

PHYSICAL CULTURE

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WALKING FOR STRENGTH.

By Bernarr Macfadden.

WALKING and running are more beneficial in their influence than any other exercise. No other exercises equal them in value, and no system of physical culture is complete unless

they are a part of it. It is really difficult to determine which is the best; in fact,

they are no doubt better if taken together. No doubt, if a selection be-

PELLING power, much of the force is frequently misdirected.

Furthermore, walking can hardly produce benefit of value unless some attention is given to the necessity of proper breathing. A certain amount of oxygen is required by the blood, and if this oxygen is not supplied the benefit of any exercise is questionable. This is the real cause of the muscles tiring so quickly. Deep diaphragmatic breathing is necessary if one wishes to develop endurance.

In walking, one should especially remember that when the exercise is taken properly it consists of a continuous fall

forward. Every forward step should really save one from falling. The body should thus be continually inclined forward. Every step under these circum-



BEGINNING OF STEP.

tween the two exercises be made, for very strong persons running would probably be best, and for weak persons walking would probably be superior.

Many, however, walk a great deal and still do not seem to acquire strength. The statement may be surprising, but there are very few who understand how to walk, and very few walk as Nature intended. The position of the body is frequently incorrect, and instead of each step being a forward pro-



READY TO RAISE FOOT.

stances pushes one forward instead of backward, and walking

under these circumstances becomes not only more beneficial, but more natural



STEP COMPLETE.

and far more easy. The development secured from walking under these circumstances is also far more advantageous. When walking in this manner at the conclusion of each step one necessarily rises on his toes and pushes forward, thus developing the calf, and also pushes backward, using the large muscle of the posterior part of the hip, thus giving a much improved contour to this part of the body. When walking a long distance and not inured to the exercise, pain in the legs or hip joints is not infrequently induced. This is usually caused by improper position in walking or breathing. If one walks easily and naturally and breathes freely and properly, but little strength is required to walk an entire day.

In a previous article I have especially commented upon the necessity for proper breathing, and to those who desire information in detail would refer to this article. It is well to keep in mind the necessity for abdominal breathing, or, in other words, diaphragmatical breathing—natural breathing. No restriction of any kind should exist at the waist line. Quite frequently a full breath should be inhaled at the waist line, as this will, of course, inflate every air cell in the lungs, and when the breath is drawn in this natural manner the air is renewed throughout almost the entire internal surface of the lungs. This is not the case when breathing from the chest, which is quite frequent with women, as quite an excess of the normal amount of unrenewed air remains in their lungs under these circumstances.

Walking when taken in this natural manner is a stimulant to every part of the functional system. It accelerates the circulation, improves the digestion, clears the complexion, and will be found of advantage no matter what system of physical culture one may be using for general physical development.

It is a well-known fact that no matter what event an athlete is training for, a certain amount of walking is necessary. Wrestlers, fighters—in fact, athletes of every character, find that they develop more nervous and muscular power when due attention is given to walking several miles a day.

I am well aware that the professional walker, whose contortions are so unsightly, will in many cases fail to agree with the

theories advanced here, but I hardly think that any one of my readers would care to adopt the unsightly motion of the hips used by the professional, and, furthermore, I seriously question whether it is necessary; for it appears to me that walking as described here, if cultivated for speed, would enable anyone to equal and perhaps improve upon the speed acquired in the methods used by the average professional walker.

In walking for exercise it is of great importance to have an object in view, to have some particular point to reach; for if one is walking aimlessly, without any particular desire to travel a particular distance, it is not nearly so interesting as when desirous of reaching a certain place.

The costume worn under these circumstances would, of course, be as light as possible. The less clothes worn the better. The more air that comes in contact with the skin, the more beneficial will be the influence of the exercise. Air baths are a tonic of no mean value, and if a costume can be assumed which will allow the air to reach freely all parts of the body, the benefits will be greatly increased because of it.

Many will ask, how far they should walk. This should be determined by your own strength. Simply walk until you begin to feel fatigued, though if due attention is given to the methods of breathing I have advised, this will not appear near so quickly as when breathing improperly.

Gradually, day by day, as your strength increases, you will be able to increase the distance of your walk. It is my daily habit to walk at least five miles, and not infrequently I walk as much as ten miles. It is simply impossible for anyone to retain that high degree of health, so much desired by all, without this daily habit of walking. Of course, you can exist; but if one desires to enjoy permanently that exhilarating degree of health which makes life a pleasure and work a play, walking is a positive necessity.

As to the time of the day one takes these walks, it does not make a great deal of difference, though early in the morning is a very satisfactory time. The air is then especially good, and, of course, under these circumstances, the walk is more pleasurable and more beneficial.



DELSARTE POSES.

OUR OFFER TO PUBLIC SCHOOLS.

GOLD, SILVER AND BRONZE MEDALS FOR BOYS AND GIRLS IN ALL SCHOOL DISTRICTS OF THE UNITED STATES WHERE TWO HUNDRED OR MORE PUPILS ATTEND.

THE PREPARATION NECESSARY FOR THESE CONTESTS, FOR WHICH PRIZES ARE OFFERED, DEVELOPS THE ENTIRE MUSCULAR SYSTEM TO A SIMILAR DEGREE OF STRENGTH, SYMMETRY AND BEAUTY TO THAT PRODUCED BY ANY THOROUGH SYSTEM OF PHYSICAL CULTURE.

By Bernarr Macfadden.



IN my editorial of last issue I gave considerable space to our offer to the boys and girls attending the various public schools in the United States and Canada. I mentioned that we had selected a series of events the

preparation for which would develop the body symmetrically.

I also stated that these events had not been definitely decided upon, but after giving the matter more careful consideration, we concluded that we could hardly improve upon those already mentioned.

The running events will test both strength and endurance. The shorter distance will,

of course, test the speeding powers of each contestant and emphasize the im-

portance of developing the strength necessary to acquire this speed. The longer distance will require, in addition, the development of endurance. All this, of course, has an immensely beneficial influence upon the development of the muscles of the legs to that degree of beauty and strength so much desired by

all, and will very advantageously influence the entire functional system. The heart will be strengthened. The digestive and general functional system will be greatly improved, and, in fact, these running events are, unquestionably, of superior importance in bringing about the results desired—that is, developing the highest degree of strength and health in the



boys and girls who prepare for them. Now, we all know that running, not-



HAND WRESTLING—A FALL.

withstanding its great value as an exercise, does not vigorously use the muscles of the upper part of the body. Therefore, in order to avoid the possibility of neglecting this important part of the muscular system, which surrounds and enfolds the great vital organs of the body, and which, to a very great extent, influences their strength, we have added for the girls, hand-wrestling and stick-twisting events, and for the boys we have added the very vigorous exercise of catch-as-catch-can wrestling and the individual tug of war.

The hand wrestling, which we have selected for the girls, when practiced as we advise, is, to a very great extent, a very similar exercise to fencing, with this exception, namely, it is more vigorous, and tends to develop, to a greater degree of symmetry and beauty, the arms, shoulders, chest, back and waist. Wrestling of this character is also absolutely void of all danger and, although we call it wrestling, there is but little real wrestling about it. It is simply an endeavor upon the part of each contestant to overbalance her antagonist, and has a tendency to develop a grace and suppleness of the body which could hardly be obtained by any method more superior.

The stick-twisting event recommend-

ed for girls is, of course, a little more vigorous, but is of extreme advantage for developing the chest, arms and bust. It will also be found of great advantage for expanding the lungs and increasing a general functional vigor.

The wrestling advised for boys will be found of special advantage for developing all-around strength, for making a boy rugged and hardy, capable of not only fighting figurative battles of life, but those that he must contend with in a literal sense will be met with much more confidence if this exercise has been a part of his youthful training. The exercise recommended here is not only splendid for general development, but will tend to enable a boy to acquire a certain amount of confidence in protecting himself from personal assault at all times; and it is well known to all intelligent persons that this



STICK-TWISTING EVENT—HOW IT IS STARTED.



STICK TWISTING—THE FINISH.

than fifteen contestants have entered for this event, it should be run in heats of ten, and the first two or four winners of each heat to run in the finals. If there are only two heats, the first five winners can run in the final race. The number of winners who are privileged to run in the finals must be determined entirely by the number of heats necessary, it being so arranged that about ten contestants will be left to compete in the final race.

Two hundred and twenty yard-race for girls. There should be no necessity for running this race in heats, unless there are an extraordinarily large number of contestants.

The rules that should govern the hand wrestling for girls are as follows:

The position should be as shown in the illustration. If a contestant moves either foot from the position assumed in the beginning, or loses her grasp

confidence in one's ability to successfully and easily defeat any attempt of this nature has a tendency to lessen the possibility of rowdyism or the inclination to "bully" which is quite prevalent among boys.

The individual tug of war we have advised for boys has a tendency to very greatly strengthen the arms, shoulders and back. This is a vigorous exercise for the muscles of the "small" of the back, and boys are warned to be very careful in starting not to make too vigorous attempts at the beginning of this exercise.

It is well to remember that muscles are easily strained when not accustomed to an exercise, or if a violent effort is made without first making a few preceding lesser efforts.

If the muscles are warmed, or, to be more accurate, if the circulation has been accelerated in the muscles to be used previous to the violent effort, then the liability of a strain is very slight.

The rules to govern these various events are as follows:

Fifty yards run for girls. Where more

of her antagonist's hand, or touches the



STICK TWISTING.

floor with her hand or any part of her body, she has lost a fall. The falls in this

event should always be best three out of five, and each time a fall has been gained the contestant should always change hands, thus equally developing both sides of the body.



HAND WRESTLING.

The stick-twisting event. A strong stick, about the size of a broomstick, should be secured, about 18 inches in length. The stick should be so grasped that neither contestant in the beginning has an advantage, though, after the contest has begun, either contestant can change her grasp if she so desires, and the girl who maintains her hold on the stick and twists it from the hand of the other is the winner.

Both the boys' races should be governed similar to the instructions given for governing the girls' races.

The rules for the style of wrestling suggested for boys are similar to catch-as-catch-can, with the exception that instead of two shoulders touching the ground or floor to constitute a fall, when-



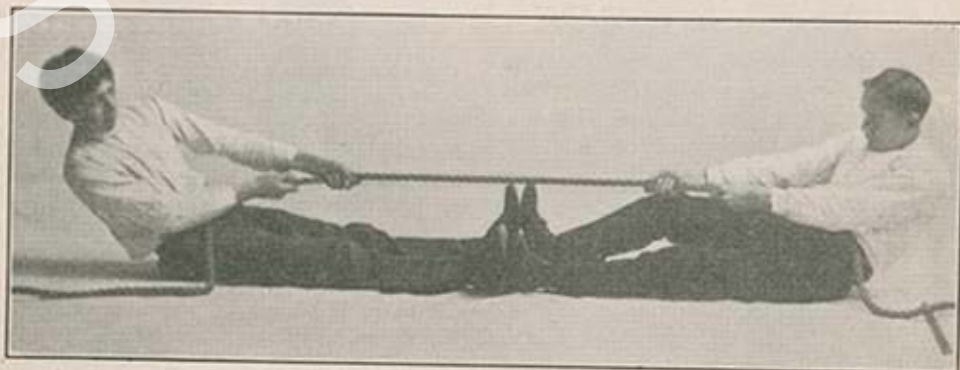
CATCH-AS-CATCH-CAN WRESTLING.

ever either contestant is off his feet a fall shall be declared.

If both contestants fall at the same time, it shall be declared a draw, provided it is difficult to tell which contestant falls first.

If one contestant falls and another falls over him or after him, the one falling first is to be declared the loser.

This style of wrestling avoids the abnormal and sometimes unsightly development of the neck frequently seen in the professional Greco-Roman and catch-as-catch-can wrestlers. No kicking, strik-

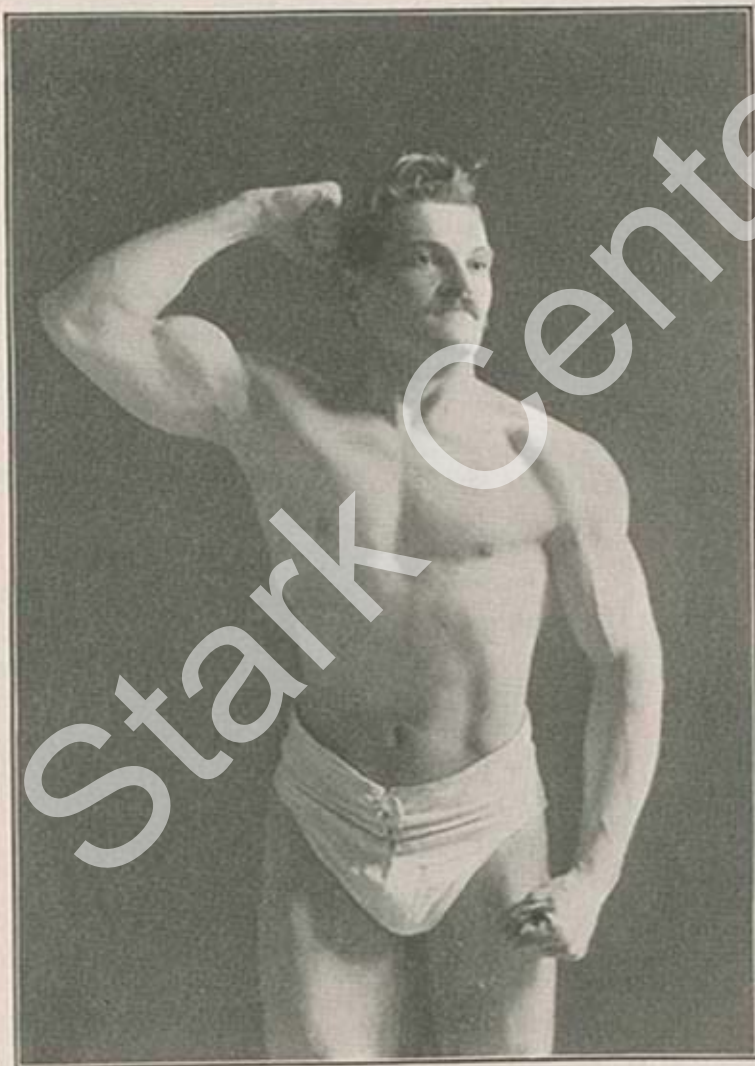


INDIVIDUAL TUG OF WAR.

ing, biting or choking shall be allowed, and any infringement of these rules shall be called a foul, and a fall shall be declared in favor of the other contestant.

In the individual tug of war for boys, a strong stick should be secured, which can be easily grasped by both contestants. They should then set themselves on a

floor or ground, with feet together, as shown in the illustration, and after grasping the stick securely, keeping it directly over their toes, they are then ready to begin the tug of war. The contestant who pulls the other to his feet, and has a decided advantage for a few moments, is to be declared the winner.



H. CLAY ROCKWELL, N. Y. CITY, A SELF-DEVELOPED ATHLETE.

THE MAN OF FLESH.

By "Preacher."



To form an image, clay, or stone, or gold,
 Of man, or beast, of living thing, or dream,
 And worship that, like heathen men of old,
 Were folly base and plainly to be seen.
 And yet in everything that moves and lives
 Such wondrous mysteries of power and plan
 Are manifest, that he who sees what is,
 Must reverence give to life of beast and man.

The man of flesh, how does his body bind
 A thousand secret springs of potent change,
 Where physic, chemic, psychic forces find
 Their marvels clearest, widest, highest range,
 Where matter, force and death and life and thought
 Pursue each other, ever under law!—
 Say, think you not that such a being ought
 Inspire the thoughtful one with holy awe?

Shall we degrade a thing so nobly made,
 Distort and weaken, break the body down?
 Pervert its functions, ignorantly trade
 For moments' pleasures, strength, our manhood's
 crown?

Shall we, shamefaced, with foolish, prudish fears,
 Refuse to know of physic truth the whole,
 Or learn and do the truth, until appears
 A perfect body with a perfect soul?

Send forth the truth, abroad let every breeze
 Bear words of wisdom, teaching how to live;
 Let instinct, reason, action, rule, for these
 Endow with gifts the best that Nature gives;
 And they who heed shall one day hold earth's sway,
 Like he whose manly feet in Eden trod,
 While weaklings, shrinking from the light of day,
 Give room to men in image of their God.

TREATMENT USED IN MRS. COLE'S CASE.

HOW WE SAVED A RHEUMATIC PATIENT FROM THE GRAVE.

By Bernarr Macfadden.



IN THE last issue we published a letter from Mrs. Cole, of Watertown, N. Y.; also comparison photographs showing a most remarkable change we had made in her condition in a period of five months.

As I said in previous article, her case was a very stubborn one, and recovery was exceedingly slow.

We began treatment in her case by short fasts. She would fast two days and eat two days. This was continued for about two weeks, when she fasted for one week.

We had very great difficulty in regulating her bowels. They seemed to be almost paralyzed. In fact, her entire functional system was in this condition. She was too weak to take any exercise of importance, though she made slight endeavors with this end in view.

We began her treatment in March, and as the weather became warmer she was encouraged to stay out of doors as much as possible. At first, cold wet packs were tried, but her circulation seemed so poor that she could not quickly recuperate and we had to abandon them.

A mild massage treatment was used daily. As soon as she began to gain strength she was encouraged to begin exercising more vigorously and to walk about barefooted. One or two baths in the lake were taken daily as the weather grew warmer. We instructed her to wear as little clothing as possible and still be comfortably warm.

After she was with us a little over a month, as every other method failed to properly regulate her bowels, we had her adopt a raw diet, consisting of fruit, nuts, rolled oats and wheat meal. This almost

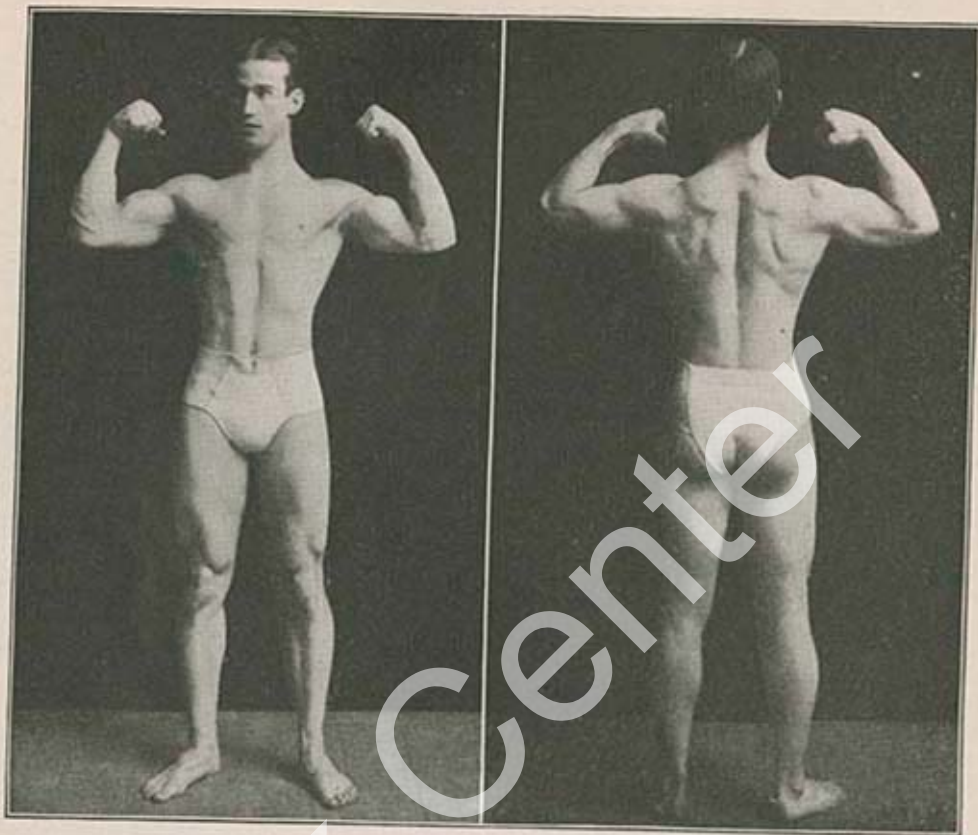
immediately produced a satisfactory effect, and she continued this raw diet until she began a long fast. She continued this fast for 31 days. Toward the latter part of her fast the rheumatic pains and other symptoms almost entirely disappeared, and we were under the impression that after she had resumed her normal diet and had regained strength the trouble would entirely disappear. Though she was greatly improved in this way, there were some symptoms of the return of the complaint as soon as she began to gain strength and to eat her usual food.

The disease was more deeply rooted than we thought, and after continuing her diet for a time we advised short fasts again, with an almost daily increase in the exercise she was taking. This slowly, but surely, brought about an improvement, and she practically continued this regimen until her departure from the Home, giving special attention to long walks barefooted, with deep abdominal breathing and other exercises, with special attention to thorough mastication.

We feel satisfied that complete recovery is within her reach. When she first began treatment she was so weak she could not walk more than a few steps; before leaving she was able to walk two miles, and the remarkable change in her appearance was no doubt noted by our readers in the last issue.

We firmly believe that rheumatism will be remedied in every instance, if the sufferer will adopt the treatment outlined here. In fact, in cases not of a chronic nature, or where the entire functional system is not partially paralyzed, as was that of this patient the first part of our treatment, the few short fasts will bring about recovery.





MR. A. LOVERING, OF HARVARD.

The pictures above give a splendid example of the results obtained by a rational way of living. They were taken when Mr. Lovering was only twenty-one years old, and the fact that at this age he made, by the Sargent method, the highest record of any college student in America at the time is very remarkable. His record is as follows:—

		Kilograms.	Pounds.
Strength of Lungs	- - -	37	81.4
" Back	- - -	410	902
" Legs	- - -	665	1463
" Upper Arms	- - -	383	842.6
" Fore Arms	- - -	165	363
Total	- - -	1660	3652

Lovering's measurements reveal the fact that he approaches very nearly to the proportions of the ideal Greek figure, the neck, biceps, and calves being about the same in girth. Mr. Lovering has not gained his physical power from work in the gymnasium, but owes all his strength to following a simple and regular mode of life with a rational amount of exercise taken just before retiring. Dumb-bells were his only apparatus, never being more than four pounds, but supplemented in the morning by a brisk walk in the open air before partaking of a very meagre breakfast. Mr. Lovering is a typical example of what may be done for the average young man by systematic and continuous attention to physical culture.

IMPRESSIONS OF THE GERMAN ARMY.

By Paul Goid, Special Correspondent.

AS soon as the traveler crosses the German frontier, he is impressed with the evident importance of the military organizations, and this impression grows on reaching the capital.

Everything and everybody in and about Berlin is connected with the army. From the humblest hotel porter to His Imperial Majesty, the men wear round, flat-topped hats, with little visors, tightly-buttoned and double-breasted uniform coats. It is difficult to take a walk in the streets without meeting a regiment or two returning from a practice march, while often, in the dead of night, one will wake to hear the blare of trumpets beneath the window, and the pounding tramp of a thousand feet on the asphalt.

Under these circumstances it is not hard to believe that the fighting men of this country number over 2,500,000, and these all splendidly trained soldiers who can take the field at any moment. With her entire male population to draw from, Germany only enlists those who show physical evidence that they will stand the compulsory two years' service.

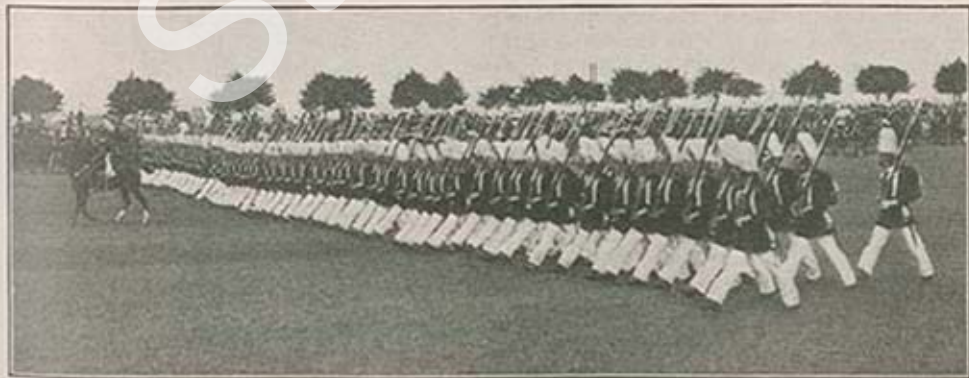
There is no preliminary setting-up for the new recruits. They are set to work on real barrack life at once, and only

twice a week do they get an hour or so of dumb-bell work in the gymnasium, or turn hall, as it is called here. Their real physical training comes on the drill ground. These are plentifully scattered about the city; but there is a lot of red tape to go through with before a for-



eigner gets his permit to witness the drills. The Kaiser's army is sacred, and is guarded with a jealous eye.

The infantry regiments nearly always appear in heavy marching order, brass helmets, knapsacks and long-legged boots. Besides their tactics and manual, they are kept trained for long marches



KAISER'S SECOND GUARD ON "GOOSE STEP."

and skirmishing in the field. The famous "goose step" is used only on parade, and as a march of respect; never on the march, as is generally supposed. It is performed by kicking the feet far to the

big fellows, uniformed all in white, with steel helmets and breastplates, who make an impressive show whenever they appear.

Now, to make a comparison of the physical development of the men who make up the principal armies of the world, we will have to rely on personal observation, as official statistics are not to be got at by the inquiring



GERMAN FENCING MASTER.

front, and is as fatiguing as it is grotesque.

The "Pioneers" are an interesting branch of the army, and their tactics are original and picturesque. They have a system for getting over or through all sorts of obstacles, are good woodsmen, and many become wonderful swimmers. It is a favorite "show trick" for these fellows to do high diving and back air springs in full uniform and carrying equipments.

The cavalry maneuvers are the liveliest to watch, however, and some crack mounted regiments in the Prussian army are second to none in the world. The new men are taught to ride bareback and with blankets only. They take their frequent spills as a matter of course, and are kept at the riding yards until they become good horsemen. There is a sword drill on horseback that is practiced often, and hurdling in squads is a favorite exercise. This trains the men for cross-country riding, steeplechasing and fox hunting, while it improves the work of the cavalry in rough country during a campaign.

Perhaps the best known regiment in the Kaiser's army is that known as the "White Cuirassier," a picked lot of



A PRUSSIAN INFANTRYMAN.



SWIMMING DRILL BY GERMAN SOLDIERS.

American, even though the requests are made through the Consulates.

The men in army uniforms that we see in Berlin, in Dresden and in Munich, do not look as soldierly as those English regulars I saw in London, or in the North of England. They average shorter in height and heavier in build. Their backs are not as straight, nor do their uniforms "fit" as do those of Tommy Atkins. The officers seem too stiff in carriage, and as they lug their swords around to the restaurants and to the opera they give one the impression of being fond of display. But, of course, it is the rule here, so allowances must be made.

When the Emperor appears he is, as a rule, on horseback, and in one of his two or three hundred uniforms. He is a great stickler for military pomp, and his people love what he loves. He turns up the ends of his mustache, and the mustache of the nation follows suit.

ABSURDITIES OF MEDICAL WRITERS.

By John Redding.



MEDICAL stupids, men who have had their minds drilled and fixed into one process of thinking, like the dwarfed Japanese trees, are constantly putting forth ideas of the ut-

most absurdity, as regards the care and treatment of the body.

We are all familiar with the fellow who will hastily conclude, after a superficial examination of a few minutes, that a patient is suffering from this, that or the other disease, and to the end that he may be relieved, prescribes a plentiful dose, or series of doses, of various noxious, poisonous and detrimental mineral substances, denominated and sold as "drugs."

Time and again we have had them—yea, even the most brilliant and enlightened of them—perpetrate the most assinine stupidities when asked as to their opinion of certain physical methods of re-

generation. It is easy to recall the contention of the fellow in Chicago that exercise—systematic use of the muscles of the body—was injurious to the man who had passed the age of thirty years.

We are familiar with the doctors who maintain so hurtfully that eating is an absolute essential in every condition of the human body; that starvation is always eminent, and that if a patient, suffering from a superabundance of food, should stop eating for a few days, he would be in danger of giving up the ghost through inanition. These idiots deny absolutely, in spite of the most positive evidence, that man can fast beyond a few days; and they do this for the sole reason that it would mean violence to their theories and practice to acknowledge what actual experiment has demonstrated.

In short, we are confronted at every turn with the paradoxical attitude of these so-called licensed physicians toward anything that is at all conducive to health.

We have heard the profession, as a body, decrying exercise, and its literature abounds with articles tending to discourage the members of the human family from indulging in that economical and very effective method of preserving health and strength.

When it has been demonstrated by actual experiments, many times repeated, that abstinence from food enables the functions of the body (many of them very little understood by medical practitioners) to recuperate, they at once rush to deny it, set up their crack specialists to refute it with a theory, and, in the case of the late President of the United States, when they were treating him for an abnormal condition, they actually, holding blindly to the tenets of their profession, sacrificed his life to its ignorance and stupidity.

The latest instance of medical insanity occurs in a recent number of a British medical journal, "The Lancet," which has considerable authority on the other side of the ocean among the medical profession. It occupies the place of organ to the conservative practitioner of Great Britain, and its utterances may be taken as voicing the sentiments and opinions of those practitioners.

The writer in "The Lancet" starts out to prove the proposition that bathing, frequent bathing, daily bathing, as practised to a large extent among the English middle class, is injurious. We are astonished at the spectacle of a so-called scientifically trained specialist on health thus condemning a hygienic measure!

After this, one wonders where they will stop. They contend that under certain conditions the animal tissues are to be benefited by the administration of substances known to cause acute suffering and to produce harmful results when taken into the stomach, injected into the blood, or otherwise introduced into the system of a living animal.

They maintain, as a rule, that the use of muscle—muscular activity, a known law which has been demonstrated for thousands of years—is not only not neces-

sary to health, but an absolute menace to it. They declare, in the face of all reason and experience, that feeding is essential in the treatment of human disease, whereas all animals treat diseased or abnormal conditions by fasting. And now, notwithstanding their avowed belief in all sorts of germ and germ-produced diseases, there are those of them who would condemn the bathing habit, little practised as that habit is. They would have us refuse to believe that an animal with a clean skin, with its pores all free from refuse and in a condition to perform their function properly, is a healthier being, one likely to live longer and have more strength than the one who neglects the bath. What an absurdity!


Verily, these doctors are blind; their science is contradictory, their learning is useless. Much theorizing has made them mad. A man who would trust his life and health to the ministrations of such men—men dependent upon the abnormal conditions of their patients for a livelihood—is a fool, and the State that licenses them and their science to practise upon the community is a government of the silliest sort. It would not be so bad if there was any sort of caution observed. If every vender of drugs was forced to print upon the labels of every bottle sold the contents of the bottle, and state what substances were active poisons and the known effects of such poisons on the system; if all patent medicine fakirs had to fix up their nostrums in this honest way; if all doctors had to plainly write their prescriptions in language understood by all, there would be less suffering, and a lower death rate in our country.

Think over a few of the things this science is standing for at present: It encourages the drug habit, it sets its theories against well-established hygienic laws, and still its practitioners demand the supremest confidence a man is called upon to bestow. It is time healers and doctors were separated; time for this science of error to get to the background, with all who cling to it.



A SUCCESSFUL SUICIDE.

By S. E. Swayander.



HE measured the room with quick nervous steps. There was really but one thing left for him—suicide. Something threatening seemed to hang over him continually, nothing real or tangible—business was good, home comfortable—but a horrible something from whose clutches he could not escape. He stopped in front of the sideboard, took “two fingers,” and looked critically at himself in the mirror.

“I certainly don’t look sick,” he muttered.

Yes, he *must* commit suicide, but how? There was his poor old mother. She might stand the grief of a dead son, but the disgrace of a suicide would kill her. He puzzled his brain with ways and means. Morphine simply wouldn’t do. He might go for a row and drop overboard, but the idea of getting wet and furnishing food for the fishes was most repellent. The train could accidentally knock him down, but—that was too horrible.

“John, dinner’s ready!”

He started visibly at the sound of his mother’s voice. Here was an idea; he would *starve* to death. He had read in some book that it wasn’t at all horrible, only painful for a little while, and it would be so respectable, and seemingly natural.

His mother eyed him lovingly as he ate.

“John,” she said, “you haven’t been well for some time. Your appetite seems very good, but there’s something wrong with you. Hadn’t you better take a vacation?”

John jumped at the idea.

“Yes, mother, you’re right, I’ll go away for a little while. I’m not well, but a couple of weeks in the country will probably cure me.” He smothered a sigh in his napkin, and helped himself to more roast pork. It was his last meal!

That evening he found himself in a little New England village. It was hard to refuse the clean old lady’s hearty invitation to tea; it was aggravating to catch the fritter-scented breeze from the kitchen, and positively painful to hear the head of the house demand a second piece of pie; but he remained firm, and turned his back on the tempter. He had intended only to survey the garden, but before he was aware of it, had covered a good mile, and his nervous uneven steps had lengthened into long, swinging strides.

That night he slept the sleep of the just.

John turned lazily in his bed, and blinked in the bright sunshine that flooded his room. He wondered for a minute what the trouble was; there *was* a trouble. The memory came quickly enough. *Life*



was too inane, too hideous to bear! He wondered how long it took to starve a man. Death probably came in two or three days. As yet there was no pain. *He wasn't even hungry!* Tuesday, Wednesday, Thursday, Friday—they would most likely send a telegram to his mother, informing her of his demise. He would be dead! DEAD!!

The sunshine deepened. Somebody was singing in the garden. John listened half-heartedly. It wasn't long before he himself was tempted to sing, and a deep tenor joined "Dolly Gray."

Three days had passed and he was still alive! Some irresistible force drew him into the garden, where he sunned himself like a cat, and sang like the robins all day long. As yet he had not suffered, tho' his vest didn't strain the buttons any longer.

He had hardly gotten over the surprise of being alive when it occurred to him that the voice in the garden belonged to somebody. *Somebody* had softly rounded arms that glistened in the sunshine as they deftly hung the clothes on the line. *Somebody* had very pink cheeks that deepened as the voice broke off abruptly:

"Good-by, Dol—" *Somebody* had a charming figure as she hastily vanished thro' the kitchen door.

The great cloud which for months had haunted him was GONE! Life stretched before him like the sunny winding road. The blood leaped in his veins! Where were the trials, troubles, difficulties, that once sapped the very life blood out of him? He looked around pugnaciously, but found nothing more formidable than an apple. It speedily yielded to his molars. He was hungry! *Naturally hungry.* The sensation was most pleasurable. It carried him over a long line of oyster stews, welsh rarebits, and cocktails, back to his fishing boyhood days.

That evening, as he sat on the veranda dangling his legs like a schoolboy, he did some hard thinking. It didn't take long to discover the existing relation between an overloaded stomach and a morbid mind. When the harvest moon came up some hours later, he told it solemnly that "only pigs and fools overeat."

Friday morning his mother wiped her glasses for the third time and read again the last paragraph of the already soiled-looking letter:

"*Rather sudden, do you think? That's the way the millenium is supposed to come.*" (She shook her head. John didn't use to be sacrilegious). "*Mother, dear, I did intend to commit suicide, and have succeeded beyond expectation, for John P. Jones, glutton, died last night; and John P. Jones, bachelor, is ready for burial with your permission.*" (She took off her glasses. They were of no use just then, for she knew the closing words by heart). "*More than ever your son*

John."



PHYSICAL CULTURE EXPERIENCES OF A LABORER.

By Harry R. Pease.

IN September of 1900 I saw a copy of PHYSICAL CULTURE on a news-stand in the city of Cleveland. Being interested in everything pertaining to the health and strength of humanity, I bought a copy and have been a devoted reader ever since. At first I was somewhat skeptical in regard to the universal need of exercise. I was working ten hours a day in a candy shop. I certainly thought I had sufficient exercise with stirring the kettle, pulling taffy, spinning stick candy, and several other equally active operations.

Being a member of the Y. M. C. A., I determined to give the gymnasium a trial. The aching in all my joints and soreness of the entire body that followed my first trial gave me abundant proof that there were hundreds of muscles that had not been used in my daily work, varied as it was.

From that time on I was in the gymnasium twice a week, and in the bathroom still more often. About this time I was attacked by sickness. I had derangement and soreness of the stomach and bowels, with a little fever. I had been a victim of similar troubles periodically for nearly two years. On this occasion I determined to try a fast, and consumed no other food than a quart of milk during four days. I performed my work on the last three days. Later in the winter la grippe tried to claim me for a victim, but I had learned a thing or two. I stopped eating at once and took a Turkish bath, giving myself a heroic sweat. The next morning I refrained from work five hours, most of which time I slept. At noon I resumed my work, but ate nothing for two days, when I was feeling better, and, you may believe, I sang the praises of PHYSICAL CULTURE. But, alas! the blindness of humanity is such that I only received such nicknames as "idiot," "crank" and "numbskull." But I persevered.

Realizing that I could never attain the highest degree of health while working in a confectionery shop, I resigned my position.

I left the shop in May, 1901, with blood in poor condition and lack of physical and mental energy; in fact, if I had not been a reader of PHYSICAL CULTURE I would have considered myself in a hopeless condition of early decay. I went to my home in the country and immediately started a seven days' fast. I had been used to eating three meals a day, with a considerable quantity of candy and ice cream between meals. After noon of the first day I experienced no sensation of hunger, but there was an ever-present dragging soreness in the stomach. On the morning of the third day I experienced all the sensations of stomach sickness, even making violent attempts at vomiting. Ten minutes' exercise, a bath and a glass of cold water made me feel better, but I still had the dragging soreness of feeling in the stomach. This soreness of feeling was so great that I finally ate a small morsel of food, which relieved it. After restricting myself to a limited diet for two days, I took up the usual three meals again. It was three or four days after this that I began to be hungry at meal time, and for the first time in months had a natural appetite.

Soon after this experience, I obtained a position as laborer in a cooperage plant. My fast, though distressing, had accomplished considerable good. My general health was good, but not of the best, and I still felt the need of something which I had not. I had no appetite for breakfast, but became immensely hungry about 10 A. M. I tried to eat more breakfast, but this proved nauseating. I then tried to make my breakfast one-third fruit, then one-half, and finally all of it; but all methods proved alike unsatisfactory.

One morning I arose late, and had barely time to eat breakfast. I felt ill, and determined to do without the meal entirely. To my great surprise, the

usual ten o'clock hunger did not appear until nearly noon. I tried the same thing the next day, with like results, and then established the two-meal-a-day plan. My friends were appalled at my "foolishness." I was told that my life would end miserably in a dyspeptic's grave.

As a result of two months' practice of the two-meal-a-day plan, I feel better, healthier and stronger. I have also taken daily exercise of a few minutes. I have found it very beneficial to drink a glass or two of hot water at the usual breakfast hour, and a large quantity of cold fresh water during the forenoon. My friends had something else to groan about then. They looked aghast when they saw me drinking from three to five quarts of water in the forenoon. They also called me a crank for refusing to drink ice-water with the rest of them. But I plodded patiently on, eating no breakfast, drinking lots of water during the first four hours' work, with no fluid at all during meal-time nor an hour before or three hours afterward. I have demonstrated to my own satisfaction that a man can go without breakfast and do five hours' work rolling logs or wheeling

brick, feeling less fatigued at night than otherwise.

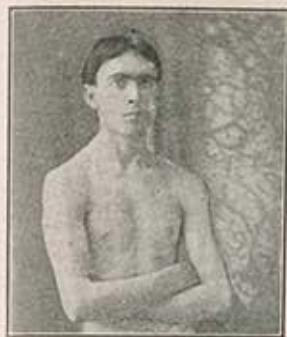
What amazes and pains me is the indifference of most people to the truth when it is presented to them. One of my friends, in particular, even though he has seen the benefits of proper living in my life, seems to regard me as a phenomenon for being able to stand such abstinence. He treats all my well-meant advice with a sneer, but when another friend advised him to try a certain brand of whiskey, he at once became interested.

Another friend of mine has seen the light of truth, though not influenced to do so by me. He adopted a two-meal-a-day plan for the sake of economy, and discovered its physiological benefit. Being a student farmer, he rose at one o'clock in the morning and ate his first meal at eight, the second and last at one. This left his brain clear for study in the afternoon and evening.

Business men are beginning to get their eyes opened; but we who are among the laborers and in the rural districts have an appalling task before us if we wish to spread the gospel of good health and sound bodies.

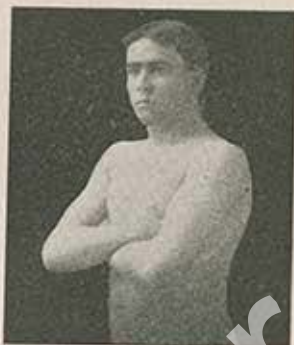


E. L. PACKARD, BOSTON, MASS.



HOW I GAINED TWENTY-SIX POUNDS IN THIRTY-ONE DAYS.

By Thomas E. Mason.



IGIVE my experience especially for those who are in poor health, who have not the courage to undertake to get well themselves, and feel that they cannot afford to quit work to go to a sanitarium to remain for a time under a physical director. Superb health is within the reach of all who can read the English language, and deduce facts from plain, simple statements. My experience is proof of this fact.

I had neglected my physical condition, as I had so much to do, hardly realizing that it is economy of time to spend enough time daily, which is not much if properly done, to remain strong and healthy. Working every day and not getting the required amount of fresh air, I lost strength and energy. In February last it seemed that almost everybody in Chicago was being vaccinated. I was one of them, and mine evidently "took," as I had high fever for several days from the effects of the poison injected into my arm by the doctor. After that my blood was very bad and the arm continued to itch. I was attacked with nervous dyspepsia and insomnia, lost rapidly in strength and weight until I saw something had to be done. I commenced to read up on the subject of health with great interest, and when I came to Boston, about the first of July, I made up my mind that I was going to give this subject a few days' earnest study. Evenings after work I would take my "text books" and figure it out as a simple mathematical problem. If certain rules produce certain results one cannot fail to succeed, provided they

do not do something to counteract former efforts. I believed so thoroughly in what I was undertaking that I went and had my photo taken just for comparison.

I had fasted a few times previous to this, twenty to thirty hours at a time, but did not follow it up with the interest that I should have done. I began the trial by fasting forty-eight hours, Sunday and Monday. I ate some on Tuesday, and fasted seventy-six hours this time. I lost six pounds during my five days' fast. By the end of the week my digestion seemed good and I had a splendid appetite.

Let me say to those bothered with insomnia that as I could only sleep three or four hours out of twenty-four, often not any, that on the second night of my fast I slept twelve hours, on the third night about thirteen and a half hours. I have not had any trouble with sleeplessness since. I took the stretching exercise, which is illustrated in the March number of PHYSICAL CULTURE, following this with a cold sponge bath every morning.

I learned at once to follow the dictates of my natural instincts, not only for food but exercise as well. I would eat the kind of food that I had the keenest relish for; of course, selecting that which contained the proper elements of nutrition.

Immediately on awaking I would lay the cover aside, inhale a few long breaths, then I would try to stretch every muscle in my body.

In the evening I would walk to the Public Garden to take my breathing exercise. Diaphragmatic breathing seemed to be the best. I made the mistake at first of inflating the top of the lungs too suddenly, but

soon learned to relax the nerves and take breaths as slowly, calmly and easily as possible.

On August 3 I weighed 124 pounds, on September 3 I weighed even 150, and on October 3 I weighed even 160 pounds. All wish to have good health. Only a few will to have it. Wishing a thing is simply denoting a desire. Willing a thing is expressing a fixed determination. It is

a matter of conforming with nature's laws and one of the greatest of these is to believe in what you are doing. My reward was strength and health. I have learned, too, how to keep them. If I can use the outline of my experience to induce some physical wreck to believe, to know, to realize that health and strength are within the reach of all, my purpose will be accomplished.

NEWSPAPERS AND NEW THOUGHT.

By Timothy Drake.



HE press of this country, while pretending to educate and lead the public, seldom exerts any part of its unquestioned influence in beneficial channels.

Its loud voice is raised in praise of this or that politician, and, alas! too often you will find its editorial utterances exploiting some patent medicine nostrum, because the vender of the so-called "medicine" patronizes the advertising columns of the aforesaid newspaper. The readers who really support these papers are apparently considered by their editors and proprietors as proper prey for any scheming advertiser who will pay them their price for advertising space.

Therefore, you seldom see in one of these papers an article setting forth the results of some simple cure. If medicine does anything that is claimed to be out of the ordinary, such, for instance, as killing the germs of consumption by poisoning them with their own virus, the editors will devote pages of gush to the methods and the marvelous results. When a man goes out into the wilderness and with Nature's aid alone performs a miracle upon himself, it is dismissed with curt notice, if any; for there is no money in such methods of treatment, and the news value of such an item is proportionately small.

Once in a while, however, a newspaper gives, in small compass, accounts of events that ought to teach a lesson of value to their readers. They emphasized such a lesson when, during the late President's course of treatment, at Buffalo, they

showed how the attendant doctors were pushing him toward eternity by constant feeding. They have clinched the conviction of those doctors since the event, by furnishing divers accounts of similar cases that have come to light all over the country wherein the treatment was different, and results not fatal.

The following report, printed in a California paper, is worth comparing with the report of the Buffalo case:

"Ray Hecock, shot in the abdomen, sustains twenty-eight intestinal perforations—Will probably recover.

"On Saturday, September 14, young Hecock was accidentally shot by a 22-caliber rifle. The bullet entered the abdomen three inches below the navel, one inch to the right of the median line. The family physician, was called.

"The lad was placed upon the operating table seven hours after the infliction of the wound.

"The small intestine was found to be pierced in twenty-eight places. One piece thirteen inches in length contained thirteen punctures. This section was removed entirely and the ends of the intestine joined by a Murphy button. The remainder of the twenty-eight punctures were sewed up in the usual manner. The bullet was not found, and is still lodged somewhere in the boy's back.

"The operation lasted two hours. Absolutely no food of any kind was given the patient by the mouth until after the eighth day. On that day six teaspoonfuls of hot water were given in divided doses. Between the eighth and thirteenth days small quantities of beef juice and

hot water were administered. The Murphy button passed on the tenth day.

"Gradually the patient's condition improved, until now his temperature and pulse are normal, and he is eating freely of solid food."

The following excerpt from the Chicago Daily News touches upon a similar case reported from Chicago:

LIKE MCKINLEY CASE.

"What is known as the 'McKinley case' is in St. Elizabeth's Hospital—a patient suffering from gunshot wounds identical with those inflicted upon the late President McKinley. The case is that of Peter Arp, a laborer, 41 years of age, who on September 21 attempted to commit suicide. He shot himself through the left lung and both walls of his stomach.

"Determined to die, Arp made his case worse two days after he was operated on by tearing open his wounds and racing through the halls of the hospital in another effort to kill himself.

"No solid food has yet been given the man, although he has been there nearly two weeks.

"When the man was brought to the hospital on the Saturday he shot himself he was in a state of utter collapse and almost pulseless. An examination revealed two bullet wounds at the sixth rib. One had passed into the body, as in the case of McKinley, and the other had flattened and glanced, making a mere flesh wound. The patient was operated upon at once.

"Instead of closing the wounds made by the operation, as was done in the President's case, the surgeons left them open to prevent the formation of gangrene or pus.

"Arp's only complaint is, that he is hungry and wants some meat to eat."

A few months ago you would not have seen an article of this kind in a public newspaper, but they are trying to catch up with the procession. Generally they stick such news items away down at the bottom of a column, almost out of sight, where their big patent medicine advertisers cannot complain about its prominence. Such items are cropping up thick, as the results of this magazine's mission broaden, and more and more people take up the practice of the simple rules of hy-

giene, that insure recovery from diseased conditions, and act as safeguards against weakness and disease.

Read the following, taken from the Detroit Daily News:

FASTING DID IT.

"An invalid for two years and given up by physicians, Morris Pluff, 484 Mel-drum Avenue, walked about for the first time yesterday. He attributes his cure to a fifteen days' fast. Pluff says that physicians have been treating him for the past fifteen months for neuralgia of the heart, and that he has been in a Detroit hospital for seven weeks, where hypodermic injections of morphine were his principal medicine. He left the hospital worse than when he entered, and went home to die. Pluff was advised to try the fast cure. He at first said he couldn't, but was persuaded to go without food for three days. Meanwhile, massage treatment was used on him, and his body was wrapped in hot water cloths. The three days were extended into fifteen, during which Pluff says his only nourishment was a little water. Pluff claims that after the fast he felt stronger and better and slept his first night's sleep, while he was no longer subject to pain."

It is truly refreshing, and reassuring, to note that some of the editorial fraternity of the country are waking up to the importance of printing occasionally something besides the interviews with doctors, their long-winded disquisitions on fashions, which are not only worthless but baneful, and their twaddle about politics. In a couple of hundred years we may have an editor who really recognizes what is of value to his readers, and will give them information that will benefit them, and let the advertising and political phases of the business take care of themselves. Evidently some of them are waking up to this subject of medical malpractice, for below is a stunning article on the efficacy of fasting in the treatment of insanity. What an arraignment of the vast number of state institutions where the insane are cooped up with brutal armed guards over them, and stuffed, stuffed, till their lives are forced out of their tortured bodies, this simple Nature cure is!

REASON RESTORED BY BEING STARVED.

"Grand Encampment, Wyo., Oct. 4.—Nels Anderson, the young Swede who three weeks ago wandered away from a ranch near Elk Mountain in a demented condition, has been found. He was wandering through thick brush in a starving and half frozen condition, but had recovered his mind. He was absent 13 days. Previous to the day he wandered away he had not touched food for eight days, making the time he fasted twenty-one days. His mind is now as clear as it ever was, and he has every prospect of a complete recovery."

The starvation cure seems to have impressed the editors of the country, for still another paper, the Washington Dispatch, makes one the subject of a special display under this form:

"Huntington, W. Va., Oct., 12.—Rev. L. S. Scott, a prominent Methodist minister of this city, has not partaken of food for forty days. He has suffered from rheumatism for twelve years and a doctor advised the starvation cure. Forty days ago he could not arise from his chair, and now he can run up and down a stairway and is as agile as a cat."

A LONG-LIVED RACE.

By J. R. Stevenson.

SOME time ago there was a discussion about the danger of exercise to persons who had passed mid-life. Some brainless fellow, of reputed scientific attainments, started the controversy by averring that the mature should avoid every form of systematic exercise, for fear it might produce atrophied muscles and quick death!

Of course, the contention was silly, and the doctor who put it forward was promptly told to "Go way back and sit down"; but it suggested to me a little investigation that proved interesting and whose results I believe will be of benefit to PHYSICAL CULTURE readers.

The question of longevity has been broached several times in connection with physical culture, and numerous isolated examples have been cited to demonstrate the close connection between systematic exercise and length of days.

I asked myself, where would one be likely to find the longest-lived race of mortals on the earth to-day, and what would be their environment, and I commenced a search of statistics, reports, legends, etc., that led me virtually into every quarter of the globe.

Beginning with the vague tradition of ancient times, that there were the long-lived races in the East, I consulted the available data concerning the divers tribes

that dwell in the Peninsula of Asia, but, while a fairly good average of longevity was found, no record existed of a race or tribe furnishing many examples of extreme age within historic times.

A great majority of the people living there, including the inhabitants of Persia and Arabia, lead active outdoor lives, live on the product of their flocks and fields, are hardy, remarkably free from so-called epidemic diseases, and their average life is longer by a considerable number of years than that of Europeans or Americans. But not phenomenally so, and their old men are no older, as a rule, than our old men.

Careful search of the data at hand of the land of Confucius failed to reveal more than the occasional long-lived individual. The average life there compares about with that of Europe and the United States. But they have their legends of a longer-lived ancestry, and their history goes far enough back to show a time when a hundred-year-old man was common.

Among the uncivilized people then—the primitive people—I decided search would have to be made, if the world was to furnish any examples of a truly long-lived race existing at present.

Little that is authentic in this line could be learned of the Malays and savages of Africa. In the latter country, where the aboriginal subjects his stomach,

in most cases, to unusual trials, they age rather quickly, and there is no way of knowing the average number of years the individual lives.

The American Indian as a rule is altogether cleaner, more manly; and here, in an offshoot of one of the ancient civilized tribes, we encounter the longest-lived individuals and greatest average of life to be found among the inhabitants of the earth to-day.

This peculiarly blessed people, who live and enjoy life scores of years beyond the span supposed to be allotted to man, dwell in an Edenic land. Their territory borders the Paraguay River of South America for some hundreds of miles and extends westward as far as the Andes Mountains. It lies almost wholly in tropical limits, and the palm and its kindred are prominent in the fauna of the region.

The Indians who dwell in this vast territory are known to the Spanish settlers as the Chaco tribes, and it is a noteworthy fact, that although war has been made upon them for over three hundred years, first by the Spanish authorities, and later by the Governments of the neighboring republics, they still maintain their liberty, their unity, and the free possession of one of the most fertile tracks in the world. Legend has it that they are descendants of the ancient Incas, who fled over the mountains after the bloody conquest of their country and took to roaming these fertile plains.

Many years ago, when Spanish cavaliers were prosecuting conquests throughout the South American territory, and Spanish monks were bearing the cross and the sword into the remote recesses of the wilderness, these tribes became noted for the longevity of their members. Old monkish writings relate that men 80 years old among these people were in their prime, and there were many who lived beyond 120 years. While other Indian tribes of this continent have rapidly deteriorated because they have unwittingly embraced the errors of civilization, adopting all its curses and none of its blessings, these Indians have maintained their prowess, their tenacity of life down to our own time.

There must be something in their

methods of interest to humanity in general, for their secret is worth knowing.

Of the many innovations introduced in the new continent from Europe, these Indians seem to have adopted and adapted themselves but to one—the horse.

From the meagre data we have respecting their lives, we learn that they are chiefly vegetarians, though not strictly so, as they engage in the chase, eating the flesh of animals so obtained; but the supply of flesh food is precarious, and their main reliance must be placed upon the natural foods, so plentifully furnished by bountiful nature.

Of edible nuts there are several varieties that grow throughout their entire territory, and much of their time is spent in collecting these. Several varieties of wild bees are found there also, and their manufacture of honey is perpetual and plenteous, and this forms a staple element in the dietary of the savages. Fruits grow on every hand, and, with the two articles mentioned above, comprise the daily diet of these primitive people.

Now for their other habits.

They do not know what a house is. They live in tents exclusively, and these are moved frequently, as the conditions demand, or the supply of food grows scarce. There are no cold winds to take shelter against, and the occasional rains are all the natives have to provide against. A slight covering serves to turn the water, while allowing free access of air at all times.

As to clothing, they belong to the naked races. A breech clout completes the outfit of the adult. No shirt covers his back, no hat his head; but the sun's rays beat down upon his bronzed skin throughout the day, and the dews lave it at night, and the pure air of heaven caresses it at all times.

They are reputed to be blessed with powers of vision that would put to blush an Indian of the Fenimore Cooper romances, with his proverbial eagle eye; and their hearing is equally acute. In short, they are credited with having every sense developed to the greatest degree, as well as being possessed of a stock of vitality that carries them through a life twice as long as that of the man of civilized life and environment.

THE ELIMINATION OF THE WEAKLINGS.

SHALL WE KILL THEM OR CURE THEM?

By James Caldwell Burnes.



HERE is an old and trite proverb to the effect that "too much learning and too little common sense oft maketh the wise man seem a fool." And if the weird vaporings attributed to our scientific men—of which we read in the public prints from day to day—are any criterion, it is high time that the rights of free speech should be denied to that class of over educated gentlemen who prostitute our halls of learning by substituting the idiotic doctrines, born of their own disordered brains, for the profound wisdom of true philosophy. Not long ago a "scientist," H. H. Powers, Professor of Sociology at Cornell University, is reported to have startled his class in "political principles" by the following statement:

"I am strongly in favor of killing off the weak in society for the benefit of the strong.

"I would kill off the feeble-minded and all others who may be a burden, as I would kill off so many rattlesnakes.

"I believe the time will come when society will see the benefit of exterminating the weak by artificial means. To be sure, under the present régime, it is impracticable, for who is to judge the weak and the fit from the strong and the unfit?"

The occasion of these remarks was a lecture on natural selection, in which Professor Powers showed that society had as yet refrained from exercising any control over the pedigree of the human race.

Professor Powers has since, under pressure, issued a weak denial of the statement that he advocated "killing off the weaklings," claiming that his remarks touching on the practice of infanticide in China had been misinterpreted. Yet, many of those who were present at the time affirm that his lecture was correctly reported.

This monstrous proposition is not only ridiculous, but barbarous and revolting. The earth has not become so overcrowded yet that we must lessen the race, and scientific physical development will make strong those the hard-hearted Professor would kill.

Had this system prevailed in past years, some of the greatest minds the world has ever known would never have been developed. Countless thousands of physical weaklings have lived, learned



how to grow strong, and have written their names upon the history of the world.

Napoleon Bonaparte, up to his seventh year, is said to have been a "puny, sickly, dwarfish child." Later on as a youth he was too weak to participate in boyish games. As a young man he was kicked and cuffed about by his fellow students because of his small stature and his inability to protect himself from the more robust of his fellow students, and yet army life and personal endeavor developed him, and he changed the map of the world.

By all means let us "eliminate the weaklings." PHYSICAL CULTURE is in the field for that very purpose. Let us consider the case of one little American boy as an example of the physical culture system.

On October 27, 1858, a baby boy came into the world with so little vitality in his puny body that for some weeks it was a question of life or death every hour in the twenty-four. He lived, but that was about all; from his birth until his fourth year he was "a sickly baby." During his early childhood he was simply a shadow, frail and weak, unable to join in the childish sports and games of the other children. He grew up a puny hot-house plant, handicapped by the two greatest drawbacks a boy could be cursed with—riches and ill-health. Like all sickly children, he was a badly spoiled child, and that fact worked his salvation. It is said that he would stand at the windows watching the other New York boys playing in the street, and then he would work himself into a passion because he was unable to be a participant in their healthful outdoor sports. With his strong mind and puny body, he developed what was said to be a very willful temper. Private tutors were dismissed, and he was sent to one select school after another; but from time to time he had to be removed on account of ill-health. But gradually he grew to young manhood and began to simply force himself into a fair degree of health. He could not compete with boys of his own age in any of their games, but he could imitate them; that he did with all the power of his mind. One athletic exercise after another he tried and tried again, until he could master most of the schoolboy gymnastics. Soon we find him about to enter a preparatory school. A classmate has since described him as "a sickly looking piggarlic, with a puny figure, weak, watery eyes, and 'specks' that made him look like a shriveled-up old woman." But soon "goggles," as he came to be called, started in to "scrap" with his comrades, and was treated to several very severe "lickings" at the hands of the young students. However, this "weak-eyed, pig-chested boy, still too frail to take part in the rough-and-ready sports of lads of his own age," continued to exercise and take on as much muscle as his frail

figure would admit of, in spite of his "growing pains," from which he constantly complained, until one day it was whispered about that "goggles" had "licked" one of the scrappy boys, and that he had promised to lick any other boy that would dare to call him "goggles"; and as he would make good his word, they found another nick-name for him that has stuck to him through all the vicissitudes of what has proven to be the most uniquely picturesque career in the annals of American public life.

Next we find this American boy in Harvard College. He is a man grown now, the exact physical antithesis of the weakling that he was. Those constituent parts of his mental make-up, his obstinacy, his impetuosity and his courage, coupled with that grim determination and perseverance which overcame his manifold physical disadvantages, have made him a favorite with everyone, even those who had been made to feel his superior strength. He had entered Harvard with the single purpose of making a man of himself, mentally and physically. By careful training and implicit obedience to the laws of health, he had developed into that robust manhood which has earned him every position he has ever held.

He was soon the champion light-weight boxer of the University, and took the lead in many of the track events and field sports. To quote his own words:

"When I was in training for the championship at Harvard, I sparred with everyone I could get up against, and I suffered a heavier punishment than any man there ever did. I was knocked out again and again; but I got points every time and soon had things my own way. I have been knocked out twice at polo since then. I thoroughly believe in boxing, wrestling, football, and all the other rough and manly games; they made a man of me."

In 1880 this American boy was graduated. Though a close student, he suffered no impairment in health. After a tour of Europe, he returned to this country and plunged into public life. The rest is known the world over. As a hunter and sportsman, as an athlete, as a literary man, as a cowboy, a soldier, and a statesman, he has gained renown and honor.

With a clean, pure, home life, he stands to-day, at 44 years of age, in a position that any poor weak American boy may aspire to. Few men attain it, but all may become as perfect specimens of American manhood—perfect physically, mentally and morally.

There he sits at a great desk; his eyes are bright, his body supple, yet firm with the solidity of hard, healthy development; his every movement denotes the

trained athlete who has every muscle under complete subjection; he has read a huge pile of huge documents, to each one of which he must sign his name. See! he grasps his pen firmly. Let us look over his massive shoulder and watch that firm hand as it traces out the name of the once sickly child. No weak stroke do we see there; no, but the big, bold, manly signature of Theodore Roosevelt, the twenty-sixth President of the United States!



RAY M. WALLACE, MCKEESPORT, PA.

McKINLEY'S DOCTORS WANT AN APPROPRIATION.

By Ralph H. Ferris.

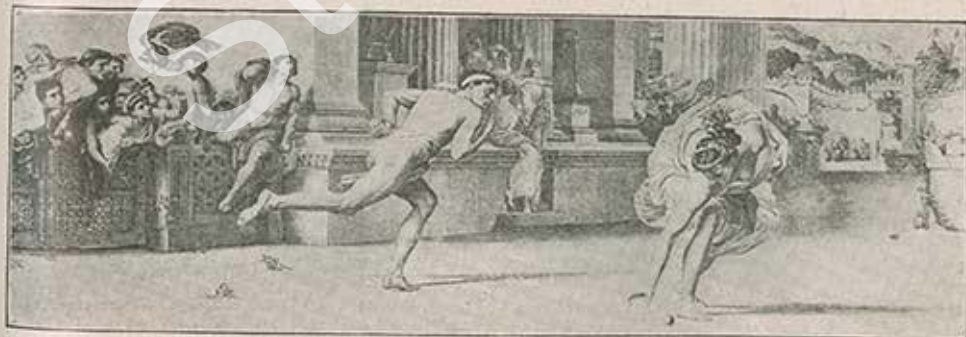
THAT the conceit and cupidity of the medical profession is not yet on the wane is evident from the behavior of the doctors who attended President McKinley during his last days.

They are debating whether they should present bills of service or not. Said Dr. Mann to a reporter recently: "I think an appropriation by Congress would be the most satisfactory to us. Any sum Congress decides upon, no matter what it is, will be satisfactory to all the Buffalo physicians. If this were done, it would obviate the rather delicate matter, in this case, of submitting bills which may become the subject of criticism, no matter what the size may be."

"You see," interrupted Dr. Mynter, who was present, "if we submit small bills, there are many physicians who would declare that we were foolish and establishing a bad precedent, to put it mildly. If we submit large bills, the people of the country will criticise us. Congress should make an appropriation. Looking at the case from a purely business viewpoint and eliminating all sentiment, it must be apparent that the fact that the President was kept alive for more than

a week prevented a financial panic in this country. That alone is worth considering."

These extracts speak for themselves. In the case of Garfield's physicians, Congress made an appropriation of \$100,000. No wonder these doctors are anxious to have Congress pay them! Senator Hanna has offered to pay; but no—Congress alone is sufficient. With ordinary care, President McKinley would have lived a few days, at any rate, and so no financial panic was averted by these men. Business interests stagnated for a little, it is true; but President Roosevelt's firm stand for the continuation of the McKinley policy did more to re-establish financial confidence than anything that the doctors did. But, of course, they make this a pretext; they must have the money, and what else could they do? Well, I suppose Congress will make them an appropriation as great public benefactors, and they will chuckle with delight at the rich haul they have made, while hundreds and thousands throughout the country will still swallow the filthy drugs of these doctors, through ignorance. Will the day ever come when all this cupidity and charlatany will be known and treated as it ought?



A FIVE-MINUTE DOSE OF COMMON SENSE.

By W. O. Lillibridge.



IN a recent novel we all read, the author, in playful mood, makes as the chief difference between one character "to the manner born," and another, presumptuous, who has risen from the ranks, that the former uses the toothbrush three times each day without personal felicitation, while the latter makes proud mention of the single daily cleansing.

Trivial as the incident may seem, it means much; it means that our advancing civilization realizes that laws of anti-septics and of hygiene are not products of affectation, things apart, but instinctive portions of our daily lives, as universal and as necessary as sleep or food.

Could the people of this country be reached individually; could they by actual demonstration be made to realize the pleasure of a mouth made clean and aseptic through the medium of silk floss skilfully used, and the correct application of a suitable toothbrush; could they all be thus reached, he who was the agent would have his name on every tongue as the greatest benefactor of the day.

"Why do teeth decay, anyway?"

Thank you for asking, as it shows an inclination in the right direction. I'll tell you why. Fragments of sweet and starchy food become caught in inaccessible points in the rough grinding surfaces, and the tight interspaces between the teeth. The warmth and the bacteria always present cause a rapid fermentation, and the particles are transformed into organic acids. The acids thus formed are in the most favorable place to do harm. They promptly expend their energy without hindrance upon the lime salts of the tooth. The enamel is softened and roughened, and an opening made for the bacteria of putrefaction; these creep in on the exposed dentine and destroy it completely. In the small cavity thus formed food lodges; and, fermenting, the locality is kept con-

stantly acid and the cavity grows apace. Then some day you bite on a hard substance, the undermined enamel breaks in, and you have a cavity formed "all at once."

The voice of wisdom directs you to a dentist immediately, where the cavity could be filled without pain and in a short time; but you are busy and neglect.

Soon you notice that hot foods cause a momentary twinge of pain; when out in the cold the tooth aches continually. Anon the pain rises without external cause, and unless relieved lasts for several hours. Finally, it may be after weeks or months, the tooth troubles you no more; the nerve is dead and you are happy. Where before you passed the dentist fearfully, making observation from the corner of your eye, you now greet him boldly, a broad smile upon your face.

Time passes, and the decay which has caused the death of the pulp (the nerve) works down through the root into the surrounding tissues. Some night you lie down and feel a heaviness like a weight on the affected tooth; you bite on it and it seems longer than the others, and sore. The pain increases to a dull heavy throb. You walk the floor and watch your face swell. Next morning your head is size one and a half. You consult your dentist and this time it is he that smiles. You look in the glass and see why.

"Abscess," he says as he stabs the swelling with a sharp bistoury.

Have I made it clear, my friend, why?

Just another condition you have wondered at. You brush your teeth vigorously—for a change—and find your gums bleed. "Too hard, bad thing for them," you say, and wait longer before you indulge again. When next you try you brush them softly, gingerly, and now they bleed at the slightest touch. You conclude at last it is time to see your dentist.

What does he find? Lime salts from the saliva (tartar you call it) has been deposited all about the necks of the teeth under the gums. The irritant has been there long, and much blood has been sent to the parts; they have grown abnormally and are large and red and full of blood. The "tartar" has pushed back the soft tissues so that the necks of the teeth are exposed high up.

The dentist asks if you clean your teeth regularly and smiles knowingly when you hesitate. Then he takes a tiny hook and pulls the deposits clear; the blood flowing in streams where he touches, so that you marvel. "Good," he observes, "it will make you feel better," and it does. "Now," says he, and looks you squarely in the eye, "use a good firm brush on those gums and membranes, and—don't be afraid of wearing it out. Good day," and he smiles, "come back after you've been careless several months again."

Toothpicks are useful, provided you have never learned to use something very much better—floss silk. You can buy dental floss in handy, flat vest-pocket spools, and once initiated you will never be without this convenience. To use, cut off a piece about eight inches long and pass it with a drawing motion between each of the teeth. You will learn to do this very rapidly, and it will remove foreign substances much quicker and more effectually than can be done with any toothpick, quill or other material. Besides, it mechanically polishes the oc-

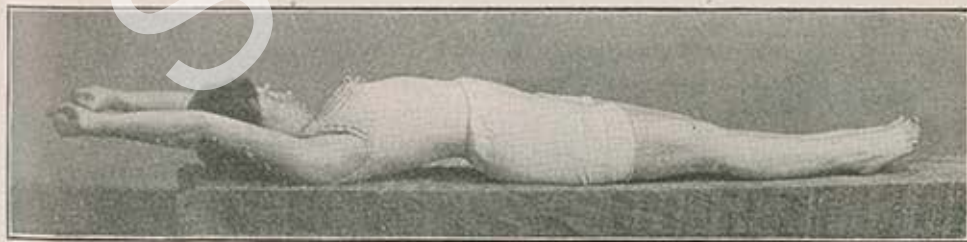
cluding surfaces, preventing decay at one of the most vulnerable points.

An appeal to adults for the consumption of crusts with the inducement of curly hair is not effective. Let us try another; it will help preserve your teeth. On the same principle, rye bread, toast and particularly zwiebach are useful. They act mechanically by their roughness to polish the teeth; and, their particles being irritating, tongue and saliva combine forces to remove the offenders—incidentally cleansing the teeth.

The primary agent of defence is, of course, the dentist. No one with any amount of care can hope to preserve their teeth or have a sweet-smelling breath without having all decayed teeth filled, crowned or extracted, as need may be, and all accumulated tartar removed. Health cannot be built or maintained on a foundation of disease. With a good foundation, acquire a habit and the battle is won.

After eating, clean between all the teeth thoroughly, using preferably a piece of floss silk with a drawing motion. Use a toothbrush twice a day at least; better three times, once after each meal. Brush the upper teeth from the gums down, the lower from the gums up. After polishing the teeth, reverse the brush and clean the cheek pouches, and last of all brush the surface of the tongue.

This completes the habit. Let me urge again that it be acquired. Once make it a part of your life, and the time spent will never be noticed.



QUESTION DEPARTMENT.

Q. Given a man 30 years old, five feet six inches tall, weight 122 pounds, poor condition physically, and with weak digestion; sedentary occupation; would you suggest a fast of several days as desirable?

A. A fast of three or four days would be of great benefit. Be careful when breaking same not to over-eat. Commence with a little fruit-juice or soup, and after two or three hours take solid food.

Q. I have contracted muscular rheumatism, I think from exercising. I go to the gymnasium and use an exerciser and Indian clubs, but I am unable to lift a three-pound weight over my head. What would you suggest?

A. You have been grossly over-eating. Adopt two meal-a-day vegetable plan, drink water freely, and for next two weeks confine exercise to walking and deep breathing.

Q. I am 54 years old; completely run down; always cold and my lower limbs ache. What shall I do to regain my health?

A. Adopt two-meal-a-day diet; eat plain, wholesome foods; spend as much time in walking in the open air as possible; exercise regularly, morning and night, and take tepid sponge bath after exercise.

Q. I was operated on for appendicitis two years ago. Since then have been weak; my appetite is not as strong as it should be, in spite of medicines I have been taking; my stomach is not in good order; I catch cold easily. What would you suggest?

A. Throw medicine to the dogs. Get out-of-doors; learn how to breathe properly, and use your muscles; wait until you are hungry before you eat.

Q. How can excessive perspiration in the armpits be cured?

A. Wear clothing that fits loosely under the arm, adopt a non-heating diet, and bathe regularly, night and morning.

Q. When I take a deep breath I become dizzy. My doctor tells me that in deep breathing my lungs press against my heart and that it is very harmful. What would you advise?

A. Keep away from a doctor who gives such advice as this. A little practice will entirely overcome the difficulty.

Q. What would you suggest for one troubled with jaundice?

A. Fast from five to ten days; practice deep breathing regularly, and live out-of-doors as much as possible.

Q. How can I remove blackheads?

A. Wash the face regularly with good vegetable oil soap, and every night before retiring apply cold wet cloth to face and allow it to remain all night.

Q. For six months or more I have felt dizzy, and stagger slightly when walking. What would you advise?

A. Breathing exercises night and morning; a fast of three days; a cold sponge bath daily before retiring.

Q. Suggest a remedy for catarrh.

A. Confine yourself to an abstemious vegetable diet; leave windows up at all times, and bathe regularly.



Editorial Department

PRUDES, COWARDS, MURDERERS.

MY friends, there are instances where one encounters so-called highly educated men, and women too, who are so woefully ignorant, so unswervingly stupid, and so immovably fixed in their pet prejudices, that there can hardly be hope for them in this or even in the next world. Their brains are not infrequently vast storehouses of knowledge, if by knowledge one means an accumulation of facts collected and memorized from books.

They may be college graduates, may have studied abroad—how “distinguished” that sounds—but their minds are incapable of broadening, incapable of reaching conclusions, or of deducing facts of their own. Like an electrotype, they can only make an impression acquired from other sources. They belong to the “parrot” family.

Such persons are not open to reason, because they have not been taught to reason; their brains are only capable of memorizing. They have no opinions of their own, they are simply mouthpieces for the opinions of so-called authorities which they accept and represent as their own.

They are hopeless cases. An ignorant person has some chance of learning, but an educated fool is beyond all reclamation. He already knows “it all.”

There are instances when prejudice of this character becomes so depraved, so destructive in its influence, that it makes one's blood “boil” with indignation. I have not spared prudes in previous issues of this magazine. I maintain that they are murdering human beings by the thousands, and that with hardly a single exception each boy and each girl sacrifices a certain percentage of his or her vital and general physical vigor because of the ignorance of self, enforced by prudishness. One of our subscribers, over seventy years of age, who has secured the suppleness and strength of youth by following the teaching of this magazine, and who spends considerable of his time in Sunday-school and missionary work for boys, has been in the habit of having **PHYSICAL CULTURE** sent at his expense to boys whom he thought especially needed the information found each month in our magazine.

Imagine his amazement when he received the following letter from the father of one of these boys:

“SIR:—By this mail I return a copy of **PHYSICAL CULTURE** received to-day. Some few weeks ago I wrote to you saying that I presumed these periodicals were for me, as I did not nor do not think them proper for a boy of fourteen. To my amazement, this to-day was again addressed to my boy. If I do not write sufficiently clear, you should all the same know better than send this dangerous print, and it must be you who does send it from what we know of you during your recent voyage.

“Pray understand—that if I receive another of this character, you will regret it, as I shall know the course to take. Such conduct on the part of an adult to a boy is most pernicious and unpardonable.

Yours truly,

J. W. G.”

I hope our subscriber has not answered this letter, for I want to answer it.

I want to say to this father, this prude who has dared to bring a child into the world that he may curse it with his stupid or even criminal prejudice, there may come a time in the future life of your son when he will heap curses upon his own father, for failing in his plain duty as a father by neglecting to inform him of the important physiological facts in reference to his body.

How, in God's name, do you expect your boy to avoid evils when you allow these evils an opportunity to assume attractive forms?

I say to this father, and to every father in this or any other civilized country, you have a plain duty to perform. Even the wild beasts protect their young from weakening influences. Are you so low in the scale of human life that you cannot perform similar duties for your own flesh and blood?

This country is full of these dirty, foul-minded prudes—these foul, even putrescent specimens of human kind who stand by and see their sons, their daughters, defiling and destroying the noblest part of their minds, their souls, and their bodies without one word of warning. These criminals, these moral degenerates who are murdering their own sons and daughters by their plain lack of duty, ought to occupy cells in our penitentiaries.

What right have they to make shapeless, weak and emaciated wrecks of boys and girls who could just as easily be magnificent specimens of health and strength.

You fathers, you mothers—all who have the guardianship of growing boys and girls, if you allow your prudishness to so influence you that you veil the human body in defiling, disgusting and degenerating secrecy—if you force your growing children to search among vulgar associates for knowledge that it is your plain duty to impart, you deserve a prominent place in the lowest corner of Hades, and if I could go down there and help stir up the fire, the duty would be performed with grim pleasure.

Read what Prof. O. S. Fowler, who made a life study of these subjects, has to say of the evils that defile our boys and girls, and if after reading this you do not perform your parental duty, you are a coward as low and depraved as that degenerate who without warning and in the guise of friendship committed the crime that ended the life of our President:

"If you were walking thoughtlessly along a pathway, across which was a deep, miry miasmatic slough, so covered that you would not notice it till you had fallen in and defiled yourself all over with the filthiest, most nauseating slime possible, so that you could never cleanse yourself from this stench, and so that all who ever saw you would know what you had done; besides its being so poisonous as to destroy forever a large part of your future life enjoyment and capacities, and far more corrupting to your morals than blighting to health and happiness; would you not heartily thank any friend to kindly tell you plainly of your danger? Such a danger, O splendid boy, O charming girl, awaits you; only that it is a thousand-fold worse than any description. It not only poisons your body, destroys your rosy cheeks, breaks down your nerves, impairs your indigestion, but paralyzes your whole system.

"It is man's sin of sins and vice of vices, and has caused incomparably more sexual dilapidation, paralysis and disease, as well as demoralization, than all the other sexual depravities combined. Neither Christendom nor Heathendom suffers any evil at all to compare with this; because of its universality, and its terribly fatal ravages on body and mind; and because it attacks the young idols of our hearts and hopes of our future years. Pile all other evils together—drunkenness upon all cheateries, swindlings, robberies and murders; and tobacco upon both, for it is the greater scourge; and all sickness, diseases and pestilence upon all; and war as the cap sheaf of them all—and all combined cause not a tittle as much human deterioration and misery as does this secret sin."

DRINKING STOCK WATER.

Dear Editor—It is paradoxical, yet true, that a "health disciple" in traveling about the country finds water, water everywhere, but none fit to drink. One can find for sale at various places drinks of all kinds, from absinthe to carbonated mineral waters, each of which may satisfy the taste of some, but none will in a satisfactory manner satisfy the thirst of those who have adopted rational methods of living. Can you not create a sentiment in favor of pure drinking water which will result in distilled water being kept at all soda fountains, as the various mineral waters are now, so that the health disciple abroad may find pure water to drink everywhere, and not have to run the risk of contracting disease or temporary derangement of the digestive apparatus, through being compelled to drink water containing either organic matter or disease germs, mineral salts that produce purging, or the sickening concoctions of syrups, acids, fruit juices, and God only knows what else, served up at soda fountains? It is a situation and not a theory which confronts us, and we are in it. Cannot you help us to find the way out?

GRANT COWAN, H. D.

The writer of the above letter understands the situation thoroughly. Everywhere you find water, but "none fit to drink."

On all railroad trains, in waiting rooms and in various places patronized by the public you will find water so cold that no sensible human being would dare to use it. Not only is the water too cold to drink, but frequently it tastes brackish from the vessel in which it has been placed. This, together with the fact that it is often unfit for drinking purposes in its original condition, causes the average Health Disciple to prefer the pangs of thirst rather than drink the vile stuff.

Water is one of the most necessary elements of diet. A chemical analysis shows the body to be composed largely of water. Air is the most important element necessary to the maintenance of life, health and strength. Water is next in importance. You can live for only a few minutes without air. You can live for several days without water, and you can live for several weeks without food.

The purest and most healthful drinking water is that which falls as rain. When this is caught on perfectly clean roofs and stored in cisterns free from all contamination, there is no better water for drinking purposes.

It contains none of the mineral substances with which the water drawn from wells and other sources is supplied in liberal quantities. It is water "pure and simple," and it performs the offices for which water was intended as perfectly as possible.

The water nearest approaching this is that which has been distilled, though in many instances this process is allowed to contaminate the taste and quality of the water. Water should have absolutely no taste or flavor, and the nearer it approaches this condition the more perfect it becomes for drinking purposes.

Water for drinking purposes should never be kept in metal vessels unless they are lined with porcelain, granite, or with some substance to absolutely prevent it from being infected.

My friends who desire pure drinking water, there is a remedy at hand if you will only use it.

Every railroad company, and every business which depends for its profit upon the public, usually make some slight efforts to comply with the demands of their patrons.

Whenever you are dissatisfied with the water in traveling do not waste your time in useless irritation, do not complain to a porter or some one in direct charge.

GO HIGHER UP.

Write to the Director, Superintendent or some one in authority. Have your letter written with typewriter if possible, and state your complaint in the plainest possible terms. The following would be a good letter:

MR. J. F. WATERGOOD, Director, Waterford R. R. Co., Watertown, N. Y.

DEAR SIR—I wish to call your attention to the quality of drinking water furnished the patrons of your company. You are no doubt desirous of giving us all possible comforts, and pure drinking water is certainly a most important requisite to this.

The water drawn from the coolers in your cars and waiting rooms tastes brackish, and is unsatisfactory in many ways. (Explain fully here your cause of complaint.) Then there are also many of your patrons, who, because of ill-health or for hygienic reasons, do not wish water ice cold. Could you not have coolers with two separate faucets and compartments? This will enable us to secure water at a slightly warmer temperature, and thus we would avoid the dangers to health that often follows the ice water habit.

Hoping that the suggestions made here will receive your personal attention, I am,
Yours very truly,

My friends, sit down NOW, and write this letter to those who need these suggestions. Have all of your friends write similar letters. Simply flood those in charge of this public water supply with letters of complaint, and unquestionably the time will soon arrive when the evils of which we complain will be remedied.

DON'T PUT IT OFF! WRITE NOW!

Bernarr Macfadden



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