

"What a Man at Forty-five Ought to Know."

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The youth of old age—"At forty a fool or a physician."—The physical changes which take place—Most men at 45 as ignorant of what they ought to know as boys are at 14—The modified sexual nature—The male and female natures modified at corresponding periods—Evidences that such modifications of reproductive activity occur—Manifestations of these modifications—Compensations—Intellectual acumen—Importance of knowing of these modifications—Seeming exceptions to the rule—The law manifest in plants, fishes, birds and animals—True also in man—What these changes are—What they indicate—The lessons they teach—The sexual relation after 45—Second marriages—Marriages of old men with young women—Physical, intellectual and social results—The decay of virility—Causes that lead to the loss of virility—Food and drink as related to virility—Genito-urinary disease liable to occur at and after 45—Failure of memory, sight and hearing—Many years of splendid powers and greatest usefulness possible to the wise and prudent—The benefits of proper forms of exercise and recreation.

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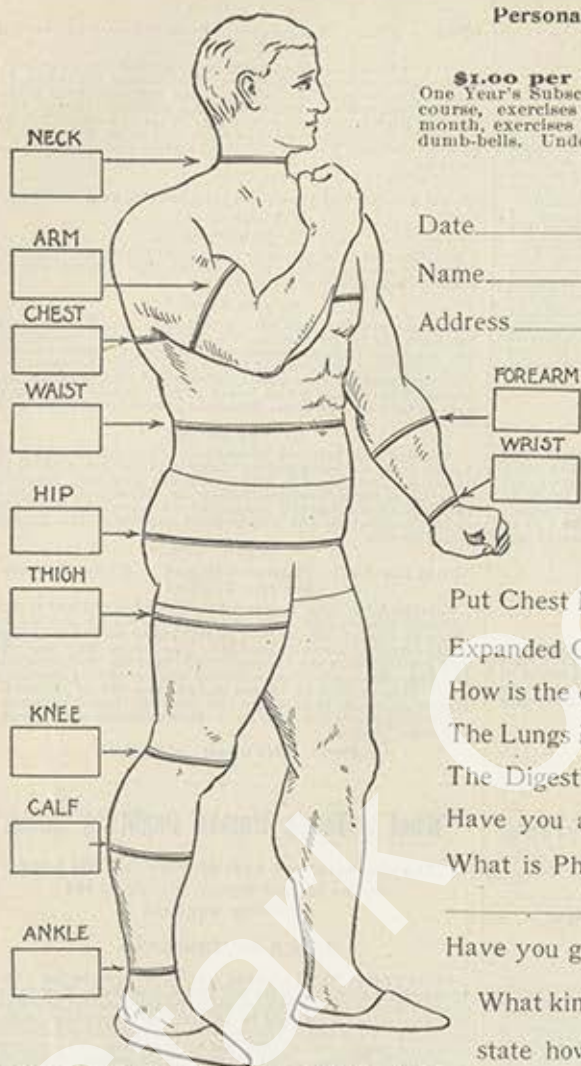
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PHYSICAL CULTURE

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JANUARY, 1899.

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Physical Culture is Devoted to Subjects Appertaining to
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BERNARR A. MACFADDEN, EDITOR.

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THE DRUG CURSE.

SCATHING ARRAIGNMENT OF DRUGS BY THE WORLD'S MOST
FAMOUS PHYSICIANS.

In the August number of *PHYSICAL CULTURE* I wrote an article emphatically condemning the present system of drugging now universally practiced. Some of our subscribers thought that in my enthusiasm I was too severe. Read the testimony of physicians whose lives have been spent studying drugs and their effects. In my previous article I had to restrain myself, for I hate drugs just as I do any other poison, but I could hardly be more bitter in my denunciation than those whose words appear here.

PROF. JAMIESON, of Edinburgh, Scotland, an Allopathic authority of reputation, exclaimed: "Nine times out of ten our mis-called remedies are absolutely injurious to our patients."

Dr. Oliver Wendell Holmes: "The disgrace of medicine has been that colossal system of self-deception, in obedience to which mines have been emptied of their cankered minerals, the entrails of animals taxed for their impurities, the poison bags of reptiles drained of their venom, and all the inconceivable abominations thus obtained thrust down the throats of human beings suffering from some fault of organization, nourishment or vital stimulation."

Prof. St. John, M. D.: "All medicines are poisonous."

Dr. Lugol, of Paris: "We are following an erroneous course in our investigations, and must resort to new modes if we would be more successful."

Dr. Evans, Fellow of the Royal College, London, says: "The popular medical system is a most uncertain and unsatisfactory system. It has neither philosophy nor common sense to commend its confidence."

Dr. Jacob Bigelow, former President of the Massachusetts Medical Society: "The premature death of medical men brings with it the humiliating conclusion . . . that medicine is still an ineffectual speculation."

An eminent doctor and professor of the city of New York: "The critic who will take pains to examine the standard works of the most popular authors on theory and

practice—Good, Watson, Thatche, Eberle, Elliotson, Dunglison, Dickson and others, who have written recently—will find on almost every page the most contradictory theories supported by equal authority, and the most opposite practices recommended on equal testimony. Well might the celebrated Dr. Rush, of Philadelphia, after a life-long experience in witnessing the effects of drugs upon the human constitution, declare to his medical brethren, 'We have done little more than to multiply diseases and increase their fatality.'"

Prof. J. Rhodes Buchanan, of Boston, medical editor and author: "Of all known sciences none have been more unstable, confused and contradictory in doctrines than practical medicine. Not only is it changing from age to age, and even from year to year, but on the very same day, if we pass from nation to nation, from city to city, or from one medical school to another located in a neighboring street, we find the most contradictory doctrines taught with dogmatic confidence at the same hour, and the votaries of each expressing no little contempt for the others."

Dr. Ramage, F. R. S. C., London: "It cannot be denied that the present system of medicine is a burning reproach to its professors—if, indeed, a series of vague and uncertain incongruities deserve to be called by that name. How rarely do our medicines do good! How often do they make the patients really worse! I fearlessly assert that in most cases the sufferer would be safer without a physician than with one. I have seen enough of the malpractice of my professional brethren to warrant the strong language I employ."

PHYSICAL CULTURE WITHOUT APPARATUS.

By Bernarr A. Macfadden.

IT is really amusing at times to hear the peculiar views that are somehow acquired by various individuals in reference to physical culture. So many articles, and even books, have been written which endeavor to encompass the subject in a certain amount of mystery that the average busy man can hardly be blamed for his ignorance. And, furthermore, one reads of so many different systems, or methods, of physical culture. One may be able to patent or own a device, or even a method, but there never was, and never will be, a better system of physical culture than that which was followed by our pioneer ancestors, when their time was divided between chopping down trees, planting corn and fighting Indians.

Activity and strength was then an actual protection against a possible violent death. It is just as much a protection against death to-day as it was in those times. Then your enemies attacked you openly—you could see them—now they attack you under the guise of disease, and most any one would prefer to fight Indians rather than fight this terrible insidious foe.

The Creator of this universe invented the first system of physical culture. Certain powers were given to mortals, and their retainment and improvement depended entirely upon how they were used, misused or ignored.

The muscles of the human body were no exception to this rule. Each muscle has its uses. It depends upon this use for the regular and normal performance of its functions. We say when a man with beautifully developed muscles is seen, "Why, he's in training." This is not true. He is simply giving his muscles the regular use which is just as essential to the highest degree of normal health as food and air.

Therefore, allow no one to deceive you. Use the *entire* muscular system regularly to the point of fatigue, without straining or exhaustion, and the body will gradually grow stronger, healthier and more beautiful in proportion.

As I have stated before in a previous article, the reason a well-trained athlete is stronger than a workingman, who labors hard all day, is because the athlete uses all his muscles, while the workingman uses only a part of his muscular system, and usually overworks and exhausts the part he does use.

That our readers may have the benefit of some simple exercises which require no apparatus, I have presented in this article a few movements which will be found valuable for developing to a normal degree the various muscles, and for adding to the nervous energies and beautifying and strengthening the body.

First, the room must be well ventilated. Pure air never hurt anybody, but bad air has murdered millions of human beings. The less clothes to hamper the movements the better. Take the exercises immediately on rising or just before retiring. After finishing the movements here illustrated an exercise similar to jumping a



rope might be indulged, or, if strong, jump back and forth over chairs or other objects.

Continue each exercise until thoroughly tired. Immediately after the exercise rub the surface of the body all over with a soft bristle brush or rough towel. Then take cold shower or sponge bath.

Every one desires to possess strong arms. They add to one's dignity, energy and confidence.

Assume the above position, hands tightly closed, bring hands up and down quickly, about two movements to a second, from twenty to fifty times. Now, hold the elbows tightly against the body, then flex strongly the upper arm just as though you were lifting a very heavy weight, and bring hands up and down several times very, very slowly. Grip a handkerchief or something tightly in each hand during this exercise and the grip will also be increased greatly in strength.



The importance of strong lungs and chest can hardly be over-estimated. This movement is specially good for strengthening the lungs and for filling out unsightly hollows near the collar-bone from which many young ladies suffer.

Assume position as above. Inhale until the lungs are completely filled. Now retain this breath and bring the arms far forward and backward with elbows straight on a level with shoulders as long as the breath can be conveniently held. Continue several times. Same exercise very, very slowly, flexing the muscles with great tensility, as though some one were resisting your efforts.

If one desires grace and ease in the handling of the body, the muscles of the legs, waist and hips must be strong and shapely.



This exercise is excellent for this purpose. Stand erect with feet far apart. Now bend to one side and touch the floor out as far to the right side as possible. (See figure.) Same exercise to the left. This one exercise uses the muscles of the thighs, calves, back, sides, hips and shoulders.

The strengthening of the abdomen muscles is of great aid in remedying digestive troubles. It seems to vastly increase the powers in this way. This movement can be especially recommended for building



digestive strength and for reducing large abdomens.

Lay flat on the floor, hands on thighs. Now raise to a sitting position, keeping the feet on the floor. If you have difficulty at first in holding the feet on the floor, place them under a sofa or chair. If the movement is too difficult even then, place one hand on a chair to assist your rising.

Weakness and pains in the small of the back are common complaints. Every one seems to occasionally suffer from this trouble. This movement is warranted to cure it, and, furthermore, will enable you to walk more erect.

Keep the knees rigid, bend down as illustrated above. Now keep the arms



straight at elbows and quickly raise the hands as high as you can reach overhead. Hands back to first position, and continue back and forth until tired. After considerable practice you may be able to touch the floor with the knees rigid. You can also practice this movement as described in the first exercise. Make movements very, very slowly, and flex the muscles strongly as though you were lifting a great weight as your hands go up.

MUSCULAR HEROES IN FICTION.

By Walter Langley.

THE muscular hero, familiar to middle-aged readers in the pages of Kingsley, Whyte Melville, Charles Reade, and Ouida, is so rapidly disappearing from the high-class fiction to be found at Mr. Mudie's library, and giving place to bloodless young male prigs, given to dreary and depressing discussions on art, morality and philanthropy, that it is pleasant to find in the fiction beloved by Mary Ann and her friends, that the stalwart, devil-may-care, aristocratic heroes, equally fatal to married women and to their duelling opponents, still exist and flourish. But the times are less genial, dashing and romantic than of yore, and the modern muscular hero pales before the magnificent being, with his sinewy limbs, straight, muscular arms, wrists that made a foil curl viperishly round an antagonist's blade, who, usually serene and impassive, and soft and tender as a ballroom beauty, could upon occasion show the courage of an Achilles and Hector rolled into one, and lash a howling mob with a look from his steel-blue eyes. If we remember rightly, this type of hero was introduced to the world by the author of "Guy Livingstone," himself a man of surpassing animal strength, a miracle of wild, thorough-bred, manly beauty, with a majestic power, even at the early age of seventeen, over more than one female temperament, and a fac-

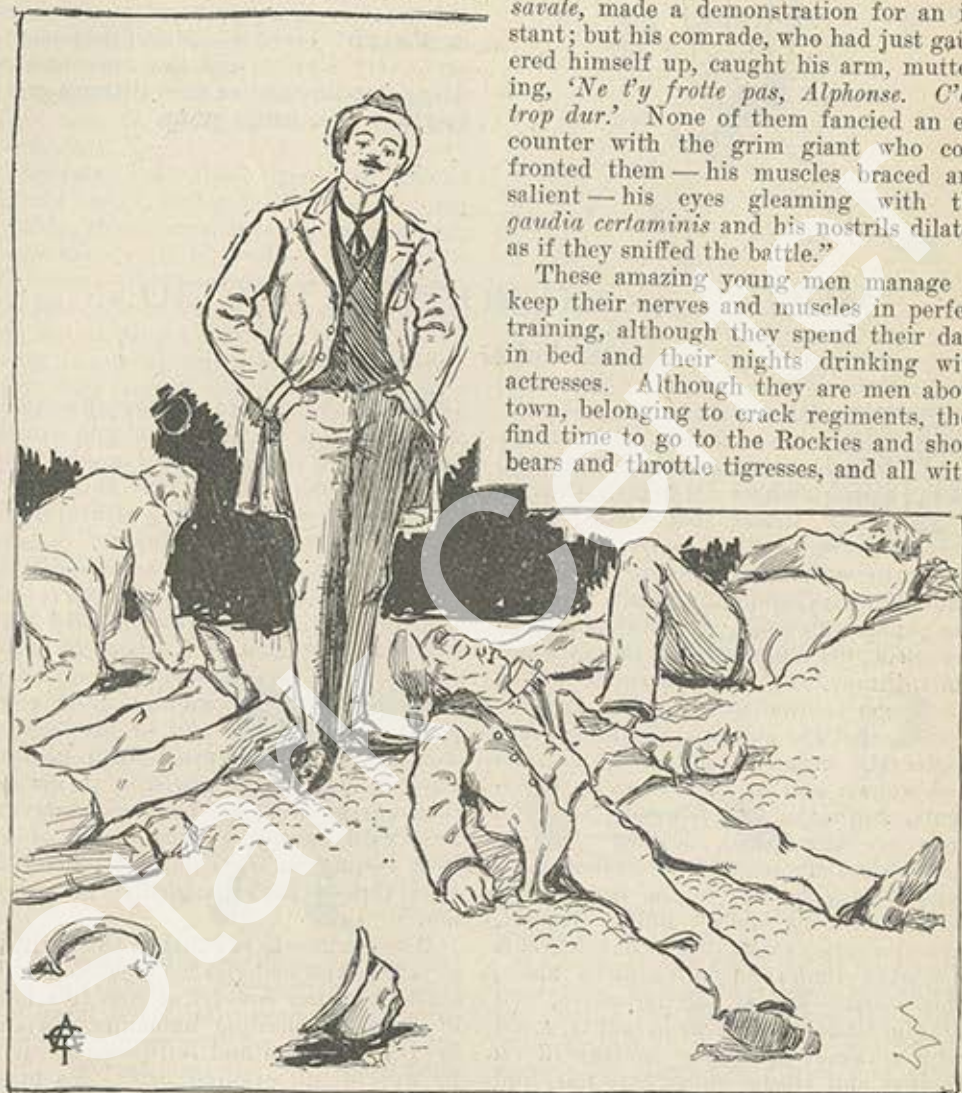
ulty for dropping into the French tongue, and for casting about ironical and caustic maxims that Rochefoucauld might himself have envied. Who ever forgets the Homeric description of the youthful Guy's encounter with "Burns Big'un," a professional, a rare model of brute strength, who was in training at the moment for his fight to come off in the ensuing week with the third best man in England for £100 a side. Guy Livingstone, still an undergraduate, stood "apparently quite composed, but the lower part of his face set stern and pitiless; an evil light in his eyes showing how all the gladiator in his nature was aroused, his left hand swaying level with his hip, all the weight of his body resting on the right foot; his lofty head thrown back haughtily; his guard low."

It is needless to say that in this attitude he maims and mangles his plebeian antagonist, and after converting him to a heap of senseless, bleeding humanity, remains as cool and calm and self-possessed as if he were at an evening party: his lower lip, it is true, receiving a slight cut from which the "bright Norman blood flows freely." Notwithstanding that Livingstone "lives hard," his constitution in no way suffers; and his gambling and drinking of strong wines and participation in the reckless dissipations of Parisian *roués*, in no way affects his Berserker-like physique. Strolling along the boulevards late

one night, with his friend Mohun, with whom he had been rather freely dining, he notes "five or six raffish young men surrounding and tormenting a fair, delicate girl" who cries for help in English. "By G—d," he said, dropping Mohun's

paces off on his back, as one might do with a very weak, light, little child. 'Au large canaille!' he said, as he advanced on the two who still kept their feet. They drew back from his path without a second warning. One, indeed, eminent with the *savate*, made a demonstration for an instant; but his comrade, who had just gathered himself up, caught his arm, muttering, 'Ne t'y frotte pas, Alphonse. C'est trop dur.' None of them fancied an encounter with the grim giant who confronted them—his muscles braced and salient—his eyes gleaming with the *gaudia certaminis* and his nostrils dilated as if they sniffed the battle."

These amazing young men manage to keep their nerves and muscles in perfect training, although they spend their days in bed and their nights drinking with actresses. Although they are men about town, belonging to crack regiments, they find time to go to the Rockies and shoot bears and throttle tigresses, and all with-

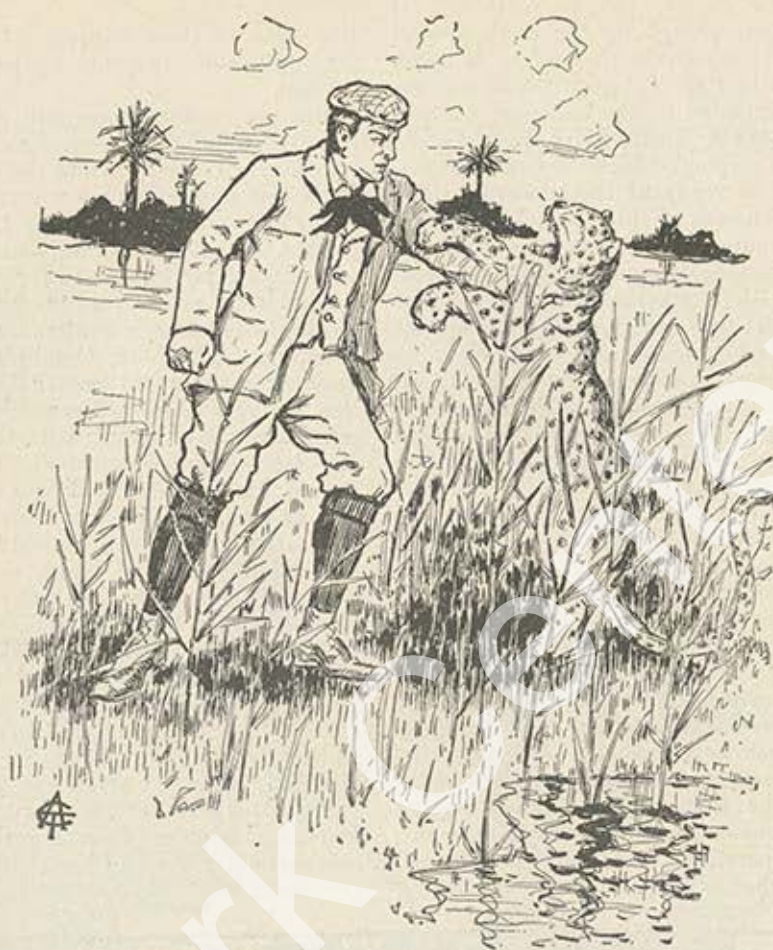


THE RESULTS OF GUY LIVINGSTON'S "QUIET TIME."

arm, 'I believe it's an Englishwoman they are bullying,' and three of his long strides took him into the midst of the group.

"Two of the aggressors reeled back right and left from the shock of his mighty shoulders; and gripping another, the tallest, by his collar, he whirled him some

out turning a hair or injuring their foreheads "blonde as any professional beauty's," or their long, white patrician fingers. Bertie Erroll, one of Ouida's superb and sinewy youths, "in style a dashing free lance, a gallant debonnaire captain of Bourbon's Reiters," remains,



"CATCHING THE BEAST BY THE THROAT AS SHE ROSE IN THE AIR."

after the most incredible adventures, as "gentle as a woman and as lazy as a Circassian girl." He is mostly engaged in captivating the fair sex, but between whiles, when he is not dropping into poetry or the divorce court, he is strolling about jungles in Scinde. On one such occasion he was with his friend Strathmore, and, suddenly a tigress sprang out upon them, "to alight with grip and fang upon Strathmore, who neither heard nor saw her as it chanced. But before she could be upon her victim, Erroll threw himself before him, and catching the beast by her throat as she rose in the air to her leap, held her off at arm's length and fell with her, holding her down by main force while she tore and gored him in the struggle—a struggle that lasted till Strathmore

had time to reload his gun and send a ball through her brain." "A long time," as the authoress remarks with great gravity, "though but a few short seconds in actual duration, to hold down and to wrestle in the grip of a tigress of Scinde." The high-bred Bertie, after quietly and lazily murmuring a *recherché* sentiment about friendship, suffers from the embrace of that female tigress of Scinde only to the extent of a short faint, after which he pursues his dazzling career in war and love. A peculiarity of these muscular young patricians is their modesty. All the world knows of their superb and deadly achievements in fire and flood with sabre and pistol, how like Titans they lay open skulls to the brain, and remain cool as ice, smiling and quoting Persian philosophy,

whilst shots plough up the earth around them, yet they never themselves so much as allude to the fact; and should any indiscreet member of the *beau sexe* compliment them they instantly utilize the occasion for a display of high-bred, careless wit, which is as ready as their swords. The muscular heroes of this fast school are infinitely more diverting and entertaining than the rather priggish young giants who are beloved by Charles Kingsley. These begin well; they are generally the sons of parsons, who distinguish themselves as prize-fighters at college; but they fall off into moralizing sanitary reformers in middle-age. Tom Thurnall in "Two Years Ago," is a melancholy example; and in the last pages of the novel he has developed into a bore of the first water. We much prefer him in his unregenerate and boastful youth, with his pride in his "tokens" in the shape of a tomahawk cut across his forehead and another on his cheek from a Greek robber, and another at the back of his head from a Tartar, not to mention one or two more remembrances of shipwreck, bayonetting and hanging, from which latter situation he escapes by the merest fluke, or rather by his usual luck. The Red Indian deputed to the business made a muddle of the noose, suspended operations, and also Tom Thurnall, to see what was amiss, and discovering

that both of them happened to be Freemasons, decided to smoke a pipe with Tom instead.

But our recollections—and what a host of jolly, rollicking fellows, Charles O'Malleys, Harry Lorrequers and the rest, crowd upon the memory as we write!—must be brought to a close; and this the less regretful, in that we note the anæmic heroes of to-day do not have it entirely their own way, as will be seen from the following diverting scene from a contemporary penny novelette. The hero, Gerald Despard, a scion of a noble but ruined house, loves the haughty Lady Gwendoline, whose parents refuse to permit the match. One day her thoroughbred colts run away. Gerald, his "blonde Greek face as nonchalant as ever, calmly waits their approach, and catching them with a sudden spring, checked them in full flight, with a force that sent them back upon their haunches. The infuriated beasts reared and plunged wildly, and flung the foam, tinged with blood, into his eyes, till it blinded him with the spray; they lifted him three times off the ground, but he still held on calm and resolute." Most surprising of all, immediately after this amazing feat, he carelessly lifted his hat to his patrician beloved, and inquired in soft, melodious accents whether she had been alarmed.

—Physical Culture, England.



"CATCHING THEM WITH A SUDDEN SPRING, CHECKED THEM IN FULL FLIGHT."

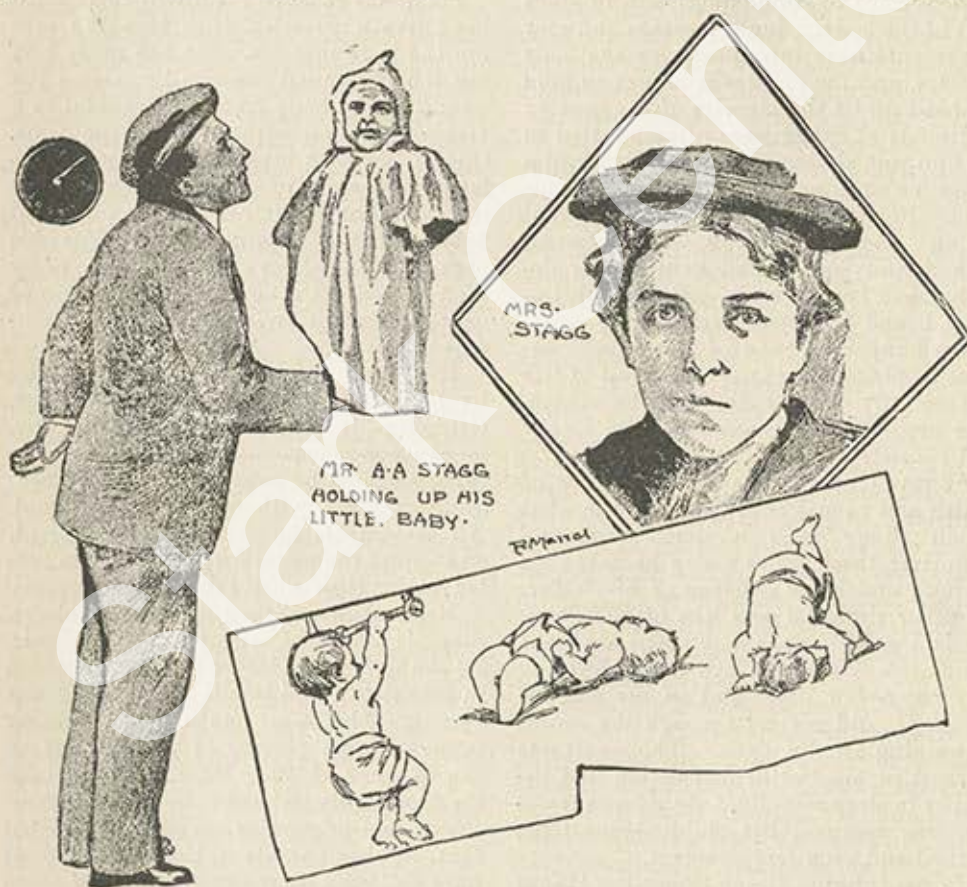
COACH STAGG'S WONDERFUL BABY.

SHOWING HOW EVERY BABY MIGHT
BE MADE STRONG AND HEALTHY.

STAGG'S baby is the wonder of the Chicago University. This baby is a lively exponent of his father's new system of developing invincible football players for the university. This system includes gymnastics in the nursery, scrimmages in

old, and he has been in active training for six months. The youngster was taken in hand by his father when he was four weeks old, and by regular and systematic exercise has developed strength and skill in muscular movement which surpass children three times his age.

Well-developed muscles of the arms and



the kindergarten and tackling in the cradle. The father is A. A. Stagg, the popular athlete and coach of the Chicago University athletic department.

A. A. Stagg, jr., is now seven months

old, and he has been in active training for six months. The youngster was taken in hand by his father when he was four weeks old, and by regular and systematic exercise has developed strength and skill in muscular movement which surpass children three times his age.

govern the movements of the body. He is an interesting study in experimental knowledge of child development.

Amos Alonzo Stagg, jr., was born April 11, 1899. He "weighed in" at eight pounds, and was the ordinary soft, kicking baby. When four weeks old he took his first lesson in physical culture. The first attempts were experiments, but the results soon showed that the experiments were a great success. Simple movements of the little arms and legs constituted the first week of training. The effect was noticed from the first. Not only did the infant grow in strength in his arms and legs, but his general health improved. The exercise seemed to stimulate growth in every part of the body. Light massage and easy movements were introduced for the body muscles, and the child was taught to hold his head up by the muscles of his neck.

Friends of Stagg were often startled to see him roll his son about and gather him up by the clothing, without supporting his head. Stagg, jr., instead of fretting and crying under the rugged treatment, crowed and smiled and exhibited a decided taste for the work. His health improved, and has been perfect ever since. The whimpering babe of four weeks became a spirited, buoyant child, full of life and activity when three months of age. The progress since then has been steady and consistent.

At seven months he is the picture of health and robust happiness. He is what Coach Stagg calls a good "trainer." Regularly three times a day he takes his exercise under the tutelage of his father. At other times he acts like other babies. He is a good sleeper and keeps excellent hours. A few weeks ago Stagg left the city for a few days, and in his absence Stagg, jr., did not get through the course of training usually given. The result was noticed in his fretful disposition and inability to sleep soundly. As soon as training was resumed the child assumed his normal and even temperament.

In his training Coach Stagg has taught his son several tricks. Since the boy was two months old he has been tossed about in rough-and-tumble fashion on a soft

couch. His tumbling feats consist of head stand, somersaults and roll-overs, helped, of course, by a strong hand.

The early exercise of his leg muscles gave him the movements for walking, and when three months old he would toddle across the floor, supported by guiding hands, which did not allow him to bear his weight on his feet. His next feat was to raise himself from a sitting posture to his feet. This he has been doing now for a month. Many a grown person would find it difficult to raise his weight by simply using the leg muscles, yet this baby does it not once, but three or four times without stopping.

Stagg has coached his infant to arch his back like a wrestler, thus bringing into use the back muscles. He has made him use the abdominal muscles by raising the weight of the body from a horizontal to a vertical position without using the arms. One of the most interesting and spectacular performances of this precocious athlete is to stand on his father's hands erect and balancing his weight. He stiffens his back, throws out his chest and looks every inch a man. He never fears falling, nor does he weaken or let down in his statuette position.

His latest accomplishment is to hang by his hands from a small trapeze-bar. Gripping his little fingers about the bar, he can hang suspended for a minute at a time, and can be raised and swung about quite roughly without losing his hold. All these feats he performs with a will, and enjoys the work, for he is never in better humor than when taking his exercise.

Mr. and Mrs. Stagg are both athletes. Stagg is too well known to need comment. At the university Mrs. Stagg has a record in basket-ball and tennis the equal of any woman. She was one of the leading women tennis players of the country in the summer of '97. Mr. and Mrs. Stagg are thoroughly imbued with the efficacy of the system of regular exercise for the infant. Other parents in the neighborhood have followed their example. Now there are four infants receiving regular exercise. The experiments in each case have been a success.—The World.

CAUSE AND CURE OF COLDS.

By J. Stuart.

UNQUESTIONABLY one of the greatest mysteries to the average human being is the manner in which a cold is acquired. Occasionally it will be traced to some direct exposure, or the victim will claim it has been brought on by some change in the wearing apparel or by a sudden chill from a fall in the temperature.

The average reader will no doubt be surprised when I assert that a cold is not induced by exposure, but results from certain abnormal physical conditions, and is simply the means adopted by the functional system to eliminate the impurities in the blood which cause this unnatural condition.

Of course an exposure may produce the manifestation of this condition and apparently be the cause of the cold.

I fully realize that few of my readers will accept this view, but if that which follows is carefully read and the theories contained therein given a "hearing" in practical use, I feel confident that the "verdict" will be in my favor.

Has not the reader on numerous occasions acquired a cold in the hottest kind of weather, when, if he had removed every particle of wearing apparel, there would be no occasion for feeling chilly? Then again, has he not exposed himself in bad weather, and to all sorts of changes of temperature, without "catching" a cold, and suddenly, without any reason, a cold will be contracted, and no one will be able to explain the mystery of how it was "caught?"

Now does not the above mentioned facts entirely prove that simply an exposure does not cause a cold, for if so, on every occasion that one exposed himself, he would contract a cold? Such is not the case as the reader well knows. Therefore is it not clear that it is the physical condition at the time of the exposure which really makes it possible for this exposure to result in a cold?

All will no doubt acknowledge that a cold acquired in hot weather is not the result of an exposure to a lower temperature. Usually the victim of a cold can easily remember that, preceding this trouble some few days, there were digestive and other functional disturbances. There no doubt existed a languid, heavy feeling accompanied often by a headache or inactive stomach and bowels. The system under these circumstances, of course, becomes a depository of filth, which should have been eliminated by the depurating organs.

I quote the following from Dr. Page: "Whatever interferes with digestion or depuration, or depraves the vital organism in any manner, produces an impure condition of the body—a condition of disease, and a continuance of disease—producing habits which must inevitably result in periodical or occasional 'eruptions,' the severity of which will depend upon the degree of one's transgressions."

One is able to expose himself with impunity on some occasions because his digestion is good, his blood pure and his functional system in a vigorous state of health. One "takes" cold because his body is poisoned with excessive impurities.

Those in ordinary health have no excuse for acquiring a cold. Nearly every case is brought on by a lack of exercise, want of wholesome and nutritious foods, lack of bathing, or by other violations of Nature's plain laws.

One of the greatest causes of cold is unquestionably the breathing of bad air. In close rooms the air is very often so deficient in oxygen that the blood is not purified as it passes through the lungs, and these impurities keep accumulating until they result in a cold or some other diseased condition which is simply a means adopted by the functional system to bring about a normal state of health.

Excessive indulgence in rich, heavy foods is, of course, another important cause of colds. They overload the stomach with indigestible substances, and the

natural result is that the blood produced under these conditions is not as pure and rich as it should be in those elements essential to health. Many of my readers can no doubt recall occasions where they have "caught" cold a short time after a very hearty meal, such as wine dinners and other excesses at the table.

One writer on this subject says that he believes the time will come when it will be considered almost as disgraceful to have a cold as it is to have the itch, for both are really nothing more than filthy diseases.

Then again, those long-continued coughs that tear the body are really unnecessary, and all that is needed to avoid them is simply proper care and proper attention to the laws of health.

When one feels a cold coming on, stringent efforts should be made to immediately stop its progress. Do not allow it to become chronic. Adopt those means that will enable the system to throw off the accumulated impurities in a natural way. This certainly cannot be accomplished by dosing with drugs. Medicine cannot cure colds, but nature can if an opportunity is given.

The first remedy is to stop eating. The system is overloaded with impurities and they must be eliminated. Fast until these poisons can be disposed of in a natural manner. Take long walks, drawing in many deep full breaths, exercise every muscle of the body that the circulation may be quickened and every part of the body may be thoroughly cleansed by this accelerated circulation. Bathe at least once a day, rubbing the surface of the body briskly all over at least five or ten minutes each day. After missing from two to three meals if you acquire a ravenous appetite for food, it is of course desirable to indulge this appetite, but be mod-

erate. Do not under any circumstances gorge your stomach, and avoid those foods which you know are not wholesome and nutritious.

I realize that this is not pleasant medicine. The average individual would rather take most any nauseous stuff than to deny his appetite, but if this remedy is tried, there will be no necessity for further argument as to the truth of the theories advanced in this article. The sufferer will know it and feel it before he has advanced in the treatment two or three days.

The writer knows of a case of an old man of seventy cured of consumption by a long fast. The disease had been coming on for three years and he had been a great sufferer, but even at his advanced age he was cured.

Dr. Wood, of Bishop College, Montreal, reports forty-seven cases of acute articular rheumatism cured by fasting. The time required differed, but none longer than eight days or less than four.

I know of a sanitarium for the treatment of rheumatism, and when a patient enters this institution he is not allowed a single morsel of food until every atom of pain has disappeared from his body. The patients are encouraged to drink large quantities of water, which, of course, assists in the process of eliminating the impurities that really cause this disease.

It might be well to note that those who live indoors, who take but little exercise, and who find it necessary to load themselves with clothing often suffer with a cold, but those who like fresh air, who sleep with their windows open, who exercise and go out at all times and all sorts of weather, are rarely troubled in this way.

I do not ask the reader to accept my theories, but merely try them on the first occasion a cold is acquired.

"Night air? Yes, sir, I object decidedly to night air; but it is the night air which is shut in with one in a tight sleeping-room.

"During the Civil War I slept without protection of any kind for more than a year. At one time I carried a rail half a mile to sleep on, so I'd not have to be in the mud. I had not been in a bed for two

or three years when, returning home, my wife closed my windows on retiring, for fear I'd catch cold; and I caught a cold that night, and I was three weeks in breaking it up. That was the quickest and hardest cold I ever caught. Afraid of night air? Yes, sir, I am of that kind of night air."

TYPES OF PHYSICAL BEAUTY.



HE remarkable inconsistency of the human mind is not illustrated anywhere more emphatically than in the average individual's varying standard of womanly beauty. No one will deny that the

tion. The highest compliment that can be extended to a woman is to tell her that she has a form like Venus. If it comes from a proper source and she has faith in its sincerity, it will make her cheeks flush with pleasure and her eyes scintillate with delight. But, paradoxical as it may ap-



Venus de Milo is beautiful—that the sculptured outlines of her figure are exquisite in symmetry, divine in concep-

tion. If this same woman whose nerves tingle with calm joy at being compared to Venus were to see reflected in her mirror



VENUS DE MILO.

at the completion of her preparations for a walk a figure that resembled in outline and proportion that of this famous statue, she would be shocked beyond measure, and consider herself a "fright" in appearance. This is strange, but who will question its truth?

We laugh at the sheep when we see one lead and the rest follow, but the same farce is enacted day after day in human affairs. No independence, but little strength of intelligence—one sheep jumps over the fence at a certain place, combs his wool on the thorn trees in a certain style, and all the other sheep do likewise. No-where is the necessity for this habit of imi-

tation drawn so stringently as in the upper walks (?) of life. There each sheep must adhere to the prescribed lines or get out of the "fold." This habit of imitation accounts for the corset, and for the horribly distorted bodies we see on the streets at every turn. It accounts for the inartistic, inelegant women, who, in reality, often possess more than an ordinary share of beauty.

Examine the illustrations that accompany this article. Would any one of these types of womanly beauty be improved by



VENUS DE MEDICI.



a corset? In fact, would they not be marred beyond recall by the device?

Ugly, misshapen women may be improved by the corset—though it is doubtful—but no really beautiful woman was ever improved in appearance by it. It is true, no doubt, in cases where a woman has led an inactive life and has distorted the shape of the bust by supporting it with a corset from early maturity, that she is improved by the corset, but in such a case one is dealing with deformity. Though it

has been brought about by apparently innocent means, it is deformity nevertheless.

How any one who admires the proportions of that famous work of art, Venus de Milo, can possibly see any beauty in the average corseted figure, is beyond the comprehension of the writer. Imagine Venus in a corset—that is, if such a distorted mental condition can be produced—and all the sublime beauty and grandeur of her majestic outlines will have disappeared.

There is no human power or human de-



vice that can add to the natural, wholesome beauty of woman further than that which, by natural means, improves her physical and mental powers. We are not discussing the painted beauties of the stage whose loveliness disappear with daylight. Where is there an artist who would dare put on canvas a corseted figure, if any grand thought or character is to be portrayed? The normal mind cannot associate a divine conception with a corset.

Of course there are beautiful women who wear corsets, but they are beautiful not because of the corset, but in spite of its malforming and deteriorating influence. Let each man who is or has been in love with a bright, wholesome, well-formed, healthy young woman, recall the first time he saw his ideal in athletic, swimming, or other costume that discarded the corset, and he will no doubt admit that the stiff, unyielding, lifeless figure was replaced by a sinuous grace, suppleness and symmetry that caused her to appear like another being. She may have been pretty before, but then she was beautiful—she may have been beautiful before, but then she was glorious—she may even have been glorious, but then she was divine. It places her one step higher in the category of beauty. Under such conditions she is more beautiful in the eyes of her lover, so she would be in the eyes of all. Her lover may say she "looks a fright," but he merely means she is unconventional, not that she is less beautiful.

The desire for admiration appears to be innate in the human mind. We all possess it to a greater or less degree, but most any one will admit that the average woman craves more particularly the admiration of the male sex—she would rather have the envy of her own.

Realizing this fact, and knowing that the minds of men are gradually growing towards a more perfect conception of feminine beauty, the writer ventures the prediction that the next generation, like the artists of to-day, will utterly discard the corset from their ideals of womanly beauty, and if they do man will take a greater step in advance than he has ever even attempted since the dawn of modern civilization. To develop free men, we must have free women, and there can be no great freedom mentally unless there is also physical freedom.

PHYSICAL WEAKNESS—MARITAL UNHAPPINESS.

By Bernarr H. Macfadden.

THE attention given marital troubles at the present time by the daily press indicates beyond question that it is to-day a subject of paramount interest and importance. It appeals to every one. "It strikes home," for, although all are not married, there are few who do not look forward to this condition—or backward to it. The various theories that are advanced as to the cause of marital unhappiness by philosophers throughout the world would fill thousands of volumes. But I have often wondered how many of these theories expressed the real opinions of the writers. I cannot believe that they fail to see the real cause of marital unhappiness, or that it is their desire to deceive, but to my mind it is plain that divorces, and by far the larger majority of the unhappy marriages, are made possible by abnormal physical conditions and excesses, resulting largely from gross ignorance of these laws with which every adult human being should be familiar.

After noting the heading of this article there may possibly be some readers who will smile to themselves in a superior way and say, "What bosh!" But please do not jump at conclusions. One is liable to fall hard when jumping on "slippery places," and just as there is many a good heart hidden by a rough exterior, so there may be many a great truth hidden from the hasty and superficial reasoner, while to those who dig deeper underneath the surface it may be as plain as the noonday sun on a clear day.

Marriage was a well-known and popular institution long before the human race ever thought of refinement, of civilization and its varying environments. The brute husband was able to hold his human property by a power stronger than all earthly attractions; that is, mere physical attraction. Marriage was then entirely a physical union. It was contracted and con-

tinued on that basis. Though we have advanced intellectually—though man has made tremendous strides in all that pertains to the graces of culture and refinement, a true marriage still must have physical attraction for its foundation, and is primarily and fundamentally a physical union.

Of course all must admit that there is supposed to be something higher in modern marriages than mere physical love. There is at times a love so intense, so exalted that it is akin to the worship a religious enthusiast is supposed to extend to God; but all this great love is made possible by the previous existence of intense physical love. If marriage could be based on reverential respect, or any other regard that has no physical aspect, man and man, or woman and woman, could marry with the same felicity and propriety that the sexes are now mated. But the mere thought of uniting marriage with such conditions is repugnant—and rightly so. But is it necessarily a disgrace for marriage to be founded on physical attraction? One of the most admirable traits in the human character is the love of a mother for her child, and the reader may be shocked when I say that such regard is mere animal or physical love; for the grandest exhibition of the sacrificial spirit of parental love can be found among the lower animals. An animal that is as timid as a hare, under ordinary circumstances will often fight with the frenzy of a man-eating tiger when its young are to be protected. Therefore why belittle animal love? In its noblest form it is one of the grandest of all human passions or human instincts.

Admitting that marriage is fundamentally a physical institution, that whatever the exalted height of the regard existing between the contracting parties, it is made possible first by physical attraction, then call to mind the average physical condition of those who have entered and are still en-

tering the holy bonds of matrimony. When such facts are viewed the great wonder is not why there are so few, but why there are so many happy marriages under such abnormal conditions. Although the men are far from the physical standard that they should approximate, the principal fault is to be found in the female sex, for as far as the marital relations are concerned, it is the woman who should have control, and should be blessed with that physical excellence which will supply the finer instincts essential under such circumstances.

The female human animal should be as strong in proportion to the male as is the female of lower animals. That the average woman falls far below this standard no one will deny. The female cat, dog, horse or lion is but little weaker than the male of their own species, and in a race can usually run about as fast as the male. Woman should be as strong in comparison with man.

Of course there are excuses and causes for feminine weakness. With their vital organs crushed by the corset and with every movement curtailed by a skirt, and with teachers and parents continually impressing upon them at every step in their education the importance of dignity and ladylike behavior, which means that they must daily violate the most important law of nature in ignoring the necessity for regular use of the muscular system, can we expect them to grow into fine, vigorous, well-sexed women?

This lack of physical excellence, more especially among women, is unquestionably one of the greatest causes of marital unhappiness. Although men are supposed to select their wives, in reality the woman does the selecting, and if all her physical forces are not developed to their full completeness, she has not the acuteness of discrimination in sexual selection that she would possess under more normal conditions. Hence she often selects a man for a husband, not because she loves him with all the devotion, intensity and power that should accompany every true marriage, but because he will enable her to advance socially, or to satisfy other ambitions. In an insipid way she may believe that she loves some other man more than the one she marries, but in her eyes he may not be her equal, or may not be

able to give her the position and influence desired, and as the strength, emotions and power of a true woman are still dormant in her undeveloped body, she is incapable of loving any one to any great degree of intensity, and therefore does not allow love to influence her choice. What pitiable objects such women are! They go through life cold, heartless, pitiless, unfeeling creatures. That divine desire of every true woman's soul for motherhood, for the prattling voices of their own lovely children, they never experience. They are not women—not men. They are sexless nonentities that exist a certain number of years and then die. The world is made darker, gloomier and more severe because of their influence at times, but rarely, if ever, is it made better.

Marriage for position or money, or to satisfy other desires than love, is made possible simply and entirely by the lack of that virile power which accompanies superb physical health. A finely sexed, fully developed womanly woman could no more marry without love than fire could mingle with water. Her whole physical, mental and moral being would cry out with repugnance and loathing against such a union.

As a first step in marital unhappiness, because of the lack of physical excellence, many women contract loveless marriages, which always start and end unhappily. For the need of this same physical power, which carries with it the normal instinct necessary to protect a woman from the more gross passions of her marital partner, the life of many a married couple becomes a most harassing existence, and in addition the woman suffers most serious physical tortures from the effects of unnatural excesses. There is nothing that predisposes a woman so strongly towards that which is right, natural and moral as the finer instincts of superb animal power. Such a woman is moral because her every desire, her every instinct is in favor of morality. Such a woman has no difficulty in finding and—what is more important—keeping a husband, for the simple reason that she respects the strong instincts of her nature, and forces her husband to do likewise, thus retaining and increasing day by day his respect and his love.

The entire conventional idea of marriage and the duties of a wife to her hus-

band are abnormal, and unquestionably these perverted theories have done much towards bringing about the unsatisfactory matrimonial condition now almost universal. The civil ceremony is supposed to give to man every privilege he may desire. The wife is supposed to be subject to his every wish. The laws of nature or the laws of God warrant no such conclusion. In fact it is plain that the wishes of the wife should be paramount—that the husband should be subject to and controlled by her. When this outrage to woman and the plain laws of nature, in her total subjection to man in marital life, is fully realized, one of the principal causes of diseases peculiar to her sex is plain to any unprejudiced reasoner.

How many thousands of young women,

apparently in good health, enter the realms of matrimony, and as a result find that their health of body and mind has been sacrificed. It should not be. It is often the result of the perverted impression that marriage means total subjection to the wishes of another. On the "rocks" of this false conclusion are shattered the happiness, health and future prospects of millions of married couples. Herein lies the paramount importance of superb physical health. Notwithstanding the influence that may be imposed on a woman by what she may have cause to believe is her duty, she will not stoop to anything that will outrage her physical instinct if she possesses all the power, beauty and health conjoined to superb, wholesome womanhood.



LONGEVITY.

Prof. Jas. W. Grahame, the author of the following article, is a fine representative of the benefits of "taking his own medicine." He is forty-seven years of age, weighs 190 lbs. stripped; chest measurement, 42 inches; waist, 37 inches; height, 5 feet 9 inches. He states that he has increased his chest measurement three inches in the last three years, and that he is still growing. He believes in perpetual youth, and the Editor enthusiastically indorses his views.

"A short life is not given us, but we ourselves make it so."—*Seneca*.

TWENTY-FIVE years' experience in the profession of physical culture and study of human endurance warrants me an authority on the present subject, and taking as my text, "As thy strength is so shall thy years be," the following is the result of my observations: At fifty the average man of good constitution should be in his prime, and by commencing early the proverbial "three score years and ten" can be easily and comfortably extended. The secret of prolonged existence is action. Health, strength, activity and longevity can be obtained by mild, constant and judicious exercise. Physiologists tell us the human body contains exactly five hundred different muscles. Allowing this, how many of these are used in the callings of every-day life?

What becomes of those not brought into play? To this there can be but one an-



swer; like everything that is discarded, they suffer from inactivity and want of

movement; weaken, get stiff, shrink, wither and decay. With these portions of the body old age has already commenced. As life's statistics prove, it takes the average human being longer to wear out than, to use an expression, "rust out," and while thousands die daily from want of exercise, few indeed succumb like the professional athlete to over-exertion. If you are a parent do this: Send the young children to the turning school, the older ones to the gymnasium—then go yourself. While attending these colleges of health, and watching the little ones go through their simple-looking studies, bear in mind the young scholars are doing what you should have done years ago, viz: sewing the seeds of longevity and assuring strong and comfortable old age. Stiffness of limb and joint is ever the forerunner of human senility; therefore to all—I include both sexes—who are desirous of lengthening their days, try and "postpone the inevitable" as follows: Every morning—I say every—devote ten minutes at least to exercises which tend to strengthen the muscles of the abdomen and chest. The effects of this will be felt in a week or two and shown by increased health, strength, vigor and appetite. Recollect you are now exercising certain portions of the vital organs which for years you have carried about and hardly used. But whatever you do persevere with your home treatment, none the less sure because not prescribed by the family physician. Your own sense or ingenuity will suggest what movements tend best to develop the parts required, or if your ingenuity fails, consult some turning or gymnastic instructor; either will tell you. To digress—strange but true, the stomach, the most important and weakest part of the body, invariably gets the least care. Whoever thinks of exercising the stomach? And yet when dissolution sets in, as a rule here is where it commences. Therefore, when practicing your daily calisthenics give it extra attention, which the grateful member will soon acknowledge by allowing you more liberties at the table. Physical culture alone is the true basis of longevity, especially when directed to strengthen those parts which by nature are essentially weak. Of course

all this, unless accompanied by early soberness and chastity, becomes null and void. The Greeks and Romans understood the art of human cultivation better than we do, and as a proof we still take them as models of physical perfection. The decline of Rome began only when the exercises of the gymnasia were slighted for the revelries of Momus and the Pantheon, and when her youth in the temple of Venus forgot the stern worship of Mars. It was only when the strong gladiator lost his sense in the wine shop, and his vigor in the lap of the siren, the awful voice of Numidia's great lion rose above the din of the arena and welcomed him to a sure and bloody death. It was only when the mimic struggles of the amphitheatre grew tame, the hitherto invincible legions wavered and fell back from the savage onslaught of the countless Vandal hordes. Then and not before did the loud, shrill blast of the Gothic trumpet, and the heavy tramp of the barbarian forces, announce to the world's proud mistress her reign had ceased forever. The decadence of nations, like that of individuals, ever commences with the neglect of physical culture; and it was only when the famous Olympian games lost prestige, that the well-trained Grecian armies were overthrown by the shock of the Macedonian phalanx. In our own times, where would the puny and treacherous Spaniard have been had he crept from his palm leaf cover and dared face those who captured Cuba's rocky St. Juan? For those, who too early drained the bitter cup of excess existence has little to offer, and far less when deprived of its chief aroma—health. Since the days of the feast of Belshazzar, the king, the reveller's doom is the same as when written on the wall of great Babylon's palace in letters of fire: "Thou art weighed in the balance and found wanting." What indeed is for him to whom reason seems folly—who lives only for pleasure, and calls life a dream; who knows no to-morrow, never thinks of the future, disbelieves the hereafter and doubts the Supreme. Echo mournfully answers: "What indeed." To such a one longevity, if attained, would be simply a curse.

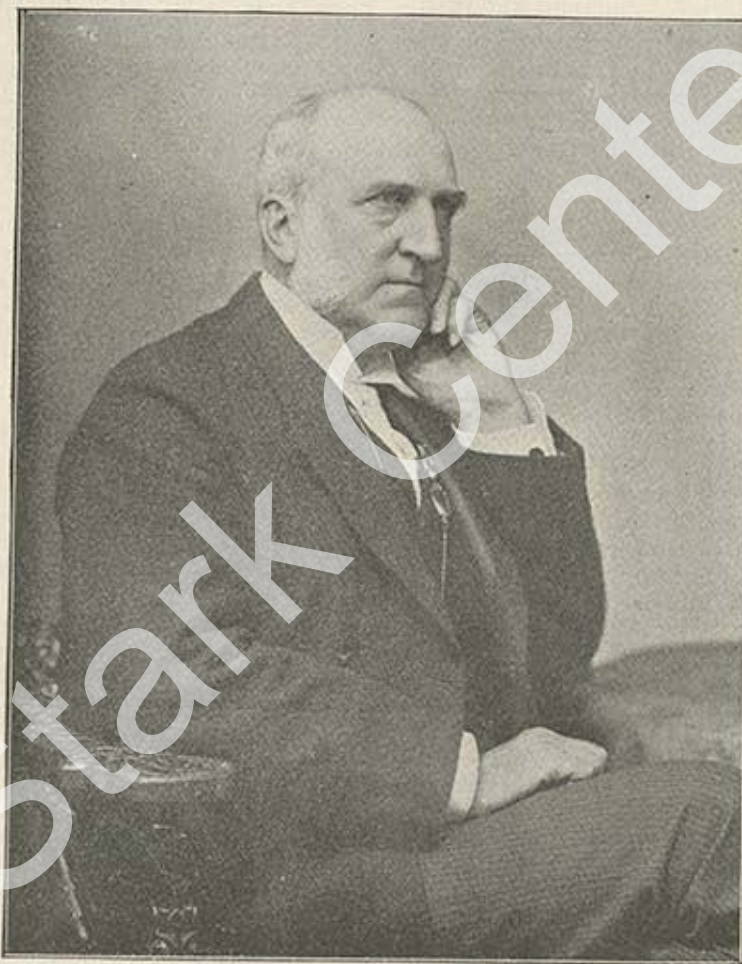
SENATOR DEPEW ON PHYSICAL CULTURE.



THINK this age might very properly be denominated the age of beauty. I do not believe that in the whole history of the world its men and women ever possessed physical beauty equal to that

he was asked whether or not he thought the physical appearance of the present generation was equal to or inferior to that of generations past.

"To what do you consider the condition you have just described chiefly due?" the Senator was asked.



SENATOR DEPEW.

which they possess to-day. Indeed, there has been a very marked improvement in this respect during the short period in which I have been an observer of the world's scenes." This expression came from Senator Chauncey M. Depew when

"Well," he answered, as he shifted his revolving chair so that he directly faced the interviewer, "I think one of the main factors in producing this very happy condition is the love of our people of this generation for healthful outdoor exercises,

and to well-guided and well-directed systems of physical culture. It has been my custom to attend the annual horse shows in Madison Square Garden once or twice each season for a number of years. At the show last month the array of beautiful women and very handsome men was, indeed, unusual. It was such as to attract the attention of any person, even though he had observed similar picturesque and beautiful scenes for a decade of years. The scene last month was startling in its brilliance and almost bewildering in its beauty, and it was made by the men and women themselves who were in attendance to observe the contests of the entries for the prizes offered. During the last quarter of a century there has been a very remarkable growth among our people of the popularity of outdoor sports that bring into play very many of the muscles of the body, and especially is this true among our women. The result has been the building up and development of beautiful figures, and from these—or, rather, I may say along with their growth—have developed the radiant and beautiful faces that so impress us. The outdoor sports such as golf and tennis, to which so many of our women are devoted, have brought to their attention the advantage of cultivating the physical person, and this has resulted in the devotion of sufficient time each day to physical culture to develop well-rounded and symmetrical figures. The same condition prevails also among the men of our generation. Now every young fellow who goes to college is given an opportunity to take a course in physical training, and nearly all embrace it. When I was a youngster at Yale we had our sports, our ball games, our rowing, etc., but the cultivation of field sports and physical training was not encouraged by the faculty of our colleges then as it is now. Of course I do not mean to say that the members of our faculty in the main distinctively opposed our indulgences in outdoor sports and exercises, but the special encouragement they gave us was rather towards books than the development of the physique. Now, President Eliot, of Harvard, and President Hadley, of Yale, and the chief instructors of nearly all the leading colleges pay special attention to the development of the physique among their students, take special interest

in advising and consulting with the boys about their college teams, advise each to pay attention to the courses in physical training, which are now provided, with excellent instructors at their lead, in every one of our leading colleges.

"The wisdom of this course has already been manifest. It was the fear of many of the opponents of athletic sports in the old days that their encouragement would tend to drive the student away from his books and make him a physical man entirely. The contrary has proven to be the case. In the main the student has been made more healthy and vigorous, much more capable of application to his books, and the ambition to take precedence in athletic sports has developed along with it an equal ambition to stand at the head of the class in learning.

"The result of this means much, and it is already, as I have stated, very observable in the generation now taking its place in the affairs of life. This generation, as I have stated, is the most beautiful, evidently the most healthy, and possessed of the finest physiques of any we have ever known. This fact means the transmission to the generation which is to succeed of splendid physiques with which to begin their work in life, and the development in the succeeding generation of more wondrous beauty still, provided equal attention is paid to the cultivation and development of the physique. The old maxim, 'A beautiful mind in a beautiful body,' is one that appeals distinctively to me. I believe in every word of it. The possessor of a fine physique, a handsome face and a well-cultivated intelligence occupies a vantage ground upon which he is entirely safe from attack and easily is enabled to outrival his less fortunate competitors, and that no matter what may be the contest. If it be in the contest of love, what woman is there who is not attracted by a combination of intelligence with a handsome body. If it be in the contest of business, the possession of these attributes gives their possessor an energy, a capacity for endurance and an activity that is bound to tell in his favor.

"I think there has been a great improvement in the physical appearance of most all of the great nations of the world within the last twenty-five years, but in none has the improvement been so much as that of

the men and women of America. The American women in all sections of Europe are to-day becoming recognized as the most beautiful women in the world. They take precedence wherever they go, and to my notion there is no one contributing cause for this so great as the fact that our women indulge themselves so freely in healthful outdoor exercises, and pay such careful attention to the cultivation of their physical being.

"Shakespeare died at fifty, and I am to-day fifty-eight, with the consciousness of firmer health, fuller powers, and keener enjoyment of life than ever before. I believe that Shakespeare died because he retired from business. He had demonstrated, for the glory of the human intellect, that 'myriad minds' could be housed in one brain, and then retired to Stratford to live at ease. I have observed that health and longevity are indissolubly connected with work. Work furnishes the ozone for the lungs, the appetite and the digestion, which support vigorous life, the occupation which keeps the brain active and expansive. When a man from fifty upward retires, as he says, for rest, his intellectual powers become turbid, his circulation sluggish, his stomach a burden, and the coffin his home. Bismarck, at seventy-five, ruling Germany; Thiers, at eighty, France; Gortschakoff, at eighty-one, Russia; Gladstone, at eighty-two, a power in Great Britain; Simon Cameron, at ninety, taking his first outing abroad and enjoying all the fatigues as well as the delights of a London season, illustrate the recuperative powers of work. These men never ceased to exercise to the extent of their abilities their faculties in their chosen lines. I have seen Gladstone moving along the street with the briskness of a man of twenty-five. I have heard him at the dinner table discourse for hours upon every living question as if he would live long enough to solve each one of them. I have sat with him in a box at the opera when the movement upon the stage absorbed him as completely as it did the musical critic in the orchestra chair; but his judgment was moved by the fresh enthusiasm of youth.

"The boy born to fortune cannot enjoy

these exquisite pleasures which come to those whose falls and bruises have left the honorable scars which eloquently testify to their persistence and skill in climbing the ladder of fame and fortune, or both. Most successful Americans reach this position of mastery of themselves and of their vocations early enough to have before them years of enjoyment. Few of them embrace the opportunity. They develop lust for power, and with it the cruelty of power. They become selfish, hard and grasping. They lose sympathy and touch with their fellows, and cultivate contempt for the less competent, the unfortunate and those who are moderately endowed. The real pleasures of life are denied to such men, as they are the beasts of prey, whose sole gratification is to kill and gorge."

Senator Depew himself is a splendid specimen of physical manhood. He has often been compared in the appearance of his figure to the late William E. Gladstone. Erect, virile, with a superb and clear complexion and an always clear and bright eye, Senator Depew is a living witness of the value of good health in advancing age. Many people marvel at this. Senator Depew has perhaps eaten more late dinners and indulged in more epicurian feasts than any other one man living in the world to-day. He has avoided the result that might have come through his popularity at the dinner table by indulgence in constant and regular exercising and living a very regular life, although he has ever been a very hard worker. He rises soon after 7 a. m., eats a light breakfast, it consisting usually of two soft-boiled eggs, rolls and a cup of coffee; walks to his place of business, often taking a circuitous route and walking three times the distance because of the benefits he derives from the walk; eats a light lunch, and when he attends a great banquet enjoys it thoroughly, for dinner is his hearty daily meal, and avoids the possibility of indigestion by the pleasure attended upon his after-dinner talks and the speeches of others who may be in attendance, and very often by leaving the banquet hall to walk briskly to his home, preferring the walk to a cab or a car.



APOLLO BELVEDERE, VATICAN, ROME.

MICHAEL, THE HERCULES.

Translated from the French of George Narquin, by E. Kirkwood.



HE had been notified that the mortgage on his home would be at once foreclosed if he did not settle the amount. As he left his wife that evening Michael Hercules, the "Invincible Wrestler," as was announced on the bills of the Athletic Arena, clenched his muscular fists and muttered an oath. His wife had been sick for several months and could not properly care for their four children. This had caused him to incur, for medical attendance and other needs, some very heavy bills, and, being pressed for the amounts and unable to obtain work at a remunerative figure, debt had forced him to mortgage his home.

"How was he to pay off this mortgage? Must he steal?" he asked himself. His salary in his present position was only \$75 per week and would last only two weeks. Anyway, the money must be paid at once.

He was an honest fellow at heart and desired to do right, but he felt embittered against society, which he held responsible for his distress. He revolted at the idea of descending to the level of his present companions, some of whom were ruffians who spent only two or three months of the year out of prison.

He walked on with bent head until he reached the hall where he gave his nightly exhibition. It was being lighted, the lights coming out one by one like stars and reflecting his long, bearded profile. Already the band was tuning up. He had not much time to waste. Yet there he stood lost in thought, tormented by debt.

"Five hundred dollars would almost cover the mortgage," he muttered, "and there's the baker, the apothecary, and all the rest."

Ten minutes later he appeared before the public in his tights—big, vigorous, superb. Three times he matched his strength and skill against three amateurs—a huge porter, and two policemen.

Although he was performing on a stomach almost empty, he worked with a will

—rather roughly even, for the manager called several times: "Take care, Mike, don't kill 'em!"

He felt a need of action, of buffeting his opponents; the shouts and applause excited him to a still higher pitch. There was a group of students in the first ranks of the audience who howled, jeered, called him names, and exasperated him to frenzy. He would have given much had he been able to fall upon, pommel, cuff and kick out these sleek lads who came there after a good dinner to jibe at him. One in particular took pains to annoy him; he was a handsome young man with a yellow mustache, slim and graceful in his iron-gray suit.

"Hi! Chimney-sweep! Hello, black-amoor!" he shouted. "I don't call that a Hercules. It's a mop to clean chimneys. You are going to trip, curly head! Throw him over, cop!" he went on, to the struggling policeman. "At him, me boy! And what's that tattooed on his arm? A heart and a dart. A lady killer, a masher, by Jove!"

Loud laughter greeted these inane sallies, and Michael ground his teeth.

Towards the end of the evening, while the manager from the stage was announcing the last performances, the facetious young man in iron-gray turned to his companions and said:

"I'm going to wrestle with Hercules. I'll wager a hundred dollars that I throw him!"

"Done!" replied one of his friends.

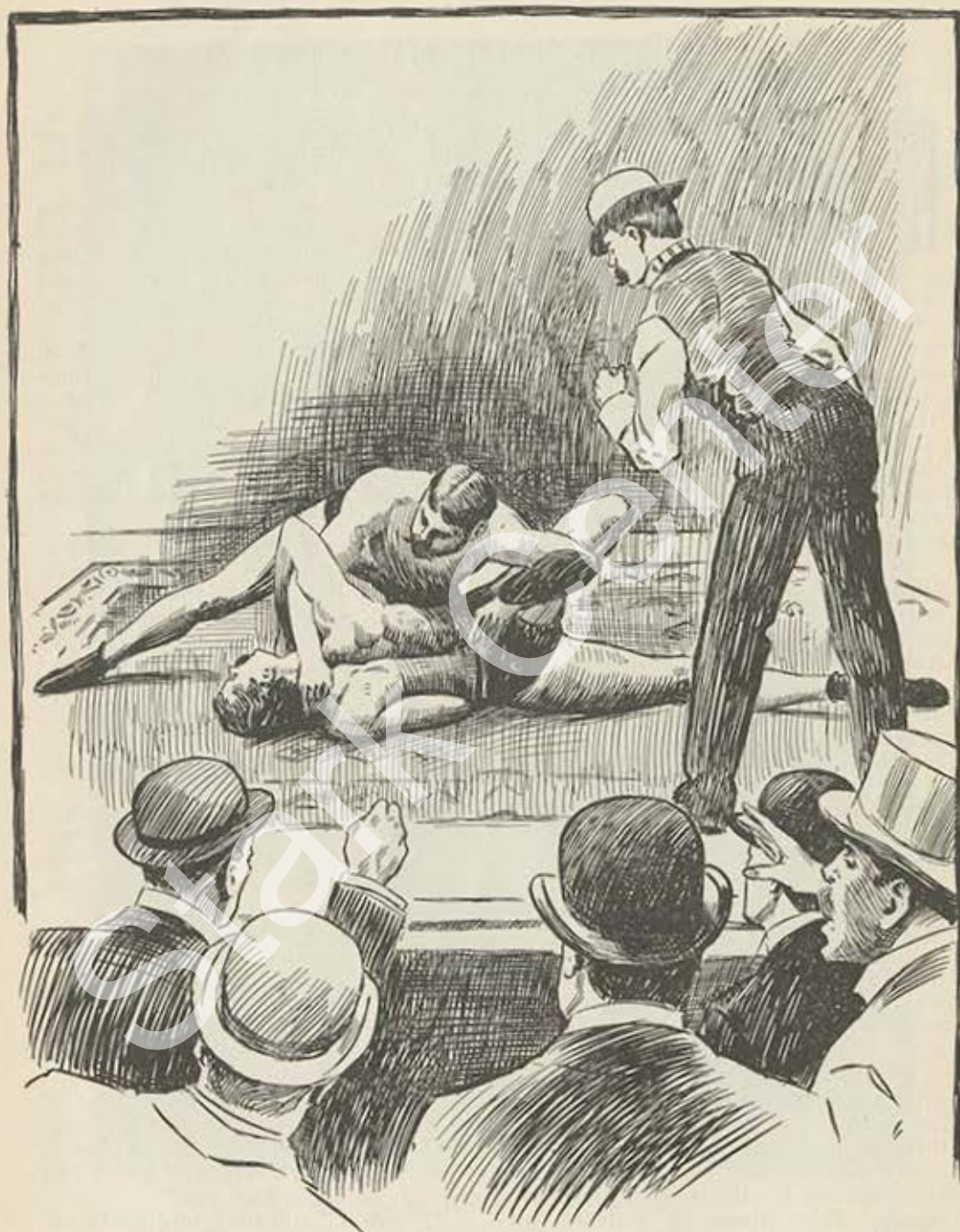
A perfect tempest of gayety followed. The iron-gray youth was pushed forward with cheers and wild applause.

"You wish to accept the challenge of our Hercules?" asked the manager, surprised. "Are you sure? He's immensely strong, and not in a very good humor this evening; he might hurt you."

"I'll risk it," said the gilded youth, insolently.

"You dare to wrestle with me—with me?" cried Michael, furiously.

"Yes, old lady!"



"FIVE HUNDRED DOLLARS!" HE WHISPERED HOARSELY, AS HE FELT HIS SHOULDERS NEARING THE FLOOR.

"Come on, then," said Michael, grimly. "I'll break every bone in your body."

This threat delighted the public. The young man threw off his iron-gray garments and looked handsomer than ever without them. His skin was white and smooth as that of a woman, but his muscles stood out hard as iron. Any one could see that he was a devotee of physical culture.

A murmur of admiration was heard as he jumped lightly into the ring, and, after shaking hands with his adversary according to the consecrated formula, locked arms and began the contest.

From the first the audience could see that the combat was serious; but the manager looked anxious. He was flattered at the intense interest which was manifested by a dead silence, but he knew that Michael was in a bad mood and he felt uneasy.

"Go easy, Mike!" he shouted. "What's the matter with you, man? Don't be so rough!" For the Hercules had thrown his adversary heavily to the floor.

Still, the shoulders had not touched and they began again. A singular contrast they formed, these two men, one a lean, dark, hairy workman, the other a society dandy, yet almost equal as to strength, and equally determined to vanquish.

The combat lasted about ten minutes, with diverse ups and downs, when suddenly Michael got his enemy at a disadvantage and tightened his clasp for the final throw. He had promised broken bones and he meant it.

"Bravo! Bravo!" shouted the crowd.

"One hundred dollars for you, if you will allow me to throw you," whispered the white-skinned athlete as he felt himself lifted in the air.

Michael disdained to reply, swung him around, grinding his teeth, fiercely happy at the thought of humiliating his tormentor, of having him at his mercy, of feeling his body under his knees.

The youth saw that the amount named was no temptation.

"Five hundred dollars," he whispered, hoarsely, as he felt that his shoulders were nearing the floor.

Michael started! There rose before him his home where his wife lay ill and

where his little ones were no doubt suffering for lack of proper care.

"Five hundred dollars! Five hundred dollars!" he repeated. The very sum he needed.

The crowd still shouted in an uproar of enthusiasm over his apparent victory.

"Five hundred dollars!" gasped the tempter, as his shoulders were almost to the floor. "Will you do it?" hoarsely whispered the youth.

The temptation was too much. All his troubles would then be over.

"Yes, I will do it!" whispered Michael, suddenly, as he pretended to slip and lose his footing.

In a flash the other had seized him by the nape of the neck, balanced his huge frame for an instant on his own white shoulder, now all mottled with red, then stretched him out full length on the floor.

The applause grew deafening. Some few yelled out that it wasn't fair.

But Michael, rising, turned about and showed his shoulders covered with dust.

The applause was now mingled with jeers.

"The Invincible vanquished! Hercules in the dust! Hurrah for the dude!"

The dude was already in the midst of his friends, praised, congratulated, patted on the back; accepting it all as his just title.

An hour later Michael, staggering like a man tipsy, opened his door at home.

"Here!" he said to his wife, as he went in, "here's the money to pay off the mortgage, and we'll have more comforts for the kids."

He threw down the roll of bank notes before her astonished eyes.

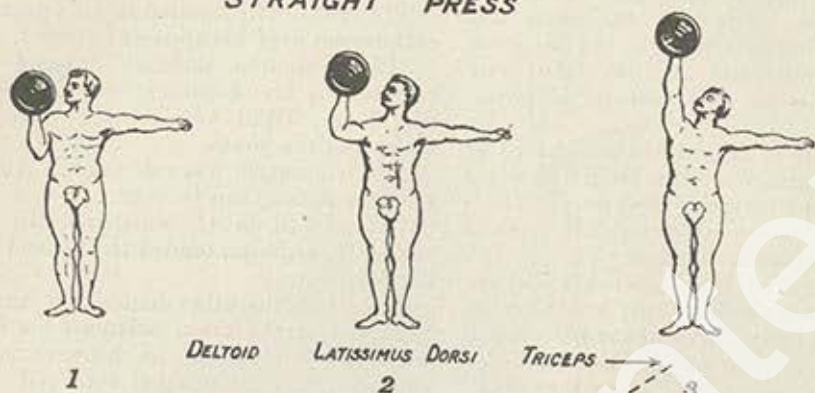
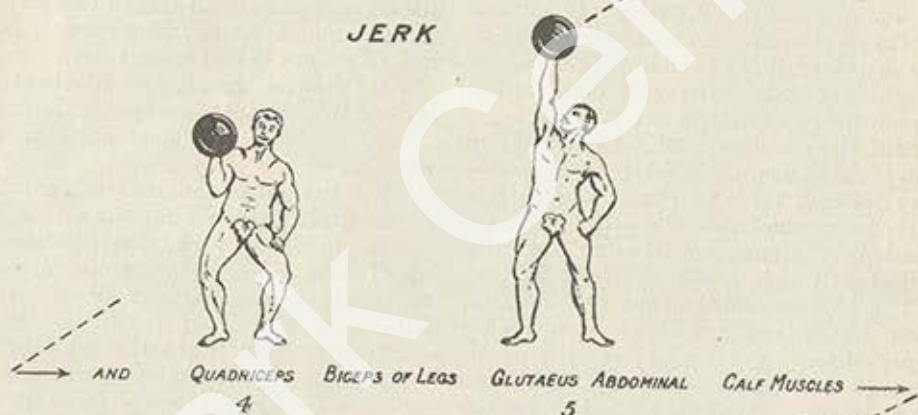
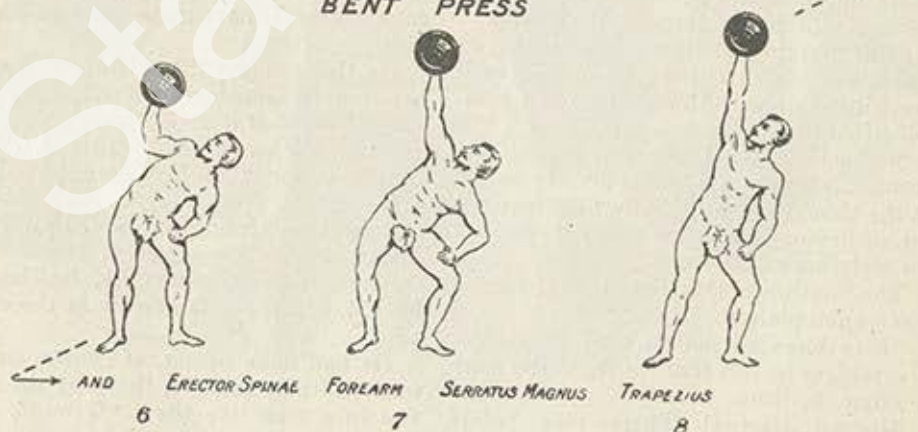
She looked at it with terror.

"Oh, Michael!" she faltered, "what have you done? Where—where did you get this?"

"Don't be afraid," he said, bitterly, "I earned it."

Then, his rage returning, he clenched his fist, and shook it fiercely in the empty air.

He had done wrong, of course, since it was cheating, and yet, think of the sacrifice to a man like that! Wrong? Yes; it was wrong, but it was also sublime.

ONE HANDED LIFTS**STRAIGHT PRESS****JERK****BENT PRESS**

DIFFERENT METHODS OF RAISING HEAVY DUMB-BELLS HIGH OVER HEAD WITH ONE HAND BY SANDOW.

CONSUMPTION CURABLE.

POSITIVE PREVENTION AND CURE OF TUBERCULOSIS (PHTHISIS OR CONSUMPTION) BY NATURE'S CURE.

Aug. F. Reinhold, Ph.D., M.D.

THE astonishing discovery revealed by the result of several hundred post-mortem examinations, made by an eminent French physician, upon the bodies of those who had never even been treated for consumption, and who had died as the result of entirely different diseases—was that 40 per cent. of these cases had at some time in their lives suffered from advanced stages of the disease. Scars in the lungs demonstrated this fact beyond the possibility of argument, and the further fact, that these scars had healed, that the disease had been conquered without medical aid, proves irrefutably that Nature, unhampered, unaided, is able to do what thousands of skilled physicians have labored in vain to accomplish.

Apparently the burning vital question is, "What does Nature do? What is the secret process by which she so cunningly annihilates this deadly foe?" The answer to this question has been the aim, the life study, of the present writer. With the desire of aiding Nature scientifically and understandingly, he has tried to ferret out Nature's secret; if we learn "Nature's Cure" we shall reduce the science of healing to a certainty—no longer leave it to blind chance.

The late Dr. Loomis, a great American authority upon consumption, gave as his opinion that all consumptives died within five or six months after coming under medical treatment. In face of the fact that we all know of cases in which, *without* medical care, patients have lingered for years, what conclusion must we reach? There is only one legitimate result: that medical treatment, as now known, actually abridges life. Within the last two years a premium of \$5,000 was offered by the French Academy to any one who could institute an absolute cure or prevention of

this curse of our century. This simple fact conclusively proves that medical science considers tuberculosis absolutely incurable under existing conditions; that there is but one ending to look forward to—death, either swiftly or lingeringly.

The author, feeling that by Nature's methods tuberculosis is cured as easily as a slight cold, is one of the competitors for this prize. Almost all cases of tuberculosis spring from some slight cold, and the fact that phthisis exists, points strongly to the physician's inability to eradicate the seeds of the "slight cold."

In 1895 a volume showing the various methods of introducing poisonous drugs into the system was issued by two celebrated London physicians, each the head of a hospital for consumptives. Their ingenious ways were many—into the stomach, by means of the mouth; into the lungs, by inhalations of artificially prepared air, and the entire system can be permeated, by means of injections under the skin. These authors treat largely of diet and climatic changes, and their "sheet iron" for almost all abnormal symptoms is—calomel. This work is intended as a standard text and reference book for the medical profession. Its very title is ominous and significant—"Treatment of Consumption"—not cure or prevention, mark you. The existence of consumption is calmly accepted as a normal and necessary condition in life, and the book, after dwelling at great length upon courses of treatment, involving inconveniences and expenses beyond all reason, placidly acknowledges that after every known means have been tried, the disease must and will end fatally. There is no "cure."

The writer, using the book just mentioned as a basis, showed in his treatise on the "cure" of consumption why the drug system (used by all medical people to-day)

must of necessity end as fatally as it always does. He was unable to find a publisher for his book, "because," said the publishers, "no one will buy a book called 'Cure for Tuberculosis'; every one knows consumption cannot be cured." The public believes in its incurability, because it relies upon the medical profession, who have certainly proved, by their methods, that it is incurable. Hence, the public would not buy a book on "cure." The physicians would not invest a cent, even to glance at a possible "cure," because they have irrevocably settled, in their own minds, that phthisis is incurable. At the present day, if a person troubled with a persistent cough appeals to the old-school physician, he proceeds to pull out his sounding instruments and belabors with them the patient's chest. This method may impress the patient as the display of wisdom, but it has no other effect; for, judging by the final result, it assuredly does not point out a way of saving the patient's life. Furthermore, the routine treatment is not only haphazard and experimental, but requires an expensive diet, demands many hygienic conditions impossible to all but the wealthy—such as large, airy rooms, change of diet, horseback riding, etc. Nature's treatment demands nothing which even the poorest cannot provide, and when we compare the complex medical system with our simple curative methods, we feel tempted to say that physicians use this great diversity to mask their futile and helpless attempts at cure.

Tuberculosis is unknown among wild animals or savages in their natural state, and if civilized men suffer from it, the inference would seem to be that there is something unnatural in their mode of living. By avoiding these harmful and unnatural causes, the prevention or cure would apparently infallibly result. We consider that the first grave error of the drug school is in regarding tuberculosis as a distinct entity; whereas the term merely stands for a combination of definite symptoms—cough, expectoration, fever, loss of appetite, irregular bowels, loss of weight, night sweats, presence of bacilli in the lungs, etc. In order to treat the disease rationally, each symptom must be traced backward, step by step, to its origin.

A cough is evidence of an obstruction, and the matter dislodged by expectoration shows the nature of the obstruction—it is diseased matter. Now, how did this foul matter get into the system, of which it forms no natural part? We hold that its entrance was effected in two ways. By the living process, food is changed into poisonous effete matter. Our body is built up from food (solid, liquid or gaseous). If the food introduced be abnormal, the body cannot remain in health; neither can a healthy condition prevail if effete matter (excrements, urine, etc.) be unduly retained. The writer holds that for consumptive patients a vegetarian diet is the only natural diet. This confession will undoubtedly provoke ridicule from the old-school physicians; but the new ideas are ever ridiculed. A rustic entering the city for the first time will laugh at the strange garbs of those he meets; and we, who find some quaint, unknown fishing port, are, in turn, amused at many strange sights. On a larger scale, we laugh at the unusual. Galileo was almost ridiculed into his grave when he gave his discoveries to an ignorant world. So it goes: 'tis ever ignorance that laughs at the unusual—the new. And so, in the case at issue: those who smile at a diet which eliminates meat, only show their ignorance of the true principles of health and disease. Volumes have been written upon the superiority of a vegetable diet to any other; no irrefutable objection has ever been arrayed. People blindly accept the diet of their ancestors, with its resulting train of disease, in the same spirit of irresponsibility with which they accept the Catholic, Protestant or Jewish faith—a simple question of accident. "As our parents did, so do we; it was good enough for my father, it will do for me."

Each particular species of caterpillar lives on a special kind of leaf and will die rather than even attempt to eat any other kind. A goat cannot eat flesh—a cat cannot eat fruit or nuts. So we may go through the animal kingdom, and, in every case, save man alone, find the different animals living on the particular food that instinct demands, and making no effort to procure other varieties.

(Concluded in next number.)

EDITORIAL.



THIS is indeed a progressive age! The science of medicine has become so deep, and mysterious, and intricate that the original object of medicine, the evolution of the highest degree of health and strength, is being gradually lost to sight, and the most eminent students of this science are usually not any stronger or healthier, or more free from disease, than the average mortal.

Age of
Progress.

We are becoming so highly (?) civilized that the original object of civilization, the creation or development of those conditions that tend to make life more happy, more satisfactory, is gradually fading from view. We are becoming so far advanced in law that the original object of law, the administration of justice, has almost disappeared. "Is it lawful?" is the question now asked; not, "Is it just?" Our newspapers everywhere are continually "patting us on the back" with eulogistic articles referring to our wonderful progress, our marvellous achievements in all that pertains to civilization. Unquestionably we have advanced in the world of mechanics, electricity, chemistry, etc., but physical power, the foundation of every civilization and upon which depends its perpetuation, has deteriorated to an alarming extent. We have been forging ahead on the strength of preceding generations. This cannot last. We actually owe the remarkable advancement which we have made along certain lines to the great vigor developed by the active outdoor life of our pioneer ancestors. Their strength has furnished the energy which has resulted in such marvellous achievements. Now, this question stares us in the face. Must this physical deterioration continue until it saps the vitality, the energy of even our mental and moral strength? The future will answer this question. If physical culture is given its proper importance, we may go far, far beyond the wildest dreams of human achievements;

but if otherwise we are doomed to the oblivion that always follows weakness, effeminacy and decay. One generation may grossly disobey the law of health without suffering greatly because of the immense vital strength inherited from the preceding generation, but the following generation suffers severely for the sins of its forefathers, and if these sins continue the result is ultimate extermination.

With all our progress, with all our science, our boasted advancement and enlightenment, I venture the assertion that there is to-day more weakness, more pain, more unhappiness, because of ignorance than there ever existed at any time in the previous history of the world. This is a broad assertion, but view conditions as they are from an unprejudiced standpoint. How many individuals are aware that exercise will strengthen and beautify the entire muscular system? and that it is as necessary to health and strength as food? How many are aware of the enormous effect of diet on health and strength? How many realize the absolute necessity for breathing at all times air which is as liberally supplied with oxygen as when unconfined? How many have the faintest idea of the most simple causes of diseases? To illustrate this most gross ignorance, take a common cold for instance. Does one individual out of a hundred know the cause of a cold? That breathing confined air, overeating, or want of exercise—one or all of these causes produce ninety-nine out of every hundred colds—that exposure is not the real cause of a cold. (Read article on "Cause and Cure of Cold," in this issue.) If a man bruises his finger with a hammer, he does not apply a drug and continue to bruise his finger with the same hammer, but therein we have a most excellent illustration of the usual method of treating diseased conditions now in vogue almost universally. The disease usually is treated with drugs, but no attention is given to

Humanity Suffers More from Ignorance Now than Ever Before.

the actual cause of the disease. A disease is produced by certain causes. Nature made man strong, and he is otherwise only when he has grossly disobeyed the laws that demand pure air, wholesome, nutritious foods and the regular exercise of every power possessed. Nearly every disease in the vast category created by medical science can be traced to the violation of one or more of these simple laws, and when the cause is stopped nature performs the cure without the aid of drugs.

Less than two hours previous to the writing of these words, a most wonderful exemplification of the

**Old Man
Made Young.**

power and necessity of physical culture, which means simply the following of Nature's plain laws, was shown me in a man seventy-two years of age. The average person imagines that physical culture is only for the young, that after attaining full growth but little benefit can be derived from it. Most any one can realize the absurdity of such a theory upon consideration. The muscular system certainly requires more use in early growth if the highest degree of health, strength and beauty is to be acquired, but a certain amount of exercise is essential throughout life—especially so if one expects to retain the vigor and energy accompanying perfectly normal health even in advanced age. The wonderful exemplification mentioned above of the power of physical culture to produce all the vigor and energy of youth in advanced age is illustrated in Thomas Houseworth, a resident of California, now visiting New York. For forty years he followed the occupation of an optician. At sixty-five his health failed, and after three attacks of the grippe, his physician, who had attended him for over thirty-six years, stated that there was but little hopes of his permanent recovery. About this time he became interested in physical culture, and was so impressed that he determined to give it a trial. A teacher was in his locality and he joined his class. The marvelous improvement of his general condition was noted with pleasure. In five weeks he gained five inches in chest expansion. There was a gold medal offered to the member of this class who would perform

the movements most gracefully and accurately, and, notwithstanding his extreme age, and though there were two hundred and ninety competitors, he succeeded in winning this medal. He is an enthusiastic cyclist and rides from fifty to sixty miles per day with ease and is considered the champion high kicker in his locality. As I conversed with this aged gentleman, whose appearance would hardly indicate that his age was over fifty, I recalled to mind the thousands—millions—of aged men and women who might just as well be enjoying the power and energies of youth along with him, if they would only obey the dictates of Nature's plain laws.

The corset is to-day by far a greater curse than the curse of intemperance. It

**The Corset
Curse.**

causes more physical deterioration, more suffering, more disease, and it ruins more homes. These woman temperance advocates must remember that the man who cries the loudest does not necessarily do the most harm, nor are the evils the most destructive which are the most plainly evident. It is hidden vices—the deeds of darkness—that do the most to wreck human lives. In one of our well-known dailies there appeared recently an illustrated article showing how a prominent entertainer, Yvette Guilbert, was compelled to have one of her kidneys removed on account of tight lacing. Thousands of women suffer from pains in the back, which are nothing more than the outcry of this important internal organ against the terrible pressure that ultimately destroys all health and with it all happiness. I quote the following from the *World*: "A woman went into one of the large stores on Sixth Avenue Friday last, and came out with a broken rib and without corsets. She was sent to her home in Central Park West and she asked that her name be kept secret. When the woman entered the corset department of the store, she said she wanted a snug fitting pair of corsets. In the dressing-room the corsets were adjusted and with one vigorous pull at the laces something snapped. The woman sank fainting into a chair. A physician, after an examination, said a rib had been detached. Yards of bandage were wrapped around her and

the victim of corsets warned to forego tightening lacing for a time."

The ridiculous assertion made by many would-be scientists that meat is necessary to the attainment of the highest degree of physical vigor never received a more severe setback than in the six-day bicycle race recently held at Madison Square Garden. The winners of that race, who rode about three thousand miles in six days, ate absolutely no meat during the entire race. I am not a vegetarian, nor do I accept the theories of

No Meat
Diet.

the extremists along this line, though I do not eat much meat—sometimes will not touch it for days. I do believe, however, that thousands of lives could be saved if meat was discarded under certain conditions. If I could be easily supplied with a vegetarian diet of sufficient variety, but little meat would ever pass my lips. If I acquire a cold, or I am feeling below the standard of physical excellence, I always immediately abstain from meat. Meat will give you greater immediate strength, but if endurance is desired—the energy and power to go on and on without fatigue—a vegetarian diet is by far the best.

QUESTION DEPARTMENT.



IMUST apologize to numerous readers whose questions remain unanswered, but such a large number of queries are being received that it would take up a larger part of the publication to answer them all. I have, therefore, tried to select those that would be of the most general interest. There is probably no need for me to say that my heart is in this work, that it is to me like a religion, but unfortunately nothing is a success in this day and age unless it is also a financial success, and we have to apply the same business rules to our publication that are used by others. It is our inclination to be philanthropic. I would like to send this magazine broadcast free to every interested person, but we have paper and printing bills to pay and must adhere to strict business methods. Some day we may be able to follow a different policy.

Question—Can you give me a remedy for eyes that water easily in the wind, and are not strong in concentration?

Reply—Bathe eyeballs in mild solution salt and water twice daily. Take exercises advised in November issue of PHYSICAL CULTURE. Also take same exercises with eyes closed and with fingers pressed against the eyelids.

Question—Please suggest exercise for filling out face and enlarging the neck.

Reply—Take those exercises that use and tire the muscles of the neck. Move the muscles of the face in every possible direction, and tire them thoroughly. It is sometimes necessary to build up the general health in order to give the features proper rotundity.

Question—Please give a remedy for catarrh.

Reply—The next issue will contain an article on "The Cure of Catarrh by Natural Means."

Question—I am troubled with black heads and pimples. Please name a remedy.

Reply—Rub the face twice daily with soft bristle brush. Wash frequently with Castile soap and hot water, always rinsing with cold. Adopt means to improve the general health.

Question—Could you advise me how to improve my circulation? My fingers and toes are always cold in winter weather.

Reply—Take a cold sitz bath daily of about one or two minutes after ten or fifteen minutes' vigorous exercise immediately on rising. Confine your diet to nutritious, wholesome foods. Breathe pure air.

Question—Would you advise me to use a Whitely Grip Machine and Robert's "Home Dumb Bell Drill" in connection with your system of training?

Reply—The more variety that can be

introduced into your exercises without sacrificing the main object of exercising the entire muscular system, the more pleasure there is derived, and consequently the benefits are greater. Get as much pleasure out of your exercise as possible.

Question—Can you publish a cure for constipation?

Reply—Take a great many of those bending exercises, backward and forward, and from side to side. Knead the abdomen with both hands. Draw in the abdomen as far as you can, then expand it as far as you can at least fifty times each day. Take a cold sitz bath of one minute after vigorous exercise on rising.

Question—Please give me a cure for round shoulders.

Reply—Exercise No. 2 of my instruction book. Walk from four to five miles daily; draw many deep breaths during this walk, and each time the lungs are filled to their fullest capacity bring the shoulders up and back, and hold them in that position. After a time the muscles holding shoulders back will become strong and this position will be natural, and your trouble will have disappeared.

Question—My digestion is poor. Can you benefit me?

Reply—Take regular exercise; walk four to five miles per day, taking many breathing exercises. Eat only nourishing, wholesome, appetizing foods. Don't eat too heartily: better too little than too

much. Eat fruits—shun white bread—eat graham bread instead.

Question—Six letters have reached me asking if varicocoele can be cured by natural means.

Reply—A natural-cure physician, just returned from abroad, whom I can recommend, claims to be able to cure it with hydropathic means. Send address and we will forward his name.

Question—Can knock-knees be remedied?

Reply—They can be partly remedied, and in many cases entirely cured by remedial exercises. Take those exercises that tend to bend the knees in proper position. Cross the knees, tailor fashion, and while holding on a chair, raise and lower the body until tired several times each day. Adopt means to build up general health—this will assist. Also massage knee joints with olive oil daily.

Question—What would you do if threatened with pneumonia?

Reply—Stop eating. Drink all the water I could. Take as much exercise as I could endure. Remain in the open air as long as I could keep warm. Use great care, avoiding badly ventilated rooms. Might also take Turkish or internal baths if symptoms were severe. These methods will stop the disease—not in occasional cases—but in nearly every case. Thousands are killed annually by the medical treatment for this disease.

HEALTH HINTS.

1. Keep temperature of occupied rooms about 70° F.

2. Always sleep with window open at top and bottom.

3. Air bed for half an hour in morning by removing all the bedding and hanging the same out of the window or on a chair in front of the open window.

4. A rapid mode of changing the air of a room is to open all the windows and then swing the door violently to and fro a number of times.

5. Never sleep with underclothes on.

6. Always hang up underclothing in front of window at night to air.

7. Wash the whole body once daily.

8. Drink plenty of pure water.

9. Don't forget man needs a mixed diet.

10. Always breathe through the nose and never through the mouth.

11. Never ride when you can walk.

12. Avoid overcrowded and overheated cars, buildings, etc.

13. Exercise for at least fifteen minutes each day. J. H. THOMPSON, M. D.



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DOES EVERY DISEASE HAVE A CAUSE?

Of course you answer: "Yes."
The causes of acute diseases are generally known; microbes, germs, bacteria, poisons of various kinds taken into the blood; but what about chronic diseases?

The causes of chronic diseases are deep down in the system, some obscure fault with the nutrition of the organs, local congestions, displacements, etc., etc.

How are these chronic diseases to be cured? Will the use of drugs, elements that are foreign to the system, and in most cases poisonous in themselves, reach the cause of the disease? Even if we grant that the drug sometimes removes the result, it does not cure, because the cause remaining, the result is bound to reappear.

Take the dyspeptic, for instance, and you find that he or she has taken numberless remedies, and is a dyspeptic still. All the remedies may have given temporary relief, none have cured. How many hundreds of tons of pepsin preparations are used by dyspeptics every year, and yet a moment's reflection will show that these preparations cannot cure. At the most they simply do the work in the stomach that the stomach should do for itself, namely—digest the food.

You would not expect a child to learn to walk by being carried all the time. It becomes strong enough to walk by trying to walk. We fall to see, then, how putting the pepsin from a pig's stomach into the human stomach, and letting the former do the latter's work, strengthens the latter.

To bring about a cure

MORE RADICAL MEASURES

must be resorted to, something that will change the condition of the stomach glands. The very worst cases of dyspepsia, those that have lasted for years, can be cured by exercise, attention to diet, and the employment of our simple physiological measures that can be used by any one at home.

Another person resorts to drugs to cure constipation. These drugs act as an irritant to the intestines, and the trouble is temporarily relieved. But every sufferer knows that these drugs do not cure; that, on the contrary, the disease is aggravated by the remedy; for the intestines learn to depend on these stimulants, as the drunkard does on his dram, and they must be given in increasing doses.

What is true of dyspepsia and constipation is true also of jaundice, biliousness, headache, loss of appetite and all stomach and liver troubles.

Another class of diseases that cannot be cured by medicine is the chronic disorders peculiar to women. The unfortunate woman with a difficulty in the pelvic region, if she once commences "doctoring," in most cases haunts the physician's office until her money or her patience has given out, and, as a rule, she gets but temporary relief. The blisterings, burnings, and probings she has been subjected to have not touched the cause of the disease, and naturally when the cause continues similar results

will follow. The use of artificial supports, pessaries, etc., does not strengthen the natural supports of the womb, more than a crutch strengthens the lame leg.

How many thousands of American women are suffering to-day from pelvic disorders and womb troubles, who through modesty or lack of means, never seek the physician's aid. Yet it is no exaggeration to say that nine-tenths of them have the cure in their own homes and without expense.

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We appeal to yourself, if you are a sufferer. Confess now, have you not been a medicine taker for years, if not all your life, and can you honestly say that you have received permanent good from all the "cures" you have tried?

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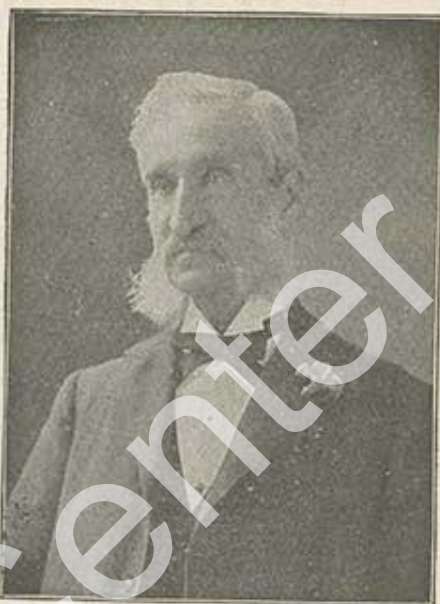
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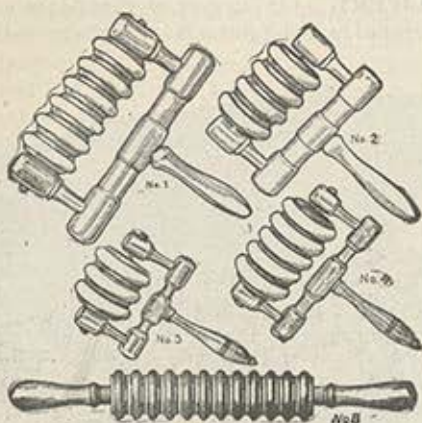
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Macfadden, "editor, athlete and lecturer," appeared last night at the Y. M. C. A. Music hall, giving his lecture on "Superb, Intoxicating Health, How All Can Acquire it." Macfadden, who seems to have no knob to his name, is a superbly developed young athlete, developed, it is said, from a young man of excessive weakness. As an introduction to the lecture he gave several poses that were very effective and otherwise excellent. It was difficult for one to look at the network of muscles in the young man's back, the big neck, fine shoulders and strongly developed arms and fine lower limbs, and realize that this development was from the weakling that was pictured in one of his books.

The young lecturer said that hardly anyone took enough exercise, but he deplored the excess that others carried the matter of training to. His whole lecture was along the lines of moderation, and he said that he himself had rather overdone the matter; that his development was rather more than it should be. He held up Apollo as the example of a model man, physically, and said that Samson, Hercules and the other big men had sacrificed vitality in getting their strength.

Others said that physical exercise was at the sacrifice of the brain. This was nonsense, as physical culture made better blood and better blood made more active brains. He spoke of the Grand Old Man Gladstone, holding him up as an example of physical manhood. Gymnasiums, he thought, had done more for manhood than any other institution on the earth. Dewey had always been an athlete, and even now took fencing lessons, he said. Governor Roosevelt once received a whipping from a stronger boy and at once set to training and built up a strong body from a weak one. He admitted that medicine was necessary at times, but when a person was suffering because of inactivity, he should not resort to drugs.

The use of the whole muscular system without straining it, he said, was physical culture in a nutshell. The exercise should be practiced systematically, and the more pleasure the aspirant got out of the work or play the better would be the result. He said regarding food that he had eaten but two meals a day for the past ten years with excellent results: Walking was the best of all exercise, running was also excellent. Alcohol and tobacco he tabooed. A cold bath he thought could be taken with beneficial results by nearly everyone, but warm baths should also be taken.

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