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Physical Culture

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MUSCULAR DEVELOPMENT, AND THE GENERAL CARE OF THE BODY.

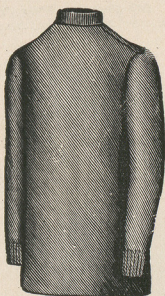


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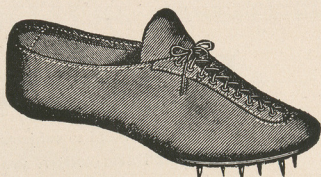
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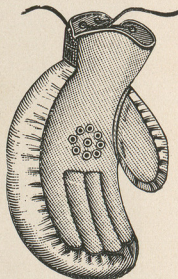
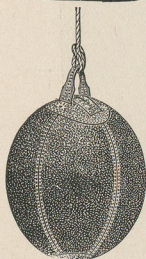
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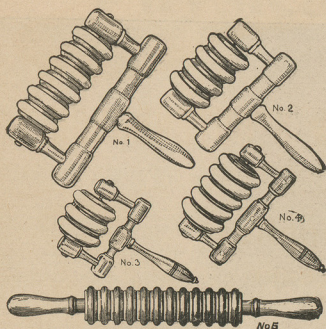
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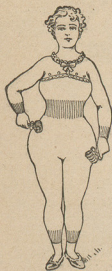
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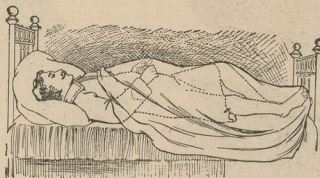
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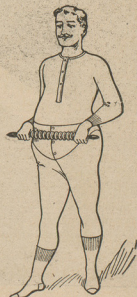
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1123 Broadway, New York City.

It is the editor's firm and conscientious belief—

That weakness is a crime.

That one has no more excuse for being weak than he can have for going hungry when food is at hand.

That if one possesses sufficient vitality to remain alive under the abnormal conditions of sickness, he has more than sufficient strength to regain vigorous health.

That usually disease is simply an effort on the part of the physical organism to right itself, and is the means adopted to attain the end of effecting a cure.

That there is no disease without a cause, and if the cause is removed the body will gradually "cure itself."

That disease is not "sent by Divine Providence," but is the result of the victim's own ignorance or carelessness.

That vigorous, pulsating health, with all the energy of mind and body that accompanies this exalted physical condition, is within the reach of all.

That health and strength of a high degree is the natural condition of man, and it is otherwise only when one's life does not conform to nature's laws.

That there are thousands in every civilized country annually dying from consumption, general debility, heart trouble, and other causes too numerous to mention, who could easily have been brought back to health, strength and power had they adopted rational methods at the proper time.

That his great purpose in life is to "preach the gospel" of health, strength and the means of acquiring it.

That the finest and most satisfying results that can be acquired from proper physical culture are the cure of disease and the development of that energy, vitality and health essential to the success and happiness of life.

The above will remain for a few issues, that my principles may not be misunderstood.

If there are those whom I can benefit that are unable financially to recompense me, they will find me just as ready and willing to answer their queries as those others who can afford to be liberal in their fees.

When writing please do not expect a reply too soon, as the duties of a lecturer, engaged nearly every night, are rather difficult to fulfill; but, if a reply does not come after waiting a reasonable time, please write again, as the letter may have been mislaid or lost in the mails.

THE EDITOR.

THE DEVELOPMENT OF GREAT MUSCULAR VIGOR.

UNIVERSAL ADMIRATION OF
STRENGTH.

Through all the degrees of civilization, from the wild savagery of barbarism to the delicate refinement, the splendor and ceremony, of extreme culture, there will be found the same admiration and respect for strength, for power of body and beauty of person. It seems to be an innate possession common to all. This universal love for strength influences advantageously the general standard of physical excellence. Superior physical strength, other powers being equal, elevates one above the ordinary mortal: it makes a man just that much more a man, a woman just that much more a woman. Many of our really great men owe their envied reputations to their great vital strength, without which they never could have endured the strain of hard, grinding labors which was necessary in preparation for the work which finally brought fame. Genius does not come by chance inheritance; it is usually the result of intensely concentrated efforts towards a definite goal, and the physical stamina of strong vitality, developed, inherited, or both, is its necessary foundation if this divine power is to spring into life with any degree of permanence.

The old law, "The survival of the fittest," is in force to-day as strin-

gently as in the ancient times. Strength was needed then to protect life against violent assault; it is needed to a far greater extent now as a protection against those merciless foes, disease and death.

INHERITED VIGOR—AGE TO START
TRAINING.

To develop great muscular vigor one must have inherited at least ordinary health; the more vigor of body inherited the greater will be the strength acquired. Do not think this great strength can never be acquired merely because of weakness, for some of our greatest athletes were sickly in their youth. To acquire the greatest degree of strength the training or exercise should begin some time between the ages of sixteen and nineteen, though strength nearly as great can, no doubt, be acquired if the start is not made until in the twenties, up to, say, twenty-five. After this great improvement can be made, but of course the muscular vigor acquired would have been greater if the start had been made earlier.

ABNORMAL STRENGTH SOMETIMES
MEANS ABNORMAL HEALTH.

In my article on "The Development of Energy, Vitality and Health" (March issue), I commented at considerable length on

the development of muscular vigor to increase these powers; but if great muscular vigor is desired for feats of strength, to satisfy love for great physical beauty, etc., etc., the manner of training differs quite materially from that which should be adopted to secure the former more normal results. A body which is in the highest degree of health is in a perfectly normal state; there is no extraordinary development of muscle, no ability to perform any wonderful feats of strength, merely the vigor of a wholesome, natural physique. In the development of great muscular strength, where one goes beyond the normal, the natural, in order to astound his friends and fellow-creatures with his physical development and feats of strength, he must not expect, after he has acquired this, to be in the highest degree of *normal health*. I do not mean to infer that disease will necessarily result from the development of abnormal strength, simply that the vital strength, the power to resist the attack of disease and death, will not be so great as under a more normal condition. The reader can well understand that when an attempt is made to get beyond the normal by forcing the muscular system to perform feats which are practically a strain, the results in every case will not be of a desirable nature.

BEGINNERS NEED NOT FEAR.

There is, however, but little cause for fear on the score of intemperate

development until training has continued for at least from one to three years; therefore, the beginner need not worry for fear that he may acquire muscles of abnormal size and strength. Please remember that the advice which follows is for those who are willing to sacrifice a modicum of vitality to gratify their desire for great strength, though the same work can be followed by any one with benefit if the amount of exercise is greatly decreased, taken with less vigor, and all heavy work and heavy weights avoided. It would be advisable for those who desire health simply to follow the instructions as outlined in the article previously mentioned.

CHARACTER OF EXERCISE.

All exercises should be taken vigorously, and, after the muscles become hardened to the work, each exercise should be prolonged until the part of the body affected is thoroughly fatigued. Do not stop when the muscles begin to tire slightly, but continue until there is a feeling of pain, which clearly indicates the time to cease. Do not confine the work to one system or method of work; change the methods every few months, or follow different methods at the same time if desired. I would advise the use of dumb-bells, a light pair (two to five pounds) and a heavy pair (ten to twenty-five pounds); a wall apparatus of rubber, or weights as desired, though do not fail to note my comments in article previously

mentioned as to the undesirable effects of certain tensions secured from exercisers made entirely of rubber. A pair of Indian clubs and a punching ball might be added for the sake of recreation, though these are not absolutely essential adjuncts to the work. The light dumb-bells are especially valuable to assist in the development of the arms and shoulders. There are a number of different exercises in which they can be used for this purpose. We expect to illustrate the most useful movements in a future issue of this publication, though the ordinary exercises used in the dumb-bell drills are usually all right. The heavy bells can be used especially for strengthening the back, and for all lifting exercises, raising from the floor to shoulder, and high over head, and for special testing purposes.

STRONG LUNGS ABSOLUTELY ESSENTIAL.

The wall apparatus, or chest weight, should be used to assist in developing the arms and shoulders, and especially for expanding and strengthening the chest. It is absolutely essential, first of all, in striving for great physical strength, to make faithful and persistent endeavors to improve the power and general effectiveness of the lungs. These organs purify, oxygenize the blood, which furnishes the muscles, and every part of the body, with that which is necessary to their up-building, and if the

lungs do not receive the special attention they deserve, the result of the work will not be as favorable as expected. With these various exercises for developing lung power with the wall apparatus, there should be a special method of breathing—that is, one different from that ordinarily pursued. With the long, sweeping overhead motions, performed with the arms straight at the elbows, occasionally draw in a deep inhalation, and retain it while two or three motions are being made, before expelling. This tends to force out the walls of the chest more thoroughly, giving more room for the process of enriching the blood with those elements that build up all organs of the body, assisting quite materially in bringing about the desired results.

Never be "half-hearted" in the work. Put energy, life and determination in your every effort. Be sure that every muscle of your body is being used and developed in the system of exercises followed. This is necessary not only for producing symmetry, but in order to acquire the most satisfactory results. Every muscle is stronger if no part of the body has been neglected.

STRENGTHEN DIGESTIVE ORGANS.

Remember the importance of strong digestive powers, and develop all the muscles around these great vital organs by different exercises. Take those movements

that especially bring into action the back, and the muscles on the front and the side of the abdomen. There are a number of good free-movement exercises for this, but to a vigorous frame those that can be taken with the wall apparatus will no doubt be found productive of quicker and more satisfactory results. Merely reclining on the back and raising yourself to a sitting position, or raising both legs with the arms stretched back over the head on the floor, are very good exercises for strengthening the muscles of the front of the abdomen, if the strength is equal to the effort without a strain.

STRENGTHEN THE HEART.

Be careful of the heart. When it begins to palpitate, stop and rest. Exercise that is adapted to individual needs will strengthen a weak heart, but straining any organ will always result in ultimate injury. A young man under twenty years of age, on one occasion came to me and stated that he had been practically condemned to death by a weak heart. After a course of training of about a year he took up athletics, and on one occasion entered a wrestling tournament, and beat three good amateur wrestlers. The weakness of his heart had entirely disappeared.

If there is any particular feat of strength which you would like to perform, find out the muscles which are used in that feat, and make special endeavors in various ways

to strengthen them, using all the different motions you can discover for bringing them into play. Be careful, of course, not to neglect other parts of the body while doing this special work.

The actual work done, after the muscles become well hardened, should average from an hour to an hour and a half per day. This, of course, does not include the time that should be spent in the open air, walking and running.

WALKING AND RUNNING.

Walk from three to five miles per day, through the fields or parks whenever possible; through the streets of a large city if nothing better affords. In your walk move swiftly, energetically, with head erect, shoulders back, chest arched. Make a habit of drawing in deep inhalations when in the open air, expanding the chest to its fullest capacity, tapping it forcibly with the closed hand while the breath is being retained.

Take a slow run of a half mile or a mile every day. Do not be afraid of running through the city streets if no other place or opportunity can be obtained. What does a few grains of dignity amount to when health and strength are at stake? While taking this run occasionally spurt as fast as possible for a short distance. This will help to "oil" the joint and take some of the "kinks" out of the muscles. Whenever convenient, it is a very good plan to take this run

immediately after the walk, and as the perspiration will be dripping from every pore under such circumstances, a complete bath should follow, preferably hot on alternate days, though ending with cold water.

ATHLETICS—GYMNASIUMS.

If an athlete, or favorably inclined towards field athletics, or general gymnasium work, most of your training can be done in this way, though home is usually the best place for pursuing any special work that may have been prescribed. Field athletics, when not overdone, are especially to be commended. They take one out in the open air, and after throwing aside the conventional dress, exercise is really a pleasure instead of a task. One feels on such an occasion as though he had been at that moment freed from slavery—like a young horse just released from the imprisonment of a stable.

General gymnasium work can also be recommended. One can secure exercise in any well-fitted "gym" for all the muscles of the body, and the advantage of having competent instructors at hand at all times to advise when needed is a great desideratum.

Never train "stale"—that is, until all the life and energy seem to have disappeared. If "all tired out" the next day after hard training, a complete rest of a day or two should be allowed.

FORCING DEVELOPMENT.

But in order to acquire this *great*

muscular vigor, remember that considerable time must be spent at these exercises almost daily; that more weight must be added to the dumb-bells and to the wall apparatus every few weeks; that the muscles must not only be urged, but forced forward to do more work in the lifting of more weight, in the performing of greater tasks, day after day, week after week. The weights that once seemed heavy will soon become light. In a short time the prospective athlete will find himself handling with one hand, in every way, a fifty pound dumb-bell with perfect ease, then a seventy-five pound bell, and, after several months, or a year's work, a hundred-pound bell may be attempted. After the athlete becomes sufficiently strong to handle this weight without apparent effort with one hand, throwing it high over head from the floor, without even a stop at the shoulders, putting it up over head several times from the shoulder, etc., he may well say that he has become really and truly strong.

There may come days in the training when all the strength gained will seem to have been lost, but it will be only a temporary relapse, usually indicating the great need of a rest, which should always be indulged in.

FLEXING EXERCISES.

To speed the development of the muscles, flexing exercises may be used to advantage. These exercises may be taken while walking,

or while using the dumb-bells, or when making any motion. Simply flex the muscles very strongly. For instance, if lifting a five-pound dumb-bell, try to imagine it one hundred pounds in weight, and make the efforts accordingly; or the muscles can be flexed very rigidly without a single motion being made. The reader, no doubt, is able to harden the muscle of his upper arm at will. Well, the secret of these flexing exercises lies simply and entirely in the ability to control, flex and relax at will every muscle of the body just as the muscle of the arm is controlled. While

walking in the open air, holding the arms close to the sides, harden or flex the muscles of the arms, without bending at the elbows, then make a strong effort to bring them nearer to the body, which, of course, cannot be done. Repeat the effort until tired. After considerable practice one can flex the muscles in the various parts of the body to such a degree of rigidity that as much force is really exerted as when lifting heavy weights or performing difficult feats of strength.

If suppleness and agility are especially desired, considerable light, free exercises should be taken.

Diet, General Instructions, etc., etc., in next issue.—THE EDITOR.

DUMBBELL EXERCISE.



"As long as I've got ter look after dese kids I may as well get some good out of dem."—*The Journal*.

CONSUMPTION CURABLE.

I am thoroughly convinced that consumption in the first and second stages can be cured with physical culture. My own case is but one among many, and it would be well to remember that one of my own parents died with the disease, and that so strongly am I inclined towards it that were I to follow the life led by the average consumptive-inclined individual a few months, the disease would conquer me. Permanent cures have been effected again and again through these natural means. Cases are recorded where patients were so far gone that there remained but a portion of the lungs, and an outdoor life or a change from a sedentary to an active pursuit entirely healed the sores, and the patient in the end succumbed to other diseases.

So thoroughly do I believe in the power of physical culture—natural means—as a cure for this complaint, that I will offer to pay all expense in the way of attendance and treatment connected with the cure of two consumptive patients who may be selected, provided they will allow us the privilege of accurately reporting their physical condition by photographs, etc., every month in this publication. The patients must reside in New York City, and must be able to devote a large portion of their time to the treatment. It will take from two to six months to effect a cure, depending on the severity

of the case and on the recuperative powers of the patient. Please address or call on the Editor in person in reference to this offer at 1123 Broadway, New York City.

THE FOUNDATION.

BY HENRY H. KLEIN.

In the building of a house a foundation must first be erected; this must be strong or nothing substantial can rest thereon with any degree of permanence. Man is the paragon of all animals mentally. His construction is logical. The steam engine is the best inanimate illustration of his composition.

Man's foundation is his physique. The soul is the superstructure. The mind and the spirit are the component parts. To insure the best results in the construction, the physique, like the foundation, must receive the most careful attention. The construction of a strong physique is then the first consideration.

Before starting to strengthen your own foundation, know first wherein you are lacking. Study yourself as a builder would the plans of an architect. Be guided by what you see and feel and know, not by what you imagine. When you begin, do so with the confidence that you will succeed. A builder will finish his work before demanding pay; therefore, do not expect remunerative benefits before progressing far enough to know the value of the work. You are your own architect and builder and can do a better job than a builder

who works according to the plans of others.

Begin moderately and increase the amount of exercise judiciously. Aim at symmetry, and bear in mind that you are the subject and object of your work. Be guided by the rules of hygiene and observe moderation in all things. Without moderation your effort may be fruitless. With it you cannot fail to succeed.

If a young man, your purpose will be ennobling; success inspiring. Perseverance will mould your character for the better. If a young woman, the glow of health and happiness will flush your cheeks. The real object of your existence will be thoroughly realized, and to him you choose for life you will be a blessing. If in middle age, youthful vigor will be your prize; and if past the age of youthful activity, life will be prolonged and you will be correspondingly happier.

In conclusion, let it be emphasized that whatever is undertaken cannot be accomplished unless a right start is made. Deviation from the proper course will impair the result. Remember, also, that the degree of success depends greatly upon your stamina and perseverance.

HE WASN'T "DEAREST."

There is one amusing feature about cycling that all old riders,

and a good many new ones, must have noticed. That is the way in which a moderately proficient rider will carry on a conversation with some one behind. Such a rider isn't sure enough of wheel control to turn his head backward, and so he talks right on in the dark.

The other day a wheelman was coming up a long hill. A short distance ahead was a stout woman, riding at a leisurely pace. Half-way up the incline the wheelman was astonished to hear her call out:

"Coming, dear?"

The wheelman didn't answer. He felt sure the inquiry was not intended for him.

"All out of breath, dear?" she called again.

He made no reply.

"Don't be discouraged," she cheerily shouted. "The top is almost here now, dearest."

The wheelman thought so, too, but he was dumb.

"Does it tire oor 'tittle armies so muchee?" continued the stout lady.

This was too much for the wheelman. He spurted by the fleshy inquisitor. As he wheeled by she caught sight of his smiling countenance.

"Oh, I beg your pardon," she cried, and narrowly averted a tumble.

A little further on he looked back over his shoulder, and saw a lank young fellow with little sandy whiskers, toiling wearily up the hill. And he felt pretty sure that was "dearest."

To Correct Round or Stooping Shoulders, and to

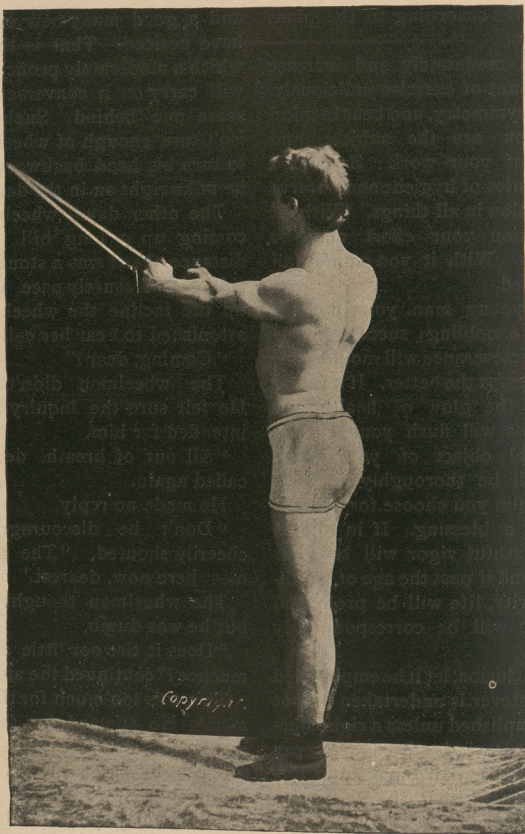


Photo from Instruction Book "McFadden's Physical Training."

This exercise, illustrated with the photographs shown, can be performed satisfactorily on any chest weight, or rubber exerciser furnishing a similar resistance, but be careful to avoid those cheap, all-rubber devices, the parts of which are liable to fly out and seriously injure the operator in case of breakage.

From the position illustrated in the first photograph bring the arms

Strengthen Back Muscles between Shoulders.

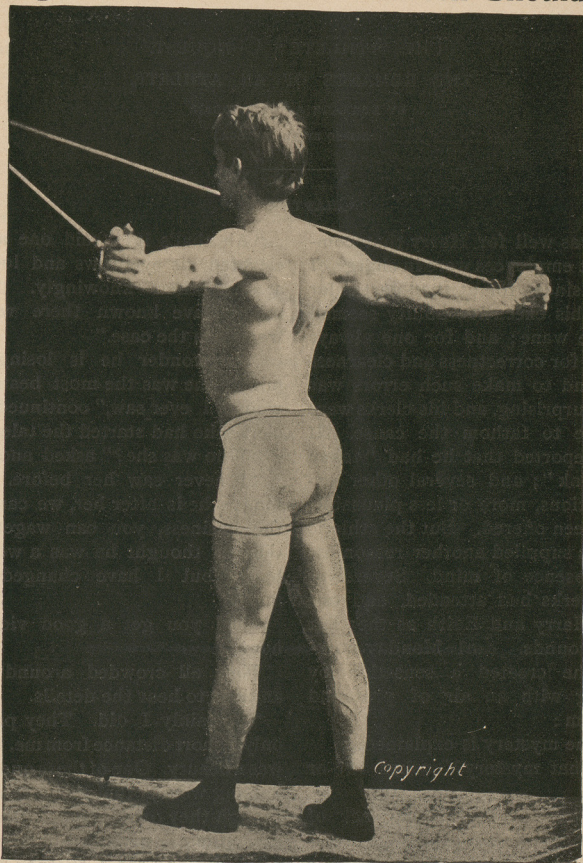


Photo from Instruction Book "McFadden's Physical Training."

outward and backward, on a level with shoulders, without bending at elbows, as far as possible. Repeat until the muscles tire. This exercise is especially effective in curing round or stooping shoulders. If an especially bad case, bring the head far back as possible each time the arms are brought back. As a variation, hold the arms and head back for a moment when at that point.

THE ATHLETE'S CONQUEST.
THE ROMANCE OF AN ATHLETE.

BY BERNARR A. MACFADDEN.

(REVISED BY THE AUTHOR.)

CHAPTER V.

It was well for Harry that competent employees were in charge of his business, for at that particular time his executive ability seemed on the wane; and for one always noted for correctness and clearness of mind to make such errors was very surprising, and his clerks were unable to fathom the cause. It was reported that he had "taken to drink"; and several other explanations, more or less plausible, had been offered. But the athletic games supplied another reason for his absence of mind. Several of his clerks had attended, and one saw Harry and Edith as they left the grounds. Early Monday morning, he created a sensation by saving with an air of profound wisdom:

"The mystery is explained."

"What mystery?" asked two or three.

"Why, the Governor's lack of wits for the last week."

"How is it explained?" one asked, expecting a joke.

"Well, you know the Games Saturday?"

"Certainly."

"Did you see the lady with him?"

"Ah, that's it!" said one as he elevated his eyebrows and looked at the others knowingly. "We might have known there was a woman in the case."

"No wonder he is losing his mind; she was the most beautiful woman I ever saw," continued the clerk who had started the tale.

"Who was she?" asked another.

"I never saw her before. As long as he is after her, we can run the business, you can wager on that. I thought he was a woman hater, but I have changed my mind."

"Did you get a good view of her?"

They all crowded around him anxious to hear the details.

"Certainly I did. They passed only a short distance from me. She was a beauty. One of these queenly-looking women that move along as though they owned the earth and everything in it. My, but her eyes were fine, and the Governor didn't see anybody but her, either. She was dressed peculiarly, but she was clear 'out of sight!'" A whistle here expressed the admiration he failed to convey in words.

They were still conversing about

her when Harry arrived an hour later.

Tuesday morning Harry received her note, inviting him to call the following evening. He answered it and accepted the invitation.

The next evening Harry awaited her in their luxurious drawing-rooms. Her greeting was cordial, and when he took the hand she extended to him, and surveyed her, a pleasant emotion thrilled him. It was hard for this impetuous, passionate man to control himself; but not because his emotions were of a low sensual nature. In the great love he had acquired for Edith in such a short time there was nothing gross or evil. He placed her in an elevated sphere. All his thoughts of her were pure. He did not desire her for a mistress, but for a life companion. He idealized her; he worshiped her.

"But suppose I cannot win her love," he thought. "If not, I would not care to marry her. I love her too well for that; I want to see her happy. I would do anything for her, and expect nothing in return. If I thought she could be happier with another than with me, I would assist her to marry him," was his conclusion in his great magnanimous love. She was his goddess, his religion.

They conversed for a time on unimportant subjects. Harry rarely lost control of himself; no matter how strong his inner emotions might be: he could always talk fluently on almost any subject.

"Now, Miss Edith, won't you tell me what first caused you to interest yourself in physical culture?" asked Harry.

"Yes, I will, because I believe it will interest you, and possibly help to establish as truth some theories you may have already," answered she.

"Well, to begin," said she in her musical voice, so pleasant to his ear, "at the age of sixteen I was awkward, ugly and weak."

"Now really, Miss Edith, you don't wish me to believe that," interrupted Harry, smiling at her. "Did you not say awkward and ugly? Impossible!" continued he, surveying her from head to foot.

"Please remember that was eight years ago," in tones slightly confused. "And if you interrupt again, I won't say another word. You see I'm not ashamed of my age," continued she; "but don't tell everyone."

"Never a word, if you will only finish your story," answered Harry, smiling.

"Now, as I said before, I was awkward, ugly," smiling at him, "and very sickly. Both of my parents died before I was twelve. My aunt with whom I lived after this always called me strong-minded and disobedient. Now if I follow the truth, it may be necessary for me to touch on subjects which can hardly be discussed with propriety by you and me," said she, as she hesitated.

"If," said Harry, "I understand

your character aright, we can, with perfect propriety, converse on any subject that affects the life of man or woman. How I do hate the prude, who is always fearful some indelicate subject will be broached."

"How closely we agree, Mr. Moore. I have often thought that if women were not so much affected with mock modesty, they would be much healthier and happier. A girl grows to maturity in ignorance of the most important laws that affect her physical life, and because of this ignorance, there comes a time when she must suffer alone in mental and physical agony, until hard experience or a kind friend informs her of the truth."

Edith's face became animated with enthusiasm. Her eyes grew brighter and she was oblivious of the sex of her auditor. These thoughts filled her brain day after day. In these enthusiastic moments there seemed to be but one life work for her, and that was to assist in dispelling this ignorance, from which she, in her youth, suffered so much mental and physical agony. That was her reason for vowing she would never marry.

She paused for a moment, sitting there wrapped in thought, looking straight ahead with nothing before her, but the images her thoughts conveyed.

Harry did not dare to interrupt her. He saw her mental condition. He saw the light of genius upon her countenance, and his love for

her as a woman was lost in his deep interest.

"From a physical standpoint, what a curse civilization has been," continued she. "Our girls grow into butterflies, with no strength of character, no strength of will, no strength of intellect, and with ugly and deformed bodies. How often do we see a woman that is beautiful, even according to the present depraved standard of beauty? They are scarce; and beautiful women, according to the natural standard, exist only in the imagination. Our girls, every one of them, could develop into fine handsome women. But no, they must be sent to hot house schools, where they try to develop a powerful brain in their weakly bodies. Ten and twelve years of their life is spent in these schools, and five years after graduation, all the practical knowledge that has been retained could have been easily learned in one year of hard study. As soon as they enter their teens, a corset must be worn to shape their waists. Why don't they also wear a clamp to shape their noses, or additional corsets to shape their legs? And those boarding schools, what terrible disease and vice-breeding institutions many of them are! No physical life; no physical exercise; all mental work and emotional life. The dull routine of study in many schools is relieved only by the pleasure that can be derived from sickly and nonsensical novels. How I would like to get

into such an institution and stir them up."

She paused, and looked at him, her eyes bright with enthusiasm.

"Do I bore you?" she asked.

"No! a thousand times no! I could sit here and listen to you forever. You are giving voice to the sentiments that are in accord with the conclusions my own reasoning has deduced," answered he, some of the enthusiasm being conveyed to him in sympathy.

"But the story of my own life, I have forgotten that," said she smiling faintly.

"Well my aunt was very religious; she made me read two chapters in the Bible every day. Every book she allowed me to read contained a religious moral of some kind. I naturally became very religious under such training. When I was fifteen my reflection in the mirror began to interest me, and after comparing it with others who were beautiful, I became painfully aware of my own uncomeliness. My bones were prominent, my figure had not a single line of beauty. When this fact became clear it nearly broke my heart. I would sit in the corner of a dark room, and cry for hours. I prayed with all the intensity of my soul that God would take away my ugliness; but I grew more angular every day. Finally my aunt noticed my drooping spirits, and a physician was called in to prescribe for my ailment. But I was so shy and prudish and gave him so little in-

formation that he finally diagnosed my complaint as malaria. I went on from bad to worse. The medicines prescribed for me were nasty, and did me no good, and in a moment of disgust I vowed I would take no more; and I didn't. Why do I not become strong and healthy like other girls? I would ask myself over and over again. I envied even those of the most common appearance, their rounded limbs and apparently healthy bodies. All this time, my aunt insisted on my wearing a tight corset, 'to mould your figure,' she said. 'You will never grow shapely unless you wear this,' was her daily comment when I complained of the discomfort.

"But one day, while visiting a friend, a book on physical culture attracted my attention, and I read two or three chapters therein with intense interest. When I started home my friend was kind enough to offer to loan it to me. I tried some of the exercises illustrated in the book immediately on my arrival home. The next day nearly every part of my body was sore to the touch, and I concluded that it would be of no benefit to me. But after reading further, I found that such would be the case at first, if the exercise was taken too vigorously, and that the soreness would entirely disappear in a short time. It was my last hope, and I went to work with a will. I was learning to rely on myself greatly, as the advice of my aunt rarely seemed to be of

value to me. She laughed when I started on what she called 'my new freak.' After practicing the exercises regularly for two weeks I felt stronger, my arms looked rounder and more full when I examined them in the mirror. I threw my corset away as the book instructed, and redoubled my efforts. After exercising about a month, I began to improve very rapidly. My body had merely been waiting for the beneficial influence of the necessary exercise to start it growing. From that time on I was an enthusiast. I read everything in the public libraries on the subject. My aunt was amazed at my wonderful improvement, and I finally induced her to try the remedy herself, and she derived much benefit from it.

"That was eight years ago, and I can truly say that my interest in this subject has been constantly increasing. It is too much neglected, and does not receive the attention which it deserves. Now, I've told you my story; you are expected to tell me yours," said she as she finished, gazing at Harry, who had listened to her every word with rapt attention.

"I thank you so much," answered he. "You cannot imagine how interesting it was to me. I will tell you my experience if it will interest you, but I am afraid you won't enjoy it."

"Indeed I will, so please commence."

CHAPTER VI.

Harry narrated his experience in his concise, frank way, and she listened with pleased attention.

"Do you know, Mr. Moore, our experiences do not differ greatly," was her comment as he finished.

"True; there is a certain degree of similarity all through," answered he.

"I still make my home with my aunt, though my parents left me an income which makes me independent of her."

"Well, you have much to be thankful for, if finances never bother you," said Harry. "I have always been most ambitious to make a reputation in some profession of a literary nature, but the extreme importance of financial independence has been so forced upon me that all my energies have been spent towards its acquirement. Many times I vowed that when my savings would purchase sufficient government bonds to insure me a mere living I would retire from business, and devote my entire time to improving my mental and physical resources; but when that time came I changed my mind."

"It is such a sordid existence—a life given up entirely to the mere accumulation of wealth."

"Very true; but how few are interested in anything else. In fact, necessity requires the average individual to give his entire time and energies in exchange for sufficient funds to support himself and family. Under such circumstances

the struggle of life is very hard, and when the hours of leisure do come, there is often a craving for stimulant to buoy up the spirits and to drive away thoughts of past suffering; hence recreation in many instances assumes the form of dissipation."

Somehow Harry felt as free from restraint when conversing with her, as he would with one of his male friends. He had always enjoyed pleasures of an intellectual character, and to meet one possessing the strong mental powers of Edith, and to have the pleasure of exchanging views with her on subjects nearest his heart, was a privilege he thoroughly appreciated.

"Well, with dissipation so near at hand, and so universal, how could we expect anything else?" answered she.

"Very true; though I have often thought that the habit of wearing tight corsets, now so prevalent among woman, lowered the physical condition of the human race far more than the use of intoxicating liquors."■

"You are probably not far wrong in that conclusion. When one has occasion to frequent the shopping districts of any large city, and sees the physical wrecks that have resulted from tight corsets and other insane ideas for creating beauty of face and form, he can hardly be blamed for wondering what excuse we have after all for calling ourselves civilized," said Edith, while her features became

animated with the same enthusiasm which he remembered seeing a few moments ago.

"A few months ago, a woman temperance lecturer of whom I had often heard gave her talk near my home, and I determined to go, and also to take two or three friends whom I had been trying to reform. I cannot tell you how disappointed I was. Such a woman to be an advocate of temperance! I was ashamed of her as soon as she arose. She was laced so tightly that it actually interfered with her enunciation. And to me her lecture was very disappointing. She laid great emphasis on the fact that intemperance was against the laws of God; that the Bible forbade the use of intoxicating liquors in any form. And in her peroration she said, 'Look at the children it has made homeless, fatherless, motherless, and at the jails and insane asylums it has filled,' etc., etc. There was much truth in all she said; but as she finished I was wondering why she failed to mention that alcoholic liquors ruined the digestive and assimilative organs; that they weakened, and in some cases entirely destroyed the physical power and beauty; that they animalized the very best part of man's nature; that they sapped his very manhood and force of character; that no man ever indulged intemperately for any length of time and still retained his manly vigor; that if a desire existed for this unnatural and poisonous

stimulant, a diseased condition was indicated, and that the only way to permanently remedy this condition was to uproot the cause. For instance, by living contrary to all laws of health, lack of exercise, proper foods, etc., a debilitated condition is the result. The victim naturally feels weak and often concludes that a stimulant is needed. Though a stimulant may revive the depression momentarily, if indulged in regularly the craving continually grows stronger until life is agony without it. Furthermore, the dose must be constantly increased to produce the same effect, and all the time it is tearing down the physical forces. Now instead of giving way to the desire for this stimulant, one should merely remedy the cause of his desire for it. If health has disappeared because of a sedentary life, take long walks in the open air, take up regular physical training; if the weakness has resulted from other deviations from the path of right living, the remedy is the same—stop the cause. But this lecturer failed to call attention to all this; with her, it was a matter of religion all together. There was very little practical reasoning in her talk. Now those who most need reformation are rarely religious, and the most sensible method for interesting them in a life of temperance is by plain reasoning. I do not believe much good will ever result from the present method of treating the temperance ques-

tion. Children should be taught that if alcoholic drinks are tabooed that they will be happier, healthier and stronger for it. Never until our educational system recognizes the necessity for creating and cultivating a love in our growing boys and girls for physical power and beauty will temperance be greatly practiced."

"Mr. Moore, you should be on the lecture platform as an advocate of temperance," said Edith, smiling enthusiastically as he paused. "You talk like a reformer."

"Yes; I might make a good lecturer. 'The spirit is willing,' and I'm sure 'the flesh is not weak,'" answered Harry, returning her smile.

"No; I'll vouch for that. I'm sure there was no sign of weakness when you won that race last Saturday," answered Edith. The remembrance of his appearance on that day gave to her features an expression that caused Harry for the moment entirely to forget the temperance question.

"Can you tell me why it is that women will persist in destroying their beauty and ruining their health with tight lacing?" asked Harry, after a pause of a moment.

"Because it is the fashion, and, furthermore, the average girl holds the opinion that her figure will never be properly moulded if the device is not worn."

"Every woman must admit that she caters to the taste of the opposite sex in endeavoring to make

herself more beautiful and attractive?"

"Yes; that is true."

"Well, they certainly do not cater to the taste of the better class of intelligent men by squeezing their waists to such small and delicate dimensions. I have often heard men ridicule the wasp-waisted woman, though they had never heard of physical culture or hygiene. I have often followed women who were laced excessively merely to hear the remarks made in reference to them, and these comments would rarely be of a complimentary nature. 'Look at that fool,' I heard a man remark to his companion as he turned and viewed a tightly-laced woman who had just passed him. I firmly believe that the 'corset curse' is as bad as the 'drink curse,' and I would try as hard to save my sister from one as I would to save my brother from the other."

"I see, Mr. Moore, that you are much better posted about my sex than I am about yours; but I entirely agree with you in the sentiments you have just uttered."

"Suppose we change the subject and you entertain me with a song," said Harry, believing that they had discussed serious subjects enough for one night, and smiling at her in his bright, frank way.

"Now you are laughing," said he, as her smile deepened into a musical laugh.

"I was amused at the topics of conversation into which we have

drifted to-night. I never conversed with an unprofessional man as I did with you this evening. I hope you did not consider it improper on my part?" still smiling.

"How could I?" looking at her frankly with his clear eyes. "You were carried away with interest in your subject. Anyway, 'To the pure all is pure,' and 'Evil to him who evil thinks.' These quotations express my views most admirably. I have also deviated from that which would be considered proper by those of conventional minds. I would not dare repeat the offence in the presence of the ordinary woman. But you are so different," continued he.

"In what way am I different?"

"If you would ask me in what way you are not different, the answer would be easier."

"Shall I take that as a compliment? From most men it would mean nothing," said she, in a bantering tone.

"It was meant to be of a complimentary nature, and I believe that you understood it that way. Now, own up? Didn't you?" looking at her and smiling.

"Yes; I suppose I did," glancing at him archly, "but you once told me that you never passed compliments."

"Very true; but it is always understood that present company be excepted," answered he.

"Ah, I see."

"How about the song you were to sing?"

"I didn't promise."

"I know; but you will, won't you?"

"Now, please!" in a persuasive, beseeching tone, as she seemed to hesitate.

"Very well, I'll do my best; but I rarely sing," rising and moving towards the piano.

How proud and graceful she appeared! Her step was as stately as that of a queen.

"Still, I do not believe she is too proud," thought he. "She is beautiful; she would be a fool if she did not know it. Just such women as she have ruled nations time and time again by making their beauty and intellect the 'power behind the throne.'"

Then he thought himself rather audacious in attempting to win such a glorious creature.

"She is entirely too good and beautiful for me," thought he, watching her as she nonchalantly turned the music, endeavoring to select a suitable song.

"You lazy fellow," said she, looking over towards him; "come and help me in my search."

He arose from the comfortable rocker and went over towards her.

"How would you like this?" handing him a sheet of music.

"I'm not familiar with it. Oh, sing anything you like; I'm no judge of music. I believe, though, that your voice would be beautiful, regardless of the song," said he, turning the music near him, and appearing not to notice the glance

she gave him as he finished the sentence.

"Now, for that, do you know what I shall do?" said she, glancing at him playfully.

"No; what is it? I'm interested," answered he, surprised.

"I shall make you sing to me."

"Make me?"

"Yes."

"Suppose I refuse to obey; what then?"

"Then abide by the most serious consequences," said she, in tones of mock horror.

"Pray, my fair maid, what are these consequences?" asked he, in a bantering tone, raising his eyebrows.

"If you don't sing to me, I—I—"

"You will what?" as she hesitated, still turning the music.

He was gazing at her with his soul in his eyes. He knew his secret would be revealed if she looked up; but a strange feeling of tenderness towards her made him powerless.

"What are the consequences?" placing his hand on hers as it lay on the piano.

She slowly withdrew her hand without answering and appeared not to notice his action.

The momentary contact as his hand lay on hers made his every nerve thrill with strange pleasure, and as she drew her hand away, he bit his lips, drew a long breath and moved a step from her. She was so near; the temptation to slip his arm around her and pour out from the very depth of his soul his great,

passionate love was too strong. He moved a step away that he might be able to resist it. He could see her rounded bosom rise and fall with her regular breathing. The sight was to him maddening, intoxicating! He could bear it no longer. He turned away from her without a word, and sank into the chair he had just left.

"Please sing to me," said he, in a pleading voice, breaking the silence after a moment, not looking her way.

As he turned away she looked after him and saw that his features were tense from strong emotion he was trying to control.

"Have you no desire to know the consequences?" asked she, turning her fine eyes full upon him with a soft expression of interest shining within.

"Yes; what are they?" glancing at her for an instant, and smiling faintly.

"If you do not sing, I will not sing," answered she.

"What a terrible penalty! How could you be so cruel? Select a song and I'll sing it immediately," answered he, in exaggerated tones of anxiety, with his eyes still turned from her.

She enjoyed the power she held over this great, strong man. She realized the injustice of using it after having concluded that she could never return the affection which she had reason to believe he entertained for her. She admired his frankness, his honesty, his leo-

nine physique, and enjoyed his presence far more than any one she had ever met before. She failed to note that this was a dangerous sign if she intended never to return his love. She miscalculated her own strength. On numerous occasions she had come in contact with those of the masculine sex for whom she had acquired a passing regard, but she believed the time would never come when this regard would grow beyond her own control. The fact that Harry possessed that which was peculiarly attractive to her—mental and physical beauty and power—she did not seriously consider. She was confident of her own strength, and having willed her life to a higher purpose than mere marriage, she vowed that her determination would not change. But she loved pleasure, this beautiful woman. "And why," thought she, "should I deny myself the enjoyment of this man's society, merely because I have reason to believe he loves me. I may be entirely wrong. Well, suppose he does; what harm will be done if he merely sees me occasionally?" Thus she had dismissed the subject from her mind.

"You come and select your own song," was her answer to his request that she choose a song for him.

"Really, Miss Edith, I can't sing; but if you insist, I will try," rising and coming towards her.

"Well, if you try, that will satisfy me."

"You will play the accompaniment, won't you?" asked he.

"Yes."

"How will this suit you?" throwing an old song over towards her.

"Ah, that's splendid," said she, opening the music and placing it on the holder.

He sang it through in a fine tenor voice; though lacking cultivation, it was clear, sympathetic and musical.

"Don't tell me that you can not sing again," said she, turning towards him.

"Why, do you think I can?"

"I certainly do."

"That shows how much your musical education has been neglected," said he, as he dodged the blow she aimed at him with her fan.

"Now, I won't sing at all," said she, turning from him with an expression of a spoiled child upon her features.

"Yes, you will," said he, coming back, placing his hands on her shoulders, and turning her on the stool, with her face towards him. "Now won't you?" continued he. "Please do," with love in every intonation of his voice.

One of his hands still rested on her shoulder, and she looked up in his eyes, and was stirred with a singular, delicious emotion.

"Are you sure you wish me to sing?" asked she, her eyes, for an instant, unconsciously returning the light of love that shone within his own.

"Very sure," still looking down at her.

"Very well," sighing faintly as she turned to the piano.

She sang him a light song without the notes. He stood near, leaning on the edge of the piano, surveying her as she sang. Every note seemed sweeter than any music he had ever before heard. The very sound of her voice was to him at all times most exquisite music—but to hear her sing was divine. It carried him up to the realms of heaven. He stood there as though in a dream, intoxicated with her musical voice and with her beauty.

"I see you don't like my voice," turning towards him as he failed to make comment.

"Don't like it!" repeated he, smiling. "'Like' is too weak to express my opinion of your voice. I love it. I could stand here and listen to you forever, and never tire," in emotionate tones.

She looked away and a serious expression flitted over her face, as she said:

"Please don't ridicule me, Mr. Moore."

She knew that he meant every word, but she felt that he was showing his regard for her too plainly to be exactly in accordance with her ideas of propriety.

He saw the expression of her countenance change, and immediately surmised the cause.

"Really, Miss Edith, allow me to apologize if I have offended you;

but I was certainly not ridiculing you. No one would dare attempt that," in conciliatory tones.

"Please forgive me, won't you?" coming close to her side and bending over her.

"There is nothing to forgive," said she, looking up at him.

"Then why that serious expression?" asked he.

"Is my expression serious? I didn't know it," a faint smile breaking out, and lighting up her countenance as she gazed at him.

"Miss Edith, I have known you but a short time, though I have already learned that not for the world would I lose your esteem. Will you help me to retain it?" asked he, looking down at her seriously.

"I think there is but little danger of your losing it, Mr. Moore," answered she, turning her eyes from him.

"You think! Try to be sure of it, won't you? My nature is extremely impulsive. Sometimes I impetuously act in a way which I afterwards seriously regret. Will you promise never to allow any slight, hasty action on my part to seriously offend you?" asked he, with his voice a trifle husky with emotion.

"I will promise if you wish it," answered she, looking up at him frankly with her clear eyes.

"I thank you so much for that promise. I hope the necessity for reminding you of it will never occur," returning her frank gaze with one equally as sincere.

"Can it be possible that it is so late?" asked Harry as he looked at his watch. "I am afraid that I bored you with my long call."

"No; on the contrary, you have most pleasantly entertained me," answered she, rising. "But why hurry? It very often happens that I retire later than this," continued she, sinking into a comfortable rocker.

"By staying later, I would impose on your generous hospitality," answered Harry, moving towards the door.

"Oh no, you won't; sit down," said she, pointing to a chair.

A few moments later he arose to take his leave.

"Miss Edith, when will you allow me to see you again? May it not be some time soon?"

"Mr. Moore, I have been trying for the past few minutes to say that which may be as unpleasant to you as to me. It is a duty which I feel must be performed. I have enjoyed your visit this evening greatly, our opinions are so near alike, but I believe it will be better for us not to see much of each other. I must admit that I admire you, your character, your honesty, your mental and physical individuality. If certain that this admiration would not go beyond friendship on either side, I would freely seek your companionship and fully enjoy it. But I am afraid—afraid even of myself. My life has been given up to this great purpose of warning my suffering sex of the evils from which

they are to-day suffering so severely."

Again he saw her eyes grow bright, her features become animated with an enthusiasm that showed clearer than words her willingness to sacrifice everything to this great cause. An expression of anguish flashed across his face as her full meaning became clear to him.

"But why should my friendship interfere with your ambition in the slightest degree? Your desire is a noble one, and deserves encouragement, and if I could assist you in any way it would please me greatly," in emotionate tones, looking at her seriously.

"Now, please don't misunderstand me," standing near and gazing at him frankly. "I am your friend, and, as I said before, I admire and respect you; but I believe that it will be best for our mutual good not to be too much in each other's society." Slight pause.

"It has cost me a great effort to tell you this," said she, her voice slightly tinged with emotion, "but by telling you now I will be saved from unjust censure in the future."

How beautiful she looked as she stood there under the soft light of the chandelier, her usual rich color much deepened by her emotions.

The hard brightness of ambition had died from her eyes, and in its place was a soft, gentle expression of sympathy for him who stood before her, revealing by the anguish in his eyes how much her words caused him to suffer.

"I thank you, I thank you, Miss Edith, for your kindness," turning his eyes from her and gazing at the floor. "Of course, if you have decided, I can say nothing; but it will hurt me greatly. I rarely meet a member of your sex who awakens the deep respect and admiration I have for you, and when you tell me that your purpose in life is such that it will be to our mutual advantage to shun each other's society, it—it hurts me cruelly! Won't you reconsider your decision?—won't you, Miss Edith?" in husky tones, again looking into her eyes as he awaited her reply.

"Yes, willingly," she answered, after a slight pause; "but I do not believe my determination will be altered in the least."

"Thank you," slight pause.

"Good night," he said suddenly, taking her hand for a moment, then quickly turning, he entered the hall, and was out the front door in a moment, his features rigid from the great effort he was making to control his emotions.

[TO BE CONTINUED.]

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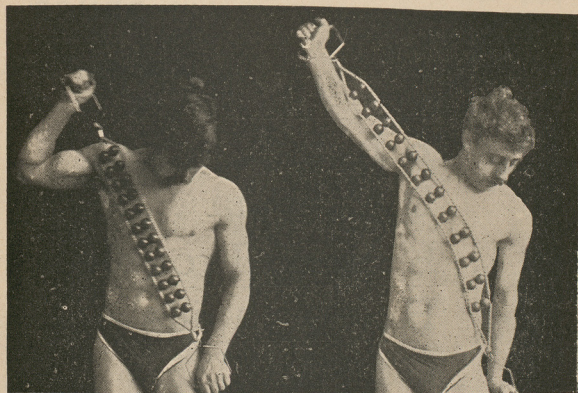
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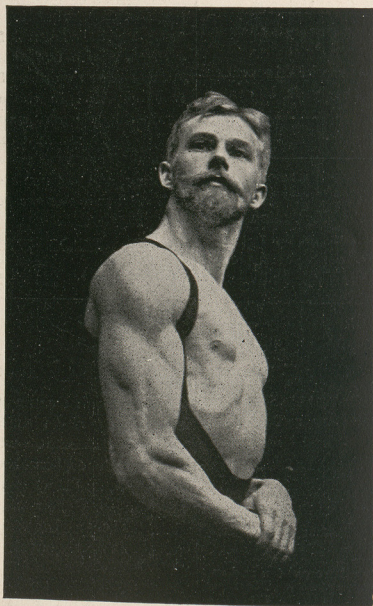
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