possess, and they would work

with men shoulder to shoulder. They would accomplish with equal and often with greater skill the tasks that men now perform. Given opportunities women are unquestionably our equals mentally. They should also be nearly our equals physically. There should be no more difference in the strength of the male and female with the human animal than there is in the lower animals.

The greatest evil that civilization has to deal with at the present time is the corset curse. It causes more physical degeneracy, more weakness, more pain, more unhappiness than any other one evil. It is filling our land with sexless nonentities, who have absolutely no right to the claim of womanhood. The corset stifles their desire for healthful exercise, for the muscular freedom so necessary to the development of strength and beauty of body, and the intense love for motherhood, the birthright of every true woman. The never failing concomitant of superb womanhood, is never created in their weakly bodies. They practically remain children all their lives, and then wonder why they find no happiness in married life—why they can love no man with any degree of intensity. They are not women, and the fraud that is perpetrated on the man who marries such sexless creatures is worse than criminal. They create a love that they are powerless to reciprocate or to satisfy. Human beings are only removed a few meals from savagery, and the most saintly nature can be tortured until he will turn with almost murderous intent upon his persecutor, and still some people wonder why there are so many divorces! You should rather wonder why there are so few. With the corset curse to prevent our girls from growing into women, what else can we expect?

Take away the long, hampering skirt, the deadly corset, and in one generation the race would improve one hundred per cent. physically, mentally and morally. It takes grand women to create noble men, and the corset will take away the grandeur from any woman.

The writer defies any one to name a family who has gone through three or four generations of the corset without degenerating into mediocres with serious



danger of losing even the power of reproducing their species.

Many have acquired the idea that physical culture tends to increase the size of the waist. Nothing could be farther from the truth.

**Corset Increases  
Size of Waist.**

Strong, active, athletic men all have small waists in comparison to their chest measurement. This is more especially true with those given much to running, jumping, fancy dancing and similar exercises. Active and regular use of the muscles at the waist always drive away fatty tissue and lessens the size of the waist. One of the first places that fat accumulates on an inactive person is at the waist line. Of course the average young woman when she finds her waist measurement increasing will tighten her corset just a little more, and that means many more headaches and doctors' bills, and in reality an actual increase in the size of the waist, for just as the muscles of the waist become flaccid and weakened, in the same proportion are they liable to spread and cause an increase in the circumference of the natural waist when the corset is removed. If the muscles at this part of the body are kept strong by proper and regular use they become more firm and compact, and the abdomen walls are held in their proper position.

A moderately small waist in man or woman is always a sign of beauty. It usually means strength, and is a sure indication of activity, but that does not mean a waist made small by the corset.

When a woman laces her waist to immoderately small proportions, she must not forget that she is by this process actually increasing the natural size of the waist. The muscles day by day gradually become weaker. They gradually lose all power at the waist line, and this part of the body finally becomes a flaccid mass of shapeless, practically paralyzed flesh, absolutely void of all feeling—

the nerve and blood vessels having been so compressed that they have about ceased to exist. This is merely a superficial view. Think of the condition of the internal organs. They must be in a horrible state.

One of our enthusiastic subscribers writes that a friend of his in speaking of the Editor said, "Oh, he'll go quicker when he does go than you or I, or a person that never exercises."

**The Editor Desires  
to "Go Quick."**

He's right! The Editor expects to go quick when he does go. This idea of dying by inches—of lying in a sick bed for days and days, wondering whether you are going to live or die would not suit the writer. He expects to die in "harness"—expects to work on and on until some organ gives way, some cord snaps, and death will be painless and instantaneous. There should be nothing uncanny about death when it is natural. It is this wavering between life and death that is so horrible. When one has performed the duties of life to his own satisfaction, when he feels in his innermost conscience that he has done his best—that no opportunities have been missed to grow better, and to assist others towards the same goal, and he feels that, like a yellow leaf, he is fading—he can well look forward to death as a relief, as a rest from the strife and discord that is a part of every one's life who accomplishes anything of consequence.

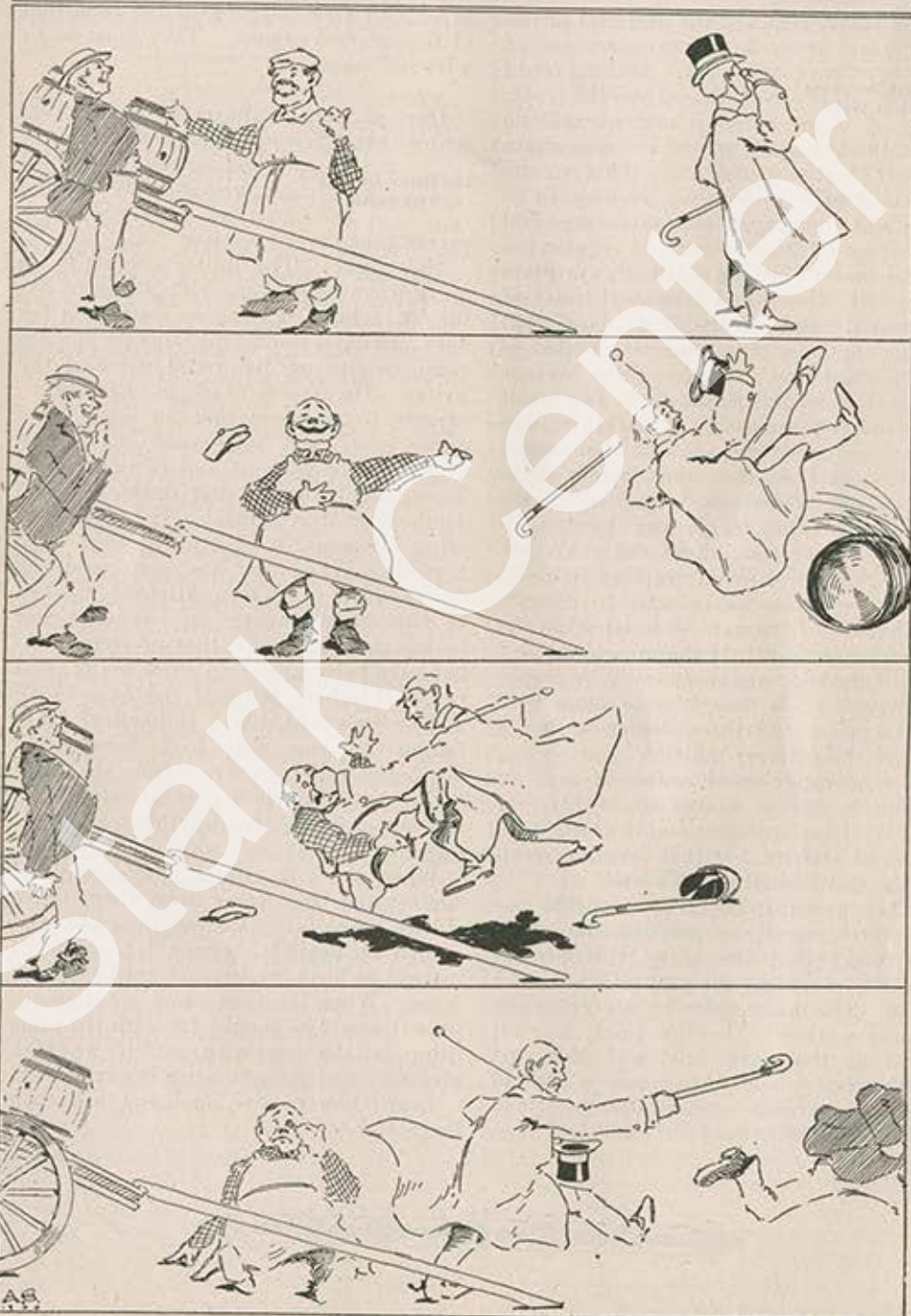
When the vile crimes now committed against the body cease everywhere death will be beautiful! We can then ask, why mourn at death? It would then be as natural as birth, and would not be shrunk from. When the time came for it to appear it would be sought for with the same calm satisfaction with which we seek pleasures and opportunities in earlier life.

Learn how to live, and you will then learn how to die.





• SOME THINGS ARE NOT ALWAYS WHAT THEY . . .  
.. SEEM TO BE ..





## QUESTION DEPARTMENT.

We regret to announce that the Instruction Premium Course Department has entailed such an enormous amount of labor that we are compelled to discontinue it for a time at least. We ask the indulgence of those whose courses have not yet been received.—Ed.



THE writer is most sincerely sorry to announce that there are numerous questions that must remain unanswered. We are greatly pleased at the popularity of our question department, but we think the reader will agree with us that we cannot give any more space to this department than is our usual habit, and if the writer were to reply at length to all the questions received there would be no space left in the magazine for anything else, and we hope that those whose queries have remained unanswered will not feel offended.

Q. I am a young man, nineteen years of age. I want to train for a long-distance race. What would you advise?

A. Run each day until fatigued (never to exhaustion) after taking exercise with dumb-bells, or chest weights for strengthening the lungs and upper parts of the body. Follow this with a cold bath; every other day take a hot bath followed by cold. Use high-grade soap when taking hot baths. Confine diet mostly to vegetarian dishes, and be careful not to eat too much. Don't overdo.

Q. Is it advisable to exercise immediately before supper?

A. Never exercise vigorously immediately before or after a meal. Of course it is better to exercise at such times than not to exercise at all, but the blood is needed for digestion immediately after a meal, and vigorous exercise draws the blood mostly throughout the muscular system. At least ten or fifteen minutes should elapse after exercise before eating, an hour or more should elapse after eating before taking vigorous exercise. Moderate exercise, such as sauntering along at a slow gait immediately after a hearty meal is beneficial to the digestion.

Q. I go to bed at nine o'clock. Am always tired when I rise at 6:30. Can you advise a remedy?

A. Eat very moderately at last meal, which should be finished by 6 or 6:30, if

possible. Exercise every muscle in the body immediately before retiring until muscles are fatigued; follow with a cold bath. Sleep with your windows wide open.

Q. What can I do to rid myself of pimples on my chest?

A. Use a flesh brush twice daily, or else rub with hands until skin is pink from the friction. Do not eat too heartily of meat. Cultivate an appetite for acid foods.

Q. Does smoking a pipe tend to aggravate catarrhal trouble?

A. Only to the extent that it influences the disease constitutionally. Smoking, especially if immoderate, tends to lower the general physical health, and catarrh, or any other constitutional trouble, will be lessened or increased in severity as influenced by it.

Q. I have tried every exercise that I know of for developing my biceps, but they do not seem to increase in size. Can you help me?

A. If you have used the biceps muscles in the various ways advised by competent trainers, and have not secured satisfactory increase in size, would say that your muscles have no doubt reached their complete normal size. There is nothing to be gained by developing enormous biceps. You may be able to lift a heavier weight, but you will do this at the sacrifice of vital strength. The exercise advised for developing the biceps in the April issue is about as good for this purpose as any that can be suggested.

Q. Will you give your opinion as to whether you recommend the apparatus and class work usually given in gymnasiums?

A. This work can be recommended most highly, and if the advice of the instructors are closely followed, the result in nearly every case will be rapid and satisfactory improvement.

Q. Four of us have taken up wrestling and weight lifting. We are weak at the waist. What would you suggest?



A. There is no better exercise than wrestling for strengthening weak waists, though avoid exerting your full strength until you have become hardened. Exercises Nos. 6 and 4, January issue, can be recommended, also Nos. 3 and 15, April issue—can be recommended for strengthening the back and abdomen at the waist line. Read carefully the article on wrestling in this issue.

Q. How can I cure lumbago or pains in the back without the use of drugs?

A. Don't dissipate or be intemperate in anything. Take exercise for increasing lung power, and for all parts of the muscular system. Give special attention to bending movements such as is illustrated on page 161, January issue, and pages 7 and 11, April issue. After exercise knead and rub the muscles vigorously for some time. Don't fail to take long walks with breathing exercises.

Q. I am a young unmarried woman, but my breasts are soft and flabby. Could you recommend a treatment that will make them firm, full and round?

A. The exercises illustrated in April issue would be of special advantage in your case, and if you combine with them, proper care of your body, walking, deep breathing, proper diet, frequent bathing and rubbing—the desired results will follow in every instance. Your condition is abnormal, has been produced by abnormal causes. Avoid tight lacing as you would a poison if you desire a fine bust, and wish to retain same after acquiring it.

Q. Can stammering be cured by exercise?

A. Deep breathing and general physical culture will unquestionably greatly benefit you. Practice using your voice at its full power as much as you can, continuing each time until a feeling of fatigue ensues. Practice on words difficult to pronounce—also with some small object in the mouth.

Q. How often should a healthy person bathe?

A. Hot baths with plenty of high grade soap at least two or three times per week. Cold sponge, shower, tub or sitz bath once per day. Hot baths should be taken after exercise and immediately be-

fore retiring. Cold baths immediately after exercise on rising.

Q. Does not exercise tend to increase the deformity produced by curvature of the spine.

A. The effect is exactly opposite. Exercise strengthens all the muscles and gradually remedies spinal curvature. Proper movements, followed daily, will cure this deformity in nearly every case, though years are sometimes required to bring the desired result.

Q. Suggest something for varicocoele. I am too poor to pay a physician.

A. Try very cold sitz (immersing hips only) baths immediately after exercise on rising. If this does not produce benefit you had better consult a physician.

Q. Can you explain why I get a pain in the side after running a short distance, though I can ride a wheel for a mile at a high rate of speed without discomfort?

A. It shows weakness and lack of training. Take up exercises for strengthening the lungs and the upper part of the body, and practice slow running. Your trouble should be overcome in but a short time.

Q. I work as a compositor—stand all day. My back aches and my body feels sore and stiff great part of the time. Can it be remedied?

A. Take exercise for upper part of the body. The system illustrated in April PHYSICAL CULTURE can be recommended for your trouble. Be careful to give special attention to exercises for developing and strengthening muscles of the back and abdomen.

Q. Would you advise one to eat fruit at night before retiring if especially craved?

A. Yes; if acid fruits, and they seem to agree with you.

Q. When I rise on my toes there is a cracking noise made by the bones of my feet. Is this a sign of disease?

A. No; the noise you mention will gradually disappear as you grow more accustomed to the exercise.

Q. What would you advise one to use in "rubbing down?"

A. The beneficial effects are secured from the rubbing—not from any preparation that may be applied.





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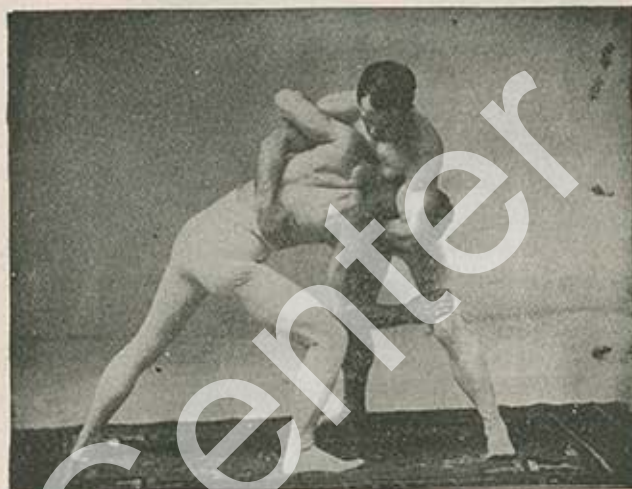
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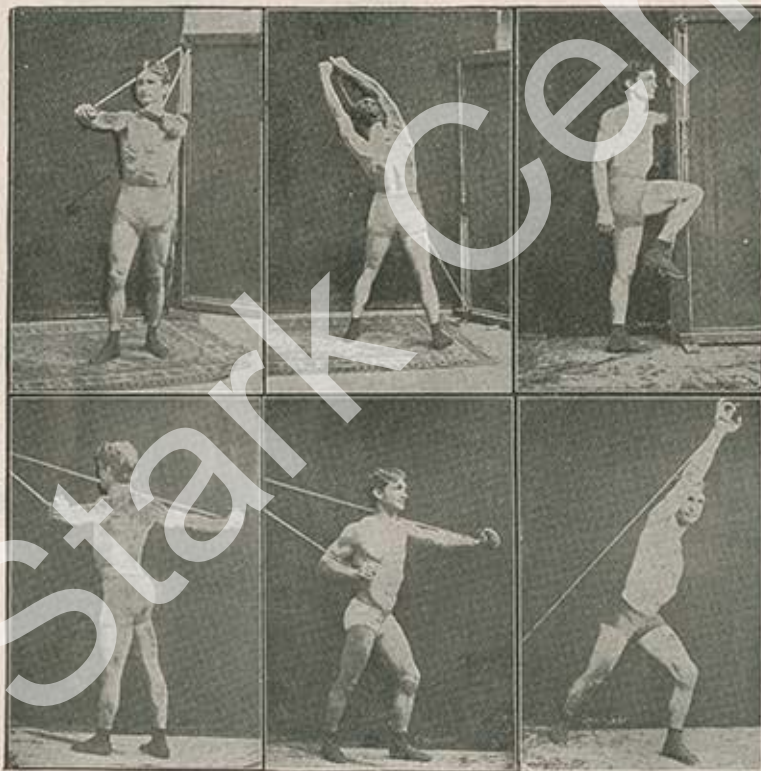
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