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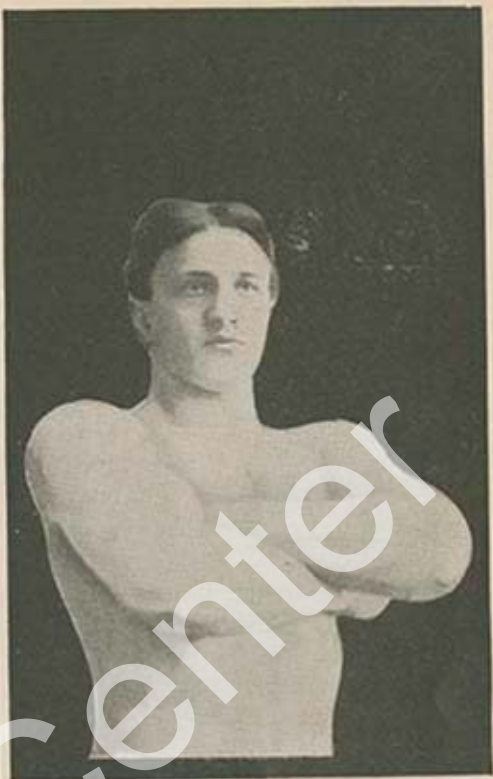
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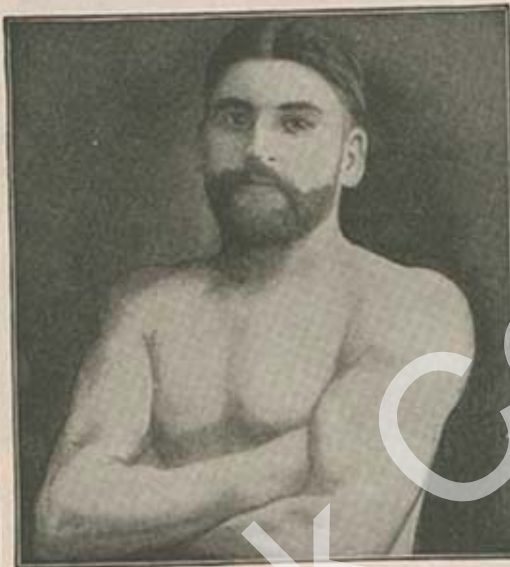
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PHYSICAL CULTURE

Vol. VII.

APRIL, 1902.

No. 1.

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WHO IS DESERVING OF THIS TITLE, AND BY WHAT MEANS CAN HE BE FAIRLY SELECTED?

By Bernarr Macfadden.



THROUGHOUT the entire civilized world there is much discussion as to who is the strongest man. There are many claimants of this honor, and the general impression prevails among the public at large that Sandow holds the title. This article

really a part of strength, and should be considered in a contest of this character; and it appears to me, also, that the strong-



AUGUST JOHNSON.

has not been written with the idea of expressing an opinion as to who is the strongest man, but with the view of agitating the subject as to the best means of determining or selecting the one entitled to hold such a title. Heretofore, this has been decided simply by various feats of weight-lifting. I am convinced that this does not fairly and accurately indicate the strongest man. Endurance is



EUGENE SANDOW.



LOUIS CYR. (Courtesy Prof. A. Barker)

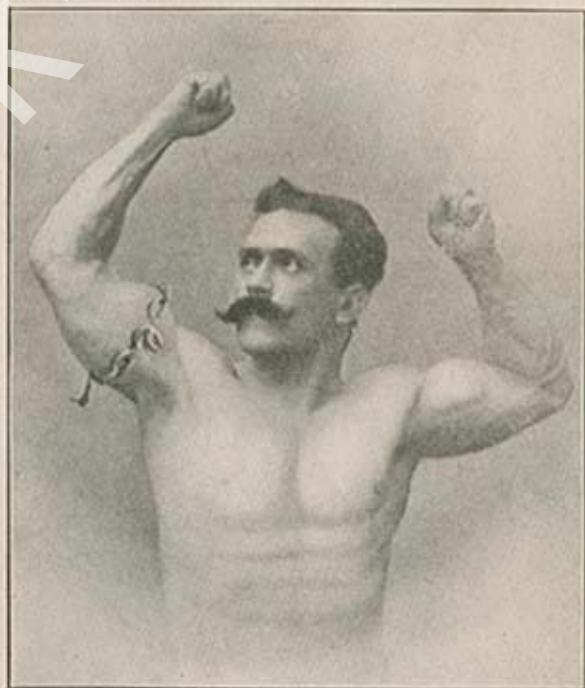
est man in the world should be able to defeat all other men in an actual personal contest. In other words, he should be the best man. Not necessarily a boxer or a wrestler, but a man who could defend his title by mere physical force, in case a personal combat became necessary wherein no weapons of any nature were used.

Furthermore, the strongest man in the world should be an all-round strong man. He should not be gifted with strength in certain parts of the body only, but should be strong in every way. He should not, necessarily, be capable of lifting immense weights only, but should be able to run fast, to move quickly and gracefully, and should possess a body that is supple in every part. A weight-lifter alone

is not my ideal of a strong man. You usually associate a heavy weight-lifter with slowness, rigidity of movement, and sometimes even awkwardness and ungainliness. An ideal strong man should be quick, graceful, and in thorough possession of all the powers of body which indicate strength in all its most beautiful and most harmonious forms.

Now, it is my intention, as soon as we can properly determine a series of feats for deciding who is the strongest man, to hold a contest in New York City, and offer prizes in cash, and a championship belt—the combined value of which will be not less than £1,000.

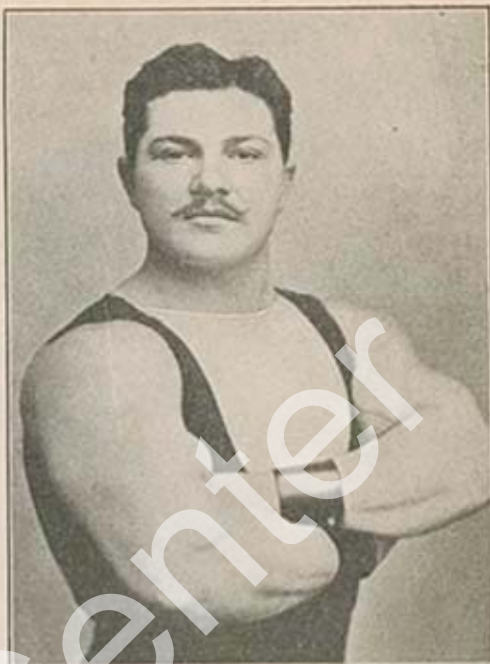
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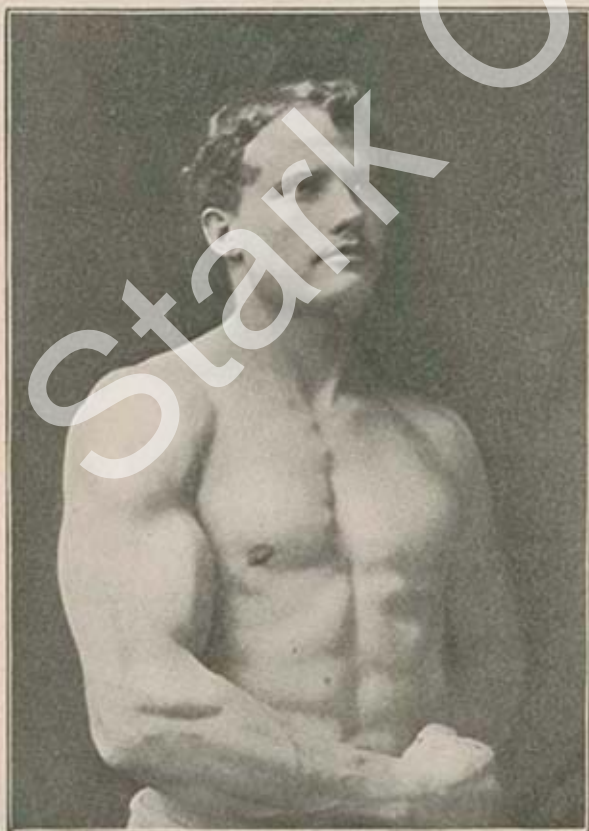
C. A. SAMPSON. (Courtesy Prof. A. Barker.)

a fair field, with favors to none. Our strongest man should be recognized and known as the strongest man. I firmly believe a contest of this nature would enormously advance the interest in this general physical culture work, because it would place the real strong man in his proper sphere. It would teach us that real and true strength is not merely the ability to accomplish one or more feats, but lies in strength throughout the entire muscular system. For I believe the champion in a contest of the nature of which we propose, would be a superb example of the perfect physical man, harmoniously and even beautifully developed.

I would say, of course, that I have not given much thought to the various feats that should be introduced for the purpose of properly deciding this contest; but hasty consideration of the subject has caused me to suggest the following :



ROMULUS. (Courtesy Prof. A. Barker.)



G. W. ROLANDO.

- (1) Raising heaviest weight with both hands above head.
- (2) Raising heaviest weight to shoulders only with both hands.
- (3) Raising heaviest weight to shoulders only with one hand.
- (4) Raising heaviest weight above head, one hand.
- (5) One-hand grip lift.
- (6) One-hand lift, any hold.
- (7) Two-hand grip lift.
- (8) Two-hand lift, any hold.
- (9) Snatch-lift to high as can reach over head without stop at shoulders.
- (10) Harness or shoulders, back and leg lift.
- (11) Wrestling — either contestant off his feet constitutes a fall.
- (12) One-hundred-yard run.
- (13) One-mile run.
- (14) Throwing 100-pound weight or short dumbbell for height.

(15) Throwing 100-pound weight or dumb-bell for distance.

(16) Fifty-yard race carrying 100-pound weight or dumb-bell by grip alone in each hand.

(17) The most symmetrically built man.

(18) The most marvelously developed man.

Our readers will of course understand that these are merely suggestions. We

should be pleased to hear from those interested, in case they have any ideas as to how such a contest should be decided.

Each contestant would, of course, be compelled to enter in all these events, and the one securing the largest average would be declared the winner. For instance, the winner in each event would be given, say, ten points; second, five points; third, three points; fourth, one point.

CONCENTRATION OF MIND IN EXERCISE.

By M. P. King.



EVERYONE knows, or should know, that without exercise it is impossible to attain or retain physical strength. Activity is the fundamental law of life, and, acting on this prin-

ciple, he is a foolish man indeed who neglects his daily exercise.

But how many exercise *properly*? In order that the greatest possible benefit may be derived from any muscular movement it is essential that that movement be performed in a proper manner.

In all animal life the greatest effort is always put forth through concentration of effort. This concentration may be conscious or unconscious, but it is present, nevertheless.

Take, for example, the fox when it is being chased by the hunters. Its instinct tells it that it is in danger, and it gets over the ground with amazing speed, simply because its sole aim in life at that moment is to get away from its pursuers.

Why is it that a cyclist can make better speed when paced by a motorcycle than when unpaced? Simply because his whole mind is centered on "holding his pace," and he puts forth every effort to that end.

It is for just such a reason that children's sports are so healthy and beneficial. Though they may not be aware that their minds are concentrated on their play; such, nevertheless, is the fact. Take the simple and popular game of "tag." One child chases another, and their minds are

concentrated—one in eluding, and the other in effecting the capture.

This is also the principal reason why wrestling is the best all-around exercise known. The mind is concentrated on the task of throwing one's opponent, and the muscles respond by exerting themselves to the fullest. A man cannot wrestle and allow his mind to rove. In consequence, a good wrestler is ever a superb specimen of manhood.

This principle should be applied to every form of exercise, if the greatest benefit is to be derived. It is not necessary that one must exercise for hours each day in order to gain great strength. In fact, too much exercise is sometimes as bad as, or even worse than, none at all. It is as in everything else—*quality* counts for more than *quantity*; and fifteen minutes a day of *proper* exercise is better than an hour of half-hearted work.

If the reader is in the habit of exercising with dumb-bells, let him, when exercising, endeavor to make each movement quicker than the preceding one. He will find that his mind will be centered on his work, and this will give him a really enjoyable interest in it.

But it is not even necessary to use apparatus in order to become strong. Simple resistance and flexing exercises, *exerting the muscles to the fullest possible extent*, several times a day, will be found of great advantage. In fact, these and tumbling exercises, the latter taken just before retiring, constitute the entire system of exercises followed by the writer, and they give very satisfactory results.

THE MIND VS. BAD HABITS

By A. L. Wyman.



THE victim of bad habits of any kind is frequently much more in the chains of mental bondage than in the chains of a course of action he cannot break. Nature prefers normal health, and, if you will leave her to her own devices, she will do all in her power to right her wrongs. The continued course of a bad habit, in the face of the frantic efforts of its victim, is more often due to misunderstanding of himself, on the part of the man, than to the inexorable dominion of his bad habits.

The first principle any victim of bad habits should hold in mind is this: Nature intends every man to be at his best; the man who believes this will say: I can be, am intended to be, and *will* be a man!

This is a first principle, because your drunkard, or drug fiend, considers that everybody despises him, and so grows to *habitually* despise himself. No man can conquer himself who despises himself, because he has deprived himself of that self-reliance and faith in himself which lies at the foundation of self-mastery. Let all such say: "I am a man, and none, not even myself, shall deny me my manhood! My manhood is my birthright!"

Another element in the bondage to which a bad habit subjects a man is fear! A man resolves to stop smoking, or drinking, and fancies he meets with difficulty, as, no doubt, he may. He at once calls up to mind all he has ever heard of men being unable to conquer the tobacco, or the liquor habit, and he becomes frightened. As in drowning, the moment he becomes frightened, he is lost. Mr. Hubbard, of Philistine fame, has a habit of saying that "the only Devil is Fear"; and you may believe him—it is absolutely true. To all those in the bondage of evil habit, be it said, Fear nothing! Few difficulties are insuperable. Rise up, and belabor the monster that assails you; resist, and the devil will flee from you, and do you keep pursuing him until you have laid him low!

Perhaps the most grievous source of weakness with men afflicted by evil habit is their pitiful dependence upon others for help. They look to doctors, they look to friends, they look to fortuitous chance in the far-off future for relief, instead of taking their "tub" and standing it upon its own bottom *now*. No physician, no friend, no chance can help any man, until he begins, with courage and self-reliance, to aid himself. That "the Lord helps him who helps himself" is an absolute truth. No matter how far a man has fallen,





in his own, or in the estimation of others, the moment he reasserts his manhood and determines to be a free man, that moment honor returns to him; and the more determinedly he asserts his rights, the quicker will Nature return to him again whatsoever things he has lost. Be self-reliant, and assert your manhood; that is the way the Prodigal returns to "his Father's house," and the Prodigal may be sure he will not be denied the fatted calf.

"But suppose I fail? I have tried to conquer myself in the past, but—it was a bad job." Conquering one's self should be like learning to skate: you know *others* have learned to skate, and you know *you* can learn to skate, and no matter how many times you fall, you keep on trying until you learn to skate. Whenever a bad habit reasserts itself, find out why, and remove the cause. Never be daunted by anything. Be like Robert Bruce, and take a lesson from the spider. The lesson he drew was, Try, try again. And remember always that *failures are invariably stepping stones to success*. A man can conquer himself, if he will, and all the best promises are for the man who overcomes. The Bible says that such a man is greater than Dewey.

The Right to Manhood.

Self-forgiveness, or the Assumption of Self-respect.

Fearlessness before the Powers of Evil.

Bulldog Tenacity of Purpose.

Determined Self-reliance.

These five principles are the factors that make for a right attitude of mind, when a man sets out to conquer himself. When a man knows he *can* be a man, that he *is going to be* a man, and discovers suddenly that he *is* a man, he is a long way back on his journey to his Father's house.

If a man can bring himself to comprehend and assume the attitude of mind I have described, he has a sure foundation of success laid. He will not win his victory in a minute, or in a month; but he will *surely* win it, and will sooner or later discover that two courses of action yet remain for him.

The first involves bringing his body to perfect condition. He will awake to the fact that *moral* disease has brought about *bodily* disease, and he will instinctively set about regaining the perfect physique he has lost. He will not be afraid to seek legitimate help from legitimate sources; in a word, he will forsake fakes and false cures for the most scientific treatment known, and he will place no small value upon the benefits of physical culture. He will discover that physical health is a natural step to moral health, and will pin his faith thereto.

And finally, with awakened self-respect, he will again take his rightful place among good men and strive to fill it nobly. He will make it henceforth his

lifelong purpose to realize the best that is in him. He will remember, and it will give him strength, that nearly all of our greatest men have arisen from humble, sometimes low, surroundings; and he will

discover that a man who has conquered himself has a strength no other man can know. All such men have learned how to prevail. A man with Hope, Faith and Courage in his heart is invincible.



J. H. CARSON.

Mr. Carson is a member of the Toronto Swimming Club. He won three first prizes at the Toronto Annual Swimming Tournament in August, 1901, viz.: One hundred yard scratch race for championship of City of Toronto; fifty yard race for Club's gold medal, and one hundred yard handicap race, which he made from scratch in eight seconds. This last was considered remarkable time, as the water was rough and the wind was against the swimmers. Mr. Carson is thirty-five years old. He is an advocate of the fruit and nut diet, and never eats any food that is cooked or seasoned.

QUESTION DEPARTMENT

Q. I am 18 years old, 5 feet 6 inches in height, weight 138 pounds. Am trying to gain weight by eating four meals a day. What would you suggest?

A. Follow the advice given in the November issue of *Woman's Physical Development* on "How to Gain or Lose Weight."

Q. Would you advise one to eat a couple of apples before retiring, or to drink water at that time?

A. I would not advise you to eat at this hour. It is beneficial, however, to drink water freely before going to bed. The water should be about the temperature that it comes from the earth.

Q. I eat but two meals a day, very rarely eat flesh foods. Have a coated tongue very often and pains in the stomach, sleeplessness and a red nose; take no drugs and use no stimulants. What is the cause, and how can I cure same?

A. This correspondent has failed to state his weight and height, and we can but guess at his condition. He is probably making the mistake of a great many people who adopt two meals a day. He is supplying more of the nitrogenous elements, and probably more of the starch, than the body requires; hence these symptoms. Under the conditions stated, would suggest that you cut your diet down to one meal a day and eat a great deal of fruit and fresh vegetables, such as celery, lettuce, spinach, etc.

Q. I have severe attacks of cramps every Sunday after preaching. Never have an attack only on Sunday after preaching. Can you advise me in the matter?

A. One thing is certain—either your Sunday dinner is too heavy or the sermon. We would advise you to experiment with both of them and cut out the one that causes the cramps.

Q. I have had bronchial trouble for two or three years. Am afraid it will develop into consumption. What would you advise?

A. Adopt a vegetarian diet, and devote

an hour or two daily to deep breathing exercises, taken out of doors when walking or running. Be very careful to have your sleeping room plentifully supplied with fresh air.

Q. My little girl, 7½ years old, does not sleep well. It takes an hour for her to get to sleep, and then she tosses about and talks in her sleep. Has no appetite for breakfast.

A. Get the child a pair of one-pound dumb-bells and let her exercise a few minutes before retiring. Then brush the skin gently and bathe her with tepid water. For supper, allow her to eat nothing but a little bread and milk.

Q. My doctor tells me that the reason so few women have consumption is because the chest is so well protected from the cold by the corset, and men are more liable to the disease, because they have no such protection. Is this so?

A. Emphatically no. It is news to us that the corset protects the chest, for one thing. Perhaps we have not made the acquaintance of the particular style that affords this protection, but we were under the impression that it was rather a stay for the waist and back than a protection for the chest. Again; consumption is unknown among the races that go partially nude. I think you will have to ask your doctor for a better explanation.

Q. I have tried twice to fast since Christmas. The first day I always feel better, and better still on the second, but the third morning I had nausea, was dizzy, became faint and staggered, and tried to vomit. I ate a light lunch and the symptoms disappeared. Can you advise me how to overcome this difficulty?

A. This is a common experience in fasting. The faster should prepare for the feat carefully. The first day no heavy exercise should be taken, but one should walk six or seven miles, if the strength is sufficient, and practice deep breathing. Pure water should be taken freely. The sleeping apartment should be thoroughly ventilated. When the feeling of nausea

and dizziness appears, drink two or three glasses of water and take deep inhalations. Unless there is distinct hunger, the fast should not be broken at this point, but should continue until hunger appears.

Q. I am troubled with cold hands and body throughout the morning. It takes

me until noon to get warm. What would you suggest?

A. Exercise vigorously night and morning, followed by friction bath and cold sponge bath. Adopt two meals a day, eating whole wheat bread, nuts and vegetables.

REVOLT OF THE ANTI-COMPULSORY VACCINATIONISTS IN BOSTON.

By Charles E. Page, M.D.



MORE than 2,300 years ago there lived a man in Athens who was the perfect prototype of the modern dramatist who satirizes all innovations in intellectual, social and political life. This man was a poet of extraordinary power, but his intellectual station has been lowered by his consistent enmity to new ideas. What Aristophanes represented in that far-off time the medical profession of our times fairly well parallels; no sect of hide-bound religionists can lay over the average "regular" medical man of the present day in the matter of clinging to ancient ideas. Evidence of this fact is found in the prevailing practice of employing vaccination as a preventive of smallpox. In Plato's dialogues we are told that when two physicians appeared in consultation at the bedside of a sick man it was with difficulty that they could keep a straight face, in view of their conscious ignorance of any means of relief, and, hence, the drollery of their position.

Modern drug-slugging doctors find no trouble in maintaining a sober demeanor at the bedside, whether hunting singly or in pairs, though, for the most part, their presence there bodes evil rather than good for the patient. The chief difference between the doctors of Plato's time and ours lies in this: the former were sadly ignorant and knew it; the latter are ignorant and don't know it.

The request comes to give an account of the present struggle between the pro-vaccinationists and the petitioners for the repeal of the compulsory clause of the Massachusetts vaccination law, and "not

too long"! Anything like an exhaustive review of the battle would require one entire issue of *PHYSICAL CULTURE*; but those who follow the standard of this journal are too intelligent and too well-informed to require any long-winded argument on the merits of the question of "vaccination or no vaccination." They believe in obedience to the laws of life; and if these laws are to be violated there must at least be the excuse of something more sensually pleasing than having the skin pricked for the reception of the virus of cowpox into the circulation.

Early in November there began to be considerable numbers of cases of smallpox in and around Boston. As usual, the patients were of the poorer classes, living in the tenement-house districts and under especially unsanitary surroundings. This particular filth disease can flourish only in such environment. Extremely cold weather favors its production, for then the poor folks keep the windows shut close night and day, thus "saving foul air for the sake of its warmth," living in a home-made pesthouse. These people, moreover, wear clothing long after it has become filthy through and through; bed-clothing is open to the same criticism, and the poorest folk pile on the dirty old comforters for protection from the cold, and commonly sleep in their underflannels. All this sort of thing tends to promote internal body-filth and the necessity for the peculiar eruption observed in smallpox for the elimination of foul matter and prevention of instant death, so to say.

Our Health Board, as soon as they could find the excuse of considerable numbers of cases of smallpox, proceeded in the

most "regular" way to become a disease board by fighting the smallpox by means of afflicting as many as possible with cowpox. They were not content with merely urging the people to submit to vaccination; but with great numbers of doctors, armed with vaccine points, they raided the unsanitary districts and, in so far as possible, bulldozed the poor people into submission by threats of fine or imprisonment. The railroad companies, department storekeepers and most other employers of labor joined in the business and issued orders to their employees to be at once vaccinated, on penalty of dismissal. But, about Christmas time, the shopkeepers found that the scare had stopped their trade to such a degree that they became alarmed. Shoppers remained at home from fear of contagion; suburbanites did not dare visit the city. It was costing the department stores millions of dollars from loss of trade; then they sought to undo the mischief by issuing bulletins to the effect that there was no danger from visiting their stores. They induced the Health Board to issue cards in the papers to the same effect. But they have paid dearly for the miserable business of terrorizing their employees into being vaccinated against their will.

About this time the opponents of vaccination, especially the opponents of compulsory vaccination, began to get together and talk the matter over. It was a surprise to most persons to learn that our vaccination law contained a compulsory clause; even many physicians were unaware of the fact. The law had long been practically a dead letter. Finally, the Massachusetts Anti-compulsory Vaccination Society was formed and prepared a bill which was sent to the Legislature, the point being to repeal the compulsory clause of the vaccination law. A "hearing" was had before the public Health Committee. Mr. William Bassett, a State Street broker and member of both the Boston and New York Stock Exchanges, a nervy gentleman who did much to secure the exemption clause in the present law, by which means the certificate of any registered medical practitioner, to the effect that a child is an unfit subject for vaccination, would exempt such child from vaccination and enable him to enter school—Mr. Bassett, president

of the above-named society, had charge of the matter at the hearing and made a strong opening argument in favor of the new bill. The writer followed with a half-hour speech; and several other gentlemen spoke in favor of the bill. I prefaced my remarks by reading a letter from Dr. Martin Friedrich, the present chairman of the Cleveland, O., Board of Health, which alone should have sufficed to convince even the worst of our pro-vaccinationists of the folly of their position and the efficacy of thorough sanitation for stamping out smallpox.

Dr. Friedrich's letter explained how the health authorities of Cleveland had for years employed the cowpox scheme to the limit, as our Health Board has to a great extent, and with the same result, viz.: *failure*. The disease kept showing up from year to year; smallpox scares continued, and at times the disease would take on the color of an epidemic. It was very much in evidence at the time Dr. Friedrich became chairman of the Health Board. He had for years been studying the question, and when he found himself clothed with the proper authority he at once began a crusade against filth throughout the city. Instead of following the old line of enforcing vaccination, or, in other words, adding filth to filth, he stopped vaccination *in toto* and raised an army of inspectors and sent them throughout the city with power to *cleanse*. The tenement-house districts and quarters of the poor, and all parts of the city, were inspected carefully. No special description is needed here, as to how they managed; it is enough to say that the city was made *clean*, free from dust-heaps, garbage, foul-smelling water-closets and privy vaults, etc., and, withal, instructions were given to the people as to letting in the air and sunshine into their dwellings, thorough cleansing of bedclothes, underclothes, etc. The result was just what sanitary experts and all students of this question would expect; smallpox was completely banished, and is not showing its face any more in Cleveland.

In brief, Dr. Friedrich adopted, and with the same results, the means used at Leicester, Eng., where the compulsory clause of the English vaccination law (to quote the language of Prof. Alfred Milne) was "laughed to scorn" by the most in-

telligent people of that city for years before the general intelligence of the English people reached the point of repealing the obnoxious and brutal law, or that clause of it which sought to prevent the well-informed citizens from preserving the purity of their blood, except at the cost of a twenty shilling fine or a term in jail.

The hearing continued, and the pro-vaccinationists had their innings. During two days they mustered their forces and, indeed, they made a most formidable showing. It was and is the fight of the doctors against the liberty of the people. The vaccination law is a doctors' law, here as elsewhere. "It is the work of that curse of civilization, the superior person, whose function it is to concoct tangles with an airy ease which the democracy has with infinite labor to undo." The law which causes not a moment's uneasiness to any man with five dollars in his pocket, or a friend by his side, can still strike, and has real terrors for the hopeless, helpless, friendless poor. The grotesque inequality of such a law is evident on the face of it, but not so evident its innate cowardice. The doctors who agree in nothing connected with it, except in the matter of re-vaccination for an indefinite number of times, dare not force it on the adult, at least not on one with the courage and means for opposing them.

For the most part, except in so far as enforced upon employees by their employers, compulsion is confined to the helpless child, to the deep disgrace of all and each who permit that to be done to their babies which they would not suffer for themselves. "It is an immoral law, for it puts conscience up at auction with a reserve price of five dollars on it. A moral pestilence is worse than a physical one; and it is a moral pestilence that is being spread when the law comes to a poor man and bids him take five dollars in one hand and in the other the love and trust of the little twining arms about his neck, and choose between the two. The very success of such a law is its greatest

condemnation, for it only ceases to be vain where it breaks a conscience down."

In addition to arguments like the above, the petitioners produced abundant evidence of the evils of vaccination in form of unhealing sores, serious and fatal illness, lowered vitality of whole families of children that were healthy-born and robust till they were vaccinated; mothers came to the hearing and brought their children to show the results of vaccination, in one case a 15-year old lad whose arm withered and has been useless since the day on which the poisoned wound was inflicted at the age of five. And to combat all this, the pro-vaccinationists could only present the protests of large numbers of medical men, business men and others against the proposed legislation, and the old chestnut statistics concerning the contemporaneousness of vaccination and lessened amount of smallpox. As well attribute the banishment of scurvy, cholera and yellow fever to vaccination, as the disease under consideration, since all this is contemporaneous.

The results of our efforts cannot be stated at this writing; but whether successful or not, the battle will prove of value as an educational influence upon the general public, and help forward the day when the vicious and every way useless practice of vaccination will be abolished; when, indeed, it will become a penal offense for anyone to inject the virus of cowpox into the circulation of a human being.

Vaccination neither prevents nor mitigates smallpox. The best-informed of students of this whole question disbelieve in the contagiousness of the disease. The point is, that there is always a likelihood of smallpox breaking out on any individual whose body becomes, from whatever cause or causes, sufficiently saturated with filth to make such an outbreak essential to the preservation of his life; that's the whole story in a nutshell. In every such case he doesn't have to catch it, any more than did the first person that ever had it.



OUTDOOR ATHLETICS FOR EVERYBODY.

By Timothy Drake.



THE time has been reached when the man who will assert that exercise is not beneficial is set down as an ass. Americans are readers, and their perceptions are alert. They have been convinced that of all the agents and mediums of health, exercise stands first.

Realizing this, one naturally inquires, Why then so many weaklings? Why do they not practice what they believe?

The answer is readily given. They knowingly subordinate their bodies to their business, to the struggle for life or advancement. They will tell you frankly that they do not have time to exercise; and if you hint at anything like pleasant outdoor diversions, they will hoot it as loudly as any Scot that ever came from the land of Porridge hoots the opinions of any but his clan in general and himself in particular.

During the winter months there is some truth in the claim for a majority of our people. Their work is hard; it begins before the day has lighted, and ends after dark. But as the days grow longer, such a plea will not hold; still, if you seek, you will find just as few seeking healthy, wholesome pursuits as during the winter. Young men will be found lounging on the streets; girls, sauntering in front of their homes, listless, indifferent to anything but the moment.

And there are scores of agreeable pastimes to their hands, if they would only take them up. The number of outdoor games, in which the pleasure of contest mingles with the benefits of exercising, and which require no expensive paraphernalia, like golf, tennis or bicycling, are many. There is no quarter of city or country where they could not be held, and nothing to bar any individual from their pleasures and benefits.

In these natural, inexpensive exercises, which people neglect continually, walking and running are the most important.

Many an athlete has gained his superb development on the track almost exclusively, and many an invalid has walked out of and away from his weakness.

A fad grew up among bicyclists, a few years ago, which might be taken up by people who would combine pleasure and exercise. It consisted in keeping a record of the miles ridden during a season; and the cyclometers did much to heighten the pleasure of the riders. It is entirely within the means of every little circle of acquaintances to organize a walking club, with rules that provide for a certain daily quantum of exercise, in which longer pedestrian outings might be planned for holidays and executed in companies, while records could be maintained of the walking of the members during the busy week. Proper walking, with head erect, shoulders squared, chest out, and a brisk stride, will be found a wonderfully stimulating exercise, and a rapid developer of the muscles of the lower limbs.

In connection with this there could be regular days for running contests, for which anywhere in the city would suffice for practice.

With a little stimulus obtainable from such a start as this, great inter-city contests in running, jumping, shot putting, hammer throwing and hurdle racing might be developed. It would not be necessary for clubhouses or regular organizations. Merely a throwing aside of certain forms of convention, and the starting in practice of active pursuit of these and other outdoor pleasures would be sufficient to stimulate all the young men in a ward in the work.

Running is one of the best possible exercises for strengthening the lungs, developing endurance and making supple, effective muscles.

High jumping, in fact jumping of all kinds, requires a different sort of muscular action from the exercises enumerated above. In the jump the muscles are subjected to the extremes of tension and relaxation in very brief intervals, and

the individual must be trained to control them accurately. Too great an effort on the part of one with untrained muscles might result in a rupture of some weak part, entailing pain and sometimes permanent injury.

Where this form of exercise is aimed at, there should be careful preliminary all-round training; and the individual should begin by making short jumps, without any unusual strain, and put forth effort only as he finds his powers sufficient to sustain it.

Shot putting and hammer throwing come in a still more advanced class of open-air athletics. Like wrestling, these demand not only muscles well developed, trained to respond quickly, and capable of extraordinary and instantaneous contraction and expansion, but technical knowledge of how to utilize the force to the best advantage.

The hammer thrower or shot putter should train at the start for increasing his lung power, developing the muscles of the back, shoulder and forearm, and especially the strength of the muscles around the elbow joint. Heavy work, like lifting heavy dumb-bells, is not for

him, as he would probably become slow, while gaining in muscular power. Bag punching, floor work—lifting the weight of the body, with toes and hands only touching, running and minor exercises for the hand and forearm, should occupy his attention. He should strive to achieve the power of instantly producing the contraction and relaxation of the particular muscles involved, and begin early to practice with the shot or weight, using a very light one at the outset, and continuing with it until he has entire control of the muscles called into play, and has mastered the technique of making the cast.

Thousands of young men read of the athletic contests held by athletic clubs from time to time, and sigh because they have not the opportunity to participate in them, or to reap the benefits to be derived from regular training. If they continue to miss them, it is entirely due to their own lack of American grit and perseverance. A little work, as outlined above, daily, will show wonderful results; and no one needs an athletic club or a preserved field to develop the powers Nature has given him.



E. KUPFER (MODEL), 65 YEARS OF AGE.

VALUE OF NATURAL FOODS.

By Evelyn Dortworth.



DO not think it is generally known that 3,000 people in Chicago and 1,000 in Greater New York are subsisting on natural, or uncooked, food, not because they must but from free

choice—because they like such food best. The fact that such is the case is potential; it argues the passing of the experimental period of the new idea.

The idea of natural food cannot truly be called *new*, as the discovery of a way to procure combustion, or fire, was not simultaneous with man's creation, and the cooking stove and frying pan are of comparatively modern date. In the various phases of our civilization, cooking has come to be ranked among the arts, and the salary of a competent chef often ranks higher than that of a litterateur; but that proves nothing against the suggestions of modern *thinkers*. If their growth demands something better and more satisfying than partially burned foods, animal and vegetable, and if they find it, as so many do, in the use of wheat, milk, eggs, nuts, fruit and many vegetables, the world may deride, but the fact remains. Such food, taken in small quantities, is more satisfying and nourishing than twice the amount, if it has been subjected to the process of cooking, and the food is partly predigested. Nature, cheated of her natural office, revenges herself. The machinery works irregularly, because of the constant effort made to rid the system of that which is not easily assimilated, and is not available in building up the body. For the perfect satisfaction of the appetite a much smaller bulk of natural food is desired, and that taken twice a day, proving that such food contains more elements of nutrition. Gases are not formed in the stomach after eating, and impurities are not sent out of the system through pores of the skin, which facts

furnish additional proof of the value of natural food.

An athlete and bicyclist in Atlanta, Ga., seven years ago demonstrated as to the value of wheat and milk as diet, living for six months on these two foods alone, gaining in strength, endurance and weight!

I am convinced that the reason there are not ten thousand natural food eaters in New York instead of five thousand, is lack of knowledge as to natural foods. Wheat grains are not the most attractive to palates accustomed to the "flesh pots of Egypt." Ancient writers designated natural foods, as those which were agreeable to the taste without preparation of any sort, and of these there is a large enough list to afford great variety.

The combinations which one may work with such foods are countless, and a little experimenting will prove to anyone that dishes as delicious as any prepared by a modern chef may be secured from them. I give a few recipes for my readers to try.

NUT CROQUETTES.

One cup whole wheat or oatmeal, ground and soaked for two hours in sufficient water to cover it; one cup mixed nuts ground very fine; add salt and pepper, sage or thyme; mold into shape, and brown in hot butter or olive oil.

A DELICIOUS BREAKFAST DISH.

Whole wheat, ground; serve with milk or cream, nuts and raisins. Use also in same way apples and dates, or figs.

AN UNCOOKED CUSTARD.

Put whites of eggs in glass syllabub-churn, and beat very stiff (eggs must be perfectly fresh); add yolks and beat again; add to each egg a tablespoonful of sugar and of cream, vanilla, almond or lemon. Reserve small part of white of egg to garnish top of custard glasses, or cups.

THE AUTOBIOGRAPHY OF A MICROBE.

By Hattie Preston Rider.



I HAVE little recollection of my parents, but the place where I spent my early childhood is very distinct in my mind. It was pleasantly dark and warm, and moist enough to be very healthful. Little red rivers ran past, whose currents continuously floated down food enough to sustain an army; and an army of us there grew to be, sure enough.

How ever I got out of such a paradise is more than I can tell, for the next I remember, I and one of my playfellows were sitting astride a particle of dust on a crowded thoroughfare. Homesickness and a doubtful welcome in the faces of strange microbes about us were beginning to tell on our spirits, when a sudden gust of wind caught the dust-atom up and whirled it madly through the air.

My friend was swept from his seat and lost; but I clung



Editorial Supplement

The editors of many prominent newspapers throughout the country are becoming alarmed. Where will this "physical culture fad" end? they are inquiring. Many of the schools have made physical culture a compulsory part of their curriculum. That seemed rather a bold step to the average moulder of public opinion, and, though this change was generally applauded, it was by many considered detrimental to the regular school work of mental cramming that usually engages the entire attention of our so-called educational institutions.

Physical Culture in the President's Cabinet.

But now the "fad" has gone a step too far. It is becoming ridiculous. The "press" grows sarcastic and at times witty in the most extreme degree when the latest move of the physical culture "faddists" is discussed. Senator Mason's bill, recently introduced in Congress, which provides for a national physical culture department, is the cause. This bill creates an office in the President's Cabinet for the head of this physical culture department, and would give each State a Commissioner of Physical Culture at a salary of \$4,000 per year.

This would be the first step ever taken by the makers of laws in this country to indicate that they are in the slightest degree interested in that which constitutes the very foundation of any civilization—namely, the possession by the people of superb health and the vigorous and beautiful bodies that accompany it.

And this interest on their part, this attempt to make some effort to maintain and increase the pristine vigor of American manhood and womanhood, excites the merriment of men who claim to possess reasoning powers.

Prejudice is the most inhuman of all murderers.

Mental narrowness is a vice that squeezes the strength, vitality and very life from the bodies of thousands of men and women.

Once fall into the rut where the great masses of human beings are struggling and straining, and figuratively tearing each other into bits as they scramble and mentally fight for the food and clothing represented by dollars and cents, and it seems to be almost beyond human power for one to climb out again.

I want to say to every reader of these lines, *for heaven's sake, climb out of the rut, pick the scales from your eyes, and free yourself from the terrible grip of the vice of mental narrowness.*

Stand free and clear and alone. Don't lean on anything or anybody. Don't let someone else manufacture your opinion. Deduce your own. And the strength with which you will be inspired as a result of these mental and physical efforts will thrill every part of your being with a power that will seem almost omnipotent in character.

I want to ask the editors, the statesmen, the politicians and the influential thinkers of this country if the future of the United States is of the slightest interest to them.

Or, to put it more emphatically, is the future welfare of your children and your children's children worthy of serious consideration?

If the answer is "yes," I will ask them to read again the preceding remarks emphasized by italics and then consider the following facts:

(1) The remarkable success of the United States as a nation has been due to the great vigor of their people developed by pioneer life, in an invigorating climate, and by the inventive genius that is strongly encouraged by the necessities and opportunities found in nearly all new and fast growing communities.

(2) The conditions which developed our hardy pioneers and to which we owe our great success as a nation are gradually disappearing, and our continual increase in population, notwithstanding this, has been due to immigration and to the farmers not yet infected by the luxuries and excesses of our civilization.

(3) But few descendants remain of the old pioneer Americans. They have gradually degenerated until the power of reproducing themselves has disappeared. The few old families who can trace their American ancestry back several generations usually possess nothing else of which they can boast.

(4) The tendency of people at present is to mass themselves in vast centers of population, where from violated health laws, dissipation and excess, often committed through ignorance, they degenerate and die like flies in a trap. If the cities were not continually supplied with a vast inflow of human life, born and grown in the country, they would soon be depopulated. The average country-bred city family will not usually survive more than from two to four generations. How long will the country be able to supply this enormous demand upon the physical resources of its people? Not very long, when it is shown that many evils of the city life are gradually being spread to the country.

Is there nothing in these facts to alarm any thinking patriotic American?

The old-time Americans are not only degenerating—they are becoming extinct with startling rapidity.

Turn to the vital statistics of Massachusetts, recently published in an official report, and the significance of the facts here shown should awake the most prejudiced reasoner.

This report states that Massachusetts has a population of 2,805,346. Of this, 1,959,324 were native born, and 846,324 were foreign born. In 1900, 73,386 babies were born and, though the native born population is more than double the foreign born, the number of births among the foreign born was far greater than among the native born. The *Boston Herald*, in commenting upon this report, states that in 1900 there were 10,695 marriages among the native and 8,807 among the foreign born, but that these marriages resulted in over double the percentage of births in the foreign than in the native born.

With these facts staring us in the face, and with the absolute dependence upon physical vigor for all success, for all happiness and for all that makes life really and truly worth the living, can the law makers and intelligent thinkers of this country long continue to ignore the vast importance of physical culture, not only to the life and health and happiness of the individual, but to the safety, power, future prosperity and permanence of the nation itself?



No one can assist in the physical elevation of the human life without feeling a deep interest in the methods or means of feeding those in destitute circumstances. Though fasting is of value at times to assist in giving the body an opportunity to eliminate the impurities that accumulate in all diseased conditions, when the body is improperly or too scantily fed for a long period, weakness is bound to result.

**The Editor's
One-Cent-Meal
Restaurant.**

The ignorance of the average person in reference to foods and their value is appalling; but it would seem that at least those who are intrusted with funds to feed the poor would make an extra effort to learn something of the appetizing and nourishing qualities of the various available foods that can be cheaply procured and easily prepared.

To one who has learned the great nourishing value of such cheap food as wheat, oat groats, barley, beans, peas, lentils, rice and foods of that character, the ignorance displayed by those who attempt to satisfy the hunger and nourish the body of the destitute, seems so rankly inexcusable as to be almost criminal.

For instance, we have coffee stands in various parts of New York City where men, sometimes famishing with hunger, are fed on coffee. It would be just about as intelligent to have whiskey stands and feed them on whiskey diluted with hot water. Anyone with an atom of brains knows that coffee is only a stimulant,

that it furnishes no nourishment to the body, and why those in charge of these coffee stands should serve this decoction to hungry men is beyond my wildest comprehension, when they could for a similar cost furnish each applicant with a bowl of beans, peas, rice, or any one of the various cereals, or a thick soup made of them that would really constitute a full and satisfying meal.

At the present time a great daily newspaper in this city is sending wagons to various parts of town, from which they distribute coffee and sandwiches made of white bread. Apparently, they are also in need of a little knowledge of foods.

I fully realize how little can be accomplished by merely publishing an article or editorial on this subject, and it has long been my intention to demonstrate to charitable persons and organizations how easily and cheaply human beings can be satisfactorily fed. I have not given the matter of cost very careful consideration; but the little investigation I have made causes me to believe that a full and satisfying meal, capable of sustaining the body in good health, can be served in very large quantities without loss for one cent, where such extreme economy is necessary.

This will, no doubt, seem an astounding statement to the average person accustomed to eating a variety of a dozen or more different foods at a single meal; but this great variety is unnecessary and usually in time produces a condition of general physical weakness which causes the body to be an easy victim to all sorts of diseases.

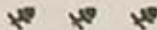
Now, in order to give each and every person interested in this matter an opportunity to see how cheaply and satisfactorily the human body can be nourished, I have concluded to open an experimental restaurant here in New York at the corner of Pearl Street and City Hall Place, where we will serve meals for one cent and upward. All food will be prepared in the most approved methods for maintaining its delicacy of flavor and its nourishment in an easily digestible form.

The one-cent meals which will be served will consist of the various kinds of beans, peas, lentils and foods of that nature. Each day we will have at least two of these one-cent meals which can be served.

Of course, it seems very improbable that we can serve food so cheaply and still pay expenses, and we may probably not be able to pay expenses; but it is my intention to make the venture pay if possible, that others may be encouraged to open up similar restaurants wherever there is a demand for same.

I firmly believe that a strong man can maintain his health, strength and weight, while eating but two of these one-cent meals which we intend to serve. This would mean an expense for food of sixty cents a month, or \$7.30 a year, and the fact that one can live on an amount of this kind in this country, if necessity required, will no doubt seem beyond belief to the average individual.

I intend to eat many of my meals at this restaurant when in New York, and intend to be satisfied with two one-cent meals per day.

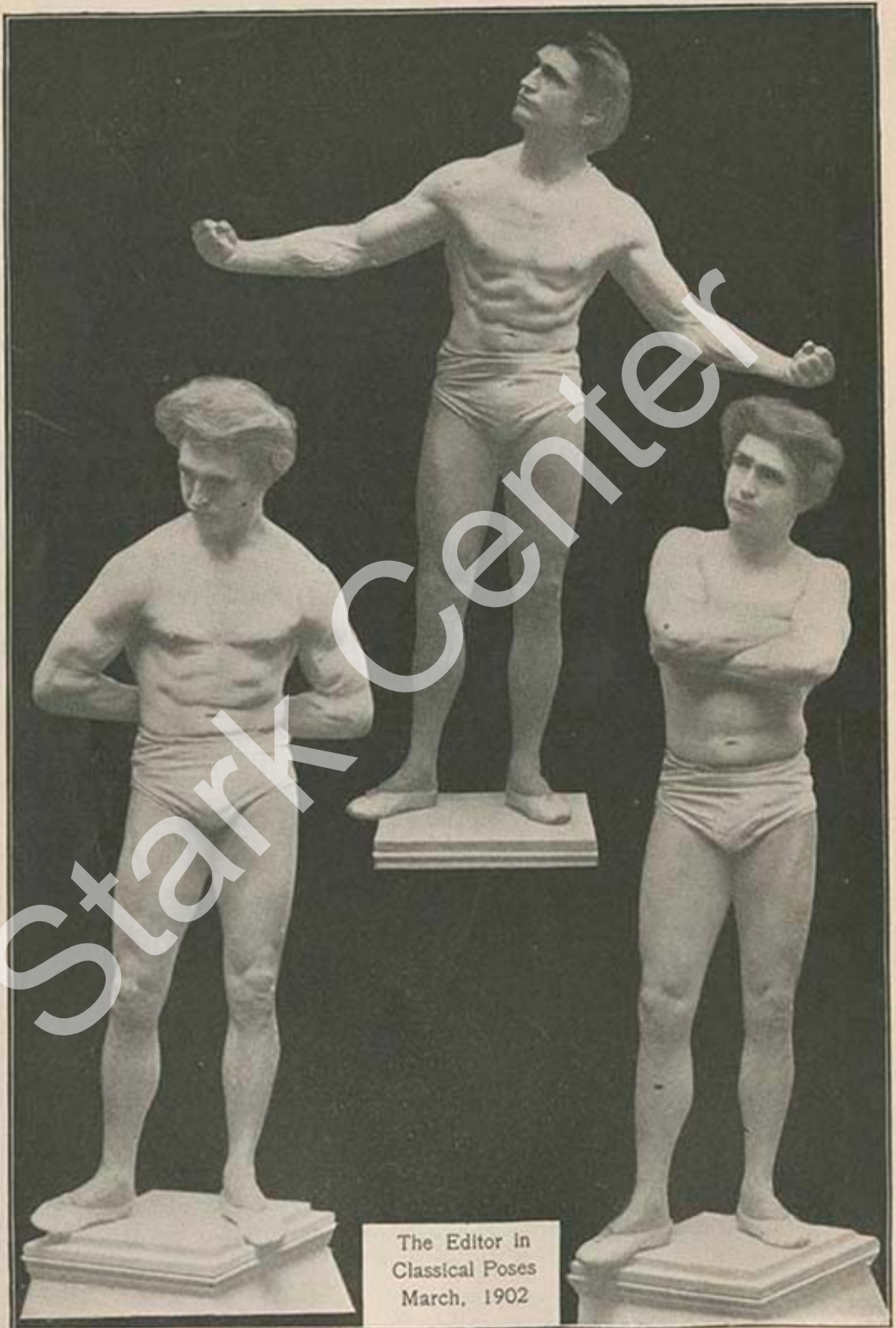


I regret very much to announce that the extraordinary amount of work necessary in looking after my various publication interests, necessitated my canceling some of the lecture dates announced in a former issue. My tour in England produced such an accumulation of pressing business at the main office, requiring my personal attention, that I found it impossible to continue the proposed tour. We hope to be in a position to resume later.

**The Editor's
Lecture Tour.**

Many of my friends in the various cities where the lecture has not been announced have written and made special requests that their cities be included in the tour. Under the circumstances mentioned above, however, they can thoroughly realize that it will be impossible to grant their request at present.

Bernarr Macfadden



The Editor in
Classical Poses
March, 1902

on desperately, clawing with all my extra feelers at everything I passed, and by great good luck found a foothold on the spout of a milkman's pouring can, as he climbed into his wagon with his hat pulled low over his eyes. From there I was swept off into the first waiting pitcher on his route, and next morning was served up in a glass beside the plate of a lean, sallow, stoop-shouldered fellow about twenty-two years of age.

I sat up and watched him, palpitating with anxiety and hope.

HOME FOR FRIENDLESS MICROBES

was blazoned all over him. My heart swelled as I saw him wash down, with three cups of muddy coffee, innumerable unmasticated hot cakes and a dish of pasty, half-cooked oatmeal. Then, to crown his repast and my joy, he lifted the glass to his lips and down went milk and I at three gulps. In an hour I had found my corner and was thoroughly at home.

I don't know how long the ensuing period of peace and comfort lasted; but I know what brought it to a close. A girl! Put on the programme something in petticoats, especially those abominable modern short ones, and disaster is insured.

I had found a few of my kind in the corner where I set up my abode, and together we built up a thriving colony. I was learning to look with great pride upon it, and felt like a patriarch, or patriarchess, or both. How they grew and thrived, those hungry, restless little fellows! And, what was still more gratifying, the food supply seemed to increase with their appetites.

I got up one morning, feeling particularly well. It was a fine damp, chilly morning, and our host had slept all night with his windows closed, which exactly suited us, though he always seemed to feel very dumpish after it. I was sorry, though, when he started for the store, that he missed his nice warm car by half a block, and might decide to walk. As he stood there hesitating and scowling over the question of waiting for another, around the corner came our Nemesis.

She was not an attractive girl, at all. Besides the unladylike short skirts that could never by any chance give a wandering germ a lift on his way over a crosswalk, she had a waist that our host could not for his life have spanned with his two hands. Her jacket was vulgarly warm and comfortable, and her cheeks were vulgarly glowing. Her hat was tilted back on her head, and she walked with springy steps that seemed threatening at any moment to break into a madcap race, like a boy's.

Her very presence disconcerted me, and the way that young fellow's heart commenced pounding against his ribs, at sight of her, threw the whole colony into a flurry. I might have known it was the sounding of our doom.

Our host started off in step with her, as



HIS VICTIM.

if trolley cars had never been thought of. His eyes cleared, and he moved more briskly than he had since we had taken up our abode under his left clavicle. But I was thankful to see that he began to flag, and, after a few blocks, she had to slacken her steps or go on alone.

"What's the matter, Alf?" I heard her ask, with hypocritical solicitude; and he mumbled some sort of answer I did not catch.

Then, on that public street, she shamelessly stood still and gave him the most terrific scolding I ever heard in all my checkered existence. Cigarettes, late hours, beer, improper food, lack of fresh air and healthful exercise—goodness! What a volley she poured into the ranks of what she called his "horrid habits," with such tumultuous eloquence I could not for my life understand where she got the breath!

I had some hopes of him, even then; for when she had finished, he looked straight at her, and said, with a dull flush: "I'll give up all those, and any more you ask, Susie, if you'll let me do so for your sake."

But my hopes fell flat, and I knew our fate was sealed, when she answered: "Not much! You go ahead and make the most of the manhood God has given you, for its own sake. But we'll be as good friends as ever you like."

It would take a clever microbe to get the best of a girl who can make a man believe he's doing of his own accord something physically or morally righteous, when really he's doing it for her; the subject is so apt to develop leadings in himself and fix the habit. Little fear of the vain one who takes all the credit to herself.

I had but one thing left to live for, now, and that was revenge. I told myself that there is often a weak spot under energy and apparent good health. Ah, if I could only find it, in the system of that immodest thing in petticoats!

I was free to seek it before many days. What with our host's taking simple food, erect walking and breathing exercises in the open air, regular habits and the gymnasium, half our colony starved to death inside a month. In less than two more, I and the remaining ones were cast forth

into a cruel and unfeeling world. But through the ordeal my new desire bore me up.

I kept near my late host, clinging as I could to coat-sleeve, cravat or glove, for I knew therein lay my best, perhaps only chance. Heavens! how he had changed since that morning I counted his hot cakes with trembling hope! If I had not known it was he, I should not have known it *was* he. He looked so miserably strong and upright, it struck me unpleasantly that we might have lost him anyway, girl or no girl, since one cannot get out of even a human being what isn't in him. But I spurned the thought. It took the flavor all out of my cherished plan of vengeance.

My opportunity came at last. They were walking home from the gymnasium together one evening. It was not the first time, friends, indeed!

My! how weak I'm growing! That light hurts me.

I sat on the edge of his cuff, and from there it was a very easy matter to transfer to the back of her bare hand. A moment after, she pushed a loose lock of hair up under her hat, laughing as she did so. I sailed triumphantly through her parted lips, and presently was exploring every nook and corner of her respiratory organs, for a foothold. Carefully, faithfully, I beat over the delicate, elastic surface. I heard the steady surge of warm blood, and the quickened throb of her girlish heart, growing sick, meanwhile, with despair and baffled malignity. To dream of finding a weak spot in an organization with such lungs and circulation as that! Faugh! One might as well plan to batter down Gibraltar with snowballs.

How tired I am! I wonder how long I can stand that awful sunshine!

She didn't give me very much time in there, however. She literally laughed me out.

I lay here in a dewdrop all night, but now the hot sunshine has dried that up. Everything seems against me; my life has been a failure, I suppose—and now it is ended. How I wish I—might—have lived in—the days when—there were no civilized—fresh air cranks! I wonder—ah—well,—no matter.

FIGHTING MEN OF ITALY.

By Paul Goold, Special Correspondent.

AS in France and Germany, the men of "sunny Italy" are all obliged to serve in her army as soon as they become of age, and to do regular military duty for two or three years. Therefore, the men one sees in the garrisons at Rome or at Naples are all young and, as a rule, they tend toward slenderness.

Their athletic preparation for their army work is very limited. In the barracks and on the drill grounds are apparatus for exercise, but, as it is not compulsory, few avail themselves of the opportunity to use them. Many of the young soldiers, however, come from the country and have had good leg training all their lives in tramping among the hills and mountains. In appearance the rank and file average rather better than those of France; they wear better fitting uniforms, and stand up to their work better.

The Carabinieri are a fine looking body of men. Their organization is unique, only those being admitted who have not only a spotless private character, but a family record that is above reproach. They serve in the double capacity of policemen and members of the regular army. Wouldn't a police department of this variety simplify matters in New York?

The Italian officers are well set up, and wear their short blue coats and light

gray trousers with a military preciseness that rivals the fastidious Germans, but are not so "wooden" as many of the Kaiser's commanders seemed to be. They ride splendidly, at least those I saw at Rome did; and it was interesting to find that they were the men whose photographs so often appear in camera advertisements, jumping walls and riding down embankments.

The picked men of the army are called the Bersaglieri, or sharpshooters, and are probably the finest body of men any continental army can show. They are not fine in the physical sense, for the standard of height is from 5 feet 4 inches to 5 feet 9 inches; but they are all trained athletes and can perform wonderful feats of endurance. The corps was founded in 1836, when Gen. della Marmora created the first company. This rose to a battalion, and ten years later there were

ten battalions. Their conduct in the wars of 1849 and the Crimea rendered them very popular.

Their marching pace is four and a half miles an hour, but they hardly ever do march; they go at a quick double—and the buglers, who must be all lungs, keep on all the time. Almost incredible stories are told of distances traveled by Bersaglieri battalions in a few hours, both in peace and war. On one occasion Gen. della Marmora, "the father of the Bers," mounted



ITALIAN SOLDIERS OF THE LINE.

on his celebrated white Arab, drew up a battalion to salute the late King Victor Emmanuel, on his leaving Genoa. The

charger. They had gone in a bee-line over hills, valleys and streams, and arrived in time to show honor to their King.

On another occasion, they were sent in a race across the Peninsula, their competitors being a troop of cavalry. After two days the Minister of War received a



YOUNG ROMAN OF TO-DAY.

King traversed forty miles, with English post horses, and changed horses four times. At the end of his journey, what was his surprise to find an almost unrecognizable battalion of travel-stained Bersaglieri, again drawn up to receive him, with Gen. della Marmora on the same favorite white



SICILIAN SOLDIER.

message from one of the generals, saying: "You must telegraph at once to stop the march. The 'Bers' are ahead now, and,

as they think their regimental honor is involved, they will die to a man ere they will let themselves be passed, and Italy will lose the finest soldiers she possesses."

Needless to say, the telegram was dispatched at once.

Gen. Ruotte said of them: "The nation sees with pride these dark battalions dashing by like a tempest, their plumes waving in the breeze, and personifies in

them the youth and regenerated strength of our beloved country."

In selecting these men special attention is paid to chest measurement. The Alpine regiments are nearly as good as the "Bers" physically, but have no "history," whereas the "Bers" have been in half a dozen wars and proven themselves good for all kinds of running, except running away.

DOES PHYSICAL EXERCISE FAVOR LONGEVITY?

By Wm. H. Wheeler.



ANY and many times I have heard the question asked, "Does physical exercise tend to longevity?" I would answer "Yes, if intelligently practiced." This requires no proof by argument to prove the statement. The Hon. W. E. Gladstone, Webster, Bismarck, Jefferson and scores of others prove this. Then the question will immediately be asked, "Why is it, if physical exercise favors longevity, that so many athletes die young? Why is it that Kennedy, the strong man who lifted 4,000 lbs.; Dowd, the Y. M. C. A. director and author; Dempsey, the pugilist, and numerous other athletes all die before they were forty-five? When you think of the first and second statements, they seem to be contradictory, and it has been a stumbling block to many interested in the work of physical exercise.

First, let us review briefly the method of training twenty years ago and now. Twenty years ago the gymnasium was a place used almost exclusively as the training quarters of the professional strong man and athletic performer. Daily he went through the most violent and heavy forms of exercise. The heavier paraphernalia he could handle the stronger and more

agile man he believed himself to be. Within the last ten years this very erroneous idea has been greatly changed. Well-informed educators now consider light movements, that build up frail parts, are better than heavy and unnatural movements, which are also not so recreative.

Now, let us distinguish between two kinds of strength—vital and impulsive. You will again say, "Do not these men possess strength?" In one way "Yes," in another "No." To illustrate: You know of some person in your vicinity who could not push a fifty pound dumb-bell over his head, and yet he is scarcely, if ever sick; you know of such a case do you not? He possesses vital strength.

On the other hand, you know one who can lift a heavy weight or run a distance in very fast time, and yet he is sick as much as other people, do you not? Of course, this is not always the case, but is by no means exceptional. But you will ask, "How does heavy exercise produce bad results, causing an early death of the one practicing them?" There are scores of reasons, but I will only explain a few. In lifting heavy weights a great amount of resistance has to be overcome, and this requires a great amount of muscular effort, and in many instances so great as to strain the

muscles. Then, further, this expenditure of energy requires a great amount of blood, and thereby places a great strain upon the heart and lungs, and in a great number of cases the valves of the heart are enlarged, producing a dangerous form of heart disease or rupturing a blood vessel either in the muscles, but more often in the lungs. This one reason accounts for the death of Kennedy, who died with heart disease, and Dowd, who ruptured the blood vessels of his lungs.

Further, all muscular resistance, be it great or small, is overcome, through the nerves, by the will. Then, in performing a feat requiring great effort, a vast amount of will power must be expended. Now, do you not see the result? The blood goes to the parts of the body performing work more than to the parts not engaged, and as the brain and the muscles of the arms and shoulders are greatly taxed, all the blood rushes to them, completely filling the blood vessels; so in many instances a congestion of the brain results or a shattered condition of the nerves. If you doubt this, attempt to lift some heavy object and notice how the blood comes to the head.

All who pay attention to physical training will recall the wrestling match between Ernest Roeber, of this country, and Bech Olsen, the Dane, in which both, in the attempt to secure a fall, tried so hard that their noses bled. Do you think this is a good system of exercise? Do you think such strains favor longevity? This is the reason why so many professional runners and prize fighters die young.

Another reason which applies to athletes from twenty to twenty-five years ago is, professional athletes, viz., pugilists, wrestlers, runners and weight

lifters, pursue physical training not so much for health as for financial gain. They develop the muscles that are used only in their particular branch of exercise, and as "a chain is only as strong as its weakest part," they sooner or later suffer a breakdown in their weak portions. Then, further, they do not, as a rule, train the whole year round, but only a portion of the year; the runner's season is the spring and summer, the pugilist selects the winter and fall for his contests. Now, anyone can see that after a man has been as regular in his habits as a clock, lived in the utmost carefulness for months, not exposing himself in the least, to suddenly change after the contest and indulge in all forms of excesses is not wise. In fact, this is the one great mistake athletes make, amateurs as well as professionals. They consider going out of training to be as wide a step in diet, exercise, etc., for the better as going into training is for the worse. They seem to think that they are just being freed from slavery. The excitement attending a public contest and the finely-strung muscles of the internal organs quite unfitted for a sudden change of life. So when this error is made the strain is greater than nature can bear and a permanent and often a serious injury results. Now, is it any wonder that many athletes die young when they indulge in excess? Not in drinking, perhaps, but in eating and exercise as well. Dowd did not drink, yet he died young. To sum up, it is the result of excess. So do not think that power to lift a great weight necessarily means possession of vital power. Then, exercise should be light and recreative, in moderation, with hygienic living, and longevity will, or at least should, be the result.



SELF-DEVELOPMENT.

By Timothy Drake.

THE interest in self-development, as applied to physical matters, is widespread and deep. Hundreds of letters come to this office daily, from young, middle aged and old men, inquiring the secret of physical development. And to offset these there are scores of others, from men who write that they have solved the problem, and the photographs they inclose prove that they are right. We present these photographic reproductions from time to time as a stimulant to our hosts of readers to push on until they have secured the physical development that they should have, and which they can obtain by a little persistent work.

Success in this direction, as in every undertaking, is achieved through work. No reader of this magazine, however deeply he may be moved by studying the examples of physical manhood, or reading the articles on proper living, can ever secure his quota of development by sitting down and dreaming about it.

This is one thing where faith without works is useless. You must make up your mind to do something, do the right thing, and continue at it until you obtain the result you set out for.

The pictures presented herewith are selected from a large and varied assortment of such photographs. They illustrate what anyone can do by a little regular daily work, and without neglecting other affairs for athletics. You will observe that none of them present the "knotty" appearance of so many professional athletes, but every muscular tract is well developed, and none of them would be classed as a weakling.

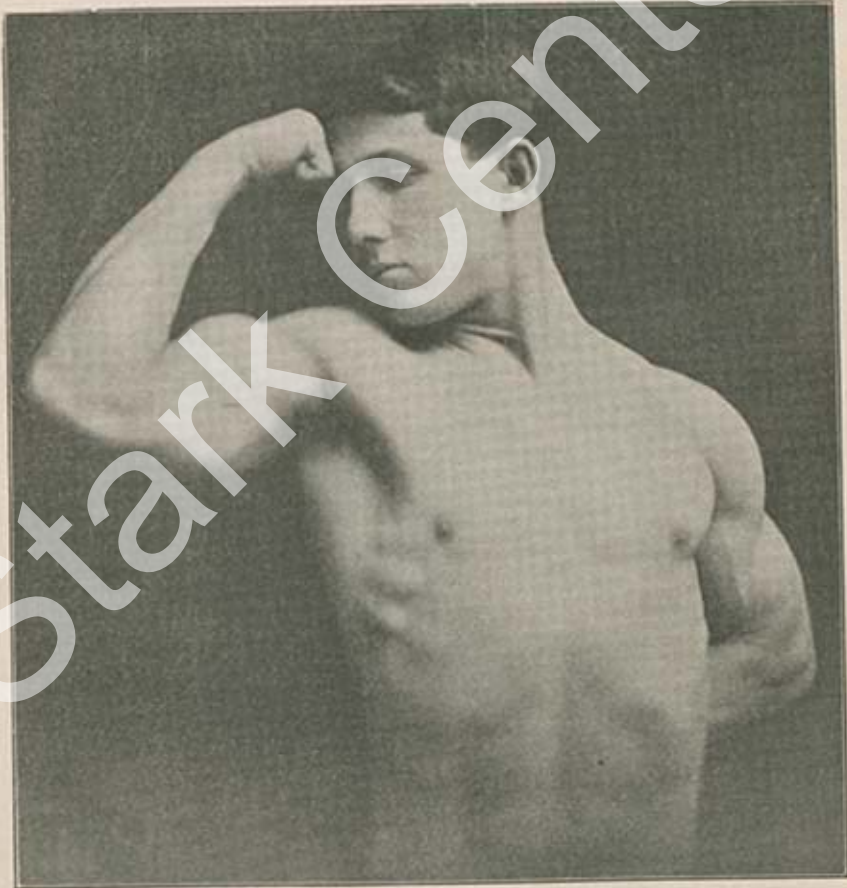
To secure similar results, the candidate must make up his mind to bide a little the coming of strength, while he directs his efforts toward getting his physical self into a normal condition. He must curb his appetite; select and stick to nourishing foods; pay atten-



tion to mastication; and whatever exercises he adopts should be practiced regularly—morning and evening.

These exercises at the start should be light—not more than ten to twelve minutes devoted to them at a time, for the first week; gradually increase this period until you are exercising twenty-five minutes to half an hour morning and night, with a good brisk walk or run between-times. When you have worked up to this point, by increasing your exercises a minute a week, it will be time enough to take up heavy work.

This heavy work should be confined at the start exclusively to work on the floor without apparatus, such as lifting the weight of the extended body, toes and hands touching, by straightening the arms, resting weight on one foot, bending knee and then rising to standing position without touching other foot. Constant repetition will soon make these feats easy, and the candidate will then be in a position to test his strength in the more exacting way with weights, or by wrestling.



GEORGE DE CAST, BOSTON, MASS.

SIX MONTHS WITHOUT DRINKING ANY LIQUID.

AN EXPERIMENT BY A SYRIAN ATHLETE.

By Alexander Zackhaur.

(The following account was written by a Syrian, who is now a resident of New York City, and an athlete of a remarkable development.)

I BECAME interested in physical culture and all the allied subjects some years ago when I was living in my native country. There, where a great many of the people lead active out-of-door lives, there is a greater proportion of well-developed men than I

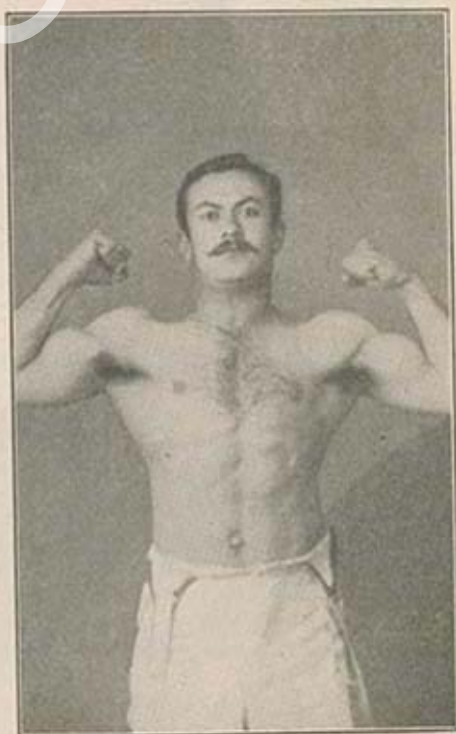
American writer who advocated the meat diet for athletes, and I followed his advice closely for two years. My experience was such that I am forced to disagree with the writer of that pamphlet, as the meat did me more harm than good. I did not gain in strength during the period, although I fattened up a little. At present I am nearly a vegetarian, and I have gone for two months at a time on a strictly vegetarian diet, testing my strength daily, and found that I did not lose any. I now eat two meals a day, about two pounds of meat a week, and the balance of my food is vegetable. But this experience is probably very similar to that of other athletes.



have encountered in civilized countries. My first efforts toward securing athletic development were inspired by the feats of some of my countrymen. I decided that I could become strong also, and set to work.

The way I went about training was as follows: I arranged my exercises into three classes. Early in the morning I took light exercises, followed by a cold bath, and about midway between meal-times the heavy dumb-bell work, with another light exercise late in the day. I found that by following this method I gained in strength rapidly, but discovered that exercises alone would not give me the development I desired, and thus was turned to experiment in diet.

I have tried both meat and vegetable diet. I ran across a pamphlet by some



ALEXANDER ZACKHAUR, SYRIAN ATHLETE.

I started out to speak particularly about an experiment I made in going without water. I noticed one autumn as the weather grew cooler my desire for water diminished, and for three or four days I did not crave water at all and did not drink any. This set me to thinking, and I concluded to go for a period without water entirely, and see whether I could not do without the drink, and what the effects would be.

It was the beginning of October, and I was then living in Zehlah, Syria. I was eating at the time about half a pound of meat a day, onions and fruit, and after each meal two or three pounds of grapes. I kept this up during the two months and went without water. I felt as well as I did at any period of my life, and my weight was more at the end of the period than when I commenced. I made it a

practice to walk for two hours in the open air after each meal, and I bathed and exercised regularly.

Toward the end of November, when the weather became cold at Zehlah, I went to Jounieh, on the seashore, and there, instead of eating grapes, I used sugar cane. Usually when people change their domicile they experience a change in weight, either a gain or loss, and they impute this to the water. I found that I gained when I changed, although I was not using water, and I impute it to the condition of the atmosphere. The sugar cane which I used instead of the grapes I found very wholesome. My food in Jounieh consisted of lentils cooked with vegetables. I went without water until the middle of March, when the weather became warm, and my thirst returned.

OUR SERMON.

Rev. E. De Lonst Leach.

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."—Romans, xii, 1.

BODILY mortification is a pagan practice. To be sure, it has been more or less closely associated with the doctrines of Christianity; but its prominence was only at a time when

the Church was in the most impure, corrupt and devilish period of its existence. Whenever and wherever you find a man or an organization whose sublime devotion is to mortify, or to hold in contempt, our physical structure and its emotions, there you will find an astonishing absence of moral and spiritual power. One well-known divine has said: "Every religion of man's devising, or mixed and modified by man's corruptions, will be found to place religious excellence more in self-inflicted sufferings than in moral duties; to prize more the mortification which consists in voluntary endurance of pain and privation than that which consists in habitual subjugation of sinful passions."

It is the history of all religions, all

sects and all individuals, that general laxity of morals and severe austerities are always found occupying prominent positions at the same time. Those who are over scrupulous or sensitive regarding the exaltation of the physical body and its powers are always found to be with almost entire absence of moral perceptions.

The doctrine of bodily mortification, or that self-inflicted suffering will allow the devotee greater indulgence for any neglect of moral duties, is as irrational as is the doctrine that because a man overpays his barber he is thereby relieved of any obligation to his tailor. The most sensible thing the Church ever did was to relegate this doctrine back to paganism, its proper sphere; and her brightest hope is in the fact that she is now demanding men—physically perfect men—as her leaders. Mere piety is not enough, but *men* with piety are sought after and honored by her.

The greatest evil in the Church to-day

is the existence of a large number of members who are pious only with their heads or at their devotions. They instruct their children in prayers and spiritual meditations, directing their minds away from things earthly. The boy and girl come to manhood and womanhood not knowing where they are or what they are there for, but with bodies full of disease and their lives and happiness destroyed because of some physical outrages which were allowed to be committed by these same pious parents. These children may grow to be great spiritual lights. The boy may be elected to orders and the girl may do mission work, and people say: "How sad that such choice souls should be obliged to suffer so much physical pain. But I suppose it is a blessing from Providence in disguise."

Nonsense, parents! These children are suffering because you sinned in not carrying their religious teachings into their physical lives, and not giving them to understand why they have a body and how to make it a source of pleasure to them. How much greater they would be if, to supplement their remarkable spiritual insight, they enjoyed the vigor and happiness which can only come from strong, healthy bodies.

God has placed in our charge a vessel. He has asked us to occupy and increase. He has placed in this vessel a great treasure—a spirit. This, too, we are to increase and develop and, as it grows, it fills the vessel with Light, and Life and Love. After we have enjoyed these two

gifts by having the vessel so full of this spirit that its brightness is a happy influence to everyone around us, God is going to ask us to return the great treasure. How ashamed we shall be if we have to return this great gift in an impure, broken or unhealthy vessel, when the one he gave us was so perfect.

I think St. Paul had this in mind when he wrote the words of the text. He knew that people would be making too much of the spiritual side of religion and not enough of the practical. Religion is common sense, and is given man to guide him and make him better. Anything that tends to make better men should be a part of religious instruction. It is possible for people who have diseased bodies to be Christians, but they never become the perfect Christians God intended. They are committing sin the same as he who strives for a perfect body and neglects to develop his soul.

If we are true Christians, we will not be pruders. The sight of physical beauty will charm us. Our children will be taught their proper relations to each other, and will understand what maturity means. Physical pain will be looked upon as a sin, and not as an act of Divine Providence. Health will be supreme. We will have no need to blush or hang our heads when we are asked to present our bodies "a living sacrifice, holy, acceptable unto God." Then, and not until then, will love, and not greed, be the *sine qua non* of human existence.



THE PROFESSIONAL MAN'S CONSCIENCE.

By J. R. Stevenson.



HAPPENED to pick up a Western medical journal the other day, and the first article that met my eye was one by a doctor of "The School"—user of drugs, knives, opiates, everything "The School" stands for—on the "Conservative versus Surgical Treatment of Appendicitis."

This doctor, of course, set out to show that the only treatment worth naming is the knife, and to do this he reveals to the public gaze that very rare, very problematical, very volatile, essence—a doctor's conscience.

Some persons I know don't believe that doctors have consciences. There are some of the profession who certainly do not know what the word "conscience" means. Such is the fellow who promulgates a quack remedy or "cure," or who practices the illegal, unlawful aspects of the profession.

This doctor, however, shows that he has a conscience, and he tells his readers how he discovered it. Its discovery, he confesses, was an accident. It came about this way: He was called in consultation by another doctor who had a very interesting case of appendicitis to treat. The consulting physician had been feeding the patient small quantities of liquid food, insisting on quiescence, and applying hydropathic treatments. The other doctor tells us that he acquiesced in this treatment. Then, with dramatic effect, he states that the patient died.

A few days later he had another appendicitis case, which he had removed to a hospital, and operated upon. This patient recovered.

Here is where he discovered a conscience. The first patient, he infers, had died for want of an operation, and he tells us that he felt badly about it.

He noisily announces that he will never shun an operation again.

This doctor has made a valuable discovery. Perhaps his conscience will raise its still small, accusing voice again, when some unfortunate patient dies under his system of drug-dosing and stuffing. Far be it from me to do or say anything to still it, or interfere with its future activity.

I wish, however, to call the doctor's attention to a few aspects of the practice he has overlooked in writing his pathetic confession, attempting to point the moral of "knife or death" when appendicitis attacks.

The two cases cited are mere incidents in the great number afflicted and the results named cannot be accepted as general. The doctor has based his conclusion on very unstable premises. If his conscience were properly awakened, it would reveal the fact that a greater proportion of cases treated surgically die, than of those treated otherwise, and this notwithstanding the profession's predilection for drugs of powerful reaction and gross overfeeding, in treating cases "conservatively," as our doctor friend styles it.

A point he fails utterly to reveal is that nine-tenths of those operated upon never experience another well, or painless day. Extirpating the appendix may remove one part of the body subject to pains, but it fails utterly to stamp out the cause of pain or disease.

I have had the melancholy opportunity of seeing and talking with a dozen victims of the appendicitis operation recently—most of them women. Their story was invariably the same, "I recovered from the operation slowly, but I have suffered ever since."

Two cases were typical of the false

hopes surgeons give their patients. These were operated upon first about two years ago. The doctors reassured them with the announcement that the appendix gone, it could never trouble them again. In the course of a few months, there was violent pain, internal derangement, and suffering again. The doctors diagnosed adhesions, as the result of the operation, and said that a few gashes and stitches would be all that was necessary to put them right.

With the horror of the former butchery in their minds, both women prepared to undergo the "knife" relief again. They were opened, the doctor probed about and, finally, sewed them up, to another slow recovery. They were disgusted and astounded to discover no alleviation of symptoms, and within six months both patients were suffering again. Doctors diagnosed ovarian inflammation and declared that another operation was necessary. One woman balked at this third operation, but the other submitted. Another mutilation was performed on her, and when I saw her she was the most miserable, hopeless wreck I have ever laid eyes upon. She was a monument to intelligent surgery that I wish every doctor could see. It would awaken their consciences, if they have any. Not one of the patients seen could declare that the operation had brought to them the physical condition they were in prior to the attack.

On the contrary, the results were most disastrous. In every case investigated the patient was scared into the operation by the physician and timid friends, on the ground that life itself depended upon it. Following the operation, the patients have experienced a deep-seated, dull abdominal

pain, which becomes pronounced in damp weather. The physical powers are greatly weakened. They require more sleep; the eyes seem to sink deeper in their sockets, and the digestive and assimilative powers are deranged. After a time these symptoms become more pronounced. In men, the manifestations of disorder are diagnosed frequently as adhesions, floating kidney or gall stones, while in women they are invariably attributed to derangement of uterine appendages. These are the results in cases where operations are "successful," and recovery from the knife quick and uneventful.

Now a word about rational treatment. This recognizes the fact that the trouble is not in the appendix, but in the system; that relieving the blood current of the load of impurity it is carrying, will quickly restore that obscure and usually unobtrusive organ, the appendix, to its normal condition. To this end, an absolute fast is enforced from the start. The patient is kept where pure air freely circulates and local inflammation is combated by applications of cold and hot compresses. Absolutely nothing else is essential. The patient simply lies still, and waits for Nature to do her work, and she does it quickly and surely. In two or three days the local inflammation is almost nil; and here is the point where the patient must be watched. No food, of any character, must be permitted. The fast must be maintained for eight days under the most favorable circumstances. Sometimes a longer fast is necessary. This method is absolutely certain, and afterward the patient is as strong, as well, as fully capable of enjoying life as at any period of his or her existence.



PUBLIC SCHOOL CHAMPIONSHIPS.

TO BE HELD THE THIRD SATURDAY
IN MAY.

ALL SUPERINTENDENTS OF SCHOOL DISTRICTS DESIRING TO ACCEPT OUR FREE OFFER OF GOLD, SILVER, BRONZE AND ALUMINUM MEDALS AS PRIZES IN THIS PHYSICAL CULTURE CONTEST, MUST APPLY BEFORE APRIL 12TH.

By Bernarr Macfadden.

JUST previous to my departure for England I wrote an article in reference to my offer to public schools, stating that gold, silver and bronze medals would be given to the boys and girls of each school district in the United States where two hundred or more pupils attended.

I regret very much that my instructions in reference to illustrations in this article were not understood by my assistants, and the manner of con-

ducting these various events may not have been made clear to my readers.

In order to emphasize the value of these various exercises, and, furthermore, to enable the pupils and teachers of each school district to clearly understand just how the exercises are to be taken and the contests conducted, I present in this article detailed instructions to be followed in preparing for and in conducting these various contests.

I stated in a previous article that the exercises essential in preparing for



GIRLS HAND WRESTLING.



GIRLS STICK WRESTLING.

these contests would practically use and develop every muscle of the body to a similar degree, with a thorough system of Physical Culture. I wish to lay particular stress upon this particular statement. Not only can these exercises be taken in the various schools by boys and girls, but they would be of value to anyone who desires to secure additional physical vigor.

Wrestling and the individual tug-of-war events, which I have recommended for boys, will be found of special advantage for developing every muscle of the body, and by following the rule in wrestling that whenever either contestant is off his feet a fall is to be declared, the matter of a decision as to the winner is much simplified. Of course, exercises of this kind should not be started too vigorously. Begin by merely trying a few of the holds, and above all avoid making any severe effort which is liable to cause a strain.

After the exercise has been taken

daily for ten days or two weeks, you will find that the muscles will begin to harden and you can take the exercise more vigorously, and then there is but slight possibility of a strain, providing, of course, a reasonable amount of care is observed.

The two exercises I have illustrated for girls, hand wrestling and the stick-wrestling event, will be found of special advantage for using and developing and strengthening nearly every muscle of the body. There should be practically no danger of strain in either of these exercises, though it would be well for those practicing to compete with one as near their own strength as possible.

Special care should be taken when beginning the exercise not to make too severe efforts. A few minutes each day devoted to these exercises will be productive of far more benefit than if considerable time is devoted to them at infrequent intervals.

In preparing for these various events, I would simply advise that the exercise itself should be indulged in daily until fatigue is induced. Under no circumstances should you continue until you feel exhausted. Stop whenever you feel tired. Special attention should be given to the necessity for deep abdominal breathing during the exercises. This will not only increase your endurance at the time, but will more speedily build up strength not only of the lungs themselves but of the entire muscular and functional organism. These exercises can be taken indoors, though their influence is far more beneficial if taken out-of-doors.

In the previous article I published the rules which should govern the various contests when it is necessary to decide the prize winners. However, to make this perfectly clear I will repeat the instructions a trifle more in detail:

50-YARD RUN FOR GIRLS.

Where more than fifteen contestants have indicated their desire to enter

this event, it should be run in heats of ten or less, and the first two or four winners of each heat to run in the final heat, which will of course decide as to the winners of the race. If there are only two heats, the first five winners of each heat can run in the final. The number who are privileged to run in the final heat must be determined entirely by the number of the heats necessary, it being so arranged that about ten contestants will be privileged to compete in the final race.

220-YARD RACE FOR GIRLS.

There should be no necessity for running this race in heats unless there are an extraordinarily large number of contestants.

HAND WRESTLING FOR GIRLS.

The position should be as shown in the illustration. Whenever a contestant moves either foot from the position assumed in the beginning or

loses her grasp of her antagonist's hand, or touches the floor with either hand or any part of her body, she has lost the fall.

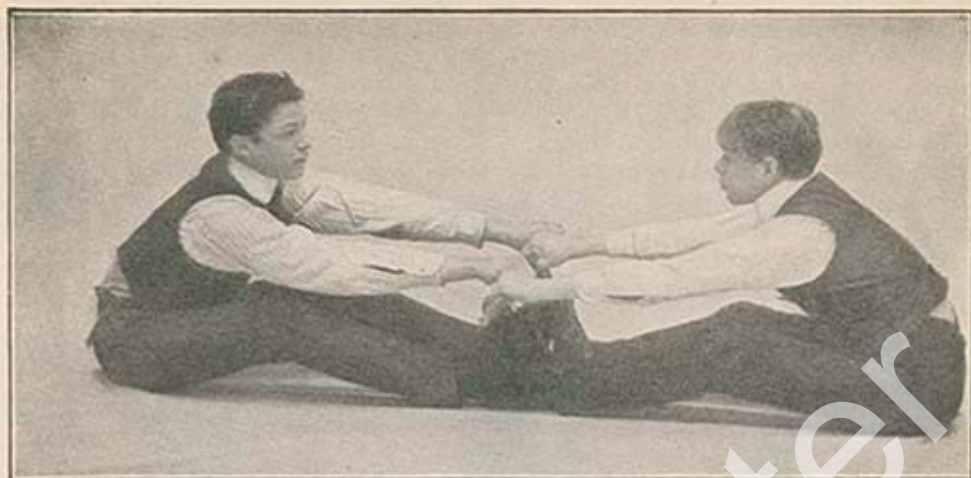
The falls in this event should always be the best three out of five, unless there are a very large number of contestants; then they can be the best two out of three. Each time a fall has been gained the contestants should always change hands, thus equally developing both sides of the body.

STICK-WRESTLING EVENT FOR GIRLS.

A strong stick, about the size of a broom handle, should be secured, about eighteen inches in length. The stick should be grasped, as shown in the illustration, so that in the beginning neither has an advantage, though after the contest has begun either contestant can change her grasp if she so desires. This exercise or contest was wrongly illustrated in my previous article. The contest should be started as shown in



BOYS WRESTLING—READY TO BEGIN.



BOYS' TUG-OF-WAR.

the illustration, and the girl who succeeds in freeing the stick entirely from the grasp of her opponent by turning, twisting or otherwise is to be declared the winner. In the previous article it was illustrated as though it consisted merely in bringing the stick from high overhead downward until it turns in the hand of the one whose gripping powers are weaker.

100-YARD RACE FOR BOYS.

This race should be governed in a similar way to the 50-yard race for girls.

440-YARD RACE FOR BOYS.

This race should be governed in a similar way to the 220-yard race for girls.

WRESTLING FOR BOYS.

The rules governing this style of wrestling are similar to that of Catch-as-Catch-Can, with the exception that instead of the two shoulders touching the floor constituting a fall, whenever either of the contestants is off his feet a fall should be declared. If both contestants fall at the same time, no fall should be declared; they should rise and resume the contest. If both contestants fall and it can be determined which falls first, the one falling

last should be declared the winner. This kind of wrestling avoids the abnormal and sometimes unsightly development of the neck which frequently results from Græco-Roman and Catch-as-Catch-Can wrestling. Whenever an unfair advantage has been taken by either of the contestants or a foul committed, he shall be declared as having lost the fall. No kicking, striking, biting or choking shall be allowed. No contestant shall be allowed to grasp his antagonist's clothing.

Both contestants should begin the contest as shown in the illustration. No hold which is dangerous or liable seriously to injure should be allowed.

INDIVIDUAL TUG-OF-WAR FOR BOYS.

A strong stick should be secured which can be grasped by both contestants, as shown in the illustration. They should then assume the position shown, with the feet together. After grasping the stick securely, keeping it directly over the toes, the signal to begin the contest is given, and the antagonist who pulls the other to his feet or has a decided advantage within 30 seconds is to be declared the winner.

The methods used in determining the winner of the various prizes should

be by points, in the various events the first winner should be allowed five points, the second three points, and the third two points.

The one securing the largest number of points in the various events will be presented with the first prize, the second largest number the second prize, the third largest number the third prize, the fourth largest num-

ber the fourth prize, and the fifth largest number the fifth prize.

The principals of the various schools should appoint referees and other officials to determine the winners and decide as to who is entitled to the prizes.

Principals of all school districts will be furnished with a number of large bills to advertise the contests upon application to us.



SOLID GOLD

SILVER

BRONZE

First three prizes in the Public School Championships; fourth and fifth prizes of aluminum will be given.

Gold, silver and bronze bar pins will be used on the first three prizes, from which the medals will be suspended by red, white and blue ribbon.

THE A B C OF PHYSICAL CULTURE.

By Allan Campbell.

Some people do not care to interest themselves in physical culture, because they have an idea that they will be expected to call up more muscular force than they feel that they can muster. Now let us give this science for beautifying our generation; its kindergarten, as it were. Physical culture, being the education of the body, must have its A B C before an attempt is made on its higher grades, and with the former stage this article deals.

The most important factor is a willing mind, and to keep the mind willing, do not overtax your patience at the start, or the result will be more mental distress than physical benefit; rather spend a few minutes daily with dumb-bells, with concentrated attention, than force yourself into a quarter of an hour's misery with but poor attention.

Another important point is the study of one's courage, and it is very easy to keep the shoulders back and stomach in, and acquire a steady swing with the arms in lieu of the slovenly shuffle of an untrained gait, and the former, if well persisted in, is found to become a benefit to anyone.

Editorial Department

THE VACCINATION FOLLY.

THE vaccination crime is flourishing. Notwithstanding the thousands of deaths it is causing all over the country, new victims keep on rushing to its embrace. Lockjaw, blood poisoning, bodily distortion are only a few of its most frightful results. Almost daily we receive letters from these poor victims themselves, or from their friends, calling our attention to the baneful and often hideous results of this superstition.

Vaccination means the poisoning of the blood. It is the introduction into the circulation of the dried pus poison that exudes from a running sore. Those vitally strong are able to resist its influence and apparently recover without noticeable harm, but many suffer severely, and pneumonia, diphtheria, scarlet fever, are only a few of the diseases that are often produced as an after result of the lessened vital strength and polluted blood that vaccination frequently causes. Though vaccination may, while the inflammation of the sore remains, tend to lessen the danger of acquiring smallpox, it certainly does lessen the general functional vigor and every disease accompanied by inflammation, especially of the throat and lungs, is extremely liable to result.

Smallpox is only possible to those who clothe heavily, bathe infrequently, eat very heartily and exercise rarely. It is the accumulation of impurities in the blood, and the inability of the inactive pores of the skin to assist in its elimination that gives this disease its victims.

We are a virulent enemy of vaccination:

- (1) Because it does not prevent smallpox.
- (2) Because it lessens one's vital strength and power to resist internal inflammatory diseases.
- (3) Because smallpox itself, when treated properly, is easily and quickly curable.

We desire to take an active part in the fight against the vaccination evil. In order to give everyone an opportunity to clearly understand what vaccination is and does, we have printed a special edition of Dr. Felix Oswald's book, entitled "Vaccination a Crime," which will be sold postpaid for 10c.; former price, \$1.00.

Dr. Levenson, of Brooklyn, now 70 years of age, who has made a life study of this subject, has agreed to lecture free anywhere he can be promised a large audience, provided a hall is furnished and his expenses paid. We will

agree to pay part, and in some cases all of these expenses, if a large audience can be guaranteed.

SAVE YOUR OWN BLOOD AND THE BLOOD OF YOUR CHILD
FROM THE VACCINATION POLLUTION.



PHYSICAL CULTURE—ITS PHENOMENAL GROWTH.

THE remarkable growth of the interest in physical culture within the last two or three years in this country has, no doubt, astounded many of its most enthusiastic supporters. Less than two years ago it was a rare occurrence for an article on a subject of this nature to appear in the daily papers. Now the subject is given almost daily attention by all the various prominent newspapers. The magazines are everywhere taking it up. It is fast becoming recognized that a physical culture editor, or a physical culture department, is absolutely essential in all the great papers and monthly magazines.

This is as it should be. It indicates with remarkable accuracy the meager knowledge possessed by the editors of these important publications as to the wants of the general reading public.

Physical culture heretofore has received but little attention, for the simple reason that those who pretended to know the taste of the general public were ignorant of the fact that it was of interest everywhere.

This publication claims the honor of awakening these so-called authorities. The success of this magazine has been more instantaneous and its growth has been more phenomenal than any other publication ever placed upon the market in this country.

It has made a success because it has a mission. It is a mouthpiece with a clearly defined purpose back of it. It is not published for mere gain. Of course, profit is necessary, in fact, absolutely essential to carry on and continue this success. But apart from the desire for money necessary to success, there stands with immovable steadfastness, the unwavering desire to make each man, woman and child a stronger, nobler and more beautiful specimen of human life.

This magazine has for its purpose the physical emancipation of the human race. The slavery of the past is nothing to the bondage of superstition from which the general public now suffer in reference to their own bodies.

Look back into history, and we read of civilizations now past and gone. In each case their people have succumbed because of weakness and degeneracy that follow a life of luxury, ease and dissipation. Physical degeneracy, in other words, in every case has brought about their downfall, their end. The pyramids of Egypt, together with what history tells us of their civilization, indicates that a remarkable degree of intelligence existed at that time. Later, the marvelous civilization of Greece followed. Monuments of the Art, Science and Literature of this wonderful people have come down to us even to-day. They are being studied and copied as the works of genius, in this, our own highly civilized age. Following this civilization we have Rome, with all its splendor and pomp, its ceremony and its magnificence. With the downfall of Rome there followed a barbaric, chaotic age; and the next civilization of importance which sprang into life was that of Spain. At

one time she ruled the world, but, like all others that preceded her, she succumbed to the luxury and weakness which is always a part of civilized life.

Are we, too, consigned to the same fate? Is it necessary that we should grow weaker as we grow wiser? If the brain can be made strong, and be brought up to a very high degree of perfection, why cannot the body be similarly cultivated? It is said that England is now in the zenith of her power, and that America is only a precocious child, who will fall as fast as she has grown to power.

Can any reasoning human being question the dependence of a Nation upon the physical power of its people? Weakness and degeneracy mean ruin, and ultimate oblivion in every case. Were the various large cities compelled to secure their increase of population within their borders, they would be extinct within from two to three generations. It is only the rugged vigor of the country that enables these cities to live and thrive, and grow in size, in magnificence and in power.

This magazine has made a success because of the fearful need of the truth which it preaches. Like drowning men grasping at straws, thousands of our readers have grasped at the simple truths which we have advanced. Health in the past has been the cheapest of all commodities. Its value should and must be recognized. The time is coming, and we are hastening the day with all possible speed, when it will be recognized at its true value. Money getting must cease when it is pursued at the cost of health and strength.

If the civilization of the English speaking races is to last, is to continue to grow greater and grander, there must be a permanent physical foundation for it to rest upon. This permanent physical foundation can only be supplied by a universal interest in physical elevation, in the cultivation of physical perfection by men and women in all stations of life.

The grand mission of this magazine is to furnish the knowledge necessary to the carrying out of this great purpose. Its success is a step in the right direction. It points the way to the vast possibilities before us. It means that the civilization of to-day may be saved from the speedy oblivion which similar conditions of luxury, ease and dissipation produced in Egypt, in Greece, in Rome and in Spain.

May our readers recognize this grand truth and help spread the gospel we preach, is the wish of the Editor,

Bernarr Macfadden



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builds strong bodies and healthy minds.

Disorganized food causes weak bodies and weak minds. Logicians tell us that there can be no physical defect without a corresponding defect mentally. All criminal tendencies come from disorganized minds. Scientists of several nations declare that "what we eat, we are."

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