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...CONTENTS...

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PHYSICAL CULTURE

Vol. V.

APRIL, 1901.

No. 1

...CONTENTS...

Copyrighted, 1901, by PHYSICAL CULTURE PUBLISHING CO.

Our First Co-operative Health Home—By <i>Bernarr Macfadden</i>	6
The Five-Cents-a-Day Experiment—By <i>Bernarr Macfadden</i>	8
Open Letter to Andrew Carnegie	9
Pure Vaccine Virus	10
Smallpox—By <i>J. D. Jones</i>	11
Health Disciples	12
Quack Medicine (poem)	13
Benefits of Bicycle Riding—By <i>J. R. Stevenson</i>	14
Short Rations Rout Rheumatism—By <i>C. M. Aley</i>	14
Geo. W. Bracken (illustration of development)	15
Question Department	16
The Genesis of Prudery—By <i>F. L. Oswald, M. D.</i>	17
Non-Medicinal Remedies—By <i>Dr. Chas. E. Page</i>	22
Sammy Wilbrow's Scare—By <i>W. Osborne</i>	25
Cartoon	28
Amando Manrara (illustration)	29
The New Century—By <i>J. R. Stevenson</i>	30
Cartoon	32
Editorial—By <i>Bernarr Macfadden</i>	33

Physical Culture is Published Monthly and 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 MACFADDEN, EDITOR.

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OUR FIRST CO-OPERATIVE HEALTH HOME.

By Bernarr Macfadden.



LET the world move on. Let true progress, which carries with it the highest development of the human body, be allowed full sway.

We have been teaching and preaching in the past with all possible emphasis the powers of natural means in treating and curing diseases. Pages upon pages of arguments and stories have been published with this object in view. All this has no doubt influenced many of our readers. Thousands upon thousands have written us commending our work with the highest praise, and frequently admitting change in their lives, influenced by our literature, which has brought them back to health and strength, and in many cases actually saved their lives.

This is all very encouraging. It enthuses our energies. It inspires us to greater efforts. It has no doubt done much to bring about our latest offer, to cure diseases free and to encourage us in the establishing of coöperative health homes. Heretofore we have spent most of our energies in talking and writing. Now we intend to begin to act. We intend to prove—as stated in a previous issue—beyond all possible chance of refutation the claims we have been making all along. We intend to prove how ridiculously simple is the cure of those diseases considered complicated and mysterious by medical science. We intend to prove that there is but one disease—impure blood—and that the only remedy for this disease is those means which will assist in the elimination of impurities.

Man does not cure disease. Medical science never furnished a single means that assisted in the healing process. It is the blood that accomplishes this. The healing power is within the body itself, and upon the purity of the blood depends its efficiency.

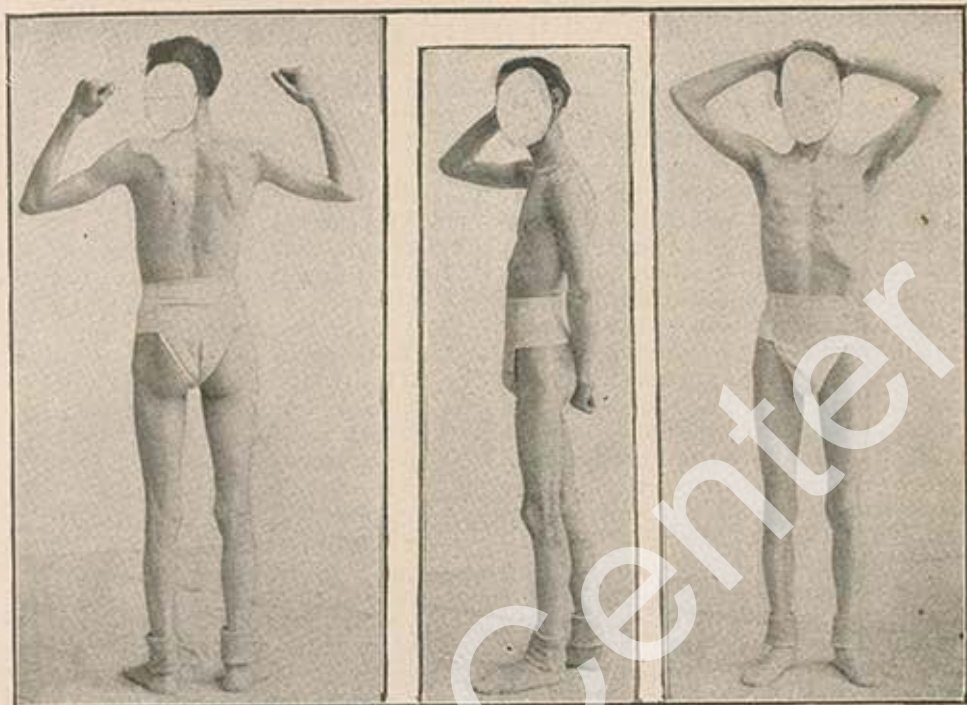
We are able to announce that our first health home is now ready to receive guests. We sincerely hope that it will be merely a start toward the estab-

lishment of many others. We want every human being in this country to be well and strong, and the writer firmly believes that this is within the reach of all. Not one cent of profit from this or any other health home in which we may be interested will be allowed to go to any private individual. Each and every home will be strictly on a coöperative basis, each guest or patient paying his share of the expenses connected with same. The writer intends that these expenses shall be kept down as much as possible, and still comfortably accommodate every one who enters it. At no time will the cost exceed \$15 a week.

Every possible means of amusement which requires the exercise of the muscles will be encouraged.

A description of our methods at this institution is hardly needful, as we simply follow out the natural means which we have recommended in every number of this magazine since its first issue. Those who are unable to exercise will of course be treated by baths, wet packs, massage, diet, etc. But in treating all diseased conditions one paramount object should always be kept in view: that is, the necessity for making the treatment and the life of the patient as pleasant as possible. This has been ignored by physicians and sanitariums the world over. The most gloomy place on earth is a sanitarium or a hospital. It should be a place for joy, and we really and truly intend that this institution shall initiate the policy of making a place for curing diseases resound with the sounds of joy and life that come with fast-returning health.

We also present here a photograph of our first patient. He arrived in New York several days before our institution was ready to accommodate him. He has been suffering from asthma for eight years. He has tried every means known to medical science, and has traveled to numerous resorts in his endeavors to effect a cure, with the result that he has gradually grown worse. His photograph certainly shows him to be a phys-



Our first free patient. Faked for eight years by medical science. He has asthma. We intend to make of him in from one to three months. Comparison pictures showing features and giving name will appear in a future issue.

ical wreck, and the average reader who gazes upon the outlines of this man's physique may well be astounded when we state that in one or two months we intend that he shall recover permanent health and from twenty to thirty pounds in weight. He has objected to his personality being made known until after we have accomplished this, and in the next, our succeeding issue, we will present his photograph showing his countenance, and also a photograph of his condition when cured. He is a prominent man in Ohio, and many in his locality would recognize him if we published his features. Several other free patients, sufferers from the various diseases announced in the previous number, have also been accepted, and their cases will be described in full in later issues.

There is one matter in reference to this first institution to which we would like

to call the attention of our readers, and that is, those who desire to go into this work, who desire to spend their lives in teaching and preaching the laws of health, can have an opportunity here to learn proper methods and gain health and strength for themselves at the same time. The writer believes that we will have positions for teachers as fast as they can perfect themselves, though they must remember that each and every one who desires to teach the simple laws of life and health must be a representative of the benefits of their own teachings.

They can enter our institution and simply pay their share of the expenses, the same as those desiring to cure diseased conditions, and by taking up the study of all the natural means in effecting a cure, they should, in a few months, be able to secure remunerative employment.

THE FIVE-CENTS-A-DAY EXPERIMENT.

By Bernarr Macfadden.

FIVE cents per day for food seems a small amount to live on, and in order to exist under such circumstances one must certainly be abstemious to an extreme degree. For some time, however, I have held the opinion that one could live on very nearly this amount and still thoroughly satisfy his appetite with foods that perfectly nourish the body. In order to prove this to my own and the satisfaction of my readers I concluded to make a personal experiment to determine the influence of such a restricted diet upon health and strength.

The result of this experiment has been to a certain extent satisfactory. It has taught me that the average person can live on less per week than the average man spends per day, without loss of weight or strength.

I began my experiment with a fast of two days, though taking my first meal on the night of the second day. This was necessary in order to develop an appetite for a diet of this rugged nature, and I can assure the reader that my first meal was heartily enjoyed. It consisted of red kidney beans and rice, no butter or other seasoning than salt being used. I concluded that butter and sugar were too expensive for one limited to five cents a day with which to buy food. I ate two meals a day right along, and varied my diet as much as I could under the circumstances. In case I was not hungry at one meal I would always fast until the next meal, and usually a hearty appetite was thus produced. My usual meal consisted of about six ounces of peas or beans and about two ounces of rice cooked separately and then mixed and eaten together. This when cooked of course increased greatly in bulk and weight.

The experiment was continued up to the fifteenth day without any noticeable change in weight or strength. My weight, I believe, was one or two pounds heavier at this time than when I began

the diet. One result I very clearly noticed that may interest young lady readers was my skin became much clearer and smoother.

The total amount of food bought and eaten during a period of fifteen days was as follows:

1 lb. crushed oats,	\$0.03
Water cress,	.05
3 lbs. white beans,	.15
2 lbs. red kidney beans,	.10
3 lbs. rice,	.19
3 lbs. dried peas,	.12
2 lbs. corn meal,	.05
10 apples,	.10
6 turnips,	.05

Total, \$0.84

This, as the reader will readily see, exceeded by only a fraction of a cent the five-cent-a-day limit and did not allow much variety.

After having continued the diet seventeen or eighteen days I began to tire of it and a day's fast did not seem to make it appetizing. As I was experimenting for the purpose of proving that one could live on a certain amount without loss of weight or strength, and as I did not have the leisure and advantages necessary in order to satisfactorily vary the diet and still continue it at the same price, I concluded to base the experiment on a test of fifteen days rather than a month.

I am satisfied that I could have thrived on about the same amount through the month if I had had the necessary time to devote to working out the problem necessary in the selection of a satisfactory variety. Of course, one fact in connection with this experiment should be taken into consideration, and that is I was very closely occupied during this entire time with confining mental work, and was not able to take as much outdoor exercise as is my usual habit. The probabilities are that I could have continued the same diet indefinitely if I had been able to take sufficient exercise in the open air.

One lesson was taught me very emphatically in this experiment. All along I have been of the opinion that foods were cooked entirely too much, and that they were subjected to a degree of heat which lessens the delicacy of their flavor and destroys a large amount of the nourishment which they contain. Holding this view, I determined to have my foods cook very slowly, and never allow them to actually come to a boil. The peas and beans which I used were cooked for several hours. In fact, they were

sometimes allowed to simmer all night or from morning until night. The result of this cooking process was that these foods not only tasted far more appetizing, but I am satisfied furnished far more digestible nourishment. When starting the experiment I had expected to use some bread, but that which I procured was not appetizing and seemed difficult to digest, and I did not use it during the actual test. I tried bread with the other foods after the fifteen days expired, but the result of using it was not satisfactory.

OPEN LETTER TO CARNEGIE.

MR. ANDREW CARNEGIE:

The writer has spent a thousand dollars in the past month searching for and preparing for use a health home, which is designed to accommodate the sick and suffering and aid them toward health that can be secured through simple, natural means on a co-operative basis. The sick man, the weak man, the human brother who should expect sympathy and aid, has been the prey of his fellow men through all ages. To-day he is the victim of druggists, physicians and sanitariums, because he suffers from the faults of his environment. I expect to spend as much or more each month for this purpose as long as my finances will permit.

You are spending enormous sums in building and equipping libraries; you have declared your intention of devoting a portion of your income to philanthropic purposes. I suggest that you establish Carnegie health homes, resorts equipped with all the hygienic and sanitary appliances, where the suffering may be assisted back to a condition of health at a nominal and co-operative expense—a sharing plan. Your books and piles of brick and mortar can neither make joy nor banish sorrow; the cup of health placed to the lips of one poor chronic who might be easily cured if given a chance to live naturally would produce more joy than all the literature ever piled together. Why not interest yourself in freeing the land from the grip of weakness—devote your great influence to assisting those who need assistance? There are hundreds of thousands of sufferers in this country, every one of whom could be cured, without doubt, quickly and easily, if some mighty friend of the race arose who made it possible to demonstrate on a gigantic scale the value of proper dieting, sanitary surroundings and health-giving exercise.

We have established one co-operative health home near this city, and we have accepted more than a dozen patients for treatment there at our expense. All others who come are received and treated on the co-operative plan. The absolute cost of food, assistants, etc., is rendered weekly, and each inmate is assessed pro rata. We invite your attention to this work, and beg that you will think over our suggestion. To us there have come from east and west, north and south, thousands of wails from the stricken for such aid as we have arranged to give in a limited way, and the harvest is ripe for philanthropy that will bless.

Respectfully yours,

Bernarr Macfadden

PHYSICAL CULTURE

"PURE (?) VACCINE VIRUS."

WHAT IT IS AND HOW IT IS OBTAINED.



INTERIOR OF A TENT ON A "VACCINE FARM," SHOWING SURGEONS AND ASSISTANTS AT WORK.



INOCULATING A YOUNG STEER IN ORDER TO OBTAIN "COWPOX" VIRUS.

A "culture" of vaccine virus is obtained by the method shown in these pictures. The animals are tied down, the hair is shaved off the hind portion of the belly, forty to forty-eight inoculations are then introduced, and the animal turned loose. At the expiration of a few days, when the "scabs" are beginning to heal up, the "culture" is ready to gather. The animals are caught, fastened, and each "scab" is removed with pinchers. The "pus" that is thus secured is what we know as pure vaccine virus. Human beings are inoculated with this pus poison under the name of *vaccination*.

SMALLPOX.

By J. D. Jones, Jr.



HE dreaded plague has again been epidemic among us, and the just and unjust were at the mercy of the despotic *health officer*. Backed up by State boards of health and the laws created by them for their own sustenance, we now are all subject to the whims of these officials; and once the notion enters the head of one of them that an individual has smallpox, notwithstanding the denials of half a dozen competent physicians, and notwithstanding that but a small minority are agreed as to the nature of the modern disease—the so-called smallpox—and also disregarding the unsettled state of expert opinion, the preponderance of which is against vaccination, that individual is in for a dose of filthy cow pus rubbed into his opened blood-vessels, or at the slightest objection he goes to the pest-house.

Here we are, free American citizens, subjected to the edicts of a pack of unscrupulous men who, in some manner or other, secured diplomas as medical experts; but they would starve, probably, in competition with the ordinary doctor at slinging drugs, so they seek and find a sinecure in politics.

This is not a vision of a disordered mind, but the actual condition existing to-day, that any one may know who reads. These conditions have long been known and argued by the medical profession, and their journals teem with condemnation of the system. But still they seem bound not to let the public into their confidences and have these things righted. Their sacred "code of ethics" (a system, by the way, which would send the lay reader in convulsions of mockery and derision) does not allow them to discuss medical questions outside of their own circles, and they dare not turn the light upon health board fakes for fear the public will see their other faults.

Until the general public take this in hand, nothing will be done. The public, however, will not touch it until it has become so foul and obnoxious that they

can no longer breathe without stifling. In the meantime, we must do all possible to protect ourselves; and to our friends who are battling for better conditions and knowledge, which will enable them to sustain their own and their children's health, may the following be of benefit.

Smallpox is the filthiest of the filth diseases. It is epidemic in winter, for the well-known reason that then the blood usually is mud. Because then people perspire less, eat more, bathe less, breathe less pure air and breathe more foul air, not only rebreathing their own exhalations, but taking into their lungs and blood the filth breathed out by others.

The excessive waste matter and food cannot all be expelled by the kidneys, and great quantities must remain in the body to decay, when it then is a poison. It accumulates rapidly, and soon the blood is overburdened. The lungs throw off foul gases. Try this experiment: as soon as you have dressed in the morning, step outside a few moments and breathe fresh air; then return to your bedroom and notice the odor. Do this before you have ventilated the room. Those who do not have the windows well opened all night will be surprised at the foul air. Very few can smell their own breaths or body odors, and so most consider themselves exempt.

The lungs of every one are passing off the gases which come from animal matter and food decaying in the blood. As one breathes in the gas of another, it mixes with his blood, and the combination often forms a virulent poison which the body gets rid of in the quickest manner—i.e., by the skin. Nature never cares for appearances or refined methods; the quickest means she employs.

Pimples, eruptions and pustules occur. These are not the beginning of smallpox, but the ending. Any one with rotten enough blood will have smallpox, and that without being within a thousand miles of another case. Or a person with thick, bad blood, by breathing the exhalations of another in like condition, will most likely have his blood badly

poisoned. Thus may one "catch" smallpox from another who does not have it nor was exposed to it.

This so-called contagion is more from within than without. Blood which is pure will not become diseased by any ordinary exposure or contact with contagious diseases, or by breathing another's breath. A large amount of filth must be put into that blood before any disease is produced. Filth may enter in two ways: first, the common way, by daily accumulations of waste matter which is hourly produced in the body; and, second, by injection, as by vaccination, antitoxin or other serum treatments.

Vaccine virus, by means of which the trick is done, is the pus found under and collected after pulling off the scabs of inoculated animals. All these serums are the matter found in the sores of inoculated cows, horses or other animals. Oxygen is about the most powerful antiseptic known, and it is found in abundance, ready for use, in fresh air.

Blood freely circulating, as by exercise, will absorb much oxygen when it is at hand, and will mix it in thoroughly with

its corpuscles. The oxygen will then burn up the poisons, disinfecting the blood, and on its next trip to the lungs, leave the body with the poisonous gases it has made. It is very plain to see that by filling the blood with food and refusing to let in oxygen, a rank fluid will be produced. Then let any of the many germs that live upon decayed matter find entrance, and breeding will rapidly produce a poisoned condition, at which nature rebels; the conflict is termed sickness.

Pure blood, with but a small per cent. of excessive food and a large per cent. of oxygen, free and fresh, is a powerful scavenger, and all germs or bacilli that may enter that blood will soon perish.

Witness the case of the doctor in the West who does not believe in vaccination or contagion; he rubbed the poisonous pus of smallpox patients on his hands and face, allowing it to remain, breathing time and again the odors, but he did not catch smallpox. It was very foolish, however, for him to circulate among others that evening at a party. Some bad-blooded individual might have become infected.

HEALTH DISCIPLES.

The editor of *PHYSICAL CULTURE* spoke last month of the advisability of organizing health clubs throughout the country. We have attempted to point out, from time to time, the necessity for the people of America waking up to the importance of this question of health. We have tried to tell them that the tremendous energies wasted in effecting tariff and tax legislation are of all vanities the most useless. We have tried to preach the gospel of health and strength, and we have preached, we believe, so successfully that now the time is ripe for the bands of determined, thinking, sensible men and women to begin to concentrate their influence and powers.

We present herewith a simile of button we have had made, to be worn by persons who would become affiliated with the order of Health Disciples. These buttons at cost, postage and mailing added. One will be sent for five cents, or free with each yearly subscription or renewal when so designated. We will enroll the names of all such members for future reference, and when the number enrolled becomes sufficiently large to make a national confederation of health societies feasible, we will aid in organization.

We respectfully suggest that where interest is sufficient it would be well to organize local societies at once, to co-operate with toward national federation. We will supply buttons in quantities to such organizations at cost.



QUACK MEDICINES.

(Selected from George Crabbe's poem entitled "The Borough," written nearly 100 years ago.)

All so-called quacks are gamesters, and they play
With craft and skill to ruin and betray;
With monstrous promise they delude the mind,
And thrive on all that tortures human-kind.

Void of all honor, avaricious, rash,
The daring tribe compound their boasted trash,—
Tincture or syrup, lotion, drop or pill;
All tempt the sick to trust the lying bill,
And twenty names of cobblers turned to squires
Aid the bold language of these blushing liars.

How strange to add, in this nefarious trade,
That men of parts are dupes by dunces made:
That creatures nature meant should clean our streets
Have purchased lands and mansions, parks and seats:
Wretches with conscience so obtuse, they leave
Their untaught sons their parents to deceive;
And when they're laid upon their dying bed,
No thought of murder comes into their head.

And then in many a paper through the year,
Must cures and cases, oaths and proofs appear;
Men snatched from graves as they were dropping in,
Their lungs coughed up, their bones pierced through their skin;
Their liver all one scirrhus, and the frame
Poisoned with all evils which they dare not name;
Men who spent all upon physicians' fees,
Who never slept nor had a moment's ease,
Are now as roaches sound, and all as brisk as bees.

No class escapes them—from the poor man's pay
The nostrum takes no trifling part away;
See! those square patent bottles from the shop
Now decoration to the cupboard's top;
And there a favorite hoard you'll find within?
Companions meet! the julip and the gin.

Suppose the case surpasses human skill,
There comes a quack to flatter weakness still;
What greater evil can a flatterer do
Than from himself to take the sufferer's view?
To turn from sacred thoughts his reasoning powers,
And rob a sinner of his dying hours?
Yet this they dare, and, craving to the last,
In hope's strong bondage hold their victim fast:
For soul or body no concern have they,
All their inquiry, "Can the patient pay?
And will he swallow draughts until his dying day?"

BENEFITS OF BICYCLE RIDING.

By J. R. Stevenson.

BY the time the April issue of PHYSICAL CULTURE gets into the hands of its readers the season for outdoor exercises of all sorts will be fairly commenced. When the buds of spring begin to show, whether the man or woman is a physical culture devotee or not, there is a desire to get out of doors and to purify the lungs, that have been struggling with all sorts of poisons and impurities during the forced semi-hibernation of the cold months. It is an instinct that mankind has, in common with other living creatures, to escape from the hindering environment that he has surrounded his life with, and to breathe the air that smells of earth and forests and streams and seas.

Of course every form of sport, of recreation that takes the individual, weak or strong, out of doors at this season bears its measure of blessing. The wealthy in their carriages, suffering from over-feeding, over-clothing, and over-coddling during the winter, loll in idleness and feel in a slight measure the general blessing that is showered upon all. But effort, the thing that makes it of greatest value, is wanting, and their rejuvenation is slower, more uncertain. The man who walks long and far, who climbs mountains, plays golf or goes fishing, responds quickest. He loses his indigestion, his touch of rheumatism, his indifference; and color comes to his cheeks, strength to his muscles, joy to his heart, for he grows well and robust.

And here is where the advantage of the bicycle comes into human life. One

can get out into the pure air amid congenial environment. It furnishes splendid exercise for the muscular system. And added to this there is pleasure and mental exhilaration in riding the noiseless steed that so far overbalance the muscular demands that there is danger in a majority of instances of too much rather than too little exercise. This is the season when this popular and very advantageous exercise flourishes in its greatest degree, and it is timely to point out the dangers of overdoing it, quite as much as calling attention to the good that bicycle exercise will produce.

The rider should carefully note his powers, ride only far enough and fast enough to bring on that exhilaration that is produced by muscular exertion that is pleasant. He should never ride until exhausted, and should not attempt, without being carefully trained, any of the phenomenal long rides we hear of so often. The ride should be at a moderate pace for a sufficiently great distance to produce the effects hinted at, and should be followed, as every other exercise, by a thorough rubbing down of the body and a cold sponge bath. The rider should be careful as to diet, too.

The tendency will be to overeat under the influence of the stimulation. He should always be careful not to completely gratify the appetite excited by the exhilaration of these early spring rides.

The bicycle is one of the boons of the century to woman. It has done more to free her from the confines of restrictive clothing than all the lectures ever did, and it has also done much to increase the strength of men.

SHORT RATIONS ROUT RHEUMATISM.

By C. M. Aley.



THE writer most heartily indorses Prof. Macfadden's claim respecting the marvelous benefits to be derived from abstemious living or absolute fasting in special cases. He has had abundant proof of its value personally

and in the experience of others. A remarkable case is here given:

One of the most prominent business men in this State was, in 1864, a sturdy, strong young farmer in Illinois, where he was just then making a start in life. The only drawback to his well-being was the fact that he was severely troubled with

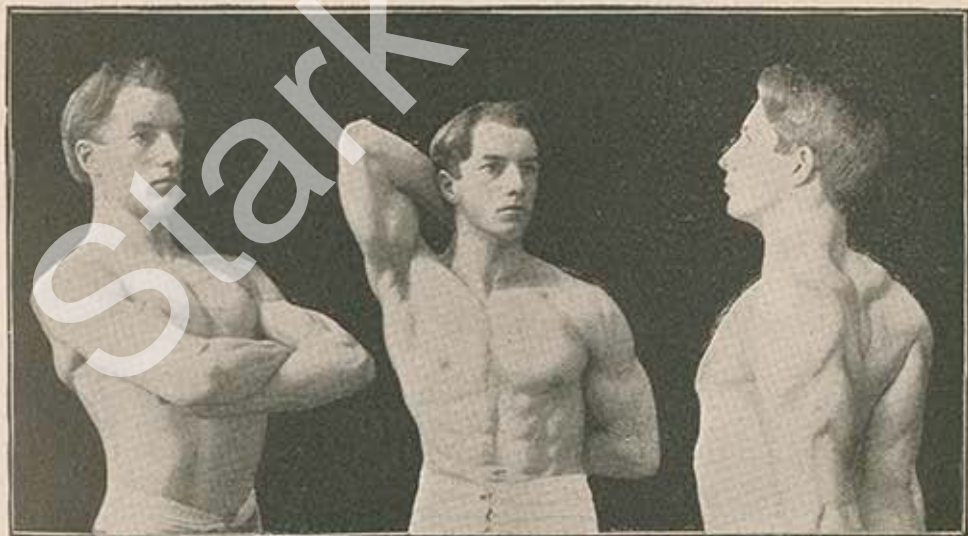
rheumatism. Along came the draft and, despite his ailment, took him to the field as a soldier.

Immediately on being mustered in his regiment was stationed in a section of our common country where food was conspicuous for its absence. They got so little to eat that he says he was hungry every minute of his life, the daily ration for a month straight being absolutely no more than six hard tack, one-third pint of sugar and all the coffee they wanted each day. Many of the men would, he says, eat the day's ration at a sitting.

At the end of a month the command moved to another place, and here he had an opportunity to weigh himself and see how many pounds he had lost. To his amazement he had actually gained and was heavier than when he left home.

Now for the effect on his rheumatism, which was so acute his friends at home declared when he left he would never be able to march or do soldier duty. Following his starving experience the regi-

ment was subjected to a long march. On this march my friend tells me he walked as much as thirty miles a day and carried a load of accouterments, and at night slept on the ground in the open air, enduring the varying exposure incident to outdoor life, and yet not a twinge of rheumatism was felt during the time, nor did he have a return of this disease until he returned home and again began full feeding on the farm. Then his old enemy speedily put in appearance and has stayed steadily by him until this day. When he related his experience—an intensely interesting one—we said to him we were astonished that he did not again put himself on his former rheumatism-destroying hard-tack ration and be delivered. He replied that he did not know himself why he did not. Of course the trouble is his appetite is master and his system is clogged with debris. This gentleman is absolutely reliable and his experience as related may be implicitly relied on.



MR. GEO. W. BRACKEN, OF PASSADENA, CAL.

"I gained this development by following the suggestions given in PHYSICAL CULTURE."

QUESTION DEPARTMENT.

Q. My back is hollow; my shoulder blades are prominent. What must I do to remedy this?

A. About the best exercise to remedy this particular defect is to stand facing an ordinary chest weight and bring the arms outward as far as you can on a level with the shoulders. Take this exercise at least twice a day and continue until tired. Of course, other exercises bringing into play the muscles of the chest and back will be found advantageous.

Q. I am 48. Have a slight rupture. Rather corpulent. What exercise would you advise?

A. Under such conditions care should be used not to take any exercise which tends to adversely influence your trouble. You can best judge of this by actual experience, taking the different exercises that are not too violent, and avoiding those, of course, that tend to force the contents of the abdomen strongly against the affected part. The reclining exercises, lying on the back, will be found beneficial in your condition. All very violent exercise, such as heavy lifting and fast running, should, of course, be avoided.

Q. I contemplate fasting to purify my blood. Must I abstain entirely from food or take something occasionally to prevent sickness? Should I exercise during this time?

A. During your fast would advise you to abstain entirely from food of all character, though all the pure water which you care to drink should be supplied. It is easier to abstain totally from food than to partially abstain, as to eat only a few morsels when inclined to be hungry has a tendency to excite the appetite, and it becomes more difficult to abstain than if you had not eaten at all. I would advise you to take some light exercise that is pleasurable, such as walking and the like, during the time.

Q. Please tell me how to cure nervous dyspepsia.

A. Adopt a one-meal-per-day diet. Eat very slowly, masticating every morsel of food until it actually becomes liquid

before swallowing. Take long walks, and take up a system of physical culture for strengthening the general system. If this course is pursued assiduously, a cure will be effected in every instance.

Q. I have lumbago. What would you advise me to do?

A. At least twice a day take the exercise of bending forward as far as you can and backward as far as you can, and from one side to the other as far as you can until tired. Take up a general system of physical culture for strengthening all parts of the body. If pain is especially acute, upon retiring at night place a wet cloth over the affected part, allowing it to remain there until morning, covering it with a dry towel.

Q. I am troubled with sweating. I perspire as much in the winter as in the summer. What is the remedy?

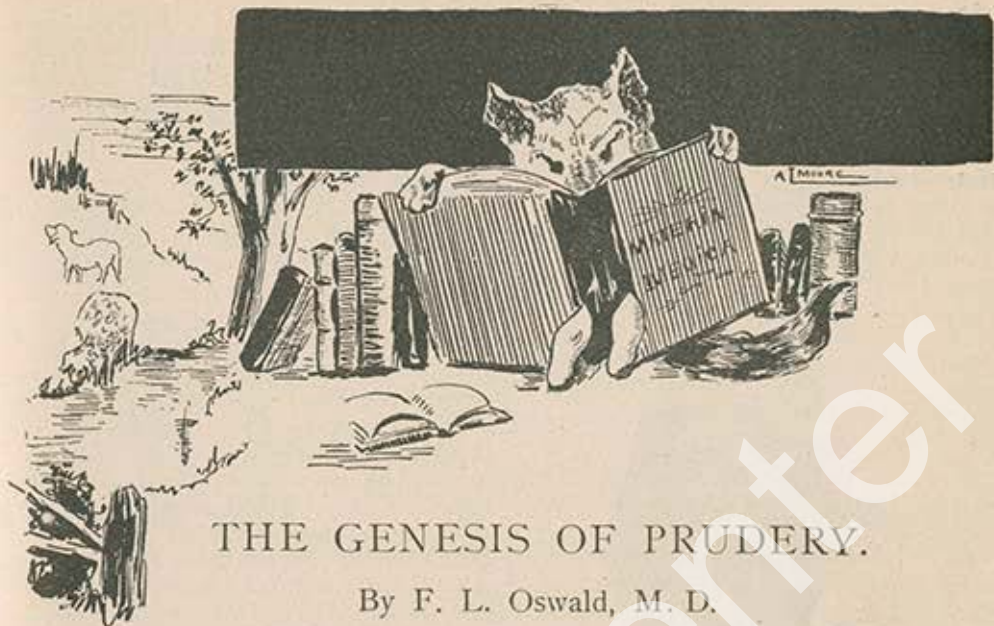
A. Though the skin may by some abnormal influence acquire a habit of perspiring too freely, ordinarily the trouble is of the opposite character. A large amount of impurities is thrown off through the pores of the skin, and it is necessary that they remain active in order to perform their office. If your pores have become abnormally active, I would suggest that you take cold baths and an air bath daily. Also make use of the friction brush. This, in connection with an ordinary system for building up the general physical vigor, should bring about satisfactory results.

Q. What shall I do for a dislocated shoulder?

A. If it has been properly set, about the only thing you can do is absolute rest until the torn or strained ligaments have healed; then, of course, you can begin to use it mildly. The application of cold wet cloths will be found beneficial.

Q. Kindly inform me what to do with a varicose vein.

A. The application of cold wet cloths and water as cold as can be obtained will be found beneficial, though in many cases this trouble cannot be cured.



THE GENESIS OF PRUDERY.

By F. L. Oswald, M. D.

IT has often been remarked that the most effective way to explode a popular delusion is to explain its origin, and it might be worth while to apply that method of expurgation to those epidemics of prudery, that would have been wholly incomprehensible to the philosophers of paganism and which the moralists of the future will class with the strangest aberrations of the dark ages.

The ethics of Greece and Rome, and, indeed, of all ancient Europe, were founded on nature-worship, and pantheism of some sort or other is at the bottom of the primeval religions of the East; but about eight hundred years before the beginning of our chronological era the mind of a brooding Hindoo evolved a doctrine that has been justly defined as a declaration of war against nature. He proposed to solve the problem of existence on the nihilistic plan and avoid the disappointments of life by renouncing its hopes.

The hope of earthly happiness, according to the theory of Buddha Sakyamuri, is a chimera, a phantom that lures us from error to error through endless toils, and robs even the grave of its peace, for he who dies uncured of his delusion must return to earth and continue the hopeless

chase in another life. Quietism—i. e., the annihilation of desire—is the only hope of emancipation, and that goal can be reached only by total abstinence from earthly enjoyments.

All worldly pleasures are curses in disguise; life is a disease and death the only cure. All secular knowledge is vain, the great object of existence being the suppression of our natural desires.

Self affliction is the only rational pursuit. He who strives after final emancipation must renounce his earthly possessions, live on alms, dress in rags and abstain from marriage. He must have no fixed habitation, and must even avoid to sleep twice under the same tree, lest an undue affection for any earthly object should hinder his spirit in the progress of his deliverance from the vanities of life!

Among the effete victims of Oriental despotism that hideous insanity developed the contagion of a moral plague, and invaded the coastlands of the Mediterranean about a thousand years after the foundation of Rome.

An epidemic of anti-naturalism spread over the Eden of Southern Europe. Men, women and children renounced the world and devoted themselves to a life of self-torture. Convents sprang up, first in Greece, then by thousands all over Italy.

Spain and Southern France. The Olympic festivals were suppressed; manly pastimes were banished from the very dreams of a world to come. The merry gods had departed; Olympus became a Golgotha, where sickly skinned and roasted deities sneaked about mournfully, nursing their wounds and chanting doleful hymns. The worship of joy had become a whining worship of sorrow.



"A CHAMPION OF RENUNCIATION."

The champions of renunciation despised the physical part of their nature. They seemed to be almost ashamed that they had bodies at all. With few exceptions, the founders of the monastic orders vied in measures for the physical degradation of their convent devotees. Monks and nuns were starved, bled, scourged and systematically sickened with enfeebling drugs.

"A healthy mind in a healthy body," was the ideal of the Grecian philosopher. A world-renouncing mind in a crushed body was the ideal of the anti-naturalists. Their sculptors and painters elaborated representations of cadaverous saints, hollow-eyed devotees and ghastly self-torturers. Fanatics marched from town to town for the deliberate purpose of destroying the masterpieces of Grecian art. The models of manly strength and female beauty had become odious to the enemies of nature.

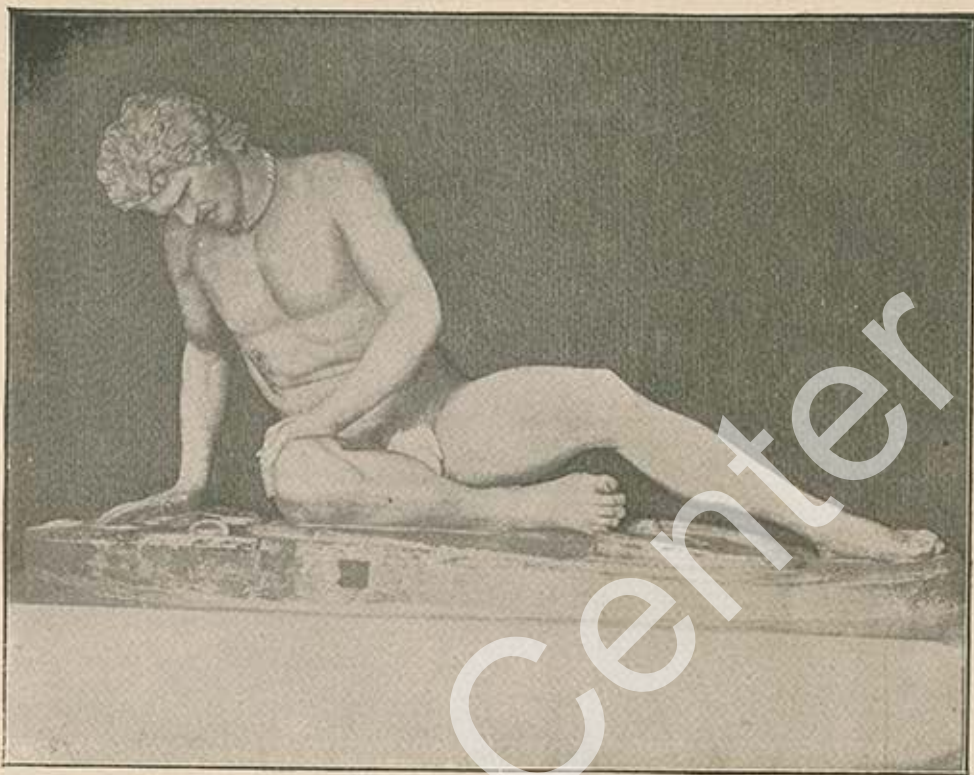
The crusade against the nude had entered upon its aggressive phase. Beauty-worship was denounced as a crime. "The world, the devil and the flesh" were associated in sermons and prayers. It was not long before the gods and heroes of the Pagan pantheon were consigned to pandemonium. Venus was degraded into a tempting fiend.

"From me expect no homage more,
The devil, as you are,"

Knight Tannhauser is ungallant enough to inform the Goddess of Love. And as the love of earth culminates in the sexual passion, anti-naturalism soon openly inculcated the merit of celibacy. Thousands of devotees attempted to emulate the saints who "neither marry nor are given in marriage," but, as usual, found it easier to pervert than to suppress a natural instinct. Clemens A. Alexandri-
orus, one of the few semi-rational leaders of the patriotic era, gives an appalling account of the consequences of that war against nature, and admits that nameless aberrations of passion made it expedient to prohibit the very allusion to sexual topics.

The total depravity dogma was a god-send to mental and physical degeneracy. Worn-out sensualists consoled themselves with the hope of a better hereafter. Cowards pleased themselves in the idea of fulfilling the duty of meek submission to injustice and the "powers that be." Monastic drones denounced the worldliness of industrial enterprises. Physical indolence welcomed the discovery that "bodily exercise profiteth but little." Stall-fed hypocrites inveighed against the secular temptations of science, and, indeed, soon pursued philosophers with charges of black art.

But the favorite butt of slander-



"THE MODELS OF MANLY STRENGTH BECAME ODIOS TO THE ENEMIES OF NATURE."

mongers was the manifestations of the sexual passion. Malice soon discovered the superior facilities for ruining an enemy by calumnies of that sort, and for nearly a thousand years the chronicles of persecution teemed with the records of what the philosopher Lessing aptly calls "moral hits below the belt." Every woman who rebelled against the yoke of matrimonial slavery, every man who ventured to question heresy dogmas, risked a charge of sexual immorality. Impeachment for heresy almost invariably involved insinuation of illicit love. Between A.D. 1050 and 1500 some 3,000,000 women were burned at the stake for alleged indulgences of criminal intercourse with the enemy of mankind. When Louis the First of France got stranded on the shoal of unlucky financial speculations, he conceived the idea of recouping his losses by confiscating the real estate of the Knights Templar, and, of course, proceeded to formulate charges and specifications of sexual atrocities.

The test of the impeachment is at once so revolting and so extravagantly absurd that modern critics might mistake it for a burlesque, but it answered its purpose; the rage of the prurient rabble vented itself in howls of execration, and with the vociferous approval of the assembled mob, Robert Molay, a star-covered lion of the crusades, was publicly burned at the stake, together with scores of his valiant companions.

The old warrior scorned spiritual consolations;

"Call him not alone who dieth
Side by side with gallant men,"

and a hero for whom war had no terrors and superstition no sting was laid low by the never-failing trick of sexual calumny.

An instinct, swift and sure, still prompts envy to glut its malice by a resort to the same dastard weapon. The poisoned daggers of sexual slander blighted the life of Lord Byron, of Shelley, Tasso and Count Platen; they



"MONASTIC DRONES DENOUNCED THE WORLDLINESS OF INDUSTRIAL ENTERPRISES."

were aimed at the throne of Frederick the Great and the crown of the Poet-King Goethe. They threaten every talent and every form of superior merit; the charge of obscenity is always the last resort of rancorous impotence.

And these sensitive saints appear to include truth among the secular vanities which the pious are bound to despise. "Worldliness was to be combated," says Lecky in his review of mediaeval morals, "so prophecies were forged and ceaseless calumnies poured upon every adversary. Generation after generation this tendency became more general; it continued till the very sense of truth and the very love of truth seemed blotted out from the minds of men."

That lost love has apparently never been recovered. The ostensible pretext of an obscenity complaint is almost sure to be a fiction. Examined at close range,

the zealot for public morality is found to have personal grievances to redress. The upturned eyes and pious howls through the nose mask, the leer of private malice, the snarl of personal rancor. The solicitude about Ned Parnell's morals concealed a dread of his political influence. The literary hirelings who went into epileptic fits about the matrimonial misconduct of Lord Byron, wanted a chance for a kick at the author of *Cbilde Harold*. The holy groans bewailing the cynicism of King Frederick voiced the effects of his keen sword. A few weeks ago a Pennsylvania saint, to advertise his contempt for physical perfection, as compared with the perfect submission of reason to dogma, insinuated a charge of immorality against a magazine that has done more to promote the regeneration of the human race than any periodical publication of the Western and Eastern Hemispheres.

The junction-film upon his perceptive faculties could not wholly conceal the fact that by every test of true manhood the publishers of that paper stood above him as gods above a slimy reptile, but for that very reason he could not afford to miss a chance for promulgating his superior "morality."

"She has visited the male wards of public hospitals," petitioned Charles Reade's medical students, after finding themselves eclipsed by the talents of a female competitor; "she has ventured to encounter the nude, undeterred by consideration of female modesty, and that ought to bar her privilege of contesting the first prize, or decent parents will refuse to send their sons to this college. Immorality must be suppressed."

Complaints about the inadequacy of city ordinances against bathing school-boys nearly always emanate from old hags who see no other chance for establishing their private reputations.

The immaculate virgin of Omaha who poked her parasol through Bougereau's masterpiece, was ascertained to be a personal aspirant for distinction in pictorial idyls and verdigris tinted landscapes. The comments of the French master artist might be worth knowing, and, alluding to certain attempts at picture barometers (litmus paper affected by the influence of atmospheric moisture), one of his facetious countrymen observed

that "American landscapes will hereafter have to be painted in such a manner that the sportive nymphs appear in bathing suits whenever a cloud comes upon Anthony Comstock's brow."

It did not save the famous painting that the exhibitors had placed it in a screened cabinet; the moral regulator penetrated the veil of the sanctuary. It is in vain that bathing youngsters retire to the farthest outskirts of the city limits, the grievance mongers will use telescopes.

What is the remedy?

"What can I do with those wretched

lunatics?" the Empress Catherine asked her friends after describing the fanaticism of the Skopzis, or sect of pious self-mutilators.

"Importez une bonne troupe des comédiens," suggested the philosopher Diderot—"try the effect of a good burlesque." And in the holy-groan-dom of America alone the playwrights of the future will find an inexhaustible mine of fun; but in the meantime reformers the world over should combine to tear the mask from the most contemptible of all shams and establish the fact that prudery and degeneration always go hand in hand.



THIS MAY LOOK LIKE A PHYSICAL CULTURIST,
BUT—



IT'S ONLY REGGIE IN HIS WINTER OVERCOAT.

NON-MEDICINAL REMEDIES.

WITH POINTS ON HYDROTHERAPY, DIET, AND MASSAGE, IN CERTAIN DISEASES
ATTENDED WITH HIGH TEMPERATURE.

By Charles E. Page, M. D., Boston.

IT is a promising sign of the times that more individuals in the profession of medicine are becoming somewhat skeptical as to the virtues of even the most vaunted of the potent drugs in common use in the treatment of disease, than at any previous time in the history of medicine, and giving more thought to the study and practice of more natural methods.

"The history of medicine illustrates the fact that modern therapeutics only attains perfection when it approaches most nearly to the teachings of Hippocrates," says Dr. Edwin W. Pile, Fellow of the New York Academy of Medicine, in a recent article. "In most cases of sickness had simple water been administered, and those natural means which automatically operate to maintain health been employed, the sick would have been benefited and the doctors' reputation improved." Herein may be found, in great measure, the secret of the success of many empirics; these men having followed more nearly than have the grand army of regulars the teachings of the 'Father of Medicine.'"

In an address before the Reading Pathological Society (*Lancet*, January 6, 1900), on "Uric Acid," J. E. Goodhart, M. D., LL. D., consulting physician to Guy's Hospital, says: "For myself, I cannot but think that had it not been for our eagerness to get hold of something to 'treat,' the uric acid theory that is dominant at the present time would never have become the fetish that it has.

"One of the weaknesses of our profession is this, that we incline to do too much; and in so doing overtreat disease. Do not you find, you, my hearers, who have come to middle age and passed it, that one of the chief pleasures of your position is that of having a firmer conviction of the self-righting power of the

human body? Let it alone; give it time, rest, freedom, fresh air. It must be so; for I hear it said on all sides of the ripe and mellow go-aheads of but a few years ago, by their juniors, the go-aheads of to-day, how much less active they are than they were when they began to make their names. Yes, they now wait and watch."

But still, as it seems to the present writer, this savors too much of the faith cure to be altogether soothing to the mind of the perplexed student, however desirous he may be to mend his ways. Of course, it is vastly better, when in doubt, to do nothing than to do things that are harmful; but in all the length of Dr. Goodhart's address there was scarcely a hint as to physiological treatment for disease. Throughout the profession, regular, empiric, or what not, there is a proneness to "harp on one string," so to say; that is, to treat disease with drugs alone (too common a practice with the regular profession); with hydrotherapy alone (the habit of many empirics); with massage alone (now posing as osteopathy); with faith in *vis medicatrix nature* alone, the scheme of many in the regular profession who have lost confidence in the virtues of drugs.

The prince of physicians is he who is expert in all of these potent measures for aiding the disordered organism in its efforts to regain that just balance which we term health. Were I to be shut up to a choice of one only method out of all those above named, I would assuredly and without hesitation adopt hydrotherapy in the treatment of all diseases, chronic or acute; this would be my first choice; drugs, alone, my last.

It is a glaring, if not a criminal, fault of our medical schools, that except in the most superficial way, nothing is done in the way of teaching hydrotherapy or massage. Hydrotherapy and the medical schools is a question which of late has ex-

exercised the minds of a few of our leading medical men. The editor of the *Medical News* recently discussed this topic at considerable length and most intelligently. The views of several medical men were quoted, the text being the essay of Prof. Putnam, of Harvard University, on "Hydrotherapy: Its Scientific Basis." In the discussion following the reading of Prof. Putnam's paper, Dr. Coggeshall insisted that "it is disgraceful that students should be allowed to graduate from our medical colleges with practically no systematic teaching in regard to non-medicinal therapeutics;" and Dr. Rogers remarked jocosely, that "medical colleges ought to cease graduating men who don't know a Scotch douche from a hot Scotch!" Kussmaul was quoted as follows: "Of hydrotherapy the young physician knows almost nothing. Here is a great gap in the education of our physicians; here is the real cause of his inability to cope with the empiric for the favor of the public!" And yet we are fond of sneering at the empiric's work, when we should be quick to recognize its value and hasten to profit by it. Another pregnant sentiment, that of Prof. Crede, of Leipzig: "If physicians were better versed in these branches [hydrotherapy, massage, etc.], the field of operation of many quacks would be greatly curtailed." That is to say, if we were as well informed as the empirics we would do as good work and drive them from the field; for the quack is tremendously handicapped in many ways. "The laity generally require their doctors to be labeled 'safe'" (that is, regular), says the *British Medical Journal* for January 13, 1900, in an editorial on "Information vs. Education." The *Journal* justifies the criticism that has been made, that at the end of five years' medical students, having gained their diplomas through cramming, go out as assistants, having been taught the latest pathological theories, but no common sense;* that they are stuffed with knowledge, but cannot learn. Their real training does not begin till they are

delivered from their teachers and thrown upon their own resources.

But does this mean the banishment of drugs from our therapeutics? It certainly is the conviction of many of the foremost medical men of our day, that as drugs are employed by the great proportion of medical men, practically, as an exclusive means in the treatment of disease, they do vastly more harm than good.

Let us consider some of the ways in which certain drugs injure the prospects of recovery: Take, for example, a typhoid fever patient, who, in spite of lack of appetite, in face, even, of a loathing for food, and whose tongue is heavily coated, clearly indicating a stomach devoid of gastric juice, and an utter impossibility of food substances being dissolved, preserved and fitted for intestinal digestion; intestines, indeed, loaded with fermenting or putrescent aliments—a patient in this deplorable state, we will say, becomes a victim to still further forced feeding till his temperature is forced up to what is considered a dangerous point. In such a case the average physician is apt to give heavy doses of, let us say, antipyrine, which may cause a sudden drop of the temperature to near, possibly below, the normal. By this means a heavy blow has been struck at the vitality of the patient, a blow at the very force which it is our first duty to exalt in every possible way. While it is doubtless safe to say, that by means of early therapeutic fasting, the profuse drinking of fresh, cool water for a few days, the condition above described would have been avoided; still the physician may be called to a patient already thus diseased; something surely needs to be done in the way of active treatment.

A case of this kind came under my care not long ago. The patient, a man of about thirty years of age, had been constantly fed with milk, beef tea, switched eggs, etc., and well drugged, from day to day, though the food had been taken under protest. His temperature was 104½ F. There was some delirium, great distention of the bowels, and severe pain. I at once gave him the benefit of a Brand bath, in water at 67 F., for fifteen minutes, with active friction of the skin during every moment he was in the water; and several pitcherfuls of cool water were poured over his head meanwhile.

*The late Prof. John Kirk, of Edinburgh, used to say of medical students, that they entered college with plenty of common sense, and departed with it pretty much "educated" out of them; and that it took the average bright lad half a lifetime to unlearn the mistaken teachings of the medical schools, while the ordinary ones never recovered.

Directly after returning the patient to bed, without drying the skin, or returning the nightgown, the feet and legs were well manipulated by a skilled masseur with his hands moistened with hot olive oil, till the extremities glowed with warmth. The bath completely restored the patient from his delirium, and he went off for a restful sleep of an hour. On waking his temperature was found to be $102\frac{1}{2}$. From this time I employed the damp bandage (two-ply coarse linen towel, wrung tightly from ice water, with two-ply same dry outside) as the only hydrotherapeutic procedure, except so far as cooling the head with cold compress to the fullest soothing degree, whenever it was required for the patient's comfort.

A full cool water enema brought away a vesselful of milk curds and all manner of putrescent food substances, to his great comfort; directly the skin became moist, and he dropped off quietly into a sleep lasting a couple of hours, from which he awoke refreshed. He had from this time on for the next ten days what I regarded the true "physiological diet" in fevers, viz., water, fresh, soft and cool—not ice water. Occasionally he was given moderately hot water, and altogether he took from three to five pints of water every twenty-four hours. The fluidity of the blood was thus made to approach the normal point; the urine, before scant and high-colored, became more profuse and natural in complexion; sordes disappeared; tongue began to clean, and he was very shortly a "comfortably sick" man, with small need of much attention from any one.

Liberal portions of fresh water was all the medicament employed, and seemed to work entirely to my satisfaction; the patient's temperature kept down near 101 F., a mild fever which might properly be considered a normal adjustment to the bodily condition. He went on without a skip from convalescence to perfect health. In accordance with my instructions, that "when he thought he could take a piece of stale Graham bread for 'pie' he might try it," about the eleventh day he began

eating. He was allowed a moderate portion of this bread twice a day for a couple of days "dry on the tongue;" that is, he chewed every mouthful till it was semi-fluid, with saliva alone. Water was given *ad lib.*, whenever the stomach was empty. Shortly after this he was allowed moderate portions of stewed prunes as dessert; but the greatest caution was taken to prevent overfeeding. No tonics to stimulate appetency; no tempting dishes were placed before him or talked about, and the results fully justified the entire management of the case.

During the present winter I have had a number of cases of "grip," and I have come to regard this disease as one of flannels and food; of overclothing, chiefly. Of course, overfeeding is a universal habit. During "unseasonably warm weather" in winter, or, in fact, indoors at any season, the wearing of heavy inner and outer clothing is in the highest degree unhygienic. In all my cases this winter I have stopped all feeding till convalescence was established, giving moderate doses of hot water, with plenty of cool water, usually aborting the disease in from three to six days. I employ over the entire chest the cold compress freely for any indication of pneumonia. In a number of cases I have employed as a beginning of the treatment the hot foot and leg bath to the point of provoking a full sweat, as follows: Have the patient's feet and legs well up the calves in water at about 100 F., having some portion removed and replaced with boiling water from time to time, making the water a little hotter and hotter, as the patient can bear it without discomfort. In thirty to forty minutes he is in a profuse sweat; then he is sponged all over with dilute acetic acid (one to sixteen) and put to bed. He is sufficiently, but not over, wrapped, and he is ordered to have his sleeping-room windows well open throughout the night. In all these cases, too, it is found that well-applied massage is both soothing and curative. Nothing will more speedily drive away all semblance of the shivery, shaky, disagreeable feeling so common in these cases.

SAMMY WILBROW'S SCARE.

By W. Osborne.

SAMMY WILBROW had always believed in picking up any loose knowledge that came his way.

He had learned the trade of a machinist, but had never been entirely satisfied with being a first-class workman.

Being small, and not very strong, he had very early in his career found it necessary to make his mind do for him what his body could not, and so got into the habit of learning something from all sorts of people in various callings outside of his own trade. It soon came about that he was looked upon to do anything out of the usual order that came along, and was often sent out on jobs when machinery was out of order or new machinery being put in place, and he would do boiler-making, blacksmithing, tinsmithing, drive team, or help a farmer to milk, all as a part of the day's work.

When the boys got some boxing gloves and went to having fun during noon hour, Sammy at once took a deep interest. He was nearly forty years old, weighed about one hundred and ten pounds, hadn't been in a fight since he was ten years old, and never expected to be, had never seen any one with boxing gloves on before, but here was a new mine of knowledge to him.

The boys, seeing his interest, began inviting him to put on the gloves with them, and they would slap him around while he patiently tried some of the strokes and dodgings he saw the boys doing with each other. This was great fun for the boys and men who were looking on.

Sammy finally got so he could take a good slap without its preventing him from seeing what the other fellow was doing, and taking advantage of any opening, and the boys began to find him more than a match. He seemed to know all the tricks of all of them, and his judgment of how and when to move to block or dodge an opponent was excellent.

The firm received an order for a lot of new machinery to go into a mill in one of the Western States and Sammy was sent along to erect it and start things going smoothly. He had never been so far west before and the sights filled him with wonder. The young men at the boarding house, seeing he was a tenderfoot, began telling wonderful stories about the rough people in the neighborhood, and finally, about the time his job was done, decided to give him a grand send-



"SAMMY."

off when he left.

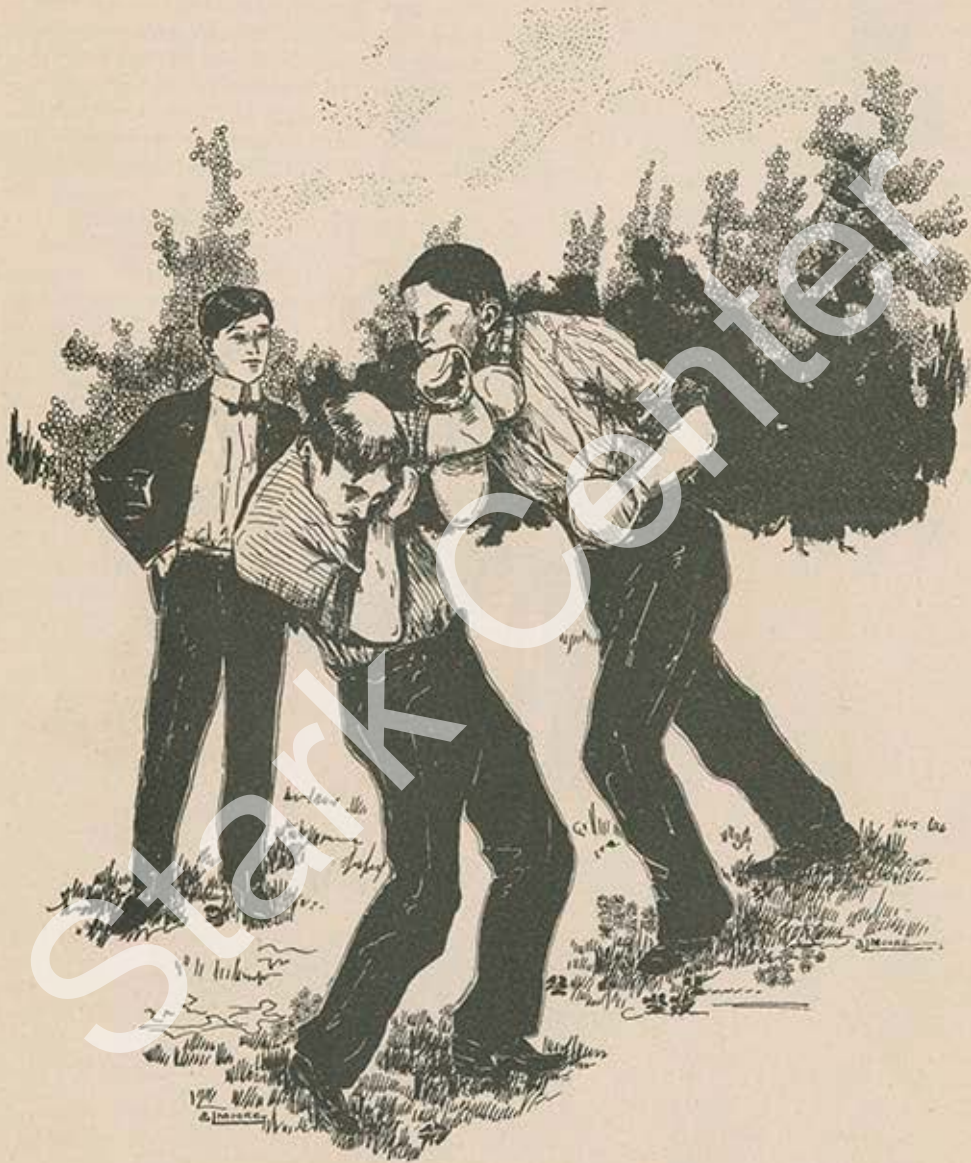
There were four of them engaged in it. Tom was a big, good-natured fellow always ready for fun. Frank was his boon companion, ready to share in anything. George was an admirer of the first two and always ready to follow when they led. Ben was the moving spirit in the matter, not a bad fellow generally, a little reckless, perhaps, but, unfortunately, a little given to drink. He had first thought of it, and together they had planned to rig up as cowboys and give Sammy a good scare on the evening he was to leave for home. Make him think he just escaped with his life! as Ben put it.

Everything had been finished at the mill. His tool box and valise had been

PHYSICAL CULTURE

checked and Sammy was walking up and down, waiting for the train, when four cowboys with leather trousers, broad-brimmed hats, revolver and knife in each belt and great rattling spurs rode up,

four several times a day, their dress and a little brown color on their faces so changed them that he never dreamed of having seen them before, and promptly held both hands up.



"THIS WAS GREAT FUN FOR THE BOYS AND MEN WHO WERE LOOKING ON."

jumped off with a yell, and with drawn revolvers surrounded Sammy with orders of "hands up."

To say he was startled is putting it mildly. Although he had been seeing all

"He's the fellow. . . . Let's hang him. . . . Tie him to a pony and set it loose. . . . Thinks cowboys don't amount to anything, does he?" were some of the shouts that Sammy heard

from his captors; and away down the track could be heard the whistle of the coming train.

"You dance," said Ben, and Sammy began a hopping around that set the spectators almost into convulsions.

To keep up appearances Tom and Frank would turn toward the crowd and order them back, although most of them were in the secret.

Dancing with your hands held above the head is hard work, and Sammy's gradu-

ated that Ben appeared to have been drinking, while the others were sober.

Tripping himself on his own feet he fell toward Ben. With a quick movement of his left arm he threw Ben's hand with the revolver in it up, while his right fist struck Ben in the solar plexus, causing him to drop the revolver and double up. A sweep of the foot across George's shins and a vigorous shove sent him down in a heap. Tom had been looking at the train while Frank had been holding back the



SAMMY'S KNOWLEDGE COMING IN HANDY.

ally dropped lower; also in jumping about he chanced to see that Tom's revolver was not fully loaded, and it flashed on him that he had heard something familiar in the voices. He threw in a couple of extra contortions to keep up the fun while he did some quick thinking. The revolvers were not held as if business was meant and all four were off guard, so to speak, and the crowd was in the road if any shooting was intended. These things Sammy saw as the train came to a stop. That train only stopped about a minute and he decided to go on it. He had no-

crowd, and both were taken by surprise. Frank got a stiff punch of the elbow at short range just on the ribs and a shove and trip that took his breath and landed him on top of George.

Tom turned and made a rush forward, but was met by Sammy with a low duck that raised him from his feet and sent him flying over Sammy's head and landed him plump on top of Frank and George.

Ben, somewhat under the influence of drink, had been infuriated by the treatment he had received, and drawing his knife made a rush at Sammy, who sprang

forward as if to meet him, then drew back as Ben made a vicious swing with the knife.

Missing his blow and a hard swing from Sammy's left arm landing just back of his ear sent him down in a heap on his face, the knife flying from his hand.

The train had begun to pull out and Sammy had just time to pick up the knife and a revolver and swing on the rear end of the last car.

The whole affair had taken less time than the writing, and as the train went its way Sammy tried to think it all over.

He felt rather uneasy until well out of the State and on his way home.

A short time after arriving at home he received a box and a letter through the firm he worked for.

The box contained a complete cowboy's outfit and the letter explained the whole joke, and in it the statement that the joke had rather been on them than him.

Now Sammy thinks more than ever that all sorts of knowledge comes in play at some time, and is worth having if it just comes in your way to get it.



THE GENIUS — "WHY ON EARTH DO NICE-LOOKING, INTELLIGENT GIRLS PREFER A GREAT, BIG, MUSCULAR BRUTE LIKE THAT TO AN INTELLIGENT GENIUS LIKE ME?"



ARMANDO MANRARA.

Mr. Manrara writes: I was born in New York City in 1878 and until I attained the age of 12 was looked upon as delicate. My fondness for exercise prompted me to devote a few hours a day to developing myself and thereby improve my health. In 1890 I entered the Columbia Grammar School, and at that place gave an hour each day to exercising under the instruction of a director. The great improvement which took place in a very short while astonished my friends and teacher immensely. The improvement continued steadily and very soon my small frame was covered with muscle. In 1898 I became interested in wrestling and gave my attention to that branch of athletics. In the spring of that year I entered the 145-lb. championship of the New York Athletic Club and was fortunate enough to win it. I weighed 134 lbs. at the time. My measurements are as follows: Height, 5 ft. 5 in.; neck, 16 in.; chest (normal), 39 in.; chest (inflated), 42 in.; biceps, 15 in.; waist, 30 in.; calf, 15 in.

THE NEW CENTURY.

By J. R. Stevenson.

THE new century is pretty well under way, with the impetus given in the concluding years of the old. It is a good opportunity to indulge in a little philosophical thinking about ourselves and the world, as we find it in the dawn of this great new century.

We believe in speaking the truth about matters. We simply won't join in with the self complacent ignoramuses who have been shouting aloud their misleading declaration that the people of this generation are stronger, longer lived, happier than those of preceding generations. The man who makes such a statement is basing his authority merely on his own assumption—nothing more. In reading a history, a history universal, recently issued, I was astonished at the statement made by the author to the effect that the people of to-day are longer lived and stronger than were those of ancient days. Right there that author lost my confidence. If his historical judgment is as poor as his knowledge of anthropology, he is worthless as a relator of the events of man's occupancy of the earth.

But, we are in a new century. We are wont to boast of its achievements—long thread-like strands of wire, that magically bear thought to the very ends of the earth; intricate, smoking fabrications of steel that swim the waters, run swiftly over the earth or soar in the air; hundreds of wonders of skill, of novelties, of devices for the encouragement of idleness and vice. But what else? Are any new songs being sung worth listening to? Any new philosophers teaching in the world, whose teachings are worth attention? Has happiness been brought any nearer to the masses, pain to any extent banished; weakness subdued? Think it over, ye poor, puny little weaklings who have been singing peacens of praise over the achievements of the new century and the one just past.

Such a strain of reasoning and of writing is sure to arouse that good old moss-backed individual who cries "pessimist!" whenever an unpleasant truth is dinned in his ears. He will rise up right here, with his little phrase, his stock in trade of argument. Well, let him. We have a few things to exhibit to him and his ilk, who, like the historian cited above, believe that man—the human animal—divinely gifted with reasoning power, has much advanced since he carried a stone hammer and lived in a cave.

Here in New York two months ago there was a smallpox scare. One of those senseless panics instituted by foolish newspaper proprietors, who for the sake of a few extra pennies that may be obtained from the sale of an extra edition, would wreck the commonwealth. With that scare came to light the frightful practice of vaccination. Now, my little man with the cry of "pessimist," just consider the fruits of this relic of ancient ignorance. Here in the city there were several cases of lock-jaw, traceable directly to the introduction of vaccine into the blood of the victims, which resulted fatally. The vaccinators went scott free, although they were plainly, in the letter and intent of the law, murderers. There were hundreds, nay, perhaps thousands, made seriously ill, their blood poisoned to their lasting detriment, and all because the medical science of this new, latest and wisest century still believes in and advocates the system of injecting the virus of cow-pox into the blood of healthy men and women, in the belief that it will act as a bar to future attacks of smallpox. Such an hypothesis is ridiculous, even if experience had not demonstrated that the vaccinated had smallpox just as often as the unvaccinated.

Smallpox is a filth disease. With clean blood you are immune. The vaccinators have discovered that; for their cow-pox virus, even though forced into the blood

itself, is thrown off without detriment by the healthy, and those who throw it off—on whom the vaccination does not "take"—never have smallpox! What a spectacle for the philosopher this was in the beginning of our new century. Medical men, armed with the authority of the law, sent out through all the schools, factories, households, with license to poison the young, the innocent. Nature of course preserves her strong, but the weak were sought out, the lambs sacrificed, their poor, impoverished blood further vitiated with the loathsome slime drawn from the diseased udder of a cow, all under sanction of the law, and the blind, unsubstantiated theory that such a practice prevents smallpox epidemics. As a matter of fact, the few cases of smallpox discovered were isolated, and the premises where they originated were cleansed and disinfected, and the danger of an epidemic was over.

Just one other lesson I desire to call to the attention of our bright and hopeful optimist before I close this article. Its scenes are laid in the confines of an institution devoted to doctor-making. One of those legalized, chartered institutions of science, where a callow youth is admitted at 17, 18 or 20 years of age, and after a course of two to four years' study is sent forth a licensed physician and "scientist" to practice upon the unwary weak—the class that should really have the help and support of the strong. The object lesson is valuable, inasmuch as it throws a ray of light directly into the very germinal state of doctorhood.

I refer to the appalling revelations respecting the medical and nurse staffs of Bellevue Hospital, made public through the death of a patient in that institution and the subsequent arraignment of three nurses and future physicians on a charge of homicide. It was shown that the men who were permitted to attach themselves to that institution in the capacity of nurses or internes were in the habit of treating patients with gross neglect; that they maltreated them physically, injected poisonous sleeping potions against the patient's will, when they desired to be relieved of the duty of attending him. To the whole country this revelation came as a sickening shock.

I have known something about the working of the medical and nurse systems of more than one New York hospital during the past seven or eight years. I have had opportunity to see something of the regime that is maintained within the institutions themselves, which have been established through government aid, or by the beneficence of some philanthropist, and I am stating a fact when I say that if the dead and gone benefactor who assisted in endowing one of these places could see the disgraceful wickedness, the positive criminality in respect to the sick, the lame, the halt and the blind, who are brought under the control of those who have been placed in direct charge, he would turn in his grave. Bellevue is not the only charitable institution where there are outrageous evils to be remedied. There are others. It would be well for the people of the city of New York, while they are at it, to demand an account of stewardship of several big political physicians—men who have "practiced" their profession so well that they have obtained appointments to various executive positions in connections with charity hospitals, asylums, etc. These men have clearly demonstrated more than once that medicine to them is business; that it is a money getter, and let me tell you, they never fail to make it work. It is shocking to read of the degenerate trio of young students who extorted money from patients in the alcoholic ward at Bellevue; but there are other ways in which the poor and sick—a combination that ought to excite the pity of a dog, even as Lazarus did with the dogs about the rich man's door—are abused, maltreated, and poisoned by these sharks that the law licenses to treat the ill, the afflicted, the weak that would make your blood boil with indignation if you knew the facts.

Yes, it is a new century we are entering upon. We have a grand Republic, and so-called free institutions and a great many things to be thankful for. But the race is weak—weaker than the primal man who lived in the open air, a life of hardy adventure; and we have some medical practices that would bring the blush of shame to the cheek of a barbarian of the dark ages. Think it over.

PHYSICAL CULTURE



I THE INDIVIDUAL WHO DOES NOT BELIEVE IN PRACTISING.



II THE LADY WHO DOES NOT LIKE THE EDITORIALS OR THE PICTURES.



III THE LADY WHO THINKS THE CORSET ARTICLES DREADFUL.



IV THE FELLOW WHO CHARACTERISES THE MEDICAL EXPOSURES AS "BOSH".



V THE PARTY WHO TAKES EXCEPTION TO THE ARTICLES ON EXERCISE AND BATHING.



VI THE PEOPLE WHO THINK IT IS ALL RIGHT

Editorial Department

THERE exist to-day, among the disciples of medical science, one of the most glaring inconsistencies ever committed by man. They admit certain plain conclusions, but their whole procedure in the treatment of diseases is diametrically opposed to such conclusions.

ASTOUNDING INCONSISTENCY OF MEDICAL SCIENTISTS

No medical man, no scientist or student, familiar with the subject will deny the truth of the following: **STRENGTH, TO BE DEVELOPED, MUST BE USED. STRENGTH, TO BE RETAINED, MUST BE USED.**

Every law in Nature, every fact that has been gleaned by the study of life from its lowest to its highest forms, has added fact upon fact to prove the absolute incontrovertibility of these conclusions. There is not a medical man with a brain large enough to prompt him to "come in out of the rain" who will not admit their truth. They stand out clear and plain and cannot be gainsaid.

And notwithstanding the fact that medical men as a body admit the truth of these conclusions, in their professional work they are absolutely ignored, or else given only indifferent attention.

A man or woman visits a medical practitioner—we will suppose the prospective patient is suffering from general weakness. "I feel weak and run down," he or she may say.

What is the physician's first remark in nine cases out of ten? "Why, you need a tonic. I will have to give you some iron," etc., etc.

Tonic, indeed!

What, in Heaven's name, is there in a tonic to create strength when it remains unused?

Does the physician ever remark that your strength has decreased because you have never used that strength? Does he ever call your attention to the absolute necessity of using strength in order to increase or even retain strength?

Why does he not advise his patient as to these important facts? He knows they are true, if he is not an idiot. He cannot deny them; but still he usually absolutely ignores them.

The writer cannot answer these questions. They are beyond him. If a man should come to him suffering, even fainting for food, his inclination would be to offer food, even without pay, but when a sufferer comes and tenders payment for his food, he should claim this food as a right. The poor weakened sufferers who appeal to the ordinary physician for relief are treated like the man who asked for bread and received a stone. They ask for strength, or the secret of regaining it, and they receive a tonic. They ask for health, or plain directions by which it may be secured, and they receive a Latin prescription!

When will people learn that every digestive, every vital function is a muscular process—that it is carried on by the strength of muscles? Therefore whenever the

voluntary muscular system is given regular use, they demand a greater supply of the muscle-making elements, and the increase of the supply of these valuable elements add strength to every organ and function of the body. The muscles that surround the stomach grow stronger, and their work in churning and squeezing the food is carried on more thoroughly, and all along the alimentary canal the involuntary muscular processes are strengthened.

It is also well to remember that all the important fluids of the body—the saliva, gastric juice, bile, pancreatic and intestinal juices—are furnished by the same food elements that feed the muscles. Therefore the regular use of the voluntary muscles in increasing the demand for these strength-giving elements enables the blood to greatly increase the dissolving and digesting power of these important fluids. This readily explains the almost immediate beneficial effects of exercise on digestive ailments.



I HAVE had but little to say in the past about cycling as an exercise. I have had reasons for silence upon this important subject. It has been treated at great length by the numerous **IN REFERENCE** bicycle journals throughout the country, and hardly **TO BICYCLING.** needed further attention.

Numerous readers have recently written me inquiring as to the benefit of this recreation as an exercise.

There is no question as to its advantages under proper conditions. It is one of the most exhilarating and health-producing exercises if not overdone and if the body is held in erect position. It takes one out of doors in the pure air, and the lungs, the great purifying organs of the body, are greatly accelerated in their important processes.

Now as the trees begin to bud into life, and when all nature smiles, do not forget that it is your imperative duty to enjoy this to the fullest extent.

It is the time for golfing, cycling, horseback riding and long pleasurable walks, and all those fond of cycling must not think that because I have been silent about this valuable recreative exercise I condemn it.

Use your bicycle at every opportunity, but be sure to use a little common sense at the same time.

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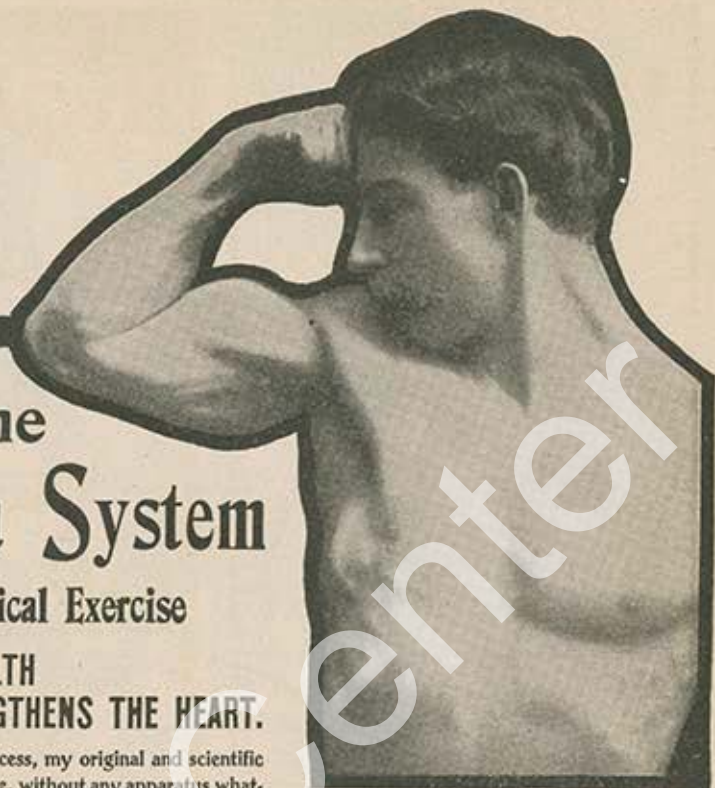
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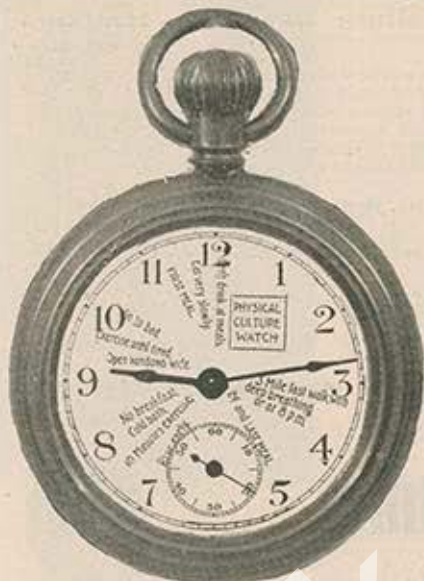
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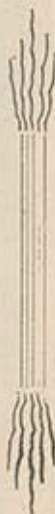
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