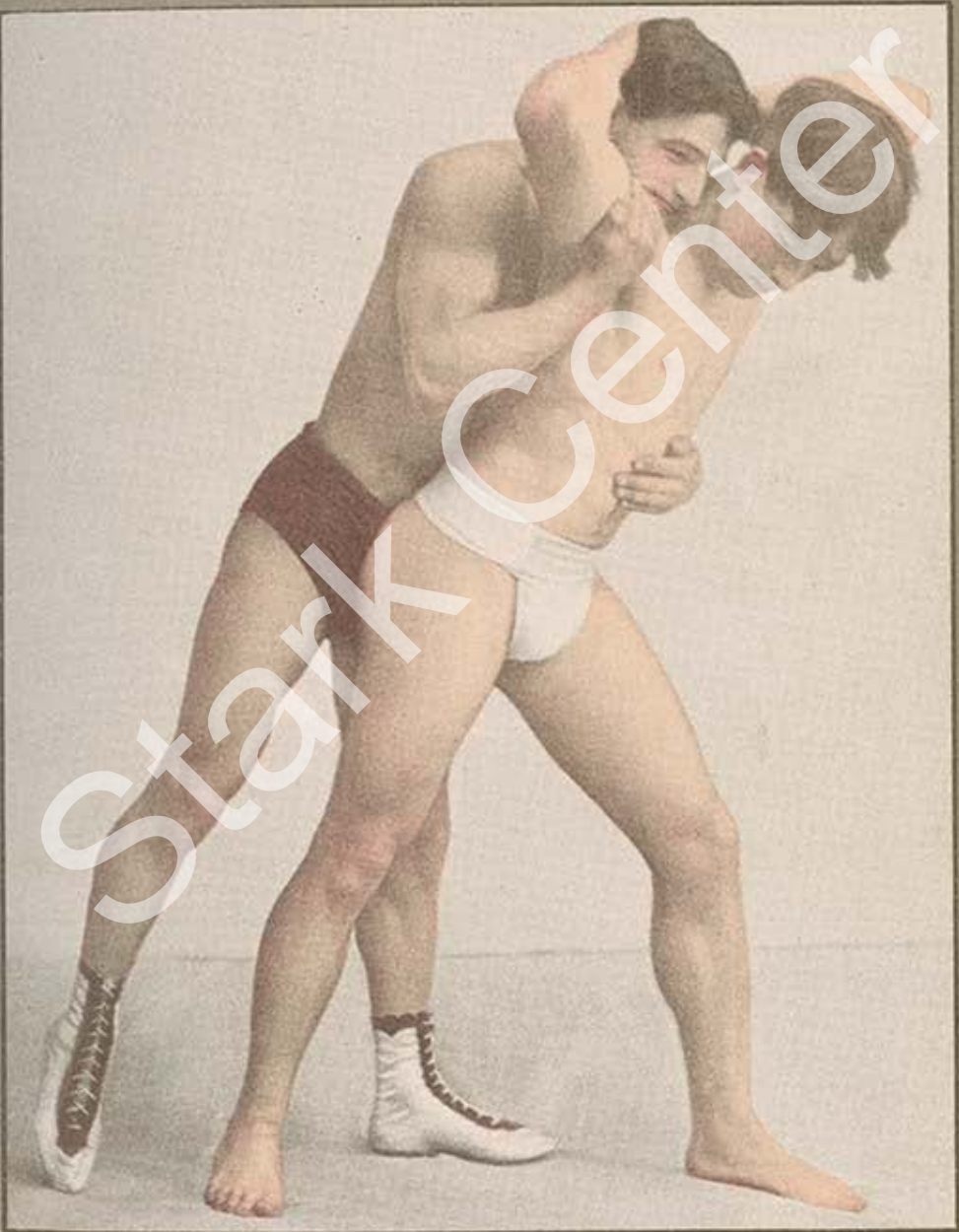


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# PHYSICAL CULTURE

Vol. V.

MAY, 1901.

No. 2

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Physical Culture is Published Monthly and is Devoted to Subjects Appertaining to  
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## SCIENCE OF WRESTLING.

By Bernarr Macfadden.

**I**N a former article, some time ago, I endeavored to emphasize as strongly as possible the importance of wrestling as an exercise. I stated that there was no system of physical culture, regardless of

force without realizing it. After having learned something of the science, the fun and actual physical benefits which can be secured are almost incalculable.

No doubt many of my readers have heard that our Vice-President, Theodore Roosevelt, is an ardent wrestler. He con-



To secure this hold, first turn your opponent so his back is toward you; then, after quickly turning and placing your arms under those of your opponent, raise him as above.

what it might be, which was equal to it as a means of developing strength and beautifying the body. It develops rugged vigor of muscles and nerves, and is an exercise in which there is no element of work. It is play. You may be exerting great

and thoroughly enjoys it. It gives him the vigor and vital strength so necessary in the strenuous life which he has planned for himself.

I firmly believe that the exercise, if regularly practiced by either a mental or



physical worker, will add not only to his physical force, to his digestive power and to his actual manhood, but will give him more power to advance in whatever calling he may adopt. It has been some time since I have done any professional wrestling, but I intend to take a certain amount of this exercise as long as I am able. I believe it has aided me in no small degree to the success already achieved, and I expect it to aid me in my endeavors on to the end of life.

You mental workers who want stamina, force of character added to your efforts, are advised to immediately take up wrestling along with other means for physical development.

It is, of course, necessary to warn my readers against the dan-

While wrestling facing each other, turn quickly, grasping opponent's wrist with one hand and locking the arm at elbow with the other. Keep turning until opponent is on your hip; then he can be thrown to the floor.



gers of this exercise. Two strong men can make it most violent work. That, however, is not necessary. If each wrestler will keep in mind at the beginning that he is simply wrestling for exercise, and that it is not of the slightest importance whether he is thrown or not, he will not only secure much greater benefits, but will learn the art far more quickly and easily.

Of course it is far better to secure the services of a competent teacher in learning, if possible, though this is by no means necessary. If one will simply find an interested person to practice with, every hold in the art can be readily learned from books written upon the subject.

While opponent is bending forward reach over and bring arm under chin against neck; then place other arm under opponent's arm as illustrated, using this arm as a means of turning opponent off his feet. This is strangle hold, though if arm is placed over chin instead of neck you avoid this foul hold.



**PHYSICAL CULTURE**

I advise every one of my readers to take up wrestling; to make it at least a part of their exercises, as it will help them to become men strong, virile,

superb; help them to the attainment of that health and strength which are beyond all financial value.



While wrestling lock your hand quickly over opponent's neck; then turn suddenly to above position, from which you can easily throw him over your head.



## OUR FIRST PATIENT CURED.

By Bernarr Macfadden.

**W**E have driven the first nail into the coffin we are preparing for so-called medical science.

For thirteen years Thos. N. Tarbox, postmaster at Cedarville, Ohio, suffered from asthma. Every remedy known to this so-called science has been tried upon this poor sufferer, struggling for his very life year after year. Time and time again he has felt his hold on life was almost gone—night after night he has spent in agony so terrible that tongue nor pen could never fittingly describe it. Many of my readers may have experienced moments when they felt that life was fast ebbing away, but how many have struggled for a breath of air, gasping for the precious draught with all the frenzy of one who believes that every breath may be his last?

That is asthma!

For thirteen years Mr. Tarbox suffered from this horrible malady; for thirteen years (we made a mistake in a former mention of his case and stated that he was a sufferer for eight years) he has been "faked" and experimented upon by this so-called medical "science." For thirteen years he has swallowed nostrums, growing weaker as they gradually undermined his bodily powers.

Why did they not cure him?

Yes, indeed, why? Because the science of medicine is nothing but a barbarous jargon—nothing but the product of brains that know absolutely nothing of either the causes or cure of disease.

This case is an example. We have others to follow that prove beyond the shadow of a doubt the terrible, murderous deficiency of this science. After the representative of this false science has spent thirteen years upon this patient, he was practically cured in a single month!

And this is neither the age nor the day of miracles! It is the day pre-eminently of common sense in every business and science save that of medicine. It is the day that calls for the presence of a few real brains in the heads of the healers of the sick.

We are no enemy of physicians—we are the enemies of the science they practice. We intend to teach them how to cure disease. The only question is, Will they learn? Are they willing to learn? Or do they know everything already?

Read Mr. Tarbox's description of his own cure:

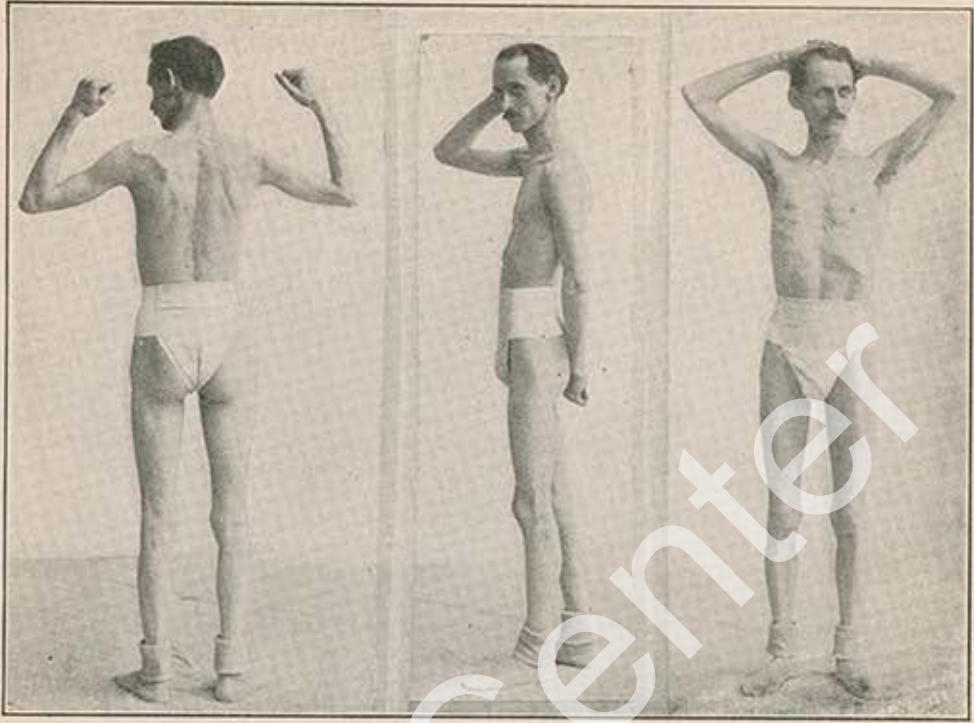
"In February PHYSICAL CULTURE offered to take one case of each incurable disease (or so called by physicians) and cure them free of charge. I immediately applied as the asthmatic subject, having been a sufferer from this dread disease for over thirteen years. I was one of the lucky patients chosen and arrived at the health home on February 25. The treatment was far different from what I expected, as I had been led to think that they cured their patients by starving; but happily such is not the fact. Of course fasting is one of the features, but when you are permitted to sit at the dining table you can feast your eyes on a meal fit for a king. A few things—such as white bread, sugar, vinegar, coffee and tea—are not permitted on the table. But aside from these articles there is nothing an appetite would crave that is not furnished.

"As I was already wasted to a skeleton when I first entered the Health Home I was not compelled to fast, but was allowed two meals a day, with cold sitz bath and wet pack, with large amount of outdoor exercise. This was my prescription the first two weeks. Then this addition was made, that if I did not continue to improve and my appetite failed me I was to take two or three one-day fasts.

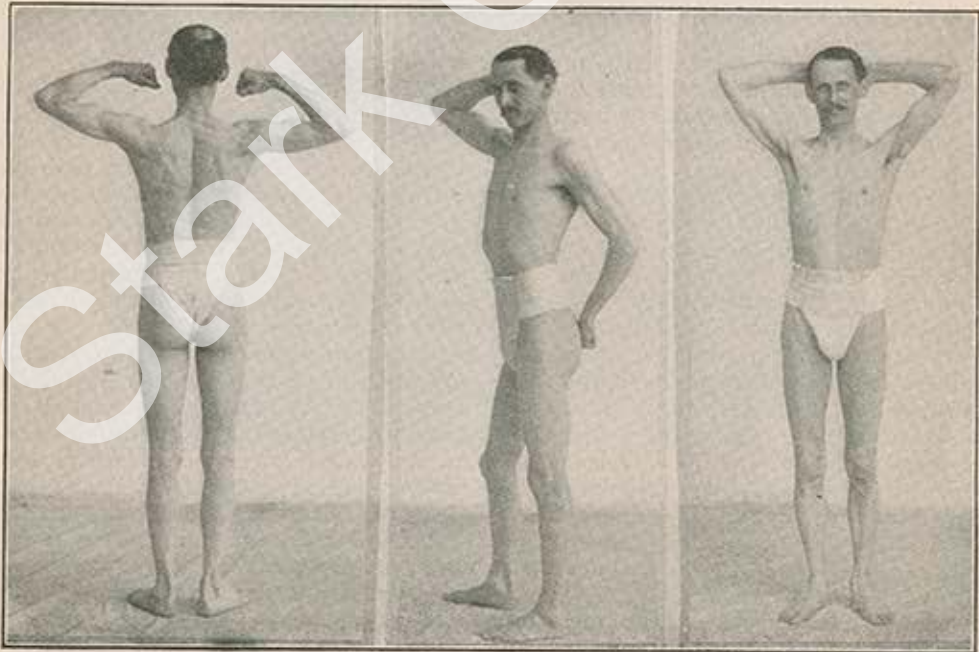
"I continued to improve quite steadily. At the end of twenty-seven days I had gained twenty-two pounds, and I am gratified to state that I never felt better in my life and am now entirely free from asthma, which dread disease had been dragging me down for years.

"I had tried every treatment of which I had ever heard, medicines of all kinds, and after seeking in vain for benefits from the advertised cures, I consulted numerous physicians, and all pronounced my case incurable. Owing to business complications at home I was compelled to leave,





BEFORE TREATMENT.

AFTER 25 DAYS AT PHYSICAL CULTURE HOME.  
22 lbs. gain in weight.



the PHYSICAL CULTURE home earlier than I should, but knowing what I do now of the method of treatment I will never be troubled again, and firmly believe that the dread disease has been eradicated from my entire system.

"While it is true our food consisted of all the appetite could crave, the essential food consisted of whole wheat bread, vegetables and occasionally meat or fish, fruit, dates, figs and nuts. Of the liquids I might speak of milk and water, and those two, with proper mastication of food, gave us all that was required.

"PHYSICAL CULTURE has opened a new era in the curing of all known diseases without the use of drugs or pills, and

from my observation here of other cases being treated apart from my own, I am gratified to say that they are doing a most noble work and deserve the commendation of suffering humanity.

"The best years of my life are yet to come, and now that I am restored to good health I will certainly further the interests of my suffering friends and be eager to point out to them the road to good health, which can only be accomplished by outdoor exercise and the thorough mastication of proper food. I wish PHYSICAL CULTURE much success and a long and prosperous career.

"Yours for health,

"THOS. N. TARBOX,

"Postmaster, Cedarville, Ohio."



Andrew Axelson, of Port Byron, Ill. He has had consumption for four years. He has been treated by seven different physicians, who were unable to check the ravages of the disease. In addition to physicians' treatment he has, in his search for health, made two trips to Colorado, one to Texas, and spent the greater part of last winter in New Mexico without receiving benefit.

Mr. Axelson has had numerous hemorrhages, and states that in the past he has been in a number of crises when his life has been despaired of, and that it is a great wonder to his relatives and friends that he is still living. Physical examination and the examination of his sputum by the Iowa State Bacteriologist, together with the evidence of at least half a dozen physicians, prove beyond all doubt that he is suffering from consumption.

We will cure him of consumption, and we might also add that he is suffering from a rupture which we also have hopes of curing at the same time.



That any one of our readers may be able to cure this disease at home we give herewith a plain description of necessary treatment.

Begin with ten minutes' exercise for chest and increase one minute a day.

Take walks, over hills if possible, until tired, increasing distance each day. During this walk take many deep-breathing exercises, as follows: No. 1—exhale all the air, emptying the lungs as completely as possible; then inhale all the air possible, expanding the chest to its utmost capacity. No. 2—press fingers on nose, partially closing it and making it slightly difficult in inhaling breath. Completely fill the lungs, then blow out breath slowly and forcibly through the partially closed mouth.

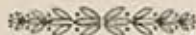
After walk and exercise take cold sitz bath; follow with cold wet pack.

Never under any circumstances breathe the inclosed air of stuffy rooms. Open window wide. Forever rid yourself of the fear of fresh air, for if you cannot do this there is no hope for you.

Eat but two meals per day. Never eat without an appetite. Chew every morsel of food thirty to fifty times. If very thin, miss a meal whenever food cannot be thoroughly enjoyed. If fleshy, fast absolutely every third day until you have fasted six days, then fast absolutely two days at intervals of seven days.

#### TARBOX'S MEASUREMENTS.

Feb. 25, 1901. Before.	Mar. 22, 1901. After.
120 lbs.....	weight.....142 lbs.
5 ft. 10 $\frac{1}{4}$ in.....	height.....
12 $\frac{3}{4}$ in.....	neck.....13 $\frac{1}{2}$ in.
33 $\frac{1}{2}$ in.....	chest (normal).....35 in.
34 $\frac{1}{2}$ in.....	chest (inflated).....37 in.
32 $\frac{1}{2}$ in.....	chest (deflated).....33 $\frac{1}{2}$ in.
9 in.....	arm (normal).....10 in.
10 in.....	arm (flexed).....11 $\frac{1}{4}$ in.
9 in.....	forearm.....10 in.
5 $\frac{1}{2}$ in.....	wrist.....6 $\frac{1}{2}$ in.
25 $\frac{1}{2}$ in.....	waist.....29 in.
16 $\frac{1}{2}$ in.....	thigh.....21 in.
11 $\frac{1}{4}$ in.....	calf.....13 in.



Mrs. Carrie A. Cole, of Watertown, N. Y. She has suffered severely from rheumatism for four years. The best physicians in her locality have treated her and she has gradually grown worse.

WE INTEND TO CURE HER.





## WHAT BICYCLING CAN DO FOR WOMEN.

By Emily Hastings.

**I**T is an old story to refer anew to the amount of good the bicycle has done men and women by tempting them out of doors, and into vigorous health-giving exercise. Of the many thousands who have become fascinated with the sport, hundreds upon hundreds have discovered that it was, in their particular case, a veritable boon. It brought health, strength and vigor to flaccid muscles, lagging vitality and sluggish lives. These have been the champions of wheeling against all critics, and they speak with such conviction that opponents cannot shake their allegiance.

Such a one was a woman who was asked by a slightly fossilized college professor what impelled her to ride a bicycle.

"I ride it," she said, "because it makes me feel better and it makes me look better, and that, you know, professor, is a thing no woman could afford to let pass. It makes me tingle with excitement and delight. As I rush down a grade I feel that I am the embodiment of motion. I am wholesomely happy, joyous, every nerve is atingle with pleasure, and it is natural that with all these delightfully pleasant sensations I should look well, and be better for the experience.

"Every woman desires to be beautiful, and of all the things that have been suggested to me as a beautifier, the wheel has been the most efficacious. I have made myself strong and healthy through it and the lessons it has taught me, and I have consequently gained in physical beauty. I always made myself look as beautiful as possible when my husband was courting me, and I think I should adopt whatever means come to my hands now to preserve or enhance what physical beauty I have. There came a time when the fresh girl-bloom was fading from my face, and like thousands of other women I commenced to use cosmetics. Then I made a humiliating discovery. Cosmetics did not make me look pretty. They simply advertised my desire to be so, and you know neither men nor women

give a woman credit for wanting to be pretty. They sneer at her.

"Then came the bicycle into my life. It took a month of exhilarating work with it one spring to convince me that I had discovered the secret of getting back my blossoming cheeks and lissome form as well. I threw all my lotions out of doors, and since then it has been pure air, cold water, and my trusty little inanimate wheel that have contributed all the charm I have retained."

This woman has discovered a fact that many women stand much in need of learning. Bicycle riding will not regenerate every individual who undertakes it, for with riding must go a hygienic life. But for women who complain of listlessness, lack of color, general lack of tone, there is one prescription that a physician might give in every case, with the assurance that results would be satisfactory.

Instead of taking spring medicine, stuffing the stomach with drugs, mineral waters, etc., take to the bicycle for a month. Ride a few miles every morning. Get out into the country if you live near enough the city limits, and take all the pure air you can get. At the end of the month what you have gained in strength, health, and good looks will repay you a hundredfold for what effort and expense have been attached to the experiment.

It has long been known that bicycle riding was excellent for reducing weight. Miss Lillian Russell wrought a remarkable change in her person last summer with the aid of the wheel and other exercises. It is just as efficacious for developing muscle and increasing weight where it is below the normal. This form of exercise is particularly agreeable just now, when the spring is opening, and there is every temptation to get out of doors. It appeals to the average individual because there is a mental exhilaration connected with it that is stimulating, aside from the results of mere physical action.

The woman rider should have a common-sense costume; eschew corsets entirely. Long rides should not be undertaken. Ride for pleasure and health entirely.



## OPEN LETTER TO MEDICAL COLLEGES.

TO THE TEACHERS OF MEDICINE:

We have been arraigning your science. We have maintained that medicine is not a science; that it is not even a profession; that it is nothing but a business that is carried on for making money, just the same as any commercial calling. We will give you a chance to prove otherwise. We will make you a plain, every-day offer, and if you accept this offer you will at least prove that you are honest; if not, you stand condemned of the charges which we have made.

We have maintained that you are not



H. Laney, of Cumberland, Md. He is suffering from partial paralysis of a progressive nature.

He has tried every known means for a cure. He has been pronounced incurable by Dr. John R. Mitchell, of Philadelphia, and several other famous physicians.

**WE WILL  
CURE HIM.**



searching for the cure of diseases; that you simply have a system which must be followed, no matter how many thousands upon thousands of human lives it may cost. We have maintained that you have not attempted by comparison to find out whether your systems or methods are superior to other systems or methods in the cure of disease. We claim that you have not compared the mortality records to other methods different from your own; that these other methods, no matter how many lives they may save, no matter how much they may reduce the mortality records, are of no interest to you.

Is all this true? We will give you an opportunity to prove it untrue. We believe that there are honest men practicing medicine. We believe that if they are shown the proper methods in the treatment of disease they will adopt them.

Now, in order to give you an opportunity to investigate the plain, common-sense methods we are using in the cure of diseases in opposition to your mysterious methods veiled in superstition, we herewith offer to take one case each of the diseases that have been pronounced incurable by your institutions. Of course we do not offer to accept cases that have been drugged practically until they have one foot in the grave, but as long as the spark of life is not entirely out we will agree to *cure* these "incurable" cases.

This is a plain, honest offer.

Is medical science a profession, or is it a business with all the corrupt commercial depraved methods attached to modern business methods?

We are anxious to secure an answer to these questions, and we are ready to defray all expenses incidental to the cure of the diseases mentioned in order to secure these answers.

Do the representatives of medical science really want to cure disease?

If they do they can learn how at our expense.

All cases that we accept must be examined and passed on as incurable by several medical colleges in good standing.

One case each will be accepted of the following: Ovarian tumor, cancer, diabetes, Bright's disease, dyspepsia, consumption, asthma, rheumatism, heart disease, insomnia, lost manhood.





## OPINION OF A MAN OF THE WORLD OF THE "PHYSICAL CULTURE MAN."

By Charles E. Page, M. D.

**A**S a man of the world, a club man, having known a great number of worldly men in and out of club life, and as a physician, I wish to utter my protest against some of the conclusions of your correspondent as printed in the March *PHYSICAL CULTURE*, especially the one relating to the "physical culture man's virtue or morality." Other things equal, the clean-bodied, strong and supple—in other words, the healthy—man is vastly less likely to be nasty-minded and unsafe for the companionship of good women than the average "good, devout men" who eat but do not exercise. The "George Joneses" are safer lovers, more faithful husbands, better all-around citizens, as a rule, than the "Charles Barlows," loafing with their bodies, cramming their weak brains, studying for the ministry, and training for *risqué* pastoral calls, either on a country or a city circuit.

The "physical culture fable" to which the above refers, in March *PHYSICAL CULTURE*, is somewhat broad in the drawing, but very suggestive, and the "moral" is well worth dwelling on, viz.: "Sound sense goes with a sound body, and physical development is more to be prized than much learning." The road to self-control of the emotions and passions is through bodily culture, the brain (the mind's seat) to have its due share.

DEAR SIR: Your magazine ought to have a circulation of ten millions. It should go into every English reading home in North America. I believe that one million copies monthly is quite within your reach in the next two years. Compared with other magazines on the news stall counters, it is like a beacon light to a glowworm.

It is a distinct department in literature engaged in combatting one of the most gigantic humbugs that ever cursed a world, so-called medical science, reeking with its poisonous drugs and its brazen forehead stamped with murder.

*PHYSICAL CULTURE* sells for too little. I think it should be enlarged 15 or 20 reading pages and sell for 10 cents. At that it would simply be a "hummer." It's a "hummer" now

Yours every day in the week,

E. L. DAYTON.



## QUESTION DEPARTMENT.

Q. My nose bleeds quite frequently. What would you recommend?

A. The trouble which you mention should gradually disappear as you increase in strength and general health. Any ordinary system of physical culture for bringing about these results is suggested.

Q. I wish to develop endurance without losing weight. How can I accomplish this?

A. If your weight is at its normal standard—in other words, if you are not too fat—this can easily be accomplished by exercises for developing the muscular system and by a great deal of deep breathing. The breathing exercise is very valuable for this purpose, as most persons are “out of breath” before their muscles tire out.

Q. Can a lump under the skin left by an abscess be removed? If so, how?

A. Massage and application of cold, wet cloths will frequently be beneficial in these cases, though the defect you mention cannot be remedied in every instance by any means.

Q. How can I strengthen a weak back?

A. The bending exercises recommended in former issue would be found very valuable for this.

Q. Give the cause and cure of cold feet.

A. Cold feet are, of course, caused by poor circulation in these parts. A valuable means of remedying this trouble is to take an exercise jumping up and down on the toes, similar to jumping the rope, twice a day until thoroughly tired. Massage will also be found beneficial.

Q. I am afflicted with nervousness. When I speak to a stranger my voice trembles and my heart beats rapidly. Please suggest a remedy.

A. What you need is simply a course of all-around physical training for building up your general muscular and physical strength. As your physical strength increases your mental confidence will increase proportionately and the trouble you mention will gradually disappear.

Q. How can I increase the size of my neck?

A. The neck exercises recommended in a former issue will be found valuable,

though moving the head backward and forward from side to side, turning the head from one side to the other, will be found beneficial.

Q. I have always had a pale complexion. Now it is changing to a greenish hue. What is the cause and the remedy?

A. The cause of your condition is probably a digestive trouble. Adopt those means necessary for building up the digestive power as suggested in back numbers of this magazine and in my book, entitled “Strength from Eating.” Outdoor exercise, thorough mastication of food, long walks and deep breathing are especially commended.

Q. What is the quickest way to cure the grippe?

A. Stop eating absolutely for from two to three days. Encourage your desire for water in every way. Take a wet sheet pack once a day. If especially severe would advise an internal flushing treatment daily.

Q. Please give me a remedy for neuralgia.

A. Fast from 24 to 48 hours, encouraging the appetite for water. Apply cold wet cloths to the part affected. Break your fast with fruit and use great care not to overeat for a few days.

Q. I am suffering from impoverished and impure blood. Am very thin. Have indigestion. What would you suggest?

A. A thorough course of physical training will probably be the best means for bringing about your recovery, though a most valuable aid to this result would be following the alternate fasting and eating method. That is, fasting absolutely every third day, eating the two days alternating, masticating each morsel very thoroughly and confining diet, of course, to nourishing and wholesome foods.

Q. How can I strengthen weak, thin wrists?

A. Take two light dumb-bells in your hands and turn the wrists in all possible directions until thoroughly tired. Also twisting them back and forth. Do this at least twice a day and you will find that your wrists will gradually increase in strength.



## LIKE A GREEK GOD.

By Albert Hardy.



**I**F our son Carl has made up his mind to go to the city, the best thing for us to do is to let him."

Farmer Bradbury looked at his wife at the opposite end of the table, while he deliberately buttered another biscuit and helped himself liberally to the cold meat.

"But Carl is such a puny boy, William. What can he do in the city? He certainly is not strong enough to help you on the farm—what could he do away from home?"

"He will be eighteen next month," mused farmer Bradbury, "and it's time he did something. If he isn't strong enough to work on the farm, let him find something that he is strong enough to do."

The farmer pushed his chair back from the table, called the one maid-of-all-work to assist his wife in clearing away the tea things, and retired to the veranda for his evening smoke.

He was what might be considered in any part of country a well-to-do farmer. He had over a hundred well-cultivated acres of good farming and meadow land, all free from mortgage. There was a comfortable and roomy old farm house, with barns and out-houses—all his own. Superintending his own farm, he was able to hire such help as was needed, but from the time he left the district school, when he was fifteen, he was accustomed to hard work. It was generally understood among his neighbors that Farmer Bradbury did more work every day than any two of his hired men.

There was one son, Carl, who had left the grammar school in the village three years before. Since that time he had tried to help his father on the farm, but the trial had not been a success. His labors were made as light as possible, but the lad, who worked as heroically as a young Spartan, was growing thinner and weaker every day.

The old-fashioned family physician in the village was consulted. "Give the lad change of air and scene," he said; "if he wants to do some light work in the city, let him; but, depend upon it, he will never have the





strength of his father; it isn't in him."

So with many misgivings on the father's part, and after many tears shed in secret by his mother, Carl was permitted to go to New York, just as many another lad has done before him, to seek fame and fortune. Carl was ambitious in a way, but it is only the perfectly healthy mind that goes with the healthy body—he was restless and wanted change. He had never been seriously ill, but his stooping shoulders and hollow cheeks indicated that dread consumption might at any time fasten itself upon him. He moved about the farm in a tired, spiritless way, looking only to the time when his day's labors should be ended and he could rest.

It was a bright, sunshiny morning when Farmer Bradbury and Carl started for their three-mile ride to the station.

"Poor boy," said a pessimistic neighbor, as she watched him ride by, "he will never come home alive, and what a comfort it would be to have him die at home. I don't see what Sara Bradbury and her husband are thinking of to let that boy go away from home with the galloping consumption showing in every feature.

With a listless hand-shake Carl left his father to be whirled away to the great city, immediately on reaching which he was driven to his uncle's house, above Central Park. This was to be his home while in the city. There he found a cordial welcome, and in a few days a position was procured for him in a down-town business office. So far all went well. The work was light and the the hours short, so he had

no reason to complain. At first he attempted to walk part of the way to and from the office, but this soon became too much of an effort, and he readily fell into the way of his fellow clerks—that of riding even the shortest distances.

There was, however, one exception among his office mates—Will Vining, who was Carl's desk-mate. They were very near the same age, Will being only a few months the elder. He was as strong, muscular and rosy as Carl was weak, thin and pale. Will never rode when it was possible for him to walk.

Thrown together as they were during the day, a friendship sprang up between them. The two young men were as unlike in their mental as they were in their physical make-ups. Carl was somber and rather inclined to melancholy, while Will was as bright and happy in disposition as one of the birds that sang in the little park outside the office windows.

One evening Will invited his new friend to his home for dinner. He lived with his parents in a comfortable but unpretentious home near the park, and not far from that in which Carl's uncle lived. He, like Carl, was an only son. Leaving the office at five o'clock, the house was reached shortly after six; dinner was to be served at seven.

After having made his visitor as comfortable as possible in the library, where there were many books and art treasures, Will said, cheerfully:

"You'll have to excuse me while I take my exercise and bath; I'll be down as soon as possible."







Left alone, Carl meditated as he looked into the bright fire which was burning in the grate. He was not yet fully accustomed to city ways, and here in a strange house with strange people, he felt more than usually depressed. Exercise? What did his friend mean? The two had already, upon Will's suggestion, walked through the park, and the muscles of Carl's legs ached from the unaccustomed exercise. And the bath! Why, Will spoke of it as though it were an every-day occurrence. He himself had been accustomed to taking baths only when he thought he needed them, and in the summer he used to swim in the mill-pond with his mates; but swimming was too violent an exercise for him—he tired too quickly.

Carl was called back to earth by his friend, who appeared at the library door. "I say, old man," he burst out, "it doesn't seem just hospitable to leave you down here; perhaps you would like to come up to my gym. where I take my exercise."

Carl had only a shadowy idea as to what a gym. might be, but he was glad to find out. Reaching one of the large upper rooms, Carl found an excellently equipped gymnasium. While they were talking Will stripped to the waist and began a twenty-minutes' exercise that filled Carl with amazement. Will chatted and laughed all the time he kept up his exercise, and when he had finished he glowed like a young wrestler just out of the prize ring.

"You see, I do this every night and morning," he told his friend, "and there are two nights in the week I go for instructions at a private gymnasium. Prof. says I am building up splendidly, and I'm going to keep it up until I am as strong as Sandow. Say, old man," he added, when he had caught his breath, "why don't you go in for physical culture? It's just what you need."

The exercise and bath finished, Will quickly dressed and the two went down to dinner. Small wonder the father and mother looked with pride at their son as he strode into the room and took his place at the table. It was a meal thoroughly enjoyed by Carl. Physical culture may have been a fad with Will Vining, but he did not bore his friends with it.



The next day, however, at luncheon, Will again referred to the subject. Carl had been thinking of but little else since the night before. If he could only be like Will Vining! Was it possible that he, with his slender frame, could acquire such brawn and muscle? That night he visited the private gymnasium with his friend, and before he fully realized what had happened he found his name enrolled in one of the classes.

Then the exercises began. Carl had a splendid foundation upon which to build. He had come from good New England stock, hard-working, muscular people. He had no bad habits; there was nothing undermining his system; he was simply going to seed through lack of proper exercise properly administered. The muscle building was slow—so slow that Carl felt the physical signs of health and strength before he could distinguish a change in his development.

In a month he was a new man. All the lassitude was gone, and in its place were health and strength. In two months his muscles showed material development, and it was then that he went into the work heart and soul. In a few months he had outclassed his friend, and then began a friendly rivalry. In the mean time Carl had an apparatus set up at his uncle's house, where he exercised daily.

About this time his uncle paid a visit to Carl's father in the country. Little

was talked about but the absent son, of whom the uncle had the most wonderful stories to tell.

"Carl is like a Greek god," said he, enthusiastically. "Half the photographers in the city have made pictures of him, and a noted sculptor is now having him pose for a figure of Strength."

"But the Greeks were heathens, and their gods wore very few clothes," objected the mother. "You don't mean to say——"

"That your son is clothed in health, strength and beauty," interrupted the guest, "and they are greater by far than purple and fine linen."

In a few weeks Carl left the office and returned to the farm, where he knew his duty lay. And what a home-coming! After the three miles' walk from the station he bounded up the steps, where on the veranda his parents awaited him. There was no longer the stooping shoulders, ambling gait, sunken cheeks and dull eyes, but a handsome, sturdy young Hercules, whose bright eyes shone with happiness, and whose rosy cheeks glowed with health and strength.

"I thought I was strong—strong as an ox," said Farmer Bradbury to a neighbor, a few days after Carl's return, "but I tell you I don't hold a candle to that boy. He can throw me as easy as a kitten. I tried it the other day, and he had me on my back before I could say Jack Robinson!"





ON FASHION AND FOLLY.

By A. G. Byrus.

*"No fashion could be found more apropos  
To match the understanding of a beau."*

**W**HEN I see a wasp-waisted woman on the street, her head and upper body thrust stiffly forward, as if she were about to break, I am overcome by a feeling of disgust.

I wonder at the admiring glances of the fashionable young men she passes—idiotic

they welcome the corset because it weakens women's minds and kindles their passions, making it easier to lead them astray?

Why do men require this violation of justice and virtue—this maiming and destruction of the race?

But why do women care so much for the opinion of these rakes and fashionable



THE WASP-SHAPED WOMAN.



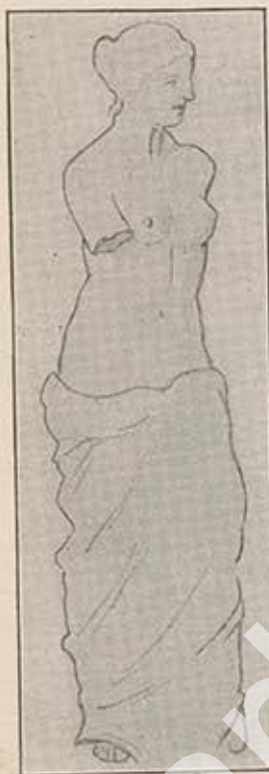
THE COMMON-SENSE GIRL AND HER STYLE.

fops, whose approbation of the corset is the cause of its existence. Why do they, as men of taste, require tight lacing of women? Do they wish to see what silly fools they can make of them in compelling them to girt themselves to death? Or do

idlers? The industrious and intelligent men are the ones they should wish to please, and this latter class would welcome with joy the abolition of the corset. Roués and libertines do not make the best husbands. Their main aim is to ruin the poor



idiotic women who try to captivate them. Oh! poor, foolish, fashion puppets! forsake corset stores, cease to patronize fashion papers and think more of becoming wives and mothers than of promenading the streets or displaying your skinny shoulders



THE VENUS OF ART.

and misshapen waists in theater boxes! Do not kill yourselves and murder your offspring and torment your husbands! Dress loosely, so as to feel and act naturally.

What is there so fascinating in an unnaturally small waist? It is certainly far from artistic. Why is it that artists (I mean real artists) have such hard work finding suitable models for their statues and paintings? Why is it that the best models are those who never wear a corset? Corset-wearing models have lines in the abdomen, back

and waist which no real artist cares to copy. In addition to this the breasts have usually fallen as a result of corset wearing. If one were to paint these shapeless creatures exactly as they are, how would they compare with the beautiful examples of ancient art which have been preserved to the present day?

The artist is obliged to change the lines according to his own ideas, adapting as well as he can from the antique and applying the recognized rules of the human figure without having before him anything approaching an illustration of these rules. The result is not an art which can rival the art of the ancients.

The accompanying is a sketch in street costume of the only really good model I

have ever seen. She has never worn a corset, dresses loosely and takes exercise. The result is that she has been engaged by many leading artists to pose for some of the best works of our time.

The Greek artists had for their models every woman of the community. And these women were splendid examples of their kind, because they took exercise and wore loose, simple clothes and no corsets.

The corset is no more compatible to religion than it is to art. Suicides and infanticides cannot be Christians. I can imagine a Christian drunkard or a religious rascal, or even a pious cheat and liar, but

I don't see what claim tight laces can have on the kingdom of heaven. And yet women, even religious women, dare to defend the corset.

The vanity and foolishness of their hearts has blinded their eyes and clouded their understanding to such an extent that they find all sorts of virtues in what is really the most indefensible thing in the world. "We lace because it makes us feel more comfortable," they say. "I drink because I am thirsty and drink does me good," says the drunkard. One excuse is as good as the other.



THE REAL FIGURE POSED AS THE GODDESS.



## ANOTHER SEVEN DAYS' FAST.

By Ralph H. Ferris.

**T**HE description of a seven days' fast and its effects on one who physically is not above the average college student, is doubtless even below the average, may be of interest as showing what any one can do. I never was much of an athlete—by far more fond of my studies than of recreation and sport. For years I have not known a sick day, though often suffering from catarrhal colds. Always a hearty eater three times a day, though able to go with-

about the same length with like results. Disgusted with my lack of will, I ceased all further attempts.

However, on Tuesday, January 22, I determined to try once more, this time for seven days, and see if I could not derive some permanent benefit. So I took various precautions to keep within bounds when I should break the fast. During these seven days I diminished nothing of my regular work, edited the college weekly as usual; even undertook extra work. At the same time I began regular evening exercises in the cold night air, took a morning



RALPH H. FERRIS.

out one or even two meals with little inconvenience, I have not had very pure blood. Never did I give much attention to exercise, often staying up till two and three in the morning to finish a study. Last fall my total bodily strength, according to the physical director's measurements, was 4,335 pounds.

After reading the editor of PHYSICAL CULTURE's article on his fast for seven days, I fasted absolutely for two days, and felt greatly improved, though injudicious eating in the end counterbalanced the good at first derived. I tried two other fasts of

cold-plunge bath, and on the average walked some two to four miles a day. Photograph I. was taken the first day, and II. on the seventh. Wednesday, January 30, the eighth day, I ate.

My experiences differed somewhat from Mr. Macfadden's, as recorded in the October PHYSICAL CULTURE. From the third day to the end my hunger increased and became an ever-present fact, for the last two or three days being an almost unendurable sickening gnawing at the stomach that copious draughts of water would not allay. However, I slept soundly at



nights for the last two days, even in the day time being exceedingly drowsy. At first I dreamed of eating, but in a few days I had no dreams of any sort.

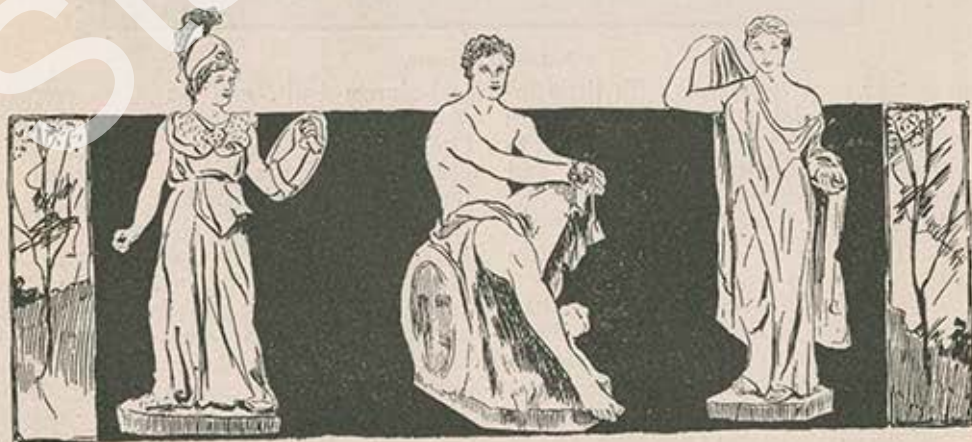
Until the fifth day my physical powers were little diminished, though from then to the end I lost all sprightliness and inclination to exert myself. Yet my mind was as vigorous on the seventh day as on the first. The wintry air felt bitter-cold during the last two days, though not till after breaking my fast did I wear an overcoat, being as lightly clad as in mid-summer, gloves excepted. After the third day my throat became very tender, which tenderness kept me from eating too much because of its painfulness for several meals, when it gradually disappeared. This seems to be nature's way to keep the faster from overeating at first. At the start I weighed 133 pounds; at the end 125 pounds, a loss of eight pounds only.

No morning was more welcome than that of Wednesday, January 30. Visions of steaming bowls of chicken broth had haunted my mind toward the close of the fast, but the grocer failing to bring the chicken, fresh beef broth was substituted, and it was delicious. This, with a glass of milk, constituted my breakfast. At nine I ate an orange and at noon a bowl of warm milk, with two shredded wheat biscuits and some honey. Supper passed with two apples, a cup of warm milk, a slice of whole wheat bread, one and a half wheat biscuits and some honey. Thursday passed with a restricted diet, some chicken being eaten for dinner, and Friday I re-

sumed my usual three-meals-a-day fare. This was kept up through Sabbath, and at the same time I exercised, bathed, drank any amount of water, walked, and even attended two parties, where I made away with some candies, chocolate, etc., with little compunction, though certainly not very beneficial.

I never felt in better physical trim, but I soon realized that if I should continue in this way all the benefits of the fast would be lost. So Monday I ate only breakfast, Tuesday ate three meals and took a ten-mile tramp to the country in the bracing air 20 degrees above zero, and on Wednesday began the one-meal-a-day plan. After the morning plunge and a little brisk exercise, I study, read or write till three p. m. Then I take a four to six mile tramp without overcoat, and after returning home, and a few minutes of arm exercise to warm me up, I rest a while and then eat a hearty supper with keen relish. In the evening, after recreation, study and the like—about nine o'clock—I exercise some twenty minutes, take a ten-minute bristle bath and jump into bed till morning.

Do I recommend a seven days' fast? Not to one who has been living on the three-meals-a-day plan; for it is almost too severe a strain to one unaccustomed to such. A fast for two or three days is enough to begin with. However, where the one meal or two meals a day plan has been adopted, a longer fast can be productive only of good, provided due care is taken not to overeat afterward.





## NEW CORSETS AND THEIR VICTIMS.

Here are some of the latest styles of corsets. The one on the right gives the real kangaroo shape—the kind that displaces all the organs of sex, and so interferes with the circulation of the blood that women who wear them in time become "dopey," lackadaisical, and indifferent to everything in life, because all the life spirit, and even sex, is crushed out of them. The one on the left—this gives the bulging hips—pushes some organs up and others down from their normal position in the body. It interferes with digestion, circulation and frequently al-



most paralyzes the muscles at the waist line. Yvette Guilbert had to have one of her kidneys removed on account of wearing this style of corset. She is now spending her life in sanitariums.

Beware of the corset-crashed wreck. She is the victim of a disease far more deadly, far more terrible in its ravages than opium or alcohol, and it is as far more difficult to cure.

Marry such a woman at your peril. You cannot point to one single marriage where a woman of this kind figured that ended happily.



AN ART GALLERY AS PRUDES WOULD HAVE IT.



## CORRECTIVE EXERCISE.

By Wm. J. Herrmann.



Adolf Hölzer (München).

shoulders back (the rhomboidal) relax from disuse, warping shoulders forward, the proper corrective exercise to counteract it should raise the chest walls, and call into play the aforementioned muscles, naturally freeing the chest and holding the

**O**UR attention is often called in the daily walks of life to persons who have admirable muscular development and whose figures show consistent gymnastic training, but while they have confined their training to the increase in size and strength of the muscles, they have neglected the correction of faulty position and carriage. Consequently, such persons, while lined out with well-developed muscles, nevertheless may have stooped backs, round shoulders, head carried forward, and other results of bad positions and one-sided training.

The object of this article is to call attention to these defects and counteract the same; that, while you may now have large muscles and great strength, you may also train the body to that correctness of carriage so desired, but through want of knowledge of the principle are at a loss to attain.

The round back and shoulders are developed from the fact that in our daily tasks our work is mostly centripetal—that is, toward the body—which develops muscles that tend to narrow the chest and warp head and shoulders forward, the anterior trunk muscles developing at the expense of the posterior.

Our posterior trunk muscles, which hold spine and head erect and shoulders back and down, being used little in proportion to the anterior muscles, naturally enough weaken from sheer disuse and relax, the back gradually becoming rounded, shoulders warped and the head drawn forward, interfering with full and deep breathing, besides infringing on the space required for the healthy action of the vital organs, lowering their altitudes and interfering with their functions.

Corrective gymnastics should be centrifugal, or outward, with a tendency to straighten the spine, raise and expand the chest, draw the shoulders back and down and hold the head and body erect.

The trunk is kept from falling forward by the action of the muscles of the back, and from falling backward by the action of the large anterior muscles. The front and back muscles should both be composed of strong, healthy contractile fibers, as it is by their joint action that the trunk is held upright.

If, for instance, the muscles which draw the





shoulder blades in their proper position and binding them down to the back.

We are accustomed to think that if a group of muscles is strong, its natural tension when at rest will draw the points of its attachments together, and for that reason imagine that rowing, ring-performing, coal-heaving, weeding, etc., because of strength of back and shoulders demanded, should be ideal exercises to straighten and strengthen the back, and they who practice them should have an erect carriage.

This is all true enough, providing if between times proper attention is given to erect carriage, but if such attention is not given the spine will, in time, assume the position compelled to retain during our daily duties, tending to retain the position at rest that it assumed during labor or exercise, unless, as previously stated, sufficient corrective work is taken or attention paid to erect carriage when not actively engaged in the work or exercise mentioned.

The cause of the forward curvature of the spine (lordosis) due to faulty posture is that the inter-vertebral fibro-cartilage (gristle between the vertebrae) becomes thinner anteriorly from the pressure due to the continual bending forward of the body and head, sometimes for hours at a stretch, while the posterior portion of the inter-vertebral fibro-cartilage becomes gradually thicker, preventing the proper straightening of the spine and producing a set stoop very difficult to overcome, unless, as mentioned before, proper and sufficient exercise is taken to offset it.

The stoop may also be caused by structural changes in the vertebral bones, atrophy of the muscles, or due to the inter-vertebral fibro-tissue losing its elasticity.

As long as no structural changes have occurred in the vertebral bones or atrophy of the muscles sets in, proper corrective

work, with attention to posture, will ere long overcome the stoop.



The stoop can be more readily corrected during the period of growth, due to the predominance of animal matter, allowing it to be shaped almost at will and showing clearly the value of physical culture during child and school life, than when growth is completed and mineral matter predominates in the bony constituents; or, in other words, if no set stoop is acquired by the time growth is completed, and proper corrective work and attention to posture be given, there is no reason why the erect carriage gained is not carried throughout life.

Do not fall into the error of expecting that ten or fifteen minutes' work, without proper attention to posture between times, will offset the faulty positions and bad habits acquired during the other 23¼ hours.

In the case of a person who habitually carries the head and shoulders forward or with a rounding back or protruding abdomen, if by an effort he can draw himself



fully erect, chest active, shoulders back and down, abdomen drawn in, and can hold the position for a short time, there is no reason why he should not carry himself in the same position throughout the day, as the condition is sheer muscular weakness or careless carriage, which can readily be overcome by paying strict attention to proper posture and strengthening the muscles weakened by disuse.

It is not that the back must not be bent forward, or to constantly sit, stand or walk bolt upright, but that it is periodically bent backward, or at least held upright and erect by the action of the muscles and not supported by the bones.

I wish to call particular attention to gymnasium men, as they are shown as an example in many instances, and the remark made that while splendid athletes, gymnasts, boxers, oarsmen, wrestlers, or football players (muscular men, all of them, as a rule), they are often stooped or round-shouldered.





## THE BAG-PUNCHING ART.

Described by H. S. Stark.

**B**AG-PUNCHING is one of the favorite forms of exercise indulged in by pugilists when training for a fistic encounter. It has also become popular in most every gymnasium in

the country, as it brings into play and develops the upper part of the body very quickly. Despite its popularity, very few of the general public understand and appreciate the advantages to be derived from it.

The following article, briefly explaining the different movements that can be adopted with a bag, was written by H. S. Stark, an expert bag-puncher.

Bag-punching and boxing are really synonymous, the only difference being that in the former you strike an inflated leather sphere, while in the latter you strike a person. The positions and blows struck are in a way similar, except the shoulder and elbow movements. Some movements are very simple, while others are very difficult and will require a great deal of practice. The first movement to be explained is considered the most liked by pugilists when training. It is called the boxer's movements.

Stand in a fighting attitude; strike bag with left hand straight out from shoulder, followed up with right; then side-step; on return of bag to opposite side of disk, strike with right and then left and so on. This movement is really the only one that develops the

legs, as well as the arms and shoulders.

Second: The single (side) movement (remember, by word single does not mean with one hand only, but both and a single tap from each). This movement is considered the easiest movement: heels together, toes at an angle of 40 degrees. First strike bag with left hand and on return with right hand.

Third: Single front movement. Position is same as second. Strike bag straight out from shoulder with left hand, on return with right. This is an excellent movement for development of forearms.

Fourth: Plain tap. This movement is similar to No. 3, only you close both hands together and strike straight out from shoulder, and repeat on each return of the bag.

Fifth: Wrist movement, front. This is similar to No. 3, only you use your wrists instead of fists. Position is the same. This is to strengthen the wrists

for the other movements.

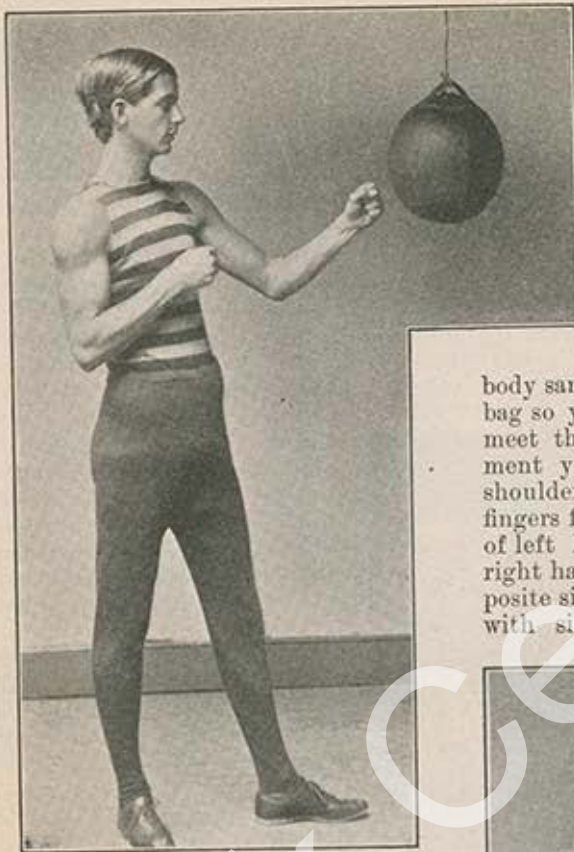
Sixth: Wrist movement, side. This is same as No. 5, only you strike bag with wrists sideways instead of front.

Seventh: Elbow and fist movement (front). This is one of the difficult movements, but with a little practice one can execute it in a short time. Position of feet and body is same. First strike bag with left hand straight out from shoulder, on return of bag with right hand, on return with right elbow, on return with right hand, on return with left hand, on return with left elbow, and then



OTTO RIO, OF RIO BROTHERS,  
GYMNASTS.





H. S. STARK.  
Ready to Begin a Punching Exhibition.

left hand. This is considered one of the fastest and prettiest movements known.

Eighth: Elbow and fist (side). Position of feet and body same. This movement is similar to No. 7, but it is much easier, as you strike bag sideways instead of front. First strike bag with left hand, on return of bag with left hand, then allow bag to pass to opposite side of disk; on return strike with left elbow, on return with right hand, etc. This movement and the above are excellent for the development of the shoulders.

Ninth: Front and back first movement. Position of feet and body same. This movement is similar to No. 8.

Tenth: Front and back fist movement. (Front.) This movement is similar to No. 9, only you strike bag in front instead of sideways. Start by striking bag with back of left hand, on return with

right fist, on return with back of right hand, on return with left fist, and so on. This is a very simple movement.

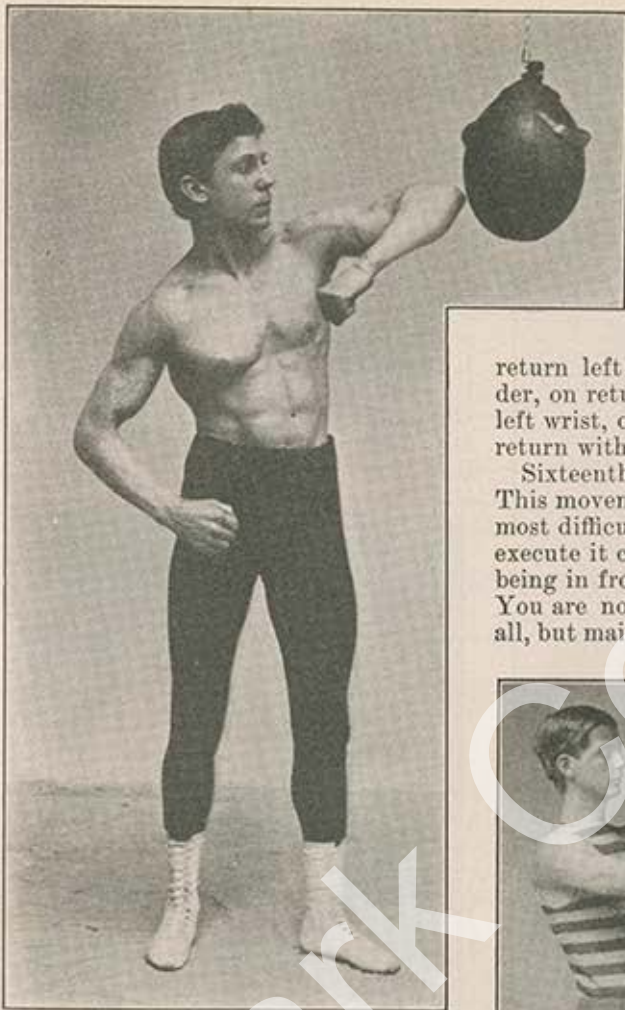
Eleventh: First strike bag sideways with back of left hand and at same time follow in with your right fist, and then allow bag to pass to opposite side of disk, and on return bring your right hand back and follow in with left fist.

Twelfth: Straight arm movement. Position of feet and body same. Stand far enough away from bag so your fist with arm straight will meet the center of bag. In this movement your arms are straight out from shoulder with no bend at all, ends of fingers facing floor. Strike bag with side of left hand and follow in with side of right hand; then allow bag to pass to opposite side of disk, and on return strike with side of right hand and follow



USING BOTH HANDS AT ONCE.





THE FIST AND ELBOW MOVEMENT.

with side of left hand.

Thirteenth: Shoulder and fist movement (front). This movement is considered one of the most difficult and requires a great deal of exercise to execute same. Start by striking bag straight out from the shoulder with right hand; on return of bag strike with left shoulder, on return with left hand, on return with right shoulder.

Fourteenth: Fist, shoulder and elbow movement (front). This movement is more difficult than No. 13. It is similar, only you use elbow with hand and shoulder. Start by striking with left hand, on return with right elbow, on return

with left shoulder, on return with right hand, on return with left elbow, and on return with right shoulder.

Fifteenth: Fist, wrist, elbow and shoulder movement (front). This is more difficult than any of the previous movements, as it requires more quickness. Strike bag with left fist, on return with right wrist, on

return left elbow, on return right shoulder, on return right fist, on return with left wrist, on return with right elbow, on return with left shoulder, etc.

Sixteenth: Back elbow movement. This movement is considered one of the most difficult on the bag. Very few can execute it correctly. The bag, instead of being in front of the body, is in the back. You are not supposed to see the bag at all, but mainly to judge the time of strik-



A DOUBLE MOVEMENT, WITH BOTH HANDS, AND TURNING BODY.





FIST, ARM AND SHOULDER MOVEMENT.

ing same. Strike bag backward with left elbow; on return of bag to opposite side of disk strike with right elbow, etc. This requires a great deal of practice. One of the best movements for the development of the whole of the upper body.

Seventeenth: Back elbow and shoulder movements. This movement is similar to No. 16. Remember, the back motion movements are not easy, but not one in a thousand who punch the bag can execute them at all. Bag is in back of you; strike with left elbow; on return of bag strike with right shoulder, on return with right elbow, on return with left shoulder, etc.

This develops the muscles of the back.

Eighteenth: Double elbow, front. This movement the bag is in front of body. Elbows are straight out from shoulders, fists meet in center of chest. Strike back with left elbow "back;" on return bring right elbow in, allow bag to pass to opposite side of disk, and strike with back of right elbow and bring front of left elbow in. This is excellent for chest and shoulder development.

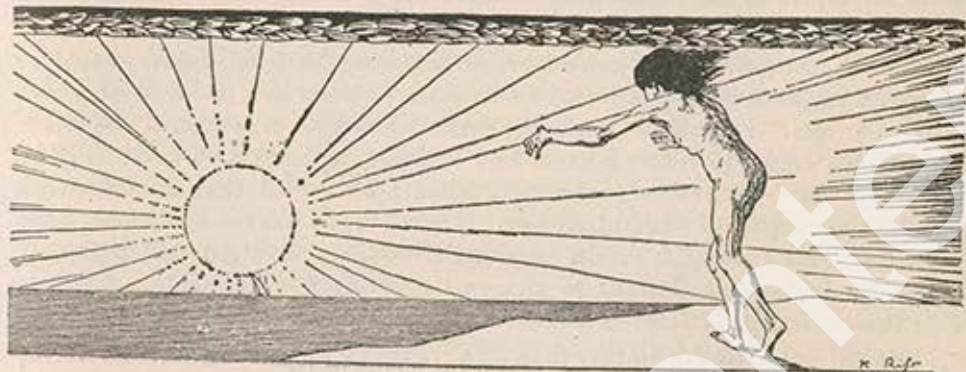
Heels should be together and never separated in any movements (except No. 1, boxer's). Nos. 16 and 17 are back of body; all other movements are in front. One should be careful not to exert one's self. Practice faithfully. Rub down after each exercise.



BOTH HANDS AND BOTH ELBOWS USED.



# Editorial Department



## IS THE EDITOR HONEST?

MR. BERNARR MACFADDEN:

So many, including myself, have become interested in your "doctrines" relative to health, that I make bold to ask you a question. In these days of skepticism and doubt of any man's good intentions, there has, as you know, been the question raised, "Is Macfadden sincere or is his magazine venture for money-making purposes solely?" Now, I will confess I am inclined to believe in you, for I certainly do in your ideas. I believe you are right in nearly every instance. We have a few gymnasiums here, and considerable interest in physical culture has been awakened. Of course many, as in other places, have objected to your publication on the grounds of indecency, but you have anticipated, I see, and answered them. No right-minded man or woman can, however, take any exception to anything that you have ever published. At all events, you are bound to win on the line you have drawn. I wish you success, be it a financial or otherwise enterprise, but I hope otherwise, for it is a most noble one. I know one thing: your publication's circulation here is increasing and among the thinking people at that. There is and has been the need of just such a periodical. If you will answer this question I shall take it as that of a gentleman and final. Wishing you the greatest possible success, I am,

Yours sincerely,

HORNELLSVILLE, N. Y.

(Signed)

F. M. PRENTICE.

**I** HAVE received several letters similar to the above. Am I honest? Am I working merely for the money there is in this business? Or am I a sincere reformer, who desires to elevate, strengthen and ennoble his fellow men?

These questions have no doubt been asked often by my readers.

Whatever may be your opinions, my friends, you will all admit that I have done much studying along original lines; that I have left the beaten track and have searched for new light, new truths; that I have been a diligent student of the conditions that confront this age. This being the case, I have naturally formed conclusions upon subjects not closely identified with health and strength.



## PHYSICAL CULTURE

I have asked myself, "Of what value is money?" The answer has come back, clear, strong and emphatic: Money, beyond the amount needed for the necessities of life, is a curse to those who have not learned to use it wisely. One cannot wear more than one suit of clothes with comfort, nor can he eat more than his body needs without suffering. My personal expenses are not any more now than they were when my time was occupied giving lessons in physical culture. All the style and hypocritical attempts to impress others with your importance by outward display of costly clothing or richly furnished houses have never in the faintest manner appealed to me.

Therefore, the only object I could have in acquiring financial wealth would be the supposed honor of being considered a rich man. I never saw or heard of a rich man that I envied. I would not exchange personalities with one, even if the whole earth had been deeded to him. I never had a desire to be rich. I never tried to save a dollar until about four years ago, when I discovered that my life work could not be accomplished without money. Then I began to save and work. My magazines and books are the results of these efforts, and I might add that they are only the beginning. I want to charge the civilized world with a desire to develop the noblest possessions of complete manhood and womanhood.

If I do not value wealth further than as a means to the accomplishment of my life's purpose, then perhaps it is fame that I crave.

Fame! How like a vapor it is—fleeting, vanishing! A rough wind appears, and behold, you stand there unprotected from all the thrusts and stabs of those who may have desired to honor you the day before. Should I ever desire fame I would recall George Dewey's experience. He was simple and honest. He did his duty as he saw it. He neither deserved the crazy adulation nor the harsh criticism that he received.

If I desire neither riches nor fame, then for what am I working? Perhaps it is for the commendation of my readers? There is probably some truth in this. I certainly desire and appreciate the approval of my readers. But, my dear friends, there is one, and only one, object that guides me like a shining star to a midnight traveler. It is my life's purpose; it is that small voice from within that emphasizes distinctly and clearly my plain duty. Every human being was born for a purpose. He or she fits some niche and is a part of the great world's plan. I have found my niche, and I am working not for the plaudits of the multitude, not for money, not for fame, but for my own self-commendation.

When that inner voice says, "Your duty has been well done," it is of more value to me than the praise of the whole world.

There are certain well-defined principles that have been developed by the environment and influences of my life, and I intend to fight for them until the last breath has been drawn. We all make mistakes. I have made them, and will no doubt continue to make my share, but the love of honor, truth and justice will be my guide to the end. And that there may be no mistake—that there may never be a necessity for bringing up this subject again—I will state that I would be willing at any time to deed everything I own to a national health society that is fully organized, with branches in all the large cities, and prepared to carry on to better advantage than myself the work in which I am engaged.



**M**EDICAL science claims to have discovered in various microbes the causes of all diseases—that each disease has a separate, distinct germ which attacks one and produces that condition upon which it feeds. **THE GERM THEORY**

Every disease manifested in the human body is simply an endeavor on the part of the body to correct an abnormal condition. It is the process of cure; it is the means by which the body is brought back to health, and the so-called marvelous discovery of germs as the cause of disease has absolutely no satisfactory proof upon which it can be founded.

To be sure, these germs are present, but why are they present? Do the germs create the disease? Are they not rather simply an accompaniment of the disease? They may cause the manifestation of the disease just as exposure to a low temperature will sometimes be the apparent cause of a cold. But a low temperature is not the original cause of a cold. It is the presence of impurities in the blood that make the production of a cold possible. Exactly the same condition prevails with disease germs, and they are absolutely powerless if the body is free from the impurities upon which they feed.

Any reasoning human being who studies the animal body, human or otherwise, will readily realize that all such abnormal manifestations are the processes that lead to recovery, and every disease germ which these scientists claim cause disease, exists practically for no other purpose than to actually save life. They are there for the purpose of consuming or making innocuous the impurities that are present in all diseases, and if it were not for the existence of these germ scavengers, these poisonous accumulations would cause death in a short time in every instance. These disease germs consume these poisons, or render them harmless.

When will these so-called scientists learn that in nature there are truths that will teach the most intelligent? When will they learn that the knowledge displayed in the works of nature is so vast that the combined intelligence of all the scientists the world ever created would be nothing in comparison to it, and that if they will follow nature, learn to obey her dictates without question no mistakes can be made. Nature makes no errors, but poor little man with egotistical pomposity continues his pigmy endeavors, disregarding these great laws of life, and those following his so-called scientific instructions are the sufferers.

Germs? To be sure, there are germs everywhere! Germs of all kinds, and germs of every possible character, but do not forget that there are germs of health as well as germs of disease, and that when the body is in a normal condition these germs of health are strong and ferocious, and are capable of destroying any other germ which might try to encroach upon their territory.

Regardless of whether this is a new or old theory, it can easily be proven. Take any man in robust health—not a fat, alcohol bloated specimen—and he can eat germs fried, boiled, raw or in any other condition, and they will have absolutely no effect upon him. Take your disease germs and feed them to an animal, even introduce them into the circulation of any animal in good health, not confined by civilized man, and they will have no influence. Not long ago some medical scientists wished to destroy the rabbits which were accumulating in great numbers in Australia. Some of these animals were caught and inoculated with the poison of a vile sexual disease, but it had absolutely no effect upon them; and this same



experiment can be tried upon any member of the animal kingdom, and the same result will be noted.

Do not be fooled by this germ theory. Keep your body strong, your blood pure, and every germ of disease that enters will be pounced upon by the ferocious germs of health, and be torn literally to atoms.

How do I know this? I know it because I trust nature. I believe that the methods of the Omnipotent Power that constructed this universe are so much beyond the comprehension of poor little man, that all he possibly can do is to learn how to follow, and that when he goes beyond this and tries to lead, he simply betrays his profound, even absurd ignorance.

Bernarr Macfadden

### LETTERS AND COMMENTS.

I approve heartily of the campaign of education you are waging, and you certainly are calling the attention of the favored ones among the *densely* educated classes to the criminally wrong methods of keeping or regaining health that now obtain among them.

In 1896 I was almost a nervous wreck. Overwork and worry succeeding a number of operations made necessary by the results of "enlightened" treatment of the physicians of to-day left me a remnant of humanity hardly worth the saving. I took a trip to the Hawaiian Islands up by way of Seattle and Victoria, was gone a few months, and after my return went to work earnestly to regain my health. My first step was the absolute banishment of the physician and all his nostrums. I have not taken a dose of medicine of any kind since January 1, 1897. My second step was a system of flushing of the colon, and I think I have made the final step to perfect health by inaugurating a course of exercises that I take daily. I was moved to this last step by PHYSICAL CULTURE, and I am delighted with results.

WILL G. BARRIE.

Pardon me for asking the following favor of you. I have long known that there was something radically wrong with our present mode of living, and since reading PHYSICAL CULTURE I am the more thoroughly convinced of that fact. I look around me at the poorly developed forms of our young ladies, and feel sorry for them and have pity for their ignorance of the laws of health. I am a single man, in good physical health, and am loth to take one of these deformed human beings called women for a life companion. Therefore, would ask if you will insert a notice to that effect in your magazine. I assure you this is no jest on my part; I am sincerely in earnest.

H. G. DUNLOP.

The April number of PHYSICAL CULTURE ends with an important paragraph; and that paragraph is interesting to all who have been helped by PHYSICAL CULTURE and who now have its interests at heart. I am one of the many who have realized that there are more things in heaven and earth than were dreamed of in Horatio's philosophy since reading the first number of PHYSICAL CULTURE that fell into my hands.

If you can make PHYSICAL CULTURE the greatest magazine on earth by raising the price to ten cents a copy, then by all means go ahead and raise the price. Any one who is really interested in this admirable magazine and the doctrines it teaches will gladly pay double the present subscription price to help you make the magazine better.

B. A. ROOT, JR.



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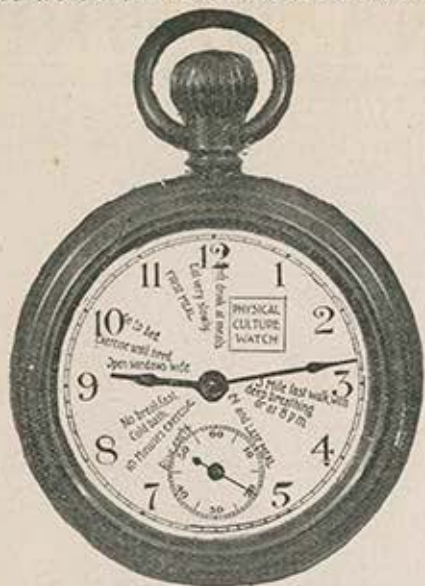
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