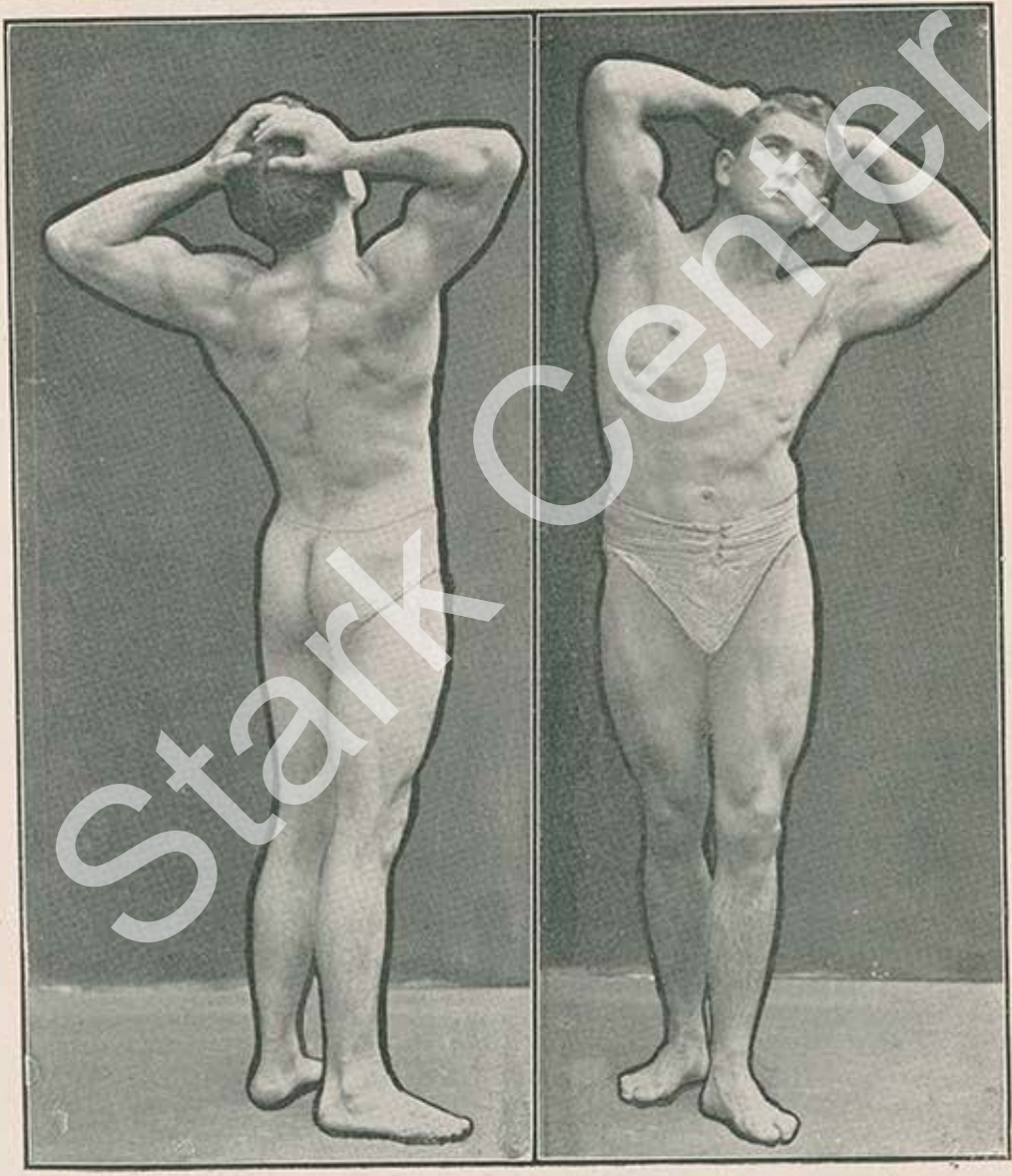


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PHYSICAL CULTURE

Vol. IV.

NOVEMBER, 1900.

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OLD CUSTOM.

SOMETHING ABOUT FALSE MODESTY.

By J. D. Jones, Jr.



AN able editorial entitled "The Ease with which We Marry," occupying an entire page, appeared in the April number of a woman's magazine. In substance was said:

"In cherishing our pet theory that no impediment to marriage should be erected, we have carried a good thing too far. The looseness with which the marriage relationship may be established is amazing. In some States it is even possible to constitute a legal marriage by having the couple introduced as man and wife in the presence of a third person."

This editor favors divorce. Is it merciful or just that inexperienced girls, who have been led into what they think a fairy palace, should be denied escape, when they learn it is a suburb of the infernal regions. He believes in closing the entrance rather than the exit. "Rectifying the divorce laws is grappling with the question at the wrong end." He pleads for a restoration of publicly posting an announcement of intentions of marrying. Were it compulsory that a month's publication be made before a marriage would be legal, he claims that all elopements would cease, and girls safeguarded against impulsive and hasty marriages.

In European countries where notice must be given and a religious and a civil marriage performed, he says it is significant that divorce is hardly known. But, I wot, this is hardly a parallel comparison. The Church there holds sway over the domestic affairs of the people, as is not done here. Divorce was unknown in France twenty years ago. Still she would not have been chosen as a model, and her marriage laws were very strict at that.

It is a disputed question as to what may be accomplished by legislation in this matter. While commending child-training, Mr. Bok passes over it in a few words and intimates that without rigid laws, child-training will be fruitless.

The social question is vital and deals with a monstrous evil, but is it wise to work for immediate results rather than future and permanent good? There are many whose sons and daughters are married, who will not be concerned now. Others there are whose children, in a few years, will be ready for marriage, and these will work for immediate results. But to the young parents and those to come we can expect the most of, and to these is the following addressed:

Let the young fathers be interested in this subject and not ignore it, thereby letting their wives resort to that foolish modesty under which their good mothers raised them. This foolishness and laxity of young people, which results in "sentimental elopements," is the natural result of the ignorance "instilled" into the child concerning sex. There have been some good essays in "Physical Culture" regarding the Nude and Sex, but maybe you only felt a flush of interest in them, not expecting such habits to be established in your days. And, no, you never will see them among your own generation, or the boys and girls just following. But if you, individually, determine to avoid the agonies and curses described in the aforesaid article, blighting your children's lives, you can do so, gaining much peace of mind for your older years.

Act independently of your neighbor. Begin with your own babies, and let the boys and girls grow up in the fully unadorned, naked, presence of each other. Not only for three or four years, but till puberty, at least. How absurd it is to see a mother curtain the baby-girl with a towel as the five-year-old brother bursts into the room, or refusing admittance to the ten-year-old brother. Just think of the seeds then and there sown in those fertile young minds. See what a wall is built between Nature's two masterpieces, forbidding the vision of each resting upon the other. And to what purpose?

Young parents, you have not forgotten

the five to ten years of disquiet, misery or mortification that was your lot, caused chiefly by the remarks of equally ignorant comrades or suggested by the many sights and incidents which crowded your lives—mysteries which hypnotized you until you were powerless to concentrate your thoughts upon your studies. The only relief to be found was in constructing air castles and hatching ideas, living in and with them until marriage brought that sad awakening, which was almost disheartening.

How we would like our children to avoid all this, not having their lesson-hours obtruded upon by goblins or fairies. It is within your power, young father, young mother—will you but make the endeavor? Give Nature an open chance. Remove those barriers to body and mind. Let them know the truth. They will surely find out these things. It is better that they be taught the truth by the parents whom they trust and confide in than that they pick it up elsewhere clothed in mystery and sensationalism. If they are daily accustomed to see each other, rest assured that in later years they will not be transfixed with emotion at a mere word or motion, neither will the best days of their lives be devoured by a passionate ogre.

EDITOR PHYSICAL CULTURE: Magazine comes regularly, and the books ordered have been received. When I commenced reading PHYSICAL CULTURE I was in a bad way with consumption. I commenced taking regular exercise with dumb-bells, the cold water baths morning and evening, and I left my windows open. My family laughed at me, but I kept at it. After three weeks' trial I can say that I have never felt so well in my life. It is what I have been looking for. I intend to try the two-meal-a-day plan and I am going to join a gymnasium. H. A. SMITH, Ontario, Can.

EDITOR PHYSICAL CULTURE: Some time ago I subscribed to PHYSICAL CULTURE and have pretty thoroughly read the

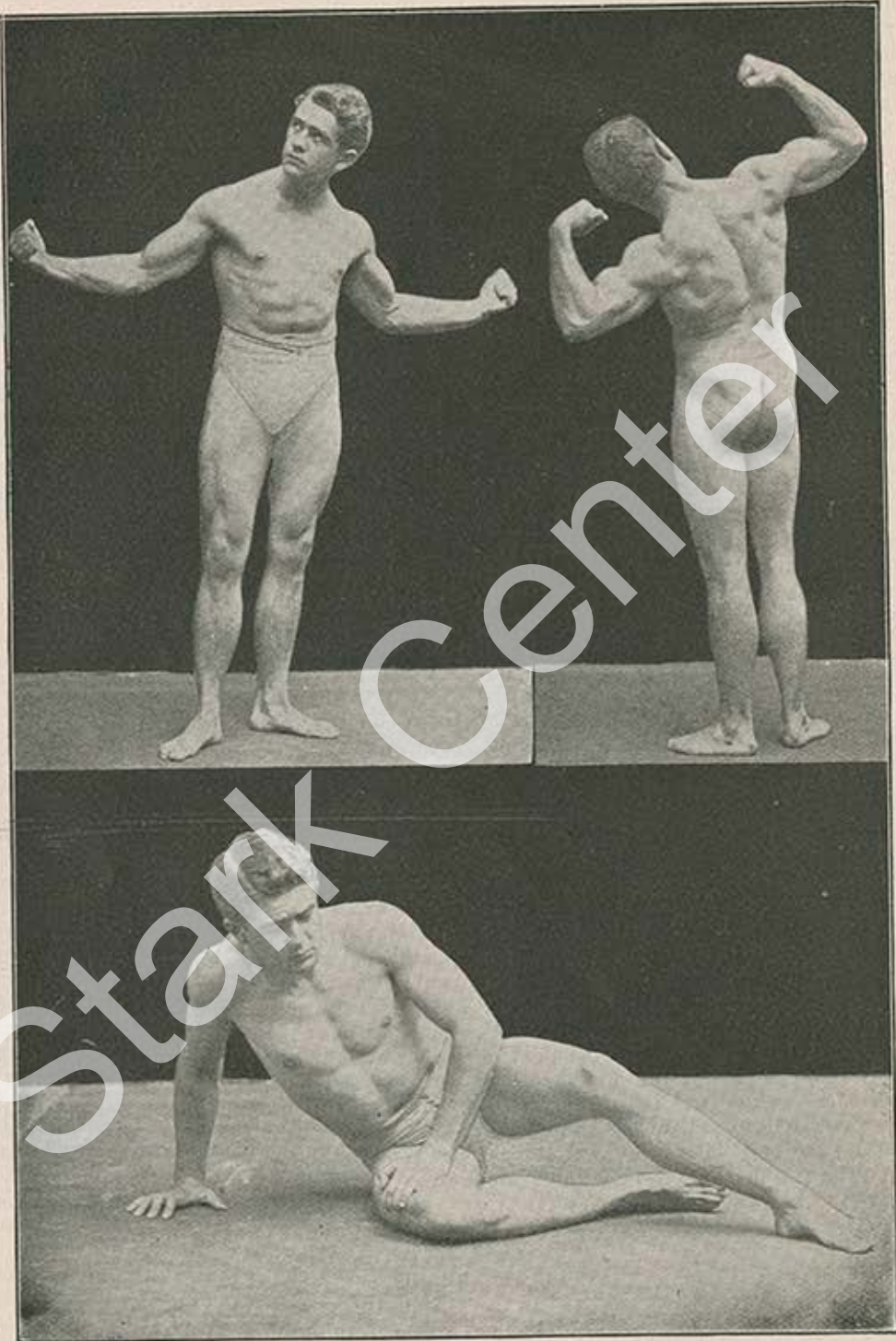
Look about you and observe the parents of your intimate school-chums. Are their days peaceful or miserable? What do you remember of those sons and daughters?—of their thoughts and sayings? For centuries these habits and this false modesty have held sway with the result that, to use Editor Bok's words, "Every once in a while we have perfect hemorrhages of righteous indignation upon the subject of divorce"—and marriage. The present social evil is Nature's rebellion against the perverting of her designs. "The laws of Nature proclaim themselves and are their own avengers."

The following out of this plan will not necessitate any action upon your part; in fact, it will liberate you from considerable. Think of all the efforts unsuccessfully made to keep you in ignorance of the truth. The only effort required of you will be of overcoming prejudice. After the children are several years old, a few of those hours given to theories of religion and politics will do the children immeasurable good if spent in acquainting them with natural facts.

'Tis the let-a-lone principle—undue attention directed to the differentiating organs, either by efforts to hide them or otherwise—that is a bid for evil.

articles contained therein. Of course, some articles are not entirely in accord with my own ideas. Most truly every human being must be a law unto himself, always remembering that we live under the same general natural laws, and that they must be the fundamental basis upon which all is accomplished in the organic or inorganic field of research; those things which are called exceptions being but the operation of some unknown law or laws, or some unknown effect of the action of some known law or laws.

Keep up your good work. I firmly believe that the conditions of living under the existing state of civilization, especially in the more closely populated districts, demand the most careful attention to the laws governing physical life, and the only way to reach that end is to educate, educate, educate! GEO. S. CULLEN.



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THE ICE HABIT.

By John R. Stevenson.



ONE of the most demoralizing elements in the unhygienic, dyspepsia-producing, hodge-podge dietary of the inhabitants of American cities, is ice.

A few weeks ago, here in New York, ignorant and sensational writers, who usually make such arrant nonsense of every article on a pseudo-scientific or philosophical nature that creeps in among the murders, scandals and elopements of daily journalism, were howling like mad derishes because there was an ice trust that threatened to put up the price of the glittering chunks until the luxury of ice water would be prohibited to the poor. We do not favor trusts. We are too thoroughly American, too generously humanitarian, for that. But blessings sometimes come in disguise; and, if the ice trust had prevented some tens of thousands from chilling their stomachs with frigid beverages during the heated term, its promoters would really have deserved thanks.

The ice industry, fostered by the feverish, unhealthy thirst of the hyper-nervous inhabitants of American cities, has assumed astounding proportions. From our frozen rivers and lakes in winter is garnered a yearly harvest that, in commercial value, surpasses the yearly production of gold in the country. That this immense harvest, together with hundreds of thousands of tons of artificial ice, annually finds ready sale, is sufficient to fill the mind of the reasoning and observing citizen with alarm.

As far back as 1887, before the ice habit had assumed anything like its present menacing proportions, Dr. William Hamilton, a conscientious student of man and his ills, pointed out the danger in an article published in *The North American Review*. The warning, however, was unheeded, and the truths he told have been forgotten; and a majority of the people who dwell in the cities of the Union are to-day slaves of the ice habit—an absolutely unnatural, unhygienic practice.

They not only drink at all times water, decoctions and liquors chilled to a degree that they paralyze the nerves of tongue and palate, but they must needs elaborate dinner menus with a variety of frozen dishes, creams, puddings, etc.

Go into any restaurant you please, or sit down at any family table in Greater New York, and observe the prominent place ice plays in the dietary of the place. Usually the first thing to be done by the diner is to take a copious draught of ice-water. This deadens the nerves and congests the muscles of the tongue and pharynx to such an extent that the sense of taste is all but annihilated for the time being. The temperature of the stomach is reduced to an unnatural degree, and the accompanying congestion drives the blood away from the organs Nature intended should be abundantly supplied.

After this preliminary, in which the man or woman has done the worst thing that could have been done under the circumstances, a hearty meal is eaten. It is not enjoyed as it should be enjoyed, for the sense of taste is so deadened that only the grosser pleasures of eating are experienced. Then comes a course of ices, frozen cream or pudding, and the diner gets up from the table in a condition that, if he but stopped to think a minute, would alarm him. The temperature of the stomach has been reduced to such an extent that it is impossible for digestion to commence until the body re-establishes an even temperature.

Within the past year the daily papers have contained a number of reports of people dying suddenly after eating heartily. The doctors diagnose "heart disease," but it is safe to assume that, in nine cases out of ten, it was ice!

We have heard much about the solar plexus of late years. It is a portion of the anatomy that was unknown to the layman until such scientific gentlemen as Messrs. Fitzsimmons, Corbett and others demonstrated its existence, and the marvelous influence it exerts over the nerves

and heart. A system of nerves center in that strangely named part of the anatomy which controls the viscera and have potent and mysterious influence upon the heart. We all know the distressing effect of a blow delivered upon this vulnerable spot.

On a hot day a copious draught of ice-water acts directly upon this center, producing an unmistakable shock, which is accompanied by lowered temperature, weakened pulse, pallor and a tremulous weakness in all the muscles. The misguided individual who has sustained this shock, usually attributes it to the heat. Entirely wrong. It is due to ice! which has administered an internal solar plexus blow!

A prominent man died last summer after a hearty meal. He sat down to the table apparently in his customary health. He drank his ice-water, loaded his stomach with food, indulged in the usual ice cream, declared that he had never enjoyed a meal better, and in half an hour was dead. The post-mortem revealed a congested condition of the brain, showing that some powerful shock had been sustained by the nervous system; but the stomach was apparently normal, except its load of food. It was a case of heart disease for the doctors, but the chances are

a hundred to one that if he had been less of a slave to the ice habit he would be still alive.

Nature never intended man to take anything into his stomach that was so near the freezing point as ice-water. The temperature of the earth was that evidently intended for our drink. A dog, who has instinct only and few luxurious vices, would not drink ice-water if he could get that near the earth's temperature. Why should a man?

We will answer. It is an evidence of nervous degeneracy. There are not wanted examples to prove this degeneracy in other habits of the human animal. But the ice habit is most universal, and most menacing. During the summer it is ice at the bar, ice at the drug store, ice at the table, everywhere ice, and always eager men and women ready to pour the frigid decoctions into their stomachs. Is it any wonder that there are so many thousands of dyspeptics, so many with grievous stomach troubles?

Humanity for several ages has been straining at moral gnats and swallowing unhygienic camels, and one of the biggest of these gorged by our race in modern times is guileless, innocent (?) ice-water!

"For some years a decided inclination has been apparent all over the country to give up the use of whisky and other strong alcohols, using as a substitute beer and other compounds. This is evidently founded on the idea that beer is not harmful, and contains a large amount of nutriment; also that bitters may have some medicinal quality which will neutralize the alcohol it conceals.

"These theories are without confirmation in the observation of physicians. The use of beer is found to produce a species of degeneration of all the organs; profound and deceptive fatty deposits, diminished circulation, conditions of congestion, and perversion of functional activities, local inflammations of both the liver and kidneys, are constantly present.

"Intellectually, a stupor, amounting almost to a paralysis, arrests the reason, changing all the higher faculties into a

mere animalism, sensual, selfish, sluggish, varied only with paroxysms of anger that are senseless and brutal.

"In appearance the beer drinker may be the picture of health, but in reality he is most incapable of resisting disease. A slight injury, a severe cold, or a shock to the body or mind will commonly provoke acute disease, ending fatally. Compared with inebriates who use different kinds of alcohol, he is more incurable and more generally diseased. The constant use of beer every day gives the system no recuperation, but steadily lowers the vital forces. It is our observation that beer drinking in this country produces the very lowest kind of inebriety, closely allied to criminal insanity. The most dangerous ruffians in our large cities are beer drinkers. Recourse to beer as a substitute for other forms of alcohol merely increases the danger and fatality."—*Scientific American*.



ALL ABOUT SUN AND AIR BATHS.

THEIR POTENT INFLUENCE TOWARD THE PREVENTION AND CURE OF DISEASE.

By Charles E. Page, M.D.



ALL who have the health question deeply at heart and are working for the promotion of human health, happiness and long life, will naturally hail with satisfaction every effort on the part of magazine and newspaper writers and publishers to propagate sound ideas concerning the laws of life, or the health-laws of Nature. Hence, when publications like the *Ledger Monthly* and *Harper's Bazar* print sensible articles on "The Influence of Beauty," pointing out the means by which our women may make themselves healthy and handsome on "Air and Sun Baths," quoting eminent medical authority as to the powerful influence for health of exposing the skin to the air; on "The Perfectly Formed Woman," with suggestions as to the means for improving the figure by physical training, proper regimen, etc., etc., and when we observe these articles reprinted in the daily papers of the highest class, like the *Boston Herald*, *Washington Star*, *Philadelphia Record*, and other similar journals, it is a most encouraging sign of the times.

In view of the fact, however, that for the past thirty years or more the most successful sanitarium in Europe, at Veldes, Austria, has employed the sun, air and rain bath as its chief procedure in "curing" all manner of diseases; that a century ago Dr. Benjamin Franklin wrote about the potency of the air bath, and advocated it as of the highest importance in the treatment of disease, proposing to cure nearly all disorders by means of it and wholesome diet, it seems a trifle queer to read of it in the *Bazar* as "this latest health fad!" It were well for the people if it were a fad, a universal fad, and managed rationally, advantage being taken of all practical opportunities for allowing the organism its natural "dress." It

would markedly lessen disease, lower the death rate, and send thousands of "druggists" into useful occupations.

The reason of all this is given in the single simple statement of fact, that man is *by nature a naked animal*. He cannot violate the laws of his organism without paying the penalty. The fact that many of us *seem* to evade the penalty, or penalties, of some or all of our sins against the body, or stave them off for a longer or shorter time, because of special toughness of fibre, or because of some good counteracting practices, amounts to nothing as evidence against the claim presented; and to argue otherwise is extremely unwise. What if we do observe instances of individuals here and there who smoke and chew tobacco, drink freely of alcoholic beverages, practice all manner of evil, and wear two or three suits of clothes at once in warm weather or in warm rooms, when fashion, comfort, and physiological cleanliness demand only one, and that a light one, and still live a full century?

I have a case of this kind in mind, now; and I have also a record of a man who lived in perfect health for a dozen years or more after shooting an iron ramrod clean through his own brain, passing a good examination for the army, and dying from a gun-shot wound during the Civil War; and another case of a man who lived in health for ten years with a bullet embedded in his heart, and who died of an accident in a hospital, where the bullet was dissected out at the post-mortem. But what does this amount to, except that some men seem almost too tough to kill?

Man is a *breathing* animal; and while it is too true that comparatively few persons in the hundred appreciate fully the meaning of this, so far as concerns the quality of the air which they ought to secure for the lungs, still they all, or

about all, are wise enough to keep their nostrils free and clear from muffers, and open to such air as they allow themselves; they never envelop their heads in flannel bags in a way to hinder the free ingress of air to the lungs. But such action would be analogous to the universal practice of enveloping the skin in a flannel bag concealed beneath the conventional drapery; for the skin is as truly a *breathing* organ as are the lungs; its millions on millions of blood-vessels are designed by nature for the same purpose as are the blood-vessels of the *inner* lungs, so to say; that is, for the elimination of carbonic acid and the absorption of oxygen. This important function is embarrassed by even the fashionable outside drapery which law and social custom enforce in all civilized communities, and very properly; but, when we add the flannel-bag, or the silk, linen, or cotton one, we add insult to injury, and make a mess of it.

But this is not all of the mischief done by wearing two or three suits of clothes instead of only one; the heat-regulating function of the skin is weakened. In calling attention to an article of the present writer, in the *Philadelphia Polyclinic*, the editor of that valuable medical journal said: "All observation shows that for individuals in comparative health, no possible regulation of environment, either in the selection of a natural climate, in the construction and heating of dwellings, or the choice of material and amount of clothing, can supersede, or, indeed, compare in importance with the influence of the physiological mechanism for the regulation of heat-production and heat-distribution within the body.

"To keep this in the most perfect working order should be the first concern of one who fears disease from change of temperature; and it cannot be kept in good condition without opportunity for constant and considerable exercise. The natural stimuli which provoke its action, and which are essentially variations of heat and cold, particularly properly proportioned shocks of cold to the surface of the body, must be supplied or permitted. Probably the persons who suffer most from 'colds' are those, who, in their fear of such departures from health, try hardest to avoid the changes of temperature that are necessary to keep the heat regu-

lating organism in good condition.

"Next to temperature," continues Dr. Jackson, "relative humidity of the air is the most important factor in climate, and this also is powerfully influenced by clothing. The depressing effects (predisposing to melancholia and suicide) of warm, damp weather are familiar to all. To some extent they doubtless depend on the influence of such an atmosphere upon respiration, but also to a very considerable extent they are due to the interference with the normal evaporation from the surface of the body. Many articles of clothing in common use—indeed, any clothing used in too great quantity—tend to keep the body surrounded with just such a moisture-laden atmosphere."

The moral of all this is, that we should *use*, not *abuse*, clothing. All clothing, beyond what is actually required for protection against undue cold, is abusive; even the lightest of single conventional suits is that, in warm rooms, at any season of the year. That is, it is a tax on the vitality; but we have to be draped, and that much is settled. To wear more than the law, comfort, and fashion (in exterior adornment) demands is not only self-abusive, but it is stupidly absurd. The success of the Austrian sanitarium, to which allusion has been made, is chiefly due to the practice of going naked throughout the day. The female patients lie to "the hill of women," disrobe and exercise, and lie about resting; the males go to "the hill of men" and disport in the same fashion. Sufferers from pulmonary disorders speedily begin to recover health, and all classes of patients rapidly improve, under this natural treatment.

Hittell, in his *History of California*, calls attention to the effect of "civilization" upon the Indians. When the Spanish padres, after converting the natives to Christianity, compelled them to wear clothing, they began to die off with pulmonary disorders. The aborigines of Tasmania, a hardy and prolific race, managed to withstand most of the evils of civilization; they got on very well in spite of rum, tobacco, and all manner of outrages, including massacres even, and continued to thrive and multiply; but when, finally, the encroachments of civilization compelled the wearing of clothes, they began to decline, and, as with the

natives of California, chiefly with pulmonary diseases. The last of the Tasmanians was buried in 1838. English clothing accomplished, finally, what English brutality in every other form failed to secure—the annihilation of a race.

“I always catch cold when I put on my winter flannels,” said a consultant. “I have not had a cold since I left off my flannels, ten years ago,” writes another. Still another: “I believe you are right in this matter. My husband never wore flannels until the last winter of his life.

God help me, I persuaded him to adopt their use. He had never been subject to colds; but as I now recall the experiences of that winter, he was constantly troubled with that disorder, and he died of pneumonia in the spring!” “My wife actually cried,” said a recent convert, “when I left off my underwear for good; but already she observes my improvement in health and is fully reconciled to the innovation.” But, after all, rational dress alone will not “solve all riddles”; ailing folks require expert advice on all points.

The extraordinary increase in our business has occasioned at times errors and delay in filling premium orders. As fast as possible, we are systematizing the work in every department, and all orders now sent us will receive prompt attention, though please sign your name and state where you reside. Numerous orders have been received wherein this important information was not furnished.



LOUIS FREMUTH
Brooklyn.



A REMARKABLE FEAT BY ALBERT JENNINGS.
Pushing up with one arm a lady weighing 150 lbs

SONG OF THE ATHLETES.

By "Esca."

Oh, list to the burden of my song,
 A band of athletes, brave and strong,
 Stalwart heroes all,
 In the school of arms assembled,
 How each muscle quivered, trembled,
 Limbs of Grecian gods resembled,
 In the gymnasts' hall.

Erect their skilled instructor stands,
 The iron dumb-bell in his hands.
 Clasped in a grip of steel;
 Swelled his brawny arms extended,
 From the trapeze-bar suspended,
 Never yet their strength expended,
 Aught of languor feel.

Columbia's peerless athletes march,
 As stately 'neath triumphal arch
 Proud Caesar once in Rome,
 Confident each eye is glancing.
 See thine athletes all advancing,
 'Mid the mazy drill entrancing—
 Around the hall they roam.

Then, Oh, my brothers, let us sing,
 The glory of the bar, the ring,
 And the boxing-glove;
 Gaze upon the clubs a-swinging,
 And the silent dumb-bells ringing,
 Development to muscles bringing,
 The glory athletes love.

Now flying with the high trapeze,
 Or circling yet in graceful ease
 The horizontal bar;
 Across the vaulting horse they're leaping,
 Acrobats, their balance keeping,
 Whilst high in space the rings are sweep-
 ing,
 And on the parallel-bar.

Columbia, though thy children toil
 Contented on thy happy soil,
 They'll not forget this call;
 Here's to the health of men in training!
 Here's to the belles their hearts enchain-
 ing!
 Here's to the joys we all are gaining!
 Hurrah for the gymnasts' hall!!

—*The American.*

HEREDITY.

By Amelia M. F. Calkins.



OF all the lights Nature is holding aloft above the heads of men and women, to guide them into the higher, truer, happier life of perfect manhood and womanhood, none shines brighter than that supplied by her law of heredity.

The great mills of thought that grind out development have ground more slowly on this subject than any other; perhaps, because of our too great confidence in the power and influence of education, for there are persons, even in this age, who believe that all men are born equal, with equal mental and physical qualities and capacities, and that education or circumstances develop genius, or stifle it.

Most thinking people, however, have come to believe on this subject with Carlyle, who said: "I should as soon agree as to this other, that an acorn might by favorable or unfavorable influence of soil or elements be nursed into a cabbage, or a cabbage seed into an oak; while yet acknowledging that early culture may develop a high-towering, wide-spreading tree, or a miserably dwarfed specimen, or a luxuriant green cabbage in contrast to a sickly, yellow one."

A German writer says, "He who can convince the world of the importance of heredity, and induce mankind to conduct themselves accordingly, will do more good to humanity and contribute more to its improvement than all the institutions and all the systems of education."

To what glorious results might such inquiry lead! A grasp of the subject in a form that could be understood by the masses would mean the mental and physical improvement of the entire human race. Researches all tend to strengthen the presumption that heredity is a law. The accumulated and generalized results of scientists' investigations bear out this assumption.

We have but to take any family of our acquaintance and observe the various members for a few weeks to show this. The children not only bear a physical resemblance to their parents, but we can discover mental traits, mental processes, identical in the parent and the child.

While "characteristics" are in a measure proven by observation and facts to be inherited, the law operates in a way peculiarly its own. While the heredity of the great share of characteristics from one generation to another forms a string of universal occurrence, the sum of all, the absolute reproduction of every detail, is never found. So, that while it is a law, it is an exception.

Knowing as we do that the dominant, much-exercised characteristics are transmitted, one can but wonder at the indifference of humanity at large to this law and its results on the race. Every man who would assume any position of so-called responsibility among his fellows must fit himself for it by studying the subject and making himself specially fit. The perpetuation of the race is the greatest function of humanity. Men and women can discover no higher, no nobler plane for the exercise of their powers. Yet how few, even of the seemingly educated, have ever made a study of the subject, have ever entered the state of parenthood with any degree of preparation, have ever given a passing thought on what would be the product of their alliance?

We are confronted by a law—or what appears to be a law—that the worst in the parent shall descend to the offspring, "that the sins of the parent shall be visited upon the children to the third and fourth generation;" yet men and women never take cognizance of it. They see the puny, half-starved degenerate of the lower criminal class as he stands in the dock, and they are willing to believe, when it is told them, that the unfortunate, miserable specimen

of humanity is a result of heredity; they console themselves, like the Pharisee, with the reflection that they are not like him, at any event, and, therefore, need fear nothing for the fate of their offspring. But the other side of the picture, the general betterment of the race that might result from a knowledge and appreciation of the law, escapes them entirely.

Once in a while a happy conjunction of fortuitous circumstances has supplied the environment, the physical condition, the mental attitude necessary for the production of an unusual specimen of the race. Just a few examples, culled from the pages of history:

One, writing of Napoleon, has said: "His mother was for some months previous to his birth sharing the fortunes of war with her husband, and in constant peril and danger, passing much of her time on horseback." It would require no flight of fancy to trace here causes that had a mighty part to play in the destiny of the still unborn Napoleon.

To find an apt illustration nearer home, dearer to our hearts, we will take Washington. The qualities that endeared him to his countrymen were those of his mother. The great-heartedness, the placidity, the sympathy he manifested were all inherited from her.

These examples are cited merely to show that the law works both ways. But while men and women are neglecting to observe it in its beneficent aspects, they are, by their folly, filling the world with a weak, degenerate population through its workings. The woman with a spindle waist, the victim of early and late corset habits, will and does transmit something of her imperfect, weakened physical deformity to her offspring. It is a terrible thing to

do, with that light of law—that threat of heredity burning above your heads, a warning and a promise!

One wonders how long, in view of the facts—the constantly recurring experiences of sorrow—this state of things will maintain. How long until there comes an "Angel of Pity" to awaken the slumbering maidens, to warn careless, selfish manhood, and stir deeper, more sublime emotions in human hearts than have been touched as yet by all the preaching of the ages. To paraphrase the phrase of one of our ex-Presidents, "a theory presents an escape from the very deplorable condition that exists;" but humanity is slow, very slow in embracing it.

God pity the man to whom marriage means only worldly advancement, selfish comforts, personal pleasure. The vows he takes at the altar are the most awful man ever took, they bind him to the future, and bind the future to him. And it is the same with the woman. When one considers that with all the marrying and giving in marriage, this great principle that controls the destinies of the race is almost entirely disregarded, it is enough to discourage, to make pessimistic, the most hopeful reformer.

But nothing great and good and noble was ever achieved with ease, and ideal conditions, which the thoughtful realize might be made positive, may only be made real by bringing fathers and mothers to a realization of the great lessons that nature is constantly teaching about this law—heredity—that they are responsible for the physical, mental and spiritual characters of their children; and that these characteristics will assuredly be developed in the same relative degree as they are possessed and practiced by themselves.



THE PLOW BOY CHAMPION.

(A TRUE STORY.)

By Will M. Hundley.

“**A**T it agin. For everlastin’ a-tustlin’ an’ scufflin’ around. I can’t fer the life of me make out what you see in it,” angrily exclaimed Farmer Burns, addressing

his two eldest sons.

He had found them engaged in a furious wrestling bout on a neatly stretched wrestling mat, in an empty hay barn, situated a quarter of a mile from the farmhouse.

“Why, dad, where is the harm?” asked Wallace, the eldest, as he paused in his efforts to break the bridge with which his brother Frank was successfully resisting a fall. “Yes, where is the harm? Is it not better to be exercising, developing our muscles, acquiring agility and learning how to take care of ourselves in case of emergency than to be like most boys of our age—still and old before our time, or spending our spare time in loafing around tavern barrooms, playing pool and billiards for the drinks,



THE CHAMPION WAS DOWN ON THE MAT STRUGGLING TO KEEP HIS SHOULDERS FROM TOUCHING.

or, if not that, congregating on street corners listening to vulgar stories and remarks by low-minded boys and men?"

"Harm 'nough," snapped the old man, not a whit convinced; "you'll be broke down before you are thirty. You git exercise 'nough follering the plow, that I'd think you'd be glad to rest when night comes. As fer saloons, you fellers know bettern to go in them. But this tom-fool rastlin' an' boxin' is all your doin', Wallace, you go agin my advice an' 'tend them hell-holes of theatres then come back an' get Frank an' the rest of your brothers tryin' to do the things you see done there. There is no use talkin', I won't have any more of it."

The boys made no answer to this tirade, but stood in half-defiant attitudes, mopping their faces, the sight of which only tended to rile the old man the more.

"See, now, there you are hotter than when in the harvest field; I'd warrant you'd make a great deal to do if I'd work you that hard. Now I want you to put them lights out an' come to the house."

These wrestling bouts meant a good deal to the boys at this time, and in order to continue them, Wallace took another line of argument to convince his angry father.

"You cry down physical culture and all other exercise but that gained at manual labor—always have, but I think I can prove to you where you are wrong. You will recall how, four years ago, you and mother were lamenting the fact that I was rapidly going into consumption. You consulted several physicians and one advised systematic exercise. You didn't believe in it and would not get me the necessary apparatus. Well, I got dumb-bells and Indian clubs, secretly exercised with them till I branched out into the boxing and wrestling exercise. Do I look like a consumptive now? No, for exercise has made a man of me."

"Pooh! Exercise nothin'! You out-growed it!" After which contemptuous retort, the old fellow turned and left the barn.

"Let us have one more bout, Frank, and I will show you a hold Muldoon used on Whistler last Saturday night." Whereupon they were at it again, and Wallace was soon forcing Frank's shoul-



HE BEGAN BY LIFTING THE CHAMPION BODILY AND DASHING HIM DOWN ON HEAD AND SHOULDERS.

ders to the mat by that dread combination of locks, the half-Nelson and hammer lock.

The Burns' farm lay near a village some twenty miles from Cincinnati, and its owner was a narrow-minded, hard-headed old fellow of the Scotch covenant extraction. He could see nothing in things that differed from his old-fashioned conception of life and living. Aside from this, however, he was a man of sterling qualities—honest, upright, industrious and temperate—and along these lines he was rearing his six sons. According to his idea of deportment for boys, his were growing up good boys; at least they had been till about a year ago, when Wallace who had been violating the parental and church rules by attending wrestling and boxing matches, began to instill the athletic spirit into the minds of his brothers, then all was wrong.

In a short time Wallace had marshaled his brothers and a few friends into a baseball nine, and played match games with village clubs. On Sunday afternoons

they met at a secluded spot in a pasture beyond a bit of woodland and ran races against time, "boxed bats," and wrestled. These meetings finally grew into a regularly organized athletic club. Assessments were made with which boxing gloves and other athletic paraphernalia were purchased, and a large empty hay barn was appropriated for a club room. A large canvas was also purchased and stretched over straw, making a splendid wrestling mat. This branch of sport became the more popular with the farm boys, and many of them acquired considerable cleverness in the art. It was soon seen that Frank Burns, despite his brother Wallace's superior science, was the better wrestler, and after a few months' practice, no member, big or little, could gain a fall on him. He only weighed 115 pounds, but seemed to have the strength of an average-sized man. This strength was due to regular, temperate mode of living, manual labor on the farm and persistent athletic exercise.

His prowess as a wrestler became known in the surrounding villages, and many of their clever boys went down to defeat at the hands of little Frank Burns.

Wallace began to have ambitions for his brother beyond that of village champion, and after seeing several matches by little fellows in Cincinnati, concluded to pit Frank against the best of them. His opportunity soon came, when the champion of the featherweights issued a challenge, Wallace secretly departed for the city and called at Marcus Cristol's gymnasium, the address of the challenger, and learned to his surprise that the champion was a pupil of that celebrated French wrestler. But there was a good deal of the Scotch stubbornness in the country boy, and in face of the fact that the champion had had the advantage of the teaching by that master of wrestling science, accepted and posted a forfeit.

The next morning an account of the match appeared in the papers, which created quite a stir in the community where the boys lived. The villagers thought it rank folly for Frank Burns to attempt to cope with a champion. They predicted that the conceit would soon be taken out of the plow boy, but



PLAYING FOR A HOLD.

at the same time admired the boys for their pluck.

Their father did not learn of the match nor of the extra or more regular wrestling bouts indulged in by the boys. A regular course of training was unnecessary, as they were always in fine physical condition, but these extra bouts were for the purpose of becoming more proficient in the aggressive and defensive tactics of the art.

A week previous to the event at the opening of this story, to gain pointers, Wallace had attended the great contest between Wm. Muldoon and Clarence Whistler at Cincinnati, and was imparting some of them to his brother when interrupted by their father.

On the day of the match the boys gained permission to, presumably, visit relatives at a distant part of the county, but instead made their way to Cristol's place.

While waiting for the hour set for the contest, the boys sat aloof from the usual habitués of the saloon, which were in connection with the gym., and many were the sneering and laughing remarks, covertly made, as to the clodhoppers' appearance, and of their presumption in wanting to measure strength and skill with the champion. But the boys re-

mained cool, asked no favors, and when the hour arrived entered the arena.

Cristol was very kind. He secured Hugh F. Leonard, now Professor of Wrestling in the New York Athletic Club, to second the country boy, while Matsada Sorakichi, the famous Japanese wrestler, was chosen referee. Here Frank met his opponent for the first time. He was a gentlemanly little fellow in manners and bearing and one of the finest specimens of manhood one would wish to see. He was a miniature Hercules in build, but was splendidly formed with a muscular development well-nigh perfect. In all, he presented a picture of a formidable skilled and well-trained athlete, and if the truth was known, the sight of him caused Frank's confidence in himself to considerably wane. But, to outward appearance, he was as cool as the champion, and when he stood up to have the bath-robe removed from about his shoulders he disclosed a development almost equal to his opponent.

They shook hands and took the preliminary hold. A knowing smile was on the faces of the champion's friends, and Wallace noted it with some apprehension. But there was a rush, a swift grappling of arms, and the champion was down on the mat struggling to keep his shoulders from touching. His great strength saved him. Frank had employed the simple lock used in back-hold wrestling, and it was a surprise to the champion. The country boy tried several locks, but all of them were easily broken. He changed his tactics, and began by lifting the champion bodily and dashing him down on his head and shoulders, but the marvelous agility of the champion prevailed every time. These herculean efforts began to affect the strength of the country boy, and, to make matters worse, his nose began to bleed in a profuse manner, but he never faltered. Once, for half a minute, the champion took the offensive, but Frank soon caught his opponent's head in chancery and pulled him beneath. At the end of an hour a rest of ten minutes was allowed. When the wrestlers took their corners there was no smiling among the champion's friends. The previous smile was replaced by consternation.

During the intermission Frank's second advised him to get a half Nelson,



THE THIRD BOUT WAS BITTERLY CONTESTED.

raise to his feet and rush his opponent across the mat. This he did, and in just twenty minutes won the first fall, amid great excitement and enthusiasm.

In the next bout Frank again followed his second's advice, with the result that the champion was thrown in eight minutes. The third bout was bitterly contested, but the champion could not withstand the running half Nelson, and in twelve minutes his shoulders were pressed to the canvas for the third time. The match was won, and the plow boy was proclaimed the peer of the featherweights. Enthusiasm ran high, and some of the most earnest congratulations were given by the defeated man's friends.

After the boys left the dressing room, they were carried off to the saloon by admirers, and there they created a sensa-

tion by gently but firmly refusing to drink or smoke. All manner of arguments were used to the effect that they would never become popular athletes if they were not jolly, social hale-fellows. Even Christol urged them to join their admirers over drinks; his reason for so doing was that his bar revenues were suffering because of the brothers' unsociability. They declined, and soon after slipped away to a hotel to talk over the honors won.

The papers had a great deal to say about the match and the new champion. The fact that he was an unpretentious country boy, barely 18 years of age, gave the matter extra news value.

Frank was made a hero at the village by old and young, but half the pleasure of it was lost on him at the thought of the storm to be encountered at home. It fell in due time, with the result the athletic club was dissolved and Wallace left home and went west to Aspen, Colorado. After a year he sent for Frank to join him, in order to fill an engagement to box and wrestle at a vaudeville theatre at a large salary. At the expiration of the engagement they began a tour of the state, finally landing in Leadville. Here a young Swede miner threw down the

gauntlet to Frank. A match was made, two rival mine owners backing each man heavily. Frank won after a desperate struggle.

The next day the boys were dined by their mining friend, and during the evening he learned to know them for refined, gentlemanly fellows that they were, so far removed from the status of the average professional athlete as to give him a genuine surprise, consequently they became good friends, and a month afterwards they went with him as his guests to that fashionable resort, Glenwood Springs, where they met his wife and two daughters. Here they spent several weeks, constant companions of the young ladies in drives and mountain explorations, and what with the halo of romance and adventure about them, as recounted by their father, together with the natural feminine admiration for physical prowess, what would be more natural than that the girls take a lively interest in their father's young friends or what more natural than this interest develop into love and marriage?

Wallace and Frank gave up the mat and gloves, and to-day are prominent mine owners in Leadville and Creede, Col.



FROM THE PAINTING "JUDGEMENT OF MIDAS," BY F. T. GROSSE.



This is Mr. Brown,
a drug fiend.



This is Mr. Jones, who becomes
interested in Physical Culture



This is the Medicine Mr. Brown took.



This is the Medicine Mr. Jones took.



This is how Mr. Brown now appears.



This is how Mr. Jones now appears.

THE FOOD WE EAT.

By J. R. Blake.



THE food question is one of the momentous questions of the day. Some seem inclined to discard meat entirely as improper food; others declare it to be the source of human strength, energy and vitality. Eminent scientists and physiologists claim that with proper foods, and all other things being equal:

1. The skin may last 900 years.
2. The bones may endure 4,000 years.
3. The heart may endure 300 years.
4. The liver 400 years.
5. The stomach nearly 300 years.
6. The kidneys, 200 years or more.
7. The lungs 1,500 years.

Shelly says: "With a natural system of diet, old age would be our last and only malady; the term of our existence would be protracted, we should enjoy life, and no longer preclude others from the enjoyment of it; all sensational delights would be infinitely more exquisite and perfect; the very sense of being would be a continual pleasure, such as we feel in some few and favored moments of our youth. By all that is sacred in our hopes for the human race, I conjure those who love happiness and youth to give a fair test to the vegetable system." "Tell me what you eat and I will tell you what you are," says another dietetic reformer. Prof. L. H. Anderson, the eminent scientist, of Chicago, says: "Man is not naturally a carnivora." The structure of his teeth would seem to indicate this. He says further: "One of the best foundations you can give your children for a life of usefulness and happiness is a healthy body. Therefore, as you value such a boon for your child, see that in youth he does not lose it by indulgence in candy, pickles, cake and pastry. No person is safe in selecting his diet by the dictates of his tastes alone until he is sure his tastes have not been perverted and corrupted by the unnatural habits of years."

Nature supplies us with four complete

foods—milk, eggs, wheat and corn—which contain in the proper proportions all the necessary elements for the sustenance of our bodies. As these are the only complete foods, it is necessary in their absence to have mixed foods, and it is in the mixing that mistakes occur, because the fat-forming, muscle-forming foods are taken in the wrong proportion—some in excess, others the reverse. Left to his own taste, primitive man invariably selected the best food. This instinct, however, is defective in the present day. For children, foods rich in bone-forming substances are necessary. It is doubtful if any of Nature's laws are more disregarded than those regarding the foods we eat. It is said that man is built out of the food he eats, and the body can be no better than the material that enters into its construction. Exercise is a great thing for building up the body, but the highest development cannot be obtained if the wrong kind of food is eaten. Strong, courageous and well-formed men and women were developed during the early history of the world, when natural foods were eaten, while to-day just the reverse is the case. In a truly natural state, man should be strong, energetic and vigorous, both mentally and physically; but he cannot be in this condition if he persists in eating unnatural foods, as the eating of such food makes one unnatural, morbid, ill-tempered and out of sorts, as the saying is.

The excessive use of meat is most injurious, especially to people of sedentary habits. Indeed, many consider it as altogether unfit for food. Pork should never be eaten under any circumstances. The hog is probably the most unhealthy animal except man. He is generally shut up in a pen, and not allowed to exercise; wallows in filth; is fed on refuse matter until he will eat any or everything; and yet people eat the flesh of this animal day after day and wonder why they do not feel well, or why their blood is always impure. The writer is of the opinion that vegetarianism is the coming diet.

By vegetarianism he does not mean the use of vegetables to the exclusion of every other food. It really means the entire disuse of meat in every form. It will be some time, though, before the masses realize the importance of avoiding meat. Many of the cattle slaughtered for food are first shut up in pens and not allowed the smallest particle of exercise. The result is that they become diseased, and man in eating their flesh is liable to acquire whatever disease they may have had. If one persists in using meat, he should not eat it too often, and he should absolutely avoid pork and veal. Many discover the value of exercise, and become discouraged because they see very little increase in strength or in the size of their muscles. How can they expect any bodily growth when their diet consists principally of cakes, confectionery, ice cream, iced tea, soda water, pork, veal, white bread, biscuit, hot rolls, rich gravies, pastry, tea, coffee, fried truck of every sort, and pickles, with the liberal use of pepper, salt, and vinegar, and such "appetizers" as catsup and sauces.

The real foods—those that go to build up brain and brawn—are but little used. The average man is too much of a slave to his palate, which he trains to crave all the so-called good things in the way of foods made to satisfy an abnormal appetite. Because of unnatural foods the hair becomes prematurely gray or falls out; the eyes become dimmed and give out; the teeth decay early, and the finger-nails become weak and ugly. The food that best nourishes the nerves, supplies the brain, muscles, bones, teeth, nails and blood is the most natural food.

The writer mentioned whole wheat and corn as containing all the constituents necessary to support life properly. The wheat berry is made up of several layers, one of which contains phosphates, devoted to teeth and bone-building; another, nitrogenous matter, which enters into the muscles and every tissue in the body; another, carbonaceous, or starchy matter, which supplies the heat and energy of the body. In the center of the kernel is the germ containing the vital principle, which supplies vitality and nerve force and feeds the brain. During the process of bolting, which is necessary for making white flour,

all of the above elements are removed except the starchy matter, which, as we have said, supplies only heat and energy. Bread is called the staff of life, but the term is erroneous when applied to white bread. But why is it, you ask, that the best parts are thus removed? It is because when they are retained the flour produced is not white, but is of a grey-brown color, and most people wish to have their flour white in color merely because it is beautiful to the eye. Corn bread, graham bread, and the foods known as wheaten, whole wheat gluten, universal food, Entona, Ralston Health Club Breakfast Food, Vitos, shredded biscuit, grape-nuts, etc., all contain the necessary elements in the correct proportions to sustain life, adequately nourishing the brain and nerve fibres, enabling one to meet our present complex form of civilization. In the above-mentioned foods the entire berry is retained, except the outer covering, which nature has placed thereon for no other reason known to science except to preserve the inner and valuable properties until it shall be desired for the use of man. Oat-meal, once thought to be an ideal food, has lately been found to be too strong and rank for most human stomachs. Most people eat too much sugar with their food. As all starchy foods are converted into sugar in the stomach, only a very moderate amount should be eaten. Among foods considered medicinal may be enumerated spinach and dandelion, both of which have a direct effect upon kidney troubles, and the former is useful to those suffering from gravel. Asparagus induces increased perspiration and purifies the blood. Celery is invaluable as a food to those suffering from any form of rheumatism, neuralgia, disease of the nerves and nervous dyspepsia. Tomatoes contain vegetable calomel and stimulate the secretions of the liver, thus forming a sovereign remedy for dyspepsia and indigestion. Lettuce and cucumbers cool the system, and the former is good for insomnia. Beans nourish and strengthen the system. All of the onion tribe promote digestion by stimulating the circulation, thus increasing the flow of saliva and gastric juices, besides making the brain exceedingly clear and active. Onions are almost the best nervine known. No medi-

cine is so useful in cases of nervous prostration, and there is nothing that will so quickly tone up a worn-out system. They are useful in all cases of coughs, colds and influenza; in consumption, scurvy, hydrophobia, gravel and kindred diseases. White onions are said to overcome insomnia, while red ones are an excellent diuretic. Eaten every day, they soon have a whitening effect upon the complexion.

Cranberries are good in cases of malaria and erysipelas. Blackberries form a good tonic and are useful in all cases of diarrhoea. Fresh radishes and yellow turnips are good for nervous disorders, gravel and scurvy; carrots for asthma; watermelon for epilepsy and yellow fever; water cress for scurvy; lemons for feverish thirst in sickness, biliousness, low fevers, rheumatism, colds, coughs and liver complaints; peanuts for indigestion, if not from over-eating, the usual cause of this trouble. They are especially recommended for diabetes. They are made into a wholesome and nutritive soup, are eaten as a relish, simply baked, or are browned and used in place of coffee. Honey is wholesome, strengthening, healing and nourishing. Eggs contain a large amount of nutriment in a compact, quickly-available form. Beaten up raw, with sugar, they are used to clear and strengthen the

voice. With lemon-juice and sugar, the beaten white of egg is used to relieve hoarseness. Figs are aperient and wholesome, and are said to be valuable as a food to those suffering with cancer. Pie-plant is excellent for purifying the blood.

If the above foods were more used for the diseases mentioned, instead of quack nostrums and strong drugs, humanity would be far better off than they are at present. Dyspepsia is called the national disease of America; and this is because Americans, as a rule, eat too much in a too hasty manner and do not allow sufficient saliva to mix with what they eat, besides eating any and everything between meals and just before retiring. The stomach is probably the most abused organ in the body, between eating wrong foods and a wrong manner of eating, together with the use of powerful drugs and medicines of all sorts. The adulteration of foods is the source of many of the ailments of to-day. Ordinary butter is often impure and, therefore, unfit for food. A good substitute for it is nut-butter, which is pure, rich and delicious. Preserves are not generally healthful; though fresh, ripe fruits, taken with vegetables and whole wheat in any form, are the best foods in existence.



FROM THE PAINTING "BICYCLING IN NORWAY," BY DAHL.



TAKEN FROM THE PAINTING OF "SIGGFRIED FIGHTING THE DRAGON," BY DIETZ.

A BUSINESS MAN'S REMARKABLE RECOVERY.

AS WRITTEN BY HIMSELF.



ON January 1st last I was by all odds the most "horrible" example of general intemperance, laziness and ignorance imaginable. I had rested so restfully that my constant companion was "that tired feeling," of which we read in the quack medicine "ads." I had taken so much medicine that I was no longer content with "that dark brown taste," but constantly chewed on a green one. But let me summarize my symptoms: One may say they are copied from a patent medicine "ad.," but they are not. They truthfully describe my condition on the date named and for some years prior. In passing I desire to say that the only grain of truth I ever discovered in these spring medicine "ads." is that wherein the poor victim's symptoms "indicating" the need of Dr. Druggem's Deadly Discovery, are so realistically portrayed. But to return:

This victim's pathological condition was: Constipation of twenty years' growth, culminating in a condition of "no cathartic, no action"; had reached such a stage that 50 to 60 grains of blue mass per month were required to keep the liver going; daily doses of arsenic, strychnine, bismuth, salicylic acid and other powerful, drastic drugs had no more than temporary effect; as sequela of constipation I had diabetes melitis, sciatic, arthritic and muscular rheumatism, torpid liver, catarrh of stomach and head, a foul breath, weak, watery eyes, acute rasaeia (pimples), eczema on various portions of body, cold, clammy hands and feet, "sinking" spells, and was so nervous—nerveless rather—that I had no control of myself mentally or physically. I ate enough for a hired man and then sat down with it. Sometimes it "boiled" inside me; then I would eat a lot of bismuth. I was unable to sleep until near morning, and then I slept like one dead. I had only had one headache, but that had been a constant, faithful companion

for eighteen months, sometimes slight, sometimes paroxysmal. In appearance I was a "fine looking man," 36 inches around the chest and 41 inches around the waist. Indeed, I had become quite pot-bellied.

This condition was the result of overwork, irregularity of working hours, over-eating, irregular eating, under-eating, ditto, drinking (I was never drunk in my life), etc. However, I wish to say that I have always considered myself, and have been considered by friends and acquaintances, a very temperate man. Neither did I feel justified in calling myself ignorant, being college bred. However, on the date above named, being unable to further enjoy even one cigar or one drink, I announced my determination to leave them alone. A very good friend, who, being an athlete, discovered my real condition, placed a cheap wall exerciser at my disposal, gave me some necessary instruction and left me to my own devices to work out a salvation. Up to this time I had known nothing of the physical benefits of exercise. But one quality of mind was left me—grim determination.

So at it I went—exercising morning and night with nothing on but my skin, which certainly was not sweet smelling, as I can see by comparison now. With windows wide open and plenty of fresh air, I puffed and snorted and flexed my stiff joints till the tears filled my eyes. The first time I tried to crouch I fell on the floor in a faint. In a week I had wrought so well that every muscle in my body was surcharged with uric acid endeavoring to find an outlet, and I was as sore as a boil, and, oh, so full of fever! "Keep it up, old man," said my athletic friend, laughingly, when I sought his advice, "that will pass off soon!" It was not really a laughing matter—besides it hurt me to laugh—but I took his advice and began where I had left off. Sure enough, the pain in the muscles passed off

and with it the rheumatism. It required a three-months' course of dieting to dismiss the diabetes, but that experience taught me a deal about how little one can live on, yet be happy and well fed. At first eight and ten minutes was the limit of my endurance, but imperceptibly, almost, I gained strength. I took up walking on the advice of PHYSICAL CULTURE, to which I subscribed, and soon was able to walk a couple of miles at a fair gait. I next began climbing stairways three at a clip (I had to grasp the balustrade to keep from tumbling at first) and running down two at a clip. Now I do that kind of work every day, and there is nothing better for one's wind. Next I took up running on tiptoes, but I overdid it and came near injuring myself and would have done so but for the ready advice of the busy editor of this magazine.

To sum up: I have exercised DAILY, REGULARLY AND PERSISTENTLY since January 1st, sometimes with the wall exerciser, sometimes with two—three pound dumb-bells, sometimes with a massage exerciser, or a chair, and often with nothing. I use nothing toxic nor intoxicating, have no ailments whatever, take no drugs at all—not even coffee. I am regular as clock-work in my habits and am so young, nimble, active, strong and lusty that I often feel just like hallooing as I did when a boy, and as for running—well I often break into a lively run on Broadway, while walking three miles daily to my office.

I was in my forties when I began this, but I neither look nor feel 35. By considerable neck exercise I have greatly improved my sight.

J. D. CHOATE.

A TOAST TO THE MODERN MAID.

By Genevieve Goodwin.

Here's to the maid who's a modern athlete,
Wholesome and hearty, bonny and sweet,
With no die-away air or silly by-play,
But in presence as blith as a bracing
Spring day.

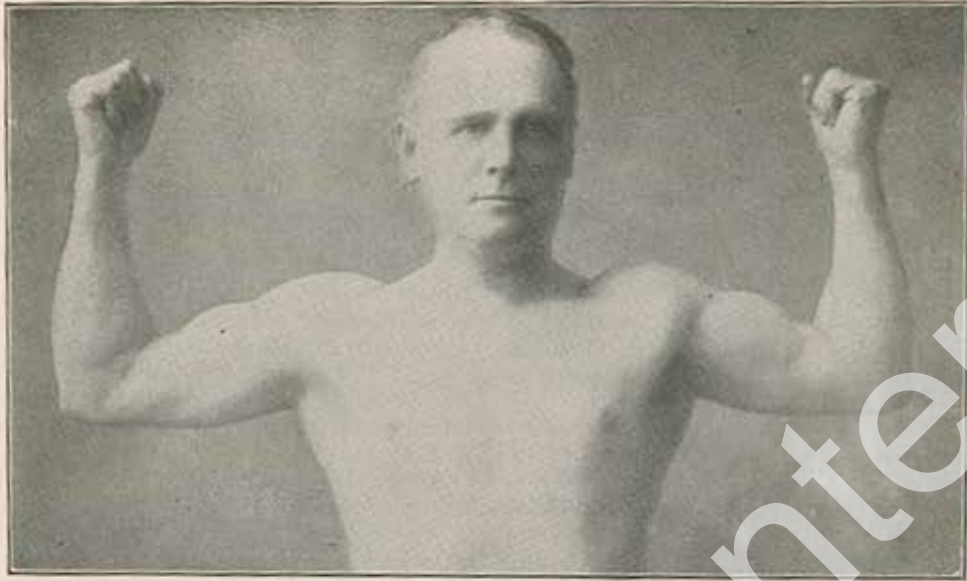
With tan on her cheeks and health's
light in her eyes,
A form that is graceful and straight as
a pine,
Her weapon's the golf club, the mask
and the foil,
And the hearts of beholders her innocent
spoil.

Like Diana of old, she rides to the chase,
With as queenly a mount and as daring
a pace,
Or else o'er the country goes spinning
a-wheel;
Her chariot, mark you, an automobile!

With a heart that is true and brain that
is clever,
Fair Goddess of Sport, may your reign
last forever!
Yes, here's to the maid at once modest
and bold,
Long life! May God grant that she never
grows old!



TOMMY:—(At the left.) "Great skotts! Swipes is certainly getting to be a fighter!"



SANFORD BENNETT, OF SAN FRANCISCO.
A 50-year-old Athlete Sends Us the Above Photograph of Himself.

INACTIVITY MEANS DEATH.

By Wm. J. Cromie, Physical Director.



EXERCISE all your life. When you stop exercising, become indolent, you begin to die. Nature has willed it so. There are in New York, Philadelphia and Chicago hundreds of millionaires, and yet among them how many have produced a poem or a book worth reading, or a speech worth listening to. They travel abroad, go to the highest institutions of learning; they hire the best teachers; they have thousands of books in their libraries. But for all that, their intellect withers under luxury and inactivity. How many of these men's sons ever become renowned in literature, oratory, or statesmanship? Nature will punish the rich and poor alike if they will not exercise and obey her laws. Work or starve is her motto; starve mentally, morally, and if we do not exercise, we will die of physical starvation.

Who is it that the men and women of our country envy? Is it the man or woman with puny body, bent form and muscle-starved features? Never! It is he or she who is strong and beautiful physically.

This is not only so with individuals, it has been so with nations. The Olympian games of ancient Greece; the hippodrome for chariot races and running; the pentathlon, which consisted of leaping, quoit-throwing, javelin-throwing, running, wrestling; their combats, in which was displayed much physical strength, were a part of their religion. Greece had her heroes; she esteemed them as gods. Castor and Pollux were twin gods; also known under the name of Dioscuri. The Dioscuri presided over public games; Castor being the god of equestrian exercise, Pollux the god of boxing. Theseus slew the Cretan bull at Marathon. He also slew many great and mighty men. Hercules was trained in all manly accomplishments by heroes of the highest renown. He wrestled and overcame Achelos. He withstood Ares, Poseidon and Hera, as

well as Apollo. He slew lions, strangled serpents, overcame giants, and was worshipped as a god.

These men were envied by kings. Rulers were honored, these men were worshipped. To be victorious in a war was much; to be conqueror in combat was more. They thought more of their physical strength and beauty than of their moral integrity; more of their bodies than of their souls.

Nor was Greece alone in this. Rome had her gladiatorial games and festivities. There were as many as five thousand pairs of gladiators exhibited at one time. Her vast amphitheatres were crowded with the excited, yelling populace. All towns of any size had their arenas and annual games. A successful gladiator enjoyed far greater fame than our modern athletes. He was presented with very costly articles, poets sang his praises; his portrait was multiplied on vases, lamps and gems, and high-born ladies contended for his favors. He was enshrined in her temples as the highest type of physical beauty.

These nations when they became indolent and indulgent; when they thought more of luxury than exercise, as world powers fell. When the Olympian games lost prestige, the Grecian armies lost their power.

So will all nations or individuals decay and die if they trespass on the laws of Nature by over-eating, liquor-drinking, the using of drugs, improper dress, inactivity.

Regarding the treatment of the body, Charles Elam said: "The body has its claims—it is a good servant; treat it well and it will do your work; attend to its wants and requirements, listen kindly and patiently to its hints, occasionally forestall its necessities by a little indulgence, and your consideration will be repaid with interest. But task it, and pine it, make it a slave instead of a servant, it may not complain much, but, like the weary camel in the desert, it will lie down and die."

QUESTION DEPARTMENT.

In propounding queries to this department write on one side of paper only. Be brief; state your question without too much explanatory matter. Look over questions and answers in back numbers. We cannot repeat answers month after month. All inquirers about virility and impotence are referred to the editor's new book, "Virile Powers of Superb Manhood."

Q. Is wrestling beneficial, and will running improve the breathing power?

A. Wrestling is one of the most beneficial exercises you can take, provided you are careful not to strain any part of the body. Running will increase the lung power and general endurance.

Q. I am a little deaf in both ears. A slight discharge of pus comes from them; can you suggest a remedy?

A. A general system of exercise would improve the condition of your blood and tend to relieve the ear trouble you mention. It would, doubtless, be an aid to recovery if you should adopt a vegetarian diet for a time and eat but two meals a day.

Q. What exercise do you consider best for the chest or intercostal nerves?

A. All those exercises that bring into play the muscles of the upper part of the body would benefit the nerves of the chest, though you will find cold bathing of especial advantage in accomplishing the object you desire.

Q. Is it advisable to retire immediately after the evening exercises you recommend?

A. It is not imperative to retire immediately after the exercises in the evening. Persons are advised to exercise before retiring because they can then exercise without clothing with less trouble than at any other time.

Q. Do you think a weak throat can be made strong by physical culture, and, if so, how?

A. A weak throat can unquestionably

be greatly strengthened by physical exercise. And if, in addition, you will take up the various exercises that tend to develop the muscles of the neck, your trouble will quickly disappear.

Q. I am thin and desire to gain in weight. I have tried exercising in every form without success. Can you suggest anything?

A. Would advise you to continue daily exercise, but limit your eating to two meals a day, eating only at noon and night, and of such foods as you know to be wholesome and nourishing. A daily cold bath will be found of great aid in securing the longed-for weight.

Q. What is meant by the "water cure," mentioned in an answer on "painless menstruation," given in a former issue.

A. That means the application of water in sitz baths, wet packs, and in various other ways employed in hydrotherapy. If you are interested secure a work on hydrotherapy, or visit a water cure establishment.

Q. Do you advise flushing the colon where one is desirous of improving the general condition of health? If so, how often?

A. We do not advise this treatment unless one is not able to bring about regular action of the bowels by diet and exercise, though the treatment is unquestionably desirable in cases of serious constipation.

Q. Can you inform me what knowledge is necessary to qualify a man to teach physical culture?

A. You should be thoroughly familiar with the construction of the body and with the various means employed in its development. Above all, if you desire to follow a profession of this nature your own body should illustrate the benefits that can be derived from the work.

Q. I am troubled with chills and fever; will physical culture help me?

A. Yes. An all-round system of physical culture, including long walks in the open air, would benefit you greatly. Confine your eating to two meals a day and

avoid meats and fancy foods, as well as coffee and other stimulants.

Q. Can you tell me how to get rid of eczema on the hands?

A. A general system of exercise, together with cold bathing and skin friction baths, given with soft bristle brushes, should speedily get your blood in such a condition that it will throw off the trouble mentioned.

Q. Can symmetrical development of the body be obtained by the use of Indian clubs alone?

A. Though the use of Indian clubs is unquestionably valuable exercise, they are hardly sufficient to develop all the muscles symmetrically. Would advise the use of chest weights and dumb-bells also if you desire thorough development.

Q. I get out of breath quickly when I exercise, although I am only seventeen years old; what is the trouble?

A. Your trouble is due to lack of endurance. A system of general exercises, persisted in for a while, will cause it to disappear.

Q. My feet annoy me by turning in. Can you suggest a means for righting this deformity?

A. It can be greatly remedied by steady, persistent exercise with the lower limbs, such as running, jumping and other movements that will employ the muscles of the legs. When running you should be careful to always try to force your toes to the proper position.

Q. What is the best exercise for one in first stages of consumption?

A. The exercise should be out of doors as much as possible, and should consist to a large extent of deep breathing exercises and long walks. All those movements which tend to develop the chest and upper part of the body can be recommended. Great care should be taken not to overdo the work. A two-meal-per-day plan will greatly facilitate recovery.

Q. My feet are very tender; all shoes hurt them. Can this be remedied?

A. Wash daily in strong solution of salt and water; afterwards knead and rub the feet thoroughly.

Q. What causes and what will prevent pain in the left side when walking or running?

A. The cause of your trouble is general weakness. Any system of exercise that will develop your general strength will cause it to disappear.

Q. I seem to have a slight paralysis on the left side of my body. Can you suggest exercises calculated to give me control of the affected muscles?

A. Massage and kneading of the parts affected will greatly help; moreover, you should daily exercise the muscles of the affected side until they are thoroughly tired.

Q. Does a fresh water shower or plunge bath after exercising tend to make one thin?

A. Cold water shower baths should tend to increase your weight if it is below the normal point.

Q. I had to give up piano playing because of pains in my hands; can you suggest a remedy?

A. If you will take the exercise recommended for the fingers in the question department of a previous issue, where remedy for writers' cramp was given, the pains you mention will disappear.

Q. I am seventeen years old; when I walk or stand my ankles and the soles of my feet pain me dreadfully. Can you suggest a remedy?

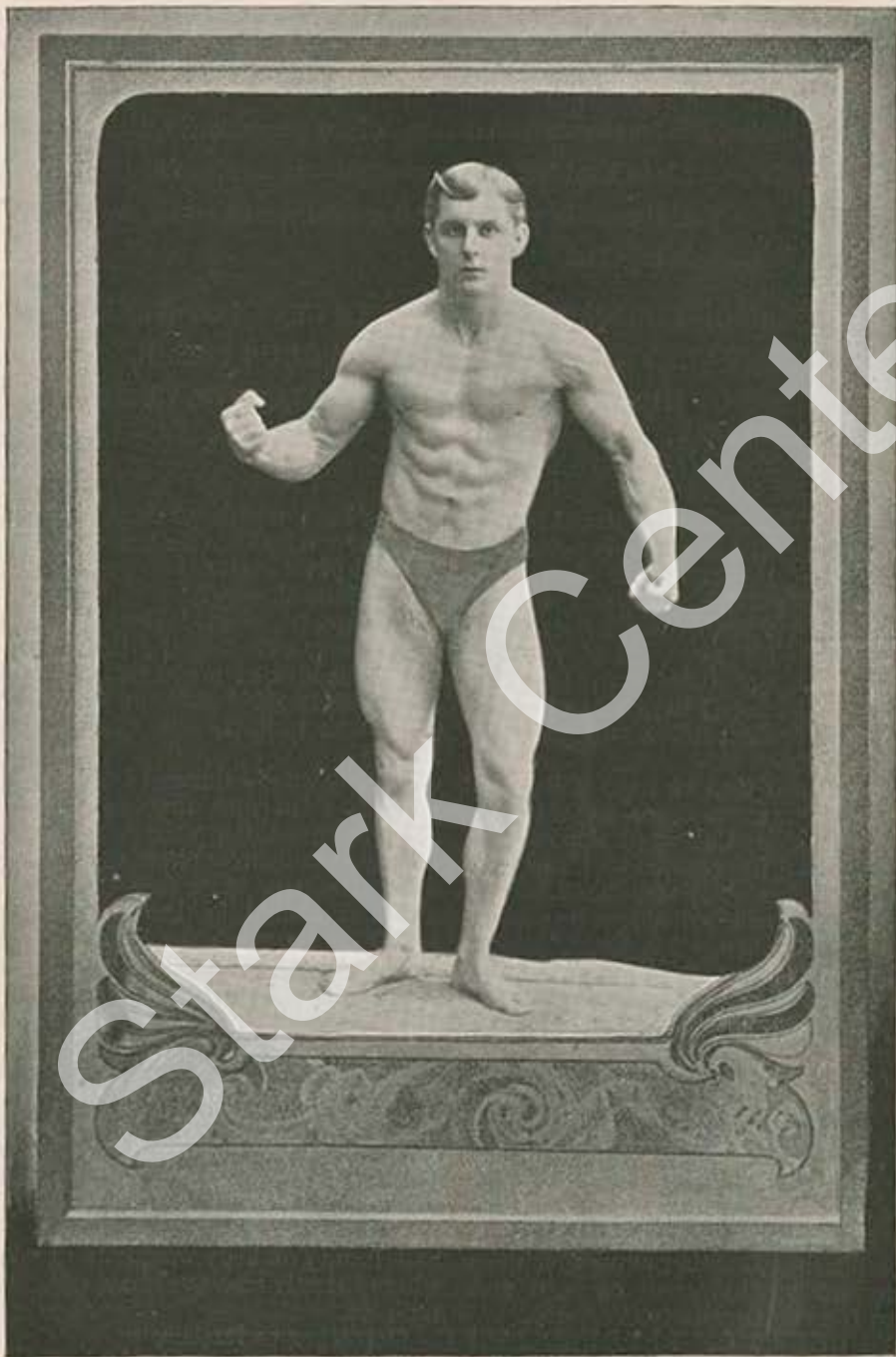
A. What you need is simply to strengthen your ankles and legs by various exercises. It will also facilitate relief if you develop your entire body.

Q. Can you tell me how to rid myself of inflammatory rheumatism?

A. Follow the two-meal-a-day plan and, for a while, avoid meat; use two soft bristle brushes for daily friction bath, going all over the body with them. Wet packs applied to affected parts would also be of benefit.

Q. Would it be wise to begin fasting without any preparation, or would you suggest a course of exercise leading up to the fast by gradually decreasing the amount of food each day?

A. No particular preparation is necessary if you desire to begin a fast. It will be helpful if you have some occupation by which you can keep your mind employed. You should use extreme care when you begin to eat not to partake too heartily.



PROF. H. W. TITUS.

EDITORIAL DEPARTMENT.

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

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



HE writer has stated before that he is simply a student. He expects to always remain a student. It is only when one realizes how little he knows, and fully appreciates his own insignificance, that he really begins to advance, begins an education which will prove of practical value.

You will note that we have added one more curse to our list, and changed the relative importance of those previously mentioned.

The Curse of Prudishness.

No one can advance unless he retains the right to "change his mind," unless he is able to view, without prejudice, all facts in reference to any subject, and to deduce new conclusions as they may be required.

Hefetofore we have considered the corset curse to be the greatest evil to the general physical welfare of humanity. We believed we had good and logical reasons for this conclusion; but the discussion of the nude, inaugurated recently in PHYSICAL CULTURE, brought to light, and emphasized, another curse which has a deteriorating influence on man and woman from the cradle to the grave.

THE CURSE OF PRUDISHNESS!

Who can estimate the misery, the physical and mental degradation that has resulted from this great evil.

Why have we placed it at the head of the list? Why have we branded it as the greatest of all evils?

Yes, indeed, why?

Because, friends, it is the kindergarten, the primary school of all evils that follow. This false idea of modesty, this prudishness, causes the infant to be swaddled in clothes until it can hardly move or breathe.

As he grows in size and intelligence his mind is filled with the theory that his body is something vulgar, never to be displayed under any circumstances to the eyes of others. The fact that his body can and should be beautiful is never realized. So much for this curse before puberty.

But at this period the results of prudishness begin to appear; its most frightful ravages are revealed.

Then boys and girls, too, unknowingly commit crimes against their own bodies, that are made possible only by prudishness. Honesty, purity, wholesomeness of body and mind would make such fearful sins impossible. Light would be shed where there is now darkness. Strength and beauty of body would be developed where there is now weakness, disease and ugliness.

But follow us further.

The corset curse, with its defiling, degrading influence upon physical womanhood, is often created and fostered by

prudishness. Many a wholesome girl, whose healthy nature has fought against the use of a corset, has resigned herself to it, through the depraved idea that it would be immodest to go without one.

And then the long hampering skirts! Think you that any healthy woman would make such a physical slave of herself as to limit and hamper her every movement by such things if it were not for conventional prudishness? Think you that there is no spirit, no life, no desire for freedom in woman. If so, you have mistaken the sex. No young girl begins to wear a corset willingly. Like the desire for whisky, its use must be cultivated.

If the ugliness and weakness—they are always companions—of man and woman were not everywhere covered, the tendency to worship wealth and fine raiment would rapidly decrease, and finally disappear. Instead of a man being proud of his clothing, he would be proud of his body. Instead of spending time and money in satisfying his desire for dress, he would devote them to developing a beautiful and strong body.

But prudishness stands in the way. Like a wall it rises and blocks the road to universal health, strength and beauty for man and woman. Shall we stand and gaze at this fearful obstruction, or shall we strike out for the freedom, for manhood, for womanhood?

Fight prudishness, friends: fight it with all your own strength. Like a wolf in sheep's clothing, it stealthily creeps among us, weakening, blighting, and, at times, destroying. Like a hypocrite using religion as a cloak, it comes dressed in the guise of a friend, and under this pretense of friendship there is a rottenness that contaminates all with whom it comes in contact.

All hail the day when prudishness and the vile minds of prudes have received a blow from which they will never recover!

Subscribers are continually writing us, inquiring what exerciser, or method of exercise, we recommend.

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We recommend no one exerciser or system of exercise. Any device or means that will bring into use every muscle is beneficial, provided no strain is

caused, or the exercises are not overdone.

There is, however, a system made by Nature that we can commend in the highest terms. Exercisers and systems of exercise are only poor substitutes for this perfect system. It has been used for thousands of years. Centuries before the humbug physical culturists discovered their wonderful(?) physiological and other systems that bear high sounding titles, this system was in universal use. No scientist, however brilliant he may be, will ever be able to devise a system equal to it.

Have you ever seen two or more vigorous children actively engaged in play? They run, push, pull, jump and wrestle, and bring every muscle in their supple bodies into thorough use, and seem to enjoy every movement.

There is a lustre in their eyes, smiles upon their countenances, joy and delight expressed in every free and graceful movement. They exemplify the perfect system of physical culture. No other system will ever equal it. All other means are only poor substitutes.

But the reader will truly state that condition, or environment, does not usually admit—or rather we think they do not—of our again becoming children, and indulging in this perfect system; therefore, what are we to do?

There is nothing left but to adopt the substitute of following a system of exercise. You will have to work where you should have the right to play. Muscles were made to use. Stagnation and premature death await those who disregard this necessity laid upon the physique by Nature. If you cannot play you must work, for in activity only there is life.

White bread, the American "staff of life," is the greatest humbug ever foisted upon a civilized people.

**The
Staff of Life.**

Why, it is more like a staff of death. It is composed entirely of the starchy part of the wheat. None of the constituents essential in feeding the muscles, brain and bones enter into its composition. All of these valuable food elements have been removed, with the bran and shorts. But, astounding as it may seem to a reasoning human

being, this article of food is consumed from one end of the country to the other, and everywhere is looked upon as "the staff of life."

What, in heaven's name, are our public schools for? There is, absolutely, no excuse for such depraved ignorance. All scientific investigators agree as to the inferiority of white flour as a food. The teeth fall out, the bones soften and the muscles never develop if it is depended upon to furnish nourishment for the body.

No wonder some children never grow, and are always sick and weak! When fed on such a starvation diet as this nothing else could be expected.

The use of this one article of diet has caused thousands to suffer with digestive troubles. It is especially favorable to constipation, and is frequently the sole cause of this annoying trouble.

A grain of wheat contains the elements necessary to feed the body, in almost perfect proportions, and if foods were made of whole wheat flour the body would be perfectly nourished in every part.

Every man who knows anything of foods and their properties is fully aware of these facts, and why medical men everywhere ignore them in advising their patients is beyond the comprehension of the writer.

SOME TRUTHS ABOUT SMALL-POX.

IN the year 1813, while the army lay near to Buffalo, a body of friendly Indians were encamped at no great distance from the main army. Information was received that the small-pox had broken out among the Indians, and that three or four of the surgeons or mates were to be detached to go and attend upon them. The order soon came, and I chanced to be one of the number. We repaired with promptness to the Indian camp, and commenced our medical treatment according to the rules laid down in our books, for at the time I knew nothing but what I learned from my books. Cathartics, febrifuges, diaphoretics, etc., etc., were given, in hopes to allay the violence of the virus. But we soon found ourselves in trouble from a new and unexpected circumstance.

"In spite of all our exertions, some of the Indians would go and plunge head-foremost into a neighboring creek of cold water; in some instances, when the eruption was at its height. We remonstrated with the chiefs of the tribes; we begged

and pleaded of them to refrain from such awful practices; we told them they would surely die; but all such persuasions proved of no effect; they continued such practices daily in spite of us.

"It was finally concluded that I should be deputed to the surgeon-general, to lay our grievances before him, and obtain his instructions in the matter. I accordingly waited upon him, and told him that nearly half of our patients were plunging into cold water, once or twice every day. He agreed with me that they would stand a great chance to die, but said, 'They are an untamable set of creatures; you must go back, sir, and do with them the best you can.' I immediately returned, and continued our treatment according to our books; but in spite of our books, powders and skill, a number that we treated died. But to the astonishment of us all, every one of them that plunged into the cold water recovered! Their skin was less pitted, and they came up strong and well. The above circumstance led me to consider much upon the use of cold water in every kind of inflammation."—JOEL SHAW, M.D.

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