

# PHYSICAL CULTURE 5¢

WEAKNESS A CRIME.

DON'T BE A CRIMINAL

Stark Center



Copyrighted by Napoleon Sarony, 1893.

PHYSICAL CULTURE PUBLISHING CO., Townsend Bldg., 25th ST. & B'WAY, NEW YORK CITY, U. S. A.

# OUR GREAT PREMIUM OFFER.

\$5.00 FOR \$1.00.

## Macfadden's New Hair Culture

An Original Method for Cultivating Strength and Luxuriance of the Hair. This book, former price \$5.00, sent on receipt of \$1.00, or with one year's subscription to PHYSICAL CULTURE, for \$1.25.



JOSEPH BARTON KOHEN, "THE HERCULES."

Your system of Hair Culture cannot be praised too highly. I have followed the methods you describe for years. The strength and luxuriance of my hair is unquestionably due to this.

JOSEPH BARTON KOHEN,  
ALLEGHENY, PA.

### CONTENTS.

Cause of loss of hair may be local or constitutional. Massage of scalp with scalp masseur and by pulling process. How it is done. Partially dead hairs must always be removed. Loss of hair often caused by neglect of this. How often should scalp be washed. Refuse animal filth must be removed. Scalp covered with long hair needs washing less often.

Hot and cold applications.  
Is baldness remediable? A remedy for baldness. How to kill microbes. Luxuriant beards. Bald heads. Why one can be possessed without the other. Excessive loss of hair and how remedied. Advice for both sexes. Remedy to prevent hair

from turning gray. Dandruff—all about it. Brain work; does it produce baldness? Obesity the cause of loss of hair. Perspiration not cleansed from scalp injures hair. Effect of unhappiness on the hair.

General information—Importance of bathing. Tight-fitting or heavy hats. Excessive dietetic indulgence—its effect on the hair. Emotional life. Can baldness or thin hair be inherited? Importance of fine physical health. Why men grow bald more than women. Dissipation—its effect on the hair. Sun baths. Abbreviated instructions for both sexes on ordinary care of the hair.

Money refunded without question if purchaser does not admit the information worth \$5.00

PHYSICAL CULTURE PUBLISHING CO.,

TOWNSEND BUILDING,

25th Street and Broadway,

NEW YORK CITY, U. S. A.

# Prof. James W. Grahame

Dancing and  
Physical Culture

1320 OLIVE ST. ST. LOUIS, MO.  
(Grahame's Hall)



Established  
1886

**BRANCHES:**

- Ball Room
- Stage
- Dancing
- Elocution
- Boxing
- Fencing
- Calisthenics

ALWAYS OPEN

LESSONS DAILY

Home Gymnastics Taught and Illustrated.

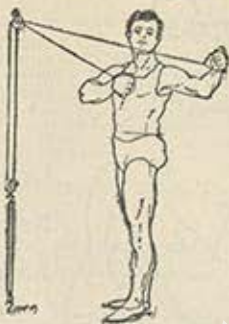
How to acquire Strength, Symmetry and Development, reduce and gain weight, shown by simple methods. Athletes trained. Consultations free.

Instruction of Ladies a Specialty.

# The Dayton Exerciser

PRICE TO  
THE WORLD

\$1.00  
\$2.00  
\$3.00



The Newest, Latest Exerciser for your home. Suitable for man, woman, child, invalid or athlete. Price to the world. Also a full and complete line of high-grade sporting goods. Write for our free booklet.

**SPECIAL**

Corbett Boxing Glove,

Lace Wrist, Claret Color.

Former Price, \$8 per set.



For Physical Culture Readers, this \$4 per set issue, . . . . .

**C. S. DAYTON & CO.,**

76 Nassau Street, New York City

The  
Fountain of  
Youth.

The World's  
Wonder.



Isham Springs  
at  
San Diego, Cal.

B. B. ISHAM,  
Mgr.

Natural mineral waters, bursting forth from a mountain, in Southern California, possessing miraculous power for destroying various diseases. A true solvent. Removes dandruff and stops hair from falling out in 48 hours, making the hair beautiful and luxuriant, and actually grows a new head of hair on heads which are entirely bald. Write for Special References.

**ISHAM WATER CO.** New York Office, 119 East 15th St.

**"THE WHITE MAN'S BURDEN" IS DISEASE**



**THE NEW CENTURY TURKISH BATH CABINET.**

Our latest improved Style B cabinet (see cut) is guaranteed superior to any \$15.00 cabinet on the market. This **SOROSIST** is the only bath cabinet endorsed by the United States Health Reports of Washington, D.C. We sell direct to the consumer and have placed the price at \$6.50 including our latest \$1.50 face-steamer. We give **30 DAYS' FREE TRIAL** in your own home, and if the cabinet is not **EXACTLY** as REPRESENTED or does not give you **ABSOLUTE SATISFACTION** in every respect, you can return same and we will refund your money promptly. **NOTHING** can be **FAIRER** than this. With this cabinet you can take **Turkish, Russian, Mineral, Medicated or Perfumed Baths** at from 3c. to 4c. each. Endorsed by **30,000** physicians. Cures **Rheumatism, Neuralgia, La Grippe, Dropsy, Insomnia** and all **Blood, Skin, Nerve and Kidney** diseases. Will break up the worst cold at once. **PREVENTS DISEASE, BEAUTIFIES THE COMPLEXION.** Write for book on "Health and Beauty." We send 12 feet of testimonials and give 40 reasons

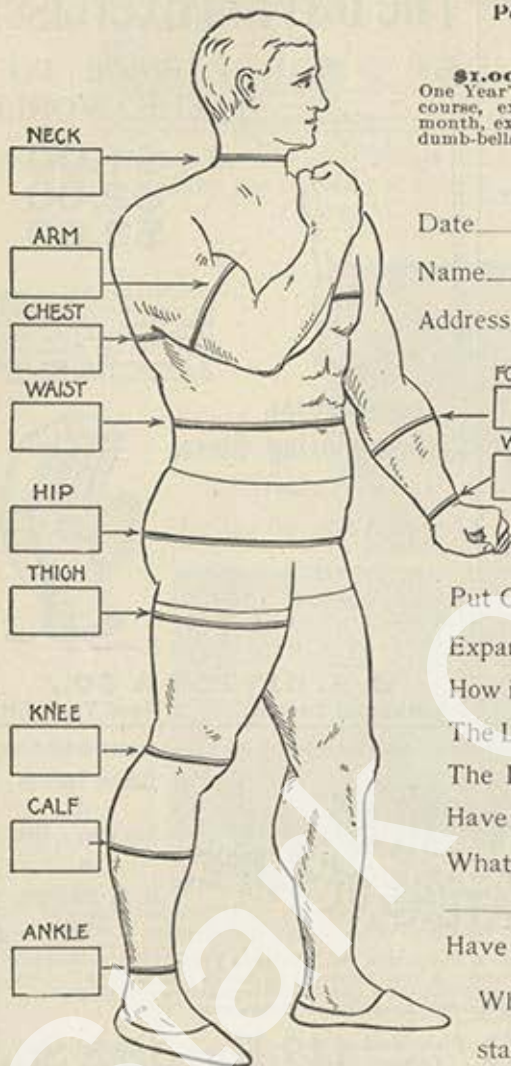
why you should buy a **SOROSIST** CABINET. Beware of cheap imitations, they are **dear** at any price. Do not buy a Bath Cabinet without first writing us. **Agents Wanted, U. S. Standard.** Address, **R. C. LEWIS CO., Box 28, Back Bay, Boston, Mass.**

**FROM FACTORY TO CONSUMER AT FACTORY PRICE**

APPLICATION BLANK for... **Our Premium Instruction Course.**

Personal Instruction by Mail Adapted to Individual Needs.

**\$1.00 per Month for Three Months**, including One Year's Subscription to **PHYSICAL CULTURE**. First month course, exercises without apparatus are advised; second month, exercises with apparatus (all makes); third month, dumb-bells. Under the direct supervision of the Editor.



Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

FOREARM \_\_\_\_\_

WRIST \_\_\_\_\_ Occupation \_\_\_\_\_

Age \_\_\_\_\_ Height \_\_\_\_\_

Weight \_\_\_\_\_

Strong or Weak \_\_\_\_\_

Put Chest Natural in square.

Expanded Chest Measurement here \_\_\_\_\_

How is the condition of the Heart? \_\_\_\_\_

The Lungs? \_\_\_\_\_

The Digestion? \_\_\_\_\_

Have you any disease? \_\_\_\_\_

What is Physician's Diagnosis? \_\_\_\_\_

Have you gone in for Athletics? \_\_\_\_\_

What kind? \_\_\_\_\_ If discontinued

state how long ago \_\_\_\_\_

Take measurements carefully as illustrated above and write them in above squares.

Name defects you desire remedied \_\_\_\_\_

Mark with cross (thus X) on above figure parts of the body you consider defective.

Name your object in taking this course \_\_\_\_\_

Is this the 1st, 2d or 3d month of course? \_\_\_\_\_

WRITE ANSWERS PLAINLY IN INK. Tear out this blank, enclosing \$3.00 for entire course, or \$1.00 for first month's course, and address

INSTRUCTION COURSE, PHYSICAL CULTURE,  
Townsend Building, 25th Street and Broadway, New York City, U. S. A.

## "What a Young Girl Ought to Know"

By MRS. MARY WOOD-ALLEN, M.D.

Bound in Cloth, by Mail, \$1.00.

## "What a Young Boy Ought to Know"

By SYLVANUS STALL, D.D.

Bound in Cloth, by Mail, \$1.00.

Are you a father, mother or guardian? Is there a boy or a girl in whose future you are interested? If so, think what it would have been worth to YOU to have the laws of sex made plain at the proper age. Would not this information have been of incalculable value? Would it not have saved you from the effects of evils that lessen the power and virility of physical health and at times destroy life itself? Think of this and do unto others as you would have desired others to do unto you!

Do not give your daughter or your son an opportunity to look back and say that your neglect has caused their pain, weakness and disease.

Either book by mail on receipt of price, or with one year's subscription to PHYSICAL CULTURE for \$1.35.

## "MARRIAGE AND PARENTAGE"

By M. L. HOLBROOK, M.D.

The following are the titles of the principal chapters of the work:

1. Introductory, comprising a sketch of the great improvements in the Marriage Relations within historic times.
2. The Duality of the Sexes, and Reasons for Marriage.
3. The fundamental principles on which True Marriages are based.
4. The temperamental and educational adaptation of one party to the other.
5. Health as the most important factor in a Sanitary Marriage.
6. Physical Culture as an element in Marriage.
7. Marriage among the ancient Spartans and its lessons for modern civilization.
8. How Science is applied to improving animals and plants, and may be applied to improving the race.
9. The Mixing of Races and its importance.
10. The difficulties which are encountered.
11. Importance of having Children, especially good and healthy ones, and the disadvantages of rearing sickly or bad ones.
12. Reproduction, its nature and laws (a very instructive chapter).
13. What and how parents transmit good and bad qualities to their offspring.
14. The laws of Sanitary parentage (also an important chapter).

Bound in cloth, price, postpaid, \$1.00.

Any one of above books sent, postpaid, on receipt of price, \$1.00. With one year's subscription, \$1.35. With one year's subscription and Macfadden's Physical Training, \$1.50.

## "What a Young Husband Ought to Know."

CONDENSED TABLE OF CONTENTS.

### PART I.

#### What a Young Husband Ought to Know Concerning Himself.

The true foundation for happiness in married life—Physical, intellectual and sexual differences between men and women—Each complementary to the other, and complete only when mated—The true theories regarding coition—The correct theory—What coition costs the male—What is excess—Effects of marital continence—The husband's duty to his wife—Mistery entailed by vice in earlier years—Effects upon wife—Upon children.

### PART II.

#### What the Young Husband Ought to Know Concerning His Wife.

##### I. THE BRIDE.

Marriage the most trying event in a woman's life—The mistakes of husbands on the wedding-night—The physical life of woman—Importance of home-making.

##### II. THE WIFE.

Her manifold duties as wife, mother and housekeeper—God has fitted her for her sphere—The mother-nature—Barrenness and sterility—Physical, social, intellectual and moral benefits of motherhood and fatherhood—Aversion to childbearing—God's purpose in marriage—Limitation of offspring—Marital excess—The wrongs which wives suffer because of ignorant and unthinking husbands—Repellent periods in the life of a woman.

##### III. THE MOTHER.

Purposed and prepared parenthood—Conception—The marvels of fetal life and growth—Changes during the months of gestation—The husband's duty to wife and offspring—What the wife has a right to expect before and during confinement—Ignorant, unthinking and unsympathetic husbands—The child in the home—Real life and genuine happiness—The mother while nursing.

### PART III.

#### What the Young Husband Ought to Know Concerning His Children.

Parental influences—Physical conditions prior to and at conception—Sterility—Can sex of offspring be governed—Cause of stercor—Blindness—The right to be well-born—Duties of the father to his newborn child—The nurse—Vice and disease inflicted upon the helpless child—Parental discipline during first two years—Duties during childhood—Ignorance is vice—How to secure purity in thought and life of children—Danger at the age of puberty—The changes which take place—Candid companions and child-loves—How to secure pure, healthy and noble children.

Price \$1.00 net, postpaid.

## "What a Young Woman Ought to Know."

The character and special worth of this book can be judged from a glance at the following abridged

### TABLE OF CONTENTS.

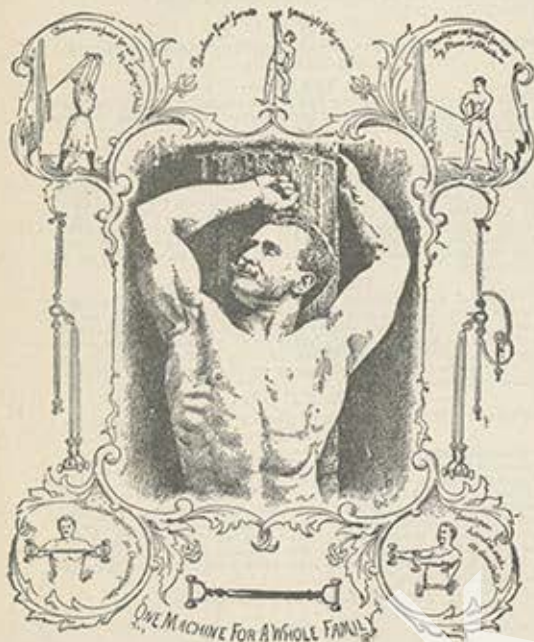
CHAPTER I. What a young woman is worth to the home, to the community, the state, the nation, the race—Woman as a moral force.—II. The importance of proper care of the body.—III. The province of food in the growth and maintenance of the body.—IV. Sleep.—V. Correct breathing, and the office of air in the lungs.—VI. Hindrances to breathing.—VII. Injuries from tight clothing.—VIII. Exercise as a means of physical culture.—IX. Bathing.—X. God's bestowment of reproductive power.—XI. The growth of the brain.—XII. You are more than body or mind.—XIII. Special physiology—The organs of reproduction.—XIV. Becoming a woman—Period of needed caution.—XV. Artificialities of civilized life.—XVI. Some causes of painful menstruation.—XVII. Female diseases.—XVIII. Care during menstruation.—XIX. Scitary vice—Causes, result and cure.—XX. What is real fun?—XXI. Friendships between boys and girls.—XXII. Friendships between girls.—XXIII. Exercise.—XXIV. Recreations—Best forms of.—XXV. What is love?—XXVI. Responsibility in marriage—The young man, his antecedents, talents, habits.—XXVII. The law of heredity and transmission.—XXVIII. Hereditary effects of alcohol, tobacco, etc.—XXIX. Effects of immorality on the race.—XXX. The gospel of heredity.—XXXI. Requisites to be sought in a husband—His health, character, habits and views.—XXXII. Marriage engagements.—XXXIII. The wedding—Wedding gifts, bridal tours, realities of wedded life, etc.

Price \$1.00, postpaid.

# SANDOW'S.... Own... Combined DEVELOPER

THE LATEST AND  
BEST OF ALL EX-  
ERCISERS...

..Invented by..  
**EUGENE SANDOW.**



## A Complete Athletic Outfit

COMPRISING

**WALL EXERCISER,  
CHEST EXPANDER,  
WEIGHT-LIFTING MACHINE,  
DUMBS BELLS,  
One Machine for a  
Whole Family. and LEG MACHINE.**

All who are interested in scientific methods of gaining health and strength rapidly are invited to call and inspect this invention of the great Sandow. It is the most complete and efficient system of home exercise, practically indestructible, adjustable to strength of man, woman and child.

Particularly recommended to Ladies.

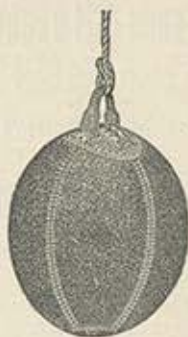
**...PRICE, \$5.00...**

Including Free Course of Instruction in our training rooms and Anatomical Charts with full directions.

Free Booklet "M" on application.  
To be obtained of all Dealers  
or from

**SANDOW DEVELOPER CO., A. LEWIS,  
Mgr.**

37th Street and Broadway, New York.  
(Entrance on 37th St.)



## The Official Striking Bag

ADOPTED BY THE

**ATHLETIC LEAGUE**

...Y. M. C. A...

MANUFACTURED BY

**JOHNSON & STOUTENBURGH**

55 West 40th Street, New York,

Makers of High-Class Athletic Supplies.

Send for Complete Catalogue.

## HOW TO BECOME STRONG.

Health Attained; Ill Health Prevented.

A BOOK OF 64 PAGES ON

Physiology, Anatomy and Pathology of the Anus and Rectum; together with a description of Rectal and Anal Diseases—their Diagnosis and Treatment without Surgery. Fourth and enlarged edition, with over 100 illustrations and 100 testimonials.

Regular Price, 25c., but to Readers of "Physical Culture," 10c., post-paid.

Address the author:

**DR. JAMISON,**

43 West 45th Street, New York City.

## Sparring, Wrestling, Fencing

Taught in New York City only at your own home by an expert. Highest credentials. Write for further information. Address

**IRA S. WOODS,**

27 East 42d St.

# PHYSICAL CULTURE

Vol. II.

FEBRUARY, 1900.

No. 5

## ...CONTENTS...

Read August Number—Results Here Illustrated— <i>Alfred C. Eichhorn</i>	206
Health and Disease— <i>Wm. J. Cromie</i>	209
Physical Culture With a Chair— <i>Bernarr A. Macfadden</i>	211
Question Department	215
How Avoidable Weakness Wrecked Love and Life— <i>Bernarr A. Macfadden</i>	217
New York Herald's Idea of Going Into Training	226
Consumption Curable— <i>Aug. F. Reinhold, Ph.D., M.D.</i>	227
Self-Massage— <i>Geo. Ruskin Phoebus</i>	229
"Lorelei," from the Painting by Kray	231
"Little Thief," from the Painting by Louis Prior	232
Cause and Cure of Catarrh— <i>Theodore J. Jacquemin, M.D.</i>	233
Editorial	234
Revised Version of "The Wrestlers"	235
Thomas Houseworth, 72-year-old Athlete	237

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

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

Price, 50 Cents Per Year, Postpaid. With Foreign Postage, 75 Cents.

PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.,  
TOWNSEND BUILDING, 25TH STREET AND BROADWAY, NEW YORK, U. S. A.

BERNARR A. MACFADDEN, EDITOR.

Stories and articles of unquestionable merit suitable for publication in "Physical Culture" invited. Guaranteed circulation, 25,000. Our advertising rates are based on circulation. We furnish proof of circulation to every advertiser if desired when bill is presented. Write for rates. We accept no advertisements from those whose wares we cannot conscientiously recommend. Patent medicine and other "fake" remedies cannot buy space of us at any price. We will consider it an especial favor if readers will furnish us with proof of any fraudulent claims made by advertising in our columns. We have refused, are still refusing to insert advertisements which deceive and rob the unwary of money and health. If any of this kind by accident secure insertion we desire to know it as soon as possible.

## READ AUGUST NUMBER—RESULTS HERE ILLUSTRATED.

THREE MONTHS OF PHYSICAL CULTURE WITHOUT AN INSTRUCTOR.

By Alfred C. Eichhorn.

The following article emphasizes in a most startling manner the benefits that can be derived from a few months of physical culture. Mr. Eichhorn is twenty-six years of age and is employed daily, and all his training was done before and after the duties required in his occupation. There is nothing wonderful about his improvement. Thousands could easily attain similar results if they would only strive for them.—EDITOR.

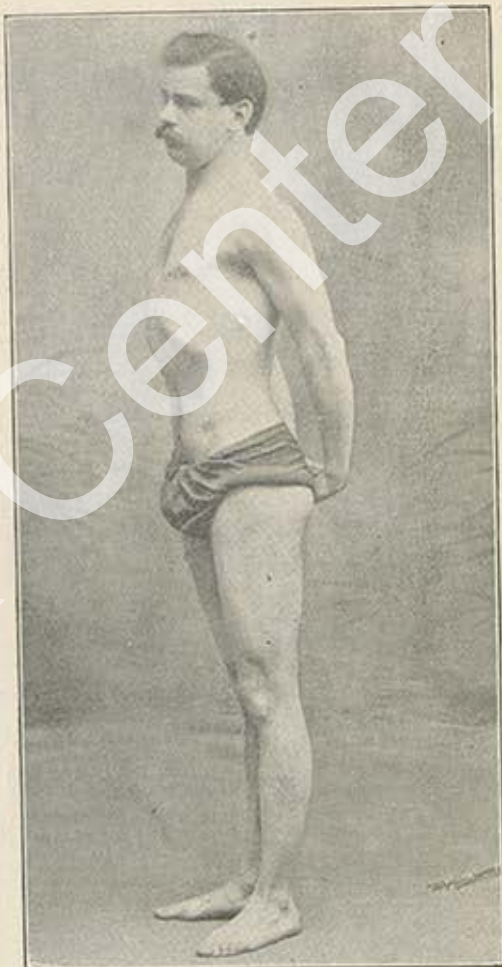
**T**HE term physical culture I use in a broad sense, and include all agents that have a tendency to improve the health or physique. While I have not been sickly, I was always weak and thin. Of a large family, none of us robust, I have often been referred to as the weak one of the Eichhorn family.

By chance the August issue of PHYSICAL CULTURE came to my hands, and while I read it with interest, I did not test its simple truths until the latter part of September. After a week of study and practice I noted an improvement, and although twenty-five years of age, at which time all are supposed to have attained full growth, I determined to see what I could accomplish in three months without a personal teacher.

The accompanying photographs show a marked improvement; the angles are rounded off, and the hollows are filled out to a noticeable degree, and all the superficial muscles are greatly strengthened. That the internal organs are strengthened in like proportion I am convinced from my improved circulation, respiration, digestion, assimilation and elimination. My face is also broader and fuller, though I made but little effort to develop the facial muscles.

I gave special attention to developing my chest and increasing expansion. In fact, I made special use of the lungs in almost all of my exercises, taking long, full breaths, sometimes slowly, inhaling through the nose and quickly and forcibly exhaling through the mouth.

I soon learned to judge the merits of an exercise by its results. I was careful to perform the movements slowly. The more haste, the less speedy the development. In selecting and devising my exercises I always bore in mind my condition and needs. I do not believe in



ALFRED C. EICHHORN AS HE NOW APPEARS.

Note his condition three months previous to this on opposite page.

heavy exercises, which require all the strength to make one, two or three movements. Light exercise, taking from twenty-five to seventy-five movements to tire a muscle, is better, for developing. I also gave some time to flexing or tensing exercises.





PHYSICAL CONDITION AND MEASUREMENTS ON  
OCTOBER 8, 1899.

Height, 5 ft. 9 in.  
 Weight, with clothing, 130 pounds.  
 Neck,  $13\frac{5}{8}$  in.  
 Chest, 30 in.  
 Chest, contracted,  $28\frac{3}{4}$  in.  
 Chest, expanded, 31 in.  
 Waist, contracted, 26 in.  
 Waist, normal, 30 in.  
 Upper arm,  $8\frac{7}{8}$  in.  
 Biceps,  $10\frac{1}{8}$  in.  
 Forearm, 9 in.  
 Thigh,  $18\frac{3}{8}$  in.  
 Calf,  $12\frac{1}{4}$  in.



PHYSICAL CONDITION AND MEASUREMENTS THREE  
MONTHS LATER, JANUARY 7, 1900.

Height, 5 ft.  $9\frac{1}{8}$  in.  
 Weight, with clothing,  $157\frac{1}{4}$  pounds.  
 Neck,  $15\frac{1}{2}$  in.  
 Chest,  $34\frac{1}{2}$  in.  
 Chest, contracted,  $30\frac{1}{2}$  in.  
 Chest, expanded,  $39\frac{1}{4}$  in.  
 Waist, contracted, 28 in.  
 Waist, normal,  $29\frac{1}{2}$  in.  
 Upper arm,  $10\frac{1}{2}$  in.  
 Biceps,  $12\frac{1}{2}$  in.  
 Forearm, 11 in.  
 Thigh, 22 in.  
 Calf, 14 in.



CONDITION OCTOBER 8.



CONDITION THREE MONTHS LATER.

By flexing I mean a number of full, easy and deliberate contractions in quick succession, more for flexibility and easy movement of muscles and joints than for development. By tensing I mean to harden the muscles with little or no movement, as, when the leg is straight, try to straighten it still more until you feel the front and side muscles harden. With the arm straight try to push some immovable object until the upper back arm hardens. We all know how pleasant it feels to stretch after sitting long in one position. I do not cease after a little stretching, but arch my back and strongly flex all the muscles of the body.

I begin by exercising those muscles which I consider the weakest, then I use all other parts until slightly fatigued all over—not tired out or exhausted in one or two muscles only.

In my daily constitutional I climb as many hills as possible. I find that walking up stairs, three stairs at a step, and walking down two at a step, is also good exercise for the legs. While exercising arms and shoulders with a pair of light dumbbells, I usually exercise my legs at the same time. By rising on the ball of my foot as near the toes as possible I use the calf muscles; by bending the knees and then forcibly straightening them, the

## PHYSICAL CULTURE

four large muscles of the thigh are used; by rising on the heel the muscles on the front of the leg below the knee are used.

There is no limit to the age at which one can improve his physique. If physical culture is taken after the bony framework has matured, the ultimate development will, of course, not be so fine or large as when adopted earlier in life. For instance, a man of twenty-eight years cannot hope for that arched chest that would have been possible at eighteen. I believe one can exercise to better advantage at home than in a gymnasium class where the instruction is general, not individual. Here the weak boy at the end of the class is encouraged to "dip" as often as the strong boy at the head of the class. He is idle nine-tenths of the time while the others are doing their turn; the air is not so pure as he might have at home, and his clothing is more restricted.

It is foolish to strive to reach certain measurements. All the measurements I have seen of a fully developed man differ in some respects, some differ in all respects. As we all have facial features

distinctively our own, so too, we have an individual muscular system.

I think a good rub down after exercise is beneficial.

Some doctors tell us that plenty of vinegar is good to use with our food, but I prefer to get acid from fruit such as the orange, lemon, apple, tomato, etc. I think the less seasoning and condiments we use the better.

I think most persons sleep with their pillow too high. I put mine to one side on retiring and sleep better without it. This practice has improved my neck muscles and given me a better carriage.

I think a good circulation is superior to heavy clothing for comfort in cold weather. I have entered a cold room, fully dressed, feeling cold, and on removing my clothing and exercising a few moments, or rubbed myself with a rough towel, I would feel warmer and more comfortable than when heavily clothed. While walking with a gloved hand in one pocket and the other hand bare, compressing and releasing a rubber ball, the hand and forearm exercised were warmer than the gloved hand.

## HEALTH AND DISEASE.

By William J. Cromie, Physical Director.

**S**INCE the beginning of the world, health and disease have been striving for the mastery. Health is a life-long struggle. We have to work hard for health, and then work hard to retain it. Disease comes like a thief in the night, ever ready to wither the fair work of health. As soon as we enter the world, disease tries to drive us out. The germs of disease are everywhere about us, in our food, water, and even in the air we breathe. They watch like vultures at the door of every indiscretion, inactivity, over-indulgence and neglect, ever seeking the destruction of life. Disease is ever ready to take possession of our bodies, the moment we have depressed the system below the health line.

We can not blame it on Providence, for He tries in every way imaginable to have us live healthy and blameless. He erects



WM. J. CROMIE, PHYSICAL DIRECTOR.

danger signals all along the pathway of life. You can see danger in the word saloon, over the entrance to the den of prostitution, in the box labelled "cigarettes," in the unsteady gait and red nose of the drunkard. In fact in everything not pure and wholesome.

What are some of the causes of disease? The most prevalent causes are inactivity, alcohol, tobacco, drugs, hurry and worry, improper eating and drinking, improper dress, etc. We hear much about alcohol and tobacco, but not enough about inactivity, improper dress and the use of drugs.

Take a walk on one of our busy thoroughfares, and watch the passing throngs. See the weak, sickly women with deformities of every kind. Can we hope for a strong, athletic, vigorous race, as their offspring? The habit of lacing among women, and I might say of the wearing of corsets at all, should be regarded as a crime. For whatever affects the mother must affect the succeeding generation.

And almost as pernicious as corset wearing is the sweeping of the streets and sidewalks with long trains. All the filthy bacteria are swept up and wafted about their persons. How can our race be otherwise than weak, when women will not exercise, and society calls for the pres-

ent tight and encumbering dress.

Compare our round-shouldered, flat-chested men and women with the Spartans or with the early Greeks and Romans. They attained great physical perfection, and only began to deteriorate when Nature's laws were violated by drinking, and listening to the voice of the siren. So we as a nation, if we do not obey the laws of Nature, will deteriorate in bodily strength and vigor.

The American people are too prone to resort to drugs for every ailment. Drugs only effect a temporary cure. Remove the cause, take exercise, and the physician will not be needed. Usually all the doctor can do is to give us sensible advice that will assist in the laws of health. Take regular exercise, breathe the pure air deeply, and drink good water freely, and you will commence to live in the true sense of the word.

Many are so taken up with business that they have no time for anything else. Americans have adopted a terrible gait, and few have the time to live long. Still we are improving. Half a century ago there were no gymnasiums in the High Schools or the Y. M. C. A. See the large number we now have. The time is coming when instead of having one physical director and thirty physicians in a city, the situation will be reversed.



"CUPID RECOVERING HIS ARROWS," BY E. MUNIER.

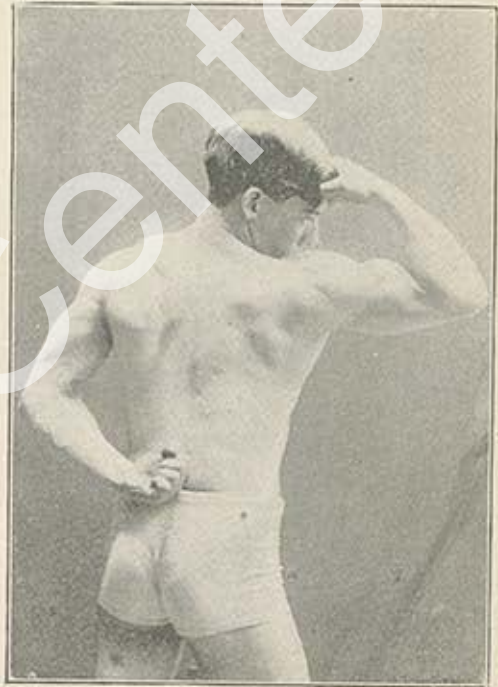
## PHYSICAL CULTURE WITH A CHAIR.

By Bernarr A. Macfadden.

Wm. A. Duncan, whose muscular figure assists in illustrating the exercises for this article, was a slight-built boy about two years ago. He can throw weights around now that many professionals would find it difficult to handle, although in age he is still but a boy. His fine developments illustrate the power of physical culture to build beauty and vigor of body, and we can only say to every young man and woman, "Go thou and do likewise."



HE writer has stated in this publication on several occasions that the development of the muscles depended entirely on their regular use without strain or exhaustion. It is therefore of but little importance how the muscles are used, pro-



WM. A. DUNCAN.

vided this is kept in view, and EVERY PART of the complicated muscular organism is brought into action. Whether one exercises with flatirons, pitchforks, bucksaws, dumbbells, Indian clubs, or exercisers, it makes but little difference, PROVIDED EVERY MUSCLE IS USED.

Many a vigorous man has built the foundation for a superb physique with a woodman's axe, spade or pick, or with the vigorous work required of an ordinary farm hand.

Any competent student of anatomy can

easily evolve a system of physical culture that will accomplish the object of using



FIRST POSITION.

all parts of the body, and such a system, if intelligently arranged, would be just as productive of satisfactory results, if practiced regularly, as would one originated by an expert in physical culture.

The system of physical culture which bears the writer's name was the simplest method that he could devise for bringing thoroughly into action every muscle.

The exercises presented in this article will, if practiced regularly, bring out just as much muscle, and produce results just as satisfactory as many requiring complicated apparatuses. Of course, within the

small compass of this short article, sufficient movements cannot be given to exercise every muscle of the body; but if these movements are taken properly, every part of the upper body will be brought into thorough action, and these muscles are the most important after all as almost every one secures sufficient exercise for the legs in walking.

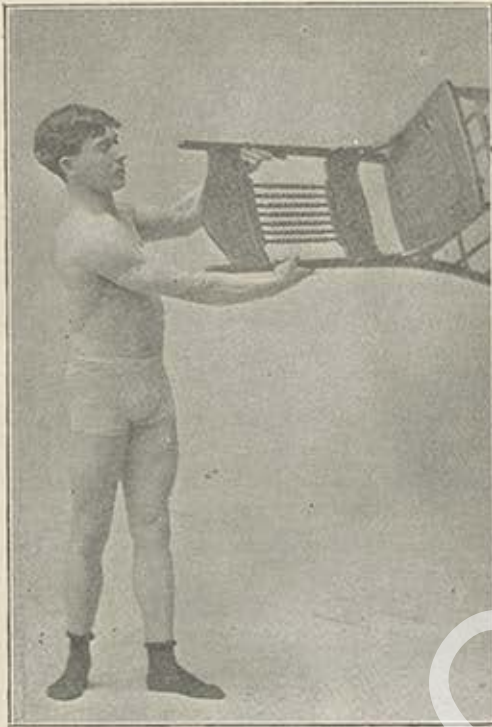
First secure a chair. Any chair will do, provided it is not too heavy, and you can retain a grip on it easily.

Do not forget the necessity for pure air and light clothing. Do not waste time by taking these exercises two or three times. Continue them daily for at least two or three weeks, or not at all.

Take the exercises in their regular order and continue each one until tired.



EXERCISE NO. 1.



EXERCISE NO. 2.

Be sure to walk from two to five miles per day.

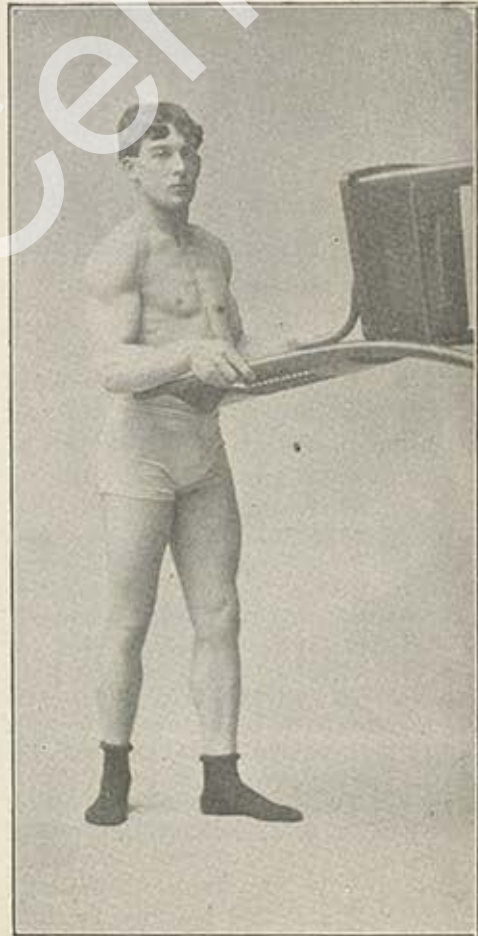
Exercise No. 1.—From first position raise chair high over head with elbows straight. Back to first position. Continue. This exercise is of especial advantage in strengthening "small" of the back; if you bend far back it will also develop the abdominal muscles. It is warranted to cure pains in the back. It is also fine for expanding the chest, and the last three or four movements should be made while a full, deep breath is retained.

Exercise No. 2.—From first position, raise chair with elbows rigid to left side as far as you can. Back to first position. Continue. Same exercise to right side. This exercise develops the muscles on the side of the shoulders and the front of the chest or bust. It is also beneficial for strengthening the lungs and expanding

the chest, and the last three or four movements should be made while a deep inspiration is retained.

Exercise No. 3.—From first position raise chair as per illustration back to first position. Continue. Be sure to grasp chair as illustrated, or the exercise will be found more difficult. This exercise is especially for developing the biceps—large muscles on the front of upper arm—and it will surprise any one practicing it regularly by the speedy development of these muscles. It will be but a short time until you can say to your friends, "Just feel my muscle."

Exercise No. 4.—From first position bring chair high over head, then behind



EXERCISE NO. 3.



EXERCISE No. 4.

back, as per illustration. Back to first position. Continue. This is of especial advantage in developing the muscles of the abdomen, forearm and back part of middle of upper arm. It is also fine for general chest and lung development.

Exercise No. 5.—Grasp chair as illustrated, and raise it upward and backward as far as possible, bringing both shoulders back strongly as chair goes up. Continue. If convenient two chairs can be used for this; if not, after tiring one arm, take same exercise with the other. This exercise is for developing the muscles on back part of the shoulders, and if shoulders are brought back vigorously as instructed, it will be of great aid in remedying round shoulders, and other defects at this part of the body.

Exercise No. 6.—Raise chair with elbows rigid, for first position, as illustrated. Back to first position. Continue. Step forward with one foot each

time chair is raised, alternating between right and left. This exercise is of especial advantage in developing the muscles on front of the shoulders. For a young woman who suffers from "hollows" about the shoulders and collar-bones, this exercise is especially recommended, and, in fact, all these chair exercises will be of great advantage in remedying defects of this character.

Exercise No. 7.—Hold chair as per illustration. Now raise it straight up over head as high as you can reach. Back to position illustrated. Continue. This exercise is especially recommended for increasing chest power and developing muscles of middle upper arm. The last three movements should be made while a deep, full breath is retained.



EXERCISE No. 5.





EXERCISE No. 6.



EXERCISE No. 7.

## QUESTION DEPARTMENT.



HOSE desiring special information about our Premium Instruction Course should refer to article in December issue.

Q. How can I break myself of the morphine habit? I take it in capsules, one dose per day of four No. 4 capsules. I would like to know how Nature's remedy can cure, and at the same time leave me with sufficient strength to do my work, which cannot be neglected.

A. In answering this question, the editor wishes to say that about the same method adopted in the cure of this complaint will also free any slave from the stimulant habit, regardless of whether it

be coffee, tea, tobacco, liquor or morphine. Stimulants of all kinds produce an abnormal physical condition. Being a poison to all parts of the functional system, the action of all organs in which they come in contact, are greatly quickened in their endeavor to affect speedy elimination. The influence of natural means—exercise, proper diet, pure air, etc.—is towards the development of the highest degree of normal health, and all these various cures advertised for stimulant habits, accomplish their objects by lowering the general vigor or by deadening the nervous powers. There is but one positive cure for these troubles, that causes no positive injury, and that is natural means. Would advise

the adoption of methods as follows: Begin gradually, week by week, to lessen the quantity of the drug or stimulant used. But first take up physical culture. Exercise vigorously from half an hour to an hour per day, starting with about ten minutes daily, and gradually increasing. Walk from five to six miles daily after you become hardened, starting with about two miles. Acquire a habit of often inflating the chest to the fullest capacity when in the open air. Eat plain, wholesome, appetizing foods, and do not eat without an appetite. To be plain, the best method is to begin moderately and train just as though you were fitting yourself for a fight. For it is a "fight"—a fight between you and your weakness. Make yourself strong and your weakness will disappear. There is not a single case that cannot be cured by the means described.

Q. Can palpitation of the heart be cured by exercise?

A. Palpitation of the heart can, in many cases, be cured by exercise and other natural means for increasing the general physical vigor. Of course where there is heart trouble great care must be used at first. Exercise very moderately until more strength is gained. The writer recalls one case of heart trouble where the fear of physical exercise inculcated by an ignorant physician, caused a young man to become almost a physical wreck, though after a little over one year of systematic physical culture he developed such strength that he entered an amateur wrestling tournament, and defeated three good amateur wrestlers. There is no need to say that his heart trouble had disappeared. Many imagine that whenever the heart is beating rapidly that they are suffering from palpitation. Any vigorous exercise will make the heart beat rapidly.

Q. Can chronic asthma be cured by physical culture?

A. A cure can unquestionably be effected by natural means. Take up a thorough system of exercise, walk several miles daily, and adopt every possible means to build up general health.

Q. Are Turkish or Russian baths beneficial?

A. In many cases they are of especial advantage, and will assist greatly in eliminating excessive accumulations of waste

or impurities. They should be used intelligently and not to excess, and a certain amount of exercise is necessary if the greatest benefits are to be secured.

Q. I would like to know how to strengthen the lungs, and keep them strong.

A. Acquire a habit whenever in the open air of often inflating the chest to its fullest capacity, always breathing through the nose. Never sleep or remain for any length of time in a badly ventilated room. Develop the muscles around the chest. The exercises with a chair given in this issue are good, and exercises No. 1, 2, 4 and 5, of the writer's system can be recommended.

Q. I am twenty years of age and very anxious to increase my height. Can you assist me?

A. No definite information can be given you as to whether your height can be increased, though if you adopt those means that will develop the highest degree of normal health your chances for an increase in height will, of course, be much greater. Some attain their full height before this age.

Q. What do you think of acrobatic work as a means of physical culture?

A. This character of exercise is all right, and can be recommended, though in the beginning much care should be used to avoid strain or injury. In fact, even proficient acrobats are very often incapacitated on account of strains, and this is the principal objection to it.

Q. What remedy would you suggest for psoriasis? I have spent all the money I have for drugs and have obtained no relief.

A. Go into training for the purpose of developing the highest degree of normal health. Take long walks with many breathing exercises daily. Exercise morning and evening. Take sitz baths as cold as you can bear it, after morning exercise. Take cold sponge bath after evening exercise. Hot bath with soap and water every other evening after exercise instead of cold sponge. Use two soft-bristle brushes all over the body immediately after exercise, and before bath morning and evening. Eat but little meat—confine diet to vegetables, Graham bread and fruit.

## HOW AVOIDABLE WEAKNESS WRECKED LOVE AND LIFE.

By Bernarr A. Macfadden.

One of our subscribers who was deeply interested in "The Athlete's Conquest," the serial romance which was continued through the first nine numbers of PHYSICAL CULTURE, has sent us a description of an experience in his own life, and the following tale is written from this. It teaches a moral of startling significance, and probably indicates one of the main causes for so many young girls becoming physical wrecks before they have reached the age denoting complete maturity.



seemed filled

**I** WAS sitting at my window gazing out into the dull, murky atmosphere. It had been drizzling all day. I was tired mentally and physically. All the world

with gloom, and into my

heart had crept a darkness that no sunshine could ever dissipate. Day after day, week after week, month after month, and fast creeping into years, this deep-hidden misery had gnawed at my very soul.

Sometimes I felt as though my heart was being consumed slowly, bit by bit, and



ACTUAL PHOTOGRAPH OF HELEN AS SHE APPEARED WHEN WALTER FIRST SAW HER.

as I realized that the end might be near, a smile, full of serenity and peace, would flit over my worn countenance.

I was handsome once. My smiles were bright and full of charm. My eyes had a brightness that won me friends and the favors of women. But now all is ended. I have tried so hard to forget—used every means in my power to drown the sorrow that seems to sink deeper and deeper as time rolls along. I have heard of men being swallowed in quicksands—how slowly, inch by inch, they are drawn down until the sand reaches the mouth, then the nose, and then a few struggles and all is over.

I feel sometimes like a man being thus dragged into death. Not that I fear death. No! No! I long for it. But this sensation of being weighted down, of being continually held in a vice-like grip of dull, never-ending misery—it is terrible torture. Sometimes when I see the bright smiles of happy children, with their clear eyes and comely faces—full of romping joy—there is a yearning, a wild, mad longing for the home, for the beautiful creature that was to be a part of that home—and I have to run away—away from myself—away from the torturing, maddening thoughts. But they follow me, cling with a persistency that defies my efforts to throw them aside. I walk on and on, faster and faster, and when the pain of fatigue finally enters my weary limbs, the mental pain begins to subside. I destroy one pain by creating another.

The grandest ambition that ever entered the heart of a boy is that innate, holy desire to deserve and win the love of some true, wholesome woman. It thrills his very soul with nobleness. I can recall even now my boyhood dreams—how I would some day meet and love some beautiful woman. How she would be queen of my heart—the guardian of my home—the mother of my children, and the owner of my soul and my life. The heroine of my dreams was a reality. I could see her as plain as though she existed in flesh and blood. I worshiped her with a reverence of a fanatic.

I was nearing twenty when I first met her in life. She was just budding into womanhood—but so beautiful. When I

saw her a great fear entered my heart. I could not murmur a sound.

I was visiting some distant relatives in a small town. They were having an entertainment in my honor. She was one of the guests, and her dark hair, bewitching black eyes and fair skin flashed before me like a vision.

There was no peace for me until I was introduced. The charm did not fade when I gazed into her lustrous eyes. She was my idol—simple, honest, wholesome and beautiful.

From that night I was a changed man—I lived but for her. My every act, my every ambition was for her.

My adoration completely won her. In less than a year we were engaged to be married.

The joy that thrilled the inner recesses of my soul would compensate for a lifetime of misery. My steps were so light. I seemed to be walking on air—intoxicated with happiness.

"But you must ask father," she said, when she bade me good-bye that day, while her dark eyes gazed affectionately into mine.

"I will see him to-day," I replied, when holding her hand in a farewell caress.

I saw her father that day. He was a fine old Southern gentleman, polished and aristocratic in manner and appearance.

"Walter, I have no objection—if my daughter loves you," was his reply to my request, though his voice was tremulous.

We talked for a long time about my future plans. I was to take a position that was offered me by a large firm with whom for a short time I was formerly employed.

We were not to be married for at least two years.

"Helen needs some finishing touches—the polish that is acquired by contact with the social world—she is only a child," was her father's closing remarks.

I thought that he was right and acquiesced.

Two days later I started on the three-hundred-mile journey that would take me to my destination.

I can see her now—the dear, beautiful girl, with her eyes wet with tears, clinging to me as though her life depended on my love.

It pleased me. I went away feeling that my cup of happiness was full.

I was to work for her and I did work. If ever man's brain is made clear and his muscles strong, it is when his every effort is put forth for the woman he loves.

I amazed my employers, who were favorably disposed towards me because of my previous good record.

In a short time my salary was greatly increased and I was placed in a position

was complaining at times of being slightly ill. It worried me. I finally asked my employers for a vacation. They readily granted it, stating that I was looking a little worn, and that a vacation would no doubt benefit me.

I was absent exactly a year and one month when I wrote Helen that I would be with her for a week, and that I would like to bring her back with me.

I followed the letter next day.



HER BLACK HAIR, BEWITCHING BLACK EYES AND FAIR SKIN FLASHED BEFORE ME LIKE A VISION.

requiring considerable responsibility. I received a letter from Helen almost daily. They were full of love and trust and hope. They buoyed me with strength for the task each day. My one pleasure was the reading of those letters, and that was sufficient, for the work was pleasure because it was all for her.

I had been away nearly a year. Her letters became a little less frequent. She

She was not waiting for me at the station as I expected. It was a grievous disappointment. Her father and mother were there instead.

They greeted me pleasantly, but their manner was peculiar. It made a great fear enter my heart. I knew not what was coming.

"Helen has not been well lately. She was barely able to sit up to-day, and though she desired to come, I would not

allow her," was the explanation given me by Mrs. Montrose, her mother.

I felt relieved. We talked of my journey. They somehow avoided talking of Helen.

She was sitting on the veranda as I neared the house. She forgot her illness and almost ran towards me when she saw me coming.

I ran to meet her and clasped her in my arms with feverish intensity. She kissed me again and again and clung to me like a wild creature, crying and laughing—her moods changing with every second.

With my arm around her waist we returned to the house. Tears had welled into my eyes, but they were tears of joy.

She was the only daughter. Mr. and Mrs. Montrose and she and I stood on the veranda for a short time. They finally went into the house and left us alone.

I rose and moved away from Helen that I might study her. Her eyes looked questioningly into mine.

She was changed—how greatly changed. She had grown some in height. She was now nearly eighteen.

Her beautiful color had disappeared; her skin was white and bloodless. She seemed to have grown thin—her waist was so small.

"Dear, what is the matter?" I asked.

"I don't know, Walter, but I have been feeling bad for some time. The doctor doesn't seem to understand my trouble," she replied, in rather sad tones.

"You don't look like the beautifully strong girl I left a year ago, but you are my darling just the same," taking her hand and seating myself beside her.

"Now tell me about yourself. How have you been employing your time during my absence?" I asked.

"Oh! I've been having such a good time—if you only had been here. Why, we have had balls and parties and dinners and teas, and it has been nothing but a whirl of social pleasures."

"And I suppose you have been the belle of all these affairs?" gazing questioningly at her.

"Well, yes; I was, until I became ill," she admitted, smilingly.

"Maybe late hours and social dissipation may have had something to do with your illness, dear."

"No; how could it?"

"I've heard of such results being produced by these causes," smiling.

"True; it's possible, but not probable in my case. I never thought of that."

She rose and moved about nervously.

"Why, Helen, what makes your waist so dreadfully small?" I suddenly asked. She had always been rather full at the waist, and I had told her many times that she resembled exactly the Venus de Milo in form.

She colored slightly at my question.

"Forgive me, dear—I did not mean to confuse you," I interposed.

She was silent a moment.

"You remember my telling you how I refused to wear a corset. Well, mother insisted after you left that I would never be a woman of polish and refinement unless I conformed to conventional rules, and I finally gave way to her wishes. It certainly improved my form—don't you think so?" turning around that I might view her to better advantage.

I failed to see the improvement, for her form could no more have been improved by squeezing it out of proportion than Venus could be improved by similar means.

My silence answered her query.

"You don't think so? Walter, you're mean!" she interposed.

"No, dear; when I left you were a beautiful little goddess with a flush of health on your cheeks and with life and power and beauty in every outline of your exquisite self. You are still my goddess—my love—my life—but you are not doing as you should. Something must be wrong. You are not strong." My voice was trembling, for I felt as though some hidden power was taking my love from me.

She came near and kissed me.

\* \* \* \* \*

My vacation quickly passed. At times I was happy. When I was with Helen, when her bright, loving eyes were gazing at me, I forgot everything but the exquisite pleasure of her presence.

When I broached the subject of our coming marriage, she appeared unwilling to consider it an early possibility.

Her father and mother appeared to

think we should not marry for at least a year or two.

I went away disheartened. I knew Helen loved me, but there was something that was stealing the brightness, wholesomeness and beauty of my love. I felt it instinctively.

My work took up every available moment on my return. I tried to bury my

"Perhaps you had too good a time," he commented, smiling.

"No, I don't think so," I answered, with a forced smile.

"You should join a gymnasium, or take some exercise. Bookkeeping is confining work and some physical exercise is required to counteract its baneful influence."

He was interrupted by one of my co-laborers, and said no more; but his words had some effect. I had received similar advice from some of my fellow-clerks. I began to realize, too, that my health was failing.

I had a hollow cough, I slept badly, my appetite was poor, and I had grown thin.



"IT CERTAINLY IMPROVED MY FORM, DON'T YOU THINK SO?"—TURNING AROUND THAT I MIGHT VIEW HER TO BETTER ADVANTAGE.

fears in the tasks before me.

My employers commented on my wasted appearance.

"Why, Walter, your vacation hasn't done you much good," one said on an occasion.

"I don't believe it did," I answered.

I determined to give physical culture a trial. I was more particularly interested because of Helen. If I could only find a means of enabling her to recover her lost health and beauty I would be happy. If I could regain strength, why would not the same means bring the roses to her

cheeks, suppleness, grace and symmetry to her body.

The more I investigated and thought over the matter, the more enthusiastic I became—until finally I somehow reasoned myself into the belief that it was the very means for which I was searching.

I found out an acquaintance who was a member of a gymnasium. He painted in glowing colors the benefits he had acquired.

I was wild to begin. My friend finally took me to the gymnasium and I was initiated that evening. I was ashamed of my appearance, but that made no difference. It was all for Helen.

I wanted to be strong for her sake—I desired to learn how to acquire strength that I might impart the knowledge to her.

I went through all manner of exercises on different apparatuses, raising my body, jumping, running, pushing and pulling.

My cheeks flushed many times because of my awkwardness and inability to perform some of the most simple exercises.

The next morning I could hardly rise from my bed. I was sore in every muscle. I felt as though every part of my body had been bruised.

I was disgusted with the results of my first endeavors. If physical culture always produced effects of this character, why I would shun it hereafter.

I managed to dress and drag through my work that day. I saw my friend in the evening.

"How do you feel?" was his first inquiry.

"How do I feel? Why, I feel pain all over my body," I answered, rather angrily.

He laughed, the calloused wretch—laughed at my misfortune.

I started to walk away.

"Ah, don't be angry—I was merely joking," he said, coming after me.

"It's rather a rough joke," I replied, as I limped along.

"Why, the muscles are always sore if one works too hard the first time, as you certainly did."

"Well, why didn't you tell me?"

"Ah, I knew you would find it out," he answered, with a broad smile.

I finally forgave him, and in a few days continued my endeavors. In a month or

two I began to grow strong. I felt the renewed energy, the power thrill my body as it day by day increased.

I was receiving letters from Helen every two or three days.

There was something lacking. They had none of the old-time spirit and intensity.

She would be well, then sick. She would just revive enough to attend this party and that reception, etc., etc. Social pleasures were to her like an intoxicant to a drunkard. She must have them.

I was about to write and inform her of my wonderful recovery, when it suddenly occurred to me that if I read some physical-culture literature I could write more learnedly and with more chance of impressing her.

I purchased several books. I read of the necessity of exercise to health, of the evil effects of breathing confined air, of the baneful results that follow tight-lacing, etc., etc.

When the subject of corsets and tight-lacing met my eyes, I gloated over the words like a beast of prey over his victim.

At last I had found the cause of my darling's loss of beauty, health and strength. Over and over again I read the passages referring to this terrible evil.

Every word was stereotyped in my brain. Somehow I had instinctively felt that this was the cause of her weakness long before I ever read a line in reference to it. To have my own impressions thus verified was double certainty.

I sat down that very minute and wrote her a long letter. I sent her several books, and then I was happy—more happy than I had been for months.

I felt that all my trouble was over. My darling would see the truth and adopt those means that would quickly bring back her lost health.

The next two days were dark and rainy, but there was no gloom for me. The sun of hope and love that shone from my heart radiated happiness.

I felt like a child with a heart full of life and joy.

The third day I expected an answer. No answer was received. My heart almost stopped beating when the postman went by our house without leaving even a postal card for me.



I was miserable! Had she not received my letter? Did she write and the letter miscarry? All manner of thoughts flitted through my brain.

I worked away like an automaton, hiding my misery as best I could.

The next day no letter. I began to fear she was too ill to write. I wrote again. The fifth day there came a reply. I read and re-read it.

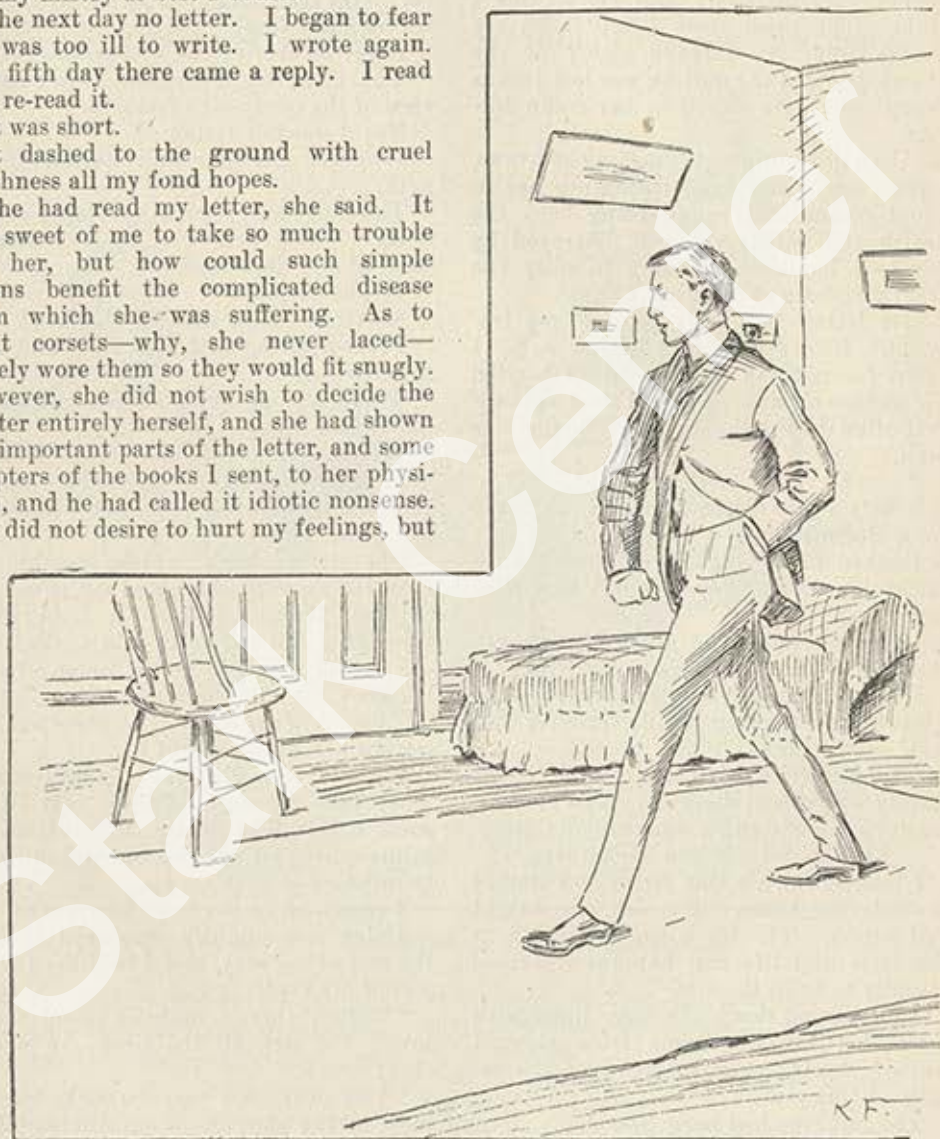
It was short.

It dashed to the ground with cruel harshness all my fond hopes.

She had read my letter, she said. It was sweet of me to take so much trouble for her, but how could such simple means benefit the complicated disease from which she was suffering. As to tight corsets—why, she never laced—merely wore them so they would fit snugly. However, she did not wish to decide the matter entirely herself, and she had shown the important parts of the letter, and some chapters of the books I sent, to her physician, and he had called it idiotic nonsense. She did not desire to hurt my feelings, but

I felt like smashing all the furniture.

I went over to the bureau. My Helen's photograph was there. It was taken as I first saw her. How queenly, how divine was her beauty!



I WALKED THE FLOOR IN WILD, MAD RAGE. I FELT LIKE SMASHING ALL THE FURNITURE.

These were the doctor's exact words.

I ground my teeth in anger at that doctor. I would have liked nothing better than to have had him by the throat. He was killing my girl—my love—my life.

I walked the floor in wild, mad rage.

My anger was gone in a moment. I kissed her pictured lips again and again. Somehow I felt that she was dead. This bright, beautiful, wholesome girl. Where was she?

I had not seen her since I first left her

presence to make a home for her. The girl I saw when last I visited Helen was not the Helen of yore.

I am ashamed to own it—it was not manly—but I put that picture in my pocket, over my heart, and sobbed like a child. The great tears rolled down my cheeks from the terrible agony of the knowledge that my darling was lost just as though she were closed in her coffin forever.

Like a drowning man grasping at straws, I tried again and again to induce her to adopt means that would bring back the health and beauty she had destroyed by her own hands in refusing to obey the great mandates of Nature.

Her letters gradually became less frequent. I worked on in a lifeless way. I cared for nothing or nobody. I carried her picture always. I would steal a glance at it often during the day when no one was nigh.

\* \* \* \* \*

Nearly a year elapsed. I had not heard from Helen for over a month.

I asked for a vacation. I had been a faithful employé. My request was willingly granted.

I had determined to go to Helen, and, if possible, bring her back as my wife.

What difference did her illness make! I loved her—nothing could ever alter that fact.

I did not write that I was coming. The station was almost deserted. The station-master knew me and I was cordially greeted. I dared not ask how Helen was.

I turned down a side street and started towards her home. The day was bright and sunny. The birds were chirping in the trees and life and happiness seemed actually to be in the air.

As I turned down the lane, lined with trees that hid her home from view, I walked slowly. I was fearful of the results of this visit.

The last tree had been passed.

I stopped suddenly. There was some sort of a vehicle being wheeled towards the house by a girl, apparently a nurse

It was an invalid's chair.

"My God! it can't be Helen," I muttered to myself.

The chair was being turned around. It was coming towards me. I was unable to

move—I seemed to be rooted to the spot.

With compressed lips and trembling limbs, I waited the approach of the chair with its occupant.

"Was it—Helen? No! No! It can't be," were the thoughts that quickly flitted through my brain.

I was recovering my self-possession.

The chair came nearer. I secured a view of the occupant's features.

No; it was not Helen.

I opened the gate and started up the path.

The nurse and her charge stared at me.

As I came near the chair I started, stopped and drew back.

It was Helen!

My God! How she had changed!

I recovered my self-possession and went towards her.

There was no smile of recognition on her drawn features.

"Helen, don't you know me," I asked, holding out my hand. I tried so hard to hide the tears in my eyes, but I know she saw them.

She started back, widely opening her eyes, the moment she heard my voice.

"Yes, Walter, I do," in faint tones, "though I did not until you spoke."

I talked with her as the nurse wheeled her back towards the house.

I feared to say much, as I knew not how serious her illness might be.

Later I saw Mr. and Mrs. Montrose. They told me she had been very ill for some time. The doctor had advised absolute quiet and rest, but she did not seem to improve.

I remained in the town two weeks.

Helen was slightly improved towards the end of my stay, and I told her the object of my visit.

"Walter, there's nothing about me to love. I'm sick all the time," in melancholy tones.

"Yes, dear, you may be sick, but the most divine pleasure of my life would be to nurse you back to health," caressing the hand I held.

She shook her head.

"There's nothing left of me. All the spirit and zest of life seem to be gone."

She leaned back heavily in her chair, and I felt cold, death-like chills run through me as I realized how true were her

words. I pleaded with her, but no, she remained obdurate.

Her parents seemed of the same opinion. It was useless to talk of marriage until their daughter was well.

The next day I went down the path of that beautiful lawn with a heart like lead.

to hide the blinding tears that suddenly rushed to my eyes.

I walked swiftly—I ran.

I saw the train pulling in at the station. I ran faster—faster. I caught the last car as the train was leaving.

What cared I for baggage. I wanted to



THERE WAS NO SMILE OF RECOGNITION ON HER DRAWN FEATURES.

As I shut the gate and looked back, I saw the invalid's chair on the piazza. The occupant was looking in my direction. She was, no doubt, thinking of me, but I was beyond the vision of her weak eyes.

I lingered a moment only and gazed at her. I turned suddenly and hurried away

be away—away from the cemetery of my happiness, from the scenes of youth, and joy, and bliss.

As I write this last line the rain is beating on my window.

The lamp is flickering. It is going out—out into the death and darkness that has already enveloped me.

Prof. Barker, New York Medical College: "The drugs which are administered for scarlet fever kill far more patients than that disease does."

Dr. Talmage, F. R. C.: "I fearlessly assert that in most cases our patients would be safer without a physician than with one."



THE NEW YORK HERALD'S IDEA OF GOING INTO TRAINING AND ITS RESULTS.

## CONSUMPTION CURABLE.

POSITIVE PREVENTION AND CURE OF TUBERCULOSIS (PHTHISIS OR CONSUMPTION) BY NATURE'S CURE.

Aug. F. Reinhold, Ph.D., M.D.

*(Concluded from last issue.)*

Every condition of life, past and present—every instinct of original man, and every part of his body, points to the fact that, by nature, he is a fruit eater. But the majority of people to-day live largely upon meat, which, in itself injurious, is made still more deadly by cooking, and becomes one great, universal cause of disease. Spices, incapable of assisting in the building up of a normal system, induce eating to surfeit, and the variety of dishes served at one meal is another temptation to overeat. Lastly, cooking is a most important factor in this universal habit of eating to excess. Food contains hydro-carbons (starch or flour, fat and sugar) and albumens. Hydro-carbons furnish animal heat and muscular energy, whereas albumens are the building material of the muscles. While cooking alters the hydro-carbons but little, it coagulates the albumens, rendering them less assimilable. As the human system requires for its sustenance a certain amount of albumen, we are obliged, in order to procure the quantity from *cooked* food, to partake of the hydro-carbons in excess. Now, the liver is the safety valve for these substances; that is to say, the duty of the liver is to promptly throw out from the body an excess of starchy food, grease or sweets. The liver, in common with all other organs, is supplied with a definite amount of vital power. By forcing incessantly upon this organ an excess of hydro-carbons it finally gives out, becomes torpid, and ceases to secrete bile; but bile is the natural lubricator of the bowels; deprived of this, costiveness results. Constipation, if prolonged, is followed by loss of appetite; this is succeeded by loss of weight; and here—as a direct result of perverse diet, are three symptoms of consumption at one blow—costiveness, loss of appetite and decrease in weight.

Now, let us follow the chain still fur-

ter. If the bowels are inoperative, the excrements are unduly retained; the gaseous and liquid portions of the feces are re-absorbed by the intestines and carried toward the skin and kidneys. These organs, with double duties forced upon them, become, in turn, exhausted, and the skin is no longer able to eliminate the gaseous wastes, nor the kidneys to excrete the liquid effete matter. This stage of the disease is very serious, and its progress most rapid, because the unnecessary amount of clothing worn has already stifled the action of the skin by depriving it of the free access of light and air. The normal functions of the kidneys have also been interfered with, because they have been deluged with unnatural and harmful beverages. The effete matter now charging the system seeks vent in various ways; in some cases, it is discharged as leucorrhœa; again it forms ulcers; still again, eczema appears, or the eyes and ears begin to run. In a large number of cases the morbid matter gravitates toward the lungs, causing either asthma or expectorations. The matter thus offensively appearing should have been removed by the natural depurating organs, had they not been rendered torpid and useless by lack of exercise, perverse diet, and other unhygienic habits. The process of destruction in the lungs is accompanied by the presence of bacilli, whose activity is in direct proportion to the fever heat. If the fever could be controlled, the development of the micro-organisms, and also the disease, could be checked. Everything depends upon controlling the patient's temperature—not by quinine, phenacetine, or other injurious drugs—but by natural means. Here shows the omnipotence of the vegetable diet in full and radiant glory.

The hydro-carbons introduced into the system in excess, and retained because of torpid bowels, are half digested and only

partially assimilated; the rest form deposits in the system, which gradually alter the shape of the body; the old, for instance, are often stouter than the young, because of years of these accumulations.

These deposits of half-digested food are excellent food for the bacilli. In a system free from deposits, no bacilli can thrive, because they have no food. By their living process, the deposits are liquefied, and thrown out from the system, in expectoration. We see, therefore, that far from being inimical to life, the bacilli aid in purifying the system. But the bacilli produce effete matter of their own, which is poisonous to the human system; and the increased activity of the vital power necessary to remove this poison leads to high-temperature or—fever.

Whereas the chief aim of the drug school is to destroy the bacilli or microbes by poisonous medicines, leading in every case to fatal results, the object of the present writer is to aid Nature in removing the deposits from the system. If we achieve this, we deprive the microbes of their food, they will disappear, and with them the fever.

To attain this end, a purely vegetable diet is ordered. Milk, eggs, and the old "stand bys,"—the stimulants of the medical school—as well as all narcotics—coffee, tea and tobacco—are strictly prohibited. This diet, also debarring spices, and while consisting of nuts, grains, fruits and vegetables of various kinds, is not heating, and soon lowers the temperature, reduces the high pulse, and relieves the fever. This saves the vital power, and is followed by a gain of weight and strength. The vegetarian diet is an important aid in overcoming the most obstinate constipation; and with the bowels moving freely, all harmful impurities are discharged naturally.

Judicious water-cure applications can materially aid these processes. Exposure of the naked skin to the sunlight re-energizes the skin; cool sitz baths reduce the fever heat, and tend to regulate the bowels; by these means the impurities formerly gravitating toward the lungs, and changing them into unnatural organs of elimination (by expectoration), are drawn back to their natural channels of evacuation.

As the destructive processes in the lungs have reduced the breathing capacity, we must and can raise it by certain muscular exercises, combined with various modes of forced exhalations and inhalations. One month of such treatment will often double the lung capacity. As the food eaten is assimilated and made useful in building up the system only in proportion as it is vitalized by contact with pure air in the lungs, it is obvious that the increase of lung power will be followed by gain in sound muscular tissue and weight.

The artificial weight gained by the use of that pernicious article—cod liver oil—is entirely an increase in fat—the very deposits upon which the microbes feed. There is no record of any life being saved by its use.

Creasote, although largely used by physicians as a last resort, is still a debatable article. In fact, although for decades this drug has been lavishly prescribed, and for persons in most delicate health its power, whether for good or evil, is still gravely argued by the very men who are experimenting with it on thousands of human beings. Each new fad discovered by the regulars pushed creasote *pro tem.* into oblivion; but when the "latest discovery," first lauded to the skies, has extinguished the "lamp of life" in hundreds of helpless patients, then creasote is dragged forth again.

Its use in consumptive cases is proved unavailing, because thousands have died while having it prescribed for them.

In the rational ways, briefly outlined above, every abnormal symptom is successfully met; and tuberculosis can both be prevented and cured. The writer has seen many cases cured, although in advanced stages of the disease. Nature is not, as are the medical advisers, impotent before the disease—it fails because the system of the patient has been saturated, and the living tissues killed, by years of drug poisoning, at the routine physician's hands.

All who will exercise their intellectual faculties, and will give this grave question the attention it merits, must concede that in the natural forces of life, we possess positive and efficient means of bringing tuberculosis under our control and of ultimately permanently curing the disease.

## SELF-MASSAGE.

Geo. Ruskin Phœbus.



GREAT many people who appreciate the value of massage in aiding the circulation, and thereby strengthening the entire physical system, are unable to use it because of the expense involved in employing an operator. A first-class massage operator is entitled to and receives liberal pay for his services. The employment, therefore, of this health-producing agent as a regular method of strengthening the circulation is confined to persons with considerable means. Those of limited incomes only feel themselves permitted to employ a massage operator occasionally, and not as often as they would like to submit themselves to the massage process.

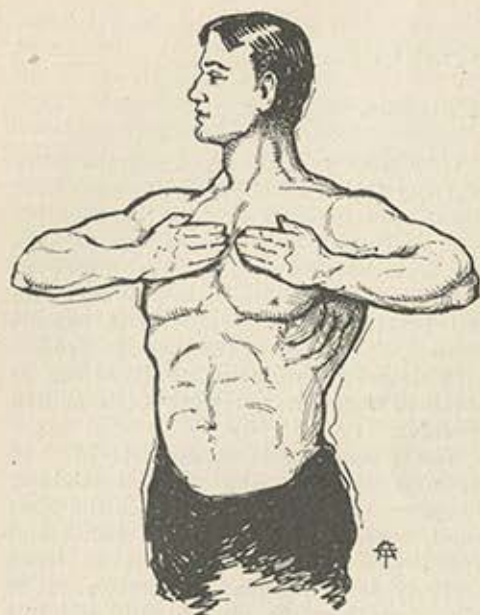


They need not, however, refrain from enjoying the benefits of the massage process of exercise after reading this month's issue of PHYSICAL CULTURE. A method has been devised and is here presented through which, with a little time and care and practice, an individual can submit himself, or herself, to the massage process with almost as successful results as can be obtained through the work of a skilled operator.

The massage process consists of four methods of agitating the circulation. These are rubbing, slapping with the open hand, beating with the closed hand, and kneading. The most difficult to learn properly is the kneading process. The others are easy to understand, and but little direction is required in order that they may be made thoroughly efficacious.

Kneading is done by taking the flesh between the thumb and forefinger and pressing it backward and forward. Care should be exercised that the flesh is not so tightly held or so roughly handled as to cause anything in the nature of a bruise, for such, should it be occasioned, will stagnate the circulation instead of rendering it active where it has been sluggish. Slapping is done with the open hand, the palm, rendered slightly concave, being used in the process. Hitting with the closed fist needs no further description. Rubbing is also done with the open hand, the palm being rendered slightly concave, the strokes being made upward and downward and not crosswise, the heaviest pressure being used with the upper strokes.

And now that you know the process, we will go into a little description of the methods through which they should be used. It is the early morning. You have just arisen, taken your bath, dried yourself well, and wish to enjoy a massage exercise. Begin with the bottom of the foot, first taking the left foot and next the right; give it a brisk rubbing, follow this by manipulating the toes and the upper part of the foot; use only the rubbing process in this exercise. Next take the leg



from the foot to the knee, using only the rubbing exercise, making the pressure in the rubbing from the ankle up to the knee, and the light strokes from the knee down to the ankle. Do not make any effort at kneading or slapping yet. After the two knees have been reached skip to the hands and arms. It has been found a wise rule by all experts in massage to thoroughly exercise the extremities before any exercise is given to the body proper. Rub the palms of the two hands together briskly and then with each rub the back of the other. Next continue the rubbing from the wrist to the elbow, being careful that the heavier or pressure strokes are made with the upward movement. After having completed the massaging of both arms to the elbows, go back to the knee and continue the exercising, using the rubbing

process from the knee to the thigh. Then back again to the arms, rubbing from the elbow to the shoulder. You have now completed the initial massage of all parts of the body except the neck, head, chest and trunk. Your next exercise will be with the face and head, and will constitute merely a brisk rubbing, using both hands and exercising both sides of the head at the same time. Follow next to the neck, rubbing the neck and shoulders, then the stomach, rubbing briskly crosswise with a somewhat circular movement, and not up and down as you did with the arms and legs. After the stomach, complete the exercise of the entire anatomy by rubbing the chest and back. In exercising these parts use both the up and down and crosswise movements. You have now accomplished an excellent elementary massage of the entire system. It has taken you but a few minutes, and yet, as you yourself will testify when you try it, it has made your whole body tingle with pleasant and healthy sensations.

The rubbing processes alone should be used in beginning your massage exercises, and not for some days after you have started in the work should you resort to the kneading or hitting or slapping processes.

After you have been exercising with your own massage work for about a week you may begin the other processes. Care should be taken that the methods used are the same as those which have been described. Begin with the extremities and follow the plan heretofore laid out for the rubbing process. As the muscles harden and the skin becomes accustomed to this healthful method of exercising, the kneading and hitting and slapping may become more vigorous. With the beginner these exercises, however, should be very light and should be continued but for a short period of time with each treatment.



Prof. Parker, of New York: "Hygiene is of far more value in the treatment of disease than drugs."

Dr. Marshall Hall, F. R. S.: "Thousands are annually slaughtered in the quiet sick-room."

Prof. Davis: "The vital effects of medi-

cine are very little understood. It is a term used to cover ignorance."

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





FROM THE PAINTING "LORELEI," BY KRAY.




FROM THE PAINTING "LITTLE THIEF," BY LOUIS PRIOR.

## CAUSE AND CURE OF CATARRH.

By Theodore Jacquemin, M. D.

We were afraid that the article on Catarrh would not be ready for this issue, but are able to present a small part of it. The conclusion will give valuable information to those seeking a cure for this disease and no one interested should miss it.—Editor.

N the search of a cure for any disease, the first duty is to discover the cause.

Catarrh is one of the most stubborn diseases that medical practitioners are called upon to cure. When once it fastens upon a victim it clings with such persistency that no amount of treatment seems to lessen its hold. The principal reason for the failures in the treatment of this trouble lies in the neglect to fathom the conditions which produce it. Of course catarrh that comes and goes in a few days can be developed by almost any indiscretion which would produce a cold (see "Cause and Cure of Colds," January issue), but that should be treated as an ordinary cold. What we have to deal with in this article is chronic catarrh, and catarrh becomes chronic when the conditions producing it are allowed to exist continually, or else for some reason the depurating organs are unable to properly perform their work and the catarrhal discharge is a means used to assist them, for catarrh, whether chronic or temporary, is unquestionably one of the methods used by the functional system to assist in eliminating from the blood excessive accumulations of waste matter or impurities. Therefore in order to discover the causes of catarrh we must first search for that which produces this excess of waste matter in the blood, or else for that which tends to lessen the effectiveness of the depurating organs; there you will find either directly or indirectly the cause of this disease. The skin, the kidneys and the lungs are the great depurating organs for the circulating system. The skin and the lungs are of the most importance to

us for the reason that they are more easily influenced by our action, or want of action. Catarrh is strictly a constitutional trouble—it is in the blood—it is not local, though if the nasal passages are not frequently cleansed with some antiseptic wash, very often it is greatly aggravated by local conditions. If proof is desired as to whether catarrh is a local or constitutional trouble, miss one or two meals, or adopt any means that will tend to thin the blood, and notice how quickly your catarrh decreases in virulence.

Admitting, then, that catarrh is a constitutional or blood trouble, the causes of disease can be enumerated about as follows: First, improper diet, or a tendency to overeat, or eating without thorough mastication; second, lack of that exercise of the muscular system necessary to the perfect working of the organs of digestion, assimilation, circulation and elimination; third, breathing confined impure air, which interferes seriously with the lungs in purifying the blood; fourth, neglect to properly cleanse and care for the skin; thus the pores are clogged and unable to readily void all the impurities that seek elimination; fifth, too much bed clothing, or ordinary wearing apparel, thus so effectually excluding the air from the surface of the body that it cannot evaporate the poisonous moisture that often exudes from the pores (every pore of the body needs oxygen as well as the lungs); sixth, the habit of mouth breathing, thus interfering with the free access of air to and fro in the nasal passages.

Any one or all of the above mentioned causes will produce catarrh in every case.

(Concluded in next issue.)

## EDITORIAL.

**W**ILL the scientific idiots never die? The writer has great respect for science—true science. It has accomplished wonders, but some of the most monstrous and most destructive humbugs ever perpetrated upon a civilized people have been introduced with the authority of so-called science. It was from Paris that Dr. Brown-Sequard announced to the world his discovery of the wonderful elixir of life. He and his discovery are now in richly deserved oblivion. Several years have elapsed since Dr. Koch discovered a positive cure for consumption, and the only remnants of his remarkable discovery is the use of his name to exploit fake remedies by patent medicine firms.

Now we have the "Serum." It also comes from Paris. It is the product of the brain of a physician with an unpronounceable name, and is supposed to enable young persons to remain young and old persons to regain youth. Poor little insignificant man with his wonderful (?) discoveries! Did you ever see a mosquito trying to butt down a brick wall with his head? Well, that is about a suitable comparison of the efforts of those so-called scientific men in their search for means of controverting the plain laws of Nature. No human power or human discovery will ever be able to change in one iota those laws which govern birth, growth, degeneration, regeneration, decay and death.

The Omnipotent Power controlling this universe has no doubt conveyed important knowledge to man, but means of annihilating the penalties for violating Nature's laws will never be found. Men and women grow old or remain young as their bodies are influenced by the care and use which they receive. Each individual possesses at birth so much vitality. Barring accidents, he is allotted so many years of life, provided he breathes pure air, is properly nourished and makes temperate and regular use of every power possessed.

Not one out of a thousand, or even one out of a million in civilized countries grow to adult life and to old age under these perfect conditions. Every civilized human being shortens his life to some extent by failing to conform to those rules essential to the acquirement and retainment of the highest degree of normal health. Therefore, there is only one way of lengthening human life, and that is to obey the demands of Nature.

The average individual appears to imagine that the human body will stand more ill-use than steel. A machine composed of steel will soon rust and ruin if not used, but many muscles in the complicated human organism can remain inactive for years, and almost every one thinks no harm can result. The retainment of youth requires that the actions indicating youth should be regularly indulged, and that means playing, and romping, and running, and jumping. If this cannot be, a substitute must be used in physical culture. **INACTIVITY MEANS DEATH**, no matter where you find it. Activity means life, health and joy. Inactivity is a stagnant pool with the foul scum, and other disease-breeding influences; activity is a running stream that finds purity, strength and beauty in continuous movement.

There is no excuse for growing old. The writer expects to remain young as long as life lasts. In another part of this issue there appears a photograph of an athlete seventy-two years of age, the champion high kicker of his locality. Think of it and marvel, you men and women who are allowing the stiffness and weakness of senility to creep upon you because of your own refusal to make use of the powers that are "rusting," stagnating and actually breeding disease in your own body.

BEFORE the first issue of this publication but little attention was given physical culture by the daily press of this city. Occasionally they would insert short articles on the subject, but it was considered



REVISED VERSION OF "THE WRESTLERS."

of very little importance. The change in the last few months is remarkable. Now articles appear nearly every day, and all sorts of instruction courses are being conducted by the various dailies. This is exceedingly flattering. It proves the advantage of our good example. But this is only the beginning! Watch this tremendous wave of interest that will in the next few years sweep this country from Maine to California—that will influence every man, woman and child to grow into better, stronger and nobler representatives of the human race.

PHYSICAL CULTURE has inaugurated a new departure. Every journal of this character heretofore has been a failure. Failure was predicted again and again for this one, but it has grown with phenomenal strides. In October we printed 10,000; in November, 12,000; in December, 16,000; in January, 25,000, and we print only what we sell. We want 100,000 paid circulation on our second anniversary, and we intend to deserve and secure it. We thank our patrons most sincerely for the support they have extended to us, and we promise that every issue of PHYSICAL CULTURE in the future will be better than the preceding one.

Though the newspapers have begun to follow our lead as to the advantage and necessity of exercise of all kinds, they have failed to take up the war against drugs. Poor slaves! They dare not—they have too many patent-medicine fakirs who pay their papers thousands of dollars each year for the privilege of deceiving and robbing the public through their columns. An editor has a horror of the advertising department, and why should he not? It pays his salary, and without salary, there can be no editor. But the time is coming when there will be a change. Editors can be bought some time, but not all the time, and deep down in the inner recesses of many a thinking, conscientious editorial mind there is simmering a belief in the terribly destructive effects of drugs—a belief that will grow stronger with time until its influence will be greater than even the manager of the advertising department. Then watch the effects on the drug curse. This host of poisons which is sapping the vigor, vitality and beauty

of American manhood and womanhood must be placed in their proper category. Cure? Why, drugs never cured anything or anybody unless you call death a cure—beyond their power as a germicide or an antiseptic, they are simply and entirely a continuation of the spells and charms and incantations of our ignorant forefathers. They must go, or else be used intelligently. Now they are supposed to cure everything. The writer has some times wondered why they did not secure some drug, the swallowing of which would remedy an empty pocket-book or a torn coat. There would be just as much sense in taking a spoonful of some nauseating concoction for the above named troubles as for many diseases that drugs are now supposed to cure.

PROF. ATWATER'S recent experiments, which proved conclusively to his mind that alcohol could be classed as a food, has created much discussion. The theory is a new and startling defence in favor of its use. It has given the advocates of total abstinence a staggering blow from a source they never expected. The liquor men are howling with glee over the verdict in their favor. But notwithstanding this new and novel theory, now settled as a fact in the brain of this learned professor, the writer is of the opinion that some time will elapse before parents will feed their children on this character of food, even if they do use it themselves.

Were the wild theories of adventurous scientists always immediately accepted and acted upon, the human race would have been annihilated long ago.

A well-known attorney in a recent trial of some prominence made the assertion that scientists or experts could be procured who would furnish evidence as to the truth of almost any theory along scientific lines, no matter how startling its nature. Therefore, do not worry. As the intelligence and love for physical power and beauty increase in the human mind, in the same proportion will the consumption of these stimulants or "foods" decrease. Regardless of the decision of Prof. Atwater, no intelligent human being ever found in alcohol a food that nourished any part of the body. It is a stimu-

lant and poison, pure and simple. And why should it not be a stimulant? All poisons are stimulants. When a poison is introduced into the human body, the action of every part of the functional system is accelerated and at times strained to eliminate it, and how permanent strength or nourishment is secured from such stimulation is beyond the comprehension of the writer.

One of the wildest dreams of scientists is to furnish man with food in capsules—that is, a sufficient nourishment for a meal, so concentrated that it will take up no more space than a five-grain pill. This might probably be accomplished some day if it were not for the fact, admitted by all, that no inorganic substance can be assimilated by the body. A loaf of bread contains certain elements. A scientist can analyze this bread and mix at his laboratory in the exact proportion every element it contains, but his mixture would be valueless as a food. The food of man or beast must be taken from the vegetable or animal kingdom. The process of fermentation changes all animal and vegetable matters back to their original elements.

Fermented meat is unfit for food, and all will admit that spoiled vegetables are void of nourishment. If these statements

are unquestioned, then how can any reasoning human being convince himself that alcohol is a food when it is nothing more than one of the inorganic elements, secured from grain as it goes through the process of fermentation.

But leaving the scientists out of the question, what are the facts? No athlete ever made a success of athletics for any length of time, if alcoholic beverages were used. And the most ignorant among this class knows enough to avoid these liquids when they are training for a contest. Therefore in these facts alone we have ample evidence that the use of alcoholic beverages interferes with the attainment of the highest degree of physical health. If this is true, then alcohol has no place in one's life, except in rare cases, where its use may be permissible as a medicine.

The writer has never found occasion in his life to use alcohol, and he never expects to find its use necessary, for he feels that its use, even in moderate quantities, not only shortens life, but lessens the acuteness of the nervous sensibilities, and decreases the general physical power, making one far more liable to disease than would be possible under more normal conditions.



THOMAS HOUSEWORTH, THE 72-YEAR-OLD ATHLETE OF LOS ANGELES, CAL.

The champion high kicker of his locality; winner of a handsome gold medal for performing a system of exercises the most easily and gracefully. There were 292 competitors in this contest.

Stop saying you are too old and go to work.

# HYGIENE AND PHYSICAL CULTURE FOR WOMEN.

BY ANNA M. GALBRAITH, M. D.



Especially recommended to our readers. This is a 300 page, handsomely bound book, and the regular price is \$1.75. We have secured a special price on a recent edition and are mailing them for \$1.00 each; with one year's subscription, \$1.25.

## CONTENTS:

CHAPTER I.—The Bony Skeleton, Its Uses and Abuses—The Skull and Spinal Column Viewed in Connection with their Contents, the Brain and Nervous System—Artificial Deformities of the Head and Foot, with a Description of a Perfect Foot.....3

CHAPTER II.—The Key to Physical Beauty—Relative Proportions of a Perfect Female Form—The Muscular System—Outdoor Exercises: Walking, Running, Rowing, Bicycling, Swimming, etc., and Gymnastics, and what they will Do to Develop the Form and Restore the Health.....45

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

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

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

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

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



When it might just as well be proportioned like this.

Many have a figure like above.

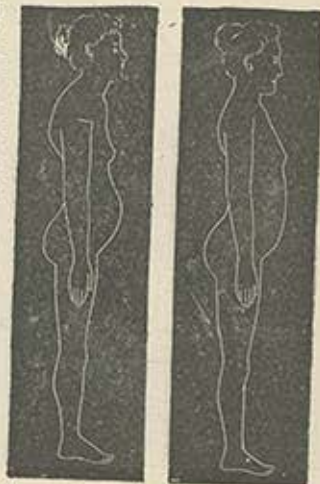


Figure of average woman.

Same figure after training.

Two of the 77  
Illustrations  
appearing in the  
Book.





# "Home Dumb-Bell Drill,"

BY

PROF.  
ROBERT J.  
ROBERTS,

And One Year's  
Subscription to

Physical Culture

FOR

55...  
Cents.



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



## Want Advertisements.

Advertisements suitable for publication in PHYSICAL CULTURE inserted in this department at the following rates:

One insertion (8 words to a line), three lines or less,  
\$1.00; 1 inch, \$5.00.

MASSAGE—Turco-Russian, medicated and salt baths. Cure for nervousness, insomnia, overwork or excesses of all kinds. Special treatment for alcoholic excesses, magical in its results. Skilled attendants, perfect sanitation. F. Weber, 104 W. 52d Street.

MASSAGE—Baths, Magnetic Treatment All modern improvements. Heated rooms. Swedish and French operators. ALICE VERNEH, 908 6th Avenue. Hours, 10 A.M. to 9 P.M., and Sundays.

D. R. CONANT, Stowhegan, Me., inventor of "Androsis' Fanning and Bathing," is prepared to prove that his method of dissolving and disinfected the effete curdy matter which clog, disease and weaken the nerve and muscular systems, as no other treatment has ever done. None who investigate will wonder at the great efforts of sweat-box imitators to make the weak believe that sweating alone will do it. Two stamps will mail the true guide to vital power, health and wealth, with indisputable evidence that no system is so clogged that vital power cannot be fully restored.

GRADUATED PHYSICIAN, thoroughly familiar with the natural methods of curing diseases, desires to form a partnership with up-to-date business manager, having some capital, with the object of opening sanitarium near New York City. Address SANITARIUM, care Physical Culture, 25th and B'way, N. Y. C.

WANTED PATIENTS that desire treatment of diseases by natural means. Can absolutely guarantee to cure many diseases considered incurable by the medical profession. Consumption in its first stages, stomach troubles, constipation, nervous exhaustion, general debility, varicose veins, etc., etc. Highest credentials. Write me, giving your symptoms in detail, and I will give my honest opinion as to my ability to benefit you. Address P. O. Box 103, Neteong, Stanhope, N. J.

## "The Athlete's Conquest"

A 200 Page Novel,

By BERNARR A. MACFADDEN.

Sent with one year's subscription for 55 cts., or to subscribers for 10 cts., or bound in cloth for 50 cts.

This is a tale of an athlete's love, and usually proves of great interest to those interested in cultivating health and strength.

Ready Now for Delivery.

# "Creative and Sexual Science"

OR,

## Manhood and Womanhood in Their Mutual Relations.

THE STANDARD BOOK OF THE WORLD ON THIS SUBJECT.

By PROF. O. S. FOWLER.

It is printed from clear, new type, on fine calendared paper, in one large octavo volume of 1052 pages. The book is illustrated with 130 appropriate Engravings, prepared under the personal supervision of the author.

### IT TELLS

How to promote sexual vigor, the prime duty of every man and woman.  
How to make a right choice of husband or wife; what persons are suited to each other.  
How to judge a man or woman's sexual condition by visible signs.  
How young husbands should treat their brides; how to increase their love and avoid outraging or shocking them.  
How to preserve love pure and inviolate, and how to avoid an improper marriage.  
How a pure love improves men and women, both mentally and physically.  
How to keep wives healthy, and how to avoid sickly wives.  
How to increase the joys of wedded life.  
How to keep a husband faithful and avoid discord.  
How to regulate intercourse between Man and Wife, and how to make it healthful to both; ignorance of this law is the cause of nearly all the woes of marriage.

How to have fine and healthy children.  
How to transmit mental and physical qualities to offspring.  
How to avoid the evils attending pregnancy.  
How to procure a natural and easy delivery.  
How to manage children and promote their health.  
How to restore lost vigor in men and women.  
How to prevent self-abuse among the young.  
How to recognize the signs of self-abuse and cure it.  
How intercourse out of wedlock is physically injurious; a warning to young men.  
How to raise healthy and vigorous girls—fit to be wives and mothers.  
How to restore and perpetuate female beauty.  
How to promote the growth of the female bust; and how to regain it when lost.  
How to avoid female ailments; and how to cure them.

Mailed anywhere on receipt of price, \$3.00, or with one year's subscription to Physical Culture, \$3.25.

Learn to Wrestle and Have Fun with your Friends. The Finest of all Exercises.

## "A HAND-BOOK OF WRESTLING"

By HUGH F. LEONARD, Instructor in Wrestling at the New York Athletic Club.

Bound in Cloth, 265 Pages, 250 Photographic and other Illustrations, \$2.00.

The contents of the volume are divided into four chapters, viz.:

- I. Historical Review.
  - II. Fundamental Principles.
  - III. Catch-as-catch-can Wrestling.
  - IV. Other Styles of Wrestling.
- There is also a complete index and bibliography.

The chapter on Catch-as-catch-can style, covering 220 pages, is one of the principal features. The explanatory reading matter is opposite the corresponding cut in each case.

In the chapter devoted to "Historical Review" there are cuts showing over three hundred wrestling positions of the ancient Egyptians.

On receipt of price, or sent with one year's subscription, \$2.25.

D. A. SARGENT, Medical Director, Harvard University, says:

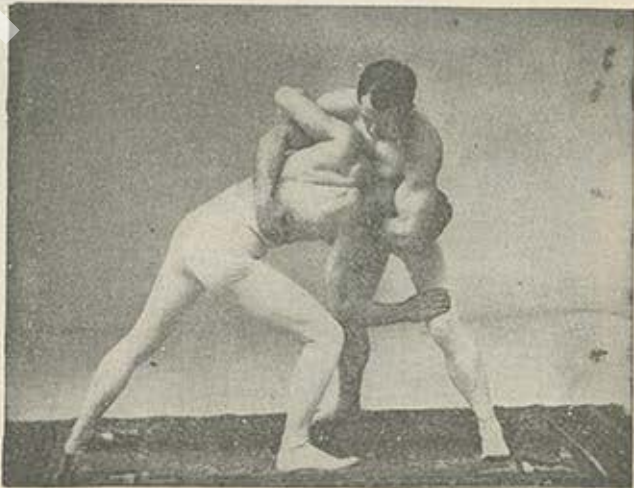
"The illustrations are very fine, and the method of presentation of the subject-matter is extremely good. I wish the work the success which it merits."

W. G. ANDERSON, Medical Director, Yale University, says:

"I am pleased with your exposition of wrestling, and consider the book not only one of the best ever published on this subject, but I think you have added to the list of valuable works on legitimate sport."

GROVER GOLDBIE, Director of Gymnasium, Princeton University, says:

"In colleges it will meet a demand long felt, and will be evidence to the young men who have practiced wrestling that the art is both ancient and honorable, and one which tends to develop the human body to its finest form."



POSITION 29. STANDING CHANCERY AND BAR HOLD

# "STIRPICULTURE."

## HOW TO IMPROVE THE HUMAN RACE.

BY DR. M. L. HOLBROOK.

### →→Partial List of Contents.←←

**Chapter I.—Stirpiculture.**—Plato's Restriction on Parentage; Plutarch's and Lycurgan Laws for Making Men and Women Brave, Strong and Chaste; Plutarch on the Training of Children; Infanticide Among the Greeks; Plato's Republic and Children; Group Marriage; Making Children the Property of the State; Sexual Selection and How it Works in Nature; An experiment in Stirpiculture, Showing How Fifty Children of Superior Ability and Health Were Produced; Intermarriage; Woman's Selective Action; Man's and Woman's Co-operation; Children Often Much Better Than Their Parents; Sympathy in Marriage.

**Chapter II.—Prenatal Culture.**—Beliefs of Primitive Peoples; Birthmarks Rare; Why Children Resemble Parents; Life's Experience Affecting Child; Physical Diseases; Power of Heredity; Sacredness of Parentage; Self-control; Remarkable Cases Showing the Good and Evil Effects of Parents' Mental State Before Birth on the Children.

**Chapter III.—Heredity and Education.**—Herbert Spencer's Views on Acquired Character; Education of Children as Affected by His Views; New Views of Heredity; Its Importance; Experiments to Show That Acquired Characters Are Not Transmitted; Importance to Parents of a Knowledge of the Subject; Educating the Child's Individuality.

**Chapter IV.—Evolution's Hopeful Promise for a Healthier Race.**—How Nature Works to Improve All Living Creatures; Natural, Sexual and Human Selection and Their Effects; Importance of Health; Must be Adapted to Our Environment; Strengthening Our Constitutions; Storing up Vitality for Our Offspring; Effect on Children of Living at High Pressure; Effects of Working in Factories and Shops on Children; Effects of Healthful Conditions; Value of Hygienic

Knowledge to Prospective Parents; Hygiene is the Ethics of the Body.

**Chapter V.—The Germ-plasm; Its Relation to Offspring.**—What is the Germ-plasm; The Primitive Egg; Fertilization of the Mother-cell Necessary to Produce True Germ-plasm; What Fertilization Does; Its Process; Helps to Explain Heredity; Health of the Germ-plasm Necessary to Stirpiculture; Surplus Vitality Necessary for Producing the Best Children; Duncan's Statistics as to Lives of Parents of Finest Children; Effects of Alcohol on Germ-plasm; Food and the Germ-plasm; Effect of Air and Water on Germ-plasm; Effect of Diseases on Germ-plasm; Every Child Born an Experiment.

**Chapter VI.—Fewer and Better Children.**—Darwin's Opinions; Race Modification by Natural Selection; Grant Allen's Views; Spencer's Views on Parental Duties; Limiting Offspring Among the Natives of Uganda; The Fijians; Children of Large Families Often Superior to Those of Small Families; Some Reason for This.

**Chapter VII.—A Theoretical Baby.**—Our First Baby; We Had Theories; What Some of Them Were; My Wife's Love for Me; My Sentiments; The Child's Easy Birth; Mother's Rapid Convalescence; The Child's First Bath; Forming Good Habits Early; No Crying at Night; Never Rocked to Sleep; His Bed; Keeping the Stomach and Bowels Right; Colic, Irritability and the Necessity for Diapers Eliminated; Number of Meals Daily; The Infant's Clothing; At One Year Old; Weething Gives Little Trouble; Requires Considerable Water; Learning to Creep, Stand, Walk and Talk by His Own Efforts; Invents His Own Amusements; Companionship with Parents; Mothering; Learning Self-control; Obedience; At Eighteen Months; Becomes a Boy; Playmates.

# "EATING FOR STRENGTH,"

OR

## Food and Diet in Their Relation to Health and Work.

By M. L. HOLBROOK, M. D.

**CHAPTER I.**—Use of foods. A happy illustration.

**CHAPTER II.**—Classification of foods. The proteids. Fats. Amount of water required for an adult. Amount required for the sick. Purity of water. Distilled water. Gaseous foods. The atmosphere. Accessory foods.

**CHAPTER III.**—The daily requirements of the body. What is a day's work? How much the heart does. Constituents of a sufficient diet. Average diet of farm laborers. Diet according to work done. Composition of the body.

**CHAPTER IV.**—Digestion. Mouth digestion. Mastication. Stomach digestion. Conditions of perfect digestion. Chewing food thoroughly. The Eat Your Food Slow Society. Conditions that favor digestion.

**CHAPTER V.**—The sources of our food. A practical chapter from a chemical standpoint. Diet for hard work. Diet for light work. Normal weight in proportion to height. A table. Table showing proportion of muscle-building elements in each kind of food.

**CHAPTER VI.**—The economy of foods. Table showing the relative cost of nutriment in principle foods. A practical lesson in economy. How to live well at small expense.

**CHAPTER VII.**—Simplicity in living. Feeding children. An

argument for plain living and high thinking. How our great workers live.

**CHAPTER VIII.**—Food and intemperance. Why people crave stimulants. The cook and intemperance.

**CHAPTER IX.**—The most strengthening foods. Wheat. Oats. Oatmeal. Barley. Rye. Indian Corn. Rice. Buckwheat. Composition of peas, beans and lentils. The potato and sweet potato. The onion. Other roots. Cabbage. Spinach. Rhubarb. Celery. Asparagus. Lettuce. Cress.

**CHAPTER X.**—The importance of fruits. Apples. Grapes. Their nutritive value. Their physiological effects. All about the grape cure. Other fruits. Nuts.

**CHAPTER XI.**—Food for different ages, conditions and seasons. Diet in infancy. Diet in childhood and youth. Diet for manual worker; for brain worker. Diet in old age. Diet in training.

**CHAPTER XII.**—Foods in various diseases. In dyspepsia. Fevers. Constipation. Bright's disease. Chronic rheumatism. Gout. Diabetes. Diarrhoea. Summer complaints. Consumption. Nervous diseases. Cancer. Ulceration of the stomach. Emaciation. For inebriates, orphan asylums, prisons. Pure food.

The Book concludes with Several Hundred Recipes for Wholesome and Nutritious Foods and Drinks.

EITHER OF ABOVE BOOKS SENT BY MAIL FOR \$1.00.

With One Year's Subscription to  
Physical Culture, \$1.25.

With Macfadden's Physical Training  
for \$1.40.

# OUR SPECIAL PREMIUM OFFERS!

**\$3.50 for \$1.00.**

"The New Method," described below, former price, - - - - \$2.50  
"McFadden's Physical Training," described on opposite page, former price, .50  
One Year's Subscription to "Physical Culture," - - - - .50

For ONE DOLLAR, we will forward the two valuable books mentioned above, and give one year's subscription to PHYSICAL CULTURE **\$3.50**

## The New Method for the Cure of Chronic Diseases Without the Use of Drugs

### DOES EVERY DISEASE HAVE A CAUSE?

Of course you answer: "Yes."  
The causes of acute diseases are generally known; microbes, germs, bacteria, poisons of various kinds taken into the blood; but what about chronic diseases?

The causes of chronic diseases are deep down in the system, some obscure fault with the nutrition of the organs, local congestions, displacements, etc., etc.

How are these chronic diseases to be cured? Will the use of drugs, elements that are foreign to the system, and in most cases poisonous in themselves, reach the cause of the disease? Even if we grant that the drug sometimes removes the result, it does not cure, because the cause remaining, the result is bound to reappear.

Take the dyspeptic, for instance, and you find that he or she has taken numberless remedies, and is a dyspeptic still. All the remedies may have given temporary relief, none have cured. How many hundreds of tons of pepsin preparations are used by dyspeptics every year, and yet a moment's reflection will show that these preparations cannot cure. At the most they simply do the work in the stomach that the stomach should do for itself, namely—digest the food.

You would not expect a child to learn to walk by being carried all the time. It becomes strong enough to walk by trying to walk. We fall to see, then, how putting the pepsin from a pig's stomach into the human stomach, and letting the former do the latter's work, strengthens the latter.

To bring about a cure

### MORE RADICAL MEASURES

must be resorted to, something that will change the condition of the stomach glands. The very worst cases of dyspepsia, those that have lasted for years, can be cured by exercise, attention to diet, and the employment of our simple physiological measures that can be used by any one at home.

Another person resorts to drugs to cure constipation. These drugs act as an irritant to the intestines, and the trouble is temporarily relieved. But every sufferer knows that these drugs do not cure; that, on the contrary, the disease is aggravated by the remedy; for the intestines learn to depend on these stimulants, as the drunkard does on his dram, and they must be given in increasing doses.

What is true of dyspepsia and constipation is true also of jaundice, biliousness, headache, loss of appetite and all stomach and liver troubles.

Another class of diseases that cannot be cured by medicine is the chronic disorders peculiar to women. The unfortunate woman with a difficulty in the pelvic region, if she once commences "doctoring," in most cases haunts the physician's office until her money or her patience has given out, and, as a rule, she gets but temporary relief. The blisterings, burnings, and probings she has been subjected to have not touched the cause of the disease, and naturally when the cause continues similar results

will follow. The use of artificial supports, pessaries, etc., does not strengthen the natural supports of the womb, more than a crutch strengthens the lame leg.

How many thousands of American women are suffering to-day from pelvic disorders and womb troubles, who through modesty or lack of means, never seek the physician's aid. Yet it is no exaggeration to say that nine-tenths of them have the cure in their own homes and without expense.

Are the foregoing statements as to the uselessness of drugs in the cure of chronic diseases true or false?

We appeal to yourself, if you are a sufferer. Confess now, have you not been a medicine taker for years, if not all your life, and can you honestly say that you have received permanent good from all the "cures" you have tried?

We claim, then, that to cure a disease of long standing, one that has become settled and part of the constitution, as it were, requires something more than the taking into the stomach of drugs that are foreign to the system, many of them poisonous in themselves.

### A PHYSIOLOGICAL CURE

We claim that Dyspepsia of all kinds, Indigestions, Jaundice, Biliousness, Constipation, Dysentery, Diarrhoea, Liver, and Kidney troubles, Coughs, Bronchitis, Consumption in its first stages, Chronic Skin Diseases, Catarrhs, Emaciation, Palpitation of the Heart, General Debility, Nerve Exhaustion, many cases of Epilepsy, all cases of Insomnia or sleeplessness, Brain Congestion, Anemia, Chronic Rheumatism, Neuralgia, and all the Chronic Pelvic Diseases of women, Leucorrhoea, Congestion, Displacements of all kinds, with all the symptoms due to these, can be cured by our method.

We claim that no drugs are used.

That the relief of pain, if present, is immediate, and that the improvement in strength and flesh and color is speedy.

There is no "faith" or "mind cure" treatment in our system, but a new application of Nature's healing powers, the vis medicatrix naturae, to the cause of all chronic and sub-acute diseases.

While our claims may seem extravagant at first thought, a trial will prove that they are far within the bounds of truth.

It is the most common-sense method ever devised, and strictly scientific and physiological. There is no word or phrase that describes it in full; the nearest we can come to it is to say that it is in a sense "mechanical treatment," though this does not begin to express it.

It is a thorough and scientific system, not a simple cure-all.

The means for carrying it out are in every home, no expense is entailed, and any intelligent person can apply it.

### A GUARANTEE.

Satisfaction is fully guaranteed, and in any case, if not satisfied, book may be returned in good condition and money be refunded.

PREMIUM OFFER.

# Macfadden's Physical Training.

128 PAGE INSTRUCTION BOOK.



MINIATURE COPIES OF 60 FULL PAGE PHOTOGRAPHS (5x8),  
15th EDITION, 150,000 SOLD.

Portrait and Nine Classical Poses of the Author. You're Not Too Old. May Be You Haven't Time. Physical Strength—Mental Power. Muscular Exercises An Internal Bath. The Greek Ideal. For The Young Man. For The Middle-Aged Man. For The Young Woman. For The Middle-Aged Woman. As The Years Wane. Our Boys and Girls. Soreness Resulting from Exercise. The Perfect Human Form. General Directions. The Author's System of Training. The Bicycle. Walking. Running. Special Recreative Exercises for Developing Muscles as Used in Athletic Sports. Athletics, or The Relation of Strength to Health. Woman—Beauty. Diet. Vegetarianism—Meat Diet—Strictly Raw Diet. Exercise—Digestion. Breathing Exercises. The Air We Breathe. Restrictive Dress—Corsets, Belts, Etc. Reducing Weight. Excessive Thinness. Mental Influence. Alcoholics. Bathing. Care of The Teeth. Care of The Hair. Insomnia. Sun Baths. Physical Training as a Treatment of Diseases. Special Instruction in Treating Diseased Conditions. Digestive Disorders. Weakness of The Lungs. How Physical Training Purifies The Blood. General Debility. Deformities. Paralysis. Massage. Backache. Sketch of The Author's Struggle for Health. Addendum.

THIS BOOK AND ONE YEAR'S SUBSCRIPTION TO  
"PHYSICAL CULTURE" FOR 60 CENTS.

Physical Culture Pub. Co., TOWNSEND BUILDING,  
25th Street and Broadway, N. Y. City.

# The Wonderful Mission of the Internal Bath.

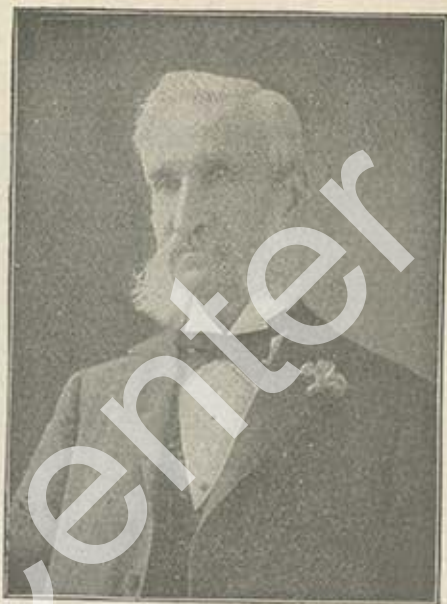
Do you know that many of the greatest physicians of this city, including such authorities as Dr. Daniel Lewis, President of the State Board of Health, New York; Dr. Cyrus Edson, Late Chief Inspector of Contagious Diseases, New York, and Drs. Herman J. Boldt and W. B. De Garmo, both Professors at the Post-Graduate Hospital, endorse and prescribe this treatment? Also that the following distinguished people are among its patrons: Princess Hartfeldt, Governor Pingree, of Michigan; ex-Governor Goodell, of Vermont; U. S. Senator A. P. Gorman, of Maryland; Richard Croker, of New York; General T. S. Peck, G. A. R., Vermont; Miles Devine, City Attorney, Chicago, Ill.; Lillian Russell, New York, and hosts of others? Do you know that it goes to the root of and eradicates scores of the most troublesome and dangerous diseases that afflict mankind? Do you know that an occasional Internal Bath is a better preventive of illness and preserver of health than any other single means?

The record of its cures and benefits reads like a revelation to those hitherto unacquainted with it. It is used (by means of the "*J. B. L. Cascade*," the only scientific appliance for this purpose) by hundreds of the best known people in New York and by innumerable ministers, lawyers, actors and other persons whose intelligence gives unequivocal weight to their testimony.

It is known that seven-tenths of all disease arises from the retention of foreign matter in the human system; also that the greatest part of this waste is held in the colon, which is Nature's sewer. Hence the flushing of this sewer removes the greatest cause of disease. While immeasurably the best treatment for constipation, indigestion, etc., there is scarcely any known disease for which the "*J. B. L. Cascade*" may not be confidently prescribed.

We have thousands of testimonials from well-known people.

The following is from one of Philadelphia's most prominent and respected merchants:



*John Lucas.*

*One of Philadelphia's most prominent and respected merchants.*

PHILADELPHIA, June 10, 1890.

DEAR PROF. TYRRELL:

In response to yours of the 5th, no man living has greater cause to speak highly of your *J. B. L. Cascade* than myself, for had it not been for its use a few years ago, I should not be living to-day. I was in charge of a faithful man nurse and the best medical attendance at Portland Springs and so low and ill, it was considered questionable by the doctors, if I could reach my home alive, and death considered certain within a week after arrival. My attendant followed out your instructions to the letter in persevering with the use of your *Cascade* and though now in my 76th year I am enjoying a fair share of health, apart from weakness of my heart.

I recently returned from Jamaica, West Indies, travelling from one end to the other, per rail and in carriages, with comfort. I have bought and made presents of your *Cascade* to several personal friends, all of whom are delighted with the wonderful results of its use.

Very sincerely yours,  
JOHN LUCAS,  
Firm of JOHN LUCAS & Co.

We want to send free to every person, sick or well, a simple statement setting forth this treatment. It contains matter which must interest every thinking person. If you live in New York you are earnestly invited to call, and make an appointment for a free treatment, but if you can not call, write for our pamphlet "*The What, The Why, The Way,*" which will be sent free on application, together with our Great Special Offer for this month only.

**TYRRELL'S HYGIENIC INSTITUTE,**  
1562 Broadway, New York.

300

PICTURES

FREE



Cut out this Coupon, mail it with a dollar bill to VANITY FAIR, 140 West 42d Street, New York, and you will receive three back numbers (as a premium) with an entire year's subscription to the popular monthly magazine that has grown to be known as **THE BIGGEST TEN CENTS' WORTH ON EARTH**. Brimful of beautiful pictures, sparkling with spicy stories, plenty of piquant paragraphs, and some saucy jokes. A magnificent multi-colored 16-page half-tone supplement of the handsomest women in this country and abroad, every month.—Coupons good only until March 1,



## Massage-Exerciser Combined.

—\$1.50—

### MACFADDEN HEALTH EXERCISER.

Style A, complete,	-	-	-	\$5.00
" B, "	-	-	-	4.00
" C, "	-	-	-	3.00
" D, "	-	-	-	2.00

Sold by Agents Everywhere.



### WRITE ANY OF OUR SPECIAL AGENTS FOR CIRCULARS AND INFORMATION.

Akron, O.—Standard Hardware Co.  
 Albany, N. Y.—The Albany Hardware Co.  
 Altoona, Pa.—Wm. F. Gable & Co.  
 Athens, O.—Geo. V. Putnam.  
 Baltimore—Cline Bros.  
 Boston, Mass.—J. P. Lovell Arms Co., Washington St.  
 Bridgeport, Conn.—F. Sammis.  
 Burlington, Ia.—Wandro & Wilson.  
 Cairo, Ill.—H. C. Schuch.  
 Chester, Pa.—John Taylor.  
 Cincinnati, Ohio.—Pickering Hardware Co.  
 Cleveland, O.—E. D. Davidson & Co.  
 Danville, Va.—R. A. White Gun Co.  
 Davenport, Ia.—Rascher, Schricker & Rascher.  
 Dayton, Ohio.—Stark & Weckesser.  
 Detroit, Mich.—T. B. Rayl Co.  
 East Liverpool, O.—J. F. Rose.  
 Easton, Pa.—S. M. Zulich.  
 Elmira, N. Y.—Barker, Rose & Clinton Co.  
 Evansville, Ind.—E. M. Bush.  
 Fostoria, O.—Cunningham & Myers.  
 Ft. Wayne, Ind.—Randall Wheel Co.  
 Ft. Worth, Tex.—W. G. Newby.  
 Greenville, Miss.—E. J. Eichel.  
 Hackettstown, N. J.—F. W. Kinnelberg's Sons.  
 Holyoke, Mass.—Ross, Burgin & Hartzell.  
 Jackson, Mich.—Bliss, Hawes & Co.  
 Jamestown, N. Y.—Taft & Co.  
 Keokuk, Ia.—C. W. Wolf.  
 Lexington, Ky.—The Blue Grass Cycle Co.  
 Lancaster, Pa.—E. G. Eichel.  
 Logansport, Ind.—Walter B. Lewis.  
 Louisville, Ky.—J. W. Reclus & Bro.  
 Lynn, Mass.—Jas. W. Harding Co.  
 Mansfield, O.—Chas. Ritter.

Marion, O.—Big Four Cycle Co.  
 Memphis, Tenn.—Frank Schuman.  
 Milwaukee, Wis.—John Memmer Gun Co.  
 Moline, Ill.—A. G. Carlson & Bro.  
 Newark, N. J.—E. G. Koentz, 875 Broad St.  
 New Castle, Pa.—Kirk & Smith.  
 New Haven, Conn.—Goodyear Rubber Co.  
 New York City.—All dealers and the MacFadden Co., 1123 Broadway.  
 Norfolk, Va.—G. Engel & Bro.  
 Palmer, Mass.—E. A. Buck & Co.  
 Parkersburg, W. Va.—H. P. Moss.  
 Pawtucket, R. I.—A. F. & F. Bray.  
 Philadelphia, Pa.—Latta & Mulconroy, 1217 Market St.  
 Pine Bluff, Ark.—C. Voss & Bro.  
 Piqua, O.—D. Oblinger & Son.  
 Pottsville, Pa.—J. A. Johnston.  
 Pottstown, Pa.—J. Fegally & Son.  
 Providence, R. I.—Otis, Clapp & Son.  
 Reading, Pa.—Hoff & Bro.  
 Roanoke, Va.—The Fishburn Co.  
 Rochester, N. Y.—Scranton, Wetmore & Co.  
 Salt Lake City, Utah—Browning Bros. & Co.  
 San Francisco, Cal.—Phil. Bekeart.  
 Scranton, Pa.—Flory & Brooks.  
 Seneca, N. Y.—J. A. Rickard.  
 Steubenville, O.—F. L. Caldwell.  
 St. Paul, Minn.—The Wm. R. Burkhard Co.  
 Taunton, Mass.—Pierce Hardware Co.  
 Toledo, O.—E. G. Eager & Co.  
 Toronto, Can.—The Fancy Goods Co.  
 Wilkes Barre, Pa.—Edgar L. Ruppel.  
 Wilmington, Del.—E. Oesterreicher.  
 York, Pa.—McFall & Son.

MAIN OFFICE 1123 BROADWAY, NEW YORK CITY.



## "Perpetual Youth"

By ELEANOR KIRK.

By mail \$1.00, bound in cloth.

## "Prevention and Cure of Old Age"

By ELEANOR KIRK.

By mail 50 cents, paper binding.

"Old age and death are the colossal lies of the centuries. It is for us at the close of this century to speak the truth."  
—ELEANOR KIRK.

Are you growing old? Stop it right now! Don't wait a moment! There is no excuse for old age! Stiff joints, crabbed tempers, sour stomachs. Musty, decayed intellects are the result of abnormal causes. Read the above books and rise above the mediocre existence that leads to old age.

Both Books sent by mail for . . . \$1.50

With one year's subscription to  
*Physical Culture* for . . . 1.75

## "How to Strengthen the Memory"

...OR...

Natural and Scientific Methods of Never Forgetting.

By DR. M. L. HOLBROOK.

### CONTENTS.

- 1—Introductory. The Nature of Memory.
- 2—The Best Foundation for a Good Memory.
- 3—Memory and Nutrition; Memory and Fatigue; Memory and the Circulation of the Blood; Quality of the Blood; Memory and Disease; Memory and Narcotics.
- 4—Exhaustion and Degeneration of the Memory.
- 5—Memory and Attention.
- 6—Memory and Repetition.
- 7—Memory and Associations, Links and Chains.
- 8—A Striking Example of Restoration of the Memory, and the Methods Employed.
- 9—Methods of Memory Culture for Schools.
- 10—Self-culture of the Memory.
- 11—Memory for Names and its Culture.
- 12—Memory for Faces and its Improvement.
- 13—Memory for Places and Localities.
- 14—Culture of the Musical Memory.
- 15—Strengthening the Memory for Facts and Events.
- 16—Memory for Figures and Dates.
- 17—The Figure Alphabet.
- 18—Tricks of Memory.
- 19—How to Learn a New Language, or the Surest and Most Effectual Way to Ensure an Easy and Accurate Reproduction of Ideas.
- 20—Culture of a Memory for Words.
- 21—Advice to Clergymen Concerning Their Memories.
- 22—The Lawyer's Memory.
- 23—Mastering the Contents of a Book.
- 24—The Art of Forgetting and What to Forget.
- 25—Abnormal Memories.

BOUND IN CLOTH. PRICE, BY MAIL, \$1.00.

With One Year's Subscription to *Physical Culture*, \$1.35.

## "ADVANTAGES OF CHASTITY"

By M. L. HOLBROOK M.D.

CHAPTER I.—WHAT IS CHASTITY?—Views of various authors; What is Unchastity? Children and Chastity.

CHAPTER II.—DOES CHASTITY INJURE THE HEALTH?—Opinions of physicians; Testimony of various religious orders on the subject; The claim that as the sexual passion exists it should be gratified, whether in marriage or not, answered.

CHAPTER III.—ADVANTAGES OF CHASTITY.—Forms of unchastity; Solitary vices; this unnaturalness not in the line of evolution; Less chance of survival of those who practice them; Premature development of sexual instincts; Misdirected nervous energy; Prostitution—the wrong it causes women, destroys what should be the true object of life, produces terrible diseases, diminishes the chance of success in life; Evils of unchastity in married life; Injury to unborn children.

CHAPTER IV.—THE GREAT ADVANTAGE OF CHASTITY.—A lesson from Socrates, who was by nature a licentious man, but who, by curbing his passions and using his great energies in other directions, became one of the greatest benefactors of his age. This is a powerful chapter, with a vivid sketch of Socrates, physically, mentally and morally.

CHAPTER V.—CHASTITY AND CHILDREN.—The importance of bearing brave, strong, noble children; The effects of unchastity of parents on the character of offspring.

CHAPTER VI.—CHASTITY AND VIRILITY.—What is virility? Experiments on dogs; Experience of stock breeders; A poetic picture of the virile man.

CHAPTER VII.—WHAT THE SEXUAL INSTINCT HAS DONE FOR THE WORLD.—Views of the evolutionist; What it has done for animals; What it has done for plants; What it has done for man; Almost all beauty, grace and fine character, music, flowers, etc., the outgrowth of the sexual instinct, but it is from the chaste instinct, not the unchaste; Evils that have come from the unchaste instinct considered.

CHAPTER VIII.—THE CURE.—The first thing is to form a high ideal of life; The sacredness of the body considered; The force of habit, and hints on how to use habit to advantage; Physical culture as a cure for passion; Food and drink, their influence; Cold-bathing and the hardening of the body; Moral training, how made effective; Puberty, its dangers; Teaching boys and girls at this time.

APPENDIX.—Marriage not a cure for unchastity; Early marriages unwise; Chastity of the early Christians very remarkable; Impotence not a result of chastity, but of unchastity; The sexual functions easily controlled by will; Parental, medical and other influences should be greater; How a mother taught her daughter the nature of sex-life and reproduction; Teaching children their sexual relation to their parents; Lovers should practice a hardy temperance; Illusions in unchaste love; The physical passions only abhorrent when abused; Asceticism vs. libertinism; Deserting one's self; A false public opinion; The Tree of Knowledge; Chastity of the early Germans when they were stronger physically than now; Strong men who expect to do great things must be chaste; Important rules of life; No wives for the sensual; Can we get on without prostitution; Old before his time; Highest type of manhood; Chastity promotes the general welfare; The injury unchastity causes women; Born to degenerate; May women be chaste and men unchaste? Value of hard work; The firmest moral principle; Muscular training and virtue; What will the men and women of the future be? A final reason for chastity; How do you rate yourself?

To all this is added a lecture on the influence of alcoholic drinks on unchastity.

Bound in cloth, postpaid, \$1.00.

With One Year's Subscription to *Physical Culture*, \$1.35.

...VOLUME No. 1 OF...

# "Physical Culture"

Bound in cloth, is NOW READY FOR DELIVERY. On account of the change of size of "PHYSICAL CULTURE" we were compelled to end Volume No. 1 at the seventh issue.



Miniature of Some Illustrations,  
Copies of Famous Paintings, Appearing in some of the Back Numbers.

There are only a few of these; the price, bound in cloth, postpaid, is 70 cents, or with one year's subscription, \$1.00.

These numbers contain the following interesting articles by the Editor:

"The Development of Energy, Vitality and Health."

"Can the Highest Attainable Degree of Physical Perfection Be Acquired if Absolute Contenance Be Observed?"

"The Development of Great Muscular Vigor."

"Is Genius a Disease?"

"Is Muscle Bad for the Brain?"

"Swimming—Bathing."

"How to Keep Cool."

"The Drug Curse."

"Womanhood—Muscle."

"Murder of Children by Parental Ignorance."

## FREE YOU CAN BE A MIND-READER FREE

TELEPATHY IS NOW A FACT.

We have prepared the only Course in Mind-reading that has ever been written. It is perfect and complete. It is divided into **TWENTY LESSONS**. It teaches exactly how you can at once become an expert mind-reader and makes all clear and easy. Nothing will give you so much profit or so much entertainment as this Course. Our reputation for progressive scientific research is well known. We have spent five years in perfecting this course. Send us your name and address. **A POST CARD** will do, and we will mail you free a copy of the first lesson. **SEND NO MONEY.** We will also send you, absolutely free, the current number of our popular psychological magazine, 80 pages, monthly. These are free gifts and you are under no obligation to buy anything. Write at once or our stock may be exhausted.

**THE PSYCHIC RESEARCH COMPANY, Dept. Z, Times-Herald Building, Chicago, Ills.**

# 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

## ...TABLE OF CONTENTS...

### CHAPTER I.—THE WRECK.

Primal man—His dignity and purity—Some noble specimens of manhood still—Causes of the wreck—Ignorance of natural law—Poverty and lack of proper food—Stimulants and narcotics—Sexual perversions the crowning cause—Touches more than half the race—Puberty—When sexual passion abates in man—Rebukes to the clergy.

### CHAPTER II.—AN ANCIENT WRECK.

Sensuality the sin of the ages—Proof that the flood was a direct punishment of sensuality—The Mosiac account critically examined—Testimony outside the Bible—Why Noah was spared—Perfect in his generations—Blameless in his sexual relations—The indecency of Ham—The old devil of sensuality—Circumcision: its meaning and its lessons—Sensuality the sin which caused the destruction of Sodom and the cities of the plain—Sensuality in the patriarchal age—The chastity of Joseph—A modern incident—Prostitution in the patriarchal age—The Mosiac economy—Sensuality the sin which destroyed the Cannites and surrounding nations—Sexual purity in the law of Moses.

### CHAPTER III.—A MODERN WRECK.

The history of prostitution—The Christian era—The doctrine of chastity—The voice of the apostles and the life of the early Christians—No compromise with impurity—Modern civilization—Statistics of Prostitution—A startling testimony—The blood of the race poisoned by venereal diseases—Thirty thousand men daily infected in the United States—History of venereal diseases—A State document—National decay—Prevention better than cure—Licensed prostitution a failure—Roman laws for the regulation of prostitution—Facts and statistics of recent date—A threefold appeal.

### CHAPTER IV.—A YOUTHFUL WRECK.

Masturbation—Puberty: its indications and sequence—Prevalence of the solitary vice—An ancient habit—Referred to in the law of Moses—Impossible to exaggerate its ruinous results—Testimony of medical experts and of educationists—Duty of ministers—Duty of parents—Loss of semen is loss of blood—Results of its expenditure—Seminal emissions—Effects on the nervous system—Conservation of nature—The nervous system explained—Where masturbation and parental excess do their most deadly work—A word to parents and boys—Quacks and charlatans—No medicine required to cure seminal emissions.

This book is handsomely published in large clear type, bound in extra cloth, and wishing to co-operate with the author in his desire that all who need it might have it, it is sold at \$1.00. Clergymen and teachers wanted to act as agents for this great work, for the bettering of man.

Manhood Wrecked and Rescued, sent postpaid, bound in cloth for - - \$1.00  
With One Year's Subscription - - - - - 1.25  
With One Year's Subscription and Macfadden's Physical Training, - - 1.40

### CHAPTER V.—A WRECK ESCAPED.

Continence of young men—Is continence possible?—Tremendous power of the sexual appetite—Created of God for the perpetuation of the race—Continence outside of wedlock is possible—None but impure men question this—Impure thoughts the chief cause of self-abuse and fornication—Testimony of Dr. Acton and his personal experience—How to live a continent life.

### CHAPTER VI.—THE RESCUE BEGUN.

Does nature forgive?—Natural law is God's method of operation—Forgiveness in the moral realm a higher type than forgiveness in the natural realm—Nature repairs and restores when we cease to disregard her laws—Three letters to the author—Comments on the same—Difficult to convince the victim of seminal weakness that no medicine is needed—Cut loose from charlatans—Burn their pamphlets—High medical testimony that medicine is not required—Is marriage a cure?—The question answered—The habit abandoned—Hints and encouragements—A cure as certain as the rising of the sun—Old-time philosophy—An amulet—Perseverance and victory.

### CHAPTER VII.—THE RESCUE CONTINUED.

Some earnest words—Imperative—Philosophy of the difference between nervous function and muscular power—Nervous sensation frequently evokes results in sensitiveness and debility—Strong drink—Tobacco and its effects on the nervous system—How to cure yourself of the tobacco habit without expense and without inconvenience—What to eat and drink—Employment—Exercise—Bathing—Sleep—Society.

### CHAPTER VIII.—THE RESCUE COMPLETED.

The medical profession—If you must have medical advice, consult a resident physician—Beware of medical companies and sharks—They take your money and shorten your life—Additional testimony that medicine cannot cure seminal weakness—The parts affected—Their intimate relationship—The principal aggravating cause of seminal weakness—A flood of light on the subject—Special treatment without expense—An absolutely infallible remedy—A certain cure for piles, and relief for the suffering resulting from irritation of the bladder and enlargement of the prostate gland—It is your life—Worth a struggle—A man again.

Physical Culture Pub. Co., TOWNSEND BLDG., 25th ST. AND BROADWAY, New York City

# STRENGTHEN

Your hands; strengthen your grip; strengthen your wrist; develop enormous strength in fingers; cure writer's cramp; cure bleyele cramp, cold hands and trembling hands with a

W. & H.

## Grip Machine

No athlete can afford to be without one. Invaluable to the telegraph operator, the golf player, the bookkeeper, the stenographer, the artist, the painter, pianist, violinist, physician, mechanic. Helps anyone who uses their hands.



50c. A PAIR. POSTPAID. \$1.00 A PAIR. CORK GRIP.

ALEX. WHITELEY,

DEPT. R.

62 Dey Street, NEW YORK.

# THE HYGIENIC TREATMENT OF CONSUMPTION.

IN THREE PARTS.

By M. L. HOLBROOK, M. D.

A very great majority of all cases of Consumption which have recovered have been cured by hygienic remedies and not by drug medication. In most cases the patients have applied these remedies themselves, often, perhaps, in a rude way; but even thus applied they have proved of the greatest advantage.

This work aims to give the best hygienic treatment for Prevention and Cure. It is divided into three parts, with the following twenty-five chapters:

### PART I.

*Nature and Causes of Disease*

1. The Disease.
2. The indirect Causes of Consumption.
3. Micro-Organisms as the Immediate Cause.

### PART II.

*Prevention and Treatment of Consumption in its Earlier Stages.*

1. Prevention.
2. Preventing Colds.
3. Enlarging the Chest.
4. Indian CIGB Exercises.
5. Rowing.
6. Vocal Gymnastics.
7. Special Vocal Exercises.
8. Scientific Physical Culture.

### CHAP.

9. Horseback Exercise.
10. Toughening the Constitution.
11. Clothing.
12. The House and Home.
13. Climate.
14. Baths and Bathing.
15. The Sun-bath.
16. Food and Diet.
17. Psychic Forces—The Will.
18. Other Psychic Forces.

### PART III.

*Treatment in more Advanced Cases.*

1. Open Air, Rest and Light Cure.
2. Enlarging the Chest.
3. Self-help.
4. Difficulties in the Way—Cautions.

No one with a tendency to Consumption, or with a small chest or weak lungs, with frequent colds and sore throat, or in any stage of the disease where there is the least hope, can afford to neglect the methods advocated in the plainest and simplest way in this work.

Regular Price, - - \$2.00, by Mail.

To Readers of "Physical Culture" for \$1.00.

With one year's subscription to PHYSICAL CULTURE, \$1.35.

# EDWARD J. STALL

Champion Boxer

Wrestler AND ALL-AROUND ATHLETE

Will give lessons in Sparring, Wrestling and Physical Culture, as recommended in this magazine, at your own home in New York City.

A postal card will bring him or his representative to see you.

### TERMS:

10 Lessons for \$15.00, by appointment at your home.

Address 237 West 48th St.

