

# PHYSICAL CULTURE

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FRENCH OFFICERS IN THE FIELD.

## SOLDIERS OF FRANCE.

By Paul Goold (Special Correspondent).

**T**O the observer sojourning in Paris, the soldiers of the Republic that he meets on the street and on the drill grounds are not impressive as physical specimens of manhood. In

fact, in comparison with the finely set-up Britishers and the stocky lads in Germany, the little red and blue Frenchmen are almost a joke.



A FRENCH OFFICER  
(Type).

They are nearly all undersized, rarely weigh 150 pounds, and "shape up" very poorly. Perhaps it is only fair to say that in Paris one sees only those who come in from the rural districts. The Parisians themselves are never allowed to garrison their own city, as that might imperil the government if there came another revolution to add to the already long list. In France every male who is physically able must serve two or three years in the army, beginning

when he becomes of age. Naturally this is unpopular, and there is a decided tendency to get through their distasteful work "any old way."

Gymnastic work in France is on the decline, although it was one of the first countries to adopt a system in the army.



AVERAGE DEVELOPMENT OF FRENCH SOLDIER.

In 1844, Louis Philippe, recognizing the advantage it gave the Prussians, ordered the adoption of an improved system of the work taken up in that country as early as 1806. There is a record of an impressive speech by M. Jules Simon, addressed to the head masters of the colleges and schools, just after the fall of the empire. In part he said:

"I beg you to assist me in introducing gymnastics into our habits in a profitable

these healthy exercises, we may be sure of an improvement in the race."

These were wise words, but they have not been lived up to. France takes very little interest in the athletics of her



AN ARMY FENCING MASTER.



schools and colleges, and in the army the exercises prescribed in the manual are alike distasteful to officers and men. Perhaps there is no better proof of this than the sergeants being allowed to inflict them as punishments.

There is a report on record to-day in



and earnest manner. *A healthy child is better prepared for study, and especially for the battle of life. Morality gains by this education of the body; much money is not wasted for the purpose and exercises can be performed without a trapeze or dumb-bells.* Our medical men will assist in our task; if the children are once accustomed to, and take pleasure in

which the compiler states that for a year only 60 per cent. of those in training showed a slight improvement; 13 per cent. remained stationary, and 27 per cent. went backward!

There are, however, a few young soldiers who after leaving the army take an interest in gymnastic practice; these form themselves into associations for drill in the work and become fair athletes.

The officers and light cavalry have a good reputation for their horsemanship,

in their big flat caps, dark blue knickerbockers and stockings.

If the personnel of the soldiers in the country would average up to these fellows,



but what I saw of it did not impress me as remarkable.

In the South of France, however, the men in the Alpine regiments were of another stamp entirely, and they have good physiques and stand their rough marches well. They are a picturesque lot

there might be a better chance of France producing another army like that of Napoleon.

It was rather amusing to note the extreme suspicion with which I was regarded in my work of getting these notes together. My sketches had to be made on the sly, as the officers seem to regard my interest in the military of their country in the light of spying into official secrets.

## THE KICKING DRILL

The above sketches show what is, perhaps, the only general exercise practiced by the rank and file of French soldiers. The pictures convey a pretty good idea of the movements. The muscles are flexed, and the whole body swung in the four movements shown, and they give one, after a little persistent practice, a fairly good general development, good circulation, and remarkable suppleness.

## STRONG, BEAUTIFUL FOREARMS.

By Bernarr Macfadden.

HOW THE MUSCLES OF THE FOREARM MAY BE STRENGTHENED AND INCREASED IN SYMMETRY.



HE confidence that is inspired by strong arms is well worthy of attention. If one feels able to easily handle his body or to repel an attack at any time, it creates a feeling of confidence which is worth beyond the money value to almost anyone. It is a well-known fact that one's abilities to succeed in this world, or to accomplish any particular object, or to successfully fight the battles of life, literal or figurative, is due largely to self-confidence.

There is a saying among professional

cises will develop the desirable conditions in either case. It is practically impossible for a woman to develop outlined muscles to a similar degree with those possessed by a man. Nature has willed that the blood of the female should



A FINELY DEVELOPED ARM.

boxers that when an antagonist can once be impressed with the idea that he will be beaten, he is already half whipped. This refers with almost equal importance to all conditions of life. If one feels inspired with confidence in his own powers, whatever he may attempt is already half done.

So much for the importance of strong arms from this particular standpoint.

It is also well to remember that a weak arm cannot be a beautiful arm. An arm to be either beautiful or strong must possess a certain development. Of course, that which means a beautiful arm to a woman is entirely different from that which would indicate a similar condition to a man, but, nevertheless, similar exer-

possess a larger amount of fatty globules, and this is freely deposited under the skin, giving the external appearance of the flesh of the woman more roundness, symmetry and beauty than that of a man. Therefore, the exercises given here will develop the muscles of the arms of either sex to the degree of perfection desired by both. It will give a woman's arm that roundness, smoothness and beauty of outline so much desired, and it will give the rugged lines of strength sought for by the average man.

It would be well to remember that a strong, well-shaped chest usually accompanies strong, well-developed arms. In fact, the use of the arms in any way tends to develop the chest; and though the exercises given here will not directly affect the chest, still they will have a tendency to increase chest development, though to readers specially desirous of securing development of this nature, I would refer



**EXERCISE I.**—Place fingers together as shown. Now, while continuously pressing together, force the arms outward by the strength of the fingers. Continue until tired.

to other systems of exercises I have published in previous issues, that will more directly affect this part of the body.

Those accustomed to handling a pen are quite frequently bothered with writer's cramp. This complaint is very easily remedied, and the exercises given here are guaranteed to bring about this result in nearly every case. Of course, where trouble of this nature has been noticed special attention to the exercise of all the fingers and of the affected fingers is especially necessary.

The numerous wrist and finger machines now on the market cannot compare in any way to the exercises shown here as a

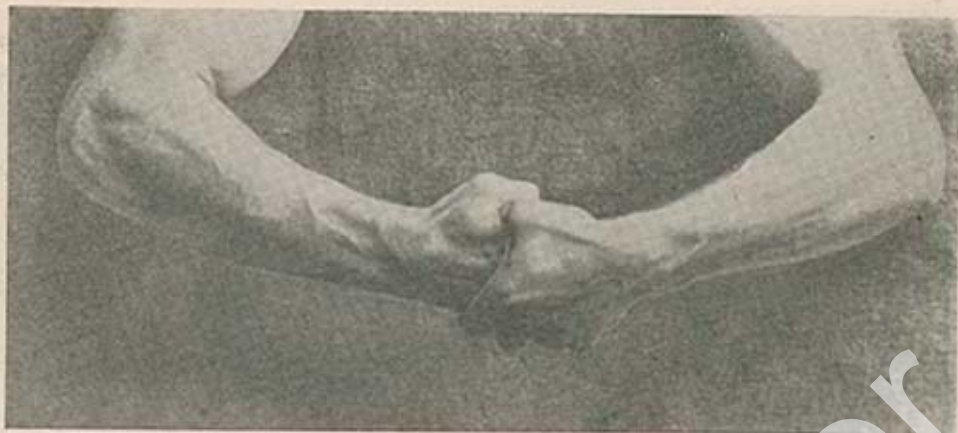
means of strengthening the wrist, fingers and forearms. Of course, these exercises are specially recommended for the development of the forearm, though one will notice that the muscles of the upper arm, shoulder and chest are frequently flexed and used in a number of the exercises.

Please remember in taking each one of these exercises to follow accurately the directions given, and to continue each exercise until the muscle or muscles used are thoroughly fatigued.

**EXERCISE I.** Place the fingers together, as shown in the illustration. Now, pressing the fingers tightly together, force out the arms as far as possible by straight-



**EXERCISE II.**—Grasp left hand with right as shown. Now, resisting motion with the right hand, twist the left wrist first in one direction then in the other. Same exercise with position of hands reversed. Continue each until tired.



**EXERCISE III.**—Grasp right hand with left as shown. Now, resisting movement with left hand, bring right hand downward by bending wrist sideways, then same upward. Reverse position of hands. Continue each until tired.

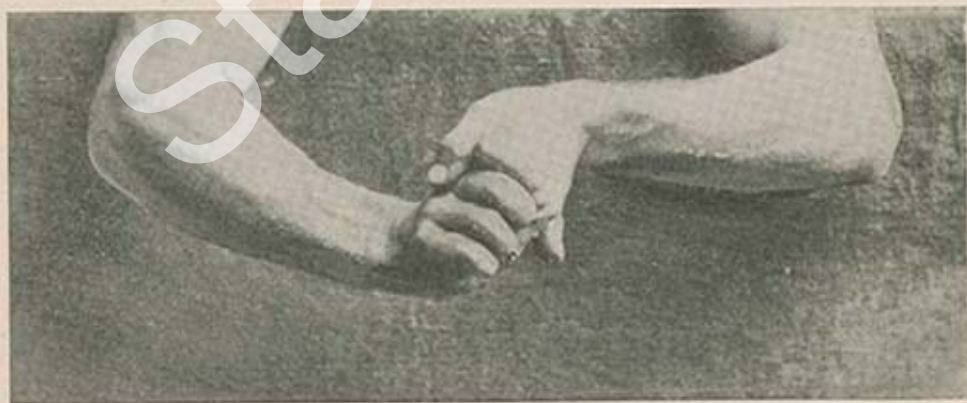
ening the fingers; continue the movement back and forth until the muscles tire. This is an especially fine exercise for strengthening the grip and for curing writer's cramp.

**EXERCISE 2.** Grasp the right hand with the left, as shown in the illustration, then, resisting the movement with the left hand, bring the right hand downward by bending the right wrist. Very little movement can be made in this exercise, but it strengthens the muscles that bend the wrist in this particular manner. Now, reversing the position of the left hand, the hands being palms together, so you can resist an upward movement of the

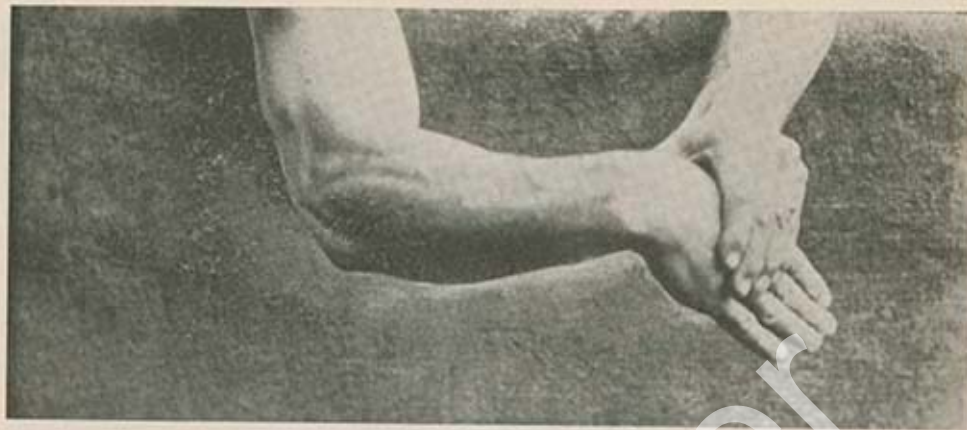
right hand by bending the wrist sideways. The same exercises with the left arm, the position of the hands being exactly reversed.

**EXERCISE 3.** Place the right hand on the left, as shown in the illustration. Now, twist the left hand, turning the thumb toward the body, resisting the movement with the right hand. Try and make most of this movement with the wrist, and be sure to continue the movements until the muscles tire. The same exercises with the right hand, the position of the hands reversed.

**EXERCISE 4.** Place the right hand on the left hand, with the left wrist bent, as



**EXERCISE IV.** Grasp left hand with right as shown. Now, resisting movement slightly with right hand, bring left hand as far upward as possible by bending at wrist only. Same exercise with position of hands forward. Continue each until tired.



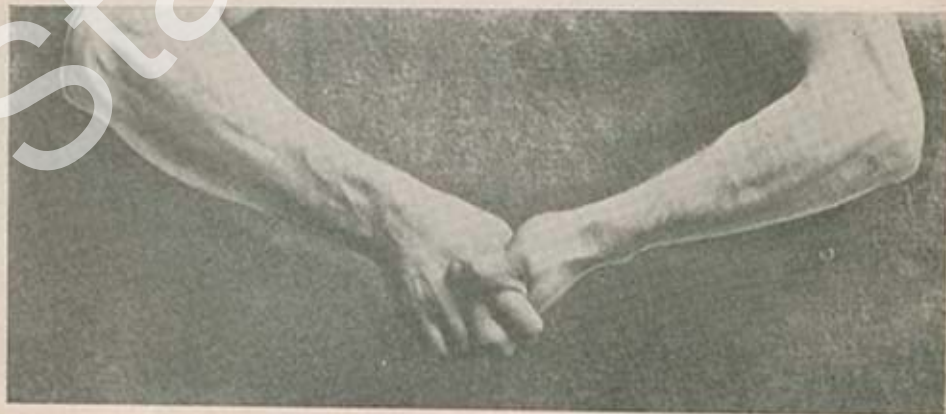
**EXERCISE V.**—Place thumb of left hand under right wrist, fingers over knuckles as shown. Now, resisting movement with left hand, bring right hand upward as far as possible by bending at the wrist only. Same exercise, with position of hands reversed. Continue exercise until tired.

per illustration. Now, resisting the movement of the left hand, bend the left wrist, bringing the hand upward as far as possible. This exercise strongly affects the front part of the forearm, and should be continued until the muscles tire. The same exercise should be taken with the right hand, the position of the hands being reversed.

**EXERCISE 5.** Place the left thumb on the inside of the right wrist and the fingers on the back of the hand, as shown in illustration. You will notice that the right wrist is bent, the hand being down as far as possible. Now, resisting the movement with the left hand, bend the right arm at the wrist, bringing the hand

upward as far as possible. Be sure to continue this until the muscles tire. Take the same exercise with the other arm, position of hands being exactly reversed.

**EXERCISE 6.** Place palms together, as shown in the illustration. Now, alternately grip the right and then the left hand as strongly as possible. This is an especially good exercise for strengthening the grip; and one will be astonished how much strength they will be able to develop in this way by a continuous practice of this and the other exercises here shown. Be sure to continue this grip exercise until the muscles are thoroughly tired.



**EXERCISE VI.**—Grasp hands as shown. Now tightly grip, momentarily, right hand with left and left hand with right. Continue until tired.



## THE NUDE IN POETRY, SCULPTURE AND PAINTING.

By J. H. Burrell.



At different Academy exhibitions of paintings, so much comment—outside of art circles—has been started by the exhibition of paintings of nude figures, that it seems right to call attention to the subject with a view to finding out the cause for this agitation—which occurs at intervals. I purpose to

show that it is not because of nudity.

In poetry and sculpture, rarely do we find objections made to the nude, for the reason that poetry being a sublime emotion of the soul, and sculpture (next in order to music and poetry), a higher form of the fine arts than painting and more capable of poetic treatment, that nudity, as such, is not objected to even by persons without artistic feeling. Tennyson seats Lady Godiva lightly upon her palfrey, "trapt in purple, blazoned with armorial gold," and sends our Lady, in imagination, naked through the streets of Coventry. The poet kindly sends all the inhabitants of Coventry indoors—and nobody locked out but Peeping Tom; but how about the poet and his readers? They are all more interested in the central figure and *motif* of the legend than in Thomas or the town; and none of the readers of the poem have ever lost their imaginative eyesight or, to my knowledge, had their finer feelings injured.



A WORSHIPER OF ISIS.  
From a Painting.

In sculpture we are all familiar with many beautiful examples of the nude—figures that seem almost to breathe, and as pure in ideal sentiment as the marble from which they were carved or the minds which conceived them.

Descending from sculpture to painting criticism is more frequent, because it is easier to criticise paintings than sculpture. No one, however, need object to the nude in painting, provided we have two indispensable requisites, viz., a good painter and a good subject. It takes a great painter to paint a nude figure well. We know there is something holy about color, and something godlike and pure in the human form. The trouble comes when artists, not equal to the performance, undertake to paint nude figures, and, of course, the poorer the painting the more



THE SHEIK'S DAUGHTER.  
From a Painting.

objectionable—and rightly; for then the subject, from having been coarsely treated,

is degraded. The public find out the picture is wrong, but, not rightly understanding the cause, raise a hue and cry about nudity, when it is not that at all, but poor painting and coarse work.

The public idea of nudity is based almost wholly on custom. We think nothing about nude horses, cattle or dogs; and, when you come to analyze the subject, you will find, as every artist knows, that many paintings of the nude are purer and more refined than many paintings of draped, or even full-dressed fashionable female figures; they bear the relation, each to the other, that a naked truth does to the clothed lie.

We can but think, however, that those who make objection are influenced in two directions, and one partly right, partly wrong—right when they discriminate against really poor work, and wrong when they try to sweep away everything without discrimination. "A little learning is a dangerous thing," and this truism applies well to art. It is as old as the story of Eden, "And the man [Adam] said, I was afraid because I was naked, and I hid myself. And He said, Who told thee that thou wast naked? Hast thou eaten of the tree?"

We love to think of all that ennobles and enriches art, of pictures glowing with color, poetic and ideal; but, alas, how many homes there are in which you may find paintings and engravings of brawls, quarrels over cards, duels, animals engaged in deadly combat—pictures fierce in execution and muddy in color—no purity; infinitely worse, morally, than many of the nude figures condemned. You would not want to go from your home to the "brawl" or quarrel; why, then, bring a picture of "brawl" or quarrel to the home?

Good colorists love to paint pure pictures, and if a painting has got a soul in it, you need not fear for its purity. A thoroughly bad man



THE ROSE.  
Painting by Munenbruch.

cannot paint a pure picture, and a good artist will not paint a bad one. The conclusions are that *competent judges* should pass on admittance of all paintings intended for public exhibition. We think, too, that the artists can teach the public more about art than the public can teach the artists. One objection to the nude is that it is not the proper thing for children. Well! it is hardly

to be expected that great artists, who have painted all their lives and know their ground, are to paint pictures to please the nursery. To speak plainly, we think the best examples of the nude in art are in no ways harmful to childhood, youth or age; and, further, that it would be much safer and better for children to be rightly educated in this line than to be left to educate themselves.

## HOT-AIR BATHS AS REMEDIAL AGENTS.

By John Blake.



ONE of the most potent remedial agents known to man is heat. In all ages and among all peoples it has been instinctively resorted to as a remedy for many of the diseases that flesh is heir to. In the ancient days of Greece and Rome, the daily bath was considered one of the great essentials of mankind, and their public baths were fitted up luxuriously. Physicians were not needed in those days, as a result of this practice; and the standard of health maintained through it, and regular, systematic exercises, is said to have been very high. Even when the Roman armies were temporarily stationed at a place, their bath house, or *thermæ*, was established for the use of the soldiers. The permanent baths of their cities are said to have been destroyed with the advent of Christianity, whose followers seemed to have regarded them merely as pagan institutions.

Not many people comprehend why the hot-air and vapor baths are so very beneficial, but the reason becomes very evident to those who give the subject a little thought. Every living person has about fourteen square feet of skin to take care of, and this is supplied with more than two million sweat glands, having ducts, the length of which, if placed end to end, would reach about two and a half miles. Besides this, the skin has over six hundred thousand sebaceous, or oil glands.

By the pores of the skin is meant both the sweat and oil glands, the former keeping the skin moist and the latter rendering it soft and pliable. It should be kept in mind that this skin has three layers.

First, is the outer layer composed of epidermal cells, called the cuticle, beneath this is the true skin, and the last is that which contains the nerves and blood vessels. The outer layer of the cuticle, or epidermis, as it is called, should be constantly removed, as it is this which accumulates and clogs the pores, producing many of the skin diseases, the origin of which often seems unaccountable.

The natural method of protecting the body from the effects of very high temperatures is by the evaporation from the surface of the body, this moisture being the perspiration itself. When one's body is submitted to 150 or 200 degrees of heat the pores are quickly opened, generally to an extent never before realized; and the feeling of relief and exhilaration produced in a person taking a Turkish bath for the first time is well worth any amount of trouble to obtain. In persons who never take a bath of this kind the kidneys, naturally, have a double duty to perform, and are often severely overworked, and to this alone may be laid the cause of many of the cases of Bright's disease and other diseases of the kidneys which are so prevalent nowadays.

There can be no question as to the efficacy of hot-air and vapor baths as blood purifiers. The blood is attracted to the surface of the body, and the impurities with which it has been loaded down for months are expelled, rendering the body perfectly clean, as no hot or cold-water bath can make it, and inducing the complete renovation of the blood—no germ or microbe being able to withstand it.

The Turkish and Russian baths are rather expensive, and are not within the

reach of all; but an excellent substitute is to be had in the use of a bath cabinet, which incloses the individual entirely, except the head, the heat being furnished by an alcohol lamp; or, one can obtain a similar result by wrapping the body in a blanket, draped over a furnace register or alcohol lamp. Many who possess cabinets and who have, also, furnace heat, discard entirely the use of the alcohol lamp and, instead, place the cabinet over the furnace register, first shutting off the heat from the other registers.

Those persons are under the impression that the Turkish and Russian baths are one and the same thing; but they differ very decidedly. The Turkish bath is a dry, hot-air bath, and the Russian is a steam, or vapor bath, and their effects are almost directly opposite, the former being tonic in its effect, while the latter is enervating. In order to keep the body thoroughly clean and free from all impurities, one or the other of these should be taken not less than once every fortnight.

Many well-bred persons, living in palaces, are as unclean as those who dwell in the slum districts; but, of course, they would feel very indignant if anyone should accuse them of this. However, they have only to indulge in a hot-air or steam bath—immediately after a most thorough hot or cold—water bath, if they choose—and they will be greatly surprised at the amount of dirt and effete matter which is loosened and removed by the process.

The cold bath is all right in its place, however, and taken before breakfast forms an excellent stimulant—the most natural one there is—for those whose constitu-

tions are strong enough to stand it, as it shocks the heart, increasing its action and sends the blood to all parts of the system, flushing it, repairing waste tissue and producing a great tonic effect; but the dead epithelial cells, which collect on the surface of the body, are not entirely removed by it. At stated intervals, one should also take a hot-water bath, which greatly aids in keeping the skin in its perfection.

This should not be a mere washing with soap and hot water but a thorough soaking of the skin. As a hygienic and therapeutic agent, the hot-air bath has been rapidly growing in favor. Catarrh, rheumatism, Bright's disease, eczema, and even pneumonia, smallpox and hydrophobia are said to be cured by them. Persons who have nearly drugged themselves to death by the injudicious use of quinine, strychnine, chloral and other drugs of like nature, as well as those who have fallen into the tobacco, morphine or alcohol habit, and have soaked their systems with those poisons, always find early relief through the use of the hot air, which at once throws off the poison that has accumulated in their abused systems.

The old idea that Turkish baths are dangerous is a very erroneous one, because, if properly taken, and the person is careful to avoid catching cold, they prove a veritable panacea. If there be a tendency to inequality of the circulation in the person taking them, the feet should be placed in hot water, and a towel, wrung out of cold water, should be placed on the head. From twenty minutes to a half-hour, and occasionally three-quarters of an hour, is the proper length of time for the average person to stay in the cabinet or hot room.

## FROM THE MAYOR OF TOLEDO.



**I** FEEL that I want to "boost" the work that your little magazine, PHYSICAL CULTURE, is doing, by saying that six months ago, last June, I was a dreadful sufferer from asthma that had tormented me more or less for the past six years. By a course of physical culture and rational living—cold baths, two meals a day, no breakfast, three to six

miles of a good smart walk in the open air—I have knocked out the asthma, reduced my weight from two hundred to one hundred and seventy pounds, thus getting rid of thirty pounds of dead wood that I was lugging around. It is a great thing to know that God has planted within every human body the possibility of being "beautifully well," and I am glad to help PHYSICAL CULTURE spread the good news. SAMUEL M. JONES.



## THE MAN WITH THE STOOP.

By C. H. OGBORN.

WITH APOLOGIES TO MR. EDWIN MARKHAM.

Bowed by the weight of aches and pains, he stoops ;  
With hollow chest and features drawn, distort  
And wrinkled deep with quaint-wrought seams of age :  
With bent and burdened back he sighs for rest.  
Why thus, of all unmindful but despair ?  
Why grieves this man and grieves but never hopes ?  
Why like the ox, as stolid and morose ?  
Who made him thus, dyspeptic, bow-ed down,  
Rheumatic, filled with pain and dead to life ?  
Who planned his life, to all things dead but this ?

Is this the thing which, in His image made,  
God gave dominion over land and sea :  
Below the angels only, but over far  
All other things His handiwork had wrought :  
The creature, heaven-blest, of all things made,  
Alone, to stand erect and upright walk ?  
Down all the ranks of sentient life there is  
No shape, degenerate man except, so warped,  
So bent, so fallen low in looks of form  
And feature once its race had proudly borne.  
Man only has his Maker's work disgraced !

Below the angels now how far he stands !  
In thralldrom dire to appetite and greed ;  
By lust enthralled and slave to tort'ring ills ;  
What to him are music, mirth and song,  
The roses' blush or reddening of the dawn ?  
Through this dread shape are untold crimes revealed ;  
Life's tragic doom that aching stoop portrays ;  
Through this deformity is man debauched  
And plundered, robbed of his inheritance  
And debased. What still of life remains  
A protest to Earth's mighty Ruler cries.

O parents, guardians, teachers in all lands,  
Philosophers, sages, physicians, priests,  
Medics, empirics, charlatans and quacks,  
Is this your work ? This monstrous thing, soul-quenched,  
By precept and example have ye shaped ?  
Why have ye wronged him thus ? Ye should have taught  
Him what and how and when to eat, and how  
To breathe and bathe and fashion face and form.  
How ever will ye make him stand erect,  
Restore again his kingly bearing lost ?

How fill that chest, inflate those vapid lungs  
And cause them once to breathe the breath of life ;  
Make firm that drooping lip and clear the eye ?  
How perfect his digestion, soothe his nerves,  
Make pure his blood and stiffened joints unloose,  
And give him life and mind and strength and hope  
And form his Maker, now forgot, would know ?  
When to your last account the Judgment calls  
How will ye answer for this manless man ?  
And all for want of knowledge ye withheld !

## HORSE SENSE FOR THE BOYS

By W. Osborne.

“**G**OOD - MORNING, William, and how is the colt to-day? I believe you will make a horse of it yet. I didn't think it was worth letting live when it first came, but

it is doing finely now. If there is anything you want, just let me know.” Mr. Brown was speaking to his coachman about a little thoroughbred colt.

“Yes, sir,” replied Williams; “it do be doing some better; barring accidents it will be all right; all it needs is just regular looking after. And how is the young master this morning, sir?”

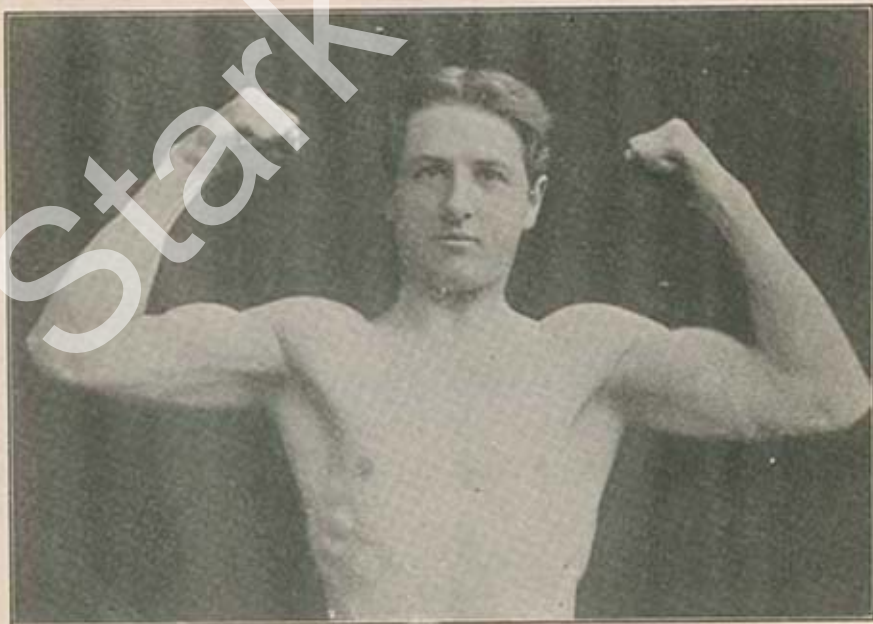
“He is not at all as well as I could wish, and seems to get steadily worse. I feel greatly worried about him; the doctor holds out very little hope, except that he may outgrow it. Nothing much wrong, apparently; but he is just steadily wasting away.” Mr. Brown certainly

looked worried as he turned, with a sigh, toward the house.

“Strange,” muttered William, “that a man can be so sensible about horses and act so foolish about his own son. Wouldn't I catch it, though, if I tended this colt like that? He has got to be exercised and rubbed and stood in the sun regular, and if he's off his feed there's a reason, and every oat has to be counted, nearly, to see he don't overeat; but he's a horse and is worth spending a little time and thought and care on; but somehow or other when it comes to a boy as is out of sorts and run down it's a horse of another color.”

“How was that, William?” said Mr. Brown, stopping short; “I did not quite catch what you said.”

“Well, sir, I don't know as I was just regularly talking to you, like; but I was just a-remarking to myself, sir, as how much better it would be for the lad if he



CHAS. A. BUSHING, N. Y. CITY.



was a colt and I had charge of him; and, really now, why couldn't I take him up to my old mother's on the farm for a spell. She raised seventeen of us, and every one living yet, and a whole grist of grandchildren. Whenever any of the family has any sick children they always make for mother, and she soon straightens 'em up."

Mr Brown stood thoughtfully gazing at William for several minutes before answering. "Strange I never thought of that—I'll do it; and I want her to treat him just as she does the other little ones. I will have him ready at once; you get the carriage in shape to take him."

So it came about that Harry Brown found himself at an old-fashioned farmhouse, with barns, hencoops, pigpens, and all the rest that makes a thrifty farmer glad.

Mrs. Davis, William's mother, received him as though it was a common thing, and laughed, and pinched his pale cheek, and put him on the lounge in the sitting-room, after letting him have a glass of milk.

Harry, although young, had gotten the idea that he was a very delicate boy and had to be treated very carefully; but here the windows were wide open, and the door too, for that matter, while Mrs. Davis was humming cheerfully to herself, and from outside came sounds of all sorts of strange things, and he was soon wondering what made them.

Soon he was at the window looking out, and expecting to be sent back; instead of that, Mrs. Davis dropped his cap on his head and told him to go out a while if he wished.

Old Jack, the house dog, started with him, and soon Harry was deeply interested in watching the chickens and pigs in the barnyard. Mr. Davis, driving up the cows, attracted his attention just as he began to realize that he was tired; but he had to see how they got the milk from a cow before he went in.

One thing surprised him. Mrs. Davis did not seem to act as though she thought him sick; and, indeed, as she tucked him into bed, after a supper of bread and warm milk, it seemed to him that it was



J. C. WALTERS, ROME, GA.

a long time since he had left the city home, and as though he was, somehow, a different boy.

It was only four days after that Mr. Brown got up to see him, and he hardly knew him. Barefooted, bareheaded and dirty—yes, dirty—and his greatest interest in life, just then, was trying to get a woodchuck that lived down in the meadow.

Old Jack and he had taken turns digging, and then he had carried water and tried to drown it out, and had finally tried lying in ambush, all to no purpose; but let them go up by the barn and there would be the woodchuck in the clover. There is lots of fun to be had with a woodchuck, and Harry was very well suited when his father told him he was to stay for a while.

Mrs. Davis generally had some of her grandchildren with her, and so Harry did not get lonesome, but soon found that they were all a sturdy lot that did not seem to understand that a boy need feel bad unless he stubbed his toe or fell off the fence or cut himself; and soon Harry found himself possessed with the idea that sick folks were largely to blame for it themselves.

There was no need for an exerciser with three or four good healthy, mischievous

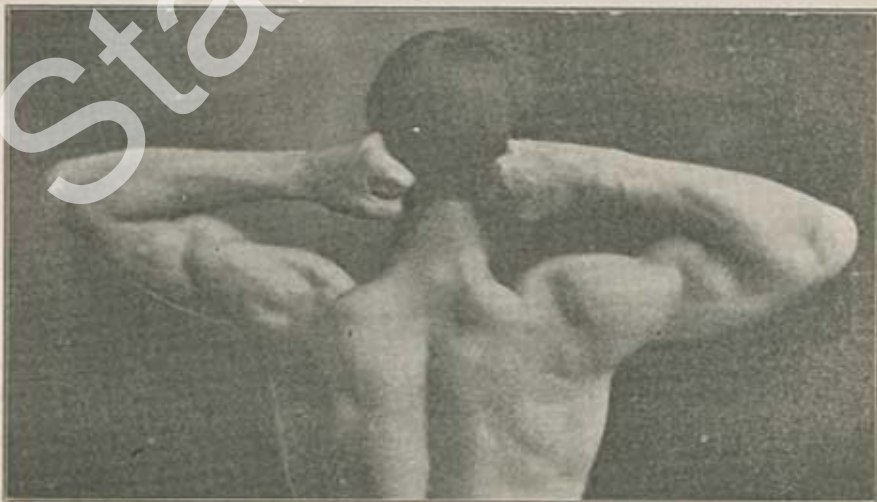
boys to help keep him going; and, as he grew strong, Mrs. Davis had him help do the chores, just as she did the rest of them.

Anyone who thinks an eight-year-old boy has any trouble keeping busy on a farm has never been there.

The days did not seem long enough to do one-half what was thought of, and dinner-time never came too quickly.

As Harry stretches up his brawny arms and thinks back to those days, he often wonders if he would not have been a languid fop if it had not been for that start on the farm. He still has the idea that if he were to get sick it would be largely his own fault, and often disgusts his friends by his lack of sympathy for them with their pains and aches.

"Oh yes, it's all well enough for a big, strong fellow like you to talk," they say. "You can stand racing around, and cold baths and all that sort of thing now; but you will have to pay for it some time." And I have no doubt but that, if he should by any chance get sick, some of them would blame it on the means he takes to keep well; but, then, some people would rather be sick than energetic, and it takes a little snap and self-control to keep well.



RESULT OF EIGHT MONTHS' PHYSICAL CULTURE AT HOME.

## A SUMMONS.

By Chas. E. Faulkner, Jr.



HE history of man has been a history of mental progression and physical stagnation. The rough, free life of our ancestors was one peculiarly adapted to the development of

splendid physiques and of all those traits of character which contribute to the building up of a superb manhood. The ancient Greeks and Romans regarded strength of body as one of the greatest of virtues, and he who could overpower his opponent in friendly joust or deadly combat was held a master among men.

In the present age, how different are the conditions which surround us! Search as we will among the countless millions of Europe, of America, of the densely populated Orient, or the islands of the great oceans, we gather but a handful of such mighty men as walked by thousands through the streets of Rome, or 'neath the classic walls of Athens. The histories which have come down to us, the statues of heroes of old, dragged from the venerable and long-neglected piles, bear mute but accusing

testimony to the physical degeneration of the present age.

What, then, is the conclusion? Has man over-estimated the mental, or underestimated the physical in his scheme of living, or both?

That there were great minds among the men of ancient Rome no one can deny.

Could those men of Rome say as much of the bodies of our citizens of to-day? It is true, we have a few strong men; but Rome had hundreds. We have one man who can carry a cow to market; but Italy had three hundred of such men, and ancient Europe a thousand. Sandows, Cyrs and Samsons, as mighty as any that we can boast, were killed each day in the marketplace.

Pausing to look within ourselves, to survey the mysteries of the human mechanism, the thought occurs: What did God give us these bodies for? Was it His intention that they should subserve the purpose of mere

lumps of clay, as mere vehicles for the conveyance of the souls of men during their earthly career?

Even so. Granting that His purpose



TROJAN STATUE IN NATIONAL MUSEUM, NAPLES.

was no higher than this, then most truly must we concede that God would have that lump of clay, that vehicle of human flesh, the most perfect which the endeavor of man, during his abode on earth, could make it. In acknowledging a perfect God, we can conceive of nothing less respecting the divine intentions.

But what of the higher view?

At the beginning of creation, God endowed man with three forces—the spirit-

ual, the mental and the physical. As first of these forces He selected the spiritual, as being the everlasting force and, therefore, superior to all. Next in order He placed the mental, as the instrument by which the fullest development of spirituality might be attained. Lastly, He placed the physical, to serve as the perfect receptacle for the spiritual and mental, and to actively assist them in the attainment of the highest type of perfection possible to mankind.

If a man persistently neglects religion, making no effort to acquire knowledge of the great truths of the Bible, or to develop those germinal instincts which God implanted within his breast, we call him wicked. If he intentionally neglects the education which is free to all in the great schools and universities in the land, and grows up an illiterate vagrant, we consider him a menace to society. What shall we say of the man who fails to develop the third force which God has given him? Will it be possible for such a one to attain that degree of mental and spiritual development which God intended that he should seek? No, most emphatically no!

An imperfect body, a weak, incapable body, which is able but partially to withstand the buffets of this world of strife, must invariably react upon a mind, no matter how gifted, and must, perforce, deaden spiritual forces which might otherwise reach an almost celestial height.

Hence it is, that neglect of the physical side of man's nature is absolute sin; and how many of us are there, there is cause to inquire, can return a negative answer to such an accusation?

For physical perfection is attained not in a single day. It requires years of work, of vigorous, health-giving work, which should go hand in hand with study, with business, with the every-day duties of life. It should be our second nature to pick up the bells, to don the gloves, to exert ourselves in friendly contest with one another.

What is life, after all? Survey man from an eminence, through the glasses of reason, and what do we behold? A miserable scrambler after wealth and fame. He spends his life in the selfish race, and ends it, so far as true riches go, a bank-



APOLLINI, BY UFFIZI, FLORENCE.

rupt. The development of the physical powers, the acquisition and retention of health, and the true happiness which results therefrom, are all lost sight of in the mad struggle.

The strain of modern business life has become terrific. It is only the strong who are able to endure, and even they come through with shattered constitutions and in poor condition to enjoy the filthy lucre, which years of unremitting toil have enabled them to collect. And this, forsooth, we call living. Fie on such a life!

In England conditions have become more settled than with us, and people move more at their leisure. Your English doctor takes his two months of shooting in the season; the merchant can spare time occasionally for a golf match or a game of cricket—he works more slowly, and considers that life was intended to contain a little time for rest and social relaxation.

In Germany the people work hard, but for this a wise custom has given them excellent preparation. A compulsory system of physical training and a period of service in the German army give the best foundation for an active business career that could be desired.

Why do not the people of America awake from the lethargy which has fallen upon them? Let us arise, like a sick man from his bed, and declare, with one voice: "We will be strong!" Why not make America the home of men of mighty muscle, like the Greeks and Romans of old, and astonish the world by our deeds? Let the voters arise and demand shorter hours of soul-deadening labor in the shops, in the factories and fields, and let them order gymnasiums and stadiums erected throughout the length and breadth of the land, in

which a compulsory system of physical regeneration, under the control of the Government, shall free America forever from the slavery of bodily incapacity!



STATUE IN THE LOUVRE.

## QUESTION DEPARTMENT

Q. What treatment would you suggest for an advanced case of acne of nose and face? Parts affected are dark-red and seem congested.

A. Fast for two or three days, applying cold, wet cloths to affected parts, daily, and adopt body building exercises for stimulating the functions of the body. Following the fast, adopt a vegetable diet of two meals a day.

Q. What treatment would you suggest for case of nervous exhaustion? The patient has considerable strength and fairly well-developed muscles, but becomes completely exhausted after walking a few blocks.

A. We would advise this patient to get into the country and engage in outdoor labor to the limit of his strength, chopping wood, working in the fields, or anything of that sort. As soon as tired, rest, and then take up the work again. Eat but two meals a day, and take cold sponge bath morning and night.

Q. Please suggest a treatment for the following diseases, which the doctor says I am suffering from: Malaria, disordered stomach, kidney trouble, palpitation of the heart, neuralgia and female disorder; my right shoulder blade is higher than my left; there is a hollow in the right breast. The doctor says I have a tumor, also, which will have to be removed. I have catarrh. I am a young girl, and my hair is turning gray.

A. Strict adherence to the following daily habits: No breakfast, walk three to four miles every forenoon, and practice deep breathing; chief meal at noon, thorough mastication of food, avoidance of meats and stimulants; long walk in the afternoon, very light supper; regular exercises immediately on arising in the morning, followed by sponge bath, also just before retiring. Before beginning this course fast until your stomach is in normal condition. The remedy for the deformity lies in thoroughly developing all the muscles of the back and chest, which you can do when you have overcome your weaknesses.

Q. I have a very sensitive skin; what shall I do to cure it?

A. Brush the skin all over thoroughly every morning immediately after arising, following with sponge bath; do this just before retiring; eat a non-stimulating diet, and the trouble will disappear.

Q. I am troubled with epilepsy; what would you advise?

A. A vigorous outdoor life, two light meals a day, and a cold bath morning and night.

Q. I am troubled with bronchial trouble. Doctors do me no good. What would you advise?

A. Two meals a day; long walks morning and afternoon with deep breathing exercises; and a sleeping apartment that is thoroughly ventilated at all times—windows up from the bottom.

Q. I have a good appetite but do not sleep well, and get up with a tired feeling every morning. What would you suggest?

A. Two meals a day; a long walk every night, followed by sponge bath.

Q. I have a friend whom the doctors say has a valvular disease of the heart. Is there any exercise that will strengthen the heart?

A. There is. The heart is a muscle, and like any other muscle of the body it can be strengthened and developed. In a case such as you refer to, walking and deep breathing exercises should be used at the start only, and the patient should gradually accustom himself to the stimulating influence of cold water, bathing a part of the body at a time in the morning until a full sponge bath can be taken. As strength and endurance increase, exercises may embrace dumb-bells, etc.

Q. Will you tell me how I can overcome a nervous disposition? I am 25 years old and very nervous and excitable.

A. Adopt two-meal-a-day plan, masticating your food thoroughly; take a long walk every afternoon, and deep breathing.

## A SUGGESTION TO MUNICIPALITIES.

By J. R. Stevenson.

**W**ITH the development of many large cities, the people of America are beginning to awake to the necessity for hygienic and sanitary improvements. The earliest problems that confront the social concentration, that forms the nucleus of a city, are those that pertain to an adequate and healthy water supply, and an efficacious method of making way with the sewage. Failure to solve these problems in accordance with the laws of hygiene is responsible, I believe, for quite as many epidemic outbreaks of disease as any other cause. In a great many American towns the conditions are as unhygienic as they ever were in a barbaric city of huts, of the dark ages.

But, in those communities where enlightenment and public spirit have worked out satisfactory systems of providing water and getting rid of sewage, other sanitary demands appear, and health, strength and proper development depend upon their recognition and employment. Statistics have acted the part of the sleuth that has tracked most of the epidemics to their source in crowded tenement districts, and revealed the fact that they originate in dirt—plain, simple uncleanness. The discovery of this important truth is making widespread the agitation for sanitary dwellings for the poor, with plenty of ventilation, sunlight, and an abundant water supply. These agitators reason truly, that with these elements present the spread of any disease will be tremendously handicapped, even in the most populous centers.

Recently, the question of air and sunshine, and the necessity for municipal governments to provide them in crowded districts, has resulted in the establishment of numerous parks and playgrounds for the children, which are already bearing golden fruits. To the careful observer, who appreciates the vital importance of these things, it seems, however, that municipal effort is entirely out of proportion to the crying need of the hour, and almost futile through the methods

employed. A playground, or breathing space, is all right for the summer, as are the make-shift free baths established along the water front in a city like New York, for instance; but when cold weather comes there is, if anything, a greater need for personal cleanliness, etc., than in the summer, and against this municipal provision is almost nil.

Now that we are called upon to admire the philanthropy of an adopted citizen, who gives bountifully of his millions to



MR. HARRY KAPLAN.  
A Rochester Strong Man and Physical Culturist.

equip libraries and institutions of learning, the question presents itself in a new aspect. We begin to wonder what can be the benefit of endowing institutions for scientific research when so little advantage is taken of the facts revealed to our understanding by ordinary observation. Two thousand years ago the ruling men of Rome realized the importance of sanitary equipments, such as we would suggest for the modern municipality, and

saw that they were provided. In those days, as in the present, the wealthy had all the facilities for the proper care of their persons in their own homes, and, realizing the benefits of such care, the Government placed the facilities within the reach of the poor.

In formulating the suggestion we have to make, we will take New York as a typical American city. You find Congressmen urging public improvements at Washington for that city, in the way of harbor defenses, ship channels, and public buildings; legislators at Albany, voting for the expenditure of vast sums of money for building marble courthouses and decorating them with carved and painted images; and for jobs of all sorts for corporations and individuals, wherein public funds are to be expended for the benefit of cold, senseless aggregations of capital; but where do you find a promoter of public sanitary equipments?

We have certain ornamental and honorable boards, designated Health Boards, which collect figures, make reports and draw salaries, and spend a great part of their time propounding theories and fighting mosquitoes. But the plain facts somehow escape their notice, or, if ever they are moved to suggest action, politicians immediately arise to demand its political utility.

I would urge the necessity for boards of health, composed of as practical business men as the Railroad Commission, Banking Department, or any other department which vitally affects public financial interests. Surely, the health of the community is of as much importance as the stability of its banking institutions, its insurance companies, or its bonds.

I believe that if proper influence in the way of public opinion could be brought to bear upon our executive officers, something could be quickly done toward realizing the truly hygienic city. Only a few short weeks ago a dozen or more persons were killed in a tunnel accident in New York. The shock of the tragedy was such that there was a great popular clamor, and the State officials, in the way of railroad commissions, the district attorney and the mayor of the city, manifested the utmost activity, and condemned in no measured terms the conditions that led up to the accident. Yet, these same officials, if any extensive epidemic of disease should break out in New York during the winter months, carrying off hundreds of citizens, would express their regrets that Nature had been so unkind, and fail to see wherein they and the government they represent were in any way responsible for the outbreak.

It is a notorious fact that the death rate is higher in winter than in summer, and our complacent statisticians inform us that this is due to poor accommodations, increased physical demands, etc. Yet they fail to arraign the persons and things responsible truly for it. It lies wholly in the public apathy to sanitation, and the failure of the municipal governments to provide the facilities for health preservation which they provide in the summer. Then there are free baths along the water front; the parks are attractive and filled with people day and night, and Nature is happy and lenient, simply because man is fulfilling her laws.

In the winter the crowded tenement, the unventilated





room, the entire absence of bathing facilities, make a great mass of the citizenry ripe for death.

Along the river front of New York there are several open-air resorts established as breathing spots for the summer, but there is no provision for winter resorts. With miles upon miles of water front, where it would be easy and economical to establish public baths, the city has not one that can be used after the summer months. For the health of the tenement population it would not be out of place to have baths at the foot of every fourth street, equipped for either summer or winter use. The expense of establishment would be small, compared with some of the other items that are

"jobbed" through our State and municipal legislatures every year.

Even an endowment from a philanthropist in this direction would be praiseworthy, if we could be assured that the fund would have intelligent administration. It would certainly afford more benefit to humanity than all the libraries and technical schools in Christendom.

I will venture to affirm that if municipal governments should establish and provide for the maintenance of suitable public free bathing and gymnasium buildings, they would do more toward settling the vexing questions of liquor traffic, vice and crime, than any of the so-called prohibitory laws they enact, which cost so much to keep in operation, and which really effect so little.

## A REMEDY.

By Carl M. Brewster.



WHENEVER the average person hears the subject of physical training mentioned a confused vision of giants with bodies covered with huge, knotted muscles, fighting pugilists or racing athletes crowd the mind as if these were the only attainments toward which physical exercise is directed. Those who have not previously given the matter some thought cannot perceive how this same physical training can be of any practical use to the toiling men and women of this busy age. Comparatively few of the millions of educated people seem to realize that some sort of physical training is absolutely essential for the highest success in any branch of work. Fewer still see the necessity of taking more exercise than that which our daily routine of work affords us.

And when we think of it, is it not strange that even a few have learned to apply this sort of training to the needs of everyday life? The child from its infancy is taught that it cannot live without having its free movements hampered by heavy wraps and sweltering clothing, and even in the public schools the physical wants of the child are studiously ignored. Dur-

ing this formative period of the child's life, different branches of study are taught for the mental development of the child, while no effort whatever is made to raise its physical development to the same standard of excellence. The physical education, therefore, has to remain dwarfed and stunted—a continual hindrance to the greatest development of the child's powers. If only as much time were allowed for the development of the physical nature during the Grammar and High-school courses as is at present given to mathematics, for instance, the coming generation would speedily learn the practical value of keeping the physical on the same plane with the mental development.

The main difficulty lies in our foolish custom of following blindly in the ruts worn by our forefathers. We follow this narrow path of their experience as if that were the only possible guide for our living, and as if any deviation from what we are accustomed to do marks such a thinker as either a freak or a crank. If some honest man has the courage to come to us with the suggestion that we might find it helpful to take a little exercise for the development of the muscles not used ordinarily in our particular work, and that we might get more enjoyment out of

life by eating only a moderate amount of nourishing food, do we feel grateful to him for it? The usual result is, that our opinion of the man is lowered, because he has dared to offer a substitute for the fixed customs of our ancestors and ourselves.

How are we to change this condition and put ourselves on a footing with progression and advancement leading toward success? Before we can proceed a step farther, our feeling of opposition toward every idea that is fundamentally different from our own must be at once and forever removed. As long as we are satisfied with mere existence, and are unwilling to try new plans which point toward the uplifting of our physical, mental and moral condition, we shall continue to plod along in the rear, without catching even a glimpse of the brightness and happiness attendant upon those who have reached the goal of more than worldly success. And then we must not forget to use our common sense. We all have this valuable little guide, though I fear we do not always use it; without its use we shall find ourselves continually following up some worthless project or idle fancy. With all prejudice removed and our good sense for a guide, we can then deal with all questions in a practical and sensible manner. If an important matter be laid before us and it appeals favorably to our good judgment, we will not hesitate to give the plan a thorough trial before accepting or rejecting it.

In comparison with the time spent in the study of other subjects, it is evident that the physical education has been sadly neglected. This can and should be remedied at once, for we must not allow the future generations to struggle along in this same uneven form of education when it lies within our power to prevent it. But not a moment must be lost. The instant you realize the great importance of a well-developed body, take off your coat and go through the motions of chop-

ping wood, or try some other crude exercise in the open air until thoroughly fatigued. Talk it over with your athletic friend; he will gladly show you some good systems of exercise and give you some general directions in regard to ventilation, diet, bathing, etc., if you will only ask him. Plan to do everything in a systematic and regular manner, and in a few weeks your health will be much improved.

Let me suggest a little plan for supplying in a way this physical education which should have been mastered before our Grammar-school days were over. First, select some quiet time during the day when you will not be interrupted for from sixty to ninety minutes. On a sheet of paper make a rough outline of the human body for reference. Then you are ready for a brief study of the muscular system of the body. Begin at the extremities and consider each group of muscles separately; at the same time devise some exercise that will, by offering resistance to that particular group, use that muscle more than any other. Before you proceed to another group of muscles, jot down in a notebook the exercise used for that group and put a reference number before the note taken, and also upon the proper position on the outline. This will prove a great aid in systematizing the exercises later. You will find at the same time that, in addition to devising your own system of exercise, you have gained an important knowledge of the weaker muscles of your own body. If necessary, go over the muscles of the body again, and note down especially these weak parts and the exercises which will give them separate use. By giving special attention to these exercises every night and morning, the weak muscles will become much strengthened, the hollows will be filled out, and as a result you will, in the end, have a symmetrical and well-developed body—a fit habitation for your mental and moral nature.



## THE HABIT OF GETTING SICK.

By J. D. Jones, Jr.



ANY persons are constantly hovering between life and sickness. "Out of sorts" is habitual with them. One foot is in perdition and the other most of the time is in the drug store. They are always on the verge of the bed, and twice or thrice a year topple in, there to remain until medical treatment has so far made them forget their habits that they become temporarily well. The monotony of the procession puts them on the alert, and ever ready they are to grasp at anything labeled "relief." Dieting and exercising have been tried in the same manner as each new patent medicine; and after the novelty has worn off they are often ready to ridicule them because they failed to counteract the effects of their daily bad habits.

People fail to understand the significance of habit. They overestimate its value. Too often methods are accepted merely because they are customary. Rather than study and experiment in order to find good rules of living, they accept established customs as the easier way. The ills and evils which always follow on the heels of certain habits are considered necessary. A little mental effort would disclose their mistaken conclusions; but it is this very mental effort they wish to avoid, in consequence putting up with ills and misery.

Age never yet made custom infallible, and it is a serious mistake to cling to the methods of our ancestors simply because they are time-honored. The new conditions of environment under which we now live, such as city life, modern houses, easy transportation facilities, cold-storage food and indoor amusements, have so checked what benefits were in the old style of living that the evils and diseases, through the greater freedom allowed, threaten to become overwhelming. And those who follow the bad habits of the past must accept severe penalties.

Those who have not cared to give physical culture and health much study are oftenest puzzled about natural cures and such topics. One of them cannot

understand how his stomach trouble of the past year results from his diet, since he is still eating the same food cooked in the same manner as he has always had, and he never had any trouble before. Others fail to see the connection between the stomach and a boil on the neck or hand; or the relation between constipation and a cold or pimples on the face.

There are two things to be remembered in regard to health and disease. One is, all flesh is porous, enabling it to take up and give off liquids and solids. The other thing is, all disorders of flesh or organs result from the nature of the contents of the porous tissues affected. Blood leaves the arteries and percolates through the flesh-tissue, just as the sap of trees seeps through the wood-tissue. Each cell thus receives a supply of blood. The pressure from behind forces the blood on into the veins, where it returns into the heart and lungs.

While the blood is filtering through the pores, the pressure is at a minimum; and now it is that some of the pores may become clogged. If some sticky semi-solid becomes lodged, other particles will be caught behind it. Blood accumulates around the obstruction and congestion results. This becomes irritable, and irritated nerves expand the small arteries, permitting a greater influx of blood. The trouble is increased and inflammation will soon set in. If the blood becomes congealed suppuration and abscesses are formed.

It is this congesting that causes the disorders in the various organs. When it exists the affected organ cannot work properly. If it be one of the digestive organs, nausea, biliousness or diarrhoea may occur; for the congested organ will be so excited that any food entering it will likely be expelled in a jiffy. Colds, appendicitis and headaches are congestions in different locations. An organ becomes susceptible to congestion whenever it is being overworked by some manner of living. If in addition the blood is of poor quality, all will be ready for the unexpected incident to take place which will disarrange the system. It generally

happens that the same bad habits which weaken an organ cause poor blood.

It is the white corpuscles of the blood which chiefly make it thick and stagnant. Those in excess of what are required to repair the daily wear of the body, circulate round and round in the body, as there is no eliminating organ for them, stagnating the while. As there is a constant increase in their number, it is evident that something out of the ordinary will happen. This takes the form of various periodical sicknesses or chronic disorders. Or in other cases, when the conditions are bad enough, one of the filth-diseases, croup,

diphtheria, smallpox, or one of the so-called germ diseases, takes place: nature is using drastic measures to clean out the pores.

The white corpuscles are food as it is taken from the digestive organs. The red corpuscles carry the oxygen which purifies. They are much more numerous than the white but a great deal smaller. Oxygen turns many of the solids into liquids and gases, in which forms they are more readily eliminated. Plenty of oxygen in an actively circulating blood will clean out the clogged pores and burn up much of the stagnating matter in the blood.

## THE MEDICAL FORCE OF NATURE.

By G. M. Randall, M.D.

"Why waste the remainder of thy life with thoughts of others, when thou dost not refer thy thoughts to some object of common utility?"

**I** WISH to express my appreciation of what this little periodical is doing for this and coming generations. I have practiced medicine, according to the teachings of the regular school, for twelve years. I took five years to complete a four years' course in an accredited medical college in the East. I have administered drugs for the alleviation of the various maladies with which I have come in contact with varying results; but each year I have found myself using less and less of drugs and more and more of natural and physiological measures for the relief of human ills; and, it goes without saying, that my later years have been more successful than my earlier years. I have found myself spending an hour talking to some patient with an intestinal catarrh and prescribing certain diet, habit or régime, and I have had the unspeakable satisfaction of seeing pleasing and permanent results where drugs would have failed utterly. So, too, with certain disturbances of the kidneys; when a careful analysis failed to reveal anything except excess of uric acid, I have secured good results by simply increasing the outdoor exercise, lessening the nitrogenous food

and increasing pure water, and interdicting all malt liquors. I know I have averted many cases of Bright's disease by these simple and natural observances.

I am at present not in practice, having been rendered *hors de combat* by appendicitis about two years ago. Fortunately, I fell into the hands of a good Samaritan, who, by the way, was one of the leading surgeons of New York City. His only treatment was rest in bed, liquid diet and plenty of water. My recovery was not rapid, because the causes which led up to the climax had been of long standing, viz., constipation due to rapid eating and improper food and insufficient exercise, added to which was an occasional cathartic pill or a tonic. We can whip a tired horse with these "therapeutical agents" for a time, but the end is worse than the beginning.

Every physician should be a physiologist first and a pathologist later, if he has to be; and accidents make the latter science as necessary as the former. Every physician, if he loves his fellow men as he claims to, will spend more time in teaching his patients how to live and what to do to keep well, than he does in compounding and devising specifics.

## ORIENTAL ATHLETES.

By F. L. Oswald, M.D.



**I**n the playground of a Western parish-school I once saw a puny black-eyed youngster cowering before a blue-eyed young bully, who could have wrung his neck with one hand, but spared him in pity, or contempt.

Suppose the little starveling had been kicked out and cruelly neglected, while his playmate had been brought up in a home of wealth, blessed with the neighborhood of abundant facilities for moral and mental education. And suppose that, moreover, circumstances had enabled the big boy's friends to make the parents of the poor one still poorer and force them to dwell in a desert; would we have trusted our eyes to find little Blackeyes grown up into a broad-shouldered young bruiser, able to knock his contemporary out of time into eternity, if his resentment were not restrained by the click of the dude's revolver?

Yet deliverance from brandy and blue-laws has accomplished that miracle in favor of the Mohammedan nations. There was a time when the Semites and Mongols were hopelessly outclassed by their Caucasian neighbors. The veterans of Alexander the Great thought it below their dignity to fight the Turkoman ragamuffins who harassed their march to the Indus. Hannibal the Greater had to hire Gauls and Spaniards, because the foot-soldiers of his own country could not be made to stand a charge of the Roman legionaries.

And during the general scramble for the spoils of the collapsing Roman Empire, the Caucasians maintained the inside track so effectually that their rivals, with rare exceptions, were forced to content themselves with the sand wastes surrounding the east end of the Mediterranean. Yet, in spite of that contrast, alcohol and anti-naturalism so sapped the vigor of the superior race that their prestige of physical prowess was gradually forfeited to their temperance-trained opponents.

In 1295 the traveler Marco Polo already

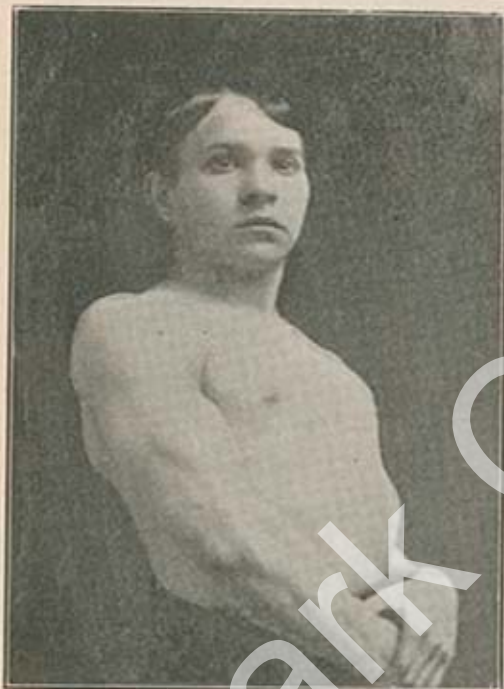
warned his countrymen to avoid quarrels with the South Tartars, whose athletes, in his presence, had run down stampeded steers and swung them back by grabbing their horns, as an Italian butcher would overpower a runaway billy-goat. He had seen able-bodied men on the lower Danube, too, but feared that the best of them would some day be worsted by those abstemious savages.

The mere idea of true believers being vanquished by miscreants seemed blas-



AN ATHLETE FROM ARMENIA.

phemy; but the Venetian traveler's prediction was terribly fulfilled on the battlefield of Varna, where the champions of the West were not only routed but almost annihilated by the wild hordes of Turk-land. King Ladislas, of Hungary, was slain, and his friends seemed inclined to impeach the competence of his captains, but were silenced by the verdict of the hero Hunyadi, who testified that the allies had deserved to win, but, being



ADOLPH ROGLER, Montreal, Canada.  
18 years old, weight 124 lbs. Result of six months' physical culture.

short of artillery, "had no resources in an encounter with adversaries whose brutal strength prevailed against all tactics."

The capture of Constantinople roused all Europe to a sense of a danger unheard of since the days of Attila, and few Western statesmen doubted that a coalition of civilized nations would soon retrieve the reverse. But more than four centuries have since passed, and the iron-fisted Turk still maintains his grip on the horns of the Bosphorus.

The jealousies of his neighbors may partly explain the success of his persistence; but the other, and not the least,

part of the explanation is the dread of provoking the despair of a foe who can still muster half a million athletes.

Judging the physique of the British nation from cockney specimens would be hardly fair, and nine out of ten travelers in Turkey tarry only in Constantinople; but even in that relic of better days they may see laborers shouldering a burden that would stagger the enterprise of a Spanish muleteer. The oarsmen of the Padisha make his boat fly at steam-launch speed; and the philosopher Buckle attests the fact that many highlanders of Mount Lebanon walk with the strut of unconquered men and scrutinize the effeminate foreigners with a mixture of wonder and pity—wonder, perhaps, at the thought that their ruler allows himself to be bullied by such dandies, unless their salt-peter machines should be formidable, indeed.

But with or without machines, some of these Oriental Samsons will not stand much provocation; and in a suburb of Khars, Captain McNeal saw a Kurd horse dealer glare at a scurrilous Armenian and, suddenly rising with a rush, demolish the talking apparatus of the slander-monger at a single blow.

In Herat, where European travelers occasionally fraternize with Afghan peasants, the clerks of a British trader took it in their heads to organize a football club, and, finding the natives too unprepared, then tried their luck with baseball, but again had to give it up, because the Afghan batters knocked the balls out of sight.

The weight-lifting contests in the camps of the Turkomans debar all Russian competitors, and oblige them to regain their self-respect by challenging the misbelievers to long-range target practice. At a 400-yard range a Cossack sergeant beat the Mussulman champion six points to one, but stopped bragging when the loser playfully hitched three rifles together, and, grabbing one of them close to the muzzle, held out the combination at arm's length.

In eastern and northern Persia, too, Professor Sandow might come across formidable rivals; and the chronicle of Shah Jehan records the exploits of a Persian Hercules who defeated boxers, butters and wrestlers, till the Governor of Shiraz engaged him as an escort of his

hunting expedition, and soon after as an attaché of his palace guards. In the latter capacity Aboo-Kosh provoked the jealousy of the Governor's courtiers, who



missed no chance to tempt him into danger, but were almost invariably confounded by the results of his desperate ventures. They finally introduced a rival dare-devil, Aboo's equal in woodmanship and rather his superior in agility.

Every hunting trip aggravated the animosity of the competitors, and things came to a crisis, when, one day the out-riders chased a tiger into a cavern where he could be heard growling defiance to all comers.

"Wonder if any biped commissioner would venture to interview that gentleman in his drawing-room?" laughed the

Governor. Aboo's enemies thought they had him at the edge of the right trap, but he stood playing with his romping hounds and made no reply.

"If I could claim to be champion wrestler, I'd take a knife and give that creature a chance for a tussle, said Aboo's rival; "but I'm going to show him that he cannot scare me anyhow"—priming his Turkish pistol—"if you'll permit me to go ahead."

This time Aboo stepped to the front: "Don't allow him to disgrace our country, sir; shall it be said that we needed



foreign weapons to fight an unarmed beast? If I have to arm myself the products of these mountains are quite good enough for me."

Then, taking a staff from one of the bush-beaters, he cut it down to a thirty-inch club and entered the tiger-den in spite of the Governor's protests. A dozen spearmen at the entrance of the cave were ordered to stick to their post; the rest of the audience drew back and reappeared only when Aboo-Kosh emerged from the death-trap, covered with blood, but dragging the body of the slain tiger.

"All I ask is a week's furlough," said he, when the Governor urged him to name his own reward. He reached his father's ranch unassisted, but succumbed to his wounds in the course of the next night.

In Rohileund (British India), Victor Jacquemont saw a young hunter take hold of a dog-downed wolf, and carry him about four rods to beat out his brains against a rock. These Rohillas, like their Nepaulese neighbors, are famous runners, and their couriers would never think of mounting a horse if they had to accomplish a hurry-trip across rough ground. Six miles an hour uphill and eight downhill they consider a fair average of speed that can be exceeded in emergencies, for hours together. In their leaping contests

they hardly ever use poles, but have a trick of bending double in concentrating all their strength upon a maximum performance, and in that manner an old man twice cleared a horizontal bar in rear of the Benares parade-ground.

"Why! you could make an easy living in that way," remarked one of the British officers.

"I might try it, sir; but, alas, I'm past sixty," sighed the old fellow; "time was when I could have shown you quite different tricks from that."

The East Indian country districts have not a rupee to spare for arena games; but in Japan every village has its gymnasium meadow, where young and old contest the honors of half a dozen different championships.

The results have often surprised travelers in the North provinces, but got a chance for a world-wide illustration three years ago, when 36,000 of these trained islanders tackled an empire of 410,000,000—what? descendants of creatures that may have deserved the name of men before they strayed into opium and physical degeneracy.



THE WRESTLERS—ANCIENT STATUE.



## MUSCULAR MINISTRY.

By Fauro.



THE days of the dear, delicate, dyspeptic dominie have departed, and the public is demanding in the pulpit a savant who has strength as well as spirituality.

I was once a member of a minister's club which decided to take a course in Physical Culture. The members stripped for the first lesson—behold! Solomon in all his glory was not arrayed—like one of these. Their clerical coats concealed a hollow mockery. They looked like a lot of picked sparrows; and as I gazed upon their Gothic architecture, surmounted by abdomens like the dome of St. Peter's at Rome, the text came into my mind: "Know ye not that your bodies are the temple of the Holy Ghost?" Temples! say shanties, and you hit it; ask an archangel to inhabit a hut, it would be a more appropriate invitation.

I make the plea for a muscular ministry, for:

1. I believe the Man of Galilee to have been the perfect specimen of manhood—not a power vitiated by abuse, not a nerve a-jangle on account of narcotics, cheeks not paled nor sicklied o'er by poor circulation, not a twinge of gout on account of highly seasoned food and rich pastries. No mortal could have stood the severe strain of public service, with the constant demand upon sympathies and strength, without being a magnificent specimen of manhood.

2. Your *theology* is colored by your physical condition. Beecher said: "When my liver is wrong, heaven is wrong." You cannot preach a gospel of sunshine and good cheer with a lot of soggy food in the stomach and a resultant lot of blue devils in the head and heart. Eat heavy waffles and meats at night, and you are in good condition to preach a sermon on

"total depravity," or add another halo to hell. The most cheerful thing you could think of would be a "sinner in the hands of an angry God." Go out and run around a block, or take some of the culture drills, and you will find the "bow of promise" where you only saw the clouds before.

3. Your pastoral work is colored by your condition. I always "brace up" after coming in contact with a strong man. You can carry the gloom of the tomb into a sick chamber. Ask in a hollow voice, which is lifeless, "My brother, are you ready to die?" Then, after your depressing visit is over, the next man he looks for is the undertaker. This is the reason so many physicians forbid the presence of the pastor in the sick room. But enter the room with an elastic step, with the glow of physical manhood about you, take the sufferer by the hand and let him feel the thrill of life bounding in your own veins; tell him how God has arranged nature so that it is helping him fight, and you have given him a tonic which the doctors cannot equal.

"A merry countenance doeth good like medicine."

4. Be a fine animal, because you live in an intense age which is making great demands upon your vitality—sermons, suppers, services, ceremonies, committees, correspondence, etc., and you must respond. I have a large city pastorate, yet rarely refuse an outside call; and I do not know what that "nightmare" of the ministry "blue Monday" means. If you have to drop out of the ranks and be put on the other side of the "dead line," just when you should be in your prime, you need not whine and say, "God has laid His hand upon me." He has not; you have laid the suicidal hand upon yourself!

Be a man, as well as a minister!



# Editorial Department

## THE EDITOR'S LECTURE TOUR.

**M**OST of my readers will be surprised to hear that I have been in England now nearly two months. No announcement was made of the trip. In fact, it was attempted on very short notice; a cablegram brought me here to protect my interests. These words are being dictated in Manchester, and I am nearly half through a lecture tour of all the principal cities in England, Ireland and Scotland. The enthusiastic reception I have met with in every city has pleased me very greatly. It indicates beyond all possible doubt, not only the need of this physical culture work in this country, as well as my own, but it also accurately shows that there is a general awakening everywhere among civilized people, as to the crying need of more knowledge of these simple methods of building health and strength.

The English edition of my magazine now has a circulation of about 70,000 copies monthly, and each month this has been increased from 5,000 to 10,000. I look forward in the near future to a circulation in England equal to that possessed in America.

My Lecture Tour is now being arranged throughout the principal cities in America, and in another part of the magazine will be given the names of halls or theaters, with dates and other information with reference to my Tour.

I have been preaching to you all with the pen. This has kept me fully occupied, combined with the attention necessary to successfully carry on my publishing business; but I have now so arranged my affairs that I can give a large amount of time to lecturing, and I firmly believe that this is my true mission, my true work. I desire to come in personal contact with my readers, and those interested in advancing this great work. I want to stir up the enthusiasm of my subscribers in every city in this country. I wish to exert a more potent influence than is secured by mere written words. I want to be able to personally preach to everyone of you. I want to emphasize with all the power of strong conscientious convictions that **WEAKNESS IS A CRIME**, and that no civilized human being has any business to be weak. If you are sick, my friends—if you are not strong, if you do not enjoy at all times that excess of physical vigor which frequently makes the very act of living exhilarating, and even intoxicating—you are not securing from this world all your just dues.

I say unto you, my dear readers, begin now to be a student along with me. In my own, and in other countries, I am sometimes quoted as an authority. I am not an authority on anything. I am simply a student. I expect to always remain a student. I am learning every day, and every lesson taught in this great school of experience is photographed so vividly upon my mind that it never can be erased.

I want all my readers to be students with me. I want you to learn with me, to progress with me. I ask as a special favor that you do not take my statements as true simply because it comes from me. Search with me for the facts from which my

conclusions were derived, and then deduce your own conclusions. By this process you will advance continually. Your conclusions may not always be right, but gradually they will improve in accuracy, and you will end by being really and truly an educated civilized human being—self poised, self educated, self reliant, capable of taking care of yourself under any and all circumstance.

But few of my readers have heard me while on previous lecture tours. I hope all that are able will attend when I visit their city on the tour that has been arranged, for I want to talk to you all in person, that I may leave behind me in every city a host of enthusiastic students who will work with all their energies for this great cause—the physical emancipation of the human race.

At the conclusion of my lecture in each city I will form a society, the object of which will be to hold lectures for the education of the public in these simple and vastly important methods of curing disease and building the highest attainable degree of physical health. In addition to these lectures they can, of course, form walking, running and breathing clubs, and in every way encourage, and make as pleasurable as possible, all forms of exercises that tend to build physical energy, beauty and health.

I will only have time to deliver one lecture in each city, and this will be entitled "The Cause and Cure of Weakness," and I hope all my readers of both sexes will honor me by being present. Every evening the lecture will be preceded by my Classical Poses, with darkened house in brilliantly lighted cabinet.

### CIVILIZED SLAVES.

"OH, to be free!" How often do we hear that cry! How frequently do the unspoken words flash through our minds when harassed by weakness, sickness, or other troubles!

Freedom! There is something in that word that thrills the nerves, that stirs the senses, and moves one to action. We are continually boasting of our freedom. "This is a free country" is a remark so frequently made in this country.

Free country? Yes, free to do and act according to the dictates of the laws and the conventional rulings of public opinion.

But, aside from laws and these iron-bound rules, are you free? Do you feel sure of yourself? Do you know yourself? Have you confidence in your own knowledge of yourself?

Are you not beset by a constant fear of something—you know not what? A pain, or an unusual and unpleasant symptom appears in some part of the body. There is something peculiar about its manifestation. You may never have had or felt it before in that same place or in that same way. You become alarmed. You have no confidence in yourself, in Nature, in the power of your own body to care for and even cure itself under proper conditions. You consult a physician drilled in the lore of modern medical science. He knows much of his own profession of medicine and its effects upon the human body, but very little about superb health and the actual, direct, and the usually simple cause of your complaint.

You, my friend, go through this world with a belief that you are free; but you are a slave—a CIVILIZED SLAVE, a slave to that ever-present fear of weakness, disease, pain and death.

I ask my readers, all who have brains capable of deducing plain conclusions from facts easily ascertained, to cast aside this slavery. Don't be a slave when you can so easily be free.

Yes, free! Free absolutely from the slightest fear of weakness, illness—even death. Death has no terrors to those who know how to live. Learn how to live and you will then learn how to die, without fear, without even a pang of regret. Death is in reality nothing but a long rest, and when a life has been well spent, when this long rest has been well earned, one sinks into it with the same pleasure as a tired child into slumber.

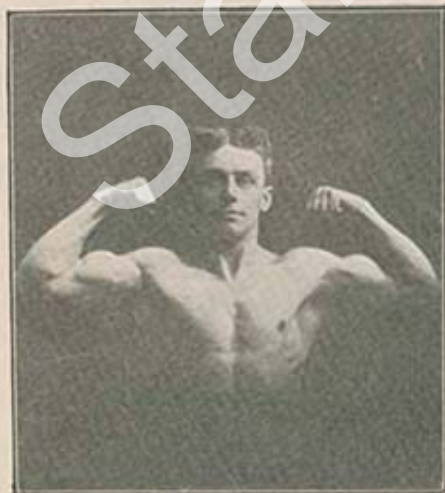
I never saw or heard of a disease that I feared. I have unlimited confidence in the intelligence of that infinite Power which has made possible the existence of man. The secrets of life—what it is, where it came from, where it goes, and the actual and immediate cause of the cessation of a heart's beat, are beyond the comprehension of the greatest scientist or the most brilliant student that ever has breathed or ever will breathe.

What a load will be removed from the mind of all whom I can imbue with this self-confidence! The science of medicine does not teach it. The members of this profession are usually first to consult a fellow physician when attacked by illness. They seem to be absolutely devoid of confidence in their own power to treat their own ailments, though apparently they possess unlimited confidence when dealing with the physical troubles of others.

I want the readers of this magazine, I want my fellow students who are attending this school of health with me, to at once begin the process of learning that disease is actually a curative process. It is the means by which the body cures itself and brings back the normal condition of health. It is not a thief—it is sent to save your life. The impurities that are eliminated by various diseases would in many instances cause death if allowed to remain.

Begin now to acquire the knowledge that absolutely destroys all fear of disease because of the simplicity of its cause and cure.

*Bernarr Macfadden*



DELMORE AND LEE, OF VAUDEVILLE FAME.



# Machine Type- Setters.

**Said to be Hard  
on Operators.**

The work of a typesetter in a modern printing office is very exacting, particularly if he runs a linotype or typesetting machine. It requires the closest attention and rapid and systematic action of both brain and hand. This machine works much like a typewriter. Such workers fed on ordinary food give up because of nervous prostration, some in a short time, and some are able to stand it longer.

One of these workers says: "I have been at the linotype three years. It has made a great change in my once robust health. About three months ago, after long expecting it, I completely collapsed, from indigestion and extreme nervousness. The daily physic I had not dared to omit for years, now and then, refused relief and a physician was consulted.

"Change of occupation and diet," read the prescription, 'advise eating Grape-Nuts food twice daily.' I had often set up the advertisements of the Postum Cereal Co., but somehow printers are apt to think advertisements are not intended for them to make use of. I could not well change my occupation, but did change the diet.

"Since then have used Grape-Nuts, both at breakfast and supper, daily. The results are truly remarkable. The first perceptible change was in the matter of digestion. It has been six weeks since I have had to swallow an aperient of any kind. At the beginning of my experiment with Grape-Nuts I weighed 124 pounds; last evening I tipped the beam at 157½.

"My nerves, which were completely shattered three months ago, are now strong and steady, and I do not tire easily, though I go to bed an hour later on an average than formerly, and have increased my capacity at the machine fully two columns of type a day. I am convinced that Grape-Nuts food is the food for persons of sedentary occupation, especially for those who work with brain in lieu of brawn." CHAS. H. ECKHARD, 177 N. Chambers St., Galesburg, Ill.

# REDUCED TO \$3.50 FOR 60 DAYS.

Remarkable Invention of an Ohioan that Guarantees Perfect Health, Strength and Beauty to Every User, and Cures Without Drugs, All Nervous Diseases, Rheumatism, La Grippe, Neuralgia, Blood and Kidney Troubles, Weakness, and the Most Obstinate Diseases, by Nature's Method of Steaming the Poison Out of the System.

Men and Women are Getting Rich Selling Them. Read Special Offer Below. Write at Once.

It has remained for a prominent business man of Cincinnati to discover that in the application of Hot Air to the skin and its resultant perspiration lies the secret of good health, vigor, freedom from disease, and beauty. He proved beyond the question of a doubt that the Romans and Greeks had

## No Physicians for 500 Years

but Hot Air and Vapor Baths, and that they owed their splendid health, fine physique, strength and beauty to vaporized air or "sweat baths," and so he set to work to invent a method by which the American people could secure all the marvelous benefits of these baths without expensive apparatus, bath rooms, and at smallest expense.

The now famous Quaker Bath Cabinet was the result of his efforts.



## An Enormous Business.

Invented and patented six years ago—the demand has been so great that over 300,000 Cabinets were sold during the past year, and hundreds of men and women are growing rich selling them, as the makers offer splendid inducements to hustlers.

It is an air-tight inclosure, a rubber-walled room in which one comfortably rests on a chair, and with only the head outside, enjoys at home, for 3 cents each, all the marvelous, cleansing, curative and invigorating effects of the famous Turkish, Russian, Hot Air, Hot Vapor Baths, medicated or perfumed if desired, with no possibility of taking cold afterwards, or in any way weakening the system.

Clouds of Hot Air or Vapor surround the entire body, opening the millions of sweat-pores, causing profuse

perspiration, drawing out of the blood and system all the impure acids, salts and effete matter which, if retained, cause sickness, debility, and affliction.

## Astonishing is the Immediate

Improvement in your health, feelings and complexion. There is not a single person living who should not possess one of these Cabinets.

## Famous Physicians believe in it.

Hundreds of well-known physicians have given up their practice to sell these Cabinets, and to-day over 27,000 physicians use and recommend them, and every well equipped hospital and sanitarium in the world use these Cabinets with the most wonderful and beneficial effects—curing even the worst chronic cases. It beats a trip to Hot Springs.

Thousands of remarkable letters have been written the makers from users, some referring to

## Rheumatism, La Grippe and Kidney Troubles

will be interesting to those who suffer from these dread maladies. W. L. Brown, Oxford, O., writes: "My father was down in bed for months with rheumatism; this Cabinet did him more good than \$50 worth of drugs. It cured my brother of sleeplessness, of which he had long suffered, and his wife of la grippe in one night." G. M. Lafferty, Covington, Ky., writes: "Was compelled to quit business a year ago, being prostrated with rheumatism and kidney troubles, when your Cabinet came. Two weeks' use cured me; have never had a twinge since." Rev. Geo. H. Hudson, of Mich., says: "I gave up my pastorate on account of nervous prostration and lung troubles; my editor so highly recommended your Cabinet, I tried it; I commenced growing better at once; am now well; nervousness gone; lungs strong; am a new man." Mr. Simon Tompkins, a retired capitalist of Columbus, O., says: "I am satisfied it saved my life. Was taken down with a hard cold which developed into a dangerous case of pneumonia. The first Bath relieved me, and I quickly recovered. It is far superior to drugs for curing la grippe, colds, inflammation and rheumatism." Hon. A. B. Strickland, of Bloomington, writes: that the Cabinet did him more good than two years' doctoring, cured him of catarrh, gravel, kidney trouble and dropsy, with which he had long suffered.

## Hundreds of Ministers

write, praising this Cabinet. Rev. Baker Smith, D. D., Fairmount, N. J., says: "Your Cabinet rids the body of aches and pains, and as 'Cleanliness is next to Godliness' it merits high recommendation." Rev. J. C. Richardson, Roxbury, Mass., was greatly benefited by its use, and recommends it highly, as also does Hon. V. C.

Hay, who writes: "Physicians gave me up to die, was persuaded by friends to try this Cabinet, and it cured me. Cannot praise it enough." U. S. Senator Hon. Chauncey M. Depew, Congressman John J. Lentz, John T. Brown, Editor "Christian Guide;" Rev. C. M. Keith, Editor "Holiness Advocate," as well as hundreds of clergymen, bankers, governors, physicians and influential people recommend it highly.

Physicians are unanimous in claiming that colds, la grippe, fevers, kidney troubles, Bright's disease, cancer; in fact, such

### Marvelous Eliminate Power

has this Cabinet that no disease can gain a foothold in your body if you take these hot Thermal Baths weekly. Scientific reasons are brought out in a very instructive little book issued by the makers.

### To Cure Blood and Skin Diseases

this Cabinet has marvelous power. Dr. Shepard, of Brooklyn, states that he has never failed to draw out the deadly poison of snake bites, hydrophobia, blood poison, etc., by this Vapor Bath, proving that it is the most wonderful blood purifier known. If people, instead of filling their system with more poisons by taking drugs and nostrums, would get into a Vapor Bath Cabinet and steam out these poisons, and assist Nature to act, they would have pure blood, and a skin as clear and smooth as the most fastidious could desire.

### Another Important Feature

is the astonishing benefit in diseases of women and children. It removes the inflammation and congestion which causes much of the pain to which women are slaves. Heat is the greatest known relief and cure for these ailments, if rightly applied. Dr. Williams, one of New York's most celebrated physicians, says: "The best remedy for the prevention and cure of all troubles peculiar to the female sex is Hot Air Baths. Your Cabinet is truly a God-send to women." Thousands of children's lives have been saved, as it is invaluable for breaking up colds, fevers, croup, congestions, etc.

With the Cabinet, if desired, is a

### Head and Complexion Steamer,

in which the face, head and neck are given the same vapor treatment as the body, producing a bright, pure, brilliant complexion, removing pimples, blackheads, skin eruptions; cures catarrh, asthma and bronchitis.

O. C. Smith, Mt. Healthy, Ohio, says: "Since using this Cabinet my catarrh, asthma and hay fever, with which I have been afflicted since childhood, has not returned. Worth \$1,000 to me. Have sold hundreds of these Cabinets. Everyone was delighted. My wife finds it excellent for her fits and our children."

### Whatever Will Hasten Profuse Perspiration

everyone knows is beneficial, but other methods of resorting to stimulants and poisonous drugs are dangerous to health. Nature's own method is provided by the convenient, safe and marvelous power of this Quaker Cabinet.

We find it to be a genuine Cabinet, with a real door, opening wide. When closed it is airtight; handsomely made of best durable goods, rubber lined. A heavy steel frame supports it, making it a strong and substantial bath-room within itself. Has the latest improvements.

A splendid stove for heating is furnished with each Cabinet, also medicine and vaporizing pan, valuable recipes and formulas for medicated baths and ailments,

plain directions and a 100-page "Guide Book to Health and Beauty." Cabinet folds flat in 1 in. space when not in use. Easily carried. Weighs to lbs.

After investigation, we can say this Quaker Cabinet, made by the Cincinnati firm, is the only practical article of its kind. Will last for years. Seems to satisfy and delight every user, and the

### Makers Guarantee Results.

They assert positively, and their statements are backed by thousands of letters from persons of influence, that this Cabinet will cure nervous troubles, debility, purify the blood, beautify the skin, and cure rheumatism—they offer \$50.00 reward for a case not relieved). Cures the most obstinate cases of women's ailments, la grippe, sleeplessness, neuralgia, malaria, headaches, gout, sciatica, eczema, scrofula, piles, dropsy, blood and skin diseases, liver and kidney troubles. Reduces obesity.

### It Will Cure a Hard Cold

with one bath, and for breaking up symptoms of la grippe, fevers, pneumonia, congestion, etc., it is invaluable—really a household necessity. Gives the most

### Cleansing and Refreshing Bath Known,

and even those enjoying the best of health should use it at least once or twice a week, for its great value lies in its marvelous power to draw out of the system impurities that cause disease, and it is truly proving a God-send to humanity.

### How to Get One.

All our readers who want to enjoy perfect health, prevent disease or are afflicted, should have one of these remarkable Cabinets. Space prevents a detailed description, but it will bear out the most exacting demand for durability and curative properties.

Write the only makers, The World Mfg. Co., 361 World Building, Cincinnati, Ohio, and ask them to send you their valuable illustrated booklet, describing this invention and these remarkable baths. The price of these Cabinets has always been \$5.00, but the makers offer to our readers for 60 days this Cabinet for \$3.50 complete, or their \$10.00 finest and best double-walled Cabinet for \$6.10. Face and Head Steaming Attachments, if desired, 65 cents extra, and it is, indeed, difficult to imagine where that amount of money could be invested in anything else that would bring so much good health, strength and vigor.

### Don't Fail to Write To-day

for full information; or, better still, order a Cabinet; you won't be disappointed, as the makers guarantee every Cabinet, and agree to refund your money after thirty days' use if not just as represented.

We know them to do as they agree. They are reliable and responsible; capital \$100,000.00.

The Cabinet is just as represented, and will be promptly shipped upon receipt of Money Order, Bank Draft, Certified Check or Registered Letter.

Don't fail to write at once for booklet, whether you intend to buy or not, for you will receive great benefit by doing so.

### \$150.00 a Month and Expenses.

This Cabinet is proving a wonderful seller, over 20,000 were sold last month by agents, and the firm offers special inducements to both men and women upon request, and to our knowledge many are making from \$100 to \$150 per month and expenses. Don't fail to write them.

## Physical Culture School

**PROF. TITUS, Owner and Instructor.**

The greatest methods for the cure of weak hearts or stomach troubles.

**FULL COURSE 20 LESSONS.**

More accomplished in 10 weeks in this school of personal instruction than in twice that time at most other places.

**NO EXPERIMENTS OR FADS.**

Your entire system treated and all muscles fully developed to the extent of doubling or trebling your strength.

Training for reducing or increasing weight.

**MAIL LESSONS.**

Not a school of circular letters. Instructions given to each individual case, accompanied by illustrated exercises.

**Complete up-to-date Gymnasium with Baths.**

Call for particulars and pamphlet or send stamp. 156 East 23d St., NEW YORK.



## Strength and Beauty

Every moment of every day you can thrill and tingle and radiate with the unspeakable ecstasy of perfecting Health. Conscious power over Pain and Disease and Death, conscious superiority to Worry and Hurry and Fret, conscious mastery of Self and Surroundings and the World—these are all potentially yours. Dietotherapy, Hydrotherapy, Physical Culture, Mental Culture, Spirit Unfoldment, all the manifold phases of Naturopathy—such are the means. The Naturopathic Magazine, the Naturopathic Institute, the Kneipp Health Store—such are the media. And through these YOU, yet unrealized and undiscovered, are the omnipotent arbiter of achievement. Is it all worth asking about?

10 cents brings a specimen Magazine; a stamp, a Prospectus; a postal, the "Guide to Health" and Naturopathic Catalogue.

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Tells how to do Handstands, Cartwheels, Flips, Somersaults, and every other kind of tumbling. Also tricks, games and pyramids in great variety. You can learn easily without any other teacher. 150 pages, 226 illustrations. Price, 50c.



## "EXERCISE FOR EVERYBODY"

Price 10c., explains WHY exercise will develop and strengthen the body and brain and prevent and cure disease. It tells HOW the physiological forces perform these wonders. Address

**HORACE BUTTERWORTH**

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