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PHYSICAL CULTURE

Vol. V.

JULY, 1901.

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HEALTH HOME CURES.

By Bernarr Macfadden.

LEVER since I freed myself from the symptoms of that dread disease consumption, now over seventeen years ago, I firmly believed that nearly every case of this complaint could be cured, unless in the third and last stages.

In the particular case, photographs of which appear on cover, I have demonstrated beyond all possible doubt that the disease is curable.

We have not only freed Mr. Axelson from the disease, but there are other cases not so serious as his, which we have also cured.

You will note by studying the methods we have used in bringing about the recovery of this particular case, that we have practically adopted methods directly opposite to those recommended by the science of medicine.

All physicians in treating this disease consider that it is necessary to encourage the patient to eat all that he possibly can.

I consider a long fast necessary in many cases, and in every case a very moderate non-stimulating diet.

The medical profession claim that in treating this disease every means should be adopted to avoid a draft or cold air. I maintain that the reverse condition must exist if one is to have the slightest chance for recovery.

You will note that in the cure of this particular case our patient was compelled to sleep out-of-doors when the temperature was not many degrees above zero.

The medical profession maintain that stimulants must be used in every instance, and I maintain that stimulants are the rankest kind of poison under such conditions, that they simply destroy vitality and strength, and greatly hasten death.

In fact, anyone gifted with reasoning powers who thoroughly studies our methods of treating this disease, and then compares them to those used by medical

scientists, will have the very best of reason for concluding that the theories practised by the medical world must have been originated by idiots.

There are other cases besides consumption at our Health Home, at the present time, which would be worth mentioning. One suffering from palsy, chronic for five years, is fast recovering, though at this writing this particular patient has fasted for thirty-one days, and does not know at this particular moment when he will break his fast.

We mentioned in a former issue of this magazine the case of Mrs. Cole, of Watertown, N. Y., who was suffering from rheumatism. She has now fasted about twenty-five days, and every day of her fast she increases in strength and the symptoms of rheumatism diminish.

I present herewith a letter which Mr. Axelson has prepared for us, and the readers of this magazine should realize how many murders are being committed by medical scientists of those suffering from consumption, and should aid in spreading the plain facts herewith presented:

"Being an admirer and follower of PHYSICAL CULTURE for the last year with remarkable results, I submitted my case in answer to the free cure offer in the February number of PHYSICAL CULTURE.

"I was agreeably surprised on being informed that I was accepted as the free consumptive patient.

"For over four years I have been a sufferer of that dread disease, and all of the symptoms have been almost constantly present, viz; persistent hacking cough, wasting of flesh, repeated hemorrhages, night sweats, being so weak as to be unable to do any work to speak of in the last four years.

"The symptoms, bacteriological examination and the diagnosis of several physicians who treated me, indicated beyond a doubt the nature of the disease.

"I had followed some of the suggestions

in PHYSICAL CULTURE with a gain in general health, but fully realized to effect a positive cure that the natural methods would have to be adopted in every way.

"I had made two trips to Colorado, one to Texas and one to New Mexico in my endeavor to effect a cure, and notwithstanding the "rattle" on my lungs, I began the treatment at the Physical Culture Home, with full confidence that it would effect the desired results.

"Judicious fasting is undoubtedly the true specific for consumption and lung trouble in general.

"At first I was permitted to eat one meal a day, taking as much exercise as possible in the open air, and a cold sitz bath and wet pack once a day. This improved me very much, but the severity of the symptoms indicated that a prolonged fast was needed, and I started a fast that I expected to last from ten to fifteen days. This fast was broken on the twelfth day with *the discharge from my lungs apparently stopped and gone.*

"My fast was broken with an orange in the morning and a half cup of boiled rice at noon, the same at night, and the next day I was permitted to eat lightly of whatever I desired.

"The two meals per day were continued thereafter with plenty of outdoor exercise, especially walking.

"On account of a rupture I had to be careful in my exercises. (This is now nearly eradicated by the special system of treatment used to remedy it.)

"Sleeping out-of-doors was begun in March, the weather was cold and disagreeable and I was fearful of the results, but I felt the benefits of this almost immediately.

"I can now practically call myself cured. I am apparently free from all symptoms of that dread disease, though realize fully that should I return to my former methods of living the disease would return very quickly again.

"No gain in weight has been attempted, as it was not considered safe for me.

"My meals are extremely light. Should I attempt to eat heartily I would unquestionably gain in weight, but there would be danger of the old sores on my lungs breaking out afresh.

"I am now able to walk from fifteen to twenty miles in one day.

"Physical culture has done wonders for me, and I am confident should every consumptive follow its teachings much benefit and a positive cure would result.

"I owe my present strength and health and freedom from the terrible symptoms of that dread disease, consumption, to PHYSICAL CULTURE, and wish it success in every effort it may make toward bettering the health of mankind."

ANDREW AXELSON.

Port Byron, Ill.

"P. S.—Though I could hardly add more to this letter, those wishing to verify my statements can write me or anyone in my home town."

If you are suffering from this dreaded disease, heed the following advice—The benefit, noted almost immediately, will accurately indicate its value.

Stay in the open air as much as possible.

Wear just as few clothes as possible, and still be able to keep warm.

Bath in water as cold as you can procure, at least twice a day.

Ocean bathing is of great value.

Take a great many deep-breathing exercises.

Walk until thoroughly fatigued once a day, greatly increase the distance each day as strength is gained.

The most important advice in connection with this work is "diet."

1—Absolutely avoid all stimulants, alcohol, meat, coffee and tea.

2—It is absolutely necessary, in order to bring about complete recovery, to fast. In no other way can the sores on the lungs be healed so quickly and thoroughly as by fasting.

A long fast is preferable. It brings about results much more speedily. One is required to fast until the coating on the tongue has disappeared and the breath is sweet and pure, until the cough is gone and no sputum is raised. This usually requires from two to six weeks. Of course I am thoroughly aware that there are very few who have the will power to adopt a fast of this nature, especially when surrounded by prejudiced relatives who know no more about fasting than a pig knows of a holiday, and under these circumstances a series of short fasts can be adopted instead, fasting one day and eating one day, fasting two days and eating

two days, gradually increasing the length of the fast until satisfactory results have been produced.

I believe firmly and conscientiously that a cure is within the reach of every sufferer from this disease, and if the plain advice herewith given is accurately fol-

lowed, health and strength will result in every instance.

There is no need of writing us for further advice or to go to our experimental health home. Follow the plain advice given here, and satisfactory results will soon appear.



"AT THE BATH," BY E. MENIER.

EXERCISE FOR OBESITY.

HEALTH, STRENGTH AND FUN ON A KEG.

The keg must be empty and be sure that you are not the one that empties it.



OST writers on all subjects elaborate extensively for two reasons, namely, one is because they are paid so much a column, and the other is trying

to show how much they can write on one subject. It is not necessary to go into details explaining what fatty tissue is, its formation, etc. What is really necessary to know is how best to avoid getting stout, and if you are so inclined to be stout, the thing to do is to learn in as few words as possible what to do, and if it appeals to you as being practical, why not do it? We have constantly before us articles on physical culture by the best authorities, and scarcely do we pick up a daily paper but what we see something that is really of interest to the

man who is in search of health and strength. The great trouble is, the articles are read and with a remark, "That just fits my case to perfection," but the fact is just this: after you have

read the article it passes entirely out of your mind and is soon forgotten.

This article has been condensed in order to make it as short and concise as possible, and at the same time convey a practical idea of what one can accomplish with the most simple methods.

This exercise is not alone beneficial to those who are inclined to be stout and are anxious to reduce their weight, but will be of great benefit to any one who is anxious to become strong. It will aid digestion, quiet the nerves, cure insomnia and develop strength.

Scarcely a day



This gentleman, 50 years old, reduced weight and gained strength, with the system given herewith.



FIRST MOVEMENT.



SECOND MOVEMENT.

passes but what I am asked this question: What can I do to reduce my weight, as you see I am becoming corpulent? The real answer to this is, not to be so lazy, for laziness in many instances is the real cause of people growing stout, and the stouter they grow the more lazy they become. Laziness causes fat, and fat causes one to be lazy. Now the best thing to do is to go to work, and as you work make it a business. Take an ordinary five-gallon keg. Wrap the

ends so as to make the keg equal in diameter, so that it will roll and not wobble.

THE FIRST MOVEMENT is to lie over the keg allowing nothing but the tips of the toes and the palms of the hand to touch the floor, bearing the greater weight of the body on the keg, crawling forward, propelling the body with the hands, keeping the limbs straight and not moving the feet until the keg has rolled as far as the knees. Then reverse,



SECOND MOVEMENT.

pushing back with the hand until the keg rolls as far as the arms will allow it to roll. This movement will tend to develop the arms, broaden the chest and at the same time cause the muscles of the abdomen to be flexed, forcing them into use.

SECOND MOVEMENT.—Reverse the position of the body lying with the back on the keg,



THIRD MOVEMENT.

arms down to the side, moving as far forward as possible, allowing the keg to roll down as far as the heels. Reverse going backward until the keg has reached the arms, keeping the lungs well filled, the stomach drawn in, the chest well out. This will have a tendency to cause one to walk erect and force the expansion of the lungs. When the keg has reached the small part of the back, stretch

the legs as far as possible, forcing into play the extensors from the waist down, but not allowing the heels to touch the floor, then reverse, allowing the heels to rest on the floor so as to steady the body, extending the arms in line with the body reaching well out, keeping the hands open so as to stretch and extend the muscles of the upper body.

THIRD MOVEMENT.—Lying with the



FOURTH MOVEMENT.

side of the body on the keg using the right arm and hand only to balance the body, regulate keg with the free hand, going as far forward as your strength will allow without straining. Then reverse, pushing backward, being careful at all times not to strain the body while in this position. Reverse this movement by lying on the left side.

FOURTH MOVEMENT.—Lying with the back on the keg, arms folded, using only the feet to force the body over the keg until the keg has reached the shoulders and back of the head, keeping the body perfectly straight and rigid, drawing the body well up, rotating first to the right and then to the left. This exercise should be done with great care and not more than once or twice until you begin to feel stronger.

FIFTH MOVEMENT.—Stand with feet together, legs straight, stomach in, chest well out, shoulders up and back, head up and chin down. Take the keg in hand raising from the waist line up over the head and then down keeping the body perfectly straight. Count to yourself each movement, inhaling through the nostrils on the odd numbers, exhaling through the mouth on the even movements. Raise the keg to line of chin, swing first to the right then to the left, keeping the body



FIFTH MOVEMENT.



SIXTH MOVEMENT.

erect, allowing the eyes to follow the motion of the keg.

SIXTH MOVEMENT.—Feet about 24 inches apart, swing down well between the legs and high up over the head, bending the back and allowing the knees to bend slightly forward as the keg passes back of the body as before. Raise the keg as above stated, swing first to the right and then to the left, lowering the body on each count, being very careful not to strain, or working this movement too rapidly. While going through this exercise try to keep your mind constantly on the work, directing your attention to the parts of the body that you feel are being used, trying at all times to inhale through the nostrils, exhaling with force through the

mouth. It is well to keep the lungs partly filled, so as to force into play the muscles along the walls of the thorax (chest) and the abdominal walls.

I take pleasure in stating that a most intimate friend of mine adopted this system of exercise, using no other apparatus, and I can truthfully say that,



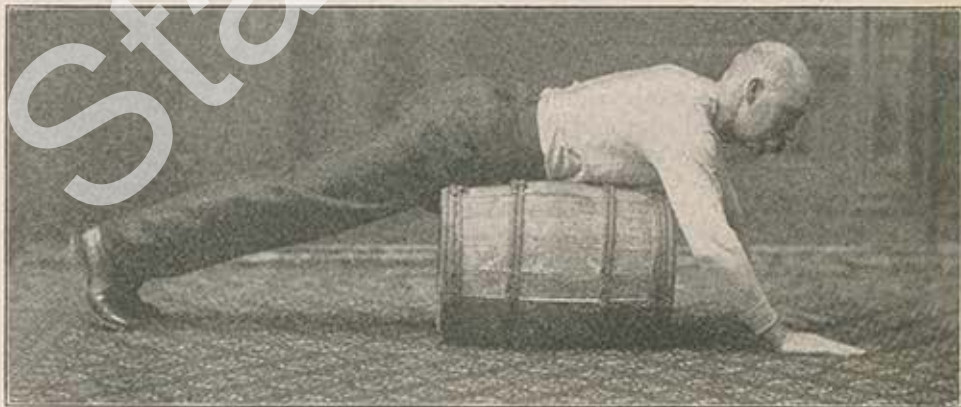
EIGHTH MOVEMENT.

Developing Shoulders, Chest, Abdominal and Leg Muscles.

SEVENTH MOVEMENT.—Rest yourself by lying over the keg lengthwise, as illustrated, rolling first to right and then to the left side, bearing the greater part of the weight on the keg; reverse, lying on the back.

although in his fifty-sixth year, I consider him one of the strongest men in New York City, and would to-day give our best athletes a tussle on the wrestling mat and be a rough adversary with the gloves.

IRA L. WOOD, JR.



FIRST MOVEMENT.

HOW A CONSUMPTIVE WON THE SIX-MILE FOOT RACE OF THE C. Y. M. C. A.

By W. B. Thomas, Corsicana, Texas.

SEEING that you ask all physical culture advocates to write for your magazine I will endeavor to show to the people what your advice did for me. I was at one time told by several physicians that I was a subject of consumption. After reading one of your magazines I concluded to try and improve my health.

I at first got my step-mother's smoothing irons and commenced using them as dumb-bells. I would exercise for a while every day and after exercising I would take a cold sponge bath, and then rub with my hands and rough towels until my body was in good circulation. In a few weeks my appetite was immense. I felt good at all times. I then commenced to run short distances every morning at five o'clock, gradually lengthening the distance until I would run eight or ten miles without tiring in the least. I finally joined the Y. M. C. A.

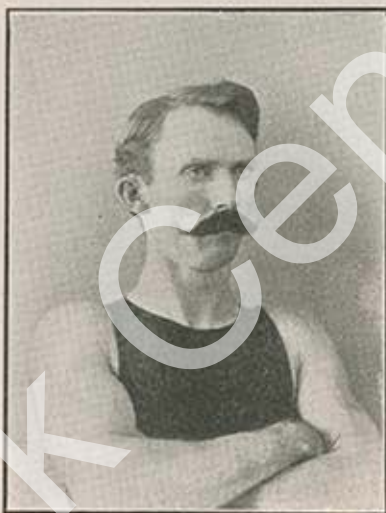
where they had a fine gym. In five months after I joined the physical director got one of the leading jewelry houses to offer a gold medal for long distance running; the medal was put up and shown to about 30 of the boys in the class and they were told that in three weeks there would be a six mile race, and the man who made the best time would receive the medal.

There were many large fine looking boys in the class; I sized them up and finally came to the conclusion that what one man could do another could also accomplish. As I had been exercising for quite a time I was in fine condition to go into training. In the early morning while the others were sleeping I would

rise at four o'clock and put on heavy clothing and take my morning run of ten or twelve miles; when I came in I would take a cold bath and then eat breakfast and go to work and work twelve hours.

After supper I would walk several blocks and then return to the room and exercise for thirty minutes, then take another cold bath and turn in for the night. In this way I gained in weight

from 130 to 160 pounds and my muscles felt like cords of steel. The morning of the race I got up at four o'clock and dressed in my running suit and a heavy overcoat and went to the starting place; when we lined up stripped in our running suits there were thirteen of us and all looked the picture of health. I cast my eye on every one of them and I want to say a fellow felt just like his showing among those fellows was very slim, but I still had lots of confidence of winning as I felt in perfect health. Having trained



W. B. THOMAS.

in heavy clothes all the time when I was in my running suit for the first time I felt as if I could almost fly. The judges called time and we were off. In the third mile I could see where the condition was telling. Several had dropped out and several others seemed to be in trouble to get their breath fast enough, but I noticed that a little Englishman with a fine physique was staying very close and his movements were like those of a well-trained athlete. He was breathing steady and did not seem to be exhausted at all. I knew by this time that he was the man I had to beat. I saw if I beat him that I would have to gain the pace. I took all the energy I had left,

and began to move off from him. When I reached the fifth mile he seemed to be getting exhausted. I then turned all the strength I had left loose and tried to see how far I could beat him. When the judges reported I found I had won by one minute.

Any one knows that have had experience in long distance running, how hard

it is to hold out for a number of miles. Had I not exercised I would not have lasted for one mile. I felt then like I had accomplished something great. Ever since then I have trained more or less all the time. I truly believe that any disease on earth can be cured with the right kind of training and cold and hot water baths.

QUESTION DEPARTMENT.

Q. I have very poor blood. Was advised to take a quantity of fresh animal blood three times per day. Do you think this would benefit me? If not, suggest a remedy.

A. Food, regardless of its character, whether composed of blood or of any other nourishment, is incapable of producing rich blood unless your system is in condition to absorb and make use of it, therefore you have but one plain duty before you, and that is to build up your general health by exercise and other natural means, and then it will make but little difference what food you eat provided it is nourishing.

Q. What exercise would you suggest for increasing chest from 37 to 40 inches?

A. The various chest exercises with dumb-bells and other means, illustrated in past numbers of this magazine, combined with deep breathing and long walks, should bring about the desired results.

Q. I am 19 years old. Can you suggest exercise for increasing height?

A. There are no exercises that will especially increase the height. What you must do is to simply adopt those means necessary to maintain highest possible degree of physical health, and if you have not acquired your full growth you will increase in height, but if otherwise, no means on earth can increase your height.

Q. When exercising with dumb-bells I put my arm out of joint at shoulder. It has slipped out three times since and I have stopped exercise. Doctor says joint is loose. Can I strengthen it?

A. Would advise you to continue exercise, only be very careful to refrain from those exercises which tend to disjoin the shoulder. By using care in this way you

will gradually strengthen this part, so there will be no danger of a continuance of the trouble you mention.

Q. Suggest best exercise for one who is training for 100-yard dash and standing broad jump.

A. There is, of course, no better exercise for training for these events than the exercises themselves. In training for 100-yard dash, about the best exercise is to practice starting, getting away as rapidly as possible. Of course various exercises for strengthening the legs will be found beneficial, though the upper part of the body should not be neglected. Those muscles which tend to strengthen you for running would of course increase your capacity in the standing broad jump if you practice same regularly.

Q. Would you recommend exercise for persons 60 years of age? Have a fine constitution, but am muscularly weak.

A. I have called attention in a previous issue to one case of a man who recovered fine health after having been given up to die at 65. There is not the least doubt but that exercise will greatly benefit you, and if accompanied by a moderate diet would greatly increase your muscular strength. Would advise walking with deep breathing and light calisthenics.

Q. Have ulcer in my stomach. Had two hemorrhages. Can you suggest a cure?

A. About the best and only means for effecting a cure of your trouble is a long fast. Would advise you to fast until an unmistakable appetite is created. This would probably take from 14 to 30 days. This will effect a cure in every instance,

though great care must be used not to overeat after the fast.

Q. The least pressure hurts my bones. What would you suggest?

A. The pain which you mention is probably nearer the surface than your bones, and is no doubt of a rheumatic nature. A moderate diet, one meal a day, proper mastication, light out-of-door exercise such as walking with deep breathing, are advised. Wet sheet pack daily should also be taken.

Q. I am troubled with pain in lower part of left side when I take gymnasium exercises; sometimes when walking fast. The doctor calls it congestion of the spleen. Suggest a cure.

A. The pain you mention will disappear as you gradually grow stronger. Would advise you to avoid overeating and be careful to thoroughly masticate your food. If especially bad, wet cloth on retiring will be found beneficial.

Q. I am a long-distance runner, and by persistent and systematic exercise I have developed the upper portion of my body. Will this development interfere with my running on account of the additional weight?

A. You will find the muscular development alluded to a benefit. The body is strongest when every part of it has been brought to a normal state of development.

Q. My back, face and chest are covered with pimples. What would you advise?

A. A regular course of exercise, the use of friction brush, and the application of cold wet cloths to affected parts, and a moderate diet without any meat for a while.

Q. I take a cold bath on rising and just before retiring at night. Would you advise the use of a "rub-down" liniment at each bath?

A. The only advantage in the use of a lotion of this sort is derived from the massage given in its application.

Q. What would you advise for sciatica?

A. Lie on the side not affected and raise the leg of the affected hip upward as far as you can and as many times as you can without extreme fatigue, at least twice a day. This, in connection with an all-round system of exercises for using all parts of the body, will be found effective. The application of cold wet cloths to the affected parts upon retiring will be of advantage if the pain is especially acute. Constitutional treatment, of course, in a trouble of this kind is of great importance.

Q. I have been suffering for years with salt rheum. Can you prescribe treatment that will relieve?

A. A system of physical culture for developing the entire system, which must include very long walks in the open air. Cold sitz bath followed by wet sheet pack. Confine diet to one meal a day and abstain totally from meat.

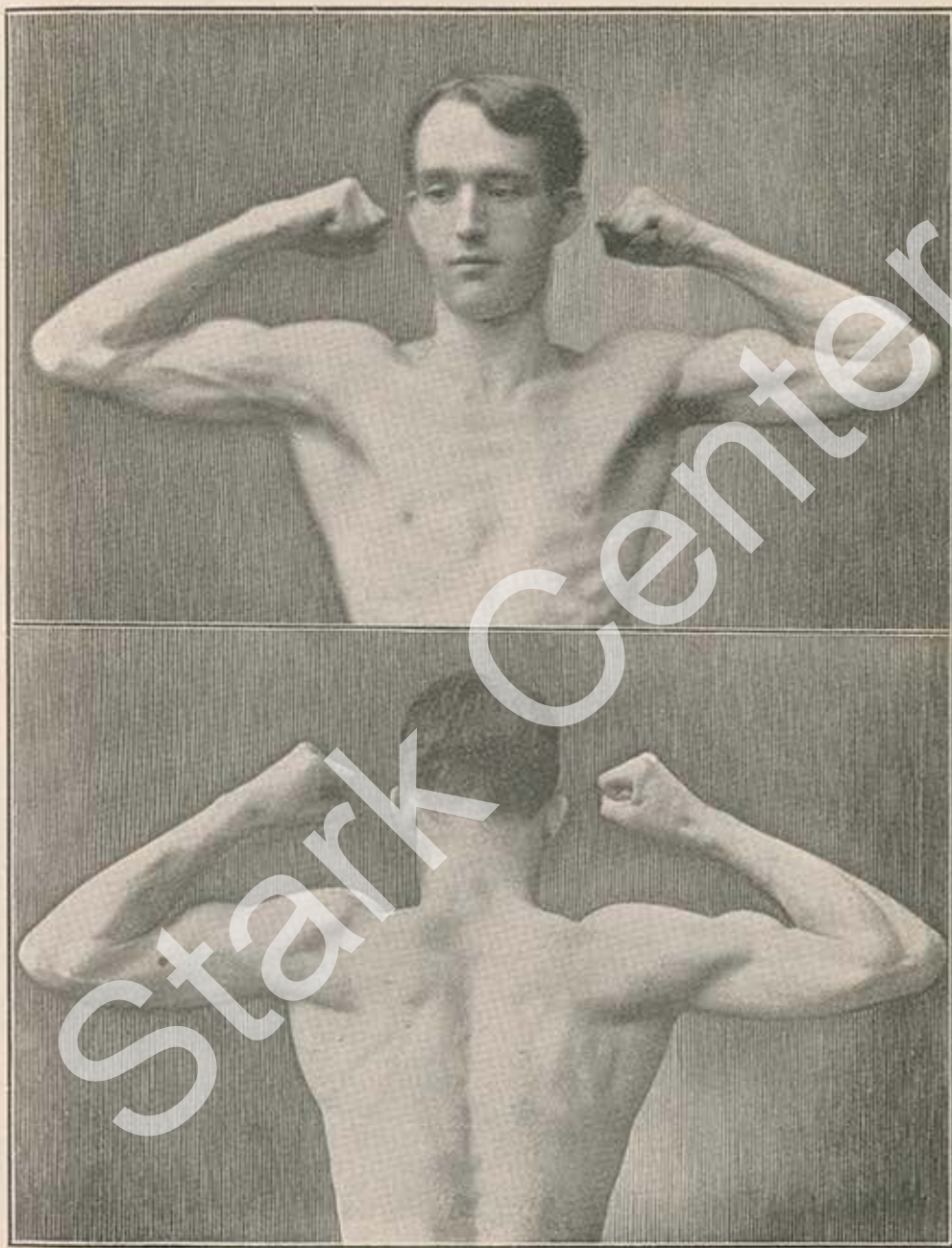
Q. What is the cause and remedy for speaking voice which, after three years' loss of singing voice and loss of good treatment, has only been partially restored to weak speaking voice, frequently terminating in a croaking sound?

A. Your trouble is entirely constitutional. It is produced by the condition of the blood. What you need is some means for building up your entire physical health. Plenty of outdoor exercise. For at least a month a very abstemious diet of not more than one meal per day, which must be thoroughly masticated. Deep breathing exercises will be found of great advantage. A cure can be secured with absolute certainty if these suggestions are followed.

Q. Can palpitation and slight enlargement of the heart be benefited by physical culture, and how?

A. Yes, your trouble can be greatly benefited by physical culture, but you should be extremely careful not to overdo any exercise. At the beginning a very light system should be used, consisting chiefly of walking and deep breathing.





MR WILLIAM F. MULLER OF NEW YORK CITY—A SELF-DEVELOPED ATHLETE.

THOUGHTS OF AN AGED PHYSICIAN.

By A. Oppermann, M. D.



WHILE reading the March edition of PHYSICAL CULTURE I was so deeply impressed with your *reform* thoughts that I cannot refrain from writing my convictions, which are based upon constant study and nearly forty years of practical experience as a general practitioner of medicine.

"Doctor" means one who is learned. "Physician" means an investigator of nature. The Romans quoted, "Medicus curat, natura sanat." This means "The physician takes care that nature cures."

The true sphere of a Christian physician should be to strive to make himself *dispensable* by *teaching* the masses how to ameliorate and prevent diseased conditions. From time immemorial priestcraft and the domineering power of physicians have worked hand in hand for the sole purpose of keeping the people at large in ignorance and under the ban of superstition.

We claim to live in an enlightened age. The average life in 1850 was thirty-seven years; in 1900 it is only twenty-seven years—showing how much true development the doctors have accomplished as to shorten the life tendency so enormously. It is a statistical fact that the twentieth century starts with a record, that out of every ten children born only four live, six dying before five years old. Fashion, folly, vice and wrong living, corsets, liquor and drug medication have caused such a state of hyper-civilization that even a Zulu would be ashamed of. Nations which live in a pure state of naturalism, like the wild horse, are never sick—in fact, have no need for the words *disease* nor *health* in their dictionaries. The one is only known by the absence of the other.

Health—*sanitas*—means a state in which all the functions of the animal economy are exerted with regularity and harmony.

Disease—*morbis*—means abnormal action of functions of any organ of the animal organization.

Diseased conditions can only be manifested in three ways: By too active, too slow, or by a perverted action of the character of the functions of the organs. Health is normal action; disease abnormal. Too active action needs sedation to be brought back into the line of normal condition; too slow action needs stimulation, and perverted functional activity needs alteration of its character. All these fundamental principles should be known to all of us; all sane people can become their *own* rectifiers of diseased conditions.

Disease is in reality a token of the efforts of self-preservation of life, to get rid of abnormality-producing causes. For instance, accidentally you run a sliver in your finger. The certain time *when* the accident happened may not be known to you; the pain which accompanied the action was

perhaps insignificant. Two or three days afterward you notice an inflamed spot. Redness, swelling, heat and pain, the four cardinal symptoms of any inflammatory process, cause you to attend to the morbid, abnormal foe which nature intended to cast out of your economy. You will find a little pus—the winding-up stage (suppuration) of all inflammations—at the end of the sliver, and, with a little assistance, the foe is cast out. In all internal, as well as external, abnormal conditions, what we call *disease* is the effort to get well—a wholesome effect—the cause of the abnormality being remote.

All organic medicines, mostly plant extracts, when swallowed, exert their in-

fluence upon the human organization, through their basic chemical principles, which consist of loose combinations of the elements, carbon, nitrogen, hydrogen and oxygen, in almost endless variable compositions. Chemistry teaches us the law of affinity, etc. Everybody knows that a sour stomach is neutralized by soda; acid is counteracted and nullified by an alkali. This seems easy! But it is incomprehensible to even the wisest of physicians in which way medicines act, as well as it is impossible for them to foretell any effects of drugs upon the human system, as the questionable chemical decompositions, or now chemical formations, are beyond our calculations. Therefore the uncertainty in drug administration! Sup-



POSES BY MAX WEXLER, NEW YORK.

pose four nearly alike constituted normally healthy persons are given, *by the mouth*, each a quarter grain of morphine. The first one, maybe, vomited, the second one purged, the third one nervously excited, and perhaps only the fourth one shows the physiologically expected effect, that of ease, drowsiness and sleep. The chemical formulae of a few drugs, which everybody is familiar with, are morphine, $C_{17}H_{19}NO_3$, the principle of the juice of the poppy plants; apomorphin $C_{17}H_{17}NO_2$, a chemical product of muriatic acid and morphia; atropia, the principle of belladonna or night shade plant, is $C_{24}H_{23}NO_3$; strychnia, $C_{22}H_{23}NO_4$, is derived from the nuts of the nux vomica or dog button. The gastric juice should always be acid; this acid is muriatic (hydrochloric) acid. Is it any wonder, when we consider this, that sometimes a dose of morphine will not act, as we wish it to do? As it is in this plain case, so it is in all obscure, incomprehensible cases of ill-unforeseen effects, of vague drug administration, when given by the *mouth*, singly or in combination! Generally, the physician covers up his ignorance by calling most of all abnormal conditions—malaria—bad air—for which quinine is the only remedy! We will admit that miasmatic influences may cause chills and fever. Supposing two brothers, twins, for that matter, who have naturally equal constituted organizations, who have been raised by same environments, are, in fact, as near alike as any two individuals can be; these boys take an evening drive in autumn, over a road where stagnant water, etc., caused miasmatic effluvia to abound; each one inhales the zymotic poison. After a stage of incubation of varied length of time, one brother feels sick, has chills and fever—has malaria; the other one is in perfect health. In one the zymotic poison found feeding-ground to develop upon; his blood was in such a condition that it favored such development. As soon as the power of self-preservation of life became cognizant of the presence of the miasmatic foe, it made itself known at once by instituting a chill—a shock—an effort to cast out the foe; then a hot fever ensued, followed by a sweaty stage, and tangibly, by touch and smell, we find the ague poison on the outside of the body. This is a picture of a

natural process of healing, principally alike in all infectious or contagious diseased conditions. If, then, chills and fever are manifestations of wholesome actions, should we try to check them? The *wise*, up-to-date physician gives quinine to check chills, because we foolishly run to him for advice, being too lazy to study for *ourselves*. This quinine has been experimentally found out to control the power of self-preservation of life, if continued for twenty-one days, successfully enough, to lie dormant for a while at least. But what else has this heterogenous effect of the nefarious remedy caused? Quinine is an enemy of the secretion of the liver—another lesion has been produced—allos-pathos—meaning, another *functional derangement*. The theory of allopathy has been erroneously built up upon the fallacious idea that by burdening one function of an organ with extra labor the other one could recreate itself to its former strength. As proof, I ask the readers if they have not noticed the yellow, cadaverous skins, the weak, sluggish circulation, the enervated, flaccid muscles, the general debility of a quinine tortured patient, after he has been released out of the clutches of a regular, allopathic physician of the twentieth century, who seals his testimonium purperatis with the wise look and advice: "Yes, Johnnie is well—cured; all he needs is a tonic, and—nature will do that—here is my bill for forcing nature and frustrating its efforts by quinine," and in ignorance we say: "Thank you, doctor." It would have been better for Johnnie had he trusted to nature at first! Experience teaches us the periodicity of ague—the chill will come back, at stated intervals. If we place a patient in a sweat one hour or longer before the time the return of the chill is expected, no chill is needed and nature's powers will help to cast out the process of the zymotic effluvia during the next sweaty stage. So, by the wet sheet pack and corn sweat, or other hygienic methods, we can radically cure any such infectious poison out of the system—no jaundice, nor insufficient secretion of liver will ensue. The patient is well and stays well. Since Hippocrates' time we have tried to classify our empirically acquired knowledge into an exact science, but we are even to-day far from it. The uncertainty of the administration of medi-

cines for the purpose of changing diseased, abnormal symptoms back to the equalizing lines of healthy functional activity of the animal organization is vividly exemplified to us daily. Go with your complaints, minutely described, to ten of the best-informed physicians and no two will be alike in their deductions of causes, as well as in the advice of their remedies. That is the true insufficient condition of our wrongfully boasted-of science of medicine in the twentieth century. Is it any wonder, then, when thinking people begin to loudly call for a halt? The up-to-date physician uses the dog, preferably, for vivisection, to study physiology and the effects of medicines, because it is claimed that the dog's animal organization is very nearly equal to that of the human (animal). Is it not strange that dogs seldom suffer from disease, and that they are scarcely ever afflicted with any germ disease, as chills, typhoid fever, cholera, small-pox, measles, croup, diphtheria,

consumption, etc.? Civilization has not killed the instinctive power of self-preservation of life in the dog—and in case of abnormal action, this innate power exerts itself. When a dog is sick, he disdains all food until he gets well; in case of wounds or fractures, he licks the sores and, by the application of *moisture* and *warmth*, all wounds heal perfectly. The dog does not need to employ physician or surgeon, although he feeds upon filth and most disease-breeding germ-carrying offal. No aseptic nor antiseptic precautions are needed to keep up the dog's health. Now think of the former fallacious and long-discarded ideas of blood letting, leeches, cupping—and the late new fads of antitoxin, vaccination, serum therapie. The introduction of one deadly blood poison into the system for the prevention of the same blood poison! With the same right, we should have all our children vaccinated with syphilis, to prepare them to be immune to ever catching the dread dis-



A YOUNG BOSTON ATHLETE, DEVELOPED BY HOME TRAINING.

ease; or have them inoculated with tuberculosis sputa from consumptives, to prevent them from acquiring this scourge; or have the children's legs broken by force, to prevent them from breaking their legs when grown up. *Humbug!* Wake up and reason for yourself!

The hydropath effects his cures by the application of the wet sheet pack through the continued action of moisture and warmth, which is the *first* condition of every organic activity. The chicken in the egg—the foetus in the womb develops flesh and bone; wood and stone grow in moisture and warmth. The scientific application of the wet sheet pack promotes the expulsion of ALL unnecessary constituents of the fluids and solids of the body through the pores of the skin.

“Moisture and warmth, well-spring of the life of ours,

Supplant all nature with joy and mirth;
Let us rejoice in these main healing powers

From whence we had our being and our birth.”

The everlasting *laws of nature* teach the scientific, honest physician to cull from all knowledge accumulated up to the present time, and to administer to the afflicted such aid as is best conducive to regain *lost health*.

“Laws of nature, laws unchanging,
Sweeping through the cosmos wide,
Bringing woe to us, when erring,
Bliss, if we those laws abide.”

Let us open our eyes—let the light of knowledge shine at last in this twentieth century, and let us learn how to prevent disease by judicious living. Man know thyself! Let us trust to our own innate powers; let us show that we have dog sense enough to avoid unnecessary drugging with medicines whose actions upon our economy are only problematic, and not proven.

When medicines are injected hypodermically into the cellular tissues under the skin, their action is nearly always uniformly the same, giving the true physiological effect. But all plant extracts, in tinctures—or a solution of their underlying principle, alkaloids—are not amen-

able for hypodermic injection, as too many remedies are too irritating, destroying the tissues, causing deep-seated ulcerations. Therefore universal hypodermic medication of all remedies is not practical.

But all remedies can be introduced into the tissues direct by electrical, cataphoretic transfusion, by osmosis, through the skin, direct near the seat of pain or abnormal functional activity, at any place of the body.

We all know how quickly a hypodermic injection of morphine quiets pains of the worst sufferer.

No drug can exert its physiological action upon our organization until it is absorbed into the circulation—in the blood and other fluids of our bodies.

The main law of chemistry teaches that no bodies can unite unless they are in the *fluid* state. Tartaric acid, a powder, and bicarbonate of soda, while in a *dry* powder, could lie together ever so minutely mixed for a hundred years and no chemical affinity would be called into action. But in case you dissolve each one and then mix the fluids together, under effervescence a new chemical compound—the tartrate of soda—would be produced. The above will teach how very unscientific and uncertain the administration of medicines is—as is now practiced by all regular physicians. It reminds one of going into a powder chamber blindfolded with a lighted candle in hand—at any moment we must be ready to expect an explosion—as there is no certainty in medicine as practiced to-day.

It is a strange fact that no text book on physiology teaches how blood is made in our organization. We read all about its action, circulation, composition, etc., but not a word is written how it is manufactured and how it gets into our body, and how it is maintained in its proper quality and quantity. There is scarcely a precinct in the United States now where *healings* from disease are manifested despite of drug medication.

The much decried practices of laying on of hands, Christian science, Dowieism, hypnotism, suggestion, magnetic healing and hydropathy have come to stay. The popular understanding of the uncertainty and fallacy of drug action is so universal that soon the domineering power of the “doctor” will fall. The masses have be-

come wide awake, and in despair call for general enlightenment on a topic how to preserve soul and body from premature decay.

The principles of "physical culture" teach us how to obtain and sustain our functional equilibrium. Deep breathing *will* aerate and oxygenate all white lymph and blood corpuscles sufficiently to equalize quality and quantity of good, rich, red blood! Deep breathing alone *will* prevent consumption. This is a true fact. Deep breathing *will* make good blood!



POSE BY MAX WEXLER.

Muscular exercise, judiciously and continually performed, as directed in the proper text books pertaining to this necessary science, will cause the now dormant power of self-preservation of life to be rekindled, to exert its full instinctive vital action, to enable us to again regain our proper life tendency of one hundred years at least.

Labor of mind and body, proper rest and enjoyment, all must be considered in conjunction with proper diet. The less of meat, the more of coarse grain, the better; more milk or water, less coffee or tea and total abstinence from all liquors and tobacco in any shape or form—is the only way toward normal sustenance of our organization.

No healthy spirit can exist in a decayed body; therefore it behoves us first, to commence to reform our bodies; therefore physical culture is an eminently necessary reform idea. For further reform it is necessary to begin pre-natal influences. No body should neglect to be prepared properly in mind and body *before* marriage. The laws of astrology, as well as phrenology, will teach the inquiring youth what occupation he or she is best destined and adapted for, also what temperament and other characteristics are necessary to be possessed by the opposite mate for scientific harmonious blending, defining their true vibrations of affinity. Positive and negative electro-magnetic influences must blend evenly, otherwise no equal balance—which is necessary for for future natural propagation!

Mismatched marriages

and divorces are daily increasing in number and prove that the above should be heeded, if we aim to improve social happiness and mental and bodily enjoyment.

If a farmer brings home a new reaper he goes to a neighbor who has used the same kind previously and asks him for advice how to run this, to him, new machine.

With the same right and logic, if a new baby is born to a young pair of loving parents, the first question should be, how must we run this new piece of human machinery successfully? Did ever an allopathic physician advise young people to buy a doctor-book, or teach plain facts, how best to maintain the babies and mother health? A dog maintains his own health; should not we—the civilized superior beings—be equally able to accomplish the same? The dog does not run to a dog doctor for advice; why should we? It lays so near at hand—why do we not grasp the opportunity? It is not alone our privilege, but our bounden duty, to at least study physiology, anatomy, hygiene and prophylaxis from disease. Each sane adult's mind can comprehend these common fundamental branches of vital principles, upon which our organization has been built! When you buy a watch—you are told—carefully wind up the spring daily and your timepiece will be guaranteed to run until it wears out by old age or natural wear and tear.

The young baby, a naturally healthy piece of human machinery, when begotten under naturally normal conditions by well-

mated parents—when naturally normally wound up, will and does live—if carefully attended to daily—like the watch—until it dies of old age, by natural process of decay, after it has outlived its proper time of usefulness.

All depends, what goes into the human body—how the food is assimilated to reproduce waste and repair material—that the secretions and excretions are normal, as to quality and quantity—and mind and body will develop in normal equability. In this way only can the power of self-preservation be maintained.

When abnormal conditions arise, let us be reminded that it is our own fault; the cause must be found and removed, and a repetition must be prohibited, else premature death will bring sorrow to our hearts. In sickness of infants an experienced grandmother will be better able to find the cause for abnormality, as a drug administering, medical guesser and blunderer, who, himself, when seriously questioned, will have very little faith in his own prescriptions.

This epistle is already too long and it is not intended to write a book on "How to Cure Diseases," but only to set an intelligently inquiring mind into the right channel for further scientific investigation and self-study. The main study of mankind should be *self!*

P. S.—The advertising pages of many of the leading reform journals will teach you which books to buy for scientific self-study, for the betterment of body and mind.



THE TRUE "BOARD" OF HEALTH.

THE DUDE OF BASKERVILLE.

By Harry Porter Guerrant.



HAR goes the Dude!"

The speaker sat on the end of the counter in a village store and kicked his heels against a keg of nails. Several loafers from the adjacent county and the surrounding mining camps drew near at the remark and gazed

idly at the young man who walked briskly down the plank walkway in the direction of the post-office, which was located a short distance from the store.

"Who is the Dude?" asked one tall miner. "Never heard of him before."

"Reckon you ain't been in this here locality very long, then, my friend, if you



"WELL, YOU WANT TO KNOW ABOUT THE DUDE!"

ain't never seen nor heard of the Dude afore."

"Well, that's true, too. I've only been here three months this past-gone Tuesday; but who is the Dude?"

By this time the young man came out of the post-office and walked back up the short street, disappearing in an uptown store door. The man who had first spoken watched him until he had disappeared before he replied. But before continuing our story, let us say a word regarding the young man who had occasioned the discussion. A handsome young man of twenty-two, he came to the little mining town of Baskerville two years before the events described in this sketch were brought about. A sickly youth, almost worn to a shadow from overwork in the office of a big city establishment, he had arrived, dressed within an inch of his life—a thing he took great pride in, and which gave him his title of "Dude."

The Dude was to keep the books of his father's old friend, John Topsy, who conducted a large grocery and general mercantile establishment in Baskerville. But the principal thing that Andrew Williams wanted was health, recreation and the benefit of a life beyond city limits.

"Well," said the man on the counter, "you want to know about the Dude, you say; it's an interestin' story, an' if I've got the time I'll tell you a little erbout him." Pulling out a silver watch and scrutinizing its face for a moment, the speaker counted his spare moments on his fingers, and, with the forethought of a man who prepares for a long talk, he filled his mouth with tobacco and continued:

"Well, the Dude lit into these diggins one rainy day two years ago this March. He were a powerful dressy little chap an' the boys didn't take to it at first. But the Dude he didn't seem to care a darn whether he was liked or not. He could tell a thousand jokes a day, an' when the fellers tried to guy him he would have an answer so clever that the man what poked fun at him had the laugh turned on himself.

"One day the Dude got a package by express. It contained a lot of machinery, sech as things made of rubber to hang on the wall an' pull, then he had a punchin' bag. Lord! if you had er seen the scorn-

ful way the boys looked at them there things it would er made you laugh. He used to take an hour or so off every day a-workin' on them things; said he was a-makin' muscle, mind you. The boys advised him to get a pick an' shovel and go down with them into the mines. That was good exercise, he allowed, but it was not evenly distributed to every muscle of the body.

"The Dude got Jack Featherstone to take onto his crazy ideas, an' them two boys would meet in the open on afternoons when trade was dull an' fight like tiger cats. After a time some of the other fellers took an interest in the fun, but would you believe it, that little pale-faced boy seemed to be about the best man in the whole push, an' he couldn't lift a bucket of lard when he first came here.

"Every man has to made his debut one time er another, they say, an' the Dude has made his'n. It was a night, some six months ago, that he were a-workin' later than usual—the books had to be balanced for the end of the month an' the accounts made out as usual. Jest as he were closin' them books for the night an' preparin' to go home, he heard a voice behind him say, 'Keep yer mouth shet an' do as ye're told or yer brains'll be split on this here floor.'

"The Dude wiped his pen point with a penwiper, an' turning on his stool, faced a pair of six-shooters with a brace of men behind 'em equally as tough lookin'.

"'We air sorry ter interrupt yer, young feller,' said the spokesman of the two, 'but we jest dropped in ter get that money yer boss put in the safe to-day.'

"Now the Dude didn't know hisself that the money were in the safe, but he warn't a-goin' to have them blokes think he were ignorent of the proceedin's of the firm, so, scratchin' his head thoughtful like, he replied:

"'Well, my friend, bein' as you have interrupted me, why, I suppose I can't help it. Then, too, there's some excuse fer yer, as I had jest finished work. But, as to givin' you two chumps any money, I'm sorry to have to decline the offer to help the boss spend his money.'

"'Perhaps, my boy,' said the spokesman, droppin' inter a soft laugh, 'yer tactics will change when yer realize that me an'

these here six-shooters has already put venterlators inter eleven men, an' if yer be the twelfth, why, me an' the guns'll be proud to increase our record. However, I ain't overly anxious to enter into any death-dealin' proceedin's with er chap of yer summers, an' if yer play fair ye can get off easy enough. Jest open that there

mazoo, an' bury the fragments in the Dismal Swamp.'

"Yer can take a fifteen minute think over what yer will do about it; after that we'll talk business more to the point. I reckon we can afford to give yer that much time; eh, Bill?"

"The Dude he thought a bit an' said



"WE AIR SORRY TER INTERRUPT YE, YOUNG FELLER."

safe, accordin' to the combination, an' before the night watchman, who has gone up street, returns, you'll be at home in bed.'

"The Dude said: 'This is a dog-gone cheap way to treat a feller, an' you an' yer pard an' them there six-shooters can be d—d for all I care; I ain't a-goin' to open the safe if ye blow my thinkers to Kala-

calmly: 'See here, my friend, this here is a most uncommon proceedin'. I'll give ye two jest one chance to get that safe open. If ye accept, all right. If not, why, pull yer triggers an' I won't say who did it. I'm goin' to write that combination on a piece of paper. If yer pard there [turning to Bill] will act as umpire,

he can hold the paper. It's all a matter of honor between us, yer see. Then you an' I'll get out there in the floor an' have it out. If you put my shoulders on the floor while yer hands is on my body, then yer pard'll give you the combination. If I put yer shoulders down in the same fashion I'm to have the combination back agin, an' you two slob's'll go out an' leave me alone. If this suits you it suits me; otherwise you can put me to sleep an' go off without the money.'

"Bill's pard were a powerful big fellow, an' when he looked at the Dude he couldn't help but smile at his audacity. 'It's a bargain,' he said.

"Then the two men walked out on the floor, an' the referee stood with his arms folded, lookin' on. The Dude hadn't been punchin' that there air bag fer nothin, an' arter the two had stripped, an' the big man see the little chap's muscle a-standin' out, he begun ter look nervous. The referee give the signal by clappin' his hands an' the two went at each other. The Dude grabbed the big feller up, like he used to do with the boys; he held him in the air a minute an' threw him to the floor, full weight. It stunned the bloke, but he came back like a wounded panther. The Dude leaned forward an', with the quickness of a striking rattlesnake, had him by the waist. They tumbled around the floor, each man tryin' to bend the other's back. It were a sight fit to see, I can bet yer. Things were lookin' bad fer the

Dude, when sudden-like, he gave a swift, cat-like turn of his active little body, an' the big man went right up in air over the boy's back. He fell on the floor nose first, an' came up a-blowin' blood. 'First blood fer the kid,' yelled the umpire, excitedly. 'Watch yer hand, old man; he's a hummer, I'm thinkin'.' They was together agin in a second. This time the big man had the chap on his knees on the floor an' the umpire was a-waving the paper with the combination on it, an' a-sayin' 'The coin's ours, pard.' Yet it wasn't so, fer the Dude were back on his feet agin. Up went his right arm under the big man's chin, while his left had circled his waist. It didn't take but a second; the feller were lyin' on the floor shoulders down, an' the Dude on top.

"The baby's the winner,' yelled the umpire. 'Here's yer combination, boy.'

"The Dude took the paper an' assisted the men to leave by the front door. 'It's a matter of honor, gents,' he said, 'an' I swear it were well played atween us.' The men didn't make no reply to this, but jest walked off, a-bearin' their defeat like men who had drew a bad hand.

"What would yer have did,' I asked the Dude, aterwards, 'if they'd got the combination?'

"The little chap laughed, his eye a-twinklin', an' answered, "Oh, well, ye don't think I really wrote the combination on that paper, do ye?"

Prof. B. F. Parker, New York, says :

"Instead of investigating for themselves, medical men copy the errors of their predecessors, and have thus retarded the progress of medical science and perpetuated error."

Sir John Forbes, Fellow of the Royal College of Physicians, London, and physician to the Queen's household, says :

"No systematic or theoretical classification of diseases or therapeutic agents ever yet promulgated is true, or anything like truth, and none can be adopted as a safe guidance in practice."

Dr. R. C. Flower, the Boston physician, says :

"Medicine is not a science. The best that can be said of medicine is that it is a system of experiments. No doctor of any standing will say it is a science. The best brains of the allopathic school declare that medicine is only an experiment."

Bichat, the great French pathologist, says :

"Medicine is an incoherent assemblage of incoherent ideas, and is, perhaps, of all physiological sciences, that which best shows the caprice of the human mind. It is a shapeless assemblage of inaccurate ideas, of observations often puerile, and of formulas as fantastically conceived as they are tediously arranged."

SOME PERSONAL EXPERIENCES.

By Wilfred Keys.

EVERY one who is interested in the building up of his physical being, and has taken a course in physical culture from a school or from some good periodical devoted to that work, will, during his practice, discover some new exercise which will prove beneficial. After I was graduated from a school of expression I formed classes in different towns, and while conducting these classes made it one of my class duties to study the needs of each individual pupil, and in so doing, have gained, thereby, myself.

For instance, a troublesome, hacking cough can be immediately relieved by stretching the neck. This is done by throwing the head back as far as possible, stretching the muscles of the neck in front to their fullest extent. Hold the head in this position for a few moments and then relax. There is a point in the stretching process where it would induce the coughing, but the stretching must be done to a point just beyond that. Care also must be taken by one who has never practiced any physical culture exercises that he does not begin too strenuously at first.

Another and equally as good—place the flat of the finger on the little well of the throat, press hard against the bronchial tubes, moving the finger carefully about until the irritated spot is found. Hold for a few moments, then relieve.

To relieve constipation, and to remove superfluous flesh from the abdomen, get a ball such as boys use in "ball game," and while lying on the back roll the ball carefully; at first, over all parts of the abdomen. This exercise is better taken just after retiring and just before rising. As the bowels and flesh become accustomed to the exercise, the pressure may be increased.

I have also found that one of the best exercises for strengthening the ankles and for arching the instep is stair-climbing. And if this is properly done no strain comes upon the back, while the dread of "going upstairs" will be entirely overcome. At

the lower step raise the dress; now with an upward spring of the right ankle, give to the body an upward and forward impetus as you raise the left foot for the next stair; repeat with the left ankle for the second stair and so on. It will be necessary to go



THE PRISONER.

slowly at first, keeping the body perfectly erect with torso high. If this exercise is persisted in, it soon becomes a habit, while stair-climbing becomes a pleasure.

After reading Mr. Macfadden's "New Hair Culture," a little incident of my childhood was brought to my mind. My two younger brothers possessed long, heavy eyelashes. Upon asking them the reason

for so much beauty, I learned that they held a contest every day to see which one could pull out the largest number of lashes. They also had very heavy hair, and it was one of their daily duties (?) to see which one could get the largest handful of hair. This proves quite satisfactorily, to my mind, at least, that Mr. Macfadden's theory can become a fact to us all.

A PREACHER'S EXPERIENCE WITH MEDICINE.

By E. P. Wise.

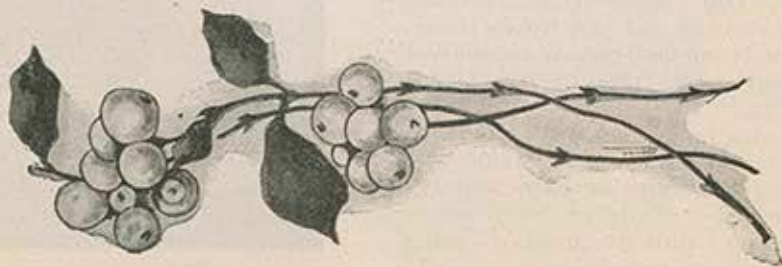


WRITE to express my appreciation of your work in the health magazine entitled PHYSICAL CULTURE. The March and April numbers were the first that came to my notice. I do not know why my attention was not sooner called to your magazine. But I am highly delighted with it.

I am a minister of the Gospel, aged forty-four. At the age of twenty I was a physical wreck. Various physicians after treating me said I would never again be well. I learned of a physician by the name of Frederick W. Schuetz. He had been educated in the German universities for the army. He came to this country in 1848. After many years of allopathic practice he became thoroughly disgusted and threw the entire materia medica overboard. For twenty years he practiced with the greatest success without the use of a drug. This man saved my life. The first thing he did was to fast me eleven days. I cannot here say more of his treatment, except to say that it was entirely in harmony with the ideas which you are urging in your magazine. He

died above eighty years, and poor, because he was too honest and altruistic to make money out of his profession. He was in my view an ideal physician.

I am a healthy man, capable of a large amount of work. I have not in these twenty-four years. I am the father of seven children. I have not permitted drugs to be used for my wife or children except twice. Our child had fever, and as we were stopping in the house of a physician, out of courtesy we let him treat the child and she died. Last summer a strong and healthful boy in his eighth year took lock-jaw from some cause unknown to us. This was beyond me. Living in the most drug-enslaved community I have ever seen, just recently moved here and hardly knowing what to do, I called in two physicians. The boy died. This is my experience in two trials with drugs, and both fatal. Since my old friend and physician died I am alone and lost. I have no one to turn to. I can care for my family under all ordinary circumstances, but not being a trained physician I am lost in the extremest of cases. God bless you in your noble work of delivering men from the thralldom of disease and drugs.



EXPERIENCE.

By R. Stevenson.



GREAT many years ago a sage formulated the truism: "Experience is a dear school, and fools will learn in no other."

His bit of blunt philosophy has been on the tip of the tongue, or the pen point, of would-be teachers for years, yet many things that vitally concern their welfare a vast number of fools have not learned about yet. Experience has been keeping school all the time, but the amount of wisdom the race has assimilated and stored up for guidance in life, is ridiculously small.

One is tempted, with this condition so plainly manifested, to broaden this proverb into another, more comprehensive, and to say: "Experience is the greatest school, but man refuses to be taught therein." Humanity, if we are to believe what we see, prefers charlatanism, mummery, quackery to the wholesome lessons to be gained from simple experience.

Life flows on its swelling course, dividing, broadening, with each succeeding generation, and the store of experimental data is constantly accumulating. But, notwithstanding this, the individuals of the race grow weaker in muscular power, less individual in intellectuality, shorter lived. If they were wise they would use the fruits of experience to increase all these essentials and blessings of life.

Why is this? Surely we have had lessons enough. Why does man refuse to learn, or, if the lesson has been obvious, why does he refuse to avail himself of the knowledge forced upon him, for the improvement of his own condition? Let some deep-probing metaphysician fish up the answer from the depths of his abstruse philosophy. It only concerns us that they do not. Life is too short to search for the psychological reasons. Brutes, birds and insects live under a law of instinct, and if they reason at all, they are not permitted to allow vagaries of this power to interfere with the beautiful and perfect order of progression Nature has designed.

Men and women deny instinct. Each

undertakes to be a law unto himself. The doctrine of free will is proven absolutely by their acts. Bodies were made to be free, untrammelled and non-constricted; yet all about us we see them bound up, pinched, distorted and bruised into a condition of ill health. Food was ordained for producing and preserving muscular force and vigor (both attributes or conditions co-existent with and essential to life), yet men and women of this century have degraded it into a mere gratification of one of the senses. Muscles and brains were created to work with, to produce, to be innocently active, and to-day, a majority of the people living upon the face of the earth employ them to be the slaves of disordered and perverted senses.

How foolish is the race of man, and how despicably ignoble are most of the labors he sets his hands to!

Away back in ancient days the way of life, the ideal, useful, happy life, was discovered. It consisted in developing to the utmost extent, afforded by environment and contemporary knowledge, all the powers of mind and body of the individual; it lay in making the most of one's self in every way, and the very foundation was in gaining and preserving bodily strength.

"A sound mind in a sound body" was a recipe of ages.

Making the most of one's self was not in dwarfing any organ or function, or starving any legitimate and healthy appetite or desire; it was not in seeking to accumulate great fortunes to gratify greed or avarice, or worse personal characteristics; it was not in giving up the body and the mind to the gratification of sensual appetites.

We have been led far astray from the true way by the so-called teachers and apostles of modern times. All their teaching has been to inculcate the essentiality of physical sacrifice. Religion and science (so-called) have combined to undermine the foundations of ideal existence here. The lessons they have taught have all been directed to the end that intellectual testing and analysis of life should supersede

true living—the gaining and keeping of those bodily powers which go with health and are of the very essence of life.

They have succeeded in placing a galling, crushing burden of theories on the shoulders of humanity—useless, false theories that never produced a fraction of force, never relieved a pang entailed by the wrangle of wrong living, and will never lift man a single inch from the depth of weakness into which he has fallen.

Get away from these prophets of darkness! Despise their theories of selfishness and greed, their proposition to crucify the body and all its joys for the sake of a fortune that is fleeting, or a heaven they have builded upon a dream.

The man or woman true to self cannot be false to any fellow-creature. Dogma

and doctrine, prayer and science (so-called) and faith and superstition and drugs and charms cannot make a minute of existence really joyous, and useful, and worthy of one who has a brain, and thinks with it and directs his life according to true knowledge.

Only the fruits of experience help man in the right direction, and experience has proven most of these theories to be the veriest mental rubbish. Be guided by common sense led by the light of experience, and let all the finely-drawn theories of government, immortality, health and disease, and life and death—go hang! Life you have. Strive to make the most of it, not for yourself alone, but for your fellows and for those who are to come after.



PATIENT—Doctor, don't you think if I took a little more exercise and a little less medicine my appetite would improve?

DOCTOR—Possibly, but think of the chances you would run of getting microbes into your system.

"COLDS"—A MISNOMER. CAUSES AND TREATMENT OF PNEUMONIA.

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



ANOTHER death from pneumonia! Mr. Blank, the brilliant editor of the Health Notes Department of the Blankville Daily Blanket, the victim. He caught a severe cold from neglecting to have the lost middle button of his ulster replaced before starting for the office on one of the warm days of last week," etc., etc. The account goes on to say that he would possibly have pulled through all right but for another bit of gross carelessness on the following morning. It seems that he wiped his face and hands with a damp towel, had a chill directly after, etc., etc. (See the daily papers all the year round.)

"New and valuable discoveries and inventions are not slow at the present time in making their way from the closets and laboratories of the investigators or discoverers to popular recognition," says Prof. J. B. Stillman in the *Popular Science Monthly*. "It is somewhat otherwise with the gradual development of knowledge on subjects once thought to have been tolerably clearly understood. The gradual modifications which take place in generally accepted theories by the slowly accumulating results of the labor of many investigators are, to be sure, appreciated by the special student in the particular department of knowledge concerned, but are slower in meeting with public recognition.

"It thus happens that teachers and books, not dealing as a specialty with the subject involved, often adopt and repeat as authoritative views and theories which, by the specialists in those branches, have either been abandoned or brought seriously into question. Nor is it to be otherwise expected. Chroniclers are quick to seize upon and distribute the news of brilliant or startling discoveries or inventions, but those are fewer who will track patiently the slowly accumulating evidence of many workers, appreciate the bearing of their work, and produce it in a form in which it can be appreciated by those

non-specialists most interested in the subject involved."

To no subject is this statement more applicable than to that of the source of the eternal "cold," which is almost universally accepted as the cause of a wide range of acute and even chronic disorders, whereas in fact the so-called cold is simply a crisis in the victim's disease, whether or no the patient has been conscious of the existence of his ill-condition up to the hour of its active manifestation.

The one question that, of all others, I am sure to ask, as a guide to a correct diagnosis, of every consultant seeking my professional services is, "Do you catch cold easily?" In nineteen cases out of every twenty the reply is in the affirmative. Now and then the reply is, "No; I seldom have a cold," and it usually happens that this consultant is one of the few individuals not given to bundling himself as a protection against the disorder in question.

Is there, then, no rational basis for the prevailing theory that "colds" are due to cold, or how can it be accounted for? From one standpoint there is not only a rational basis for the theory, but apparently the theory is absolutely proven. Here, for example, is a man calling himself well; he feels pretty well generally and is attending to his affairs like a well man. An expert would find no difficulty in proving this man to be far from healthy. He would discover various symptoms of disease indicating the approach of a crisis, but the man himself does not thus interpret them. However, "the boil comes to a head" at last, or shows signs of heading, and the first appreciable symptom is a chilly feeling, perhaps a pronounced chill. This may take place at some time when the ailing one is sitting in a warm room, clad in the conventional harness, a heavy suit of underwear, thick suit of ordinary clothes, windows all closed, no suspicion of a draught, and apparently nothing at hand that by the farthest stretch of the imagination could account for the sudden chill. But our victim of the "colds"

theory is not by any means shut up to this narrow view of the question. Having been born and bred in the belief that these symptoms arise from cold and nothing else, he has only to look back over his career for a few days to recall some unguarded moment when he felt a puff of fresh air through an open window, or going around a corner of a street with the middle button of his ulster carelessly unbuttoned, or a quick run to the post-box half a block away without his top coat—no matter what nor how far back, he has a "cold," and of course he must have "caught" it!

But, naturally enough, the shivery feeling may strike him at the very moment of some such terrible exposure, and then, of course, it is a clear case. What if he can recall times without number when he has been exposed to actual cold to the point of almost losing his teeth from shaking and "chattering," as on a hunting trip in Maine, or fishing and getting caught in a shower, tramping for miles in wet clothing which perhaps was dried on, yet without having experienced the least sign of harm? Nothing counts against the "colds" theory once fastened on its victim.

How can we account for the chilly feeling that creeps over the overclad man sitting in an overwarm, close room? In the first place, considering one fact, viz.: that this chilly man will speedily become warm and feel perfectly comfortable on removing every vestige of clothing and giving his skin a few passes with his flat hands. This is true even if he goes into a much colder room for his "air bath," as the writer has proved often enough by personal experience. How can this be explained? The explanation is a very simple one, and at once appeals to the judgment of any one at all well informed in physiology and personal hygiene. Place the ball of one finger on the back of the hand, even lightly, and observe the result on removing the finger, the *white imprint of the finger-end*. What has been done? By little more than a feather's touch the blood has been sent away from the surface, hundreds of little blood-vessels have been emptied, and nerve-tips have for the moment been deprived of nutriment. Of course this alone is a very trifling interference with the free circulation of the blood and the proper nourishment of the nerves; but when it comes to the ques-

tion of considering, by light of this experiment, the effect upon the circulation of the weight and pressure all about the body of eight to ten pounds of clothing, with close "arm-sizes," wrinkles at the elbows all pressing on the skin, snug waistbands, not to say corsets and tight sleeves (as in the case with women), and all this upon the frame of an animal that was never by nature designed to wear clothing of any sort—what then? The mere presentation of the case will suffice to convince every reflective mind that serious injury is done by this mode of dressing the body, especially indoors where the temperature is practically at or near summer heat. It is largely the abuse of clothing that causes the shivery, shaky, crawly feeling that more or less frequently creeps over every heavily-clad person, and deceives him so completely when his ill-conditioned body begins the work of ridding itself of the disease-producing matters that have been accumulating for months, perhaps for years. Chills, fever-turus, pain, headache, etc.—in brief, all the symptoms of disease are manifestations of the efforts of the organism to throw off the toxic elements that have been collecting since the last "cold," or some other attack, cleared the system more or less effectually. It should be known that every such crisis represents nature's "house cleaning," and if we learn how to keep the tenement clean and keep it clean, there will be no crisis from "cold" or anything else.

Plenty of exercise in the open air, light clothing, plain food, enough—that is, not too much—of it, a rational degree of exposure to all weathers, the avoidance of excesses of all kinds, eating only when hungry, resting before eating if fatigued—these are the chief points to observe to prevent disease and sickness which results from disease.

Benjamin Franklin, "whose wisdom was of that rare kind which never grows old," ("Essays," p. 216) expressed the conviction that "the causes of colds are totally independent of wet and even of cold."

"Most of the sensations of cold or heat," says a writer in the *Lancet*, "which are experienced by the hypersensitive have no external cause."

(Continued in August number.)



BEAUTY'S SWEETEST REVELATION.

By J. R. Stevenson.

Naiad, why do poets love thee,
Why to thee their muse devote,
And to maids of dress and corset
Hardly ever sing a note?
Tell me why the painter limns thee
In thy haunt of fen and glade,
Turning seldom to the woman
Propriety and prudes have made?

And the Naiad, smiling coyly,
Rosy as the tint of dawn,
Radiant in her glorious beauty
Graceful as a playing fawn,
Answered briefly: "I am Nature,
Not the dwarf of hate and strife,
Beauty's sweetest revelation—
Ideal form of ideal life."

Editorial Department

AFTER my experiment of living on raw food for a period of two months, I must say that the results agreeably surprised me. Theoretically, I have always believed in raw food. All the facts from which my conclusions in this work were deduced have been found in nature. To any unprejudiced reader it is quite clear that food in its raw state is the most natural. Fire, in every case, destroys life and vitality. Why should it not destroy the life and vitality in foods? Man is the only animal that requires cooked food for sustenance, and man, from a physical standpoint, is practically the poorest animal upon the face of the earth. Horses, dogs and nearly all lower animals are superior to man in activity, strength, symmetry and beauty of body. These animals live on raw food in every instance. This in itself should teach us something of value. Of course, one will usually be met with the argument that the human organs of digestion and assimilation are entirely different from these lower animals, and there may be some truth in this statement, though the difference is not important. The digestive organs of our nearest kin, the gorilla, are supposed to be almost identical to man's, and he lives on raw food.

My interest in the raw food theory was first awakened by a book, translated from the French, which I read some fifteen or eighteen years ago. I tried the diet for a day or two at that time but, of course, it was not satisfactory; when the experiment is limited to such a short time it could hardly be otherwise.

Several years ago I lived on raw food entirely for several months with the exception of bread and health crackers. This diet did not prove to be beneficial.

In the beginning of my raw food experiment on this occasion I fasted two days. For two or three days the food did not appear so appetizing as cooked food, but it gradually increased in palatability and, in a short time, was enjoyed as much as cooked food.

I usually ate two meals per day, one in the morning about eleven and one at about five in the evening. The average meal was begun with whole grains of wheat and the kernels of some nuts, such as the pecans, brazils, almonds and the like. When the wheat and these nut kernels are masticated together they make a very palatable food in every instance. Occasionally, instead of eating wheat and nuts I would substitute rolled oats for the wheat. I found that a salad composed of lettuce, radishes, tomatoes and raw potatoes, or vegetables of that nature—mixing together, using a dressing composed of one-third lemon juice and two-thirds olive oil, with salt to taste—was a very palatable dish and could be relished at all times.

Usually for dessert I would eat dates, figs or any sweet fruit which might be relished. All dried fruit, if soaked in water overnight, is usually very appetizing and tastes very similar to that put through the cooking process.

Now as to the effects of this diet upon my strength and health, must say that in every way it was beneficial. I lost probably three or four pounds in weight, but my strength increased, my general nervous tone seemed to be improved. There was less tendency to irritability, and I believe firmly that I felt better and stronger in

every way on the raw diet than upon a cooked diet. Of course, the principal difficulty in adopting a raw diet is the lack of the social features connected with eating. If one can secure congenial companionship at a raw food meal there should not be the slightest objection to it. The food will not only be found as appetizing, but I firmly believe it will be found more appetizing, as I can say that I never enjoyed cooked food any more, if as much, as I did many of the raw food meals I ate during this experiment. The almost immediately beneficial effects of this diet upon the digestive organs are usually noted. Where there is a tendency to constipation and troubles of the alimentary canal, this kind of food will almost immediately prove beneficial.

IN an open letter to Mr. Carnegie which appeared in a recent issue I stated that I was spending at that time \$1,000 per month in searching for and fitting up the first co-operative health home. There is probably but little need of calling the attention of my readers to the fact that I am not wealthy; and if I were to continue spending \$1,000 per month for a great length of time without some satisfactory return it would be a serious drain upon the profits of my business, and might, if continued too far, give me an experience in the bankruptcy courts.

FINANCES HEALTH HOMES

The first health home is, at this writing, on a paying basis, and all the profits that accrue from this institution will be used in enlarging this one or in starting other branches. Although the publishing business is paying a handsome profit, the business is growing at such an enormous rate that every cent of the increase is needed to supply the additional capital required to run the business. If I had half a million dollars extra capital at this moment every cent could be used to further the projects we have on hand, and could be made to pay a handsome dividend. To inaugurate a business of any kind requires considerable capital, and the starting of health homes is no exception to the rule. I firmly believe that we can open to advantage a health home near every large city in the United States and fill them with patients in a very short time. All this, however, as I have said before, requires capital, and if there are any of our subscribers or others who have money lying idle and are desirous of securing an investment for same, I will agree to pay five per cent. per annum on all amounts sent me over and above \$1,000.

We have heard nothing from Mr. Carnegie and hardly expected to hear from him. He has no doubt made up his mind long ago how he intends to spend his many millions, and a new idea could hardly be grasped by him so quickly. We are, however, not asking for charity. Every health home we start is expected to support itself and pay a reasonable profit, and I firmly believe that there is not a single patient who will visit one of these places but who will agree that they have received several times the worth of the amount paid while there as a patient.

NOT long ago the American Congress of Tuberculosis Experts held a conference in this city. Just why they call themselves "experts" is hard for us to determine.

THAT TUBERCULOSIS CONGRESS

They are remarkable not for the knowledge which they possess of the causes and cure of tuberculosis, but for their lack of knowledge.

At the time their meeting was in session Mr. Axelson, the free consumptive

patient whose case has been written up in this issue, was in my office. He had just left the health home a cured man. I asked him if he would like to appear before this body of learned gentlemen and tell them how his case was cured. I stated that perhaps these representatives of medical science would be interested in him. I called his attention, however, to my belief that they were not really searching for the cure of tuberculosis unless it agreed with their previous theories in reference to the disease. If a positive cure should be found which should prove that their theories have all been erroneous, they would reject it regardless of how certain a cure it might be. At this time the medical men had just assembled and it was agreed that we would ascertain if the members of this Congress of Tuberculosis would care to see Mr. Axelson. A day or two later there appeared in one of the daily papers an account of Dr. Levenson's experience with this wonderful congress of medical men.

Dr. Levenson told this medical congress a few "things." He stated, "medicine is a humbug, and doctors are merely empirics when they are not charlatans," that "smallpox is not infectious, and certainly tuberculosis is not." He condemned vaccination and declared the anti-spitting ordinance was founded on stupidity and folly. "Infection is a modern superstition," says he, "kept up by regular physicians who are always on the lookout for power, place and pelf." This medical congress not only refused to print Dr. Levenson's paper, but a vote of censure was passed for his stricture upon his own profession. After this account of Dr. Levenson's experience there was no further discussion as to the advisability of allowing them the privilege of examining Mr. Axelson and hearing his account of his cure.

No stronger evidence could be produced that they were not searching for truth that did not agree with their theories. Their motto is plain. They believe it is a thousand times better to die a victim of their bolstered-up theories than to live by any other means.

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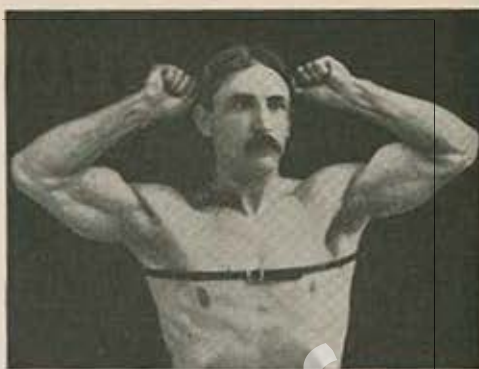
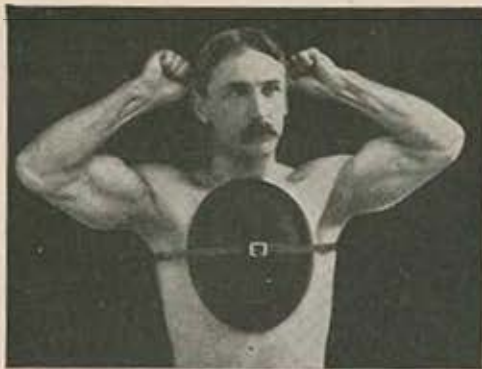
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Chapter III.—**Causes of Wrecked Womanhood.** Abnormal and weakening influences begin in babyhood. Overfeeding, excessive clothing, bad air, fear of sunlight. Fearful results of prudishness. The hidden crisis at puberty. Schools murder millions.

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