

WEAKNESS A CRIME

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IMPORTANCE OF VIRILE MANHOOD.—Great men all strongly sexed. This virile strength necessary to success. No matter what may be your aim in life this power is needed. Nervous power and sexual power the same.

CAUSES OF LOSS OF MANHOOD.—Ignorance of sex the real cause. The curse of prudishness. Special chapters given to main causes.

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ELECTRIC-BELT FRAUD.—Absolutely valueless as a means of cure. If they stimulate, impotence is only produced that much quicker because of this false stimulation.

PROMISCUOUS INTERCOURSE.—Nature does not sanction it. Usually unnatural and productive of serious results. Loathsome diseases that punish those who break these laws.

COMPLETE IMPOTENCE FROM OLD AGE AND OTHER CAUSES.—Sexual power declines as does the nervous forces. No excuse for impotence. Sexual power should last as long as life. A complete recovery promised.

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IS ABSOLUTE CONTINENCE HARMFUL?—This much-mooted question discussed. Not natural for man to live alone. Age to marry. Life as it is to-day aggravates abnormal sexual desires. If possessed of all the superb power of fully developed manhood, marriage cannot be avoided.

WHY MARRIAGE SOMETIME WRECKS.—Marriage a physical union. Deplorable physical condition of those who marry. Female weakness great cause of marital miseries. Erroneous

idea of marital privileges. Marry a finely sexed woman or stay single. Terrible tortures of marital miseries. Nothing quite equal to them. Avoid corset wrecks.

SEXUAL ANNIHILATION OR STARVATION.—Sexual instinct considered vulgar. Disastrous results of efforts to crush it. First important duty is to be a man.

METHODS OF TREATMENT.—No drugs, tonics or any other unnatural means prescribed. These methods founded on natural laws and cannot fail. A cure can unquestionably be promised.

SYSTEM OF EXERCISE FOR BUILDING SEXUAL POWERS.—No apparatus needed. Wonderful power in accelerating the circulation to proper parts. The great influence of this. Cleanses and strengthens all adjacent organs and muscles. System of exercise carefully described and shown with twelve illustrations.

SPECIAL COURSE OF EXERCISES.—An illustrated course without apparatus to be added to the preceding course when strength is gained.

DIET.—Its importance. Food to eat and to avoid. Power of the imagination. Importance of waiting for an appetite. Whole-wheat bread. White bread contains no nourishment.

BATHING.—Importance of a clean skin. How the body cleans itself. Friction bath. The great advantage of cold sitz baths. If skin was varnished over death would ensue.

IMPORTANCE OF PURE AIR.—Pure air necessary to life. Oxygen is food. Cannot live without it for five minutes. Fear of draughts. Effects of coddling. The benefits of air baths.

CONSTIPATION.—Aggravates all sexual troubles. Must be remedied. Means of accomplishing this result that never fail.

MENTAL INFLUENCE.—Its great power and importance. Morbid tendency of all suffering with this class of troubles. Great benefits derived from cultivating cheerfulness. Make yourself good company.

DISEASES OF MEN.—The loathsome character of some of these complaints. Their destructive effects of general vigor. Their cure by natural means.

GONORRHEA AND STRICTURE.—The serious results that sometimes follow these diseases. Lessens sexual power sometimes during entire life. Affects the eyes. Usual treatment. The latest rational treatment by natural means.

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PHILADELPHIA, JUNE 10, 1896.

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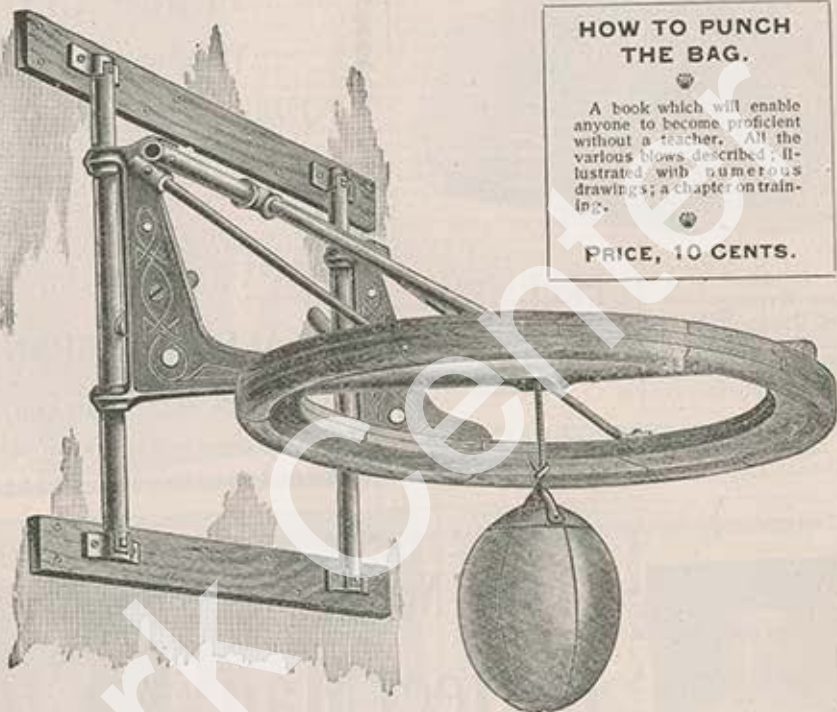
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PHYSICAL CULTURE

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No. 3

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PHYSICAL CULTURE WITH A CHAIR.

By Bernarr Macfadden.



SEVERAL months ago we published an article entitled "Physical Culture With a Chair." A large number of letters were received from those who had been greatly benefited by following this system of exercise. The great advantage of a

system of this character is that an apparatus can always be secured. Chairs can be found no matter where you



may be, and, unquestionably, as much benefit can be derived from a system of

this character as from those which require complicated apparatus.

We present herewith several more chair exercises, which will be found of great value for developing, strengthening and beautifying the arms, shoulders and chest.

We repeat, for the benefit of our new readers, that the development of strength and beauty of body is brought about simply by a regular use of the entire muscular system, without strain or exhaustion. It does not matter greatly how the muscles are used, provided this fact is kept in view.

Do not forget the necessity of making pleasure of your exercise. Get all the fun out of it you can.

Work should not be made of physical culture. It should be play! Don't be an old fogy!

RELAX!

Forget your dignity and stir up your circulation.

Dignity, rheumatism and digestive ailments are close companions.

Dignity is nothing but a monumental "bluff," anyhow. It means that you are continually trying to make some one consider you especially important, when you know otherwise in your own heart. Dignity presents a calm exterior, but it is difficult to tell how much misery and internal uncleanness it hides from view.

The system of exercise we present here is of special advantage in the development of the arms, shoulders and chest. Unless you are very strong, only a chair very light in weight should be used.

Do not forget the necessity for pure air while exercising.

Avoid over-eating and eating too fast. Remember it is not what you eat, but

what you assimilate that gives you strength.

Some time during the day walk from two to five miles, distance to be regulated according to your strength, at a very fast gait, drawing in many deep inhalations during this walk.

EXERCISE No. 1.

Grasp the chair as per illustration. Keep the arms bent and raise chair until immediately over the chest. Continue until



EXERCISE No. 1.

tired, especially for forearms, though muscles of upper arms are also used.

EXERCISE No. 2.

Grasp chair as per illustration, then push it straight up high over the chest by merely straightening arms. Continue until tired. For developing back part of upper arms.

EXERCISE No. 3.

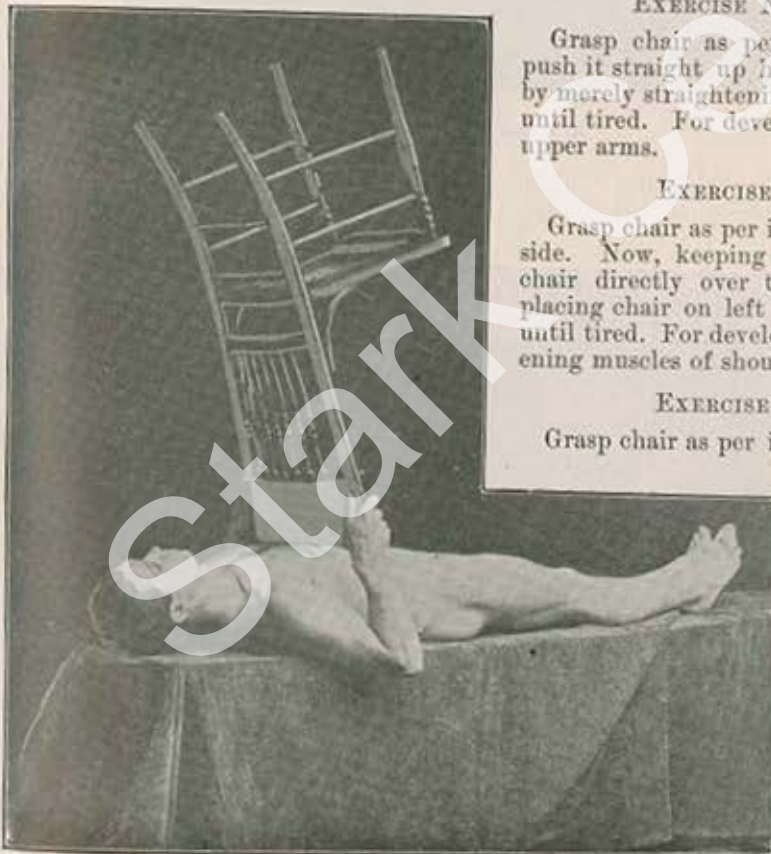
Grasp chair as per illustration on right side. Now, keeping elbows rigid, raise chair directly over the chest; repeat, placing chair on left side, and continue until tired. For developing and strengthening muscles of shoulders.

EXERCISE No. 4.

Grasp chair as per illustration. Now, keeping arms bent, raise chair until directly over chest with strength of wrists only; continue until tired. For muscles of the forearm.

EXERCISE No. 5.

Grasp chair at left of head as per illustration. Raise



EXERCISE No. 2.

until directly over chest, then place on the floor at right side of head; continue muscles, and is of special advantage in expanding the chest, and can be made still

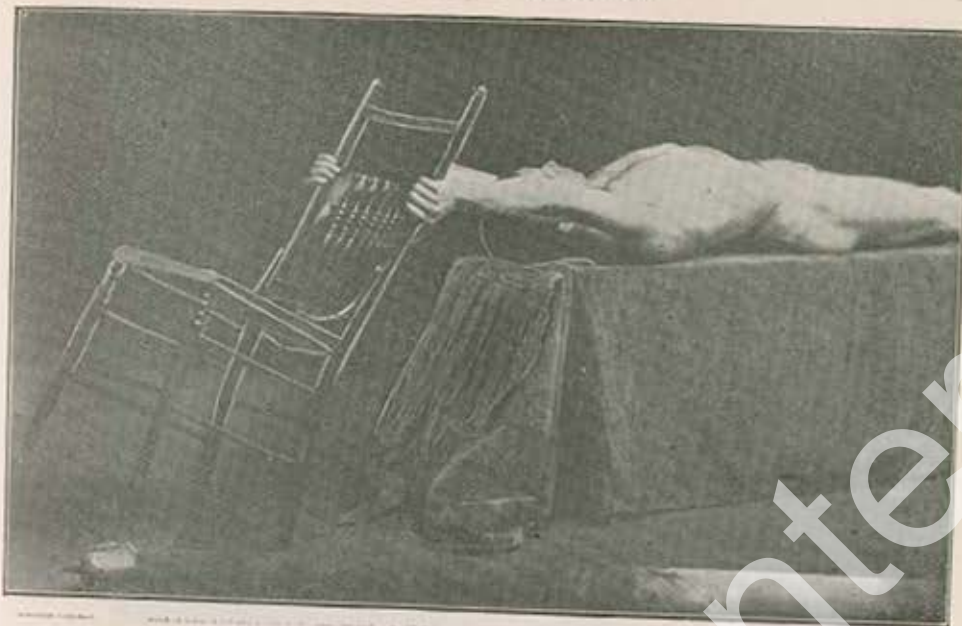


EXERCISE No. 3.

until tired, alternating each time. This exercise is for developing intercostal more valuable for this particular purpose, if a deep and full breath is inhaled and



EXERCISE No. 4.



EXERCISE No. 5.

retained during two or three movements.

EXERCISE No. 6.

Grasp chair as per illustration, and, keeping elbows rigid, bring it around and around in a circle. For shoulders and muscles of back between shoulders.

EXERCISE No. 7.

Grasp chair as per illustration. Now keep elbows rigid and raise chair until directly over chest; continue until tired.

For developing muscles on front part of shoulders.

EXERCISE No. 8.

Grasp chair as per illustration. Now straighten right arm at the same time bending left arm, then vice versa; continue until tired. For muscles of upper arms and shoulders.

EXERCISE No. 8.

Grasp chair as



EXERCISE No. 6.



EXERCISE No. 7.

per illustration. Now keep elbows rigid and raise chair until directly over chest; continue until tired. This exercise is of great value for expanding the chest, and it is more efficacious if a deep breath be inhaled and retained during two or three movements.

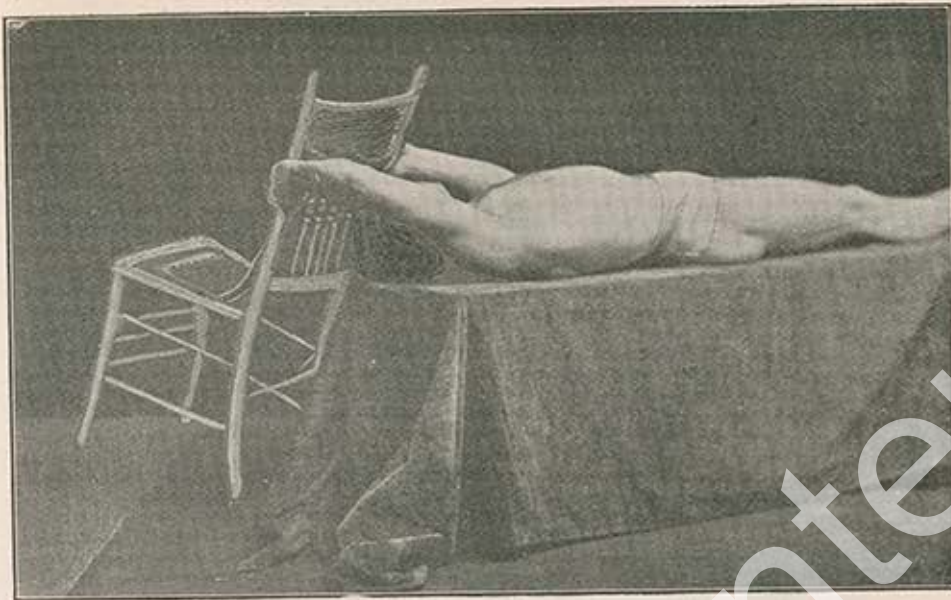
The chair exercises illustrated in a former issue were given in a



standing position, and if these shown here do not furnish sufficient variety, would advise that the bound volume containing these be secured. If the exercises in this article are practiced diligently, you will be surprised at the improvement in strength and development that will



EXERCISE No. 8.



EXERCISE No. 9.

result in a short time. The muscles of the chest, shoulders and arms are more effectively brought into play by these movements. The lungs will also

be greatly strengthened and expanded if due attention is given to the necessity for special breathing where advised.

NATURAL CURE FOR APPENDICITIS.

The editorial published in October issue in reference to the criminal character of many surgical operations has caused one of the readers of the magazine to inquire how it is possible for exercise and diet to remove seeds from the appendix. In answering this inquiry we quote the following from a famous physician:

"There are several processes of the nature cure that will remove foreign bodies from the appendix, without surgical interference. The routine medical practitioner and surgeon share your inability to comprehend such possibility; and that is the reason why, annually, so many lives are uselessly sacrificed to the knife. However, with God, the giver and source of all life, and the one who alone effects all true cures, nothing is impossible. Cases are on record where stones or seeds were forced out of the appendix by certain manipulations of the osteopath, e. g., by flexing the thigh against the abdomen, and thus manipulating the limb in a peculiar way; this treatment has proved successful in an in-

stant, even at the last moment when the surgeon was preparing to operate. Water cure is able to produce cure in two ways. When a foreign body enters the appendix an inflammation is set up. Inflammation is Nature's curative process; by it certain substances exude from the blood, and by forming a kind of capsule or envelope around the foreign body, render it henceforth innocuous, whereupon the inflammation subsides. Or, the offending object is in course of time softened, then absorbed by the tissues and blood, and finally exuded or discharged in the most convenient way. The question here is, to keep the inflammation under control, till either the formation of a capsule, or the absorption of the object is complete. This can always be effected by a combination of cool sitz baths, and persistent cold towel baths. This is the ordinary and effective way to proceed. People who die in consequence of the removal of the appendix, we deem murdered by the prevailing delusion."

AUG. F. REINHOLD, Ph.D., M.D.

NUDE ART.

By Chas. C. Corwin.



EVERY generation has had the question of the nude in art to confront, and, until it is settled in a reasonable manner, every generation to come will have the same problem. This is one of those questions which goes to the very fundamental principles upon which the whole of human society is founded and, like all such questions, will admit of no solution save the right one.

One objection, and only one, which is made to nude art is worthy of consideration and answer. All the rest are backed by nothing but prejudice and do not deserve recognition. It is argued that the portrayal of naked men and women induces, on the part of the beholder, amorousness and licentiousness. The amount of harm done in this direction has been greatly magnified and exaggerated, but, for the sake of the argument, let it be admitted. The question that then presents itself is, in what way can we avoid these evil results?

The opponent of nude art cries at once—"Suppress, destroy and prohibit." Is this your attitude, my reader? If so, let me go over this question with you and see if you have not been a little hasty in deciding upon your policy. Stolen fruit is the sweetest the world around, and the moment you say "Thou shalt not," you create a strong desire to disobey.

Hundreds and thousands of people have read "Sappho" during the past year who would not have done so had it not been condemned as immoral and placed under the ban. Hundreds of people go to immoral plays and read indecent books just because some one has said that they are indecent and immoral.

So, my friend, you may rest easy, and be sure that every word you say condemning nude art is accomplishing exactly the opposite effect from what you wish. You are creating a demand for it every time you condemn it. There never was a time when the art galleries, the stores and the

magazines had more of nude art than today, and there never was a time when it was talked about more. Common sense would suggest that when any certain course has an undesirable result, opposite results may be obtained by an opposite course. In nothing is this more true than regarding the nude. Instead of putting a premium on this class of art and surrounding it with all the halo of prohibition and suppression, why not throw it broadcast to the world.

So long as this theory of suppression is pursued we leave in the hands of evil-minded men and youth-entrapping women a deadly weapon. So long as nude art is kept under lock and key and never permitted in the home or the schoolroom, so long will it remain for these unprincipled classes to exhibit it. The results are as stated, but not on account so much of the nudity as of the novelty. Take away the novelty, and you have taken away its power to tempt and entice men to places of harm.

No person who has studied this subject has failed, sooner or later, to come face to face with the simple question, Why is nakedness indecent? So far no one has answered it. Some have said that man naturally covers his nakedness—that he but follows his instinct. No greater misstatement was ever made. Watch the children and you will see. Is it instinct for them to keep their bodies covered? Are they not, rather, continually "shocking" people? The whole matter of dress is one of habit and custom. Different parts of the world have different ideas. In one place bare feet are considered immodest; in another no shoes are worn. One country never exposes the face; another never wears a veil. Some wear no clothing; others expose only the face and hands, and travelers tell us of places in the East where a woman with but a single garment will expose her whole body in order to conceal her face with her only garment. All these differences are due entirely to the customs of the people.

PHYSICAL CULTURE IN THE PUBLIC SCHOOLS.

By Elizabeth Perry Howland.



If we search the medical journals of the day, we are frequently confronted with articles relative to "child culture," or to mistakes in the methods of education of the youthful human being. In these there will be found no protest against healthy out-of-doors play, or against the fact of culture of the intellect; but against the methods of culture used in the public schools of our country, the results of which constantly come under the physician's eye, there is no uncertain note. Many of the private schools of our land excel in their method of combining the culture of the intellect with that of the body; but, alas! comparatively few of the children of the masses are privileged to enjoy their advantages. There are many great disadvantages in the public school system with which it is not the purpose of this article to deal.

There are many problems which should be handled by the ablest and wisest, and matters should be brought speedily to a proper adjustment. But the problem of the future health, and therefore of the morals of the American people, is largely being settled in the public school, and in the lower grades of the same. The first years may be the time of determining the future welfare of the individual.

That the school should present a clean and wholesome appearance is much; that the children should be handsomely dressed is all very fine, but that these children should be put through their intellectual drill at the expense of their after health and comfort, and oftentimes of morality, is shameful! Preserving and strengthening the health of each child should be made a fine art.

Do I hear some one say: "That is not the work of the public school. It is to deal with study." Then, I say, if public education has to do only with the intel-

lect, and that at the terrible expense of the physical, as it is now accomplished, shut up the schools.

The age has come when the culture of the physical tabernacle is recognized to be essential to the well-being of the individual, and its culture must go side by side with the intellectual. Indeed, it were a problem for a Herculean intellect to solve to find a system of culture of the physical that should do away with the effect of such confinement and routine at the years when the healthy development of the physical is of such paramount importance.

Discipline is essential, and it should be in form of gentle guidance, and the child should be so trained as to reach an all-around normal development and a sturdy physical and moral, as well as mental, maturity.

Nature is deliberate in all her work, and she works in accordance with inexorable laws. The child who attends school is deprived, to some extent, of the methods of exercise that are natural to the young animal, and, though time be given outside of school for all the healthy activity that is needed, often the child is unnerved for it by his experiences during study hours. There is an exhaustion caused by the details of his hours of confinement, and, perchance, by the details of his home life, that deprives him of his energy for the right kind of exercise. Doubtless only the result of faithful work of years of experiment will adjust all this ideally; but granting that exercise, and exercise alone, can keep up the repair of the system and the excretion of the waste tissues, childhood cannot be deprived or crippled in this respect without disaster and direful effect upon all future existence.

To the public school to which we entrust the next generation we turn for a harmonious working of the youthful powers. Some systematic exercise should here be

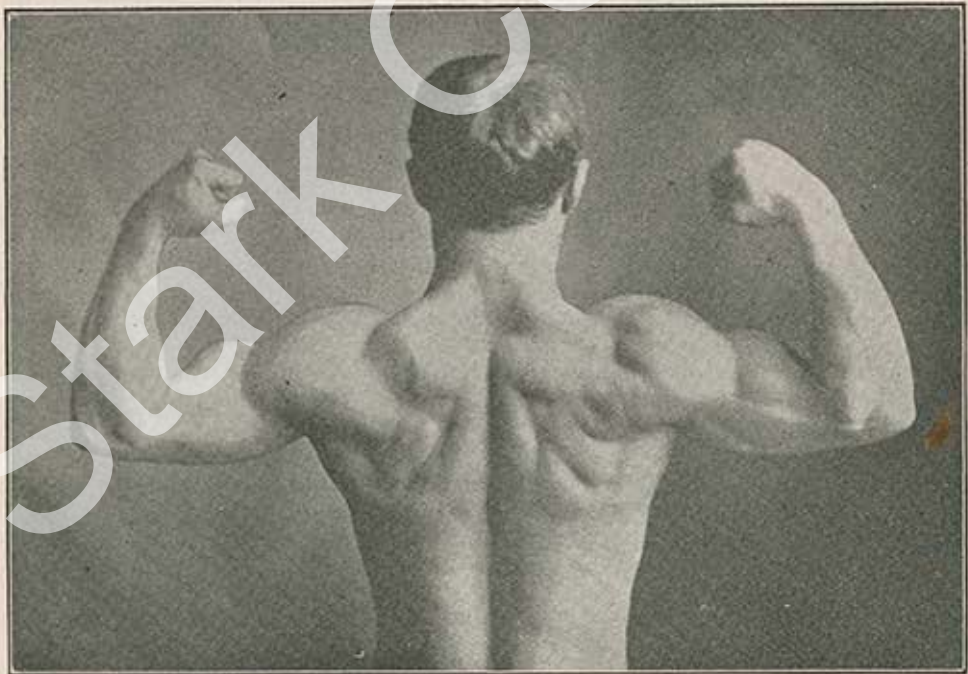
gently compulsory to the normal child. It should break in upon the hours of mental labor and relieve the strain of confinement. There is relaxation in the common recess, and to some it may be all that is needed, but not to all. Those who most need exercise may be the least inclined to take it. So-called gymnastic exercises have been introduced into the schools, but in too many cases they have been of a kind which have not exercised and strengthened the muscles and organs most in need of development. They are effective in a measure, but wholly insufficient to meet the general requirements.

There should be careful discrimination in the matter of a physical supervisor of the public schools, and as the best talent is demanded for the mental instructors, the best talent and widest experience should be demanded for the physical department.

Experience is imperative. A new day has dawned if there is no good received from the school of experience. A knowl-

edge of the physical being and an experience with the average body in the various phases of health and disease, and the knowledge and ability gained from years of experience in adapting exercise to health and to different forms of physical deficiency—all these should be brought to bear upon the arrangement of exercise for the public school. The assemblage of pupils to whom exercise is given should be carefully scanned, and abnormal cases properly attended to. Children, as well as adults, differ in their needs and ability, and that exercises, either mental or physical, be required without discrimination in regard to abnormal cases is not justice.

When this department receives proper attention at the hands of those entrusted with the momentous responsibility of public education, a long step will have been taken for the future welfare of the American public, as well as the health and happiness of our children, in whom the hopes of the nation repose.



HARRY CAPLAN, OF ROCHESTER. SHOWING DEVELOPMENT SECURED BY FOLLOWING ADVICE GIVEN IN THIS MAGAZINE.

EATING AND DRINKING WITH EXERCISE.

By A. S. Atkinson, M. D.



HE man who wears himself with overwork or exercise, and then proceeds to eat heartily, is in a fair way to invite an attack of acute indigestion. One of the first lessons that the track athlete has to learn is to regulate his diet so as to produce certain desired results. The food selected for a man training for a severe test of physical powers is always of such a character that there is the least amount of waste through indigestion possible. The time for taking this food is also regulated by a trainer, who knows pretty accurately when the athlete should be fed and when not.

One of the greatest troubles that hard workers have comes directly from this indiscretion. Worn out with their physical or mental labors of the day, they sit down immediately to a hearty meal. It is a common idea that a good meal when one is tired will revive the drooping spirits and make him feel better. Possibly during the progress of the early part of the meal he will feel better, for the mere act of eating when one is hungry is bound to stimulate the brain and mind. But the body is thoroughly tired out and the stomach suffers from the general low condition of the physical energies. That organ is suddenly called upon to do a work that is difficult, and in many cases it ends in acute or chronic indigestion.

If one is only slightly tired, probably the hearty meal will not cause trouble. But even in this case it is much better to rest after the day's hard work if one feels at all wearied. A few moments stretched at full length on a bed, with eyes closed and muscles relaxed, will give the whole system a chance to recover itself, and the stomach, relieved with the rest of the body, will soon gain its normal condition. This rest just before eating is an excellent plan for all workers, either mental or physical.

The value of a liquid diet under certain conditions is not generally appreciated. Take the hard bicycle rider and follow him through his course of training and progress in a trip across country. If he

indulges in heavy dinners or meals immediately after a hard day's ride he will soon be compelled to abandon the trip. On the other hand, a hard rider can perform tremendous exertions ten hours a day on a careful diet in which liquids occupy the chief place on the bill of fare. For refreshments on the way nothing is taken but milk.

The person suffering from nervous dyspepsia and kindred disorders needs, probably, more than anything else, new tone and strength to the whole system. How best to accomplish this is oftentimes a problem that a physician must meet in different ways. Sometimes physical exercise, especially in the open air, is the best cure, and if prescribed and followed intelligently it works wonders. But there is another point that cannot be overlooked, and in nine cases out of ten it is the rock on which most of the dyspeptics get wrecked. They think the outdoor exercise is going to cure them and they pay no heed whatever to their diet. The result is often disastrous. The stomach is in a weak, nervous state, ready to respond to the slightest abuse.

His hope of recovery is to look upon his diet as important as his exercise. The latter will undoubtedly stimulate an appetite, but to eat all we want whenever hungry is not the sure way to build up health. In ordinary healthy condition one might follow Nature's inclination and eat heartily whenever hunger demanded it. But we are dealing with a chronic dyspeptic, whose nerves have as much to do in causing his disorder as his stomach. Let that patient get a little overtired and then return to the house and eat a breakfast or dinner, and nerves and stomach will combine to make life miserable, and counteract all the good obtained. The only safe rule to follow is to take the exercise to the point of weariness, and then rest. Do not be afraid of tiring the body with exercise, for that is what we take it for, and, provided we stop this side of exhaustion, we will be pretty sure to improve after rest and sleep.

QUESTION DEPARTMENT.

Q. What can I do for varicose veins in the legs?

A. Bathe in very cold water—as cold as can be borne—about ten minutes twice per day, and apply cold wet cloths to the parts. This will produce benefit, though a cure cannot be promised in every case.

Q. For an attack or threatened attack of appendicitis, what course would you suggest?

A. Avoid food of every nature; encourage your desire for water in every way; flush the colon thoroughly at least two or three times a day; take two or three cold sitz baths per day, as long as patient can conveniently bear them; give patient at least two or three massage treatments per day, kneading the abdomen thoroughly all over, and especially at the part where the appendix is located, and increase gradually the severity of the kneading process as the pain subsides, and at all other times, during the continuance of alarming symptoms, the body from the arms to the hips should be swathed in wet cloths.

Q. Please state why exercise with heavy weights is not as beneficial as with light?

A. The advantage of light weights over heavy weights is simply this: The light weights tend to make the muscles more supple and more capable of quick action. Heavy weights usually make one slow, and there is a tendency where much heavy weight work is done to become muscle bound. Heavy weights also very often cause serious strains, and are not desirable on this account. The writer does not advise either extremely light or extremely heavy weights. There is no objection to lifting, occasionally, a weight that requires considerable effort, providing it does not use up all your available strength.

Q. I sleep nine or ten hours every night, and it is not the least bit refreshing; what is the trouble?

A. You are probably sleeping too much. Eight hours should be sufficient, although, if you will see that your sleeping room is thoroughly ventilated, and that you are not too heavily covered, the trouble you mention will probably disappear, providing you are taking sufficient exercise and are not making serious mistakes in diet.

Q. Suggest a remedy for piles caused by constipation.

A. Take a long walk, two or three miles a day, if the patient is not very weak. Every morsel of the food should be thoroughly masticated; cultivate taste for acid fruits; take a cold sitz bath every morning. If one meal a day plan is adopted for a time you will improve more rapidly.

Q. Name remedy for bad taste in the mouth and coated tongue.

A. Adopt two meal a day plan, and be very careful to masticate every mouthful of food thoroughly; take long walk every day, and practice deep breathing.

Q. Do you recommend leaving window open when one is sleeping, and to what extent?

A. The writer's habit has long been to leave at least two windows of his room up about two feet at the bottom, and down several inches at the top, making very little difference in the openings summer and winter.

Q. I am suffering from weak stomach; doctor says it is lack of acid; can you suggest a remedy?

A. Eat only one meal a day for a week or two, and then confine yourself to two meals per day; masticate every morsel of food thoroughly, and take a long walk every day, breathing deeply; also adopt some light dumb-bell exercise, following the illustrations given in September PHYSICAL CULTURE. This will soon make your "weak" stomach strong.

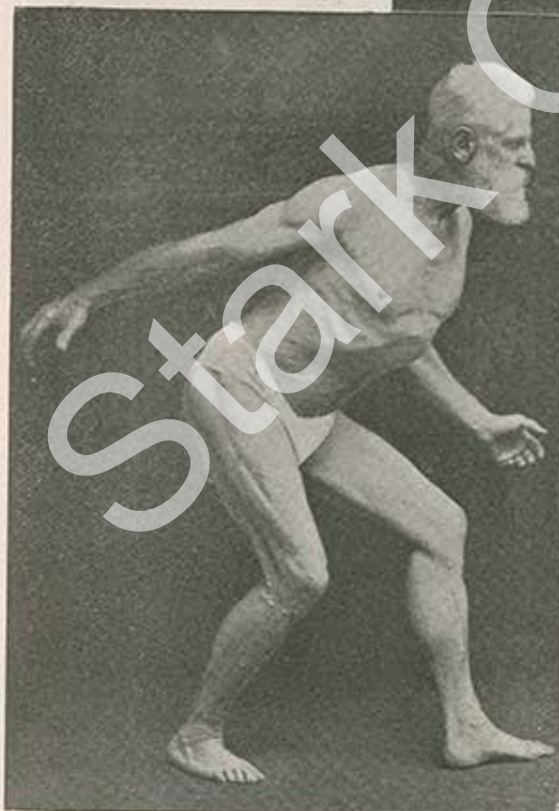
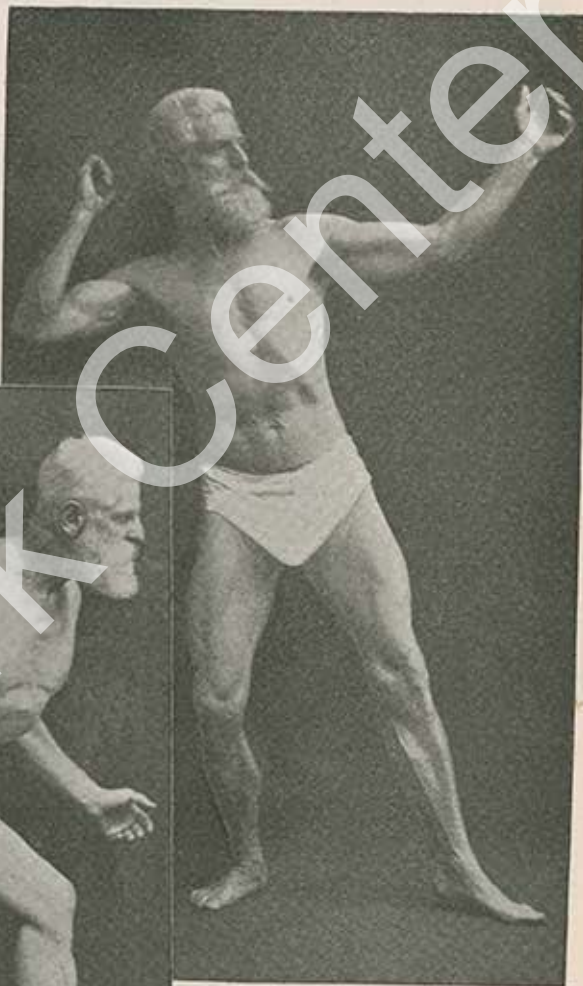
Q. What causes dandruff and the falling out of hair that accompanies it?

A. Dandruff is caused simply by the falling of the scarf skin which has died and which is peeling off at all times from all parts of the body. Dandruff will not cause falling of the hair unless it is allowed to accumulate to such an extent that an unhealthy condition is created about the roots of the hair; such a condition often brings about permanent baldness. Dandruff can be quickly cured in every case by the cleansing of the scalp two or three times per week with a weak alkali soap.

TWO REMARKABLE EXAMPLES OF PHYSICAL DEVELOPMENT.

By James Redding.

ELSEWHERE in this magazine the excellence of the facilities afforded for physical development in the kingdom of Germany has been alluded to; and herewith are presented some photographs of German-born subjects, who show rather remarkable development. In one case the original of the photograph was born, trained and



lived in Germany for the better part of sixty years; and his physical development may be, in a measure, said to be the result of German system. The other, although born in the land of the Rhine, was brought to

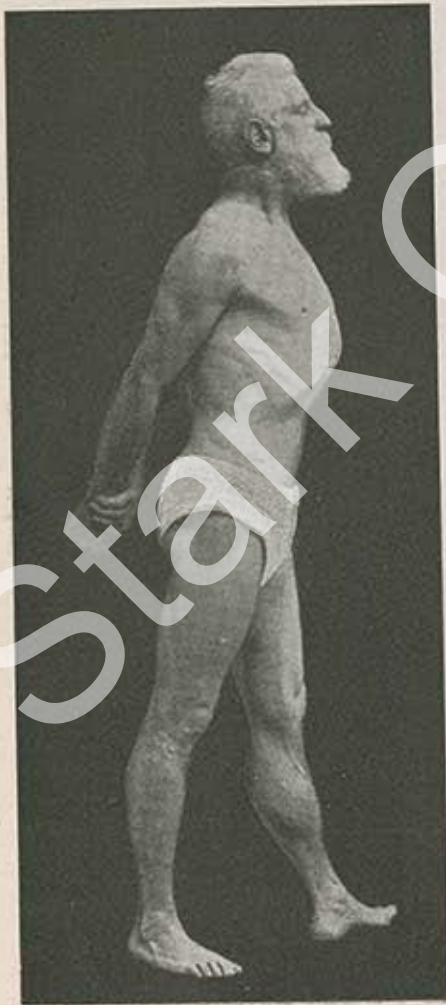
America an infant in arms, and all he drew from the fatherland was what heredity supplied—a sound constitution; the rest he has done himself, and a splendid specimen of manhood he has developed.

The elder of the two subjects presented, the one with the gray and venerable whiskers and hair, is Ernst Kupfer, of this city. He is 61 years old; weighs 165 pounds, is as supple as a man of thirty, and, as his pictures show, has a muscular development that many a younger man would be proud of. He also gives the phenomenal record of never having had but one day's sickness in his life, and that was trifling, and caused by the heat of

the tropic country he happened to be in at the time.

Mr. Kupfer was born in Berlin. There were 15 in the family, eight boys and seven girls. The subject of the sketch was the ninth child, and the smallest of the male members of the household. As a youth he saw his larger brothers performing the usual boyish feats, and he became imbued with the idea of making himself a strong man. To this end, from the time he was ten or twelve years old he pursued a systematic course of development.

He ran, swam, walked, practised all the forms of exercise he could hear of or





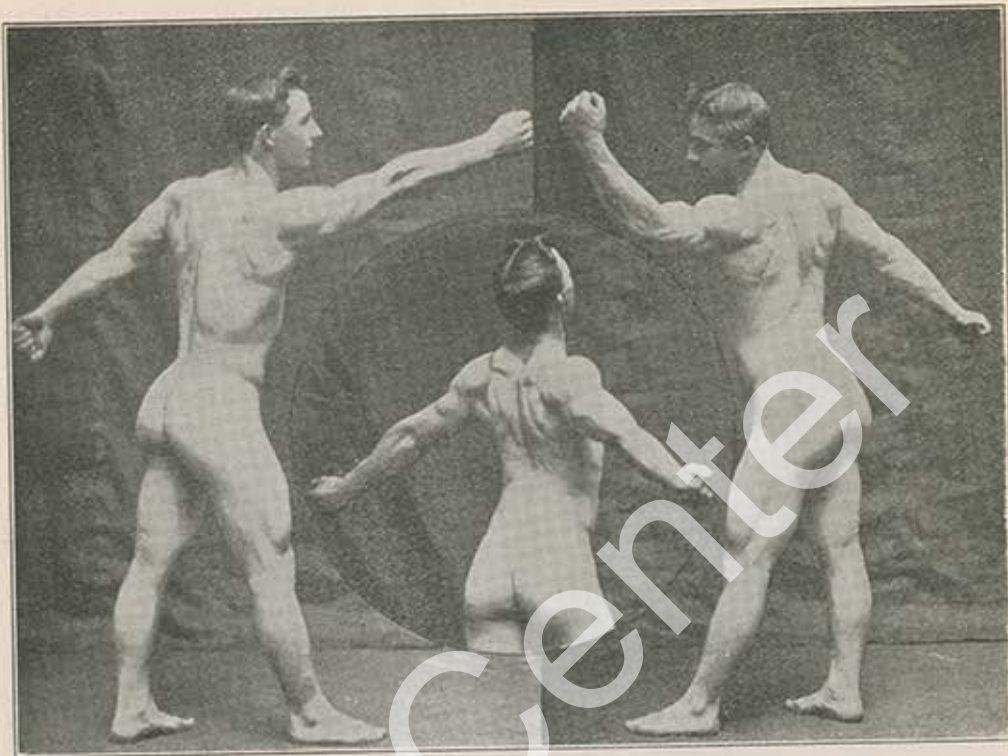
invent, between the ages of 10 and 15; then he ran away and went to sea, and for 14 years he followed the winds and tides, visiting nearly every port on the map. This life tended to harden and intensify the development which he had so painstakingly commenced.

He has never been the athlete his development would have enabled him to be, but he has won some notable events on the field and in the water. Among other trophies captured, he won the championship at the Turner Fest in Liepsic, in 1863, for the standing jump, high jump, broad jump and running, from a field that numbered hundreds of entries.

Again, in 1878 at Vienna, he won a

notable contest, swimming in his clothes for two hours.

The stamina, muscular vigor and superb health exhibited by Mr. Kupfer at the present time are remarkable when one considers all he has passed through—fourteen years a sailor, during which time he served in the 1860 campaign against China; three years on a whaling cruise to the northern seas; part of the time a gold digger in Australia; service on a Bombay transport, of which Kipling has so graphically painted the horrors; seeing service in three continental wars, the Holstein campaign in 1864, the Austrian in 1866 and the Franco-German in 1870-71.



A year and a half ago Mr. Kupfer came to America, and, as his pictures show, he has, in the evening of life, the muscular development, the mental clearness, the splendid health of a man in his prime.

He ascribes the many remarkable phases presented by himself as being due entirely to systematic exercise and regular habits. His daily practice now includes leg, chest and back exercises; he takes a Turkish bath and massage once or twice a week, and his diet is largely vegetarian.

August Pitz, whose pictures appear with this article, is German only by birth. He was brought to America a baby in arms, and he has lived and developed himself in Bridgeport, Conn., where he leads an active life as a cornice maker.

He is 21 years of age, and presents the following weight and measurements:

Weight, 167 pounds; chest, 39 inches, normal; neck, 15 inches; biceps, $15\frac{1}{4}$ inches; forearm, $12\frac{1}{4}$ inches; wrist, $7\frac{1}{4}$ inches; waist, 30 inches; thigh, $23\frac{1}{2}$ inches; calf, $15\frac{1}{4}$ inches.

He can push 178 pounds straight over his head, turn somersault with similar weight, break a horse shoe with his hands, snap the strongest chest strap by simply expanding the lungs, and has done some creditable work as an amateur wrestler. He is about 5 feet 7 inches in height.

All this development he gained in little more than a year of practice. He saw an exerciser in a store window one day and bought one, and commenced a course of home training. He was merely a soft, undeveloped boy at the time; and his muscles are the result of his own labors and persistent endeavor.



THE HAND OF MAN.

By Graeme Hambidge.



ONE of the outbound Long Island trains on an early June day had among its passengers a young man who sat meditatively in his seat, or looked out of the window on the fresh green fields and the well-laid-out farms.

A look of happy expectation was on his face, and occasionally he smiled abstractedly and in a satisfied manner to himself.

Then he drew from his pocket the photo of a young girl, and, glancing out of the corner of his eye to see that he was unobserved, kissed it passionately several times and returned it.

Jim Ketcham had known the original of that photo for five years. He had met her at a summer resort and their friendship had ripened quickly into love.

She was a girl of unusual loveliness. The photo did not nearly do justice to her black, inexpressibly deep eyes. Her skin was of a natural whiteness, fading into a healthy pink on the cheeks, and into the deepest red in the full half-sensuous lips. In form she had the grace, suppleness and beauty which every youth, in the poetic dreams of his heart, likes to associate with his first love. The observer would consider her a person in the most superb health, free from every conventional care, and wild as the ocean winds she lived among on her father's farm on Long Island.

Jim was a tall, handsome, athletic fellow, whose very presence betokened a clean, strong personality, and it seemed the most natural thing in the world that he and Julie Nevill should know and love each other, and lay plans to be married.

But Jim had to go away West to attend to some mining interests. He had decided the question with Julie, and they were to be married when he returned.

He was gone three years. Julie was seventeen when he left, and those three

succeeding years were momentous ones to her. Just emerging into womanhood, with all its incomprehensible thoughts and desires, possessing a beautiful person, a vivacious temperament and charming voice, cultured moreover in a manner befitting her refined position, for she was of a family which had once been wealthy, it is not to be wondered that she was the favorite at the numerous functions she attended, or, indeed, wherever she went. Nor was she at a loss for admirers who looked and spoke their despair. But she remained constant to her first love, wrote and confided to him, and looked forward to the day when he would return.

Once Jim Ketcham had mistrusted something when Julie had written him about being sick, but her letters were full of reassurance. Another time she said she had been taken decidedly ill, that the doctors had said she had appendicitis and must go to the hospital for an operation.

She had hinted this very lightly to Jim, however, and had quickly reassured him when he decided to come East. Julie recovered rapidly and Jim didn't come. But now his affairs had all been settled and he was hurrying to meet her.

That June morning was roseate with promise. He was glad in his very heart, and wondered that other people could not see things as happily as he saw them. He wondered how there could be any misery and unhappiness in the world. So easily does youth, in its golden dawn, look out upon the world from its own gay and satisfied heart.

When the train arrived at Babylon he caught a glimpse of summer loveliness in white, and in a moment the bewitching Julie was in his arms.

Jim studied her intently, "you have aged ten years since I left you," he said.

There was no longer any pink in the cheeks, and the girlish wild glance was gone from the eye. "Well, I have

been sick, you sunburned cowboy," she pouted in her old vivacious winning manner, which dissolved every doubt within him. Yet, he noticed a constrained, distant manner about her, which he had never seen before. Her face was more thoughtful, her form thinner, her eye did not sparkle with the old luster.

"What is the matter, darling?" he said to her one day, "have you any ailment now?"

But she disengaged herself from his embrace and was gone.

Clearly something had come up between them. Could it be a rival? He had noticed an unusual paleness whenever he spoke of their coming marriage.

"When is it to be?" he asked, decisively; one morning.

"Let us talk of it some other time," she said, flushing and then turning deadly pale:

"Oh, Jim, I have so much to tell you," she sobbed, leaning on his shoulder.

"What is it, darling; has anything gone wrong? Confide in me; I am strong and will protect you from any harm."

"Oh, not now, not now, she sobbed, and then hurried from the room, leaving him in utter bewilderment.

Thus it went on for some time.

"Let poor Julie have time for rest," her father told him one morning, "she went through more than we imagine, perhaps. The doctors said only her strong constitution saved her from the operation.

Jim shuddered with a nameless dread at the mention of that operation.

He resolved to question her more closely on the subject.

So one evening, when they were alone, he took her in his arms and said:

"Now, sweetheart, we are soon to be married, and let there be no horrid secret between us. You are not now as you once were. If there is anything preying on your mind, let your old Jim know of it, that he may share your distress, or know how to relieve you from it."

Her lips trembled and the moisture sprang into her eyes, but she hung her head and said nothing.

"What is it, darling—are you afraid to trust me?"

"It is not that, Jim, but you know—you know, there are some things which a man can't understand."

"Oh, I am so unhappy," she sobbed, "why was I ever born?"

But he kissed away her tears, and she was silent.

"Perhaps I had better not insist on any understanding," he said, soothingly; "everything will be sure to come right in time."

"Oh, I must tell you—if heaven will only give me the strength," said Julie.

"It is something which vitally concerns you, who are so good and kind and expect so much of me. I have been trying to summon courage to say it ever since you came, but I can scarcely do it. We—we must never marry."

"Never marry," he repeated.

"Forgive me if circumstances force me into admitting what the inherent delicacy of my sex makes me shrink from even whispering to myself." She hesitated a long while and buried her face in her hands.

She had now taken a position from him on the end of the sofa.

Finally, raising her tear-stained face to his, her eyes shining with the light of truth and maidenly innocence, she continued:

"I will be no longer the timid weak person you are beginning to think me; you should know what I have to say above any other one on earth."

"It is this—" but her voice again failed her, and again she hung her head ashamed.

"You know," she began, "what a strongly sexed, passionate girl I always was—well, imagine such a one who had a powerful instinct for the domestic virtues, who yearns with all her womanly nature to fulfill the holy laws of wedlock—imagine such a person being placed suddenly in a position where she knew it would be impossible to fulfill those laws; Oh, Jim," she continued, in a voice now quiet, with a calm, noble resolve, and her face raised appealingly to his, "the doctors told me after the operation, that I should never marry. That I would always be unable to fulfill the marital requirements. They might have taken my life, and not left me a miserable wreck."

The light burst upon Jim Ketcham now, with a lurid flash.

He had often heard of the butcheries committed on young girls by conscience-stified, murderous physicians, who in the name of science, practiced their art of surgery on whatever victims they could find; but he had never expected to have the truth brought home to him with such a startling reality.

He clasped Julie in his arms.

"While we have the breath of life in our bodies, we will fulfill the noble des-

times which an eternal God has decreed shall befall us," and Julie only sobbed her inarticulate answer.

That night he went down by the water. The great white moon was hanging splendidly in the clear starlit sky, and the ocean murmured, with its eternal mystery.

In the bitterness of his heart he clinched his hands, and looking at the silent space above, he said:

"O, that man in his puny arrogance should mar the perfect works of God!"

PARALYSIS VERSUS PHYSICAL CULTURE.

By Stewart V. Macgillivray.

PARALYSIS, that merciless non-respector of persons, which destroys its victims in one, two, three order, can be allayed by physical culture. This is no theory filled with the lightest of air, but a common-sense fact. Its proof has been found in demonstrations upon the human frame. A limb, made numb and senseless by the terrible stroke, has regained most of its normal feeling and strength. The power of speech, so fearfully impaired by the same emissary of Death has refused to remain stilled. In fact, the victim is nearly relieved of everything but the memory of his ordeal. And all thanks to physical culture.

The name of this man is Thomas Doyle. He is thirty-seven years old, unmarried, a carpenter, and lives on West Fifty-first street, Bayonne, N. J. He was hale and hearty on last Easter Sunday. Returning from work, he took a bath and, while immersed in the water, was stricken with paralysis. His right side became totally numb and seemed to be freezing. His foot on the affected side had a similar feeling, and in his right arm none of the splendid, manly power remained. He managed, after many efforts, to drag himself from the bath-room and partially dress himself. He was as one dazed. His nerves were gone and he cried hysterically.

Luckily, his plight was soon discovered. The physician who was summoned shook his head gravely.

"Unusual in one so young," was his

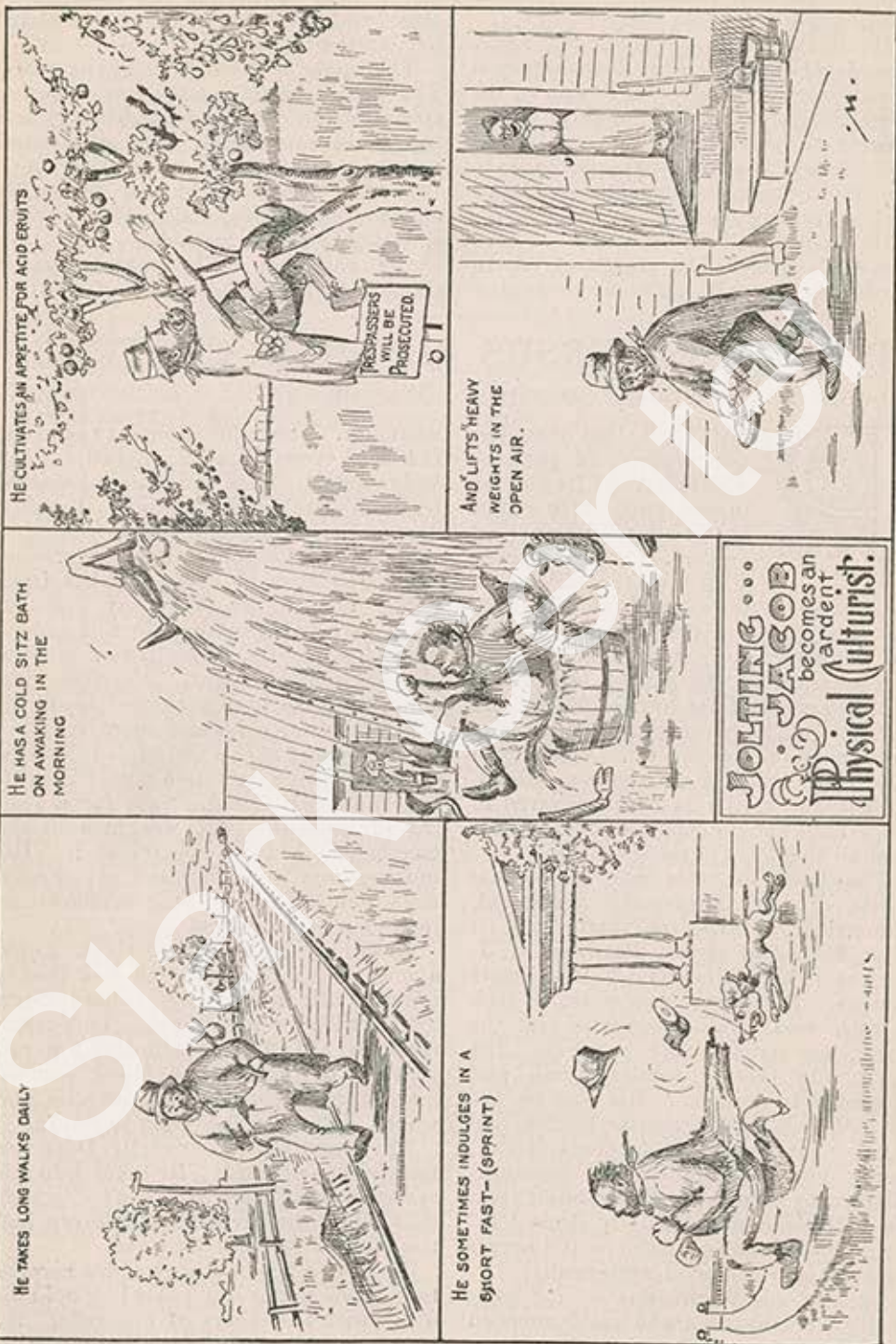
comment. Then, for three long months, the usual remedies were applied. They had no effect. Then the patient began to follow Nature's own methods. In a few days he began to notice relief.

He began with light dumb-bell exercise, and found that he could lift the irons higher and higher every day. Indian clubs were added to his collection and he worked diligently, carefully noting each change, however slight. A striking bag and a chest machine were next installed, and his practice became more lengthy. His arm could at this period, four months after the stroke, be raised with little difficulty above his head. Save for a feeling of indecision and weakness in the member, he had full control of it. His muscles grew in solidity and his cheeks, made wan and pale by long confinement, took on a healthy glow.

After his exercises Mr. Doyle instituted a cold bath, remaining in less than a minute, afterward being rubbed down briskly with a rough towel. This treatment had the effect of diffusing a warm, glowing feeling, as the blood coursed more strongly through the arteries and veins. His old vigor began to return.

The exercises mentioned Mr. Doyle has faithfully continued. He takes into his system no medicines and pays no doctor's bills. His remedies are Nature's own, and the faithful jade has not erred.

The patient is now back at his carpenter's bench and is quite able to "hold his own" with the others of his trade. He is as hale and hearty as can be expected, and daily works to regain what he lost.



"THE CORSET CURSE."

ILLUSTRATED RESULTS OF CORSET WEARING AND THE MUSCULAR INACTIVITY CAUSED BY THIS AND OTHER RESTRICTIVE CLOTHING.

By Bernarr A. Macfadden.



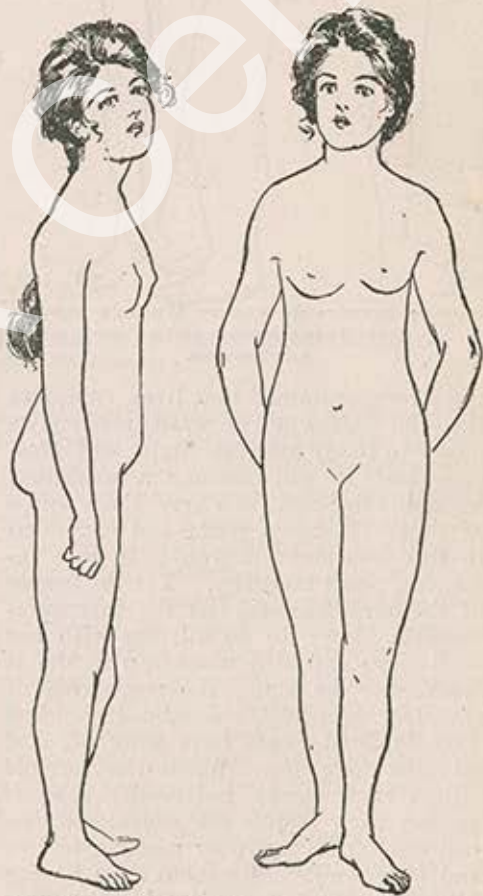
THE most abused animals on the face of the earth are human beings, and, though the bodies of boys are unquestionably weakened as they grow to maturity by broken health laws, the penalties they incur are as nothing when compared to the awful results in women of corset wearing, and the general lack of exercise, for which this article of apparel is chiefly responsible.

We have had a good deal to say in previous issues about the effects of the corset on the health and beauty of womanhood. We have maintained that this article of torture weakens and deforms the bodies, that it actually saps the very life principle of womanhood, causing thousands of our girls to grow to the age which should bring complete maturity, without the slightest indication of well-sexed womanhood—a condition which should be theirs by the right of Nature's law. Instead of developing into beautiful women, with all the grace, charm and magnetism that accompany this superb condition of the sex, the majority become sexless nonentities, without the slightest right to the name of woman. The only evidence of womanhood they possess are the skirts they wear. The idiotic men who are deceived by these creatures fully deserve the terrible punishment that is unstintedly inflicted upon them in every instance where they marry such a creature.

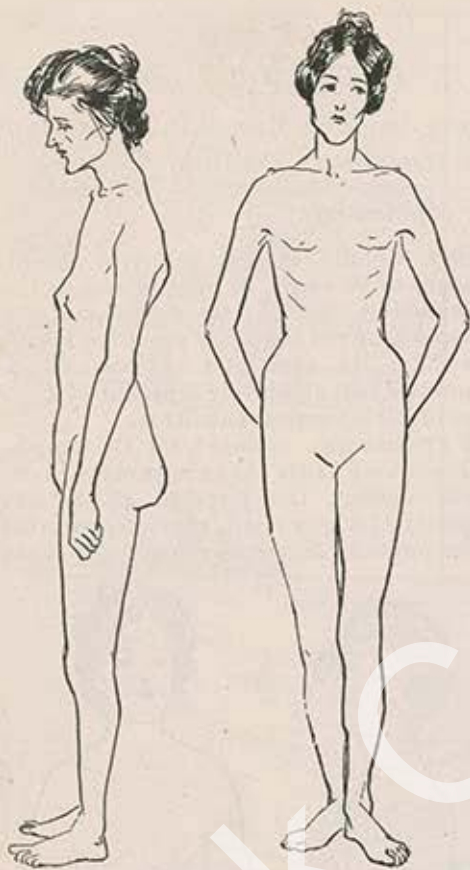
Civilized men have nothing to boast of. They are small, weak, impotent, compared to specimens Nature has furnished from her great preserves. But when compared to the civilized woman, or the women of our civilized nations, in a physical way, they are as Apollos beside dwarfs, and though vast numbers of men lose their manhood by failing to develop their bodies by exercise and proper habits,

they usually possess sufficient intelligence to be aware of such a loss. The deplorable fact in connection with the opposite sex is that they are often totally without the attributes of womanhood, and are still absolutely ignorant of their incomplete, useless condition.

Prudishness, corsets and the preposterous long skirts that accompany them, will destroy the physical power and beauty of any woman, regardless of what her physical inheritance may be. Take



SHOWING NORMAL FIGURE OF GIRL 12 OR 14 YEARS OF AGE.



SHOWING RESULTS OF CORSET WEARING AND INACTIVITY WHERE ASSIMILATIVE TROUBLES ARE INDUCED.

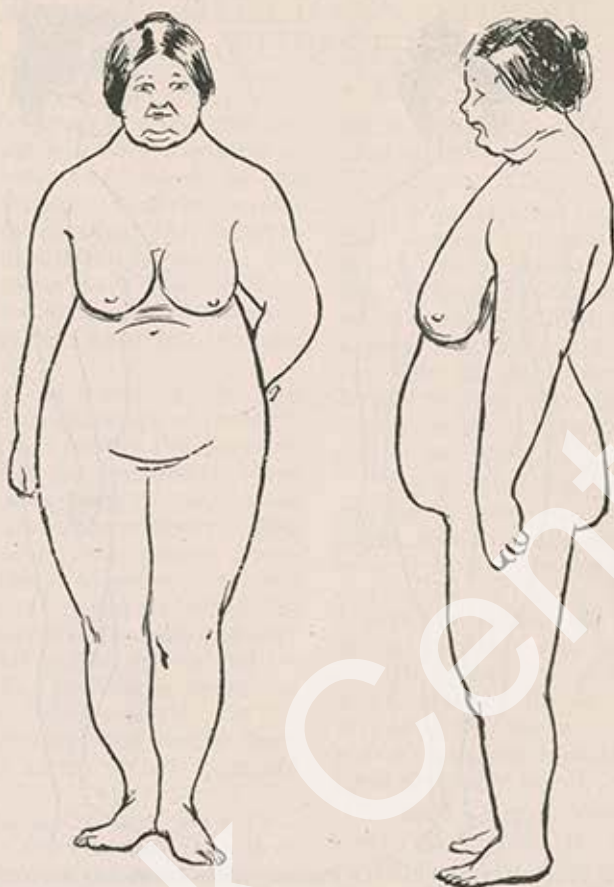
the strongest animal that lives, compress the vital organs at the waist, restrict its power to freely exercise limbs and muscles, and it will become a weakling, without exception, in a very short space of time. If taken young and subjected to this treatment it would, in rare instances, reach maturity. Yet the female of the human animal has the incomprehensible idiocy to do all this with her own body, and still wonder why she is weak, why she is not the realization of the ideal, beautiful womanhood, painters have depicted, poets have sung of, and all men long for. When the terrible crimes that women universally commit against their bodies are considered, the real wonder is, how they manage to live and bear it all. Talk about a cat having nine lives; why, the writer believes that the average woman must have ninety-

nine, in order to be able to survive all the outrages she inflicts upon herself.

We have endeavored in this issue to illustrate the effects of corset-wearing, and the lack of exercise the practice entails upon physical womanhood. Thousands, even millions, of examples could be found in our own country to bear out the truthfulness of the illustrations presented.

The first illustration shows a girl of 12 to 14 years of age, as she appears in a normal condition, before a mother—ruled by Fashion and Prudery—has forced her to commence the dwarfing, vital-crushing process of “shaping” her body with a corset. At this age, there is beauty in every line and curve of the female form. Every girl, if she has been properly cared for, has been allowed to exercise freely, play, romp through the years of babyhood to this interesting point, where she stands on the threshold of womanhood, should be strong, well-formed and beautiful—full of promise for glorious womanhood. That this is not universally the condition, is due to the criminal ignorance and neglect of parents. Many are so ignorant of the ways of nature that they even restrain the childish desire to play, and throw about their offspring every possible aid that would hasten decay and death; so that weakness and deformity are sometimes apparent, even before the corset begins its deadly work.

The second illustration shows an average figure, as it would appear, after the corset and inactivity had destroyed the muscular symmetry, and weakened the organs of assimilation. There is absolutely no excuse for such angular outlines. No woman could possibly acquire such an ugly and generally misshapen body unless she most grossly violated the laws of health. Digestive disorders always accompany the tendency to extreme thinness, and the corset and inactivity are the causes of this condition in nine cases out of ten. Of course, physical culture will round out and fill in the hollows, and generally improve the figure, when in this condition, but instead of being a superbly beautiful woman, which might have been possible under the influence of perfectly normal conditions of activity from childhood, such a woman must be satisfied with a medium physical condition and appearance, though this is



SHOWING RESULTS OF CORSET WEARING AND INACTIVITY IN THOSE WHOSE ASSIMILATIVE ORGANS REMAIN UNIMPAIRED.

certainly far preferable to such a condition of angular ugliness as appears here. Any woman who possesses such a body and fails to immediately make an effort to remedy her defects, deserves all the punishment her condition produces.

Our next illustration shows the opposite extreme. The muscular and nervous systems in this case have been weakened by the corset, and the assimilative powers have remained unimpaired. The result has been the piling up, all over the body, of fatty tissue, every pound of which not only increases the tendency to serious disease, but also destroys every line of beauty, making the figure gross and coarse in appearance, and awkward in action. This condition is, in every case, simply the result of causes heretofore mentioned. Tight corsets lessen

the nervous energies, thus destroying all desire for muscular activity, and every power and function of the body, mental and physical, becomes dull and impaired, generally. Though this condition is far more easily remedied than the foregoing, it is usually difficult to arouse the ambition necessary to bring about the desired result. The best means of remedying this trouble is not to allow it to become manifest, by avoiding tight lacing and clothing that restricts muscular activity.

Compare now the last illustration with the two distorted extremes preceding, both produced by breaking well established, plain health laws. Here we have the female form as nature intended it should be—not crushed, disfigured, and deformed by idiotic devices. Name any of the lower animals with which you are



SHOWING THE NORMAL FULLY MATURED FEMALE FIGURE—A SYMMETRY AND BEAUTY OF FORM EQUAL TO THIS SHOULD BE POSSESSED BY ALL WOMEN, AND IF NOT THE CORSET, IGNORANCE OR LAZINESS IS TO BLAME.

familiar, and you will find that they all possess symmetrically built bodies, according to their own particular standard. Their every movement reveals strength, grace and suppleness. The human female should possess, in the same degree, the strength, beauty of body and grace revealed in lower animal forms. It is only when the laws of health are grossly violated that other results appear. Every woman, every man, should possess a beautiful body. Either of the unsightly specimens shown in this article could have been developed into a figure pro-

portioned as the last, if they had grown to maturity as nature — as God — intended.

Though some women grow to maturity under the baneful influences here mentioned, and still manage to retain a fair share of beauty, it only shows their wonderful vitality. Even when one encounters such an exception to the general rule, the example begins to age at 25, which is at least ten years prior to the period when she should mature into her greatest physical beauty and strength.



MAKERS OF MILLIONS PHYSICAL CULTURISTS.

By Timothy Drake.

IF physical culture and hygiene needed anything to recommend them to the people of America beyond the blessings they bring in health and happiness, one could not seek for a more effective illustration of their value than in the lives and accomplishments of America's millionaires.

When a man starts out in life with nothing and accumulates one of those gigantic fortunes that focuses the attention of the world upon his personality, there must have been something in the man, or in his methods, above the ordinary. Most of our millionaires have proven themselves just ordinary Americans in birth and personality. They had no better education than hundreds of thousands of boys are getting in our public schools and inherited no peculiar business acumen; but they have accomplished something in the line of money-getting that makes them the envy of less active or less fortunate mortals.

A brief glimpse at the men who are notable because of the fortunes they have accumulated shows a class of men remarkable for abstemious habits, for adherence to rules of diet, and for systematic bodily exercise. Few of them, perhaps, ever attempted to develop their physical strength to its greatest scope, but not one of them neglected to take the amount of exercise necessary to insure a healthy condition of body and a vigorous mentality necessary to grapple with the problems of business life.

To begin the catalogue of physical culture virtues possessed by the American millionaires, not one of them is a drinking man. John D. Rockefeller is a strict Baptist and never touches alcoholic stimulants; William Waldorf Astor never goes beyond the social sip. Jay Gould never tasted wine more than three or four times in his life, and the older Vanderbilts were equally temperate. Collis P. Huntington did not even drink coffee, and Russell Sage, who is now more than eighty years old, and still actively engaged in business

and a millionaire eighty times over, never used whiskey at any stage of his active life.

He is perhaps the most American of all the American millionaires of the present. Every one is familiar with his history; how, from a bare-foot country boy, he became the king of Wall street. But what a great many people do not know is the fact that Mr. Sage attributes his success largely to physical culture. A newspaper man interviewed him not many weeks ago and he had this to say on the subject:

"The question of good health should be one easily answered. In my own case I think, beyond doubt, my excellent health as well as my comparatively long life is due entirely to the regular and simple life I have always led. My personal opinion is that any one who possesses a normal constitution will enjoy good health if he will conduct his life on principles of moderation. No one who constantly defies natural laws can reasonably expect to remain physically sound.

"I am a great believer in exercise as a means of keeping the body in healthy condition. The average man of to-day takes little or no outdoor exercise. When I was younger I was out of doors a great deal and took delight in long walks. Even as recently as ten years ago I frequently walked from my office to my home. Now I find it is not comfortable to do that. Even now, however, I walk a great deal more than many younger men. I never think of riding when I have only a short distance to go, although I see many men get on a car or into a cab when they have only two or three blocks to travel. Such men do not have even the benefit short walks afford, and their health suffers in consequence."

Mr. Sage does not hesitate to declare that his longevity, his continued health, his business success have been dependent upon the good physical condition he succeeded in maintaining so many years by exercise and a careful attention to his body's needs. He believes in plain and wholesome food and plenty of sleep.

THE SMOKING VICE.

By John Redding.



MAN is a selfish animal at his best, and when he lowers his mental and physical powers by the indulgence of some vice, he becomes repulsively so.

The drunkard thinks only of his appetite, and squanders his means or earnings for drink, while the children he has begot, the wife he has taken from a happy home and promised to cherish and support, are forgotten—often permitted to suffer the pangs of hunger.

But the drunkard is cited here merely as an illustration. We want to call attention to another slave of appetite, whose indulgence leads him into a display of hoggish selfishness not a whit less despicable than that of the slave of drink.

He is the tobacco slave.

See him as he marches down the street, puffing at a cigar, a pipe or a cigarette.

He leaves a trail of poisonous fumes in his wake, regardless of the offense they give to the delicate nostrils and lungs of the lady who may be behind him.

He is found on every public conveyance, in every home; puffing out the vapors that reek with poison, and as careless of the injury done to the sensibilities and feelings of another as a pirate to the plea of mercy from a victim.

He is beyond reason—beyond charity. For a smoke he will risk health and carry discomfort to all who may be about him.

Scientists have been probing into the tobacco question for years and they have been warning humanity of its evils; but the habit has not been abrogated, or the nuisance of the public smoker abated.

Dr. J. G. Cleveland, of Boston, in a re-

cent issue of "The Temperance Cause," says: "Nicotine is a deadly poison; five drops will cause the death of a dog, and time and again children have been poisoned by the nicotine from old pipes. When it is vaporized by heat in a room it gives off an odor so oppressive that breathing becomes difficult, even when only a drop has been spilled."

This is the deadly substance the race is dallying with; that the young men of America are taking into their systems to dwarf and paralyze them. The use of it not only menaces the smoker but the future generations. Dr. Cleveland says:

"Even where the user of tobacco himself apparently escapes harm, heredity asserts itself, and his innocent offspring inherit impaired constitutions and tendency to nervous complaints that are likely to embitter their lives."

Tobacco users are peculiarly liable to certain diseases; indeed, the habit itself is the cause of several. Among grievous ills that have been traced directly to this agency may be mentioned the dreadful cancer of the mouth, for which physicians have never found a remedy, and which means slow, agonizing death. The smoker likewise exhausts the secretion of saliva rapidly, and this brings a train of stomach troubles—cancer, catarrh of stomach, gastritis, dyspepsia—all following the use of tobacco like jackals follow a lion when he goes forth on a predatory expedition.

The gravest of all the ills due to tobacco are those connected with the heart. It is the most important organ of the body and tobacco attacks it in every instance where it is used regularly. Any physician will tell you that the persistent smoker has a "tobacco heart," which means that the function of the organ has been deranged and the organ materially weakened.

Dr. Cleveland, in the article alluded to, has this to say of the effects of the drug on the heart:

"As laboring men, using tobacco sparingly, live long, apparently but little injured, some declare that smoking and chewing are not hurtful.

"We admit that the deadening influence of noxious agents upon the nervous system is largely counteracted by physical exercise or toil, which strengthens the entire system and conduces to health, but in all this laboring class who practice moderately these poisonous indulgences may be found the result of the use of tobacco, in the form of cancer on the lip and tongue, dyspepsia, constipation and hemorrhoids, and we may also find that, by its intimate relation to the stomach and nervous system, the action of the heart is irregular, and that organ diseased, as in fatty degeneration by alcohol. In men and women of wealth, of fashion, and of leisure, those who live idle, as well as those devoted to literary employments and sedentary occupations—physicians, ministers, lawyers, etc.—we find paralysis very prevalent and also a numerous train of nervous derangements. With constitutions weakened by bodily inactivity, and sensibilities heightened by social and literary culture, to this portion of humanity tobacco is an unmitigated evil and rapidly injurious and ruinous."

Of course, these ills do not fall to the lot of the unfortunates who must suffer because of the smoker's selfishness. There are places to which one cannot go without running serious risk of becoming poisoned by the fumes of tobacco smoke. A woman of delicate nerves and healthy lungs could not stay in one of the city music halls where smoking is permitted an hour without suffering terribly. Even a strong man, if he spends an evening at one of these resorts, will leave with a headache, proving that enough poison can get into the system merely from breathing the contaminated air to be seriously considered.

Our civilized laws would not permit a man to carry through the streets a package of dynamite, or some drug that gave off a poisonous odor; yet it permits the young and old to puff their abominable clouds of tobacco smoke in the faces of our women when and where they will. The only hindrance is that set up by private corporations, such as railroads, hotels,

etc., where certain apartments are set apart for those who abominate the practice, and the smoker is not permitted to smoke there.

But he comes in with his clothes tainted. He sits down beside you and the odor is positively sickening. He breathes nicotine, his person reeks with the poison, and from this you have no relief.

Relief can only come in one way—through educating the boys. The article quoted above has this strong appeal:

"The average person, arriving at middle life, who has the habit of smoking or chewing fully established, it is doubtful whether the Archangel Gabriel's trumpet would startle or convince him of his delusion. We have but little hope of benefiting such. But boys we hope to benefit. Now, boys, here are facts you ought to heed. They cannot be gainsaid. Tobacco is a nerve poison. It paralyzes nerves which control functions, whose activity is essential to healthful life, and its temporary soothing power is gained only by stupefying instead of resting the tired body. It is the shock given to the nerves which causes the death-like sickness when tobacco is first taken, and its continued use soon injures the nerves, so that they no longer give warning of the mischief going on. If the poison is given up for a while, the nerves recover their sensitiveness and begin to cry out against the poison and make desperate misery. Then the sufferer is told that tobacco will stop this misery, so more is taken and the nerves again are paralyzed into silence. So great is the relief from the misery, the sufferer imagines himself happy and talks about the comfort gotten out of tobacco, while the truth is he would have been far more comfortable and happy if he had never touched the weed. And so the habit goes on enslaving the sufferer, until it becomes a terrible master whose orders must be obeyed. Thousands of men would give all they possess to be free from this fearful scourge. It is, therefore, a matter of serious importance to a boy just beginning life, whether he will submit to a life-time slavery, to a miserable habit, or will manfully resist its first approach in spite of the ridicule which foolish companions may heap upon him."

A SAFE PRESCRIPTION.

Are you morbid, like the owl in the tree,
Gloomily hooting at what you can't see?
Perhaps now, instead of being so wise,
You are only looking through jaundiced
eyes—

My pallid friend, is your pulse beating
low;

Does the red wine of life too sluggish
flow?

Set it spinning through every tingling
vein

By outdoor work, till you feel once again
Like giving a cheery schoolboy shout,—

Get out!

Perhaps you are bilious, or getting too
stout—

Get out?

Out in the air where fresh breezes will
blow

Away all the cobwebs that sometimes will
grow

In the brains of those who turn from the
light

To all gloomy thoughts instead of the
bright;

Contend with such foes and put them to
rout—

Get out?

—*Medical and Surgical Reporter.*

EXERCISE FOR THE CURE OF STAMMERING.

The following exercise if carried out faithfully and regularly according to directions, will, by strengthening certain muscles, cure stammering. Do not be discouraged if you do not improve as fast as you think you should, but persevere and your cure is certain.

Obtain a book that interests you, and go to a room where you will be entirely alone and will not be disturbed. Having seated yourself in a comfortable chair, read aloud from the book for one hour without stopping for a single second during that time, keeping the teeth tight together, and the jaws in their natural position, moving the

lips only. Remember to read slowly, speaking as distinctly as possible, and do not allow the jaws to move at all. This exercise should be repeated daily for two successive weeks. Then for the next month read for two hours daily at a sitting. At the end of this time read only twice a week—two hours each time—and then once a week. You will probably notice a slight aching of the jaws at first, but this will be quickly overcome, and at the end of eight or ten weeks you will be surprised and delighted at the improvement in your speech.—B.



*"Ring out the old, ring in the new.
Ring out the false, ring in the true."*

EDITORIAL DEPARTMENT.

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

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



It is time the prudish degenerates, who are continually harping about the injury that results from a display of the nude, were thoroughly understood by the general public. It is time

the electric light of decency and honesty was turned upon the vile contents of their

Purifying Influence of the Nude.

craniums. The real injury to morals, to manhood, to womanhood, comes not from the display of the nude, but from the lack of such display. Curiosity and pruriency in reference to the nude are created and developed entirely by the prude's degraded idea of the human body. It is fostered in all its lascivious carnality by this same false modesty. Wherever you find the greatest tendency to cater to this false modesty, there you will find the most immorality, the most indecency. The Chinese, who are so modest they will not even allow the wrists to show, are the most immoral people on the earth. The Turks, who are so "modest" they will not permit the countenance of a woman to be shown in public, or outside of a harem, are close seconds in the vileness of their lives to the prurient people of the Flowery Kingdom.

What does all this prove?

It proves that by surrounding the human body with mystery, by ceremoniously veiling imaginary indecencies, curiosity is stimulated, and all the lewd thoughts that happen to wander through the minds of growing youths and maids are unduly

encouraged; under this influence the sexual instinct is prematurely developed, lascivious thoughts are encouraged, until the slightest display of the person of opposite sex arouses the passions.

Do you want to prevent, or remove, from the mind of your boy, these low, bestial, demoralizing results, which are steadily menacing the development of strong, pure manhood?

Do you want to save your girl from the awful results of dangerous prurient curiosity in reference to sex? If so, send your boy and girl to an art school, where nudity is common—where both sexes draw from, and study, the nude figures of both sexes. You will, by this course, in a short time, forever take away that prurient curiosity regarding the nude, which creates so many indecent pictures in the imagination and does so much towards demoralizing the mental and physical health of our young of both sexes.

Ask any art student, who has been through the experience, if you desire proof as to the truth of this statement. He will tell you that the study of the nude removes all lascivious thoughts in reference to it—takes away its power to degrade, debase and brutalize. He will tell you that before he began to study the nude, the display often seen in theatres created disordered and indecent mental pictures and impressions, but that the same display, after he had been familiarized with the nude, had not the slightest effect, further than to disgust, where the figures were unshapely and lacked beauty. In fact,

the fat and shapeless limbs that are usually displayed by theatrical managers in comic opera and burlesque choruses, all over the country, would absolutely lose their drawing powers, as well as their influence for evil, if all young men and young women could have an art student's education.

Purity, honesty and decency cannot exist in the minds of prudes, and the immoral lepers should be shunned, for in their minds lurk poison as venomous as the virus of a rattlesnake.

Daily we are receiving letters from our readers, commending in the highest terms the work PHYSICAL CULTURE is doing. They come from lawyers, doctors, ministers, business men, farmers—from everywhere—high and low, weak and strong. It would be

Is Physical Culture an immoral publication?

impossible for the writer to express in mere words how deeply grateful he feels to know that PHYSICAL CULTURE is doing such a greatly needed work—that it is saving the souls and bodies of men and women; that it is assisting every one of our interested and enthusiastic readers in their efforts to reach a higher, nobler life; that it is teaching the truths of cleanliness, of temperance, of honesty, of all that appertains to pure, strong manhood and womanhood. Probably less than one per cent. of these letters we have received have been published, but each one has had its influence in enthusiasm our energies—stirring the writer with a feeling of power—power to make men and women look at life with eyes unclouded by bigotry, superstition or prudish ignorance of self—to make them realize that the normal condition of every human being is one of vigorous, pulsating health—that strength and

PHILADELPHIA AND
READING RAILWAY CO
OFFICE OF THE
FIRST VICE PRESIDENT.

READING TERMINAL
PHILADELPHIA

October 12th, 1900.

Sir:-

I am in receipt of a type-written letter from you, without date.

Your Mr. _____ called here last month, in reference to the magazine you represent, and afterwards sent me the numbers of the same from April to September, inclusive, this year.

An examination of these magazines has confirmed me in my original impression. We do not desire to have the magazine exposed for sale upon news stands on our line.

I am

Yours truly,

Theodore Vanthies.
First Vice President.

The writer of the above letter, after examining six copies of PHYSICAL CULTURE, has verified his original impression that we are circulating an immoral publication. This is a direct insult to every one of our 550,000 readers (five readers estimated for every copy sold); but friends, some minds are so depraved that every page in the bible would arouse immoral and indecent thoughts, therefore merely consider the source, and refuse to worry.

beauty of body should be universal possessions.

The writer has tried to teach these grand truths with all the intensity and enthusiasm that come with honest belief, backed by vigorous physical and mental energies.

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145 1/2 Floor, Dexter Bldg., 84 Adams St.
CHICAGO, ILL. Oct 17, 1912

MAIL AND TELETYPE SERVICE
Headquarters Office

*Mr. Bernhard A. MacFadden
Dear Sir,*

I have purchased the last two Nos. of PHYSICAL CULTURE, and I have found it quite helpful in my work among my young people, because of its sound, Godly, common sense and helpful remarks.

*God Bless you
Yours Sincerely
W. W. Waelder*

Time and time again those condemned to die with the terrible scourge, consumption, have written us that the information found in this magazine saved their lives. Those nervous wrecks, who were fast on the road to the grave, through the excesses made possible by criminal prudishness, have written us that their lives have been spared through our efforts. PHYSICAL CULTURE has reached out and helped them out of the mire and slime of depravity, while others, with a cant of false religion in their souls, have stood unfeelingly by.

Who dares to condemn such work as this?

And yet, friends, notwithstanding our fight for all that is manly and womanly, for all that is strong, noble and pure, we are meeting with opposition.

We have been informed that the vice-president of the Philadelphia and Reading Railroad has forbidden the news dealers, with stands in the stations of this road, to handle PHYSICAL CULTURE, because

IT IS AN IMMORAL PUBLICATION!

We have had considerable to say in previous issues about prudes and the terrible crimes they are committing in this day and generation against manhood and womanhood.

Here, evidently, is the king of the prudes

—here must be the immorality and indecency upon which this scourge of prudishness feeds. One of the prime objects of this magazine is to teach its readers that prudishness is revolting; that it is the result of a sense of indecency of thought when manifested in any individual, and that until this Gorgon horror has been stamped to death men and women will continue to grow into pigmies and weaklings.

When the astounding fact that PHYSICAL CULTURE had been taken from the stands of the Pennsylvania and Reading Railroad stations was communicated to us we thought, of course, it was due to a mistake, and we gave those in authority a chance to investigate; but the last communication received from Mr. Voorhees, vice-president of the Reading Railroad, shows that there was no misunderstanding; that the newsdealers under his authority simply acted on his commands.

We publish his letter herewith and proclaim, with renewed emphasis, that there can be no real physical and moral culture as long as such ridiculous and depraved prudishness is permitted to raise its head in this country; and we reiterate that from this time forward the first object of this publication will be to fight prudes and prudishness. We invite Mr. Voorhees, or any other person who holds similar views in reference to the nude, to use our columns to defend themselves. We believe there is not a single logical argument that can be used to defend such a confession of indecency, and if there is we would be pleased to publish it.

It is the duty of the school boards of this country to hire teachers and select courses of study for boys and girls at an age when not only their characters but also their bodies are growing and being moulded into permanency of complete maturity.

The impression has somehow gained credence that we are civilized—that everywhere there is evidence to support such a conclusion; but friends, when the facts are viewed in reference to these School Boards, these men and women who accept the responsibility for the mental and physical guidance of our growing boys and

**Criminal Neglect by
School Boards.**

girls, one may well be staggered at the criminal ignorance or criminal neglect which is everywhere displayed in the usual curriculum established in our schools from Maine to California.

Our children must learn all sorts of "ologies," and memorize vast quantities of "stuff" that will probably never be of the slightest use during their entire lives; but knowledge which is needed daily, which is of value every hour and sometimes every minute of human existence, is of absolutely no importance in the eyes of these directors of the young.

What does the average school boy or girl know of diet? Nothing. The criminal and general ignorance in this respect is proved by the popularity of the white flour bread curse which is everywhere weakening the American race.

What does the average student know of physical culture and of its powers to strengthen and beautify the body and give stability and force to the character? What does he know about health—about disease? What does he or she know of the physiological laws of sex?

Let your answers be well weighed.

Children can pass through the entire course of study in the average public school and graduate—yes, graduate—think of it! and not know a single fact in reference to these subjects which are of vital importance to man and woman, from childhood to the grave.

Is not this a shameful state of affairs?

Are our school boards composed of ignoramuses, or are they simply guilty of criminal negligence?

In either case one may seriously ask what excuse we have for calling ourselves civilized.

What is the object of education? Is it not to prepare one for the struggle that comes, sooner or later, in the battle for life? Is it not to meet the varying conditions that everywhere appear? The biggest farce one meets with in his entire

career is what is called "his education." It fills him to the brim with a vast store of lies as to human conditions and human life generally. It often develops an idealist who must flounder and struggle in the sea of practical realism that spreads out before him as soon as he has left the haven of the school.

But the terrible crime with which school boards everywhere stand convicted is their neglect to supply knowledge to children of their own bodies—knowledge which will enable each and every boy or girl to know something of himself or herself—which will clearly emphasize physical defects and more plainly point the means of remedying them. Thousands, even millions, of men and women are today struggling with weakness, disease and physical ugliness, because of such neglect by our school boards of the past. Pigmy men, pigmy women everywhere stare you in the face; their white faces stamped with despairing misery, accusing witnesses to convict the educational authorities of the past.

Must this continue until—until the word America means weakness and degeneracy? Or, can these school boards be awakened to their plain, imperative duty?

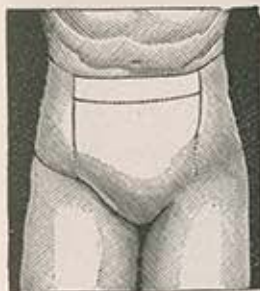
This magazine cries out for justice to children, cries out for an educational system that will develop superb, manly men and beautiful, womanly women; and the first step toward the accomplishment of this will be to strangle that fearful curse of prudishness which prevents boys and girls from gaining necessary knowledge in reference to their own bodies.

The demand for PHYSICAL CULTURE is increasing at a phenomenal rate. It is a magazine devoted to real, vital questions; and it don't lie on the news stands to collect dust.

If you want to be sure of the January number, order of your dealer in advance.



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