

Vol. III.

JUNE, 1900.

No. 3.

# PHYSICAL CULTURE 5¢

WEAKNESS A CRIME

DONT BE A CRIMINAL.



# Manhood

How Strength and Vigor is  
Lost, and Manhood may be  
Restored by Self-Treatment

# Wrecked

...BY...  
Rev. W. J. HUNTER, Ph. D., D.D.

and **Rescued**

**T**HIS is a most timely and important work, by one who has made a careful study of the subject, and brings to bear a thorough knowledge of general and sexual hygiene. For the want of the knowledge on sexual subjects this book contains many men are on a downward course, and by the use of it many could be saved from sexual weakness, restored to manly vigor and made capable of properly filling life's duties and become strong, manly men, instead of physical and social wrecks. We cannot better describe this work, which has received the highest praise from competent critics, than to publish the following from the

## ...TABLE OF CONTENTS...

### CHAPTER I.—THE WRECK.

Primeval man—His dignity and purity—Some noble specimens of manhood still—Causes of the wreck—Ignorance of natural law—Poverty and lack of proper food—Stimulants and narcotics—Sexual perversions the crowning cause—Touches more than half the race—Puberty—When sexual passion abates in man—Rebukes to the clergy.

### CHAPTER II.—AN ANCIENT WRECK.

Sensuality the sin of the ages—Proof that the flood was a direct punishment of sensuality—The Mosaic account critically examined—Testimony outside the Bible—Why Noah was spared—Perfect in his generations—Blameless in his sexual relations—The indecency of Ham—The old devil of sensuality—Circumcision; its meaning and its lessons—Sensuality the sin which caused the destruction of Sodom and the cities of the plain—Sensuality in the patriarchal age—The chastity of Joseph—A modern incident—Prostitution in the patriarchal age—The Mosaic economy—Sensuality the sin which destroyed the Canaanites and surrounding nations—Sexual purity in the law of Moses.

### CHAPTER III.—A MODERN WRECK.

The history of prostitution—The Christian era—The doctrine of chastity—The voice of the apostles and the life of the early Christians—No compromise with impurity—Modern civilization—Statistics of Prostitution—A startling testimony—The blood of the race poisoned by venereal diseases—Thirty thousand men daily infected in the United States—History of venereal diseases—A State document—National decay—Prevention better than cure—Licensed prostitution a failure—Roman laws for the regulation of prostitution—Facts and statistics of recent date—A threefold appeal.

### CHAPTER IV.—A YOUTHFUL WRECK.

Masturbation—Puberty; its indications and sequence—Prevalence of the solitary vice—An ancient habit—Referred to in the law of Moses—Impossible to exaggerate its ruinous results—Testimony of medical experts and of educationists—Duty of ministers—Duty of parents—Loss of semen is loss of blood—Results of its expenditure—Seminal emissions—Effects on the nervous system—Conservatism of nature—The nervous system explained—Where masturbation and marital excess do their most deadly work—A word to parents and boys—Quacks and charlatans—No medicine required to cure seminal emissions.

This book is handsomely published in large clear type, bound in extra cloth, and wishing to co-operate with the author in his desire that all who need it might have it, it is sold at \$1.00. Clergymen and teachers wanted to act as agents for this great work, for the bettering of man.

Manhood Wrecked and Rescued, sent postpaid, bound in cloth for . . . \$1.00  
With One Year's Subscription . . . . . 1.25  
With One Year's Subscription and Macfadden's Physical Training, . . . 1.40

### CHAPTER V.—A WRECK ESCAPED.

Continence of young men—Is continence possible?—Tremendous power of the sexual appetite—Created of God for the perpetuation of the race—Continence outside of wedlock is possible—None but impure men question this—Impure thoughts the chief cause of self-abuse and fornication—Testimony of Dr. Acton and his personal experience—How to live a continent life.

### CHAPTER VI.—THE RESCUE BEGUN.

Does nature forgive?—Natural law is God's method of operation—Forgiveness in the moral realm a higher type than forgiveness in the natural realm—Nature repairs and restores when we cease to disregard her laws—Three letters to the author—Comments on the same—Difficult to convince the victim of seminal weakness that no medicine is needed—Cut loose from charlatans—Burn their pamphlets—High medical testimony that medicine is not required—Is marriage a cure?—The question answered—The habit abandoned—Helps and encouragements—A cure as certain as the rising of the sun—Old-time philosophy—An amulet—Perseverance and victory.

### CHAPTER VII.—THE RESCUE CONTINUED.

Some earnest words—Imperative—Philosophy of the difference between nervous function and muscular power—Nervous sensation frequently evokes results in sensitiveness and debility—Strong drink—Tobacco and its effects on the nervous system—How to cure yourself of the tobacco habit without expense and without inconvenience—What to eat and drink—Employment—Exercise—Bathing—Sleep—Society.

### CHAPTER VIII.—THE RESCUE COMPLETED.

The medical profession—If you must have medical advice, consult a resident physician—Beware of medical companies and sharks—They take your money and shorten your life—Additional testimony that medicine cannot cure seminal weakness—The parts affected—Their intimate relationship—The principal aggravating cause of seminal weakness—A flood of light on the subject—Special treatment without expense—An absolutely infallible remedy—A certain cure for piles and relief for the suffering resulting from irritation of the bladder and enlargement of the prostate gland—It is your life—Worth a struggle—A man again.

Physical Culture Pub. Co., TOWNSEND BLDG., 25th ST. AND BROADWAY, New York City

**THE KALITHENOS CLUB**

**THE CLUB WITH LIFE IN IT**

**Tremendous Muscular Force, Endurance, Energy and Alertness**

QUICKLY ACQUIRED BY THE USE OF THE

**KAL-LI-THEN-OS OR FORCE CLUB**

**"THE CLUB WITH LIFE IN IT."**

Nothing ever used or conceived like it! Concealed weights and springs, plunging and bounding as it is swung, make the exercise "like wrestling with a live thing." You CAN'T use it like other exercises, in an indifferent, half-hearted way. It brings out all your muscle and mind. Gives robust health, magnificent development, grace and celerity of movement. The club is "a beautiful piece of work," aluminum, nickel and polished steel. Illustrated circular with introductory prices mailed on application.

**The Kallithenos Co., 73 Eagle St., Dept. Z-1, Buffalo, N. Y.**

**The PFISTER New Athletic Supporter**

Patented May 19, 1891.

**C. E. RIKER,**  
1208 Broadway, NEW YORK.



Sizes 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, \$1.50. Sent by Mail on Receipt of Price.

FOR comfort, neatness and durability this supporter stands unrivalled. It does not displace, is cool, easily put on and off, clean, and can be washed. It is partly of elastic and partly of knit goods. Has no buckles or laces to bother you, and is a splendid support to the abdomen. Is made white.

Every Athlete, every Golfer, every Swimmer, every Skater, as well as every Tennis, Baseball, Football, Polo and La Crosse Player should wear it. It is a first-class article for holding tights up of either sex.

It is highly recommended by many Professors of Physical Culture and hundreds of Athletes, Sportsmen and Actors. No Wheelman or Horseback Rider should be without one.

TAKE SNUG MEASURE SIX INCHES BELOW WAIST.

Size 0 fits a 30 to 31-inch measure.	Size 5 fits a 40 to 41-inch measure.
" 1 " " 32 " 33 " "	" 6 " " 42 " 43 " "
" 2 " " 34 " 35 " "	" 7 " " 44 " 45 " "
" 3 " " 36 " 37 " "	" 8 " " 46 " 47 " "
" 4 " " 38 " 39 " "	" 9 " " 48 " 49 " "

We also keep in stock a large line of Suspensories, Jock Straps, Elastic Stockings, Knee Caps, Anklets, Trusses, Shoulder Braces, Etc. Also agent for the "Flacfadden Training Outfit," prices \$2.00 to \$5.00. Send for circular.

...VOLUME I. OF...

# "PHYSICAL CULTURE"

On account of the change of size of "PHYSICAL CULTURE" we were compelled to end Volume No. 1 at the seventh issue.

There are only a few of these; the price, bound in cloth, postpaid, is 70 cents, or with one year's subscription, \$1.00. Vol. I. and Vol. II., with one year's subscription, \$1.50.

These numbers contain the following interesting articles by the Editor:

- |  |   |
|--|---|
| "The Development of Energy, Vitality and Health."  | "Is Genius a Disease?"                      |
| "Can the Highest Attainable Degree of Physical Perfection Be Acquired if Absolute Continence Be Observed?" | "Is Muscle Bad for the Brain?"              |
| "The Development of Great Muscular Vigor."   | "Swimming—Bathing."                         |
|  | "How to Keep Cool."                         |
|  | "The Drug Curse."                           |
|  | "Womanhood—Muscle."                         |
|  | "Murder of Children by Parental Ignorance." |

## Vol. II. of "Physical Culture"

Handsome bound in cloth, is now ready for delivery. A most complete work on the power and advantage of the culture of the physical man and woman.

Contains two complete systems of physical culture without apparatus.

300 pages of intensely interesting and instructive matter.

135 illustrations, many of them beautiful full-page half-tone photographs.

Postpaid on receipt of price of 60 cents, or with one year's subscription, \$1.00, or Vol. I. and Vol. II., including one year's subscription, \$1.50.

### A Few of The Most Interesting Articles From Table of Contents:

"THE EDITOR'S PERSONAL EXPERIENCE".....	
"SOME PRACTICAL SUGGESTIONS IN VOICE CULTURE".....	GEORGE RUSKIN PROEBUS.
"ALCOHOL NOT A FOOD".....	
"MR. GLADSTONE AS AN ATHLETE".....	
"THE SCHOOL GIRL'S HEALTH".....	
"THE FUNDAMENTAL DEMANDS OF HEALTH".....	B. O. FLOWER.
"DEWEY AS A DEVOTEE OF PHYSICAL CULTURE".....	GEORGE RUSKIN PROEBUS.
"HOW TO STRENGTHEN WEAK EYES".....	BERNARR A. MACFADDEN.
"THE ADVANTAGES OF FOOTBALL".....	BERNARR A. MACFADDEN.
"METHODS OF PHYSICAL CULTURE OF PROMINENT PLAYERS".....	GEORGE RUSKIN PROEBUS.
"ONCE AN INVALID—NOW A HERCULES".....	BERNARR A. MACFADDEN.
"HOW LOVE MADE AND DESTROYED AN ATHLETE".....	
"THEODORE ROOSEVELT, ROUGH RIDER AND ATHLETE".....	GEORGE RUSKIN PROEBUS.
"PHYSICAL EDUCATION OF WOMEN".....	DR. JULIA HOLMES SMITH.
"MUSCULAR HEROINES OF GREAT AUTHORS".....	
"PADEREWSKI ON STRONG MUSCLES IN PIANO PLAYING".....	
"THE DRUG CURSE".....	
"PHYSICAL CULTURE WITHOUT APPARATUS".....	BERNARR A. MACFADDEN.
"COACH STAGG'S WONDERFUL BABY".....	
"CAUSE AND CURE OF COLDS".....	J. STUART.
"PHYSICAL WEAKNESS—MARRIAGE UNHAPPINESS".....	BERNARR A. MACFADDEN.
"SENATOR DEPEW ON PHYSICAL CULTURE".....	
"CONSUMPTION CURABLE".....	AUG. F. REINHOLD, PH. D., M.D.
"READ AUGUST NUMBER—RESULTS HERE ILLUSTRATED".....	ALFRED C. ECHBORN.
"PHYSICAL CULTURE WITH A CHAIR".....	BERNARR A. MACFADDEN.
"HOW AVOIDABLE WEAKNESS WRECKED LOVE AND LIFE".....	BERNARR A. MACFADDEN.
"SELF-MASSAGE".....	GEORGE RUSKIN PROEBUS.
"CAUSE AND CURE OF CATARRH".....	THEODORE J. JACQUEMIN, M.D.
"PHYSICAL CULTURE FOR BABIES".....	BERNARR A. MACFADDEN.
"STRONG, LUXURIANT HAIR—HOW ACQUIRED".....	J. WALTER SMITHSON.
"CRIMINAL NEGLIGENCE IN OUR EDUCATIONAL METHODS".....	BERNARR A. MACFADDEN.
"THE DOWNFALL OF A BULLY".....	NED. NETTIC.

## The Wonderful Mission of the Internal Bath.

Do you know that many of the greatest physicians of this city, including such authorities as Dr. Daniel Lewis, President of the State Board of Health, New York; Dr. Cyrus Edson, late Chief Inspector of Contagious Diseases, New York, and Drs. Herman J. Boldt and W. B. De Garmo, both Professors at the Post-Graduate Hospital, Indorse and prescribe this treatment? Also that the following distinguished people are among its patrons: Princess Hartford, Governor Fingree, of Michigan; ex-Governor Joadell, of Vermont; U. S. Senator A. P. Gorman, of Maryland; Richard Croker, of New York; General T. S. Peck, G. A. R., Vermont; Miles Devine, City Attorney, Chicago, Ill.; Lillian Russell, New York, and hosts of others?

The record of its cures and benefits reads like a revelation to those hitherto unacquainted with it.

We have thousands of testimonials from well-known people. The following is from one of Philadelphia's most prominent and respected merchants:

PHILADELPHIA, June 10, 1899.

Dear Prof. TYRRELL:

In response to yours of the 5th, no man living has greater cause to speak highly of your J. L. B. Cascade than myself, for had it not been for its use a few years ago I should not be living to-day. I was in charge of a faithful man nurse and the best medical attendance at Portland Springs, and so low and ill it was considered questionable by the doctors if I could reach my home alive, and death considered certain within a week after arrival. My attendant followed out your instructions to the letter in persevering with the use of your Cascade, and though now in my 75th year, I am enjoying a fair share of health, apart from weakness of my heart.

I recently returned from Jamaica, West Indies, traveling from one end to the other, per rail and in carriages, with comfort. I have bought and made presents of your Cascade to several personal friends, all of whom are delighted with the wonderful results of its use.

Very sincerely yours,

JOHN LUCAS,  
Firm of John Lucas & Co.

We want to send free to every person, sick or well, a simple statement setting forth this treatment. It contains matter which must interest every thinking person. If you live in New York you are earnestly invited to call and make an appointment for a free treatment, but if you cannot call, write for our pamphlet, "The What, The Why, The Way," which will be sent free on application, together with our Great Special Offer for this month only.

**TYRRELL'S HYGIENIC INSTITUTE,**

562 Broadway, New York.  
(Between 45th and 47th Streets.)



' 5000  
Little Bumps  
Per Minute"  
Half a dozen  
reasons why  
The Massage  
Vibrator

It is the best  
massage appli-  
cance made:  
(1) It is the only  
apparatus af-  
fording vibra-  
tive massage;

(2) It combines vibrative and roller massage; (3) It is the only apparatus giving vertical roller massage (in keeping with blood circulation); (4) It is the only appliance capable of being changed from double to single row of balls; (5) It is the only apparatus perfectly adapted to treat every part of the body; (6) It is lighter and much more durable than any on the market, it reduces superfluous flesh, strengthens, beautifies, rejuvenates. Price, 24 ball, \$2.00; 30 ball, \$2.50, with centre handle and rubber buffers complete. Postage prepaid. If not satisfied, money refunded. The Universal Character Delicator, unique chart, 10c. P. C. UTILITAS MFG. CO., 7 W. 14th St., New York. Circulars free, write now.

For Summer,  
Porous

**Jaeger**  
PURE WOOL UNDERWEAR

Send for  
Illustrated  
Catalogue.

New York: { 16 West 23d Street  
166 Broadway  
Brooklyn: 501 Fulton Street  
Boston: 169 Tremont Street  
Philadelphia: 924 Chestnut Street  
Chicago: 74 State Street

# "Creative and Sexual Science"

OR,

## Manhood and Womanhood in Their Mutual Relations.

THE STANDARD BOOK OF THE WORLD ON THIS SUBJECT.

By PROF. O. S. FOWLER.

It is printed from clear, new type, on fine calendared paper, in one large octavo volume of 1052 pages. The book is illustrated with 130 appropriate Engravings, prepared under the personal supervision of the author.

### IT TELLS

How to promote sexual vigor, the prime duty of every man and woman.  
How to make a right choice of husband or wife; what persons are required to each other.  
How to judge a man or woman's sexual condition by visible signs.  
How young husbands should treat their brides; how to increase their love and avoid outraging or shocking them.  
How to preserve love pure and inviolate, and how to avoid an improper marriage.  
How a pure love improves men and women, both mentally and physically.  
How to keep wives healthy, and how to avoid sickly wives.  
How to increase the joys of wedded life.  
How to keep a husband faithful and avoid discord.  
How to regulate intercourse between Man and Wife, and how to make it healthful to both; ignorance of this law is the cause of nearly all the woes of marriage.

How to have fine and healthy children.  
How to transmit mental and physical qualities to offspring.  
How to avoid the evils attending pregnancy.  
How to procure a natural and easy delivery.  
How to manage children and promote their health.  
How to restore lost vigor in men and women.  
How to prevent self-abuse among the young.  
How to recognize the signs of self-abuse and cure it.  
How intercourse out of wedlock is physically injurious; a warning to young men.  
How to raise healthy and vigorous girls—fit to be wives and mothers.  
How to restore and perpetuate female beauty.  
How to promote the growth of the female bust; and how to regain it when lost.  
How to avoid female ailments; and how to cure them.

Mailed anywhere on receipt of price, \$3.00, or with one year's subscription to Physical Culture, \$3.25.



Same length strap, showing lungs deflated and inflated. Largest and most powerful lungs in the world. 410 cubic inches lung capacity. 4 1/2 inches chest expansion.

## CORRECT BREATHING ... and LARGE LUNGS

ARE THE

## Foundations of Health

Send 10 cts. for REVISED EDITION of the most interesting and valuable book ever published on the

CARE AND DEVELOPMENT of the  
LUNGS AND MUSCULAR SYSTEM

Accepted by the National Medical Library at Washington, D. C. Book is fully illustrated with half tones and diagrams, showing correct and incorrect breathing, Sphygmographic tracings and X-Ray photos.

Full information for increasing your chest expansion and chest measurement. The theories in my book have been approved and favorably commented upon by the highest medical authorities in the country.

### P. von BOECKMANN

Physical Culture and Lung Specialist,

Metzerott Bldg. WASHINGTON, D. C.

## STRENGTH AND HOW TO OBTAIN IT.



## Sandow's OWN COMBINED Developer

A Guarantee for One Year with each machine.

Every Man, Woman and Child who wants strength and health should know of this invention of Eugene Sandow, the highest authority on Physical Culture. Far superior to any other system of home-exerciser in simplicity, scientific correctness, convenience and efficiency. It is a Wall-Exerciser, Chest-Expander, Weight-Lifting Machine, Leg-Exerciser and Dumb-Bells, all in one, yet occupies less space than a coat hung on the wall. Practically indestructible. No pulleys. No weights. No oiling. No danger. Adjusts to strength of man, woman or child. Particularly recommended to ladies. The only rational cure for obesity.

Price, \$5.00, delivered free, including anatomical charts with full directions in Sandow's celebrated system of physical culture, or sent C. O. D. on receipt of 50 cents, the balance, \$4.50, to be paid only in case the Developer is all we claim. Send for free illustrated booklet M.

**SANDOW DEVELOPER CO.**  
(A. LEWIS, MANAGER.)

108 and 110 Worth St.,

NEW YORK.

is the intangible power that controls human destiny. It is the key to all business and social success. If you come in contact with people, you cannot afford to be without this knowledge. It will give you an inestimable advantage over others. We guarantee it, or forfeit \$1,000 in gold.

By our new system you can learn in a few days at your own home. Our beautifully illustrated free treatise tells you all about it. Distinguished clergymen, physicians and public men all over the country are studying this wonderful science, and achieving increased success. Following are the names and addresses of a few highly successful graduates of our Institute—space does not permit mentioning more:—

REV. PAUL WELLS, box 200, Gorman, N. Y.; G. S. LINCOLN, No. 101 Crutchfield Street, Dallas, Texas; Miss KATHERINE MESSINGER, No. 74 West Main Street, Corry, Pa.; REV. J. C. QUINN, D.D., Ph.D., Winn, Me.

We have thousands of letters of highest commendation, many of which are published in our free book. Do not send money, the book is free. A postal card will bring it. Address

**NEW YORK INSTITUTE OF SCIENCE,**  
DEPT. A W 10, ROCHESTER, N. Y.

# PHYSICAL CULTURE

Vol. III.

JUNE, 1900.

No. 3

## ...CONTENTS...

Physical Culture for Boys and Girls— <i>Bernarr A. Macfadden</i>	102	
"Arising"— <i>E. Munier</i>	108	
Nudity and Purity— <i>John Russell Coryell</i>	109	
Illustrated Results of Physical Training	112	
Strong, Beautiful Bodies for Girls and Young Women— <i>Bernarr A. Macfadden</i>	113	
Some "Home Truths"— <i>Charles E. Page, M.D.</i>	116	
The Mysterious Wrestler— <i>Will M. Hundley</i>	120	
Treatment of Constipation Without Medicine— <i>Dr. W. H. Steele</i>	124	
The Persian Bath	126	
Miscellaneous Items	127	
Editorial Department	Disease—What Is It? - - - - -	129
	Medicine Retards Recovery - - - - -	130
	Vaccination a Crime - - - - -	131
	Fasting and Headaches - - - - -	132
Question Department	133	

Physical Culture is Devoted to Subjects Appertaining to  
HEALTH, STRENGTH, VITALITY, MUSCULAR DEVELOPMENT AND THE  
GENERAL CARE OF THE BODY.

Entered as Second-class Matter at the New York Post Office, August 11th, 1899.

Price, 50 Cents Per Year, Postpaid. With Foreign Postage, 75 Cents.

PUBLISHED BY THE PHYSICAL CULTURE PUBLISHING CO.,  
TOWNSEND BUILDING, 25TH STREET AND BROADWAY, NEW YORK, U. S. A.

BERNARR A. MACFADDEN, EDITOR.

Stories and articles of unquestionable merit suitable for publication in "Physical Culture" invited.  
We accept no advertisements from those whose wares we cannot conscientiously recommend. Patent  
medicine and other "fake" remedies cannot buy space of us at any price.  
We will consider it an especial favor if readers will furnish us with proof of any fraudulent claims  
made by advertisers in our columns. We have refused, are still refusing to insert advertisements which  
deceive and rob the unwary of money and health. If any of this kind by accident secure insertion we  
desire to know it as soon as possible.

## PHYSICAL CULTURE FOR BOYS AND GIRLS.

SHOWING HOW A BOY OR GIRL FROM FOUR TO TWELVE YEARS OF AGE MAY DEVELOP A SUPERB PHYSIQUE WHILE AT PLAY.

By Bernarr A. Macfadden.

**T**HE fresh, wholesome boys and girls! How we love them! Before the seriousness and harshness of life have set their seal upon their pretty faces and symmetrical bodies,

they are a beautiful sight to behold.

Even the expression of a hardened criminal will soften when with fearless frankness an innocent child smiles up into his repellent features.

Have you children, reader? Are you



A PHYSICAL CULTURE GIRL.





EXERCISE No. 1.—TO CHILD, "NOW, SEE HOW HIGH YOU CAN PULL MY FINGER OFF THE FLOOR."

responsible for the future welfare of these trusting, innocent beings who cling to you with a faith that no religious fanatic ever extended to his God?

What an awful responsibility! And how lightly it usually rests on the shoulders of those who have assumed it!

Children are literally like clay. They can be moulded in body, in tastes, in ambitions, with almost the same celerity and ease that the sculptor moulds his marble statues.

The beautiful child who does not grow into a superb woman or a manly man, has no one but his parents to blame for this misfortune. They have neglected a duty so plain, so necessary, so terribly important that they should be held criminally liable.

What right has man or woman to bring a child into life and then curse its entire

future by neglecting to give it the necessary start that will insure at least a strong, healthy body?

How many parents make the awful mistake of struggling and straining, that they may leave their children a pecuniary independence (which is usually a curse), and make absolutely not the slightest effort to build that superb health, strength and beauty of body, what is worth more to a man or woman than all the wealth in Christendom.

If you love your children, do not allow this love to be a curse. Rid yourself of the blind, stubborn prejudice which has been the grave of more exalted ambitions, of more grand resolutions, than any other one cause.

Of what value is a house without a foundation? Of what value is a body without the strength and intensity which



EXERCISE No. 2.—TO CHILD, "NOW, I KNOW YOU CAN'T LIFT MY FINGER OFF THE TABLE."



EXERCISE NO. 3.—TO CHILD, "NOW, I WONDER IF YOU CAN PULL MY FINGER FROM MY FOREHEAD."

is just as much a part of true, noble manhood and womanhood, as light is a part of day.

The greatest system of physical culture for children of this age is play with those of their own age, that actively use every muscle. Running, jumping, wrestling, pushing, pulling, climbing fences, trees and hills.

Play is the salvation of children. It builds strong, healthy and beautiful bodies. But some parents are so vilely, criminally ignorant as to seriously discourage this natural desire to play which exists in every healthy child. Such parents should be deprived of their children. They have no right to curse their progeny because of such mental perversion. They have not the slightest right to people this world with the weaklings that result from their idiocy.

Health is the inherent right of every human being, and when this is not possessed at maturity, some parent is usually to blame.

The writer has seen so many children cursed by parental love, that he must admit he feels rather strongly on the subject. He has seen so many fine boys grow into mediocre, characterless nonentities, who might just as well have been great, strong, noble men—he has seen so many beautiful girls develop into inane, sickly, weak, sexless creatures, who could have easily been superb, beautiful women—all because of coddling, fear of fresh air, sunshine and exercise.

If you wish your children to be an honor to you, encourage them in every way to play—active, vigorous, even violent, games. Their muscles will always indicate when they have had enough. Where one girl has harmed herself by too vigorous exercise, one million have suffered for the need of it.



EXERCISE NO. 4.—TO CHILD, "I AM SURE YOU CAN'T PULL MY FINGERS APART."



EXERCISE NO. 6.—TO CHILD, "NOW TRY TO TWIST THIS STICK OUT OF MY HAND."

If you live in a city, or where your children cannot have the associates, opportunities, playground or gymnasium necessary to make their bodies beautiful and strong, take up the system of exercise illustrated here and "play" your child into health and strength. This will not only produce marvelous changes in your child, but it will also benefit you—give you some of the elasticity and suppleness that you may think has long disappeared. To keep young, you must act the part, and nothing is better than romping play to accomplish this object.

These exercises illustrated should be looked upon as great fun by the child. You should use just enough force to make it difficult, and be careful to repeat each one many times. In fact, it might be well for the child to be fatigued by each exercise before passing on to another.

Give your child air. There is strength to be gained in a copious supply of oxygen. Have the windows of his sleeping room wide open winter and summer.

Do not bother with giving these exercises two or three times. They should be given daily. Do not overfeed. Never insist on his eating. If he needs food, his stomach will designate both the quantity and the character of the food that is best for his needs. All sorts of diseases are easily contracted if a child is overfed.

Encourage him to run and play in the sun. The sun is as beneficial to animal life as it is to plant life. What if he does become browned. It is the very best tonic in the world. It will mean rich blood, strong muscles and internally a clean body.

Exercise No. 1.—You place one or more fingers on the floor, and then tell the child to see how high he can lift them off the floor. Just resist sufficiently to allow him to lift it with considerable effort, and manage to fool him into the belief that you cannot hold the fingers there. You can, of course, continue this competition until the child tires of it. For strengthening the muscles of legs, back, shoulders and arms.



EXERCISE NO. 7.—TO CHILD, "NOW I'M GOING TO PULL IT OUT OF YOUR HAND."



EXERCISE No. 8.—TO CHILD, "I DON'T BELIEVE YOU CAN RAISE AND TOUCH YOUR FOREHEAD TO MY HAND."

Exercise No. 2.—Place one finger on a table. Place it far enough from the child so he will be able to grasp it with both hands, elbows straight. Now tell him to see if he can raise it up from the table—not pulling it towards him, but raising it directly upward. Continue several times, allowing the child to raise it sufficiently to make the contest interesting. For muscles on the front of shoulders.

Exercise No. 3.—Place one or more fingers on the forehead. Have child stand on opposite side of table and tell him that he cannot pull your fingers from your forehead, the child is supposed to do it by merely bending the arm. See that each arm is used, or else have the child grasp the fingers and use both hands at once. Continue until child is tired. For biceps, muscles on front part of upper arms.

Exercise No. 4.—Place one finger of each hand together, so they are barely touching each other, then tell child that he

cannot pull them apart, he must grasp the fingers, one of each hand and pull outward. Have him continue until tired. For muscles on back of shoulders and of back between shoulders. Excellent for remedying round shoulders.

Exercise No. 5.—Hold the fingers like in No. 4, except that you keep them about one foot apart, then tell the child to bring them together and make them touch. Continue until tired. For muscles on front of chest.

Exercise No. 6.—Grasp stick as illustrated, and tell the child he cannot twist it out of your hand. Make him struggle vigorously to do it, and continue until tired. An all-around good exercise, especially for strengthening muscles of waist and sides.

Exercise No. 7.—Tell the child to grasp stick tightly. Now pull him forward rather vigorously, he to resist your efforts. You are apparently to endeavor to pull it out of his hands. For strengthening arms, back and legs.



EXERCISE No. 9.—TO CHILD, "I'M SURE YOU CAN'T PUSH MY FINGERS UP."



EXERCISE No. 10.—TO CHILD, "I'M GOING TO HOLD THIS STICK SO TIGHT THAT YOU CAN'T PULL IT DOWN."

Exercise No. 8.—Have the child recline on the back. Now place one hand on both ankles and the other hand about one foot over its head, then ask child to raise and touch forehead to your hand. Continue several times until tired. As strength is gained, increase the distance of hand from head to make the exercise more difficult. For the muscles of abdomen.

Exercise No. 9.—With child in a reclining position, arm bent as illustrated, place one finger in each hand and tell child he cannot straighten his arms, raising hands straight upward. Make resistance strong enough so the exercises will be difficult for child, and continue until tired. For muscles on back part of upper arm.

Exercise No. 10.—Seat yourself in a chair with small walking cane grasped in each hand which hold at a height behind head or over head, that the child can with difficulty reach. Now tell the child that he can not pull the stick down. He will, of course, work diligently to accomplish this, and you are to prevent it. Especially good for expanding and developing chest, and for developing the intercostal and other muscles of chest.

It is a curious fact that while Japan is sending to this country a special commissioner to investigate the American meat supply with a view to encouraging the consumption of meat in Japan, Dr. Seaman brings word to us from a country similar in location that meat-eating by our troops is the cause of nine out of ten of the deaths of our soldiers in the Philippines. Intestinal diseases predisposing to fevers, are induced by this heavy food in tropical countries. The Japanese as vegetarians, have been temperate, vigorous, brave and progressive, and the military examinations during their late war with China showed that a larger proportion were fit for military service than has ever been found in any other nation keeping the record of examinations. What the Japanese will be as meat-eaters re-

mains to be seen, but it is to be hoped that the statements of Surgeon-Major Louis L. Seaman may receive due consideration by our War Department.

About twenty years ago, I suffered severely from hemorrhages of the lungs. My case was a bad one. Hardly a day passed without evidence of a "leak" which emphatically reminded me that my existence was to be very abbreviated. At this time, I began to take a great deal of outdoor exercise, principally walking. Seeing its benefits, I added other exercises for the upper part of the body. I grew stronger gradually, and finally was able to go on walking trips of as much as fifteen miles.—HY. F. WIGHT, 140 Tremont street, Boston.



FROM THE PAINTING "ARISING," BY E. MUNIER.

## NUDITY AND PURITY.

By John Russell Coryell.



IS the one compatible with the other? Might it not be more reasonable to ask if the latter is possible without at least a complete and familiar knowledge of the former? Certainly that purity in either sex which is founded on a perfect knowledge of the physical form and nature of the other sex, is of a higher and sweeter character than that which is, after all, but ignorance and the fear which it inspires, and which, in truth, is not purity at all.

Dogmatic statement is usually unconvincing, and I would not wish to seem to indulge in it, but I speak from strong conviction, after much thought on the subject, and with a full sense of responsibility, I believe that one of the great crimes of our system of civilization is that it fosters ignorance of sexual matters, and then intrenches itself behind the barriers of modesty and purity. It even claims the authority of Christianity for its course in relation to sex and life by the utterance of that hideous untruth that we are conceived in sin.

How can any believer in an all-wise Creator accept the doctrine that the human animal was created a shameful thing, which must be hidden as much as possible from the eyes of his kind? If the notion were a true one, the feeling of shame for nudity would prevail among the savages of the world, and not be found only in those who have been subjected to the influences of what we term civilization.

But is even that true? Is it a notion peculiar to the civilized races? Remember the cultured Greek and his idea of clothing; then consider the uncivilized Esquimaux. Is not this notion rather the result of the wearing of clothes for convenience? The means are mistaken for the end; what was begun as a convenience, ends as a custom; and instead of despising his covering as the inventor of his shame, the poor, human animal sets it up as a fetich and bows down to it—Clothing!

And what is the end of it? Man knows not what woman is, nor does she know him. It is immodest to know. A girl cannot know and be pure. A boy may not know and be free from that ravaging beast, lust.

How awfully, criminally false! Boys and girls should know all of what we term the "secrets of nature." There should be no secrets for them. Nudity should be a familiar thing to them both, so that there could be no hideous falsehood of shame to tempt them to impurity, and to cheat them of that beauty which is theirs by right, and through which purity comes as milk from the mother's breast.

By the false system of clothing for clothing's sake, the poor, human body is being shrunken in this spot and in that because of the disuse of muscles which can have no play, since they no longer have an office under the restrictions of tight-fitting, closely woven, perhaps even impervious, garments. See how the navy in England by wearing heavy, rigid soles to his boots, has cultivated a leg hardly larger at the calf than at the ankle; the same man whose arms may be swollen in knots of muscle. I say nothing of the woman who wears corsets, but "doesn't lace a bit." Against the corset, I pronounce the *anathema maranatha*, which I understand to be the harshest curse of all. See how man with his ever-worn hat has done all sorts of improper things to the top of his head! I would like to know more than I do of the sort of head and hair the blue-coat boy of London carries into manhood. Rain or shine, he wears no hat.

There are hundreds of things we do, to say nothing now of the things we leave undone, that tend to make of the human body anything but the beautiful object it should be. Of course, then, there would be no joy to the eye in the sight of the world turned out suddenly nude. A pitiable, shrunken lot we would be in the main; and although I strenuously advocate familiarity with the nude, I as vehemently

deny that a human animal is beautiful merely because of its nudity. But nudity is natural and not shameful. But only in the nude state is the human animal capable of the highest beauty.

What are we doing now? Cultivating a false standard of good looks. A man, who in very truth is misshapen by reason of long, attenuated legs, by reason of a neck which has no place but on a bird, yet looks well from the point of view of the tailor, who alas! is the art educator of our men as the dressmaker is of our women. The athlete is the one who looks misshapen in clothes! And it is fit that clothes, having deformed man, should glorify deformity. If nudity were to be enforced now, what spectacles the flabby men and women of the world of civilization would be! The one fortunate thing is that very, very few of the misshapen ones need remain so; rational food, rational exercise, rational living, in fact, will make Adonises and Venuses of very unpromising material.

At any rate, as matters stand to-day, the only proper objection to universal nudity is the fact that it would not be lovely. No doubt that seems an absurd statement, though probably it will seem less wicked than this, that it should be a mere commonplace for any human being to divest himself of his clothing for any proper purpose. In the home, when weather permits, why not remove clothing and so obtain that benefit to health which results from the exposure of the whole body? Why not bathe in the sea nude? What does it matter that men and women look on?

Am I demented? No, but I have lived a part of my life under just such conditions, and have been happier and more innocent for it. I have lived where men and women wear clothing when the temperature calls for it, and take it off when it is not required; where men and women and children bathe together, and give no thought to their nakedness. And that in a country where the climate is as nearly as possible like that of New York. That in a country the inhabitants of which enjoy a civilization compared with which ours is of yesterday. That in a country which

has given a new meaning to art. I speak of Japan.

I went there in 1869. I had never until then seen a naked woman in my life. When, on my way there, I was told that in Japan I would see nude women to my heart's content, I did not believe it. I mean that I did not believe I would ever be contented with so delectable a sight. Woman was the one mystery to me. I had been educated to long to know the one thing I must not know. Nature bade me learn and our system said, "it is shameful, it is lust, it is sin, vice—oh, everything but natural."

Will not any one say I was primed to plunge headlong and eagerly into the bottomless pit that yawned and waited for me? What happened? I saw hundreds, perhaps, thousands, of nude women. For a little while I tried to look at each one; then nudity became commonplace, and I no longer looked for that, but, in growing delight, sought for beauty. Ah! as long as I live, I shall not forget one dewy morning in summer, walking the streets of beautiful Nagasaki. The city is built upon the sides of a chain of hills, so that one street looks down upon the rooftops of the street below, as well as into the back gardens. I stopped again and again to drink in with my eyes the beauty of a landscape which is without a superior. Then I saw a sight that drove landscape quite out of my mind. In a spacious back garden was a stone-curbed well; by its side stood a girl, about eighteen years old, quite nude, and holding above her a wooden pail from which the clear, sparkling water was pouring upon her firm breasts. She caught sight of me as I looked, laughed gaily and called up to me a cheery good morning. I asked her if the water was not cold, and she answered joyously, "Yes, but so good." I watched her draw up and pour two more pails of water over her glistening body. Then, with a pleasant, bright "syonara," she ran into the house.

I had never seen her before and I never saw her again. She did not scream with terror and shame at having me see her lovely body, and no vile or shameful thought entered my brain at sight of her. She was as frank and modest and innocent



as our baby girls, who have not yet been taught that their persons are shameful. I dare to say that the question of sex was not present in my mind when I looked at her, and I know that the remembrance of her pure unconcern under my eyes has done me a good which has gone far to effacing the impurities forced into my young brain by the system of education I, with my fellows, was subjected to.

Now, across the sea to the westward from Japan lives another ancient people. I have not spoken of the Japanese men, though the muscular, nude bodies of them have filled my eyes with passionate delight, so I shall not speak of the Chinese men. The women paint, powder and deform themselves, as the world knows; and they are infinitely more modest than our women, for a Chinese lady would feel herself disgraced were she to permit her wrists to be seen. You see, she wears a very long sleeve, which naturally covers her whole hand. Being accustomed to having her wrists hidden from view, she feels that it is immodest to expose them. Is not her reasoning as good as ours? It is the same reasoning applied to a part of the person our women expose freely. The Chinaman shaves his head and wears a

queue. Why? Because, not so many generations ago he was ordered to do so by his conquerors, who wished to distinguish him by this peculiar mark. Today, the Chinaman cherishes his queue almost with superstition. How absurd! Is it more absurd than to begin wearing clothes for warmth and end by declaring we must wear them to hide that nasty, shameful thing, the body? That is glorying in shame with a vengeance. Just a word more concerning the Chinese, who are so careful to keep covered. In their licentiousness, they are the vilest and most beastly of any people I ever have read or known of.

Well, what I believe is this: That if you will rear boys and girls in naturalness, giving them free sight of nudity, teaching its beauty, urging them to emulation of that beauty, letting them know that it is attainable, or proximately so, by them all, making them see the advantage of being beautiful, and finally feeding them for strength and health, then there will be but little of impurity in their minds. Suggestion, mystery, secrecy, ignorance and improper food, combined with imperfect physical development, are responsible for impurity. Nudity and knowledge are the cure.

"These college sports are simply outrageous," exclaimed the good woman, looking up from her newspaper.

"What's the matter now?" her husband asked.

"Why, the paper tells that a man from Yale beat McCracken of Pennsylvania with the hammer something terrible."—*Philadelphia Record*.

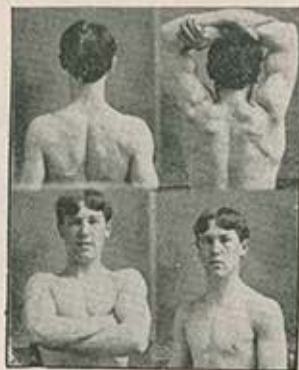
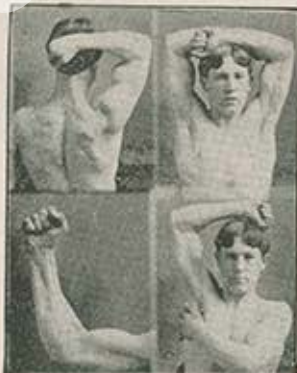




J. M. AUSTIN, OF MIDDLETOWN, N. Y.  
Mr. Austin claims to have been a weak, consumptive youth when he first began exercising.



A. E. SMALL, OF BUFFALO, N. Y.  
Showing the results obtained from his efforts in physical culture.



G. H. HILDEBRAND, OLYMPIA, WASH.  
He states that he neither drinks, smokes nor chews; that he reads PHYSICAL CULTURE regularly, and owes his fine muscles to regular exercise.

## STRONG, BEAUTIFUL BODIES FOR GIRLS AND YOUNG WOMEN.

By Bernarr A. Macfadden.



HE writer has maintained in this magazine since its inception that there should be but very slight difference between the strength of man and woman—that the proverbial feminine weakness is simply the result of growing into womanhood

caused by the terrible corset. If a girl should happen to possess good health and a vigorous and beautiful body at the time she is supposed to enter this slavery to conventionality, the natural desire to romp, play and run is soon stifled by these horrible enemies to the development of perfect womanhood.



MOULIER SISTERS, HORIZONTAL BAR EXPERTS.

hampered by the conventional skirt, the bigoted prejudice of parents against play of a romping nature and with the internal organs distorted, bruised and dis-

The ability of woman to develop muscular strength and skill equal, and at times, even superior to that of a man, is illustrated with startling emphasis by the



MOULIER SISTERS.

Moulier Sisters, horizontal bar experts, recently performing at one of the vaudeville houses in New York. These sisters are but mere girls in age, and still they perform feats equal and even superior to some of the best male athletes, and the writer never saw male athletes of their youth who could equal them. They have been trained almost from infancy—their father states that they began when they were only three years of age. Their strength and agility, even if possessed by boys of their age, would be considered marvelous. No one but those who are familiar with the great strength and skill required in performing some of their feats can realize the wonderful power hidden under their satiny, beautifully-rounded muscles.

Was ever the falsity of woman's absurd fear of developing huge, unsightly muscles from physical culture so emphatically proven? Not a sign of those cord-like muscles. Nothing but symmetry and beauty of form that any society woman would give half of her life to possess.

Kate Moulier is just sixteen years of

age, and is the slighter figure in the photographs here shown. She weighs one hundred and fifteen pounds; but notwithstanding her youth, slight, though extremely symmetrical, build, she performs swings at arms' length around the bars, somersaults between bars, and numerous other feats only attempted by well trained male athletes.

Elsa Moulier is six months past seventeen years of age, weighs one hundred and thirty-five pounds. She performs some of the most difficult feats ever attempted on the horizontal bars—back and front full swings at arms' length around the bars, back and forward somersaults behind bars, forward somersault between bars while blindfolded, and double somersaults. One feat, a double forward somersault from a backward full-length swing around the bar, the writer never saw successfully performed before but by one male athlete.

Here is an example in the physical training of girls that may well be followed



MOULIER SISTERS.

by every parent who desires to see his daughters grow into strong, beautiful women. They need not be acrobats, but develop within their bodies the same strength, grace and superb beauty. To do all this it simply requires that the entire muscular system of your daughter be given regular and systematic use. It simply requires that the physical powers be perfected by regular training.

Nervousness, headaches, hysteria, fainting spells—could you imagine a girl with muscles like these ever suffering from such afflictions?

It is all a matter of training! Most any girl could possess the same strength, the same beauty of body as these athletes if she would make the necessary efforts.

All girls can not have beautiful features, but there is not the slightest excuse for their failure to possess the beautiful bodies produced by the rich blood of per-

fect health.

Do not make your girls invalids for life by your insane devotion to conventionality. If they do not possess similar health, strength and beauty of body to those whose photographs appear here, make them begin to develop it now.

**IT IS YOUR STERN, PARENTAL DUTY.** Neglect it and you are worse than a criminal, for your daughter has the choice between superb health and its accompanying conditions and weakness, disease and its accompanying misery and ugliness. It is within the power of parents to influence their choice.

Parents may commit the crime of neglecting this important duty now, but light is dawning, and freedom is in sight—freedom mentally, freedom physically—freedom from bigoted prejudice, and from the ugliness, disease and weakness that accompanies it.

"There is no tonic in all the world like work," Mr. Silliman said yesterday. "It is giving me renewed vitality, and it has fed my vitality all my life. If a man wants to live long and prosperously, he should first set himself to work, taking heed as to the way he goes about it."—B. D. SILLIMAN, a 95-year-old New York lawyer still in active practice.

About the first of April I bought **PHYSICAL CULTURE** (April number) and began to practice the **Resisting Exercises**. In thirty-three days my biceps increased one inch, now measuring twelve inches; my entire physical condition immensely improved; my skin became absolutely free from all affection of any kind—a constant bilious condition disappeared and I have gained four pounds—all muscle. In fact, I have developed muscles on my arms and chest, the existence of which I was ignorant. My occupation (dramatist) is sedentary—but by closely following directions given as to diet, dress, sleep, etc., I have attained a physical condition equal to that of men who labor constantly in the open air. I work in all one hour daily. I cannot commend your teachings too high-

ly.—MARK E. SWAN, 1358 Broadway, New York.

I feel indebted to you, through your medium, **PHYSICAL CULTURE**, for the perfect health which I now enjoy. Please accept my many thanks for it. One day in March I passed a news stand and your magazine attracted my attention. I bought it and read it through, and your road to health impressed me favorably, and the next morning I exercised and took a bath; have taken them regularly ever since, and expect to continue. I have experienced surprising results. For the last two or three years, I have had pimples on my face, and after breakfast I would always feel nauseated, and now my face is free from these, and my stomach is in much better condition, and I feel indebted to you for it.—FRANK L. LATHROP, Berkeley, Cal.

I think your paper is one of the most valuable magazines published at the present day. I would not take hundreds of dollars for the information and inspiration I have acquired from reading it.—W. W. CHASE, 66 S street, N. W., Washington, D. C.

## SOME "HOME TRUTHS"

By Charles E. Page, M. D.

WHEN one undertakes to show the way, he should know something of the path," wrote Sir William Gull, and further: "In therapeutics this has often not been so; but the most confident have generally been the most ignorant and dangerous guides. Nor is this criticism confined to unlearned men so-called, but honored and acknowledged authorities have often been proved by the course of time to be as dangerous as the more ignorant and unlettered. What shall we do? Rest and be still. The workman who made the machine can repair it, all hindrances being removed. Study the hindrances, acquaint yourself with the causes which have led up to the disease. Don't guess at them, but know them through and through if you can, and if you do not know them, know that you do not and still inquire. Cannot is a word for the idle, the indifferent, the self-satisfied, but it is not admissible in science."

The first sentence of the above chiefly engages our minds in connection with the topic in hand, that of physical training—all-round training for health—and the present writer; but the entire paragraph is so meaty and significant that no apology is offered for quoting it. One who, from a depraved state of "health," has brought himself into typical physical condition, so that at the age of sixty he is still as limber, supple and strong as most "good men" at thirty or forty; and who has been able to train many hundreds of the worst subjects, fat, soft, ill-conditioned, many of them deeply diseased, into fairly good condition, many of them, indeed, into splendid physical condition, may be said to have the right to say, "I know the way."

Physical training, as the term is commonly applied, means one thing; physical education means many things, all things, indeed, that have to do with "running the machine," to put it in condition when out of gear, so to say, and to keep it in shape thereafter. Health, strength, suppleness, a body at ease and free from all manner of

inconvenience; mind alert and usually tranquil, not easily disturbed—this is the true object of physical education. Thus equipped, men and women are in a position to do the most possible good, and to enjoy to the fullest all the legitimate pleasures of life. As the good business man desires only just about enough capital to do business economically, with no "loafing" surplus, so the wise man in ordinary life should acquire about the proper amount of muscular development, so that he may, without inconvenience, keep himself up to his appropriate "concert pitch" in vital stamina, with no lapses for fatty degeneration, such as most of our prize-fighters and six-day runners and bicycle century runners undergo during their intervals of rest. The chief value of their examples, together with those of acrobatic and circus performers, lies in their public exhibitions of what the human organism is capable of doing under training. If these extraordinary men and women can accomplish that, we, the common people, may, if we will, plainly see that we can bring our bodies into normal and desirable condition; and certainly there is at present great reason for the hope that more and more progress will be made from year to year along these lines. But, what will the doctors do when the laity learn how to get well and keep well? We can go to building stone wall, for that matter; but even at the present rate of progress in this matter, and especially in view of the slow disallusionment of the people as to the alleged virtues of drug poisons in the treatment of disease, it will be many generations before the term, "medical men," will become a reproach, and the tactful, fashionable drug doctor cease competing with the advertisers and vendors of proprietary "remedies!"

PHYSICAL CULTURE is constantly giving its readers admirable instructions in all-round muscular movements, together with sound advice in an interesting manner on health topics in general and particular, and its rapidly increasing circulation indicates very clearly that its labors are be-

gining to be appreciated. Of course we all know that there has never been a time, no matter how remote in the past, when any one would deny that the one grand blessing of all that could come to us is the fullest degree of health and strength of body and mind; but, really, the great proportion of people hope for this great gift by inheritance, or sheer good luck, and when they find themselves becoming frail, delicate, or seriously diseased, instead of looking about them for knowledge, for the aid of some expert in hygiene, to help them into condition, they consult some "druggist," no part of whose business is it to know much, and least of all to teach much, of the true means of righting wrong conditions.

"So to observe Nature as to learn her laws and obey them, is to observe the commandments of the Lord to do them. It has so long been the habit to exalt the mind as the noble, spiritual and immortal part, at the expense of the body, as the vile, material and mortal part, that while it is not thought at all strange that every possible care and attention should be given to mental cultivation, a person who should give the same sort of careful attention to his body would be thought somewhat meanly of," says Professor Maudsley. "And yet I am sure that a wise man who would ease best the burden of life, can not do better than watchfully to keep undefiled and holy—that is, healthy—the noble temple of his body. Is it not a glaring inconsistency," he asks, "that men should pretend to fall into ecstasies of admiration of the temples which they have built with their own hands, and to claim reverence for their ruins, and, at the same time, should have no reverence for, or should actually speak contemptuously of that most complex, ingenious and admirable structure which the human body is? However, if they really neglect it, it is secure of its revenge—no one will come to much by his most strenuous mental exercises, except upon the basis of a good organization; for a sound body is assuredly the foundation of a sound mind."

Now, the prayer-cure don't seem to amount to much, really, in the promotion of health, strength and suppleness. Neither will abstinence and chastity alone

do more than partially counteract the lack of physical exercise; it is the latter which must be chiefly relied on to prevent disease. Physical vigor is the chief condition of permanent health, says that prince of hygienists, Dr. Felix Oswald. "By increasing the action of the circulatory system, exercise promotes the elimination of waste matter and quickens all the vital processes, till languor and dyspepsia disappear like rust from a busy plowshare."

It has not been my thought in preparing this paper to tell pretty stories concerning the construction of the human body, the composition of its tissues, the different gases, liquids and solids entering into the formation of the wonderful structure which the human body represents, however entertaining, and, in a way, instructive, all this might seem to you.

The aim I have in view is a practical talk on health and disease; and I shall try to present the subject in a way that should prove helpful to every earnest student.

With malice towards none; with charity for all; with all honor for the great body of medical men throughout the civilized world, whose practices in many respects are believed to be unnatural and mischievous, owing to false teachings which have been handed down from generation to generation, and which are the relicts of barbarism, I shall endeavor to point out the right method of living for health, and the errors of the prevailing medical treatment of sick people. It was the well-known remark of Prof. James Gregory, who added as much reputation to the medical department of the University of Edinburgh as any other member of its faculty—that "ninety-nine in the hundred medical 'facts' are medical lies, and most medical theories are stark, staring nonsense." Dr. John Kirk, also of Edinburgh, declared that it took half a lifetime for the average student to unlearn the false teachings of the medical schools.

Something like twenty-two years ago I seemed likely to follow the footsteps of my mother, brother, sister, and several aunts, uncles and cousins into a consumptive's grave. By means of an abrupt, right-about-face, the abandonment of drugs, a radical modification of about all my living habits, practices, I may say, which are all

too prevalent in our civilized, that is, artificial, life, and so conducive to disease that we seem to be living in a drug-and-doctor-ridden world—by this radical change in my manner of living, as I was saying, I brought myself to a typically healthy state, so that for the past twenty years I have not known a sick day, and at the age of sixty years, am as supple, strong and well-conditioned, mentally and physically, as any one could wish to be. To a thorough mastership of the art of physical training and a knowledge of all-round dietetics I can attribute this wonderful renovation of a diseased and almost worn-out body.

In that olden time I was afflicted with all manner of doubts and fears, not fit to live and certain that I was not fit to die; but with returning health the skies cleared, and everything appeared calm and serene; hence my approval of the sentiment of the hygienic philosopher who said: "Were I to become at all disturbed in my mind concerning the future life, or the salvation of my immortal soul, I would suspect physical decline, and begin reformation by making every possible effort to improve my physical health;" for no other thing exercises a more powerful influence over the conduct of life. A patient, writing to Dr. Cheyne, observed: "I am not conscious of the decay of any of the powers of my mind. My family suppose me in health; yet the horrors of a madhouse are staring me in the face. I am a martyr to a species of persecution from within, which is becoming intolerable. I am urged to say the most shocking things; blasphemous and obscene words are ever on my tongue."

The Prayer Cure: I have never been able to see any objection to the plan of praying

for health, providing the patient doesn't rest his case there; but if the procedure tends even in the remotest degree to make him do this, I am sure that it is very bad treatment. It is as easy for some persons to pray as to loaf and overeat; they can pray three miles easier than run one, and they take it out in praying. These saints develop (or try to) their mental and spiritual faculties, but neglect to take proper care of their bodies, and this is self-abuse of the worst kind. Since the soul is confined within the body, the laws which govern that body must be obeyed, else the soul and mind cannot expand naturally. The average middle-aged saint, says a writer in *The Young Men's Magazine*, is not healthy-looking, nor has he as well shaped a body as his framework will allow. He is in this shape through neglect of exercise, improper eating, etc. The saints must have stronger bodies to bear well the burdens and heat of the day that soul-winning and bread and butter earning casts upon their shoulders. They must exercise; exercise as regularly as they say their prayers if they would acquire and maintain condition. When young men sit and listen to a preacher or layman who has a belly like a wash-tub, and by his general appearance shows that he is overfond of the indulgences and good things of life, they turn their heads and minds away and say, "Physician, heal thyself." They reason something after this fashion: "What sympathy has this over-fed, lazy, big-bellied man with me? I don't want his kind of religion, if he is a sample of what it does for a man!" Exercise, then, ye saints; not to see how large a physical development you can gain, but for health, which will make you more of a power in the world for good.

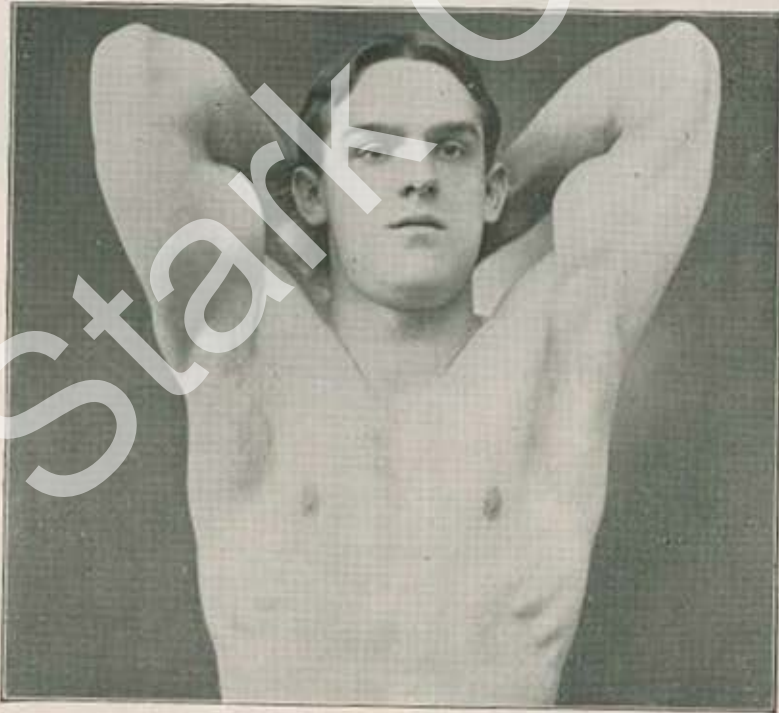
The average head of the family with marriageable daughters will marry them off to any old thing in pants that has money, without the first thought as to his physical condition. The same person would lead a heifer ten miles and spend a hundred dollars to improve the breed of his Jersey cattle.—*George's Weekly*.

I had a very severe cold at the time your article appeared on "Cause and Cure of Colds," and thinking it would not do more than kill me I tried it, and in a few days the cold was gone.—LOUIS P. RITTMAN, Providence, R. I.





EDWARD F. TOERGE, AT 16 YEARS OF AGE.



EDWARD F. TOERGE AT 18 YEARS OF AGE.

A remarkable example of the results of physical training in the son of Geo. Toerge, the Musical Director of Alvin Theatre, Pittsburg, Pa.

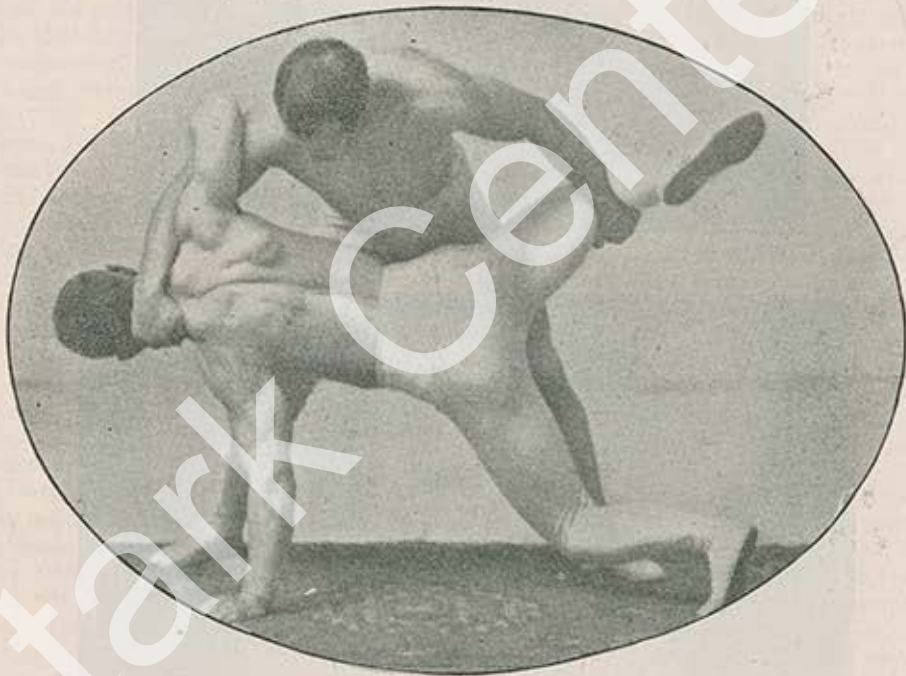
## THE MYSTERIOUS WRESTLER.

By Will M. Hundley.

**I**FIRST heard of Leon Jensen, the wrestler, through condensed Associated Press reports, while holding the position of sporting editor on one of the large dailies in a Canadian city. He was then touring the States west of the Mississippi, defeating all the prominent exponents of the mat. When he got into the central States, our exchanges and fuller

the charge of "selling out," their wretched showing indicating such, and some narrowly escaped mobbing at the hands of the infuriated bettors. But the mysterious wrestler went serenely on, startling the sporting world and pocketing good American dollars, as the result of his continual successes.

In our city there resided two wrestlers of national repute. One was Hal Woodbury, the champion and professor of an



"YOU CAN'T WRESTLE," AND HE COULDN'T, BEING THROWN IN LESS THAN A MINUTE.

telegraphic dispatches made me better acquainted with him and his powers. He was a mystery and a wonder. The most renowned athletes had not a "ghost of a show" against him, going down to defeat with, seemingly, but little effort on his part. Columns were devoted to the details of his personal appearance, of his marvelous agility and science, of the strange, nervous fear he created in his opponents, and of the exasperating ease with which he handled even the largest of his adversaries, who not only suffered humiliation for their easy defeat, but had to bear

aristocratic athletic club, and a special friend of mine. He was a refined gentlemanly fellow, college bred, and followed athletics for a livelihood for the reason that it was the most lucrative of any profession of his acquirements.

The other, Claude Hall, was second only to Woodbury. He was like most of his class—rough, dissipated, and possessed of but few traits to class him as a gentleman, but withal, he was a clever and powerful athlete and well able to cope with any man in the wrestling arena.

A year or more after his first appear-

ance in the States, Jensen invaded Canada, and his defi to all wrestlers was quickly accepted by Hall. The match created a furore in sporting circles, and on the night of the contest, the opera house was crowded, standing room being at a premium.

The stranger was the first to come on the stage. He was under the medium height, but his figure was lithe and well-knit. In size, he was only a welter-weight and would not weigh a pound over ten stone. His face was inclined to be thin, with dark complexion. His eyes large and steel-gray in color. Hair black and curly. Bearing calm, refined and determined; in all, his appearance was pleasing and interesting.

Hall soon followed, and made a great contrast compared with the small-built stranger, and on form was backed heavily to win, Jensen's backer accepting all wagers offered.

During the preliminaries of selecting a referee and the introductions, the stranger sat cool and collected, his eyes bent on Hall's face, who, by the way, appeared uneasy, as if impatient to begin. When time was called, Jensen stepped quickly to the centre. Hall came up slowly and apparently afraid. Looking him full in the eyes, the stranger said aloud as they shook hands:

"You can't wrestle," and repeated the assertion in a slow tone as they took the customary necklock.

Hall acted like a novice and was a mere plaything in the hands of his opponent. Suddenly, like the movement of a cat, Jensen secured the hip-lock and threw Hall heavily to the mat, square on his shoulders, winning the first fall. Hall got up in a dazed sort of way and was led to his corner by his second.

The audience manifested great surprise, and jeered Hall considerably. He seemed to have made no effort to wrestle; it looked very much as if he was faking.

When they stepped to the centre for the second bout, the stranger again remarked: "You can't wrestle."

And he couldn't, being thrown in less than a minute. There was a great hubbub from the audience, especially so among those who had backed Hall to win. Many climbed on the stage, threatening

violence to the defeated man, as a vile faker. He would have been used roughly had not the police interposed.

I interviewed Hall in his dressing-room. There was no doubting the genuineness of his chagrin over his downfall. The poor fellow shed tears while talking to me.

"I felt as if in a dream all the time," he said in explanation, "and when I took hold of him I didn't know what to do. It seemed to me that I had forgotten all I knew about the game. In my corner after the first fall, I realized I had been thrown, but the fact of it didn't occur to me as of much importance. While resting, my brain suddenly cleared and it dawned on



"I TOOK HOLD OF HIM AND DIDN'T KNOW WHAT TO DO."

me that I had been drugged. I felt strong and confident once more, and determined to handle that fellow in no easy manner in the next bout for this piece of underhanded work; but the moment I took hold of him, I felt the same dazed spell coming on me as at first, and I was thrown in a jiffy. I remained in that state till the people came on the stage, called me hard names and denounced me as a fakir, then it was that I realized how I appeared to them. It broke me all up to think my friends would suspect that I sold them out."

He was heart-broken over his miserable showing. I left him sitting with his face buried in his hands.

My article on the contest created much



JENSEN WAS LIKE AN EEL AND ESCAPED POWERFUL LOCKS AND HOLDS.

comment, many of the superstitious declaring that Hall was bewitched, while the more practical ones denounced the whole thing as a "skin game." The matter was soon dropped, however, because of the new interest aroused by a match that was almost immediately made between Hal Woodbury and the stranger.

The match was of national interest, and the music hall, which was hired to accommodate the people, was crowded to the doors.

I was Woodbury's second, and, for reasons of my own, stood in front of him to prevent the stranger from sizing up his opponent during the preliminaries.

When time was called, the professor went quickly to the centre without once looking into the face of the stranger, and began to force matters. Woodbury was much larger than the stranger and very scientific, but the latter was like an eel and escaped the powerful locks and holds of his large opponent time after time. Finally, the professor secured that dread hold—the hammer-lock, and threw the stranger. Time of bout a little less than half an hour.

During the intermission between bouts and while the audience was going wild with applause, Woodbury sat talking with me in a highly pleased manner. He had given the wrestling wonder the first fall of his life.

"Let me see how he looks now," said

Woodbury, and he leaned out and peered around me, meeting the stranger's eyes bent on him with a serious, steadfast gaze. "Ah," he exclaimed, but it was more of a sigh than an exclamation. He leaned back in his chair and sat quietly during the remainder of the intermission, without a word to me.

When time was called for the second bout, the stranger stepped to the centre of the mat and said, as Woodbury advanced:

"Woodbury, you can't wrestle."

The professor made no reply, but gazed at his opponent in a bewildered way. Taking the preliminary hold, the stranger pushed him about the arena for a moment, then, without any waste of maneuver, he turned quickly, catching Woodbury on his hip, threw him with crushing force, flat on his back.

My private opinion was verified, and without hesitation, I stepped to the footlights and, addressing the audience, denounced the stranger as a hypnotist and explained my reasons for the charge. There was an amazed, incredulous silence for a moment, then as in the first match, the bettors made an angry rush for the stage, but were repulsed by the prompt action of the police, who, to appease the clamorers, arrested Jensen and his backer.

The referee declared the match a "no contest," with all bets off.

The next morning at a preliminary hearing, the formal charge of "using an



THREW HIM WITH CRUSHING FORCE FLAT ON HIS BACK.

undue influence to defraud" was made against Jensen and his backer, and they were removed to jail to await trial. They were consequently in very low spirits and felt they were in a serious position. When I called for an interview, I was received coldly, as might be supposed, being the author of their incarceration, but was not to be baffled in my mission. Dwelling on the seriousness of the charge under the Canadian law, I succeeded in greatly frightening Jensen. But I at once assured them that it was in my power to secure their release, on a certain condition, and that condition was a written confession from Jensen explaining his peculiar power by which he influenced his opponents. He demurred, but finally agreed to my terms.

On visiting them in the evening bearing an order for their release, secured through the influence of our editor-in-chief, Jensen handed me the following written confession:

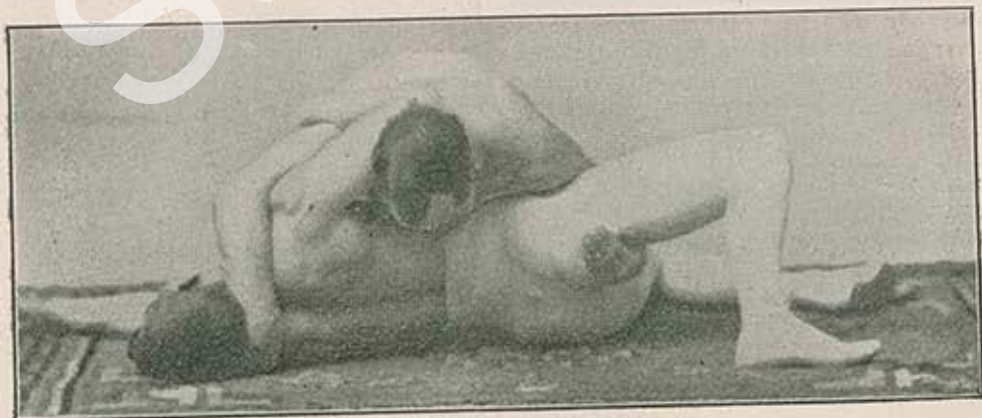
"I was born in Holland thirty years ago, of Dutch-Spanish parentage. My father was a banker and I had every advantage. At the age of sixteen I entered the university at The Hague, graduating five years later. During my university course I devoted much time to athletics, and became proficient in many of its branches, especially so in wrestling. Soon after leaving the university I became interested in hypnotism. I found I had a very dominant will-power, and I cultivated that occult science till I could wield its influence to suit circumstances—make a man a helpless, inanimate being, or, if it suited my purpose, only daze or bewil-

der my subject, as I did in the case of Hall and Woodbury. I never thought of utilizing the science for any purpose other than amusement till five years ago, when my father died hopelessly involved, leaving me a living to make. I determined to try athletics for a livelihood. I knew I could defeat any man living at my weight, but was no match for the heavyweights. After consulting my old college chum and backer, it occurred to him to bring to my aid my knowledge of hypnotism to make up what I lacked in physique. I did so, and have thrown every man I have met, both in Europe and America.

"My method was to catch the eye of my opponent, bring him under the influence till his will was pliable and he would obey any command or act under my suggestion, then I would say: 'You can't wrestle,' or some such remark, and, obedient to my will, would forget all his skill in the art. I always left him his strength, though it were of little use to him in his bewildered condition, and he would act as if consumed with fright. Thus, I went on in my successful career, free from suspicion as to the cause of my success, arousing only wonder at the power I possessed to engender abject fear in my opponent, till unmasked by Woodbury's second.

"I'll admit that the use of this power was, in a measure, fraudulent, but it is a well-known fact that many wrestlers, boxers and swordsmen, enfeeble their opponents by a nervous fear created by a bold, intense gaze and a show of aggressive confidence; while with me, I enlarged on these auxiliary methods and carried them to extremes."

"LEON JENSEN."



## TREATMENT OF CONSTIPATION WITHOUT MEDICINE.

By Dr. W. H. Steele.



REMEMBER many years ago of seeing a poor, half-starved, ill-cared for old horse dragging a loaded cart along a country lane.

He came to a little soft place in the road and nearly stopped, but by a vigorous application of the gad, his heartless driver succeeded in urging him through. A few rods further, and another place far worse was encountered, through which the poor old beast could not be forced by any amount of cursing or whipping. Now, my dear reader, if you are an habitual pill and purgative taker, you are in the same condition as that poor old horse, and the sooner you stop goading your bowels on to action by such means, the better it will be for you.

Stop abusing yourself by using improper foods, drinks, sedentary habits, and the like. Resort to rational methods to put yourself in a healthy condition.

**EATING, DRINKING AND FOOD.**—One of the first and most common causes of indigestion and constipation is the improper use and abuse of food and drink, and these evils must first be corrected.

All foods must be well cooked and thoroughly masticated, and sufficient food must be eaten to give the stomach and bowels *some work to do*, and still not enough to overwork or weaken them.

A very grave mistake made by nearly everybody who has suffered from stomach trouble, is to acquire the injurious habit of living on pre-digested and concentrated foods containing but little waste.

This is wrong, and if persisted in for a long time, is bound to bring on a weakened condition of the bowels. The law of "exercise for strength, and inactivity for weakness" is just as applicable to these organs as to the arms or legs. Take but little drink with your meals, and let that be warm.

Leave strong tea and coffee alone, as well as all kinds of iced drinks, sherbets,

etc. Encourage a desire for good, pure water three or four hours after meals. You can never be healthy without it.

Whole wheat bread, rye bread, etc., corn meal mush, well cooked cereal foods, strawberries, figs, baked and stewed apples, peaches, lemons, oranges, cranberries, tomatoes, stewed prunes, olive oil, the nut oils, and cream, are all laxatives, and when judiciously used, are of great benefit in overcoming this trouble.

Other good, wholesome foods for which you have an appetite and which agree with you, can be added to the above list, and varied as will be best relished.

**FRESH AIR AND EXERCISE.**—These must *both* be taken in liberal quantities in order to tone and build up the whole system.

It is impossible to regain or maintain a condition of health in any one organ or part of the body and allow the rest of the system to remain dead or torpid. A perfectly healthy body is a perfectly balanced one.

The exercises most beneficial in constipation are those bringing into action the abdominal organs and muscles. Striking, bending backward and forward and sideways, right and left, and the swinging exercises, are all good.

The latter I *especially* recommend, as very beneficial in arousing to action torpid bowels.

Stand on the right foot, swing the left foot, body and both hands forward; then backward ten or twelve times. Then change to the other foot, and go through the same movements. Do not try to see how fast you can perform the exercise. Practice it with an easy, swinging motion, and do not continue to the point of weariness.

The breathing exercise, mentioned by the editor in January **PHYSICAL CULTURE**, is also good. The best time to practice this breathing exercise is an hour before meals.

Among the outdoor exercises, I con-

sider rowing the best of all, although horseback riding, walking, and many outdoor games and sports furnish healthful exercise.

**MASSAGE, ETC.**—These are good, but like other good things in life, must not be abused.

As there is always more or less tenderness where there is chronic stomach and bowel trouble, the massage treatment, here advised, should be applied by the *patient's own hands*. It is then easy to tell just how much can be borne comfortably.

Take some white vaseline oil and rub over the parts to be treated. Begin at the right side, and draw the fingers of both hands across the abdomen toward the left side, six or eight times. Repeat this from left to right, and finish by drawing them from the lower part of the abdomen upward.

Now go over the abdomen, stomach and right side, gently tapping with the fingers.

This treatment is best taken in the morning before arising. Too much force must not be used at first. Begin very gently, and gradually increase to the proper point as the organs become more vigorous.

**FLUSHING THE COLON.**—There is no doubt that this practice has been very much abused. Flooding the bowels with large quantities of hot water, unnaturally distends them, thereby destroying their muscular tone and activity, leaving them in such a relaxed, distended condition that they cannot properly perform their functions.

Do not use an enema unless absolutely necessary, then use a reasonable quantity of water and of proper temperature to be comfortable.

Lay out a daily programme and then live it out without worrying as to the result. When the means here advised fail, take a flushing, but only when absolutely essential, as the object of this treatment is to bring the bowels into a condition where they will *act naturally* and without assistance. The following is a daily programme that I have known to be very beneficial. It may be varied as deemed necessary to suit each individual case:

A half-hour before arising massage the stomach and bowels gently, five or ten minutes, after which place the open hands

on the abdomen and remain quiet for twenty minutes. Eat a light breakfast, making some of the fruits mentioned above, one of the main features.

After breakfast, practice mildly the swinging exercise five or ten minutes, then go to the closet. Encourage a desire for water an hour or so before dinner, and practice the breathing exercises fifteen minutes. Do not do any work, either mental or physical, for an hour after dinner. Drink water and take breathing exer-



THE "SWINGING EXERCISE"

ercise before supper, and exercise ten or fifteen minutes before retiring.

The mind can be of great help in overcoming this trouble. Have a regular time to empty the bowels. Be regular in your habits, eating, bathing, exercise and sleeping. Do not worry, overwork, keep late hours, bolt your food, or do anything to lower the tone of your health. *And lastly*, leave *all kinds* of patent medicines absolutely alone, as they can only result in injury.

## THE PERSIAN BATH.

PERFORMER WALKS ALL OVER THE VICTIM, WORKING WITH HIS TOES,  
AND THE PATIENT FEELS BETTER (AFTER IT IS OVER).

**W**ISH to be trampled on? Then take a Persian bath. It is the newest thing. To become a human scaling-ladder, a human doormat, a human football, is to prove your title to be called fashionable—and these are the salient features of a Persian bath.

The Persian masseur works with his feet. He gets more action that way than he could with his hands. When he promenades gaily over the prostrate forms of the elect, they are flooded with great waves of health and strength.

First the victim crouches in a sitting posture, with his chin on his knees, his hands gripping his ankles, and his back inclined at an angle of forty-five degrees, and the operator begins to walk up his spine.

They are good climbers, these Persian masseurs. They can scale the steepest and most slippery backs without the aid of an alpenstick. One might suspect them of dusting the soles of their feet with resin, but the real secret of their profession lies in their prehensile toes.



CLIMBING THE  
VICTIM'S BACK



BEGINNING  
THE DESCENT

Meanwhile his hands are not idle. Subordinate as they are to the feet, they pave the way for those members by clutching and kneading and slapping at the flesh in the region of the shoulders.

Sinbad's tribulations with the Old Man of the Sea were not greater than those of the votary who immolates himself on the altar of fashion by taking a Persian bath. With neck bowed down like an ox beneath the yoke, suppressing his groans as best he may, the heroic bather feels his tormentor stand at length triumphantly on the top of his spine. For a minute or two, the operator executes a pedestal dance on the nape of the patient's neck; then he wheels about and descends as slowly as he has climbed, repeating the punishment first inflicted.

That is only the beginning. To brace himself for the remainder of his ordeal, the victim takes a rest, smokes a cigarette, and drinks Persian coffee out of a cup a little larger than a thimble.



At the call of time, he stretches himself on his back, and the operator resumes his attention by walking up his legs, one at a time, from ankle to hip. This exercise is pursued as slowly and carefully as the back-climbing and descending.

The legs having been disposed of, the operator gives a tight-rope performance on each outstretched arm in turn. Then he does a jig on his patient's chest and

abdomen.

The last act of a Persian bath is bathing. If the patient has lost consciousness, a stream of water from a hose brings him to, and after some steaming and soaping and anointing, he puts on his clothes, and struts forth with the consciousness that he can do no more for fashion and Persian hygiene can do no more for him.—*The World*.

## MISCELLANEOUS ITEMS.

### A MINISTER'S COMMENT.

**I**HAVE just read your editorial in defense of the nude subjects that you are publishing, and notwithstanding the protests cited, I must say that I can not agree with your eritic. I may be in radical disagreement with my profession, but I cannot see the impropriety in such display of the "Form divine" as you have made since I have had the magazine in my home. While these words are not intended for publication, yet I feel constrained to commend your editorial in question, and in agreement with your position is the statement from the BOOK of highest authority, that "To the pure all things are pure." Perhaps I should have been an artist rather than a preacher, but I can see nothing in the world about us more worthy of pure admiration than these supremely beautiful bodies. "So fearfully and wonderfully made." I am sure that what has been displayed as master pieces from the artist's brush in magnificent paintings, can well be worthy of reproduction in your magazine. I appreciate every thing in it, from cover to cover.

W. E. Z.

I am a member of the local Y. M. C. A. board of directors and feel confident that no one, there connected, would reject PHYSICAL CULTURE from the reading-room.

I consider your magazine the most valuable of any yet published, for it teaches us to build a firm foundation upon which to receive those publications which are styled for the minds only.

In regard to the so-called "objectionable illustrations," I sincerely hope the good they will do, the purer minded will not be discontinued to please the weaker.

C. FRANK WAUGH.

The body is the instrument of the soul, through which the mind expresses itself; keep the instrument in good condition and the machinery well oiled by physical exercise, and the mind will express only pure and healthy thoughts.—S. S. B.

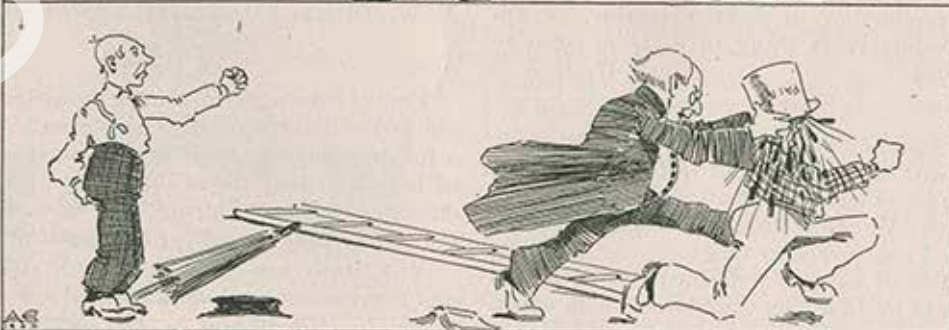
I have great faith in exercise. My wife could walk but twenty steps when I took her from her home; she took one half bushel bottles of medicine with her. I threw them all away. I introduced plenty of fresh air to our sleeping room, sent her out walking between five and six a. m. In less than six months she could walk four miles from home and return, with an extraordinary appetite for breakfast on her return, which I prepared.

J. W. DICKEI, Minister U. B. Church.

Emily Brown, a pretty eighteen-year-old girl of Cold Spring, N. Y., completed a fourteen days' fast to-day, and by advice of her physician, ate an orange and some shredded wheat. During her fast, the only thing that passed her lips was water.

Miss Brown was a sufferer from hysteria and nervousness, and upon medical advice, fasted to cure herself. Her health is greatly improved.—*The World*.

• THE DRAGON WASN'T SO EASY AS ...  
... HE LOOKED ...



## EDITORIAL DEPARTMENT.

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

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

**W**HAT is disease? Does anybody know? The writer does not claim to know much. He is only a student, but even a dull-headed ignoramus, who studies the human body in its various conditions, cannot help but conclude that disease is usually produced by abnormal causes—that it is a process of cure. It is the result of the efforts

Disease—  
What is it?

on the part of the functional system to bring about a normal condition of health.

It is the route back to health.

It is the means adopted to throw off the various accumulations of foreign or impure matter which has interfered with the normal condition of health.

A disease becomes chronic when the conditions producing it become chronic.

If a boil appears on the body one does not usually adopt means to drive its virulent contents back into the system, but allows it to run its course, or else tries to hasten the process of expelling the impurities it contains.

Nearly all diseases can literally be compared to a boil. A boil rids the system of impurities—it is a means adopted to reach normal health.

Nearly all diseases are similar. When they appear they are like a boil in its first

stages. They are preparing the way for the expulsion of impurities with which the system is overloaded.

Even if it were possible with the use of a drug to cure or drive into some other channel a disease immediately upon its appearance, it would be like driving the contents of a boil back into the system. The disease must run its course—IT IS THE PROCESS OF CURE.

If this great truth can once be thoroughly understood, one need never have the slightest fear of any disease. To be sure, many deaths occur from these diseases, but this is brought about by over-feeding, lack of pure air, and the use of drugs.

There are, of course, rare occasions where the accumulations of impurities are so copious that the symptoms of the disease assume such virulence as to cause death, but such cases are extremely exceptional, and only occur when the patient's habits have been most uncommonly perverted.

Nearly all deaths from such diseases as diphtheria, pneumonia, scarlet fever, consumption, pleurisy, and other complaints resulting from filth in the system, are caused by the treatment administered, or gross errors in the habits of life.

We hear so much about physicians experimenting on animals, that they may

accurately determine the course of a disease, and the necessary remedies to check it. They learn nothing from this! If they are really desirous of securing knowledge, let them produce a disease in a healthy animal, then leave it free to act as it chooses. It will be guided by instinct in the treatment of the disease, and no physician ever has lived or ever will live who is not a pigmy in knowledge, if compared to the Omnipotent Power under whose guidance each and every animal species has evolved to their present condition.

Every dose of medicine, not used for antiseptic purposes, every mouthful of food, not strongly craved, given to a patient suffering from acute filth diseases, such as pneumonia, diphtheria, rheumatism, and complaints of a like nature, retards recovery just that much.

Nature understands her business. The stomach knows when it needs food, far better than any physician. When the need exists, there is a desire that admits of no question. Thousands are now being annually murdered by ignorant practitioners who insist on feeding when food is an actual poison.

Talk about wars—about savagery! Why, we are to-day in a condition far worse than any savagery that ever existed. We are suffering from an incubus of so-called science that murders millions with its frightful ignorance. A science which is fighting Nature; which says in so many words that Nature does not understand about disease; that the stomach does not know when it needs foods; that poisons are necessary in curing disease; that fresh, pure air is dangerous! Great heavens! Where will this all end?

As these words are being written, there is a great conference being held in this city by representatives from all parts of the United States, whose object is the evangelization of the world. They send missionaries everywhere. If there is any place on earth where missionaries are needed, it is right here and right now, and they are needed probably right among

these religious enthusiasts as bad as anywhere else.

We are not enemies of religion, but the very first religious duty of every human being is to make his body wholesome, strong and healthy, and to acquire the knowledge essential to the retainment of this condition. But few possess this health and strength, and furthermore, do not know the most common rules for acquiring it.

In the homes of each of these religious zealots murder is being committed daily because of ignorance. Because of improper food and care their children become weak and unsightly, and acquire diphtheria, measles, scarlet fever, and other filth diseases, and added to this, they allow them to be treated by deadly drugs and thus kill them by the score. They allow ignorant physicians to force feeding when the stomach cries against it, and when the sense of even an idiot would denote that food was not needed. The horrible results of their ignorance can be seen in the white faces, shapeless, emaciated bodies of the children they curse after bringing into life, and the writer ventures the assertion that the savages they are endeavoring to convert are far better off than they.

These savages breath fresh, pure air, they eat wholesome food, they do not deform their bodies with corsets, and when disease attacks them they have sense enough to know that the dictates of the appetite must be obeyed.

The writer dares any physician to try natural remedies on a case of diphtheria, scarlet fever, measles, or any other filth disease of like character. What is the difference as to the name? All these filth diseases are produced by similar causes, and can be cured by similar means. Under such circumstances, the system is overloaded with impurities and other foreign matter. The very first duty is to clean the body internally and externally, that the depurating organs may be able to eliminate this excessive accumulation. The body can be cleaned internally by internal baths or flushings—it can be cleaned externally and internally by bathing, hot air and hot vapor baths, and wet packs. Added to this, the desire for water, both

hot and cold, must be encouraged in every way, but unless you wish to commit murder, do not, under any circumstances, give food until there is an intense desire for it, and the sufferer should be encouraged to exercise, even if nothing more than rolling from side to side in a bed, and should never remain in a poorly ventilated room.

If these means are adopted immediately upon the appearance of the first serious symptoms, in nine cases out of ten, the physician will conclude that he was mistaken—that the threatened disease was not what he thought—for the patient will begin to recover almost immediately, and the severe symptoms—the days and weeks in bed will be avoided.

But treat the disease in the good old allopathic way—in the sort of get-a-man-down-and-kick-him-in-the-face style, and watch the results. It will mean days, weeks, and sometimes months, in bed, with death as a frequent finale. It will mean tightly closed windows, a poor, diseased, exhausted, overworked stomach—not only from food forced into it, but from vile, nauseous, poisonous drugs that were never intended for any human being to swallow. How on earth a sick human being can recover from such vile treatment is beyond the comprehension of the writer, for no healthy person could go through it without being made sick.

One of the greatest crimes against civilized humanity at the present time, is compulsory vaccination.

**Vaccination  
A Crime.**

A physician of many years' experience, well known to the writer, states that he has now on hand a case of pemphigus foliaceus, a loathsome skin disease, caused by inoculation with vaccine virus—that he has personally known cases of eruptive fevers, soriasis, eczema, gangrene, erysipelas, scrofula, leprosy, tuberculosis and even syphilis, to be caused by the same criminal practice of vaccination.

"Vaccination is the inoculation of a healthy person with pus poison, from a festering sore on a diseased animal, which may and often does cause most serious diseases and confers no certain immunity

against smallpox."—The Anti-Vaccination Society of America.

There were never words that rung more emphatically with truth than the above. "*The inoculation of a healthy person with pus poison.*" Let these words ring in your ears, and if you are in a community where the vaccination fever is compulsory, move immediately and leave the savages to themselves.

There is abundant evidence to prove that vaccination has caused some of the vilest of diseases, but no reputable daily newspaper would publish such evidence. It might offend some of their medical subscribers, and, any way, why attack popular prejudices, they will ask. Why, indeed? In other words, why be honest, when it is so easy to be a hypocrite?

The very foundation upon which rests the theory of vaccination is not tenable. The body is inoculated with a foul disease. As long as there remains in the system an influence exerted by this disease, just so long will it have some slight power in resisting the influence of a similar disease. But the moment one recovers entirely from the effects of vaccination, he is equally as liable to an attack of smallpox as before.

Anyway, what is smallpox? Nothing but a common filth disease, resulting from filth in the system. A person who bathes and exercises regularly, and who does not preserve and retain the internal bodily filth with alcoholic liquors, who refrains from gormandizing, need not have the slightest fear of smallpox. If he should be attacked by the disease, it will be so slight as not to be worthy of notice.

If you desire to find out the real criminal character of compulsory vaccination, a postal card to Frank D. Blue, secretary of the Anti-Vaccination Society of America, 1328 N. 12th street, Terre Haute, Ind., will bring evidence that will overwhelm the most bigoted prejudice.

This is the first time we have ever given a name and address in our editorial column, but if our readers will give this vital subject some attention, they will thank us a thousand times for calling their attention to the vast array of facts that condemn the vaccination scourge.

A correspondent writes as follows: "You advocate fasting as a cure-all. Why does the omission of one meal cause a violent headache if fasting is so beneficial?"

**Fastings and Headaches.**

Although the omission of one meal by one accustomed to three meals per day will sometimes result in a headache, it does not occur in every case by any means. A headache is caused by the condition of the blood—the lungs are unable to properly purify it, or the stomach is not digesting and furnishing the proper elements. The writer always acquires a violent headache if sitting in a very close, illy-ventilated room.

The mere fact that the omission of one meal causes a headache is ample evidence that instead of missing one meal, a dozen should be missed; for this headache is caused by the slime, or the remains of fermented food and other impure matter that has collected in the stomach, or has remained there from the preceding meal, and as no food is introduced to excite the flow of gastric juice or to dilute this impure matter, it finally flows out of the stomach and part of it is naturally absorbed by the circulatory system, and in the elimination of this foreign matter, one of the results noted is a headache.

All those who have tried the fasting cure for disease, know that for a few days they will have a fever of more or less intensity. And nothing indicates more strongly that the purifying process is under way than this one symptom. It is one of the means adopted to burn up or eliminate the rank impurities of the body.

The writer has only eaten one meal per day for the last week, though he usually eats two, and this has been his habit for fifteen years. Strange as it may seem to the average reader, the writer is at this moment undecided whether one or two meals per day are best for his particular needs. Lately he has begun to favor one meal while actively occupied with important mental work, though under other circumstances, two would undoubtedly be better.

Regardless of how much exercise one

may take, or how much care one may give the body otherwise, no human being can keep well for any great length of time, if he insists on eating three hearty meals per day.

Never eat unless you are hungry. Let that be an unfailing rule. If you have no appetite, wait for one. Food that is not enjoyed does one but little good. It is hunger—the thorough, the intense enjoyment of food that makes the saliva and the gastric juices of the stomach flow like a brooklet, and digestion and assimilation under these circumstances are accompanied by a feeling of satisfaction that no three-meal-per-day gormandizer ever enjoyed.

The writer eats one or two meals per day as he is inclined, because he is healthier, stronger, possesses more energy, more clearness of intellect under this regimen. On numerous occasions he has tried three, four, and even five, but he has always gone back to two with benefit.

Several years ago, when he was known as a professional wrestler, when he was compelled to do harder muscular work in training than any manual laborer, he ate only two meals per day, and one was usually only a light lunch, and his wonderful success in defeating these athletes, many of them being from ten to fifty pounds heavier than he, was due more to the light diet than it was to the training.

If his antagonist possessed more skill, more strength and weight, and if, in fact, he realized after the contest had progressed for a short time that he had met a better wrestler, he would use care to prolong the contest, depending on his endurance, on the superior quality of his muscle to win, and this always carried him through successfully, for, at his favorite style, out of the numerous contests in which he took part, he was never thrown.

The writer is not given to boasting, but he mentions this to prove the utter absurdity of the claim that three-meals-per-day are necessary to the acquirement and retention of the highest degree of physical health.

## QUESTION DEPARTMENT.

Q. Does fasting mean abstinence from water as well as food? Did Dr. Tanner in his forty-day fast drink any water?

A. Dr. Tanner drank all the water he desired during his fast. If deprived of water, as well as food, life can not be long sustained. In fact, the principle value of fasting is that a plentiful use of water washes out the entire internal organism just as soap and water does externally, and after the fast is over, the entire internal system has received a thorough cleaning.

Q. I am nineteen—want my legs made longer. Can you help me?

A. The leg exercises illustrated in this issue will make your legs stronger, and thus enable you to handle your body more easily and gracefully, but the writer cannot promise any increase of consequence in the length of your legs, though you should grow more under the influence of healthful exercise than you would without it.

Q. How would you build up the health of a woman of forty-five. She has a dry cough, rheumatism, dyspepsia and is "run down" generally.

A. Plenty of pure air. Never stay in a close room. Two meals per day only. A fast of a few days at the start would hasten recovery. Never eat between meals. A mild system of physical culture with plenty of deep breathing. Walk until fatigued each day.

Q. How can the hair be made soft and easily handled?

A. Frequent washing with high grade, weak alkali soap will usually bring about the results you desire.

Q. What is the proper way to breathe—upper chest by forcing the shoulders and collar bone up; or abdominal breathing, forcing the abdomen out.

A. In proper breathing, the abdomen is always forced out when the breath is inhaled. After you have drawn in all the breath you can, and while retaining this breath, if the shoulders are raised

strongly upward and backward, it will be a valuable exercise to keep chest and shoulders in correct position.

Q. My chest measures forty inches; my waist, thirty-seven inches. How much should I reduce my abdomen, and how can I do it?

A. In most well-formed athletes, there is from eight to ten inches difference between the size of the waist and chest. To be in fine physical condition your waist should not measure over thirty or thirty-two inches. To reduce the waist a thorough system of physical culture is advised. Be careful to practice diligently those exercises that strengthen the abdominal muscles. Long walks are especially advised—also exercise similar to jumping

Q. Think I have catarrh of the stomach. Could you give a remedy?

A. Try a thorough course of physical culture, preceded by a fast of from two to five days. Do not eat over two meals per day after resuming regular habits.

Q. When I blow or tap my nose lightly it usually starts to bleed. How can I remedy it?

A. This usually indicates a weakened condition generally, and the remedy is to adopt means to build up the muscular and vital strength with physical culture. Also use the wash recommended for catarrh in article "Cause and Cure of Catarrh," February and March issues.

Q. What is a good exercise for nervousness?

A. No one particular exercise can be especially commended for this trouble. What you need is to develop all the physical forces to the highest attainable degree of perfection. As you grow stronger the tendency to nervousness will gradually disappear. Be careful not to neglect outdoor exercises. Walking and inhaling long, deep breaths are especially important.

Q. Can I rid myself of rheumatic headaches?

A. A thorough system of physical culture. One meal per day for first week. Two meals thereafter. Encourage appetite for pure water.

Q. How can I cure pimples, clear the complexion and enlarge the bust?

A. The same means that are necessary for enlarging the bust will usually also cure pimples and clear the complexion. All exercises that tend to increase lung capacity and power will have a favorable influence upon the bust, and as the blood becomes richer and purer, the complexion will become clearer and the pimples will disappear. A question in reference to bust development was answered in the May number. Later, we expect to publish an article that will treat the subject in detail. The development of a firm, finely rounded bust is a comparatively simple matter by physical culture.

Q. I have had a severe case of writer's paralysis for about a year. I have tried medicine, electricity, and everything without benefit and am thoroughly disgusted and discouraged. What can be done for me?

A. All around physical culture for improving general vigor, and special exercises for using the fingers in every conceivable way that they are capable of being moved. Spend half an hour or an hour per day exercising the fingers in this way. Move finger backwards as far as possible, resisting the movement with finger of disengaged hand. Same exercise forward, then to one side, then to the other. Bend the finger joints, resisting the motion with finger of other hand. Go through all these exercises with every finger of each hand and exercise until muscle thus used is tired. Follow these exercises with a massage treatment of fingers, hand and forearm, rubbing and kneading every part thoroughly. This will cure writer's cramp in every case.

Q. Give exercise for broadening chest and shoulders.

A. The resisting exercises given in the April number is especially good for this purpose.

Q. I am troubled with enlarged veins just behind the knee of right leg, and with cramps in the legs when sleeping.

A. For enlarged veins hold knee in very

cold water as long as you can bear it twice per day. Also apply cloths wet in very cold water. Exercise of the leg muscles will lessen, and in time entirely cure, your tendency to suffer from cramps.

Q. When one becomes lame and sore after the first exercise, should he refrain from further exercise until the soreness has disappeared?

A. If especially stiff, it would be well to rest for two or three days, though, whenever the exercises can be made very slowly, without causing pain, they should be immediately continued. The soreness that remains will disappear much quicker under these circumstances. Rubbing and massage with alcohol is excellent to assist in remedying this condition.

Q. When the muscles are sore from exercise, is it an indication that the exercise has been too violent?

A. No, but it is usually ample evidence that too much exercise has been taken. Always begin moderately, gradually increase the amount of exercise day by day.

Q. I have a friend about sixty years of age who has developed a skin cancer on the face. It has been nearly three months in progress and is spreading rapidly. Can it be cured?

A. Yes; fasting will cure it. Read book on cure of disease by scientific fasting.

Q. I am troubled with a chronic tired feeling—my mother also suffers in this way.

A. Too much eating—too little exercise. Exercise vigorously on rising, follow by a cold bath. If cold after bath, exercise until warm. Eat only two meals per day, and don't "piece" between meals. Take long walk daily with plenty of breathing exercises. This remedy will undoubtedly effect a cure of your trouble.

Q. I have kidney disease. Have tried physicians and all kinds of drugs without benefit. Can I be cured?

A. Yes; exercise and fasting will cure you. Read book on fasting.

Q. Is baseball a beneficial exercise?

A. Baseball can be most highly recommended. The strength, activity and fine physiques possessed by professional players is ample proof of its benefits as an exercise.



T. G. MURPHY,  
Hotel Scott

..EUROPEAN PLAN..

1423-25-27 & 29 Filbert St.,  
PHILADELPHIA, PA.



**Become a Vegetarian**

And become stronger, healthier, happier, clearer-headed—and save money. Learn about Vegetarianism through THE VEGETARIAN MAGAZINE, (reduced fac-simile of cover shown here).



The Vegetarian Magazine stands for a cleaner body, a healthier mentality and a higher morality. Advocates disuse of flesh, fish and fowl as food; hygienic living and natural methods of obtaining health. Preaches humanitarianism, purity and temperance in all things. Upholds all that's sensible, right and decent. Able contributors. Has a Household Department which tells how to prepare Healthful and Nutritious Dishes without the use of meats or animal fats. Gives valuable Tested Recipes and useful hints on HYGIENE, SELECTION OF FOODS, TABLE DECORATION, KITCHEN ECONOMY, CARE OF COOKING UTENSILS, etc. Full of timely hints on PREVENTION AND CURE OF DISEASE. Gives portraits of prominent vegetarians, and personal testimonials from those who have been cured of long-standing diseases by the adoption of a natural method of living. TELLS HOW TO CUT DOWN LIVING EXPENSES WITHOUT GOING WITHOUT ANY OF LIFE'S NECESSITIES. EXPLAINS THE ONLY WAY OF PERMANENTLY CURING THE LIQUOR HABIT. WAYS TO INCREASE MUSCLE AND BRAIN POWER. Valuable hints on Child-Culture—how to inculcate unselfishness, benevolence and sympathy in children. A magazine for the whole family. Uniquely printed, well illustrated. Pages 7 by 10 inches in size. Published monthly. Sent postpaid to your address, 1 year, for \$1; 6 mos., 50c; 3 mos., 25c; 1 mo., 10c. No free copies. Send money to:

**P. KUESTHARDT,**  
Box 18, Port Clinton, O.

**The Art of Deep Breathing**

Calisthenics and Throat Gymnastics

Taught on Scientific Principles by

**MISS INEZ BROOK**

(Specialist.)

STUDIO - 305 FIFTH AVENUE.

Consulting hours, 11 to 12 5 to 6, or by appointment.



can be enlarged 1 inch and strengthened 50 per cent in one month by using the Hercules Graduated Gymnastic Club and Strength Tester 5 minutes each day. It will develop and strengthen the arms, chest, back and waist in less than one-half the time required by any other apparatus known. The busiest man can become strong and healthy by its use. Write for descriptive pamphlet and price-list to **HERCULES, Box 3559, R. BOSTON, MASS.**

**HOW TO BECOME STRONG.**

Health Attained; Ill Health Prevented.

A BOOK OF 64 PAGES ON

Physiology, Anatomy and Pathology of the Anus and Rectum; together with a description of Rectal and Anal Diseases—their Diagnosis and Treatment without Surgery. Fourth and enlarged edition, with over 100 illustrations and 100 testimonials.

Regular Price, 25c., but to Readers of "Physical Culture," 10c., post-paid.

Address the author:

**DR. JAMISON,**

43 West 45th Street, New York City.

**MANHOOD.**

The vacuum treatment for shrunken or undeveloped organs. Most rational device ever invented for the purpose. Enlarges, strengthens weak parts. Thousands live to-day to bless the treatment given with this appliance. Price, \$6.00; satisfaction guaranteed. Sent by express, securely packed. Write for more complete circular.

C. E. RIKER, 1208 Broadway, New York City.

**The Unknown Wonders of the Self.**

THINK!—Why Be to Yourself a Living Mystery?

All the great teachers have said: "KNOW THYSELF, and you will know all that can be known." Control Your Destiny. Be all you desire: healthy, well-to-do, influential, admired, loved, possibly famous. The Scientific Evolution of the Self taught by mail. Interesting reading matter free.

NATIONAL INST. OF SCIENCE, Dept. P. N. 60, Chicago.

# Earn Books, Subscriptions, Exercisers, or Whatever You Need

BY OBTAINING

## SUBSCRIBERS FOR US.

All Books, Exercisers, Etc., Offered Here Can Be Found Described  
More Fully in the Advertising Department of this Magazine.

One Yearly Subscription Given Free for Three Full Paid  
Yearly Subscriptions.

"MACFADDEN'S PHYSICAL TRAIN-  
ING," 128 pages, 50 full page illustra-  
tions, for two yearly subscriptions.

"THE NATURAL CURE OF DIS-  
EASE," 128 pages, 35 full page illustra-  
tions, for two yearly subscriptions.

"THE ATHLETE'S CONQUEST," 200  
page novel by the Editor, for one sub-  
scription and five cents.

"MACFADDEN'S NEW HAIR CUL-  
TURE," for five subscriptions.

MACFADDEN HEALTH EXERCISERS

\$2.00 grade for ten subscriptions.  
\$3.00 " " " fourteen "  
\$4.00 " " " seventeen "  
\$5.00 " " " twenty "

ELECTRIC MASSAGE EXERCISERS.

\$1.50 grade for six subscriptions.  
\$2.00 " " " eight "  
\$2.50 " " " ten "

HEALTH BEAUTY DEVELOPERS.

25c. grade for two subscriptions.  
40c. " " " three "  
50c. " " " four "

"MANHOOD WRECKED AND RES-  
CUED," 240 pages, for four subscriptions.

Vol. I of PHYSICAL CULTURE for  
three subscriptions.

Vol. II of PHYSICAL CULTURE for  
three subscriptions.

"CREATIVE AND SEXUAL  
SCIENCE," 1052 pages, for fifteen sub-  
scriptions.

"HAND-BOOK OF WRESTLING,"  
265 pages, for ten subscriptions.

"EATING FOR STRENGTH," for four  
subscriptions.

"ADVANTAGES OF CHASTITY,"  
for five subscriptions.

"ROBERTS' HOME DUMB-BELL  
DRILL," for one subscription and five  
cents.

"WHAT A YOUNG MAN OUGHT  
TO KNOW," for five subscriptions.

"WHAT A YOUNG HUSBAND  
OUGHT TO KNOW," for five sub-  
scriptions.

"WHAT A YOUNG WOMAN OUGHT  
TO KNOW," for five subscriptions.

"HOW TO GROW HANDSOME," for  
five subscriptions.

"FRUITS AND FARINACEA, THE  
PROPER FOOD FOR MAN," 325  
page book on Vegetarianism, for five  
subscriptions.

"HOW TO STRENGTHEN THE  
MEMORY," for five subscriptions.

"THE TRUE SCIENCE OF LIVING,"  
for twelve subscriptions.

"A NATURAL SYSTEM OF ORA-  
TORY," for ten subscriptions.

"THE FAMILY PHYSICIAN," for four-  
teen subscriptions.

Any of the Above Sent Prepaid Upon Receipt of the Number of Paid-Up Subscriptions Named.  
Subscriptions Can Be Applied Only on One Premium.

For Further Information Address

### PHYSICAL CULTURE PUB. CO.,

TOWNSEND BUILDING,

25th Street and Broadway,

NEW YORK CITY, U. S. A.

## "What a Young Man Ought to Know."

### CONDENSED TABLE OF CONTENTS.

#### STRENGTH.

The value of physical strength—The weak man handicapped—Three-fold nature of man—Relation of the physical, intellectual and moral—Impair one you injure all—The physical foundation—Man's strong sexual nature—Sexuality strongly marked in all great men—Importance of manly mastery of sexual nature—Personal purity—Only one moral standard for men and women.

#### WEAKNESS.

Inherited weakness—How overcome—Acquired weakness—How produced—The effects of secret vice—What should be done—Losses in sleep—When to consult a physician—Danger from quacks and charlatans—What are normal and abnormal losses—Medical authorities quoted—Subject illustrated—Important directions.

#### SOCIAL VICE.

Alarming ignorance concerning the diseases which accompany vice—Why physicians do not acquaint their patients with the nature of these diseases—Their prevalence—All forms of venereal disease leave terrible results—Character and consequences of gonorrhoea—Later complications—Chordee, stricture, blindness, etc.—How healthy brides become early and permanent invalids—Chancroid and chancre—The primary, secondary and tertiary forms of syphilis—The beginning, progress and end—Can it ever be cured—May the man ever marry—Effects upon wife and children.

#### THE REPRODUCTIVE ORGANS.

Their purpose and prostitution—Marriage a great blessing—Difference between creation and procreation—All life from the seed or the egg—The reproduction of plants, fishes, birds and animals contrasted—An interesting study.

#### MAN'S RELATION TO WOMAN.

Importance of a right relation to women—The nature of marriage—The friends and foes of marriage—Who should not marry—The selection of a wife—Some general rules—Importance of great caution—Causes of unhappiness in married life—Early and late marriages.

#### HINDRANCES AND HELPS.

The choice of companions, books, pictures, amusement, recreations—Liquors and tobacco—Self-mastery—Right air in life—Industry, early rising—The influence of an ennobling affection—Education—The Sabbath, the Church and the Bible.

Price \$1.00 net, per copy, post free.

With one year's subscription to "Physical Culture" \$1.35.



ADVERTISING representatives of some publications talk of the returns which are received from ads. in their medium.

We don't talk much, but where is there a medium that can beat 40 replies per day from a half-page ad.? Read the following:

PHYSICAL CULTURE,  
REVISED EDITION,  
LUNA BRONSTEIN,  
NEW YORK, N. Y.

March 11th, 1900.

Physical Cult. Pub. Co.,  
New York, N. Y.

Gentlemen— The returns from my 'ad' are most satisfactory, letters are pouring in at the rate of over forty a day. I am also hearing in reply to my booklet, I will soon be able to deliver some aprometers.

I notice that your journal is  
Library. Have you  
do so.

Yours  
S. B.

*Shoul Bookman*

## "What a Young Husband Ought to Know."

### CONDENSED TABLE OF CONTENTS.

#### PART I.

#### What a Young Husband Ought to Know Concerning Himself.

The true foundation for happiness in married life—Physical, intellectual and sexual differences between men and women—Each complementary to the other, and complete only when mated—The three theories regarding coition—The correct theory—What coition costs the male—What is excess—Effects of marital continence—The husband's duty to his wife—Mistery entailed by vice in earlier years—Effects upon wife—Upon children.

#### PART II.

#### What the Young Husband Ought to Know Concerning His Wife.

##### I. THE BRIDE.

Marriage the most trying event in a woman's life—The mistakes of husbands on the wedding-night—The physical life of woman—Importance of home-making.

##### II. THE WIFE.

Her manifold duties as wife, mother and housekeeper—God has fitted her for her sphere—The mother's nature—Barrenness and sterility—Physical, social, intellectual and moral benefits of motherhood and fatherhood—Aversion to childbearing—God's purpose in marriage—Limitation of offspring—Marital excess—The wrongs which wives suffer because of ignorant and unthinking husbands—Repellent periods in the life of a woman.

##### III. THE MOTHER.

Purposed and prepared parenthood—Conception—The marvels of fetal life and growth—Changes during the months of gestation—The husband's duty to wife and offspring—What the wife has a right to expect before and during confinement—Ignorant, unthinking and unsympathetic husbands—The child in the home—Real life and genuine happiness—The mother while nursing.

#### PART III.

#### What the Young Husband Ought to Know Concerning His Children.

Parental influences—Physical conditions prior to and at conception—Stipulations—Can sex of offspring be governed—Cause of idiocy—Blindness—The right to be well-born—Duties of the father to his newborn child—The nurse—Vice and disease inflicted upon the helpless child—Parental discipline during first two years—Duties during childhood—Ignorance is vice—How to secure purity in thought and life of children—Danger at the age of puberty—The changes which take place—Child-companions and child-loves—How to secure pure, healthy and noble children.

Price \$1.00 net, postpaid.

## "What a Young Woman Ought to Know."

The character and special worth of this book can be judged from a glance at the following abridged

### TABLE OF CONTENTS.

CHAPTER I. What a young woman is worth to the home, to the community, the state, the nation, the race—Woman as a moral force.—II. The importance of proper care of the body.—III. The province of food in the growth and maintenance of the body.—IV. Sleep.—V. Correct breathing, and the office of air in the lungs.—VI. Hindrances to breathing.—VII. Injuries from tight clothing.—VIII. Exercise as a means of reproductive power.—IX. Bathing.—X. God's bestowment of physical culture.—XI. The growth of the brain.—XII. You are more than body or mind.—XIII. Special physiology—The organs of reproduction.—XIV. Becoming a woman—Period of needed caution.—XV. Artificialities of civilized life.—XVI. Some causes of painful menstruation.—XVII. Female diseases.—XVIII. Care during menstruation.—XIX. Solitary vice—Causes, result and cure.—XX. What is real fun?—XXI. Friendships between boys and girls.—XXII. Friendships between girls.—XXIII. Exercise.—XXIV. Recreations—Best forms of.—XXV. What is love?—XXVI. Responsibility in marriage—The young man, his antecedents, talents, habits.—XXVII. The law of heredity and transmission.—XXVIII. Hereditary effects of alcohol, tobacco, etc.—XXIX. Effects of immorality on the race.—XXX. The gospel of heredity.—XXXI. Requisites to be sought in a husband—His health, character, habits and views.—XXXII. Marriage engagements.—XXXIII. The wedding—Wedding gifts, bridal tours, realities of wedded life, etc.

Price \$1.00, postpaid.

With one year's subscription, \$1.35; with one year's subscription and Macfadden's Physical Training, \$1.50.

# Our Great \$1.00 Premium Offer

"MACFADDEN'S PHYSICAL TRAINING"

128 page book, 50 full page illustrations, described below.

"THE NATURAL CURE OF DISEASE"

Or How to Acquire Superb, Intoxicating Health.

128 page book, 35 full page illustrations, described below.

"THE ATHLETE'S CONQUEST"

A 200 page novel, story of an Athlete's Love, by Bernarr A. Macfadden,  
AND

One Year's Subscription to "PHYSICAL CULTURE"

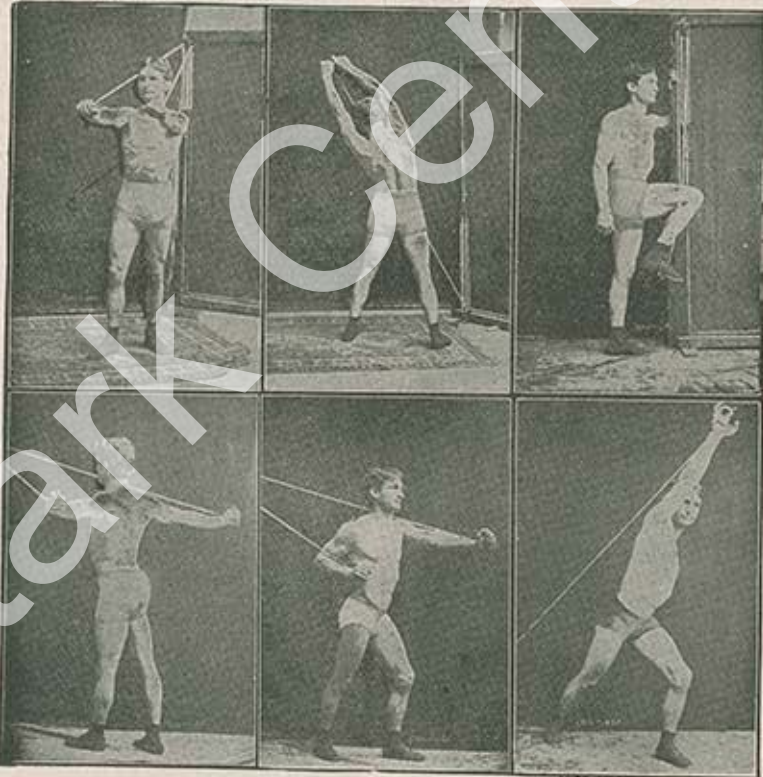
ALL FOR

**\$1.00**

"The Natural Cure of Disease" Or How to Acquire Superb, Intoxicating Health; teaches natural means for the cure of physical infirmities and gives instructions in detail for treating Coughs, Colds, Consumption, Bronchitis, Headaches, Dyspepsia and other Stomach Troubles, Rheumatism, Pneumonia, Catarrh, Skin Diseases, Asthma, Biliousness, General Debility, Nervous Debility, Lost Manhood, Female Weaknesses and Displacements, Brain Fog, Lack of Energy, Grippe, Sciatica, Chronic Sore Throat, etc., etc.

## Macfadden's Physical Training

128 PAGE INSTRUCTION BOOK.



MINIATURE COPIES OF 60 FULL PAGE PHOTOGRAPHS (5x8),  
16th EDITION, 160,000 SOLD.

PORTRAIT and Nine Classical Poses of the Author, Your's Not Too Old, May Be You Haven't Time, Physical Strength—Mental Power, Muscular Exercises An Internal Bath, The Greek Ideal, For The Young Man, For The Middle-Aged Man, For The Young Woman, For The Middle-Aged Woman, As The Years Wane, Our Boys and Girls, Soreness Resulting from Exercise, The Perfect Human Form, General Directions, The Author's System of Training, The Bicycle, Walking, Running, Special Recreative Exercises for Developing Muscles as Used in Athletic Sports, Athletics, or The Relation of Strength to Health, Woman—Beauty, Diet, Vegetarianism—Meat Diet—Strictly Raw Diet, Exercise—Digestion, Breathing Exercises, The Air We Breathe, Restrictive Dress—Corsets, Belts, Etc., Reducing Weight, Excessive Thinness, Mental Influence, Alcoholics, Bathing, Care of The Teeth, Care of The Hair, Insomnia, Sun Baths, Physical Training as a Treatment of Diseases, Special Instruction in Treating Diseased Conditions, Digestive Disorders, Weakness of The Lungs, How Physical Training Purifies The Blood, General Debility, Deformities, Paralysis, Massage, Backache, Sketch of The Author's Struggle for Health, Addendum.

This Book postpaid, 25 cts. With One Year's Subscription to "Physical Culture" for 60 cts.

Learn to Wrestle and Have Fun with Your Friends. The Finest of All Exercises.

# "A HAND-BOOK OF WRESTLING"

By HUGH F. LEONARD, Instructor in Wrestling at the New York Athletic Club.

Bound in Cloth, 265 Pages. 250 Photographic and other Illustrations, \$2.00.

The contents of the volume are divided into four chapters, viz.:

- I. Historical Review.
  - II. Fundamental Principles.
  - III. Catch-as-catch-can Wrestling.
  - IV. Other Styles of Wrestling.
- There is also a complete index and bibliography.

The chapter on Catch-as-catch-can style, covering 220 pages, is one of the principal features. The explanatory reading matter is opposite the corresponding cut in each case.

In the chapter devoted to "Historical Review" there are cuts showing over 300 wrestling positions of the ancient Egyptians.

On receipt of price, or sent with one year's subscription, \$2.25.

D. A. SARGENT, Medical Director, Harvard University, says:

"The illustrations are very fine, and the method of presentation of the subject-matter is extremely good. I wish the work the success which it merits."

W. G. ANDERSON, Medical Director, Yale University, says:

"I am pleased with your exposition of wrestling, and consider the book not only one of the best ever published on this subject, but I think you have added to the list of valuable works on legitimate sport."

GEORGE GOLDIE, Director of Gymnasium, Princeton University, says:

"In colleges it will meet a demand long felt, and will be evidence to the young men who have practiced wrestling that the art is both ancient and honorable, and one which leads to develop the human body to its finest form."



POSITION 29. STANDING CHANCERY AND BAR HOLD

# "EATING FOR STRENGTH,"

OR

## Food and Diet in Their Relation to Health and Work.

By M. L. HOLBROOK, M.D.

CHAPTER I.—Uses of foods. A happy illustration.

CHAPTER II.—Classification of foods. The proteids. Fats. Amount of water required for an adult. Amount required for the sick. Purity of water. Distilled water. Gaseous foods. The atmosphere. Accessory foods.

CHAPTER III.—The daily requirements of the body. What is a day's work? How much the heart does. Constituents of a sufficient diet. Average diet of farm laborers. Diet according to work done. Composition of the body.

CHAPTER IV.—Digestion. Mouth digestion. Mastication. Stomach digestion. Conditions of perfect digestion. Chewing food thoroughly. The Eat Your Food Slow Society. Conditions that favor digestion.

CHAPTER V.—The sources of our food. A practical chapter from a chemical standpoint. Diet for hard work. Diet for light work. Normal weight in proportion to height. A table. Table showing proportion of muscle-building elements in each kind of food.

CHAPTER VI.—The economy of foods. Table showing the relative cost of nutriment in principle foods. A practical lesson in economy. How to live well at small expense.

CHAPTER VII.—Simplicity in living. Feeding children. An

*The Book concludes with Several Hundred Recipes for Wholesome and Nutritious Foods and Drinks.*

argument for plain living and high thinking. How our great workers live.

CHAPTER VIII.—Food and intemperance. Why people crave stimulants. The cook and intemperance.

CHAPTER IX.—The most strengthening foods. Wheat. Oats. Oatmeal. Barley. Rye. Indian Corn. Rice. Buckwheat. Composition of peas, beans and lentils. The potato and sweet potato. The onion. Other roots. Cabbage. Spinach. Rhubarb. Celery. Asparagus. Lettuce. Cress.

CHAPTER X.—The importance of fruits. Apples. Grapes. Their nutritive value. Their physiological effects. All about the grape cure. Other fruits. Nuts.

CHAPTER XI.—Food for different ages, conditions and seasons. Diet in infancy. Diet in childhood and youth. Diet for manual worker; for brain worker. Diet in old age. Diet in training.

CHAPTER XII.—Foods in various diseases. In dyspepsia. Fevers. Constipation. Bright's disease. Chronic rheumatism. Gout. Diabetes. Diarrhoea. Summer complaints. Consumption. Nervous diseases. Cancer. Ulceration of the stomach. Emaciation. For inebriates, orphan asylums, prisons. Pure food.

**SENT BY MAIL FOR \$1.00.**

With One Year's Subscription to Physical Culture, \$1.25.

With Macfadden's Physical Training for \$1.40.

**THERE'S  
NOTHING LIKE IT**

in the east, west, north, or south.  
**THE MORNING TELEGRAPH**  
is conceded the brightest daily paper  
in the Union. Its news of the day is con-  
cise. Its financial news is authoritative.  
Its theatrical news is complete. Its  
racing news is simply unapproachable.  
It has special features that cannot be  
obtained from any other source.

**THE SUNDAY TELEGRAPH**  
is as good as half a dozen other weekly  
papers put together. It gives you six  
times the entertainment the average  
weekly does. It is brimful of tale and  
anecdote of persons and things you  
know, you ought to know, or would like  
to know. It is a mighty interesting paper,  
with an interesting personality.

**THE PICTURE SUPPLEMENT**  
is not equalled by any other newspaper  
on the face of the globe. The pictures  
are timely, interesting, newsy and new.  
They are in some respects superior to  
the original photographs, and no amount  
of description could do them the justice  
that your own eyes would.

Sold everywhere, by every live dealer,  
every day in the week. If your dealer  
does not happen to have it on hand, in-  
sist that he get it for you. If he is the  
right kind of a man, he will supply you.  
If he won't supply you, we will.

**TRIAL RATES FOR ONE MONTH.**

**Sunday Only, . . . 25 Cents.**  
**Daily and Sunday, . One Dollar.**

**DAILY TELEGRAPH CO.**

140 West 42d Street.

**NEW YORK.**

# "A Natural System of Elocution and Oratory."

By WILLIAM HYDE, B.A., B.D.

It has been said that the wonderful power of oratory is not possessed to the same degree to-day as formerly. We must acknowledge the truth of this statement. But why should this be true? Are we not more intelligent, have more and better educational advantages now than ever before? Then why are we not better orators?

Because of too much artificiality! Not enough of Nature, and the natural inherent power of emotional intensity which really produces great orators.

We often hear the remark, "Great orators are born, not made."

This statement is false!

Orators are created by environments, by diligent practice, by study.

Demosthenes studied! Webster, Clay, Wirt, Choate, Gough, Henry Ward Beecher, and Wendell Phillips all bear testimony to the benefits that come from practical study of oratory.

Have an object in learning oratory! Let this influence you to the greatest possible degree—think about it—brood over it. "Feel" your subject with all the intensity you can command. Then success cannot fail to be yours at some future time.

This book tells you how all this can be done—it elaborates most clearly on every detail. If you are an orator, lecturer or minister, or have a desire to cultivate the true form of oratory, you cannot afford to be without this book. It is worth its weight in gold to any student along these lines.

653 pages, handsomely bound in cloth, \$2.00. Sent prepaid on receipt of price, or with one year's subscription to "Physical Culture," \$2.25

Satisfaction guaranteed or money refunded.

## HYGIENE AND PHYSICAL CULTURE FOR WOMEN.

By ANNA M. GALBRAITH, M.D.



Especially recommended to our readers. This is a 200 page, handsomely bound book, and the regular price is \$1.75. We have secured a special price on a recent edition and are selling them for \$1.00 each, with one year's subscription, \$1.25.

### CONTENTS:

**CHAPTER I**—The Bony Skeleton, Its Use and Abuse—The Skull and Brain—Joints—Ligaments—The Muscular System—The Heart and Arteries—The Venous System—Artificial Alterations of the Blood and Flow, with a Description of a Perfect Work—177

**CHAPTER II**—The Key to Physical Beauty—Relative Proportions of a Perfect Female Form—The Muscular System—Our Activities—Walking, Running, Rowing, Swimming, Climbing, etc., and Gymnastics, and what they will do to improve the Form and Secure the Health—177

**CHAPTER III**—The Mechanism of Health—A Balance of Power—Innate Food Supply—Digestion and Excretion—The Digestive System—Variation of Food and the Amount Necessary to Health—Alcoholic Intemperance—The Kidneys—The Skin—The Complexion—Bath—Dress—177

**CHAPTER IV**—The Importance of Good Chest Development and Ventilation in order to Obtain a Vigorous Constitution and a Healthy Body—The Blood—The Circulatory and Excretory Apparatus—The Causes of the Air Taken by Respiration—Ventilation—177

**CHAPTER V**—Dress—The Fundamental Principles of the Physical Development of the American Woman—The History of Woman's Dress—The Influence of the French Court on Dress—The Current—Hygienic Dress—Developing Keying Dress—A Practical Evening Dress—177

**CHAPTER VI**—Work, Exercise, Rest, and Sleep—A Rational Combination as a Promoter of Good Temper and Good Health—A Detailed Description of Physical Exercises—Number of Hours Allowed to Sleep—Work—Signs of Overwork—Preventive Surgery for Injuries—Number of Hours Required for Sleep—Health of Hair from an Ethical Point of View—177



Two of the 77 Illustrations appearing in the Book.



Figure of correct posture. Good figure after training.

When it might just as well be improved like this.

## "How to Strengthen the Memory"

...OR...

Natural and Scientific Methods of Never Forgetting.

By DR. M. L. HOLBROOK.

### CONTENTS.

- 1—Introductory. The Nature of Memory.
- 2—The Best Foundation for a Good Memory.
- 3—Memory and Nutrition; Memory and Fatigue; Memory and the Circulation of the Blood; Quality of the Blood; Memory and Disease; Memory and Narcotics.
- 4—Exaltation and Degeneration of the Memory.
- 5—Memory and Attention.
- 6—Memory and Repetition.
- 7—Memory and Associations, Links and Chains.
- 8—A Striking Example of Restoration of the Memory, and the Methods Employed.
- 9—Methods of Memory Culture for Schools.
- 10—Self-culture of the Memory.
- 11—Memory for Names and its Culture.
- 12—Memory for Faces and its Improvement.
- 13—Memory for Places and Localities.
- 14—Culture of the Musical Memory.
- 15—Strengthening the Memory of Facts and Events.
- 16—Memory for Figures and Dates.
- 17—The Figure Alphabet.
- 18—Tricks of Memory.
- 19—How to Learn a New Language, or the Surest and Most Effectual Way to Ensure an Easy and Accurate Reproduction of Ideas.
- 20—Culture of a Memory for Words.
- 21—Advice to Clergymen Concerning Their Memories.
- 22—The Lawyer's Memory.
- 23—Mastering the Contents of a Book.
- 24—The Art of Forgetting and What to Forget.
- 25—Abnormal Memories.

BOUND IN CLOTH. PRICE, BY MAIL, \$1.00. With One Year's Subscription to Physical Culture, \$1.53.



# "Home Dumb-Bell Drill,"

BY

PROF.  
ROBERT J.  
ROBERTS,

And One Year's  
Subscription to

Physical Culture

FOR

55...  
Cents.



PROF. ROBERTS is well known throughout the world as an expert in physical culture work, being the supreme authority in all the Y. M. C. A. gymnasiums. His dumb-bell drill is plainly illustrated with half-tone photographs, similar to those here shown. The book contains other valuable information in addition to the drill, and can be especially recommended to our readers.



# "ADVANTAGES OF CHASTITY"

BY M. L. HOLBROOK M.D.

CHAPTER I.—WHAT IS CHASTITY?—Views of various authors; What is Unchastity? Children and Chastity.

CHAPTER II.—DOES CHASTITY INJURE THE HEALTH?—Opinions of physicians; Testimony of various religious orders on the subject; The claim that as the sexual passion exists it should be gratified, whether in marriage or not, answered.

CHAPTER III.—ADVANTAGES OF CHASTITY.—Forms of unchastity; Solitary vices; this unnaturalness not in the line of evolution; Less chance of survival of those who practice them; Premature development of sexual instincts; Misdirected nervous energy; Prostitution—the wrong it causes women, destroys what should be the true object of life, produces terrible diseases, diminishes the chance of success in life; Evils of unchastity in married life; Injury to unborn children.

CHAPTER IV.—THE GREAT ADVANTAGE OF CHASTITY.—A lesson from Socrates, who was by nature a licentious man, but who, by curbing his passions and using his great energies in other directions, became one of the greatest benefactors of his age. This is a powerful chapter, with a vivid sketch of Socrates, physically, mentally and morally.

CHAPTER V.—CHASTITY AND CHILDREN.—The importance of bearing brave, strong, noble children; The effects of unchastity of parents on the character of offspring.

CHAPTER VI.—CHASTITY AND VIRILITY.—What is virility? Experiments on dogs; Experience of stock breeders; A poetic picture of the virile man.

CHAPTER VII.—WHAT THE SEXUAL INSTINCT HAS DONE FOR THE WORLD.—Views of the evolutionist; What it has done for animals; What it has done for plants; What it has done for man; Almost all beauty, grace and fine character, music, flowers, etc., the outgrowth of the sexual instinct, but it is from the chaste instinct, not the unchaste; Evils that have come from the unchaste instinct considered.

CHAPTER VIII.—THE CURE.—The first thing is to form a high ideal of life; The sacredness of the body considered; The force of habit, and hints on how to use habit to advantage; Physical culture as a cure for passion; Food and drink, their influence; Cold-bathing and the hardening of the body; Moral training, how made effective; Puberty, its dangers; Teaching boys and girls at this time.

APPENDIX.—Marriage not a cure for unchastity; Early marriages unwise; Chastity of the early Christians very remarkable; Impotence not a result of chastity, but of unchastity; The sexual functions easily controlled by will; Parental, medical and other influences should be greater; How a mother taught her daughter the nature of sex-life and reproduction; Teaching children their sexual relation to their parents; Lovers should practice a hardy temperance; Illusions in unchaste love; The physical passions only abhorrent when abused; Asceticism *vs.* libertinism; Deserting one's self; A false public opinion; The Tree of Knowledge; Chastity of the early Germans when they were stronger physically than now; Strongmen who expect to do great things must be chaste; Important rules of life; No wives for the sensual; Can we get on without prostitution; Old before his time; Highest type of manhood; Chastity promotes the general welfare; The injury unchastity causes women; Born to degenerate; May women be chaste and men unchaste? Value of hard work; The firmest moral principle; Muscular training and virtue; What will the men and women of the future be? A final reason for chastity; How do you rate yourself?

To all this is added a lecture on the influence of alcoholic drinks on unchastity.

Bound in cloth, postpaid, \$1.00.

With One Year's Subscription to Physical Culture, \$1.35.



Cultivate Health That Intoxicates With Its Power and Intensity By Using

# MACFADDEN HEALTH EXERCISERS

MACFADDEN EXERCISER

FROM \$2.00 TO \$5.00.



**A**BSOLUTELY the only rubber exerciser on the market, giving all the advantages of a complete gymnasium without the danger of injury from flying parts in case of breakage.

The only exerciser on which the strength can be changed in a moment from 5 to 100 lbs., for man, woman or child.

Thousands of testimonials from doctors, lawyers, athletes, business men, students, famous beauties of the stage, etc., etc.

Invaluable for strengthening, developing and beautifying the body.

Recommended by prominent physicians everywhere in the treatment of diseases of the lungs, digestive organs and nearly all functional troubles.

Weights 2 lbs. Can be put up anywhere without a tool. Invaluable in traveling.

MACFADDEN EXERCISER



Two Best Grades Guaranteed One Year.

Style A, complete, with 128-page instruction book,	- \$5.00
Style B, complete, with 128-page instruction book,	- 4.00
Style C, complete, with 128-page instruction book,	- 3.00
Style D, complete, with 32-page instruction book,	- 2.00

WRITE ANY OF OUR SPECIAL AGENTS FOR CIRCULARS AND INFORMATION.

Akron, O.—Standard Hardware Co.  
 Albany, N. Y.—The Albany Hardware Co.  
 Altoona, Pa.—Wm. F. Gable & Co.  
 Athens, O.—Geo. V. Putnam.  
 Baltimore—Cline Bros.  
 Boston, Mass.—J. P. Lovell Arms Co., Washington St.  
 Bridgeport, Conn.—F. Sammitz.  
 Burlington, Ia.—Watro & Wilson.  
 Cairo, Ill.—H. C. Schuh.  
 Chester, Pa.—John Taylor.  
 Cincinnati, Ohio.—P. C. Kering Hardware Co.  
 Cleveland, O.—E. B. Davidson & Co.  
 Danville, Va.—R. A. White Gun Co.  
 Dayton, Ohio.—Rascher, Schrickler & Rascher.  
 Dayton, Ohio.—Stark & Weckesser.  
 Detroit, Mich.—T. B. Rayl Co.  
 East Liverpool, O.—J. J. Rose.  
 Easton, Pa.—S. M. Zulich.  
 Elmira, N. Y.—Barker, Rose & Clinton Co.  
 Evansville, Ind.—E. M. Bush.  
 Fostoria, O.—Cunningham & Myers.  
 Ft. Wayne, Ind.—Randall Wheel Co.  
 Ft. Worth, Tex.—W. G. Newby.  
 Greenville, Miss.—Lord & Taylor.  
 Hackettstown, N. J.—F. W. Kluppelberg's Sons.  
 Holyoke, Mass.—Ross, Burgin & Hartzell.  
 Jackson, Mich.—Bills, Hayes & Co.  
 Jamestown, N. Y.—Tart & Co.  
 Keokuk, Ia.—C. W. Wolf.  
 Lexington, Ky.—The Blue Grass Cycle Co.  
 Lancaster, Pa.—E. G. Eichholtz.  
 Logansport, Ind.—Walter B. Lewis.  
 Louisville, Ky.—J. W. Reccius & Bro.  
 Lynn, Mass.—Jas. W. Harding Co.  
 Mansfield, O.—Chas. Ritter.

Marietta, O.—Big Four Cycle Co.  
 Memphis, Tenn.—Frank Schuman.  
 Milwaukee, Wis.—John Meunier Gun Co.  
 Moline, Ill.—A. G. Carlson & Bro.  
 Newark, N. J.—Keer Martin Cycle Co., Broad St.  
 New Castle, Pa.—Kirk & Smith.  
 New Haven, Conn.—Goodyear Rubber Co.  
 New York City.—All dealers and the MacFadden Co., 1123 Broadway.  
 Norfolk, Va.—G. Engel & Bro.  
 Palmer, Mass.—E. A. Buck & Co.  
 Parkersburg, W. Va.—H. P. Moss.  
 Pawtucket, R. I.—A. F. & F. Bray.  
 Philadelphia, Pa.—Latta & Mulconroy, 1217 Market St.  
 Pine Bluff, Ark.—C. Voss & Bro.  
 Piqua, O.—D. Oblinger & Son.  
 Pittsburg, Pa.—J. A. Johnston.  
 Pottstown, Pa.—J. Fegally & Son.  
 Providence, R. I.—Otis, Clapp & Son.  
 Reading, Pa.—Hoff & Bro.  
 Roanoke, Va.—The Fibburn Co.  
 Rochester, N. Y.—Scranton, Wetmore & Co.  
 Salt Lake City, Utah—Browning Bros. & Co.  
 San Francisco, Cal.—Phil. Bekeart.  
 Scranton, Pa.—Flory & Brooks.  
 Schenectady, N. Y.—J. A. Rickard.  
 Steubenville, O.—F. L. Caldwell.  
 St. Paul, Minn.—The Wm. R. Burkhard Co.  
 Taunton, Mass.—Pierce Hardware Co.  
 Toledo, O.—E. G. Eager & Co.  
 Toronto, Canada—The Fancy Goods Co.  
 Wilkes Barre, Pa.—Edgar L. Kilppie.  
 Wilmington, Del.—E. Oesterreicher.  
 York, Pa.—McFall & Son.

MAIN OFFICE 1123 BROADWAY, NEW YORK CITY.

AGENTS WANTED EVERYWHERE FOR OUR

# Electric=Massage=Exerciser



Greatly reduced illustration from "The Natural Cure of Disease," showing patient being treated by an operator or friend.

The Newest, Most Complete Device Ever Invented For Curing Diseases, For Building and Retaining Vigorous, Pulsating Health.

LARGE, elaborately illustrated book, "THE NATURAL CURE OF DISEASE," 128 pages, 32 full-page, half-tone photographs, accompanies each Electric-Massage-Exerciser, without extra charge. This book gives instructions in detail for treating all sorts of diseased conditions. Coughs, Colds, Consumption, Bronchitis, Headaches, Dyspepsia and all other Stomach troubles, Rheumatism, Pneumonia, Catarrh, Skin Diseases, Asthma, Biliousness, General Debility, Nervous Debility, Nervous Exhaustion, Lost Manhood, Female Weaknesses and Displacements, Brain Fog, Lack of Energy, Grippe, Sciatica, Chronic Sore Throat, etc., etc.

Electricity has performed some wonderful cures. After all medical aid has failed time and time again, it has brought health and strength to the poor victims of disease.

Massage needs no recommendation. There is not a modern physician of intelligence who does not frequently recommend it. Thousands of weakened, diseased and pain-racked men and women have regained all the vigor of superb physical health from regular massage treatments.

The advantage of exercise or the Movement Cure in the treatment of nearly all diseases is now conceded by every student along medical lines. Where all other treatments have failed, where the vast field of medical science has been searched in vain for a remedy, the Movement Cure has proved

effective. Electricity is expensive. A competent operator charges from three to five dollars for one treatment. Massage is expensive. The services of an expert cannot be obtained for less than similar prices, and a professional familiar with the Movement Cure would want extravagant figures for his time and advice.

Now you can actually secure all the benefit which can be derived from the services of such competent advisors and operators, by the mere use of the "Electric-Massage-Exerciser." By the swift movement of the polished balls over the surface of the body it generates a

most pleasant current of electricity. The balls pressing into the flesh accelerate the circulation, not only on the surface, but in the deep inner tissues as well, arousing the entire functional system from torpidity to a state of freshness, liveliness and vigor which influences improved health almost immediately.

The device can be used by a friend or operator or can be used by the patient if not too weak.



Greatly reduced illustration from "The Natural Cure of Disease." Patient treating herself for stomach trouble or for lessening size of waist.

## A Free Trial Offered.

This Electric-Massage-Exerciser on trial free of charge for one week. Try it according to instructions for treating your trouble given in large book for one week, after which you can return or pay for it, as you like. We know if used one week, you would not part with it for any price. Do not forget that the large handsomely illustrated book, "The Natural Cure of Disease," giving instructions in detail for treating all sorts of diseases, accompanies each device. Send for one now. It costs you nothing to try it.

Light Strength, - \$1.50.  
Medium Strength, \$2.00.  
Extra Strong, - \$2.50.



Greatly reduced illustration from "The Natural Cure of Disease," showing use of the device for expanding chest and developing the muscles.



Greatly reduced illustration from "The Natural Cure of Disease," showing patient treating herself for weakness peculiar to her sex.

Address THE MACFADDEN COMPANY, 1123 Broadway, N. Y. City



Our Great  
...PREMIUM OFFER...

\$5.00 for \$1.00.

## Macfadden's New

---

## Hair Culture

---

An Original Method for Cultivating Strength and Luxuriance of the Hair. This book, former price \$5.00, sent on receipt of \$1.00, or with one year's subscription to PHYSICAL CULTURE, for \$1.25.

One of the latest poses of the author, showing clearly the condition of his hair **now**, though at one time he feared that he was doomed to be bald.

### CONTENTS.

Cause of loss of hair may be local or constitutional. Massage of scalp with scalp masseur and by pulling process. How it is done. Partially dead hairs must always be removed. Loss of hair often caused by neglect of this. How often should scalp be washed. Refuse animal filth must be removed. Scalp covered with long hair needs washing less often.

Hot and cold applications. Is baldness remediable? A remedy for baldness. How to kill microbes. Luxuriant beards. Bald heads. Why one can be possessed without the other. Excessive loss of hair and how remedied. Advice for both sexes. Remedy to prevent hair

from turning gray. Dandruff—all about it. Brain work; does it produce baldness? Obesity the cause of loss of hair. Perspiration not cleansed from scalp injures hair. Effect of unhappiness on the hair.

General information. Importance of bathing. Tight-fitting or heavy hats. Excessive dietetic indulgence—its effect on the hair. Emotional life. Can baldness or thin hair be inherited? Importance of fine physical health. Why men grow bald more than women. Dissipation—its effect on the hair. Sun baths. Abbreviated instructions for both sexes on ordinary care of the hair.

*Money refunded without question if purchaser does not admit the information worth \$5.00*

PHYSICAL CULTURE PUBLISHING CO.,

TOWNSEND BUILDING,

25th Street and Broadway,

NEW YORK CITY, U. S. A.

OUR NEW PREMIUM OFFER.

# Health=Beauty Developer

FOR EITHER SEX.

**A Complete Pocket Gymnasium ;  
Takes the Place of Elaborate and Costly Devices ;  
Develops, Strengthens and Beautifies the Body.**

BEAUTIFULLY ILLUSTRATED CHART OF DIRECTIONS Accompanies Each Developer.



Greatly Reduced Fac-simile of Some of Illustrations.

## LIGHT STRENGTH,

For Children and Weak Adults, 25c. ;  
with One Year's Subscription, 65c.

## MEDIUM STRENGTH,

For Adults of Moderate Strength, 40c. ;  
with One Year's Subscription, 75c.

**STRONG,** for Strong Adults, 50c. ; with One Year's Subscription, 85c.

For 2 Yearly Subscriptions We Send Free One Light-Strength Developer,

For 3 Subscribers, One Medium-Strength Developer,

For 4 Subscribers, One Strong Developer,

FOR FURTHER INFORMATION PLEASE ADDRESS

## PHYSICAL CULTURE PUB. CO.,

TOWNSEND BUILDING,

25th Street and Broadway,

NEW YORK, U. S. A.