

Vol. III.

AUGUST, 1900.

No. 5.

PHYSICAL CULTURE 5¢

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DONT BE A CRIMINAL.



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

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"THE EDITOR'S PERSONAL EXPERIENCE".....	
"SOME PRACTICAL SUGGESTIONS IN VOICE CULTURE".....	GEORGE RUSKIN PROEBUS.
"ALCOHOL NOT A FOOD".....	
"MR. GLADSTONE AS AN ATHLETE".....	
"THE SCHOOL-GIRL'S HEALTH".....	R. O. FLOWER.
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"SENATOR DEFEW ON PHYSICAL CULTURE".....	
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PHYSICAL CULTURE

Vol. III.

AUGUST, 1900.

No. 5

...CONTENTS...

Copyrighted 1900, by PHYSICAL CULTURE PUBLISHING CO.

From Weakness to Strength and Beauty— <i>J. Walter Smithson</i>	195
The Value of Athletics— <i>Charles W. Eliot, President Harvard University</i>	201
When the Wearing of Corsets Becomes Universal	202
What Physical Culture Has Done— <i>James Stuart</i>	203
Ninety-three—Still Dances and Plays Games	205
Question Department	207
A Gladiator's Romance— <i>Bernarr A. Macfadden</i>	209
Some "Home Truths"— <i>Charles E. Page, M.D.</i>	217
How to Keep Cool	220
The Strength and Symmetry of Man Compared With Animals— <i>George Elliot Flint</i>	222
Tippling— <i>W. J. Cromie</i>	225
Boxing With the Feet	227
Editorial Department	230
Medical Science	230
As to Physicians	231
Tight Shoes	231
Smoking	231

Physical Culture is Devoted to Subjects Appertaining to
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BERNARR A. MACFADDEN, EDITOR.

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FROM WEAKNESS TO STRENGTH AND BEAUTY.

HOW PHYSICAL CULTURE MADE ATHLETES OF TWO DELICATE INVALIDS.

By J. Walter Smithson.



MISS FRANCES NAMON, whose photographs accompany this article, was practically a physical wreck at twenty-three years of age from troubles peculiar to her sex. For four years she tried all the various remedies and means advised for curing

these ailments. Finally in despair of ever finding a cure she tried physical culture, and the photographs herewith show what marvelous success met her efforts. She states that she had to be careful not to use any exercises that were injurious. Gradually day by day her ailments disappeared as the muscles increased in strength and symmetry.



MISS FRANCES NAMON.



MISS FRANCES NAMON.

She became very fond of bag punching after her strength began to return, and has followed it now for some time as a profession. This summer she can be seen at Young's Pier, Atlantic City, though during the winter she tours the vaudeville circuits in the team of Lawson & Namon. She does some wonderful work with the bag, and if one were to see the skill, strength and quickness with which she drives the bag in every conceivable direction, it would seem almost beyond belief that she was at one time a severe sufferer from those terrible weaknesses which ruin the lives of so many of her sex.

Notice the superb proportions of the arms, bust, shoulders and neck shown in the photograph where she is seated. What would the average woman give for such evidence of power and beauty? And yet it is within the reach of all.

Miss Namon most enthusiastically maintains that women have no excuse for being weak. There is only one reason for weakness and that is laziness. The right kind of exercise adapted to particular needs will cure most any case, provided

the laws of health are followed in other ways.

Maude Caswell, whose photographs follow, is a California girl. Six years ago she was weak and delicate, and her time out of school was spent mostly in reading. So frail was she that the family physician feared she would not live to maturity.

One day she chanced to see a book on the art and benefits of fencing, and after reading the contents she became very much interested in this exercise.

She finally secured the services of an instructor at a large athletic club and this was her start in athletics. In a short time she was able to use the foils with much skill, and then she became ambitious to strengthen and develop her body to its highest degree of attainable perfection.

She used all the different apparatuses for this purpose in the gymnasium for at least half an hour per day.

There were several acrobats who were



MISS MAUDE CASWELL.



Miss MAUDE CASWELL.

members of the gymnasium in which she was practicing, and their hand springs, somersaults and other feats of strength and skill interested her very much.

She was finally induced to try some of the easier tricks on a big soft pad used in the gymnasium for this purpose, and after many failures was able to perform some of the easier tricks.

Her enthusiasm did not abate in the least as she continued her practice, in fact her strength increased so rapidly, the further she progressed, the more she was pleased with the work and its possibilities.

It was not long before she amazed the club members, by being able to perform many difficult feats. She became so strong that she was finally able to run down a leaping board, turn a high forward somersault in the air and alight easily with as much grace and ease as their star acrobats.

Parallel bars, spanish rings, the trapeze, running, jumping, walking, hand ball, punching the bag, and all manner of exercises received a share of her attention, and her healthy color, animated actions indicated how much she was being benefited.

Her love for acrobatic work finally

induced her to adopt the stage for her profession, and she is undoubtedly to-day without equal in her particular line, a thorough athlete in every sense of the word.

Her performance on the stage each night, though very difficult, is a real pleasure to her. She usually takes a ride on the bicycle in the morning or evening in addition to the exercise required in giving her performance.

Miss Caswell is naturally a very firm believer in the benefits of physical culture as it has brought her from weakness to strength.

She states that it is very difficult for the ailing women to understand how she can perform the difficult feats daily as she does. Their fears of her untimely end she considers very laughable.

At all times she feels strong and healthy, and only on rare occasions does she meet a woman who has not some ailment of which to complain.

She always advises exercise, but states that it is a difficult matter to get the average woman to take this prescription. She believes that every woman could possess the same strength and vigor which she has developed if proper efforts were made to acquire it.

If in endeavoring to secure the benefits of sunbaths this summer, you have blistered the skin, keep the affected parts swathed in wet clothes at all times, changing them frequently, and learn what an idiot you have been for depending on drugs heretofore for similar troubles.

THE VALUE OF ATHLETICS.

“AS A RULE, THE HIGHER THE STANDING OF THE ATHLETE IN HIS PARTICULAR BRANCH OF SPORT THE HIGHER HIS STANDING IN HIS CLASS. AND THIS IS AS IT SHOULD BE.”

By Charles W. Eliot, President Harvard University.



I AM in favor of college athletics in their broadest possible sense. Nobody appreciates more highly than I do the value of athletics in a university. I value them not chiefly for their physical effect, though that is very valuable, but more for their moral effect; for their effect on the moral fibre of the individual. The moral fibre of the individual is what tells in this world. It is that which stamps and has stamped the influence of the sons of Harvard for the last two hundred and fifty years upon the history of this country and other countries, for fair Harvard is, and always will be, I trust, cosmopolitan.

Above all others, perhaps, I like the word which has been used by a rather well-known graduate of Harvard—the “strenuous” quality in a man. That word indicates the quality which athletics may give a man—the strenuous, robust quality, vigor, sand, grit, courage, determination and resolution, and with it many a time—more often than the contrary—purity and sweetness. Assuredly, athletics are a most important factor in the higher education.

It is a fine thing to develop the body. It is even a finer thing to develop the mind, but the great value comes in the fact that athletics develop the character, and this is what counts. Whatever may be said of university men who have done their duty in the crew, on the eleven or on the nine, those men must necessarily have practised the rugged virtues of courage, resolution, self-domination, the power of acting in conjunction with others, resolution to act as gentlemen, and often, what is more important, to act as men. It is these qualities which make athletics so invaluable.

There is no need of entering upon any extended discussion in regard to the extent university sports should come under the

immediate control of the faculty. Harvard men, especially, have not been charged with professionalism, at least for some years, so far as my memory serves me. I am not an authority upon the ethical status of amateur or professional sport, but no Harvard man for many years has needed the direct interposition of the faculty, and I am sure there will be none in the immediate future—at least during my administration.

The best safeguard to render athletics most beneficial to the university student—considering both the physical and mental needs of the man—is to leave it to his own best judgment, and incidentally to the powerful aid of the respective captains of the crew, eleven, nine and track teams. I have never known of a case where a man was actually forced into athletics against his will, although I have seen men who would have been far better physically and otherwise had the advantages of a systematic course of instruction in athletics been properly presented to them. There is no fear that this proper presentation of this subject will be lacking in the immediate future. The American youth of to-day, from his very infancy, through his preparatory course and until he enters the university, has the advantages of athletics presented before him in such a light that, if he be not either mentally or physically weak, there can be but one result. And that result makes for the best for the American people of the future.

That proper restrictions in regard to the standing of athletes in their classes should be made surely cannot be questioned. But I am proud to say that these are not often needed at Harvard. As a rule, the higher the standing of the athlete in his particular branch of sport the higher his standing in his class. And this is as it should be.—*New York Journal.*

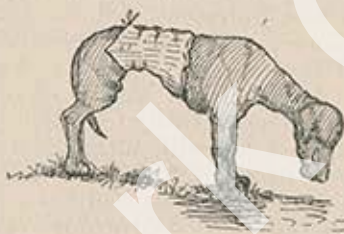
I
If a stranger came to our planet he perhaps would be surprised to see the noble horse in this attire—



II
Or the cow's diaphragm compressed to this shape—



III
Or the dog's graceful symmetry thus distorted—



IV
Or even the monkey so shamefully humiliated—



V
To say nothing of the man's internal organs so terribly squeezed—



VI
But what would he say when he knew that it is only the crowning glory of them all that wears the thing?



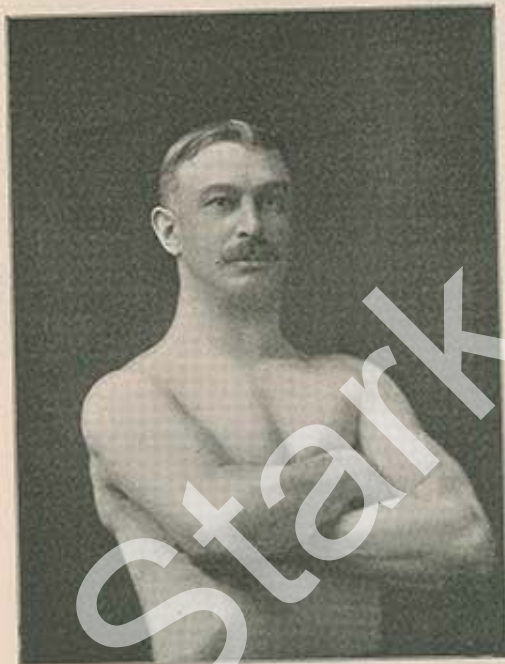
GENE HAMBIDGE

WHEN THE WEARING OF CORSETS BECOMES UNIVERSAL.

WHAT PHYSICAL CULTURE HAS DONE.

By James Stuart.

I HAVE been taking regular exercise for the past 18 months; I weighed 150 pounds, and I had a chest measurement of 37 inches at the beginning. My chest measurement has increased to 41 inches, and my weight to 168 pounds. My exercise consumed from 15 to 30 minutes, immediately upon rising in the morning,



STEWART NAGLEE.

and then about 30 minutes just before retiring, using an exerciser in the morning and light Indian clubs and dumb bells in the evening. I am regularly employed during business hours. I am over 30 years of age, 5 feet 11½ inches in height. I believe that any one can, with regular exercise, secure a fine development, if he or she will follow the rules laid down in your valuable Magazine. —STEWART NAGLEE, St. Paul, Minn.

I have found this little paper a great help, and can highly commend the system of training therein advocated.—W. H. BEAL, 43 Bryant Street, Newark, N. J.

In February number of PHYSICAL CULTURE, I read about the chair exercises, and at once commenced to use them. My chest expansion has increased three-quarters of an inch, biceps one inch, forearm much stronger, back stronger, gain in weight seven pounds. I took a great many breathing exercises and a cold sitz bath daily. It is great exercise for the business man and the convalescing invalid.—A. C. STILES, 1203 Bush Street, San Francisco, Cal.

A physician's commendatory words:—I have been a constant reader of PHYSICAL CULTURE for the past six months, and have recommended it to many of my friends. I have taken an active interest in athletics for five years, and have practiced the two-meal-per-day rule, and find myself much better in every way as the result. I consider your illustrations of the nude extremely edifying, and in no way distasteful to the believers of the true and beautiful. There is nothing more noble or grand in Nature than a well developed form, be it male or female.—F. W. BAILEY, M. D., Joplin, Mo.

While passing a news stand, I purchased your April number, and began your resisting exercises, and am surprised at the quick results. Have used other methods, such as dumb bells, wand drills, regular army gun drills, rubber cord exercisers, and Y. M. C. A. work, but this has done me more good than any. So much so, that I feel indebted to your efforts.—E. F. SCHMIDT, La Crosse, Wis.

Claude B. Kime of Ridgway, Pa., writes us, and gives an account of most satisfactory improvement which he has received by following the suggestions given in PHYSICAL CULTURE for developing the muscular system, and also for

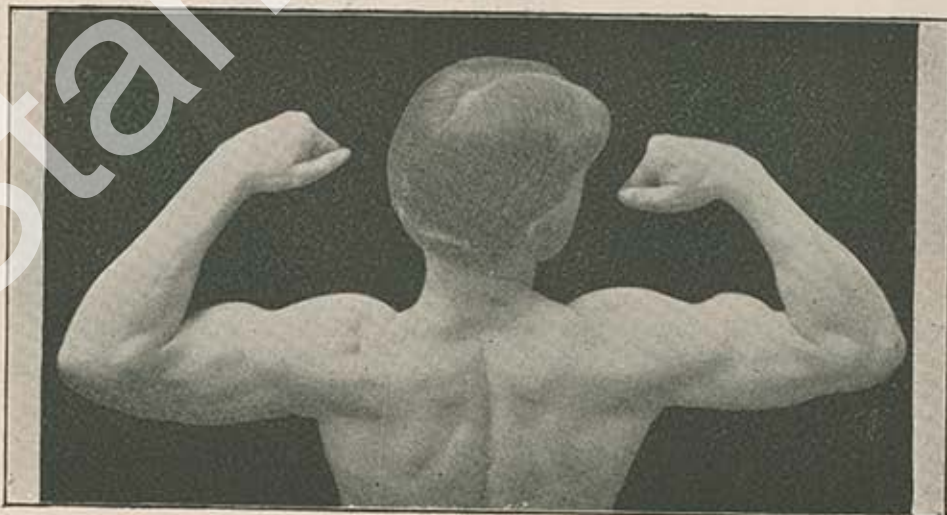


CLAUDE B. KIME.

Who has made wonderful improvement in condition of hair, as well as in muscular development. Photographic comparison shows condition of hair before, and another now.

strengthening and increasing the luxuriance of the hair. His statement will no doubt interest our readers: "I have been following the suggestions in reference to culture of the hair in your magazine since February last, and it has certainly worked wonders for me. I send you photographs showing you the conditions of my hair on December 21st, and one taken June 20th, showing condition of the hair then. My muscular development has also greatly

increased. I have gained four inches in chest measurement, two inches in biceps, one inch in neck, and one and one-half inches in thighs. The residents of Ridgway think I have gained wonderfully, and comment every day on my improvement. I have inclosed you photographs, showing you my present physical condition, and also illustrating the great change in the condition of my hair."—CLAUDE B. KIME, Ridgway, Pa.



FRANK A. SIMONDS, OF LINCOLN, NEB.

Well-known in his native city—a superbly developed Athlete, all through Physical Culture.

There is a physician in West Philadelphia who has a son one year old, and this baby is probably the strongest human being for its age and weight in the world. Its father will hold a cane in his two hands and the baby, grasping it, will draw itself up to its chin three times. That is but one of its numerous feats of strength. The physician says that his boy's unusual muscular development is due to a daily massage treatment. Every morning he lays the little fellow, naked, on a blanket and kneads his muscles for thirty minutes. Once a month, he weighs the baby and measures its calves, chest, arms, etc. The monthly increase of weight and girth is remarkable. The baby has never had shoes or stockings on its feet or a hat on its head, and in the summer it wears only a little sleeveless dress that comes to its knees. It gets a cold bath every morning. "If nothing goes wrong," the physician often declares, "this child will be one of the strongest men the world has ever seen. He will never get bald, and he will never lose a tooth. As for his muscles, with massage and a course of exercise that I have laid out, they will be big and supple all over his body. All his flesh will be, when tense, as hard as steel, and when relaxed, as soft as the flesh of a young girl."—*Philadelphia Record*.

A writer in the *Pacific Bee* claims that tuberculosis, like most diseases, is merely an expression of inactivity or disuse, and not the evidence of infection by a microscopic germ. It should be evident that confined animals soon become delicate or susceptible to disease. He says the great law of life is activity. Its opposite, or stagnation, is death. Disease is not something that attacks life unawares, but it is evidence of the gradual destruction of the body. Just as life is vigorous and bounding in activity, it is free from disease. Just as it grows subdued and inactive, it becomes the subject of disease. Life is the expression of activity. Death is the expression of inactivity. So sleep is termed death's twin sister, because next to death, it is the most perfect repose.—*California Mirror*.

What vaccination is! It is a singular fact that for over a hundred years scienti-

fic medicine has been trying to discover a reasonable basis for vaccination, and a satisfactory definition of it.

As vaccination has no foundation in science, and in the nature of things never can have, this is not at all surprising, to those who are acquainted with vaccine theories.

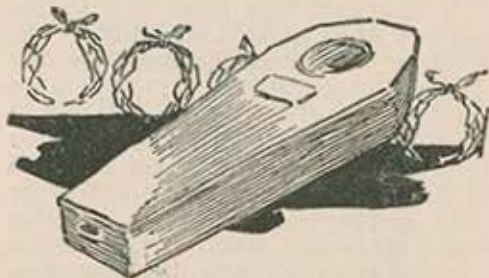
Therefore, as none but an anti-vaccinationist is ever likely to be able to tell what vaccination is, I suggest the following for scientific medicine's careful consideration:

Vaccination is the inoculation of a healthy person, with rotten pus poison, of cowpox extraction, from running ulcers on disease-inoculated calves; that is to say, with animal matter in a state of retrograde metamorphosis.

Vaccination confers no certain immunity against smallpox.

There are but two ways that vaccination can prevent smallpox: one is by killing the person vaccinated and the other is by giving that person a worse disease than smallpox. It is a pathological fact that a person with one disease seldom contracts another, the worse disease preventing the milder. Either of these alternatives is surely unnecessary when we consider that smallpox never will or can attack anyone who lives properly in sanitary surroundings.

The only way to ward off smallpox, or any of its kindred filth diseases, is by proper hygienic and sanitary measures, which are always successful. VACCINATION MUST GO!—*From Vaccination*.



STEREOTYPED ADVERTISING PHRASES.

"Has given permanent relief to many sufferers."

—Ex.

NINETY-THREE, STILL DANCES AND PLAYS GAMES.

MRS. ANN BARTHOLOMEW of New Rochelle, N. Y., although 93 years of age, is one of the best dancers in this town. In spite of her heavy weight of years Mrs. Bartholomew still trips the light fantastic and waltzes as gracefully as any young miss. She frequently attends informal dances, and

"I suppose I should have relegated the dreamy waltz to oblivion long ago," said Mrs. Bartholomew, laying aside her embroidery, "but, to tell the truth, I cannot resist its spell, even though age has set its seal on my locks and limbs. I can look on unmoved at a two-step and the other new dances, but the strain of a waltz makes me a girl again, and I find its mazes as easy as ever. I am afraid I



only last week at a dance in a private house waltzed three times during the evening. Mrs. Bartholomew is the daughter of the late Samuel Sisson, a sea captain, of Norfolk, Va., and was born in New Haven in June, 1808. During her childhood she accompanied her father on many of his voyages. She entered society early, and became famed for her dancing and other accomplishments. Upon her marriage she came to Derby, living here until the death of her husband, twenty years ago. Since then she has lived with a son in New Rochelle.

need a chaperon more now than I did when I was a lass. You must not think because I am frivolous enough to dance and go out sailing and ride the flying horses and swings, which I did at Glen Island not long ago, that I do nothing useful. I have stitched about thirty silk bed quilts, and I make a great many buttonholes for the dressmakers in New Rochelle."

Mrs. Bartholomew has not used glasses for four years, and her hearing is unimpaired. She recently journeyed alone to Illinois to visit a son.—*George's Weekly*.

QUESTION DEPARTMENT.

Q. Would systematic exercise be beneficial to a man who works at manual labor?

A. If you feel as though all your energies have been exhausted after your day's labor, systematic exercise would not be advantageous, but whenever you feel equal to a little more work, the use of those muscles not brought into action by your labors will greatly benefit. The trouble with nearly all manual labor is that it uses a part of the muscular system only, and allows other parts to remain weak and inactive; and do not fail to remember that the body is as strong as its weakest part.

Q. Do you know of any tonic or extract that will build me up?

A. Yes, fifteen minutes' full of extract of muscular activity, taken twice daily, with cold water applied externally for a tonic after the morning dose.

Q. I am "run down." Would cod liver oil do me any good?

A. It would provide a means of spending your money, and exercise your facial muscles as they contorted in a vain endeavor to illustrate just how nauseous a dose it is. This would be the extent of the benefit, unless the imagination could supply further signs of improvement.

Q. Do you advise bar, bell and Indian club exercises in conjunction with the resisting exercises illustrated in the April issue?

A. The more variety you can secure in your exercise without sacrificing the main object of using all the muscles, the more pleasure is derived, and consequently the greater are the benefits.

Q. I have what is known in baseball slang as a "glass" arm. Could you suggest a remedy?

A. Bathe or hold the shoulder and upper part of the affected arm in very cold water at least twice a day from three to five minutes. Immediately after this each time exercise all the muscles affected, and those of parts near, until thoroughly tired, after which knead and

massage thoroughly. Place wet clothes on the affected parts every night upon retiring.

Q. How can I reduce the flesh on my hips?

A. Take a great many bending exercises. Walk a long distance each day. Exercise of jumping similar to jumping a rope and fancy dancing are very good. It requires hard work to reduce flesh, and it is useless to begin unless you intend to persevere.

Q. I have a very sensitive stomach. Become seasick at times, even when riding on the trolley cars?

A. You are eating too heartily. Eat less, exercise more, and cultivate an appetite for acid fruits.

Q. What can a thin person do to gain in weight?

A. Take moderate exercise for all parts of the body. Plenty of walking and deep breathing. Don't over-eat. Eat nourishing foods only. Many keep themselves thin by continually stuffing their stomachs.

Q. What is the cause of a cloudy and greasy complexion?

A. Over-eating is usually the cause, though lack of exercise, infrequent bathing and most any deviation from the laws of health would tend to aggravate a trouble of this nature. Use high-grade soap, and water as hot as can be borne, after which rinse with cold and hot water, changing from one to the other. This, in addition to use of complexion brush, will remedy the trouble in every instance provided ordinary care is taken of the body.

Q. I have belching of wind from my stomach after meals?

A. You are probably eating too heartily and too fast. Avoid these errors and exercise to build up general health.

Q. I have a short hacking cough and shortness of breath. I have become disgusted with obnoxious medicines poured into my stomach?

A. Take up a thorough system of

physical culture. Be persistent. Don't over-eat. Take friction bath daily with soft bristle brushes. Gradually cultivate a liking for cold bathing, then take a cold sitz bath every morning immediately on rising, after five or ten minutes' exercise.

Q. I have a skin disease of the chest and stomach. How can it be remedied?

A. It is difficult to advise accurately without knowing more of your trouble, but the following will greatly benefit and probably cure you: Take rigid precaution to see that your blood is not in bad condition from improper foods or lack of exercise. Eat lightly; encourage appetite for acid fruits and pure water. Every night before retiring wind a wet cloth around the affected parts of your body, and allow it to remain there until dry, or until morning if you are not awakened before.

Q. I am troubled every summer about August 1st with hay fever. Can it be avoided?

A. It can easily be avoided. When you feel it coming on stop eating meats; for two days eat only one meal per day, then eat only two meals per day. Encourage appetite for acid fruits. Take cold baths twice per day, friction bath once per day.

Q. At what hour do you eat when living on only one meal per day?

A. The writer under such circumstances eats when he is hungry, usually between two and five o'clock in the afternoon.

Q. I work ten hours per day in a shop at manual labor. What course of exercise would you advise for me?

A. A system bringing into thorough action all the muscles not used in your daily occupation, combined with deep breathing.

Q. How can I strengthen, lengthen and thicken my eyelashes?

A. Once per day spend three or four minutes pulling them slightly in every part. Don't worry if they happen to come out quite freely at first. They will always grow in again.

Q. How can I cure congestion of the lungs?

A. While symptoms are severe, fast absolutely, and keep the chest swathed in wet clothes, which should be frequently

changed. Internal flushings would also be of advantage.

Q. Is acrobatic work (tumbling) injurious.

A. It can be especially recommended if fairly strong, though be very careful in attempting difficult feats. Acrobatic exercises, however, do not include contortion tricks, and we do not advise such abnormal feats.

Q. Would you advise a woman to exercise during her periods?

A. The less exercise taken at this time the better.

Q. Can pain during periods of menstruation be cured by physical culture?

A. As the strength increases through physical culture this trouble will gradually disappear. The water cure treatment for this will be found very beneficial.

Q. My boy, fifteen years of age, is not robust, square-shouldered or full-chested. What would be the best course for him?

A. Encourage him in every possible way to indulge in active outdoor games with boys of his own age. Have him take up a system of exercise for general development, special care being taken to bring out the chest and lungs.

Q. How can I get all the first numbers of PHYSICAL CULTURE?

A. Buy bound volumes Nos. one and two, and have your subscription start with volume three.

Q. What does a heavy growth of hair all over the body indicate? Can it be removed?

A. It usually indicates that one possesses a large amount of vital strength, though this is far from being the rule. It can be removed by various preparations made for this purpose, but it will return in nearly every case, and often with increased vigor. You had better consider it of no importance and not try to remove it.

Q. When is the best time to lift heavy dumb-bells?

A. The writer would advise you to put off heavy dumb-bell lifting for a few years, and then you will thoroughly realize the injury that this heavy work can cause. Heavy dumb-bell lifting is far better than no exercise at all, but there is always risk of a serious strain, and, if long continued, it will ultimately greatly lessen the vital strength.

A GLADIATOR'S ROMANCE.

By Bernarr A. Macfadden.

(Concluded from last number.)

HELEN was a daughter of one of the proudest Roman families then in power. Her father would have preferred placing her in a coffin rather than marry her to a gladiator. And Helen's views in this respect were not substantially different.

The writer will not attempt to describe her feelings when she discovered beyond refutation that Clodius was a gladiator.

It depreciated her in her own estimation. She felt as though she had come in contact with vile conditions, the nature of which her instinct should have indicated. There was no need to question as to whether Clodius was to continue as her affianced. Such a condition was impossible.

* * * * *

It may seem strange that a gladiator could be so sentimental as to be capable of severe mental anguish. It would be well to remember, however, that the suffering which can be produced by love is measured entirely by the intensity of the affection.

A soldier is said to be the most devoted of all lovers, and the more capable the soldier, the more desirable he usually becomes as a lover; and ability in a soldier is measured largely by the number of human beings he can kill or cause to be killed.

Clodius was simply a superb lion-hearted soldier. His love for Helen had assumed such fervor that it was more like a blind, reverential worship. She was in truth his goddess, his religion.

The next afternoon succeeding his long wait in the summer house, Clodius again neared the garden. He appeared gaunt and thin. His eyes were sunken. There was no elasticity in his steps. He had not tasted food since the preceding morning, and mental worry and hard physical work in the form of walking, had drained his body of all energy.

He walked slowly back and forth along the path fronting the garden, his eyes searching in all directions for a sign of Helen. She was not to be seen anywhere.

He had determined, however, to see her at any cost, and he seated himself on the low wall, where well obscured from the house and waited.

All the afternoon he searched for signs of her. He was growing desperate. Should he go boldly to the house and risk seeing her in this way? he asked himself again and again. He realized that this would be foolish, as he was not known, and his request to see her would undoubtedly be refused.

The sun had disappeared behind the horizon. Twilight was near at hand. Suddenly, in a far distant portion of the garden, he saw parts of a lady's garment moving among the thick shrubbery. He followed with his eyes as best he could, and finally recognized Helen as her features appeared to view.

He started as he recognized her. A great fear took possession of him. He had waited all afternoon to see her. Now that she was near, he was afraid to go to her—afraid of the result. Was not uncertainty better than the positive knowledge that he had lost her forever? he asked himself.

No! No! was the answer as the past agony was recalled.

He suddenly leaped over the wall, and started in the direction where he last saw her.

The crunching of the gravel under his feet was too noisy. He desired to approach without being seen. He walked on the grass bordering the path.

Slowly, noiselessly, he moved.

At a turn in the path he saw her. She was seated on a long settee with her back towards him.

He stopped and stood gazing at her. She was tearing a rose to pieces. Leaf by leaf she removed and tossed aside.

He approached noiselessly in his

sandaled feet, trembling with apprehension. He could almost touch her when he stopped.

Had she listened intently, she could have heard his agitated breathing.

The rose had been dismembered. Her hands were lying at rest in her lap. She was gazing away into space. A deep sigh moved her lips.

Clodius had tried to speak, but his tongue seemed paralyzed, his throat incapable of making a sound.

But as he heard her sigh, denoting that she, too, was suffering, his throat cleared, and in soft, though trembling tones, he uttered her name.

"Helen!"

She started, sprang from her seat and stood facing him.

She said not a word, but as she gazed at him there appeared an expression of contempt upon her features, almost akin to actual loathing.

Had she turned and stabbed him with a keen-edged knife, she could not have made him suffer more acutely.

His features literally contorted with pain.

"You—you—you are horribly cruel to me," staggering and leaning against a tree for support, as he gazed at her.

"No! No! You'll not go? You're not going?" in tones of agonizing entreaty as she turned without a word and started away.

She continued. He started swiftly after her.

He caught her hand. She endeavored to withdraw it, but he held it firmly.

He knelt at her feet on the graveled walk.

"You, you don't wish to murder me, do you?" kissing her hand she still endeavored to withdraw.

He looked up at her with a pleading light in his bloodshot eyes.

His tones of entreaty reached her heart.

She looked down at his drawn features, and read the terrible story written there.

"You can cease to be mine, but don't leave me like that. Don't scorn me! Don't show contempt for me. I feel small enough, mean enough for the life I've led, but I don't deserve your contempt!"

"Clodius, you should have told me," gazing at him coldly.

"Told you? How could I tell you? To

tell you meant to lose you. And to lose you meant to lose everything in life. You will remain and talk with me awhile, will you not?" kissing her hand, then gazing up at her questioningly.

"Yes, Clodius; but get up. Don't kneel there."

He arose and led her to the seat she had just vacated.

She seemed older by years. Her face had thinned greatly.

"Please don't hold my hand," she said with a faint shudder as she seated herself.

He released it, though the necessity for doing so hurt him keenly.

"Helen, my people were not gladiators. I was well born, and it was not intended that I should be a gladiator. Circumstances practically forced it upon me, and somehow I have adhered to it. But the moment I saw you I desired to be free from the vile occupation, and I had intended that the combats at the last festival should be my last."

"But why did you not tell me this before, Clodius?" in tones of inquiry.

"Because I was afraid. I saw how you detested gladiators. I wanted you to first know that I was different from all ordinary gladiators."

He continued on and told her the story of his early life. How the cowardly murder of his parents had aroused his desire for vengeance. How he had trained with the one object of developing all his fighting powers.

Her features softened as he progressed.

He took her hand again as he neared the conclusion of his tale. She did not resist.

"There, Helen, I've told you all. You cannot call me a hypocrite now—you will not look upon me with contempt, will you?" looking searchingly into her eyes.

"No, Clodius;" allowing her eyes to meet his with the old tender expression.

He leaned forward and their lips met.

"Dare I hope to again be your affianced lover?" caressingly running his fingers through her hair.

She uttered no word, but her eyes seemed to say, why need you ask?

They sat there for some time, oblivious to everything but each other.

She had told him that it was time to go.

"When will we be married?" he suddenly asked.

She started, and remained silent a moment.

"Clodius, I can't marry a gladiator." She drew herself slightly from him, and a pained expression overspread her features.

"What am I to do?" she repeated as much to herself as to him.

"Go away with me where no one knows

Notwithstanding the fact that he had apparently overcome her scruples, there was an element of uneasiness mixed with his happiness as he made his way homeward that evening. He did not feel at all secure in the possession of her love.

The next evening he was at the summer house at the time appointed. He had



either of us. I am rich and can do as I choose."

"I can't do that. It would break my father's heart. He loves me as much or more than you."

"That is impossible," gazing at her tenderly.

Nothing more of importance was discussed, and they parted after agreeing to meet the following evening at their trysting place, the summer house.

been waiting a few moments, when suddenly his eyes noted some words written on a smooth part of the back of the seat Helen and he usually occupied.

With but little effort he deciphered the following:

"DEAR C——.—It is best that we should part. Nothing but misery can come of our love. Learn to forget me. Do not strive to see me. My decision cannot be altered. H."

He read and re-read these words many times. Somehow he had expected this, and he was prepared for the shock.

Heretofore he had lost all pride in his great love, but her latest action seemed to arouse it.

"She thinks she will crush me. I will not be crushed," he muttered, his face white and stern, as he rose to his full height, and walked slowly away, his head erect, his eyes blazing.

"I will show her that I can live without her," he continued, hurrying away, after leaping the low wall surrounding the garden.

Two weeks had elapsed. Clodius had started to train just as though he were preparing for a mortal combat. He knew that unless something kept his mind employed he would suffer seriously, and the hard work connected with these exercises used all his energies, and left no time for brooding.

On this particular day he had worked especially hard. The perspiration was dripping from every pore. He was standing with nothing but a small cloth wound around his loins. His trainers were using strigils over his body. Suddenly there was a commotion among those outside of the room they occupied.

One of Clodius' trainers rushed in.

"A messenger from Saverno is on the outside, sir, and wishes to see you," said the trainer.

"Show him in," was Clodius' reply, without hesitation.

The trainer turned and departed.

"Go on with your work," said Clodius, as his trainers apparently showed a disposition to cease while he conversed with the messenger.

The door opened and a tall, dignified personage entered. He re-arranged his toga over his arm as he greeted Clodius.

"This is hardly in accordance with the laws of ceremony to receive you thus," said Clodius, "but I thought you were no doubt accustomed to similar scenes, and would not object," smiling in greeting, while his trainers continued their work of massaging and anointing his symmetrical limbs.

"You reasoned correctly. Such scenes are indeed familiar to my eyes."

"You have a message from Saverno, I

believe?" said Clodius, as the stranger seemed to hesitate.

"Yes; Saverno sent his respects, and says that he has entirely recovered, and that he wishes to meet you again in mortal combat."

"In other words, you are the bearer of a challenge from Saverno?" interrupted Clodius.

"Yes, sir; Saverno is not satisfied. He wished me to tell you that he believes you defeated him by an accidental thrust, and that another trial will enable him to reverse the verdict."

"Indeed," replied Clodius, in sarcastic tones, his face growing white in anger. "Saverno knows that I have determined never to fight again. Why does he send me this challenge?"

"You will please not be angered with me, as I am simply a messenger, but Saverno states that you have made this statement merely to avoid meeting him again."

"He does," shouted Clodius, his anger roused still more, stamping his foot on the floor, his eyes blazing. "He will have an opportunity to prove that. I will meet him. Take back my acceptance of his challenge," pointing to the door.

The messenger hurried out.

"Hold!" shouted Clodius.

The messenger returned.

"Tell Saverno he can name the date, and to make it as early as possible," said Clodius, in savage tones.

* * * * *

A few days later the approaching combat between Clodius and Saverno was the talk of the country far and wide. The terrible struggle in which they had previously engaged had attracted attention everywhere.

It had not yet ceased to be an interesting topic of conversation, and when it was announced that Saverno had recovered and had challenged Clodius, the interest created can well be imagined. Everybody was talking of this prospective battle.

Saverno had quickly replied to Clodius' answer to his challenge, and had dated the combat one month in advance.

Clodius had spent that month in most active preparation. His thoughts often reverted to Helen and the past, but he would increase the severity of his training

each time they became too harassing, and thus greatly lessen their influence.

The combat was to take place on Monday. On the Saturday morning previous Clodius was resting at his home after several hours of hard work that morning. He was reclining on a divan in a luxuriously furnished apartment where he received his friends when he was inclined to social pleasures.

His servant entered.

"A lady to see you, sir."

"A lady?" opening his eyes in surprise. "I wish to see no lady. Tell her I'm not at home," said Clodius in curt tones.

The servant departed, but returned in a few moments.

"The lady says that she has a message from Helen for you."

He rose from his reclining position.

"From Helen, did you say?"

"Yes, sir."

"Show her in."

In his endeavor to control his emotions, Clodius' features had begun to assume a stern, almost hardened expression.

"Helen." He repeated the name again and again to himself as he waited. His features softened momentarily.

The lady entered. She was heavily veiled.

"You have a message for me? Be seated," rising and indicating a chair.

"Yes; I have," seating herself.

Clodius started at the sound of that voice.

"Helen? Is this Helen?" in emotional tones, his wide-open eyes endeavoring to penetrate her thick veil.

"Yes;" raising her veil, "it is I!"

"My God, I thought I had lost you forever," his voice trembling with agitation.

He kissed her hands, her cheeks, her lips again and again.

"Clodius, I love you. I can't do without you," returning his caresses.

He knelt and hid his face in the folds of her garment, and tears welled in his eyes, tears of intense joy.

No words were spoken for some time.

Clodius had moved a chair near hers. He was sitting facing her. In her eyes was the loving expression that had made earth a heaven for him on so many occasions.

He was caressing her hands.

"At what a terrible time you have

come," said Clodius suddenly, his expression changing.

"Yes, Clodius; but you will not go in this combat."

"I will not?" in surprised questioning tones. "Why, certainly I will!" with emphasis.

"But I came here to dissuade you. You will surely do this for me? Clodius, you will not refuse?" tears welling in her eyes as she saw his features becoming stern.

"You came here to dissuade me? You came here to influence me to actions that would brand me as a coward," in hard tones. "No! No!! Not if heaven awaited me—not if your beautiful self was the reward, would I consent to such a step."

"Clodius! Clodius!" in beseeching tones, "you said you would never enter another gladiatorial combat. You have broken your word."

He smiled—a hard cynical smile.

"Yes; I have broken my word. But you—yes, you have broken your word—you have broken my life—you have made me fight with all the intensity of a demon for a moment of peace."

Tears were streaming from her eyes as he ceased. She leaned forward and rested her head on his chest in a paroxysm of grief.

He soothed her as best he could.

"Clodius," turning her head and looking up into his face, "I will leave home, do anything, go anywhere with you if you will only give up this terrible combat."

"Dear, I love you!" in tender tones, "but there is nothing on earth that will make me do what you suggest. He challenged me. I thought you had renounced me forever. I accepted the challenge, and if I knew beyond the faintest doubt that death awaited me at his hand I would not flinch one second," his voice becoming severe as he concluded.

"You are cruel to me, Clodius!"

"Yes?" questioningly. "You were not cruel to me?" his breathing becoming hurried as he recalled the suffering she had caused him to endure in the past.

She remained for some time, using every argument in her power to influence him not to fight, but all unavailing. He would not grant her request.

"You should not have come to-day. You have unmanned me. Made my



nerves unsteady, while before they were like steel."

"You are sorry I came?"

"No; not even if my death pays for the visit," in emotionate tones.

She bid him an affectionate farewell, but he could easily discern that she was very much disappointed.

* * * * *

It was the Monday afternoon of the great gladiatorial combat.

The enormous amphitheatre was to be tested to its greatest seating capacity. Thousands upon thousands filed into the gates like a huge, surging mob.

The names of Clodius and Saverno were on every one's lips. This great combat had aroused all to the highest pitch of excitement.

The gates were finally closed. No more could crowd in this stupendous structure. Standing room was even at a premium.

From every point where the eye could reach the arena, human beings were massed like sardines in a box.

Several combats of minor importance preceded the principal event.

They were soon over. The audience evinced but little interest in them.

A hush of expectation suddenly swept over that vast throng.

Criers in several parts of the arena were announcing the names of Clodius and Saverno.

The confused babble of voices ceased absolutely.

Clodius and Saverno enter the arena at opposite points.

They advance with majestic steps to the battle-ground, near the Emperor's box.

The large scar on Saverno's chest, made by Clodius' weapon in the previous contest, shows plainly. But his spirit is undaunted. The glitter in his eyes is as fierce as ever. On his face is a determined expression that nothing but death will conquer.

Clodius advances with the same indomitable courage expressed in his now hard and determined features.

They glare at each other, then watch for the Emperor's signal to begin.

He gives the signal.

The battle is on.

They crouch like two tigers, and circle around and around slowly, advancing closer and closer.

They thrust at each other almost simultaneously.

Now the struggle is on.

They fight with the same marvelous quickness and power as in the previous contest.

The audience is spell-bound.

They gaze at the terrible combat like a charmed bird at a snake.

Saverno is slightly wounded. The blood is trickling down over his chest. But the grim determination of his terrible countenance does not relax one iota. He parries and thrusts, jumps back and forth and from side to side with lightning-like rapidity.

Now Clodius is bleeding from a slight wound. But the blood only makes them fight with more intensity, more determination.

On and on they fight with tireless

energy. Each one is now wounded in several places.

The blood has spattered over their grim features. It is on their arms, shields, everywhere.

It is running down their limbs in little streams and is dyeing a crimson hue the white sand underneath their feet.

This is a struggle to death.

Saverno has evidently improved.

With fierce determination each follows every advantage.

Both men are tiring.

They separate a few steps at the end of a fearful struggle. They glare at each other as they watch for an opportunity to secure an advantage.

Suddenly out from the stillness there resounds a woman's scream. It came from a box near the Emperor.

Clodius glances in the direction. He recognizes Helen as she apparently falls in a faint in the arms of her attendant.

Saverno seeing Clodius off his guard, rushes at him.

Clodius guards and thrusts, guards and thrusts; but there is not the same spirit in his work.

The sight of Helen has unnerved him.

The fight goes on. Each man struggling with fearful speed.

Both are growing weak from loss of blood.

Clodius' sword arm is injured, but he fights on. His efforts are less effective.

The immense audience who cheered him on to victory again and again are seeing signs of his defeat.

They cheer and call,

"Clodius! Clodius!"

But even while they cheer, Saverno's sword sinks into his chest.

He falls! and before the applause for the victor can be heard, there is a commotion in the box next the Emperor.

Helen has rushed to the edge.

"Clodius! Clodius!" she shouts with the terrible agony of the moment ringing in her voice.

It is heard through that vast throng and they are awed into complete silence.

He looks up and sees her there, calling to him. He raises his arm feebly in recognition.

Saverno stands aside as he sees everywhere the sign, "thumbs up," indicating that Clodius must be spared.

The brightness suddenly returns to Clodius' eyes. He raises his head, realizes in that moment that he has at last met defeat.

He turns his eyes up at Saverno.

"What! you will not kill me!" he shouts with almost supernatural strength.

"Fight on, then," he shouts, gripping his weapon and endeavoring to rise to his feet.

He staggers and falls again.

"I will not live a defeated man," he cries.

His weapon has fallen from his grasp. He gropes around for it.

Helen has watched all this like one fascinated.

She realizes his intention.

"Clodius!" she shouted, eluding her

attendant and disappearing down a private passage way that led to the arena.

He recognized her voice, but the weapon was found. He clutches it in his hand.

He raises it and drives it into his heart as Helen was speeding in his direction across the arena before the astonished multitude.

Panting and hysterical she knelt and gazed into his glazed eyes. Crying and moaning, she kissed the lips now smeared with blood.

She took up the short sword that had slipped from Clodius' fingers. But it was quickly removed by her attendant who had followed her.

Tenderly, yet insistently, she was led away.

THE END.



A MODERN BEAUTY AS SHE IS.



AS SHE APPEARS WHEN ON DRESS PARADE.

From "Nature versus Drugs," by Aug. F. Reinhold, Ph.D., M.D.

SOME "HOME TRUTHS."

By Chas. E. Page, M.D.



THAT tired feeling," for the cure of which the "spring medicines" are advertised, and which comes most frequently to persons who do nothing but rest, can be walked off very readily, literally squeezed out of the muscular system by exercise, just as a sponge is made fresh and clean by squeezing in warm soapsuds. In both cases the tissues are clogged with foul matters which can be washed away with proper manipulation in an appropriate fluid, this in the one case being blood, and in the other water. Well-trained persons have a natural stimulus to exercise, their muscles fairly coax for it, and it is a sensual pleasure to walk, run, jump, wrestle, or what not; these have a safeguard for health of which the sedentary persons know nothing. Verily, in this matter, "virtue is its own reward," such persons secure a treble reward for well doing; they can indulge more freely at the table and enjoy their food more than is possible for any loafing sensualist; they suffer no inconvenience from sick headaches, bilious attacks, or other effects of indigestion; they have no doctors' bills to pay.

Every horseman understands the value, if not the physiology, of "scoring" for a race. This preliminary muscle squeezing is essential to the highest speed and endurance in a close contest. In the sense above explained, the animals, after prolonged inaction are "rested" by being given a mile or two of moderate speeding and getting warmed up for the race. And even in hot weather, vigorous exercise in proper amount and under right condition promotes the cool comfort of all animal kind, including man, by the elimination of waste matters that produce extraordinary heat if retained in the tissues. To overeat and lie around trying to keep cool by fanning, in hot weather, means failure; it is promotive of disease and a bid for sickness.

"Save All Steps Possible," is the heading of an item in an evening paper. "In all housework, and in other work as well,

it is important that the movements follow each other without any loss of time, that the distance to move be as short as possible—in other words, the work must be close together. Learn to save all the steps possible, and to move the hands as short a distance as possible." In other words, instead of trying to get a fair degree of physical training out of your daily occupation make the least possible exertion, that the muscular system may become dwarfed, or grow flabby and fat, and the body as a whole predisposed to diseases of all sorts.

Take a look at a span of carriage horses and make a bit of a study of condition: bodies like a gun-barrel, coats like velvet, eyes shining with health, nostrils clean as a maiden's lips; note the strength and suppleness of these healthy creatures, and the evident pleasure, even delight, manifest in the way they spring to their work. Then for a complete contrast, look at the occupants of the vehicle they are drawing; who, too often, are fat, soft, and ill-conditioned; they have saved their steps, but not their stomachs; they are chronically tired, from over-resting! The noble animals of which they are so fond, they feed on plain bread and water, the solid portion of this diet being measured with care, and they are given plenty of exercise, lest they become diseased like their owners from a violation of the laws of life. How stupidly absurd all this seems when we look at it rationally, and what a price they pay for their folly!

And what of those who do not ride in their own carriages: most ladies on social or shopping errands will stand on the street corner till their backs ache, waiting for an electric car, into which they climb with difficulty and sit till their backs ache again and their legs become partially paralyzed, and on arriving downtown they toddle to the sidewalk and into the shops, where they practice the step-saving plan in every possible way, taking the elevator for the upper floors, as if totally unaware of the fact that stair climbing is the next best thing to hill climbing for making

them strong, inside and out. What wonder that so many have weaknesses, as the term goes, and that we hear so much about "female diseases," and that so many women are subject to no end of humiliating disorders, mutilations, and all manner of nuisances! "Female diseases," indeed! Where else in the animal kingdom do we hear of this phrase, which is really a reproach to our civilization? The Maud S's and Nancy Hanks's do not save their steps, live on made dishes, overeat, wear stays and take the elevator; they get uphill by climbing, and with the added advantage of pulling a load up, too. Hence their exemption from "weaknesses!" Hence, also, the exemption of circus and ballet girls. When, to their splendid all-round physical training they add rational living habits, these performers reach old age in sound health.

As to the question of how much exercise is required daily, no definite prescription can be given that will fit every case. Generally speaking, perhaps two or three half-hour turns of all-round exercise, each to the point of starting the perspiration, would suffice, provided the diet be held down correspondingly. A golf player, tramping and slashing many miles across country, would require much more food than would a sedentary man who should simply train for an hour or so a day.

The best forms of exercise are those which tend to strengthen and make supple the entire body. Running, dancing, hopping, skipping, bending, turning, romping, wrestling, playing ball, tossing bean-bags, swimming, rowing, tumbling on the lawn—all these contortions, like children at play, are in the highest degree promotive of condition. Beyond a doubt, it is vastly better to mix a lot of fun with the exercise when possible—to make play of it rather than dull work. Sedentary men and women should be cunning in taking advantage of such opportunities as present themselves for exercise. To lie in bed till the last minute and then rush into their clothes and sit down to breakfast, instead of rising early enough to have an air bath and a good lot of all-round hustling, is extremely unwise; often enough the air bath would do them more good than the breakfast, the former being sadly needed, and the latter not at all. Here

are a few don'ts" for general use:

Don't sit when you can stand; don't stand still when you can walk; don't walk when you can run; don't ride when you can go afoot; don't go around a hill, but climb it; and a few flights of stairs to mount is the next best thing. Don't step slowly, even crossing a room—make everything count for training; don't overdo; rest when tired, preferably lying down.

"You can't keep your cake, and eat it, too," is an old and very significant maxim; and you can't keep a good stomach and constantly bulldoze it. Nature supplies nothing that is needless; even the appendix has its function other than merely to fatten the surgeons who needlessly amputate it; nor will she submit indefinitely to abuse. Disobedience to the laws of health are certain, in time, to be avenged—that is, they bring their own punishment; cause and effect, in spite of some experiences which would seem to indicate the contrary in individual cases. For example: an old chap well known to me smoked to excess, drank like a fish, chewed tobacco constantly, ate like a cormorant, and otherwise abused himself in the most approved fashion, and died at the age of 102. Another man lived for a number of years, in health, with a bullet imbedded in his brain, dying finally from an accident; still another lived with a bullet imbedded in the muscle of his heart for upwards of ten years and died in a hospital from an acute disease, the bullet being dissected out at the autopsy. The scar on the left breast had attracted the attention of the doctors, and the patient stated that it was from a pistol shot ten years previously, and that the bullet had not been extracted. What do these extraordinary cases prove, but that some men are too tough to kill? Men and women are all the time sickening and dying, or living invalid lives, from a tithe of the self-abuse that altogether failed to kill the centenarian, who, I will say in all seriousness, might have reached the age of 120 had he run the machine even decently, as this age has been reached by others who, possessing extraordinary constitutions, lived temperate lives. A bullet in the brain is usually instantly fatal, as is a puncture of the heart, and in none of these cases can it be said, that the exceptions prove the rule.

"No, Mr. Clerky! The man I marry must be big and strong. No weak men for me."



"Rejected! And all on account of my shape! Alcegon Clerky seeks a watery grave."



"What's this? Get strong for five cents." "Guess I'll look into it."



"Shades of Samson! This is what I have been looking for."



"Six months of this work ought to do something for a fellow."



"Dear Alcegon, I hardly knew you, you have grown so big and strong."



W. H. H.

HOW TO KEEP COOL.

BUT few are aware that the discomfort co-incident to extremely hot weather can be materially lessened by following certain rules in diet, exercise and bathing. A high temperature has very little effect on the body when the blood contains just the proper elements to sustain life and health under such conditions.

Moderation in diet is primarily and positively essential if excess in these heat-producing elements is to be avoided. Eat lightly of all greasy, highly-seasoned, "heavy" foods. Flesh foods of all kinds, with the exception of fish, young chicken or similar meats, should be indulged moderately. Endeavor to confine the diet mostly to fish, vegetables and fruits. Do not stimulate the appetite—try to curb it if anything. Drink all the liquid essential to quench thirst, but do not try to stimulate the desire by "swilling" large quantities of lemonade, soda water, etc.

By all means avoid alcoholic liquors in hot weather. An alcoholic imbiber always suffers greatly at this season, and nearly every case of sunstroke is made possible by the excessive use of these stimulants. Every drink of this character taken on a hot day simply adds that much more fuel to the "furnace" already overheated.

Breakfast on fruit entirely—if anything else is eaten it must be light. The mid-day lunch should also be light, and should consist mostly of vegetables and salads, with some simple dessert. Dinner may consist of soup, fish, chicken, vegetables, salads and dessert. Encourage the appetite for salads—they are especially desirable in a hot-weather diet. Do

not forget that quantity has much to do with your condition, so do not "stuff." The satisfaction gained from a few minutes of gormandizing hardly compensates for the unpleasantness resulting from an excess of hydro-carbons in the blood during hot weather.

Many have acquired the impression that exercise is not beneficial in hot weather. They say it heats the blood and aggravates the condition. True, it heats the blood for the time being, but remember that it eliminates the excess of fat, and, when the circulation becomes normal after exercise, the heat does not affect the body nearly so much as before. If you are in fairly vigorous condition, and desire to be thoroughly comfortable in the hottest kind of weather, spend at least half an hour per day at some vigorous exercise when you can be so clothed that profuse perspiration will not cause inconvenience or discomfort. Immediately after this exercise, if the weather is especially warm, take a hot bath, ending with cold. If, in addition to this exercise, the suggestions made in reference to diet are adopted, hot weather will have no "terrors" for you.

If you are weak, or if the energy necessary to exercising for half an hour on a hot day can not be aroused, then take a hot-air, or a vapor bath. Such a bath is about the best substitute for exercise that can be found. It burns the excess of carbonaceous matter, and throws off the impurities of the body, *but does not strengthen as does exercise.*

Let us emphasize, in conclusion, the enormous importance of light eating. The less you eat, and the more you exercise, the less discomfort you will suffer from hot weather.





FROM THE PAINTING "ABDUCTION OF HELEN."

—By Von Deusch.

THE STRENGTH AND SYMMETRY OF MAN COMPARED WITH ANIMALS.

By George Elliott Flint.

WHY is it that civilized man, the noblest of all animals, is the most unsymmetrical? And yet we all love symmetry of form; the old Greeks and Romans even worshiped it. In remote ages, sculptors and artists moulded and painted the nude forms of their gods and goddesses, heroes and heroines so skillfully, that the works of some of the old masters seem to us almost sublime in their perfection of outline. What man or woman in poetical ancient Greece would have worshiped a pot-bellied god or a scrawny-necked goddess? Is it not sad that many men in our modern times, whose fine brains and ripe judgment have commanded the respect and admiration of the world, have possessed bodies so disproportioned as to be grotesque? Luckily the numerous memorial statues which we erect at the present day represent our heroes properly dressed. Dress, like charity, covers a multitude of sins.

Wild beasts are seldom badly proportioned. The hunter safely perched on the back of an elephant cannot but admire the tense muscles and beautiful symmetry of the tiger as he creeps stealthily through the jungles of India. The African lion is magnificent in the majesty of his tawny strength; and the wild horses that roam the deserts of Arabia are models of grace and beauty.

The problem of exercising our domestic four-footed beasts is very easy. When a horse or a dog runs or jumps *all* the muscles contract powerfully and actively; and this equal energetic contraction of all the muscles develops well and evenly the whole animal. Almost all active quadrupeds, therefore, have a beautiful symmetry of

form. Make a horse or a dog run fast for fifteen minutes every day, and they will keep in good condition and retain their natural, graceful shape. But what exercise can a man take that will develop well and equally all his muscles? Walking, running and jumping, the natural exercises for the human animal, exercise energetically only the muscles of the lower limbs. The vast majority of men are non-athletic; and yet, most healthy men have well-developed legs, simply because they are obliged to use them more or less every day in attending to the ordinary duties of life. They must walk a little, even if it is only to a street car; they are often obliged to stand, and they must go up and down stairs several times a day. Recollect that all leg work is necessarily heavy work; for the legs are obliged to support the entire weight of the body. Walking upstairs is pretty severe exercise for the lower limbs. But the most important and best parts of a man's body, viz., the arms, shoulders, chest, back, loins and abdominal muscles are, ordinarily, hardly used at all: and the little work that they do is as light as possible. The inevitable result of light work for the muscles of the upper body and heavy work for the muscles of the lower body is loss of symmetry, especially toward and after middle life. Persons with bald and even ridiculous figures have become so common that they attract, in public places or on the street, no attention or comment whatever. It is easy to see why non-athletic men gradually lose their figures. Their abdominal muscles are never called upon to bear the strain that the leg muscles are subjected to daily; so, while the legs become strong and shapely, the first-named muscles

waste and become weak, and the cumbrous fat which has disappeared from the lower limbs is deposited around the abdominal walls; for, while powerful muscular contractions destroy and prevent the formation of fat, feeble contraction cannot keep away this health-destroying incubus. For the same reason—lack of hard work—the arm, chest, back and shoulder muscles become weak, flabby and infiltrated with fat.

Modern physical culturists seek to correct this tendency of man to inequality of development, by recommending light exercises for the arms and upper body; but they seem to forget that the legs do heavy work—a little thought will convince any one that the legs never perform light exercises—and that, it being natural and physiological for the leg muscles to do heavy work, it cannot be unnatural for the muscles of the arms and chest to do likewise. The writer entirely believes in exercises that give flexibility and elasticity to the muscles, but he does not believe in the wisdom of recommending light exercises exclusively for the muscles above the waist. A man should not only be equally developed all over, but the muscles of his arms and body should be as strong in proportion to their size as the muscles of his legs, and this condition cannot be attained unless he does *regularly* a certain amount of heavy, hard work with the arms and body. The muscles can be kept supple at the same time, by performing some quick, active exercises in conjunction with the heavier work.

Business men, doctors, lawyers, teachers, salesmen, clerks, overseers, car conductors, detectives and policemen are not obliged by the exigencies of any of these callings to do regular hard work with the muscles of the upper body, and, it being a natural instinct of all animals, man included, not to do that which they are not obliged to do; is it any wonder that an evenly developed, symmetrical man is the exception rather than the rule? These "exceptions" are largely recruited from the ranks of men who are obliged by their vocations to do hard work with the arms as well as with the legs; such as gymnasts, wrestlers, weight lifters, oarsmen, blacksmiths, porters, furniture movers, truckmen and the like.

The conclusion which we reach then is,

that animals—especially wild animals—as a rule, are symmetrical; while man, as a rule, is unsymmetrical. The reason, briefly stated, is, that *all* the muscles in the bodies and limbs of most animals are subjected daily to almost equal strain; they, therefore, develop evenly, and fat is not deposited more in one place than in another. But in man the leg muscles *only* are subjected to *heavy* strain; so, naturally, the legs become strong and sinewy, while the muscles above the waist become puny, soft and fat; the fat accumulating particularly about the waist.

To refer again to the natural laziness of animals, it has often occurred to me that many wild beasts would not exercise enough to keep in good health were it not that, driven by the pangs of hunger, they are frequently obliged to forage for food. But domestic animals are not forced to work for their food; it is given to them. It is natural for a puppy to run about and play, but a full-grown dog will merely sit around and look at you in a dignified way—when he isn't asleep. A dog must be taken out and made to run, or he will get fat, lazy and out of condition. Country dogs are generally fat and good-for-nothing; for, contrary to popular belief, they run about very little.

The gorilla, the type of animal most nearly resembling man, unlike man uses his arms as fully as his legs; he walks on all fours, or climbs from one tree into another by seizing a branch with one of his powerful arms, and pulling up his heavy body. This animal has great strength, and can easily lift a man from the ground with one hand.

The lion often kills its prey with a single stroke of its paw. It can pull down an ox, or pick up a man in its mouth and trot off with him, just as a cat runs away with a kitten.

An eagle can rise from the ground with a lamb in its talons by beating the air with its great wings.

Even the little ants can lift and carry objects many times their own weight.

But how does the strength of *trained* men compare to the strength of animals? By trained men I do not mean professional runners, jumpers, bicycle riders or even boxers; I mean athletes who have become strong all over by doing heavy,

hard work with all their muscles; men whose arms are as strong as legs, and whose chest development reminds one of the famous old Grecian statues.

In "Quo Vadis" we are told how a gigantic man named Ursus seizes an enormous bull by the horns and slowly twists its neck until he breaks it. The story is manifestly absurd, for the neck of a bull is tremendously thick, and it is the strongest part of this strong animal; and no man, unless he were about fifteen feet high and built proportionately, could overcome a bull in a trial of mere brute force. It might be possible, however, for a very strong man who was also very clever to throw a bull. To do this the athlete would first have to seize him by the horns; then a sudden twist might possibly throw the top-heavy brute off its balance.

I remember reading in a newspaper a few years ago about a professional strong man's attempt to throw a bull. He failed; but gave as an excuse that the bull was of the short-horned variety.

In his "Æneid," Virgil describes very graphically a boxing match between Dares and Eutellus. Those heroes fought with the cestus, which was a kind of gauntlet consisting of heavy leathern thongs loaded with lead or iron. These were wound round the hands and forearms of the ancient pugilists to give weight to their blows. Eutellus, though an old man, won the fight; thanks to his great strength. Dares spitting blood and teeth, was carried off the field. A palm, the symbol of victory, and a bull were presented to Eutellus by the referee of the contest. Then we are told that Eutellus led the bull into the middle of the arena, and dashed his hand, heavy with the cestus, between the animal's horns; delivering the blow with such force that it broke the frontal bone and killed the poor beast instantly.

Men have successfully pitted their strength against horses. One "strong man" boasted his ability to hold any team of horses in the world, while standing. He performed the feat thus: he would stand between the two horses, and make each pull in opposite directions; in this way each horse aided him in holding the

other. He tried all kinds of horses; but, I believe, he always made good his boast. The plow horses, he said, were the hardest for him to manage.

Another "strong man," whom I knew, had a ladder fixed flat on the ground; then he would lie on this, face downward, with his arms extended straight above his head, and his hands grasping the upper round; his feet were braced firmly against one of the lower rounds. Heavy straps with hooks on the ends, were then placed over his shoulders. When so fixed, a team of horses attached to the hooks could not pull him off the ladder. Of course, when the strain came, he would hold his arms and legs perfectly stiff and rigid, so as to throw the strain as much as possible on the bones. I afterward heard that this athlete grew too ambitious and came to grief. He boasted that he could hold the ladder against a yoke of oxen, and one day he made the trial; but the oxen's great weight was too much for him to bear; they pulled him off the ladder, and in some way injured permanently the bicep muscles of his arms.

Some years ago a "strong man" traveling through the country created quite a sensation by breaking rocks with his fist. But, strictly speaking, he did not break them with his fist. He would hold a stone a little above another stone; then he would hit the upper one hard with his right fist, which was bandaged, and break it really by knocking it against the lower one.

When one compares the strength of man with the strength of animals, it is important to remember that bulk is by no means a criterion of strength. Quality of muscle is much more essential than quantity; and men with a large amount of nervous energy can often perform feats of strength that are far beyond the powers of larger and apparently stronger men; because the former are able to stimulate their muscles much more powerfully. The muscles of man are stronger, in proportion to their size, than the muscles of animals; chiefly because man has greater nerve force, and his superior intelligence enables him to develop his nervous and muscular energy to the highest possible degree.

TIPPLING.

By W. J. Cromie, Physical Director.



YOUNG man taking his first few drinks, when approached regarding it will often say, "Look at Mr. So and So. He is eighty years of age and has used liquor all his life. If liquor is good enough for him it is good enough for me. If I live to be eighty years of age I shall be satisfied." My friend, how do you know you have as strong a constitution as this man! How much stronger would he be, and how much longer might he live, had he never indulged in alcohol and tobacco? Beside when a man makes a habit of using a poison he is not living in the true sense of the word. Do you call it living to rise from your couch in the morning with an aching head, a foul stomach, unsteady nerves, and depression of spirits? I call it dragging out a miserable existence. If one could see the stomach, liver and other internal organs, before and after using liquor, and note the changed conditions, no other warning would be needed.

An athlete training for an event knows that if alcohol is used he cannot make his muscles hard and vigorous, and therefore abstains from it in every form. It is true that some athletes, distinguished for great bodily power, are users of alcohol and tobacco when out of training. But these men usually become diseased, and die young. When an athlete is training for any great event, he generally has a trainer that takes note of everything he eats. The trainer usually accompanies him everywhere he goes and he is not allowed to use liquor in any form. Observe how useless our noted ball players become when they acquire the alcohol habit. The same might be said of prize fighters, wrestlers, football players, soldiers, anybody that depends on the muscle and vitality of the body.

It is often thought that wine and other spirits give strength and help one to endure hardships, but such is not the case. It stimulates like the whip stimulates a horse. Some horses will run

until they drop dead from exhaustion if the whip is applied.

Read what some noted men say regarding alcoholic poison. Willard Parker, M. D., says, "Alcohol is poison. It is so regarded by the best writers and teachers on toxicology. Like arsenic, corrosive sublimate, and prussic acid, when introduced into the system it is capable of destroying life without acting mechanically, and it induces a general disease as well marked as fever, smallpox, or lead-poison." The disease of the drinker is well marked. The symptoms can readily be seen, and should be a warning to others. Who but a drunk would lie down in the mud and filth and act like a hog? He carries the red flag of warning on his nose, in his general appearance. "Alcohol is not only a poison, with special affinity for the brain, but it is a poison with a fish-hook garb—it cannot be pulled out without tearing the flesh."—Joseph Cook. Says, Sir Wm. Gull, M. D., "A very large number of people in society are dying day by day, poisoned by alcoholic drinks without knowing it, without being supposed to be poisoned by them. I hardly know any more powerful source of disease than alcoholic drinks. I do not think it is known, but I know alcohol to be a most destructive poison. I say from my experience, that it is the most destructive agent that we are aware of in this country."

Many persons think they can take a little and leave it alone, being moderate they call it, but it is not so. All drunkards were at one time moderate. Says, B. W. Richardson, M. D., F. R. S., "A man may be considered by his friends and neighbors, as well as by himself, to be a sober and a temperate man; he may say quite truthfully that he was never tipsy in the whole course of his life; and yet it is quite possible that such a man may die of disease caused by the alcohol he has taken, and by no other cause whatever. This is one of the most dreadful evils of alcohol, that it kills insidiously, as if it were doing no harm, or as if it

were doing good, while it is destroying life."

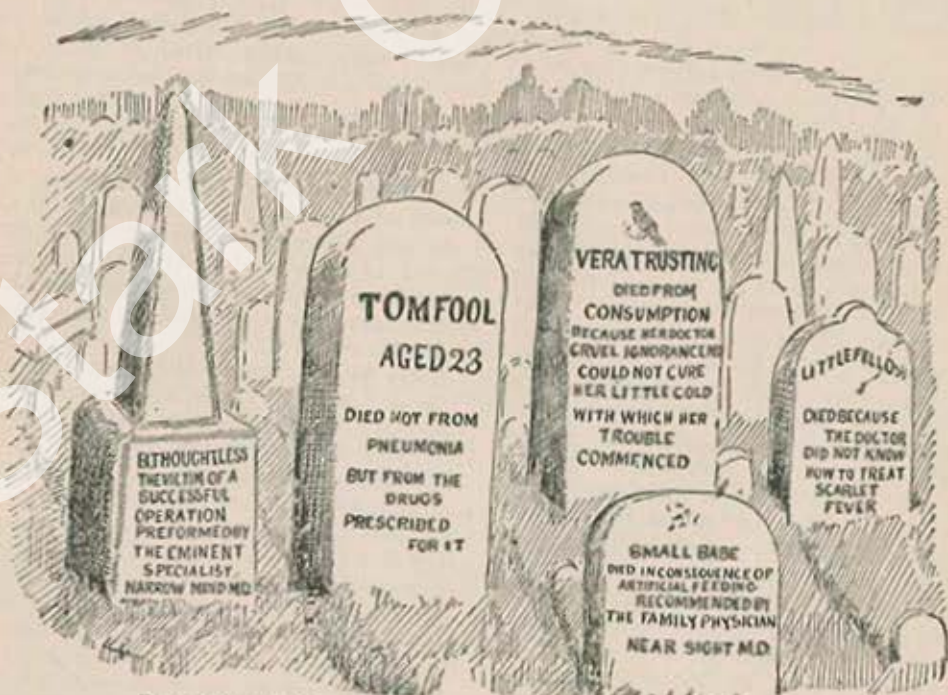
Again a person drinks because he likes it, and the feeling it produces. He may say and really believe that he is doing nobody an injury but himself. What a terrible mistake he is making. He likely does not know that the most saddening and serious of the many evils inflicted by alcohol on the drinker, is the hereditary transmission of disease brought about by drinking. The drink curse is also inherited. Physicians claim that a large proportion of mental and brain afflictions can be traced to the drunkenness of parents. The drinker blunts all his finer feelings, clouds his intellect, is a bad example for others who are weak. He disgraces his wife, children, father, mother, sisters, brothers, and himself.

In the Bible there are about a hundred and thirty warnings against intoxicating drink. True, the Lord made wine at Cana of Galilee, but the wine He made

was unfermented. It was good wine, whereas all intoxicating wines are bad. Look at the hideous, bloated body of a drunkard and then say Christ made fermented wine. Some one has said that alcohol is the Devil in solution.

It corrupts a person's morals. Do away with liquor and the houses of ill fame in our city centres will greatly decrease in number. The city of the future will not tolerate the saloon and the den of prostitution, any more than it will endure pig pens, filth, etc., etc.

We read, hear, and see so much of liquor, that we pay little or no attention to it, but it is paying havoc with the manhood and womanhood of our fair land. Let us then with a united effort cry down every form of intemperance and immorality and educate the succeeding generation to do likewise, and the time will come when this curse, which is undermining our national life will be eradicated.



FROM "NATURE VERSUS DRUGS," BY AUG. F. REINHOLD, PH. D., M. D.

BOXING WITH THE FEET.

By Henry G. Williams.

IN Paris there are numerous academies where the science is taught. The art is known as "Savate," which literally means old shoe. A century or two ago a ball or dance held by the lower classes usually wound up in a row. The same state of affairs exists to-day, but, unlike the present custom of throw-

humiliated by the fact that her escort failed to kick the life out of her traducer. Naturally, there were some who excelled in the art to such an extent that they became instructors, and, later on, professors.

To-day there are scores upon scores of these professors in Paris, and several of them in this city. The young American regards a kick in a fight as the rankest kind of foul play, but a Frenchman argues on the theory that when a man is attacked he should be qualified to use each and all of the weapons given them by nature without any show of partiality. The average Frenchman acquires a knowl-



PARRYING.

ing beer glasses, empty beer kegs, or using blackjacks, knives and revolvers, the French brawlers made use of their wooden shoes. A hearty kick delivered in the right place by a strong man booted with one of these wooden shoes did tremendous damage.

The efficacy of this kind of warfare was speedily discerned, and it became part of the young Frenchman's education to use his feet well. No self-respecting young lady would think of attending a dance with a young man who could not put up a good fight with his feet; otherwise, she might be insulted and further



HIGH BODY KICK.

edge of the savate for the single purpose of defending himself against attack by street ruffians. He does not expect to make use of it on his friends or acquaintances, as that would be vulgar. The duello code covers that contingency.

There are six times as many blows in the French style as there are in the accepted form of fighting. Many unique



FACE KICK PARRIED.

combinations are made with the feet and hands, and for rough-and-tumble fighting it affords a system which is not to be beaten easily. A clever man at the savate can disable an adversary in short order. His leg can be broken, his neck dislocated, or his face smashed in at the will of the man of science.

The primary rule in learning savate and one of the most difficult to remember in the heat of combat, is that the weight of the body must always rest on the foot furthest away from the opponent. The foot in front must be entirely free of all weight or other hindrance, so that it can wave about in all directions like a flag in a gale of wind.

This rule is necessary for both offense and defensive reasons. If the front foot is hampered by weight it cannot deliver a speedy kick. Moreover, as soon as the man you are fighting with sees that you are resting your weight on your forward foot he kicks it from under you, and your countenance collides with the floor. This is necessarily sad. As the rapidity of the contest keeps the two men dancing about some times with one foot in front, and just as often with the other foot forward, it behooves the fighter to do a lot of thinking to always sustain his weight on the rear foot. When a beginner has thoroughly learned this rule half of the art has been acquired.

The first kick to learn is the cow kick. This is simply a rap on the shin of your opponent as near to the knee as possible. Cleverly administered by a man of science, it will dislocate the joint and end the fight then and there. More often it simply lames the leg. It is called the coup de savate, and is made with the toe aiming downward and outward. The parry for this kick is to raise the forward foot and bring it back to the knee of the rear foot. Another way is to counter the kick by springing forward and getting inside the extended leg, and at the same time smash your opponent on the point of the jaw. Still another way is to spring back and endeavour to catch the extended foot with the hand, and then turn the luckless one upside down, so that his head will smash into the floor.

The coup de flanc is the next kick, and it is quite a fancy one. This kick should be so delivered that the heel will land on the human target, instead of the toe. This is either a high or low kick, the point of attack being the face, chest or side. It is a dangerous kick for a beginner to attempt, for in the event of a miscarriage it gives the other a splendid chance to end the combat. The kick is made by suddenly drawing up the knee of the fighting foot, and then shooting it out in a half-swing. The parry for the chest kick is to bring down both hands on the extended foot, and endeavor to throw





BACKWARD FACE KICK.

the kicker down. When the kick is aimed at the face the parry is the reverse. The body is drawn back, an effort is made with the hands to throw up the foot, so that the kicker will fall on the back of

his head. For the side kick the parry is to throw the extended foot either to the left or the right with the arms.

The cross kick is capable of doing a lot of injury. The kicker makes a full half-swing, usually with his left foot, and lands the heel of his shoe on the side of his opponent. The parry is to draw in the body and bring down both hands on the foot. Of course, a good grip on the kicker's foot means that he is in for a nasty tumble. There is a kick for the top of the head, a backward side-face kick, belt kick, a high body kick, the front side-face kick and numerous others, all elaborations of the three principal kicks—that is the one for the shins, the one for the body and the other for the head.

The professors of the art practice all day long kicking at imaginary things. Their accuracy is remarkable. With a side kick as high as the head, they can knock the ashes off a cigar without injuring the fire. They never seem to lose their equilibrium, and always land with the weight on the rear foot, with the front foot swinging and ready for immediate action.—*The American.*



"AFTERNOON IN POMPEII," BY J. COONAN.

EDITORIAL DEPARTMENT.

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

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

WHO is responsible for the physical condition of man and woman in this age! Who supplies the knowledge that guides the lives of human beings from the cradle to the grave?

Medical Science.

The authorities of this science dictate as to what the public should know of physiology, hygiene, sanitation and ventilation.

Medical Science.

They compose the members of all our health boards throughout the country. They dictate the policy that should be pursued in all matters relating to the health of the public.

They are the responsible parties.

The writer was reading some time ago an article on, "What Medical Science Has Done."

Medical science is wonderful more for what it has not done, rather than what it has done. It has the power to accomplish wonders.

Its representatives have the power to stop mothers from deforming and degrading the bodies of our growing girls with corsets almost before they enter their teens.

WHY DON'T THEY ACT?

They have the power to insist that our boys and girls be warned of sexual evils that are at the present time causing more physical deterioration, more immorality

and more crime, than all the combined evils of this civilized age.

WHY DON'T THEY ACT?

They have the power to make strong and healthy every child that enters a school suffering from inherited weakness.

WHY DON'T THEY ACT?

They have the power to place physical culture in its proper place—the power to make every boy grow into a superb manly man, every girl into a handsome, queenly woman.

WHY DON'T THEY ACT?

With all possible emphasis we cry out for justice to our growing boys and girls. Give them the necessary opportunities, and noble men and women will be the result.

We may at times be severe with the representatives of medical science, but we want them to see plainly their duty—**WE WANT THEM TO ACT.** We want them to cry out from the house tops the facts that boys and girls must know in order to grow into grand men and women.

Are they waiting for fees before acting?

Let us state right here that the physician who acts—the physicians who start this reform will be rewarded not only by an increase in their fees, but by seeing the bright eyes, ruddy smiling faces of beautiful boys and girls, pure in hearts, in thoughts and in bodies.

Financial wealth cannot be taken beyond the grave, and the satisfaction of knowing that men and women are better

because of your influence, is worth more than all the riches in the Universe.

Although we have scored physicians if they will only act in this great cause, we will be their friends forever.

Because we are fighting the drug curse, many have somehow acquired the impression that we are enemies to all physicians. There was never a greater mistake. Some of the grandest characters that ornament this civilized age are physicians. There are black sheep in every flock, and this profession unquestionably has its share.

Unfortunately, many who would gladly put aside all drugs find it impossible in dealing with the average patient. The incantation of a sugared pill, or some harmless liquid is necessary for its effect upon their imagination.

Said a physician to the writer one day: "Why, do you know, if I didn't give my patients some sort of a prescription, didn't prescribe a drug of some kind, they would consider me a crank and patronize another physician when ill."

There is a world of truth in the above, and when they have such bigotry to deal with, they cannot be blamed for deluding their patients.

You can have no mental freedom without physical freedom. Women are not

so broad-minded as men, and though it is usually attributed to the fact that they do not come in contact with all the various conditions of life as do men, in reality, it is due to their physical slavery—to the restriction of their movements by corsets, skirts, tights, high-heeled shoes, etc. One can easily tell the character of man's brain by the shoes he wears, provided, of course, his finances allow a free choice.

When the feet are pinched, the intellect is pinched, narrowed to a similar degree.

Notice the mincing step of one whose feet are incased in tight shoes. Such an individual would not have any opinions, and if he had, would be afraid to express them. But select a person who allows

his feet plenty of room, who walks with a strong firm tread, and there you will find character, for freedom always goes with character. It is necessarily a part of character.

Don't pinch your feet. When you go in the open air, you must be free, and you cannot feel free unless you are free in reality.

Many a case of the blues has been induced by tight shoes.

There is no joy, no inspiration in walking if shoes interfere in the slightest degree with a free movement of the legs.

Why will men persist in polluting lips and lungs and in benumbing the finer delicacy of their nervous system by smoking? Nothing indicates so strongly the deleterious effects of

smoking as the condition produced when first used. One can always depend on the normal human body to distinctly indicate when any influence is prejudicial to its highest development.

Many really serious ills have been traced directly to the habit of smoking. No athlete ever continues the habit while training for a contest, no matter how much he may have been addicted to it previously. His intelligence may not be of a superior quality, but he knows that in order to reach the highest attainable degree of physical health, smoking must be absolutely avoided.

If it is injurious to the athlete under these conditions, it would be far more injurious under ordinary conditions, for they do not tend to overcome weakening influences, as does the training followed by an athlete.

Everyone knows that the habit of smoking when indulged before maturity stunts the growth, and it is just as capable of injury after maturity, only it is not so apparent. It can injure nerves and muscles to a similar extent. Anyway, it is a filthy habit. The outer membrane of the lips, which is filled with thousands of delicate nerves, from direct contact with this strong poison, becomes so benumbed as to be incapable of feeling.

Suppose all our girls should adopt the habit of smoking. "How disgusting,"

As to Physicians.

Smoking.

Tight Shoes.

would be the comment of the average smoker. And yet, why not! If men have the right to bring tainted, poisoned, nerve-benumbed lips to their sweethearts and wives, why should the young woman not have a similar privilege. It would be less disgusting to the women under these circumstances.

But the one fact that smoking lessens and sometimes entirely destroys the virile

powers of manhood, should be sufficient to make any man absolutely avoid the habit. In the same proportions that it dulls the sensitiveness of the nerves, to a similar degree does it lessen these greatly valued powers.

If you desire to acquire and retain the superb powers of manhood in all their delicacy, strength and completeness, smoking must not be indulged.

How we saved one of the victims of prudishness—Mine is a story as base as there is on earth. Until the age of ten I lived on a farm. We moved to the city and at twelve I was one of the smartest boys in school. When thirteen and fourteen I surprised everybody by my strength in wrestling and could run faster than any of the boys. Then along came a human devil and showed me the vilest habit on earth, self abuse. I was innocent and did not know its effect. At the age of fifteen those who knew me before would not have recognized me. I grew pale, thin and weak. I had no endurance—lost confidence in myself and others. When we had company they would comment on how pale and sick I looked. Poor fools, they said the cause was life in the city. I had a lost manhood specialist

treat me, and found he was a fakir. I then tried over twenty different medicines. I went through more than a man of fifty. My mother saw me when bathing and said I was all bent up, and attributed it to my growing so sudden. While talking to a friend he pulled some gray hairs out of my head. At seventeen I gave myself up for lost. One night while at a friend's house and saw a little book with the words "Weakness and Crime" printed thereon. I grabbed for this book like a drowning man at a straw. I got all the advice I could and started a home gymnasium. I have been hard at work now for three months. My improvement has been wonderful. I'm going to train all my life. I don't ever intend to smoke, drink or chew. Your magazine has saved me—saved my life.—J. B. R., Milwaukee, Wis.

Doctor.—"Well, I consider the medical profession very badly treated. See how few monuments there are to famous doctors or surgeons."

The Patient.—"Oh, doctor, look at our cemetery."—*Tid-Bits.*



SOME NATIVE WRESTLERS OF INDIA.

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