

# PHYSICAL CULTURE

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## RUNNING FOR STRENGTH.

By Bernarr Macfadden.

**I**N a previous issue I called especial attention to walking as an exercise, and also mentioned that running was of superior value. This is especially true for those who are sufficiently strong to take such a vigorous exercise. I know that the average man and woman are under the impression that running is too violent, and that it is dangerous on that account, and that they are not sufficiently strong to indulge in an exercise of this character. There was never a greater mistake than this. One must indeed be weak not to be able to run, and as a means of increasing lung power and developing general strength it can hardly be excelled.

Of course, I am aware that the average individual can hardly run a block without being "all out of breath." This is the experience the first time running is attempted in nearly every case; but, after impressing you with the importance of running as an exercise, I wish to show in this article how easily one can cultivate endurance in running. After this knowledge has been acquired a run of one, two, or even ten miles, is not beyond a person of average strength.

I know many are under the impression

that the vigorous heart action induced by running is dangerous; but I wish to say right here that I have never known anyone to be injured in this way by slow running. In fact, my experience has shown that in every case it is beneficial to a weak heart. It will strengthen the muscles of the heart as it will any other part of the body.

When one acquires sufficient strength to continue a slow run until profuse perspiration is induced, every part of the internal body is cleansed by the exercise. For internal cleansing purposes it is superior to a Turkish bath, for it cleanses the entire functional system, washes the interior surface just as soap and water

washes the exterior body. Furthermore, it is superior to a Turkish bath, for as it cleanses the body it builds strength. It improves the color, form, and gives increased vigor to every internal organ.

I can hardly emphasize too strongly the value of running; and now I wish to call attention to the ease with which one may learn to run, and if the reader will follow very carefully the instructions here given he will really be amazed at the rapidity with which his endurance increases.

First, it will be well to remember that running to a still greater degree than walking is really a continuous fall for-

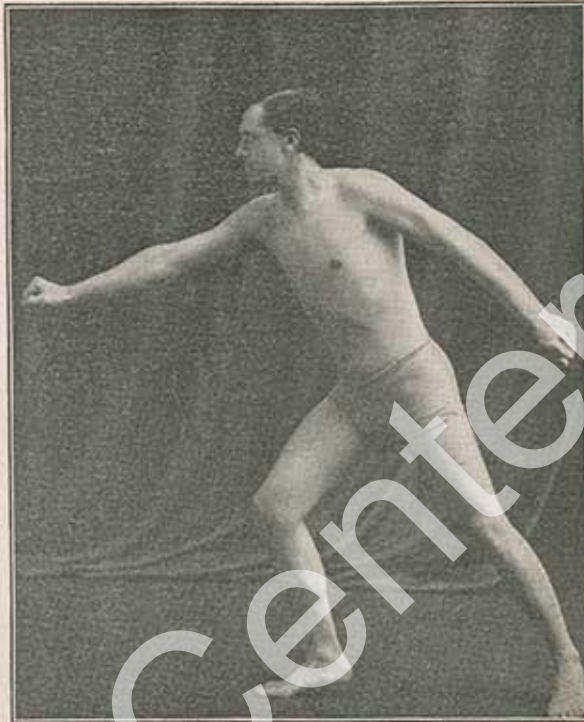


THE SPRING START.

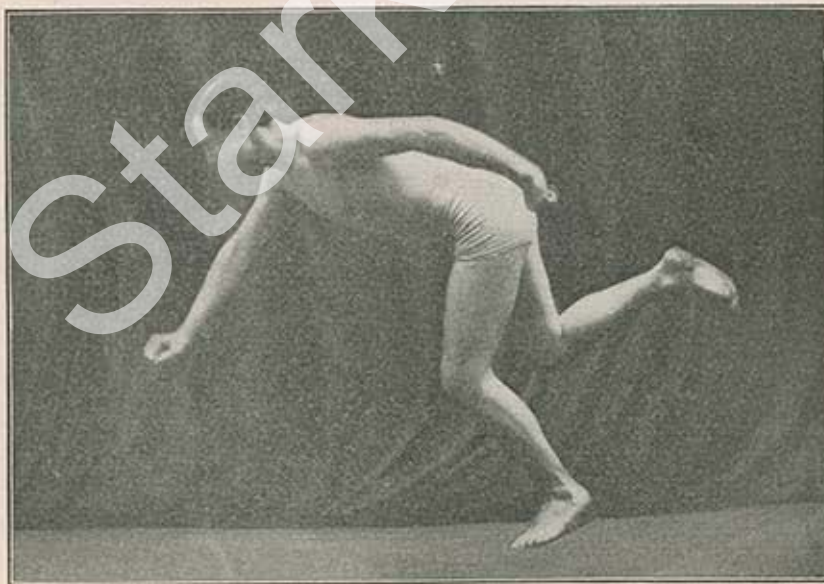
ward. The body should always be inclined well forward. Each spring of the foot should push one forward. This is of unquestionable importance; but the information which is of more special value is the position of the body to be maintained and the breathing.

The shoulders should, of course, be held far back and down; absolutely no restriction should be allowed at the waist line, and deep abdominal breathing should be practised during the entire exercise. Before beginning the run inflate the abdominal region to the greatest possible capacity several times. Now, remembering the necessity for always breathing through the nose, begin running very slowly. Remember that the same length of time should be given to inhaling as you give to exhaling.

One of our trainers at the Health Home taught his pupils a method of measuring the actual time spent in inhaling and exhaling by merely counting the steps. If the time devoted to eight steps were required to inhale, the same time was



STANDING START.



THE RUNNER.

used in exhaling. The principal object of this is to preserve harmony and regularity in breathing, and furthermore to see that sufficient oxygen is supplied to the lungs, in order to meet the increased demand necessary in vigorous exercise of this kind.

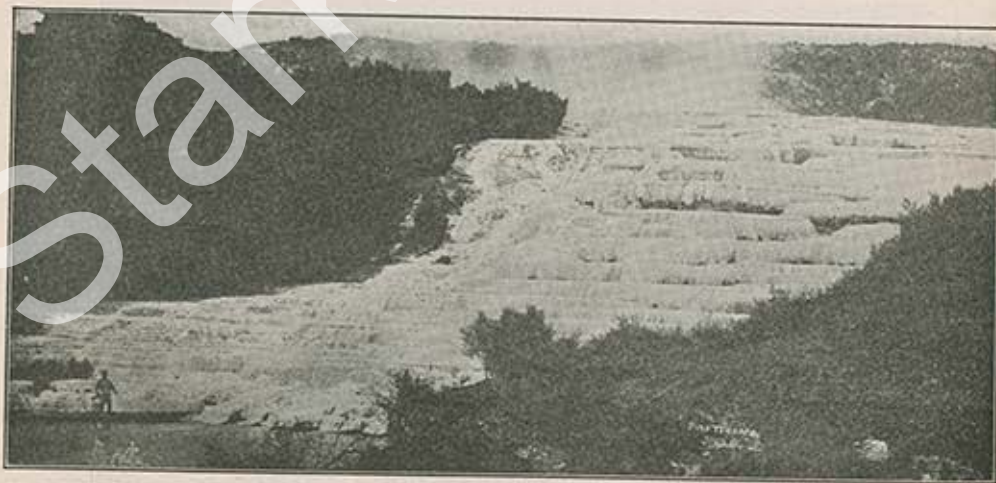
Now, keeping in mind the necessity for this harmonious breathing, that is to take the same length of time to inhale as you do to exhale, continue your running, increasing slightly your speed; every eight or ten breaths that you draw you should endeavor to draw an additional breath—that is, fill the abdominal region to the greatest possible capacity. This will inflate every air cell and enable you during the entire time to draw in a greater amount of air, and thus secure a greater quantity of oxygen. If you pay particular attention to these rules in breathing, after practising about two weeks you will really be amazed at the distance you will be able to run without “giving out.”

Never breathe through the mouth. When you are breathing so fast that you are compelled to breathe through the mouth always stop and rest. If a “stitch” or pain is noticed in the side stop and rest, though each time you run the ten-

dency to this will lessen, and finally you should be able to free yourself from this symptom altogether.

Of course, the first day or two you will not notice a great difference; but I will be surprised if after the third or fourth attempt you should fail to run double the usual distance, if due attention is given to the instruction in breathing. It would be well to remember that as your ability increases, your strength and functional vigor will increase to almost a similar extent. As you grow stronger the exhilaration, real pleasure of running, will develop, and in time you will find the exercise will have an exhilarating influence superior to any other exercise you may take.

I have been in the habit of running two or three miles before taking a bath in the morning, and would not miss the benefit I derive from this exercise for any amount. It is more convenient for me to run at this time, though the time of day the exercise is taken is not of very great importance. One can run before they retire, or some time during the day, though the morning air is usually better, and running in the open air is far more beneficial than in a gymnasium or other inclosed place.



SCENE NEAR AUCKLAND, NEW ZEALAND.

## TO LIVE ONE HUNDRED YEARS.

By William Bash.

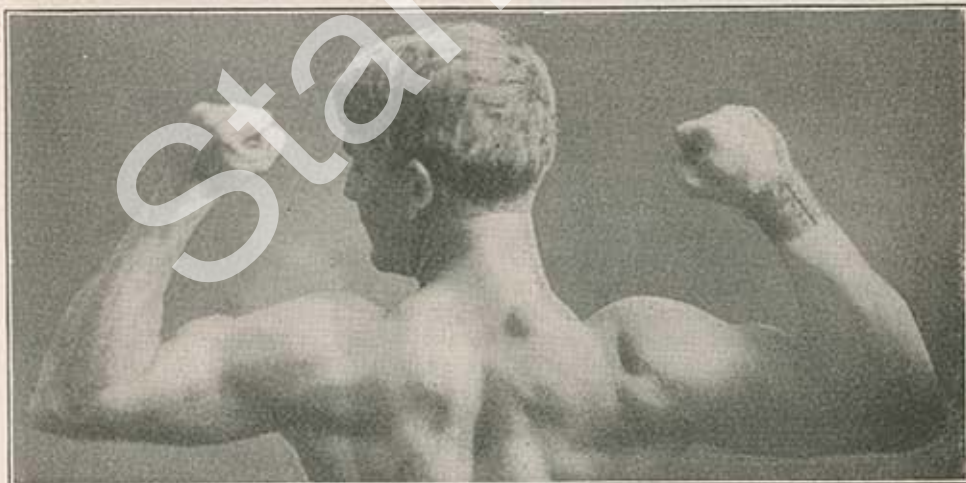
**T**HE common idea is, that longevity depends entirely on inherited constitution. The man whose father and mother, grandparents and great-grandparents attained a high average age is supposed to have a much better chance of long life than one whose forefathers have been short-lived. Probably, there is much truth in this idea; but it is not improbable, and the point seems worth careful study, that longevity is affected indirectly rather than directly by inheritance. It may well be that the descendant of long-lived folk is apt to be long-lived, not solely or chiefly because he inherits constitutional peculiarities tending to length of life, but because he inherits qualities leading to temperance and abstinence, by which life is prolonged, or even simply because temperance and abstinence have been encouraged during his youth by example and by precept.

## THE CASE OF LOUIS CORNARO.

Considering the question of longevity from this point of view, the case of Louis Cornaro, which has always been thought

most instructive, becomes full also of encouragement.

In the first place, it must be remembered that Cornaro (who was born at Venice about the year 1467) was a man of weak constitution. Moreover, from the age of 18 to that of 35 he pursued courses that would have seriously taxed the strongest constitution. Life at 35 was a burden to him because of the disorders brought on by riotous living and indulgence in every kind of excess. The next five years were passed in almost unremitting suffering. He was told by his physicians, when 40 years old, that nothing could prolong his life for more than two or three years, but that such life as remained to him might be less painful than the years he had recently lived if he would adopt more temperate habits. If ever there was a case where inherited constitution and an intemperate life threatened an early death, this was one. But, as events befell, it turned out that if ever there was a case where the life-preserving effects of wise regimen and abstemious habits were demonstrated, Cornaro's must be cited as especially significant.



C. E. GREASON, NEWARK, N. J.  
Result of One Year of Physical Culture.

At the age of 40, Cornaro began gradually to reduce the quantity of food, both liquid and solid, which he took each day,



AUGUST 1712, BRIDGEPORT, CONN.

till at length he only took what nature absolutely required. He tells us that at first he found this severe regimen very disagreeable, and confesses that he "relapsed from time to time to the flesh-pots of Egypt." But by resuming his efforts after each failure, he succeeded in less than a year in adopting permanently a spare and moderate system. By this time he was already restored to perfect health. But thus far he had only followed the counsels of the physicians somewhat more steadily than they expected, or than is usual in such cases, and therefore with unexpected good results. It was after he had recovered his health that he went on to those experiments by which he seemed to show how

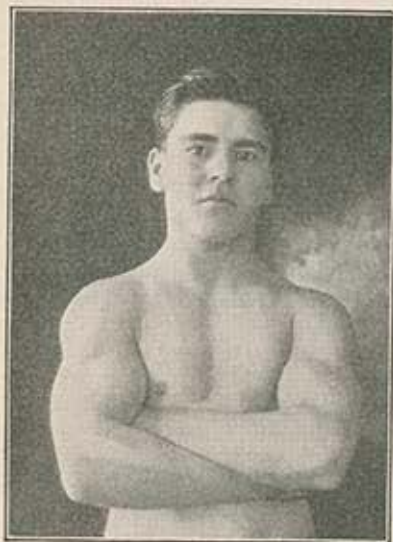
life may be extended far beyond the Psalmist's allowance.

From *Temperance* he proceeded to abstemiousness. Undeterred by the doubts of his physicians as to the wisdom of such a course, he diminished his daily allowance of food until at last the yolk of an egg sufficed him for a meal. Throughout the time when he was thus reducing his allowance of food his health and spirits kept improving. Nay, he tells us that even his enjoyment in eating had increased; for he says he could now get more pleasure from a small meal of dry bread than he had ever obtained in the days of his excesses from the most exquisite dainties of the table. As regards regimen, Cornaro simply "avoided extremes of heat and cold, over-fatigue, late hours, sexual excesses and all violent passions of the mind;" he took modest exercise in the open air; and his chief pleasures were those obtained from literary and artistic study, from the contemplation of fine scenery, noble buildings, beautiful combinations of colors, and sweet music.

When Cornaro was within two years of fourscore, his diet was regulated, in quality and quantity, as follows: In four meals he took each day twelve ounces in all of solid food, consisting of bread (stale, of course, for he was not weak-minded), light meat, yolk of egg and soup; of liquid food, other than pure water, he took fourteen ounces of light wine. Thus his solid food, equally divided among four meals, amounted to only three ounces per meal, while he took per meal about three and one-half ounces, or as nearly as possible one-third of a tumblerful of claret or some other wine of the kind.

*It must be noted*, however, that this extreme abstemiousness, as well as the special nature of the food, solid and liquid, consumed by Cornaro, must be regarded as actually essential parts of his experience so far as longevity is concerned. We may reasonably attribute his exceeding sensitiveness in regard to food to peculiarities of constitution. He tells us that his medical friends, deeming his allowance too small, urged him to add two ounces daily to his solid, and as many to his liquid food, a change which he adopted for a while, but had presently to

discontinue, because his vivacity was destroyed, and he was becoming peevish and melancholy. But this, while it



W. LEPANIER, CHIPPEWA FALLS, WIS.

shows that Cornaro was exceptionally sensitive and had probably a very weak constitution, only strengthens the evidence which his case supplies as to the advantage of temperance and even abstemiousness. If one so weak could live the life of a very strong and hearty man merely by reducing his food to what many would call "starvation point," what resources there must be in an abstemious life for those of strong constitutions who shorten their lives by what most men call simply full and generous living.

At the age of 83, Cornaro wrote his treatise, "The Advantages of a Temperate Life," adding later three other discourses on the same subject. His fourth and last discourse, which appeared in a letter addressed to Barbaro, Patriarch of Aquileia, was written at the age of 95. In this he says "he finds himself in possession of health and vigor, and in perfect command of all his faculties." According to some accounts, Cornaro lived to the age of 104, which Addison seems to have believed, for he says that "having passed his hundredth year, Cornaro died without pain or agony, and like one who falls asleep." But comparing Cornaro's remarks in his discourses with the best in-

formation we have up to the time of his death, which appears to have occurred in 1566, it would seem that he was either in his 99th or 100th year when he died.

How much Cornaro's abstemious and ascetic ways must have had to do with his remarkable vitality may be inferred from the fact that having, when 70 years old, met with a terrible accident, by which his head and body were battered and a leg and an arm dislocated, he recovered—though the physicians had pronounced his injuries fatal—almost without medical treatment, and without any feverish symptoms.

#### THE CASE OF THOMAS WOOD.

In passing, I may mention the case of Thomas Wood, known as "the abstemious miller," who, though he did not attain to remarkable old age, yet illustrated the advantage of such a system as Cornaro's for persons whose vitality has been reduced by gross living. Wood had grown excessively corpulent, and was suffering from a number of ailments, including rheumatism and frequent attacks of gout. He had read Cornaro's treatise, "A Sure Means of Prolonging Life."

Gradually adopting the system there recommended, he soon found "his health established, his spirits lively, his sleep no longer disturbed by frightful dreams, and his strength and muscles so far improved that he could carry a weight of a quarter of a ton at the age of 50, whereas at 30 he had not been able even to move so much." He lost 150 pounds of his weight; but the exact amount is not known, and he was superstitiously unwilling to be weighed. Unfortunately, he was not content to follow Cornaro's experience, but tried absurd extremes of abstinence, absolutely going without liquid food altogether during the last sixteen years of his life.

His case, then, only shows what a burden is taken from the system when the quantity of food is reduced even far below what is commonly regarded as a moderate amount; he did not join, as he hoped, the ranks of the centenarians, though all who had known him as a corpulent and gouty epileptic at 44, regarded it as almost a miracle that he had lived a strong and hearty man from that till his 64th year.

As a matter of fact, the experience of Cornaro, while it proves that men may hope to live a hundred years if they save their system from the burden of over-feeding, by no means proves that by exceeding abstemiousness only can men attain what we ought to regard as the true limit of life, instead of dying prematurely at threescore years and ten, or perhaps at four score years.

An able physician once said: "In all my experience I have never known but one man who really died a natural death;" and he went on to explain that a man can only be said to die a natural death when he dies all at once, when the organs on

which circulation, respiration, and nutrition depend, all fail about the same time; whereas one man dies because circulation fails; another because the respiratory organs give out; and yet another because stomach, liver, kidneys or bowels become unequal to their work. In fine, the secret of longevity lies in the attainment of a natural life to be brought to an end by a natural death; and nearly every man, did he give his vital powers fair chances, would find that, like

The wonderful one-hoss shay,  
He was built in such a logical way  
As to run a hundred years to a day,  
And then, of a sudden to pass away.

---

## THE HEART

**T**HAT wonderful machine, the human heart, goes night and day for eighty years together, never stopping in its great life-pumping employment either for rest, nourishment or amusement. No other machine in the whole world is like unto it in the enormous amount of work accomplished or in the wonderful ease with which it effects repairs. It makes 100,000 strokes for every twenty-four hours, having at every stroke a great resistance to overcome. Now, each ventricle, or cell of the heart, contains at least an ounce of blood; the heart contracts 4,000 times in an hour, from which it follows that there passes through the heart every hour 250 pounds of blood. The whole mass of blood on an average is equal to twenty-five pounds. Hence it all passes through the heart ten times an hour, or once every six minutes. In spite of the enormous amount of work it does, which indicates great strength, its adjustment is extremely delicate and easily deranged by over-exertion or dissipation. It derives its motor power from the brain, with which it is connected by a system of nerves. It is these nerves which are first affected, together with the rest of the nervous system, by dissipation and the use of tobacco and other stimulants.



## WHERE DOES HYGIENE LEAD US WITH REFERENCE TO THE MATTER OF PREVENTION OR CURE OF DISEASE?

By Charles E. Page, M.D.



THE tendency of hygiene is, first of all, to damn medicine and the usual methods of medical men. Strictly speaking, it does actually and effectually condemn drugs and much of all that to-day passes for "regular" treatment for sick and ailing persons. Sneer as we may at the patent medicine fakirs and the Christian Science, Mental Science and Faith-cure humbugs, it is still to be admitted that what is termed "regular medicine," or medical treatment, is at the bottom of all these makeshifts. So long as so-called educated medical men, the graduates of the medical schools, tacitly promise improvement in health through the physiological action of poisonous drugs, so long will the proprietary medicine advertisers and the non-medical, but still unhygienic, fakirs above-named continue to flourish, and, moreover, they ought to; for, speaking generally, the advertised remedies are less harmful than the prescriptions of drug doctors; while the strict Hahnemannians (pure homeopaths) and other faith-curers are benefactors of the race in that they save the people from potent drugs. The liquid medicines so widely advertised are mainly mild alcoholic and laxative compounds, and while all that sort of thing is mischievous it is less so than the stronger alcoholics and more powerful purgatives employed by many, if not most, practicing physicians. It is all destructive to health, finally; while only good results are produced by hygienic methods, including physical training (rational all-around exercises, when the patient is in condition for that), skillful hydrotherapy, appropriate diet, etc.

The study of hygiene, or the health-laws of nature, as Dr. Oswald terms it, or, again, the laws of the animal organism by

means of which it is forever working in the interest of its own soundness, even when the "machine" is apparently running wild, as in the crises of critical acute sicknesses, the symptoms of which are so woefully misinterpreted by most medical men, who seek by means of potent drugs to "down" these symptoms, instead of appreciating what the organism is striving to do and employing measures to aid it—the intelligent study of this matter in all its bearings provokes our abhorrence of the prevailing medical treatment for disease, and, also, of much that passes for skilled surgery. The cutting, to be sure, may be, and usually is, done in the most skillful manner; but, alas! too often it is not only needless but positively mischievous in its effects, both immediate and remote.

What are these unhygienic doctors doing for the injury and even degradation of the people? Better ask, what are they not doing to this end? They teach reliance upon drug-poisons for the cure of diseases; as the substances that are universally known to be harmful, even deadly to the well, are given to the sick! They are turning over to the surgeons patients who might readily be restored to sound health by skillful hygienic treatment. Surgeons are, for big fees and false reputation, cutting out appendices when, if they had their just deserts, they would be "cutting the fringe off their own trousers," or cutting cord wood, or doing some such honest service in the world. And in this I am far from asserting that there is no field for skilled surgery, legitimately performed. They are constantly removing the generative organs of women, not only of married women but of virgins, in cases in which they themselves ought instead to be turned over to the tender mercies of the vivisectionists who might better make use of such material than engage in the fiendish

work of torturing innocent animals "in the interest of science!"

Readers may be disposed to ask if he who is thus scourging the professions of medicine and surgery can himself be a regular M.D.? Let me in this connection refer to a page in Harold Frederic's "The Damnation of Theron Ware." The young divine in his visits to the parish priest had become acquainted with an intimate of the good old Father, one Dr. Ledyard (if this is the name). On one occasion the young man asked if the title signified that he was a medical, or theological, doctor, and received this reply:

"So far as two or three parchments bear evidence, I suppose I may be styled a doctor of medicine; but I long since gave up practice." Theron ventured to express surprise that having once entered upon the field of science anyone could willingly withdraw therefrom. "But," the doctor replied, "you speak as though there were some connection between science and medicine! Why, my dear sir, they are not even on speaking terms."

One of the foremost of young regulars in the city of New York, in a private letter to the present writer, made this remark: "There is nothing that the profession and laity so much need as a realizing sense of the rudimentary principles of hygiene, with which the vast majority have scarcely a bowing acquaintance."

What are physicians doing under direction from so-called Boards of Health? Here is an item of great significance in this connection, a clipping from the morning papers of Nov. 6, 1901: "Another case of Lockjaw in St. Louis. —St. Louis, Nov. 6.—The 13th fatal case of lockjaw, resulting from the injection of antitoxin for the treatment of diphtheria, was reported to-day. Charles Oytron, 11 years old, was the victim. His death occurred several days ago, but was not reported at the time." Fully a dozen years ago, in an article entitled "Horse Sense vs. Horse Serum," the present writer essayed to show the utter folly of the antitoxin treatment for this disease, taking precisely the ground at present taken by the very few physicians who have come to have more than "a bowing acquaintance with hygiene." The

whole miserable business of serums, anti-toxins, and inoculations, now so widely employed, is one of the most insane of all known delusions, in or out of medicine. Inoculate—what is the definition of the word? "*To insert the virus of a disease.*" Compared with the mysticism of such a method for the prevention or cure of any disease, Christian Science, which is neither Christian nor scientific, is almost entitled to the consideration of rational beings.

Persons holding only superficial ideas concerning the potency of hygienic treatment make the grand blunder of concluding that while the method is efficient in the matter of prevention, and even in the management of trifling disorders, it cannot be depended upon in the more severe sicknesses, as pneumonia, typhoid fever, diphtheria, etc. The fact of the matter is, that the more frail and delicate the chronic invalid, and the more critical the acute sickness, of old or young, no matter how generally fatal the malady, the more essential it is—why not, indeed?—to have hygienic, instead of unhygienic treatment. It is very significant in this connection to consider the fact that it is one of the rarest things to find any routine medical practitioner treating any critically sick member of his own family. The attempt is always made in these cases to explain the curious phenomenon on the basis of the physician's "nervousness" in attending his own dear ones. But, I have observed that it is only the drug doctor who thus shirks his plain duty.

Vaccination, that vilest of all old-school procedures, but for the prevalence of which the general death-rate would be markedly less than it is at present, is laughed out of court by hygiene. People are dying every day who have been vaccinated and revaccinated several times, dying of smallpox; and there is positively no good reason for believing that vaccination ever prevented the disease. On the other hand, we have no language to fitly portray the horrible conditions frequently produced, conditions worse than death, by vaccination, while deaths from vaccination are too frequent not to excite hostility to the outrage in the minds of all students of the question.

## PHYSICAL CULTURE FOR DEFORMITY.

By Timothy Drake.



HE specialization in medical practice has produced a class of men ever ready, waiting for any victim who may present himself, to treat him with the knife. The local inflammation, the chronic deformity—all are fit subjects for "knife" treatment.

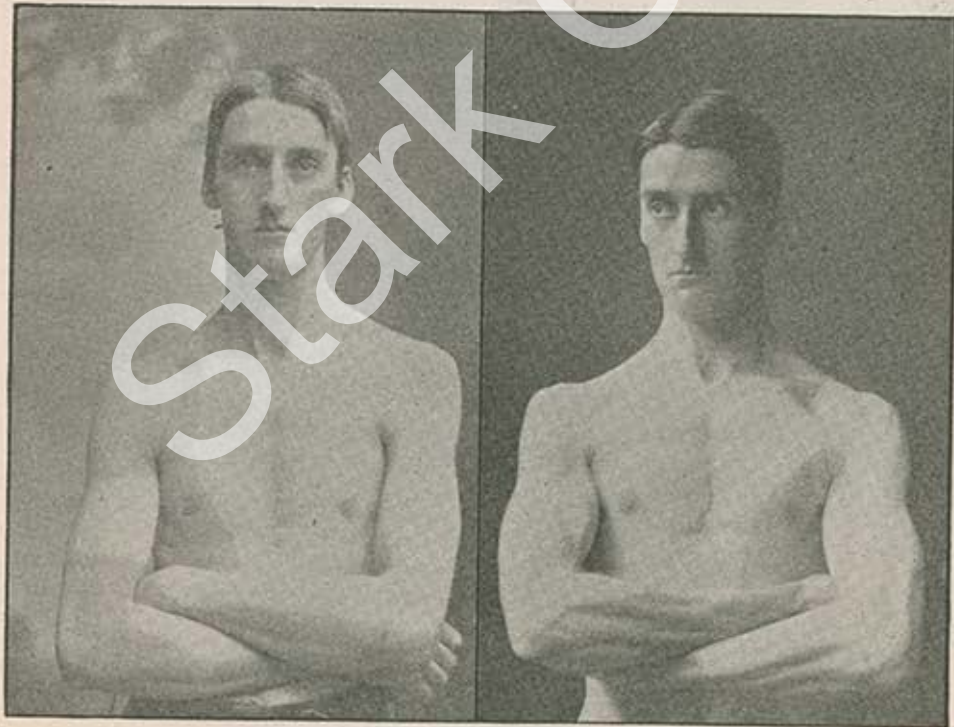
The object, apparently, of these surgeons is to cut away obstructions, and to cut away inflammations. In cases of the latter, which have arisen through an abnormal condition of the blood, his cutting appears really criminal; but there will be those who contend that in matters of deformity he still has a field for operation. And he has; but it is not the wide field the surgical specialists have made of it.

The conditions where a knife is absolutely necessary are very rare, compared

with the great variety of deformities for which knife or other surgical treatment is recommended by the regular practitioners.

There is a large class of deformities that might easily be remedied by hygienic methods, which, if surgeons get hold of, result in untold suffering to the individual, and such a mutilation or dwarfing of the body that complete manhood or womanhood is impossible.

You, my readers, are all familiar with the pitiful children, who are met every day cased in cumbrous mechanical appliances for straightening a limb or a curvature of the spine. If you have been observing you have noticed that these little deformed creatures drag their weary bodies about a few months, or at most a few years, laden all the time with the heavy burden a surgeon has inflicted upon them,



PHOTOGRAPHS SHOWING HOW GYMNASTICS REMEDIED SPINAL CURVATURE.

if they have not suffered at his hands and beneath his knife. Then they close their eyes and fold their crooked limbs in the sleep which knows no waking.

If only mothers and fathers knew that the only place for the child that begins to develop into a cripple is the gymnasium, and if they would see to it that the little unfortunate gets skillful direction, how many a blighted life might be avoided!

The subject of remedial exercises for deformities is entirely too wide to be treated in the compass of a magazine article; but I will have accomplished my purpose if I place the light before the eyes of those who suffer and grope in the dark and set them on the way to health.

Perhaps the most stubborn forms of arrested or improper development result-



BACK VIEW OF CURVATURE REMEDIED BY EXERCISE.

ing in deformity are those encountered in malformed legs and curved spines. At least, the number suffering with these troubles one encounters in daily life seems to be most plentiful. If something is the matter with the locomotor apparatus, the doctor will, nine times out of ten, cut blindly at some cartilage or tendon and work more harm than he can ever atone for. If it is a case of trouble with the spine, he insists upon putting the subject into a straight jacket of metal or leather, and leaving him to shrivel and waste away.

Now, as a matter of fact, the so-called hip, ankle and knee deformities may be successfully treated at home and with far

more certainty of relief than under surgical treatment. All that is necessary is to provide pure air to the patient, plain, wholesome food, arrange to avoid taxing the strength of the weak member by making it support the weight until the supporting muscular structure has been sufficiently developed, and devote all the possible time and attention to promoting that development.

A simple series of reclining exercises with apparatus in the way of straps above the head and at the feet for stretching purposes is all that is required, the patient to devote as much time as his strength will permit to the practice of these reclining gymnastics daily, pulling, lifting the limbs and body, turning, moving in every direction that will use the muscles with the least possible strain upon the weak point.

Curvature of the spine is a thing requiring more elaborate treatment; but any person suffering with the disease may rig up at small cost the necessary paraphernalia for home treatment, and then work rapidly toward a cure.

Lateral curvature is the most common form of the disease, and it is due almost entirely to weak and irregular action of the muscles of the back. It is necessary, therefore, merely to strengthen and make certain the work of those muscles. We present herewith a couple of photographs, showing the results of physical development in cases of spinal curvature, and subjoin a letter from a young woman who, after vainly beseeching the medical fraternity for help, worked out her own salvation with the aid of dumb-bells and gymnastic apparatus:

"At twelve years of age I developed lateral curvature of the spine. I became very badly deformed. I was treated for three years by one of the greatest specialists, who said I never could get better. I took up physical culture at twenty for my general health and with the idea that it would help to straighten me. Even my teacher thought me foolish. But I have straightened my bones. I have done for myself what four doctors said was impossible. Although not yet entirely straight, I have every reason to believe that I soon will be. The doctor who last treated me says it is wonderful.

"Brooklyn. MAY L. BARTON."

In general terms, any exercise that will develop the muscles of the back and shoulders will be found beneficial in remedying this trouble, but reclining work,

stretching exercises in this position and work on bars and rings are the most effective.



CHILDREN AT PLAY (FROM PAINTING).

## THE BUTTERFLY.

By T. L. Masters.



**O**f course, there was a woman at the bottom of it all, so I will begin with the woman. The first time I met her was at a dinner party, given by her charming aunt, Mrs. Pease. Mrs. Pease asked me as a special favor to take in her niece.

"She is an odd girl, Harry, just come to New York from a Texas ranch; and I'm afraid she is rather strange," Mrs. P. went on anxiously. "But you are such a favorite with women, Harry, I know you can manage her all right," and, with a pout of her pretty mouth, she was off.

I felt deucedly uncomfortable. A Texas ranch maiden was decidedly out of my line; why, she probably didn't know how to eat properly. I am afraid I would have sneaked out through the back part of the house, had it been possible, but—"Egad!" It was Thornton, who draws Amazons in black and white and calls himself an artist, who spoke. The roomful of men followed his eyes to meet the ladies, descending the stairs.

I said "the ladies." I should have said "the lady;" for all eyes were riveted upon her, a tall, graceful, supple young thing, straight and strong, flushed with the pink coloring of perfect health and robed in a soft, clinging, wonderful white gown unlike anything I ever saw before. Upon her dark head was a wreath of white roses. She wore no jewels or gloves. She looked like a daughter of ancient Greece, and as strangely out of place among the fashionably dressed women as Venus herself would have looked, could she have come to life and stepped down from her pedestal in the hall.

The men waited, breathless, to be presented to the goddess. My turn came at last.

"My dear, allow me to present Mr. Vanderbly—Mr. Vanderbly, my niece, Miss Lorraine."

I bore her away to the dining-room in triumph. Thornton was green with envy. I needn't have worried about her

not knowing which fork to use at the proper time, for she only toyed with each one in rotation and never ate a mouthful. When I remonstrated, she smiled and



said, "I do not care for 'sauce, ragouts, and such like trashtrick.' I dined at six, as I always do. I am here to please my aunt, Mr. Butterfly."

She dined at six; surely she was a barbarian who scoffed at one of Mrs. Pease's dinners, the most famous dinners in New York, and who touched not the finest Burgundy and champagne that was ever uncorked; and what was that she called me? Butterfly! I looked at her sharply; but her Grecian face was as grave as a judge's, as she assured the man on her left that she fully approved of divided skirts and that she herself rode astride.

I saw her often after that, not at dinners nor dances but riding in the park and at house parties where they have long cross-country runs. She was splendidly mounted, and would clear the highest fences without a click of her horse's hoofs upon the top rail. Thornton followed her everywhere, mad over her face, in despair over her form. "Such suppleness; such curves; such lines!" Then he would run his fingers through his hair and order his horse.

I was mad, too, for love of her; but I could not keep pace with her. I rode, of



course, as does every gentleman of fashion, but a mild singlefoot and canter for an hour on the bridle-path in the park was enough for me. I was too corpulent for fast riding; and Bess, my good mare, was corpulent too, from good oats and little exercise. Bess and I were very good friends.

By good luck I was invited to the same country house with "Diana of the hunt," as Thornton had christened her. One morning I overtook her.

She was walking her horse and flecking off inoffensive bits of twigs with her whip in an absent-minded way unusual with her. When I rode up she was all animation again and tightened her snaffle. I dismissed her groom, and we walked our horses. There was a long silence. I don't know how I did it, but I blurted it out somehow—the love that was consuming me. I would rather have been upon the solid ground; my knees beat a tattoo against Bess' sleek sides. Miss Lorraine eyed me sadly.

"Poor old Butterfly!" she said.

I looked up at her in surprise. That was indeed a strange answer to an avowal of love. I felt hurt. Poor, I certainly was not; old, just turned thirty; and Butterfly! I turned to her, "Miss Lorraine, will you kindly make it clear to me why you call me a 'poor old Butterfly?'" I cannot understand why you insist upon misconstruing my name; surely you must know that my name is Vanderbly, not Butterfly."

She smiled.

"I called you 'Butterfly' when a little girl; you did not mind then."

"Alice!" By the gods! I knew there was something familiar about her. I looked hard at her. Impossible! This gloriously, radiant creature was not, could not be the outgrowth of that frail, delicate child that I had known when a great awkward schoolboy. "But I thought little Alice must be dead," I ejaculated.

"Do I look dead?" She smiled again. "Yes, the poor miserable little Alice you knew is dead, thank God! This—" and she straightened herself in her saddle—"is a new Alice, born of the plains and rolling prairies. Behold, Mr. Butterfly, what exercise and fresh air have done for the puny child you once knew." I looked, and looked, and looked again. I longed to snatch her from her saddle, to hold her close in my arms, to call her mine, this lithe, strong beauty. She read the desire in my eyes and flushed hotly. "Harry,"

she said softly, "you remember the painting of Lord Harry that hangs in your dining-room at home. I have not seen the painting since I used to visit at your house as a child, yet the beauty of that strong, muscular young body I have never forgotten. He was your great-grandfather, was he not, Harry?"

I nodded.

"I wonder," she went on reflectively, "what your great-grandson will look like, when he is your age."

What did she mean? I felt hot and angry. She interrupted my silent rage.

"I do not mean to be unkind, Harry," she went on, in her kind voice; "let us state the case calmly."

My blood was rising. What did she mean by this impertinent inquisitiveness.

"I shall be glad to answer all questions, Miss Lorraine," I replied, sarcastically. "You probably know that I am just thirty-two, a Yale man, a member of the best clubs in Manhattan, and have several millions to lay at your dainty feet."

I thought she would be angry; but she was not.

"You know I don't mean that, Harry," she went on seriously. "I want to know how you live; tell me of your life."

I laughed. I couldn't help it; mine had been such an uneventful life.

"Really," I said, "there is nothing to tell. Mine has been the life of the average New York man of wealth, little work and lots of pleasure."

"Pleasure! ah, yes, that is just it, I dare say," she continued. "You get up in the morning about eight?"

"Yes," I answered; "on an average about eight."

"You awake," she went on, "and you ring for your man. You have a cold bath—what! not cold, you don't like cold water? Very well, warm then. You have coffee and rolls in your room. No? Cannot eat in the morning; have a cocktail? Yes; I thought so. Then your man dresses you, and you saunter down to the club, where you read the papers and drink more cocktails. Then you begin to feel hungry, so you order a lunch. First you have ice cold dishes, then red hot ones; then more ice cold, then more red hot, and so on through six or seven courses; for you have a good appetite. And the wine—oh! I wouldn't forget the wine for the world, and that, too, must be well frapped, you say. Then with a few more society men you go perhaps to a debutante's tea. The room is hot to suffocation, and full of people and fading roses. You drink a cup of tea and eat a few cakes. No? You do not care for cakes and tea. Well, you will have more of an appetite for your dinner, which you take occasionally at home, but generally abroad, perhaps at my aunt's. She has a reputation for fine seasoning and old wines. Perhaps you go to a dance or to the play in the evening; the air is bad in both places; or perhaps you and Thornton invite 'Mme. Frou-Frou'





or the 'Sunshine Sisters' to a little supper, which consists of 90 per cent. champagne, and lasts into the wee 'sma' hours'; or"—

"Stop!" I exclaimed. "Really, Miss Lorraine, you have gone far enough." I drew myself up with offended dignity.

"It is the truth, Harry," she said, sadly; "the plain unvarnished truth. You are a temperate man, yet you cannot begin a meal without an alcoholic stimulant to appetite. You are an active man; you dance twice a week, perhaps, in an overheated ball-room; you are a healthy man, except for occasional bilious spells; you are a moral man, yet you associate with the scum of New York's theaters; you are a wealthy man, a slick, handsome, fat, good fellow, a desirable catch at whom despairing mammas have been ogling for years. I have earned my glorious health. I have wrested it from the elements themselves by sheer perseverance. I cannot link my life with yours. I admit that I am very fond of you. You are a dear good-natured chap, except when you are bilious. You are bright, well educated; but I, a daughter of the prairie, could not be held down to the grind of society. I would make you miserable. I would not shine as a social light. I could not give crush teas and swell dinners. I could not spend your millions as you would have them spent. I cannot stand the crowds, the heat; they smother me."

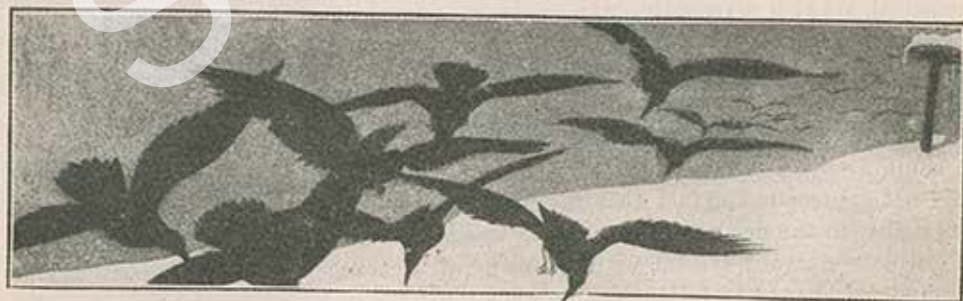
I turned my horse. "May I see you to the house?"

"No," she said, in a small low voice; "I want to ride alone."

I lifted my hat, and giving Bess an unexpected cut she broke into a mad gallop. We arrived at the house covered with dust and foam. That idiot Thornton was passing teacups on the piazza, and drew the attention of a bevy of giggling girls to me who seemed to think it a great joke that I had ridden fast and was flecked with dust. "Are you really aware, dear boy, that you have exerted yourself?" he shouted after me as I rushed upstairs.

So you see how it came about that I came West, that I became interested in following mountain trails, and hunting in the Rockies. I know now what it is to sleep, with the earth for a bed, the sky for a covering, the stars for companions, and the toughest little bronco west of Kansas City for a pillow (Bess, poor old girl, went sore after that last ride). Yes, I know what it is to be alone, to be dependent upon my rifle for my very food. It has been good for me and I bless her who sent me into it. It made a man of me, a man that even Lord Harry, I think, would not be ashamed to claim kinship with.

You didn't take me for a "tenderfoot." You never would believe that I was once once of "them dudes." Thanks! Will I have a drink? No, thank you. Am I ever going back? I'm on my way now to ask her if she thinks the prospects of that great-grandson are improved any.



## THE NEED OF A REFORMER.

By Harry Porter Guarrant,



WONDER will the editor of PHYSICAL CULTURE bear me out when I am bold enough to write in this day of many reformations that THE COUNTRY IS BADLY IN NEED OF A REFORMER. At first thought, one would naturally say, "We are already driven to desperation with this era of reforms." We find them on every corner preaching their doctrines. We even cross the street rather than have to bear with their inconsistencies.

Yet, I am bold enough to repeat that the world yet wants such missionaries to go in and out among its young men and women with a doctrine of good sense. Where do we find a living example of temperance? Is it always in the temperance lecturer? Do we find the average temperance preacher with ruddy cheeks and a smile that betokens a life made glorious by a higher existence? Too often we see such men looking forward to a mountain with uplifted eyes, forgetting that they are in momentary danger of tripping over a mole-hill and even, in self-confidence, breaking their necks while yelling, "DANGER!" There are few men who hate the liquor habit more than the writer. I have never seen men made better by it. I have often seen men and boys turned into weaklings, or even beasts, through its companionship. Yet, we have other evils just as portentous; evils that hang over us like the clouds which tell us of the approaching storm.

Two weeks ago I attended a temperance lecture. I had hoped to see a man who was worthy of the cause he represented, but instead I was forced to gaze upon a little, sour-stomached, peevish dyspeptic, who spoke as though he were the chief mourner at a funeral. Few in his audience paid him any attention, as he ranted on total abstinence from intemperance. After the lecture I took the trouble to talk with this poor creature and found him to be a tobacco fiend. He could dwell with the fire of an orator on whiskey, but he could not appreciate the fact that his system was hourly being saturated with the deadly nicotine. Day by day he was killing the precious nervous system with his own intemperance, and expected his hearers to follow him as some "will-o'-the-wisp" to an unknown victory.

Does the editor of PHYSICAL CULTURE doubt for an instant





that this inconsistency exists in many—*very many*—pulpits to-day, then let him, or his readers, investigate.

Suppose you send your lad to hear such a man as I have described, what do you imagine he would say to it? How seldom do we realize that the boys are the keenest observers with whom we have to contend!

I caught this remark from a chap of twelve, after a lecture: "Why, there's that old fool talking temperance to me. I know plenty of men who can throw him down with one hand tied behind them, and they drink liquor, too."

That boy did not realize that the man who soaks whiskey is strong only while his artificial strength will last, and that whiskey strength is no match for temperate strength, which comes slowly and remains until victory is declared.

"But," say you, "must a temperance reformer necessarily present a perfect physical body?"

If he expects to impress his hearers, I answer most emphatically, "Yes."

There was once a young man who lived a life of physical weakness. He hardly knew what life was. His ideas of temperance were acute, but he was, in many ways, misinformed. For instance, he was afraid to breathe pure air in his bedroom at night, lest he catch a cold. But a day came when the man found a copy of *PHYSICAL CULTURE* on a newsstand. It was Volume I., No. 1, of the magazine. He read it with interest, and for the first time in his life began to find his way to health. He went out into the highways and told others of his find. There was one young man whose parents had perished with consumption. That boy is to-day free from the approaching symptoms of the dreaded disease. Another chap, who swallowed half of his salary in an attempt to cure asthma, has forgotten that there is such a malady. Still another, stoop-shouldered lad was told the great secret of strength and true manhood, and to-day he has discarded the old, chafing shoulder brace that kept his life in torture. The boy who carried this message had marked T. P. (Tried and Proven) on the margin of his life's history; and those who ran could read a lecture which words were inadequate to express.

Let the tobacco-chewing, cigar-smoking preacher look further into the depths of his Bible and see that somewhere beneath those sacred covers there is a line which reads: "BE YE TEMPERATE IN ALL THINGS." Let the woman who straps herself up in a corset case, so tightly that she can scarcely bend at prayers, turn from her idle prattle to the girlhood of the day, lest some fair offspring, more sprightly than the rest, turn on her with the words, "PHYSICIAN, HEAL THYSELF."

## RELAXATION—ONE OF LIFE'S GREAT SECRETS.

By W. R. C. Latson, M.D.

**W**HEN I say that relaxation is one of life's great secrets, I mean that, through the practical application of relaxation to the varied tasks of every-day life, any man or any woman can make his or her life more healthy, more artistic and more influential in every direction.

How many people can go to sleep at will? How many people realize that sleeping is an art, and that it is possible for any one to learn to so relax body and mind as to go to sleep whenever they

who will take the trouble to learn, and I know that the sole requirement is relaxation.

There are a few people who always



FIG. 1.

will? A child can do this, because the child is always relaxed. I know that the art of sleep can be acquired by any one



FIG. 2.

move easily and gracefully. They sleep like healthy children, and awaken refreshed and rested, eager for the day's activities. They work hard with body or brain, or perhaps with both, and yet to them fatigue is practically unknown. They are of attractive, often of magnetic, personality. They do not know worry. These people are not gifted with any superhuman power. They are merely those who, unconsciously or consciously, make use of relaxation in their every-day lives.

The power to sleep at will and awaken refreshed, the power to really rest, the power to work without undue fatigue—all these things are to be acquired through one means, and one means only—relaxation. Is it, then, too much to

claim that, as an aid to practical living, relaxation is one of life's great secrets? But it is not only in sleeping, in rest-



FIG. 3.

ing and in physical work that relaxation is of value. It is also essential to grace, to artistic repression, and to personal attractiveness. Awkwardness, stiffness, harshness of voice and of manner, lack of endurance and nervousness are among the more usual results of a lack of relaxation.

Relaxation of the muscles of the body and face is the most important secret of acting. The great dramatic artists are always notably easy and graceful in their motions. Relaxation of the throat and breathing muscles is absolutely essential to a beautiful singing or speaking voice. Many an intelligent, gifted and hard-working student of singing or of acting has failed solely through ignorance of this simple matter of relaxation.

I mention these things merely to show the importance of relaxation in the practical daily work of each man and each woman. Now, realizing its value, the next question is: "Can I learn to relax

my muscles, and gain the health, grace, expressiveness and endurance that relaxation gives?" I answer, "Yes, in every case." "Well, how can relaxation be learned?" It can be learned by the careful practice of relaxing exercise and the unremitting determination to relax at all times and under all circumstances.

A few of the simpler and more general of the relaxing exercises are given herewith. Ten or fifteen minutes two, three or four times a day given to these exercises for one week will prove to the most skeptical that there are unlimited possibilities in this principle of relaxation.

The exercises should be practiced with but one thought in mind—*ease*. The exact manner of performance is of little consequence, except that they should be done easily. To do them easily is to do them properly.

These relaxing exercises cannot be



FIG. 4.

overdone. You are never too tired to take a relaxing exercise; for the more fatigued you are the more you need just

that relaxation. No matter how tired, how nervous, how irritated you are, I am safe in saying that in every case a few



FIG. 2.

moments of relaxation will impart a sense of rest and calm that will surprise and delight you.

Among the exercises which I have found most generally useful are the following:

#### EXERCISE No. 1.

Stand easily, left foot slightly in advance. Now gently take in breath, and, at the same time, slowly raise the right arm, hand hanging palm downward, a little higher than the head. Then sigh out the breath, and, at the same time, withdraw all force from the arm, and allow it to fall limply, swinging back and forth by its own weight, like a pendulum, until it stops of its own accord. (See Figs. 1 and 2).

#### EXERCISE No. 2.

This is exactly like the preceding, save that the right foot is advanced and the

left arm is raised and allowed to swing.

Many will find it difficult at first to "let go" of the arm so as to allow it to swing. They will either lower it slowly, or they will simply bang it down. In every case, however, persevering effort will bring success. *Those who find these exercises most difficult are those who are most in need of them.*

The sigh as practiced with these movements is a superb exercise for the voice, tending to impart purity, volume, and what the Italians call "bel canto" to the tone.

#### EXERCISE No. 3.

Stand erect, feet slightly apart, arms hanging limply at the sides. Now move the arms gently forward and backward, with a gentle swing, swaying the body slightly in sympathy. Gradually, as you can do so without too much muscular effort, increase the swinging of the arms, head and body until the arms are moving in a wide semicircle back and forth, knees bending slightly as the arms pass forward. (See Fig. 3.)



FIG. 6.

Do not forget that the object of this exercise is to learn to move without effort. Therefore, the idea should be to *let*

the arms and body swing, and not to *make* them swing.

To combine the breathing with this exercise, inhale through the nose as the arms pass forward and up, and exhale in a gentle sigh as the arms move downward and backward. This is also a valuable exercise for the voice.

#### EXERCISE No. 4.

Stand easily, feet well apart, arms hanging easily at the sides. Now turn the body gently from side to side as on a pivot, allowing arms to swing loosely. Then, gradually, as the body, head and



FIG. 7.

limbs fall into the rhythm of the swing increase the movement, still without exertion, at the same time allowing facial muscles also to relax and making the breathing as slow and gentle as possible. (See Fig. 4.)

#### EXERCISE No. 5.

This is similar to the preceding movement, save that the feet are placed some-

what farther apart, and that the weight is allowed to pass from one foot to another as the body swings gently toward that side.

#### EXERCISE No. 6.

Walk slowly, limbs and body hanging and swinging limply, imitating the movements of one greatly relaxed by fatigue or intoxication. As a practical exercise for the attainment of relaxation, I know of nothing more valuable than to imitate the gait and movements of a drunken man. (See Fig. 5.)

#### EXERCISE No. 7.

Stand erect, feet together, arms hanging. Now allow the muscles of the face to relax and the jaw to drop, at the same time exhaling the breath in a gentle sigh. Then let the head fall forward upon the breast, and gradually let the body follow, head and arms hanging limply toward the floor, without bending the knees. Then slowly and gently return to position. (See Fig. 6.)

Make no effort to touch the floor or the toes. The exercise is merely an effortless falling forward.

#### EXERCISE No. 8.

Stand erect, arms hanging. Relax face, allowing breath to escape in a gentle sigh. Now allow head to slowly fall backward until the face is turned toward the ceiling. Then, gradually, let the body follow, arms hanging. (See Fig. 7.)

Be careful in this exercise not to allow the back to bend at the waist. The back should bend higher up, under the shoulder blades.

#### EXERCISE No. 9.

Allow head to fall over toward the right side. Then let the body follow as far as it will go, arms hanging. Slowly return to position, first the body and then the head.

#### EXERCISE No. 10.

Allow head to fall toward left side, body following. Return to position, first the body, then the head.

#### EXERCISE No. 11.

The last four movements may be combined by allowing the body to droop first forward, then to the left, then backward, then to the right, and so on around in a

circle. This circle may be made in either direction. These circles, however, should not be attempted until the movements have been practiced separately.

Such are a few of the simpler relaxing exercises. Special exercises adapted to the needs of singers, actors, athletes, nervous people and others are invaluable

in removing those difficulties to which so many ambitious students succumb. These, however, are beyond the scope of the present paper. The practice of the exercises herewith given will be enough to prove that a knowledge of relaxation and its practical application constitute one of life's great secrets.



PLEASURES OF THE DEGENERATE.

Many strong young feet are treading unconsciously the paths that lead to weakened nerves, shattered bodies, and wrecked morals.



## QUESTION DEPARTMENT

Q. I am a carpenter, 41 years old, troubled with chilblains. Doctor says it is due to acid in the blood, and I am taking some kidney pills. What would you advise?

A. Throw the pills away at once. Adopt the two-meal-a-day plan and vegetable diet. Exercise regularly in the open air. Just before retiring bathe the feet in hot water and then in cold.

Q. What exercise, if any, would you suggest for very weak heart action?

A. Begin with walking and deep breathing exercises. Gradually accustom the body to the use of cold water, and take cold sponge bath night and morning.

Q. I suffer constantly from pain in my right side; also have inflamed throat, and nose is stopped up most of the time. What would you advise?

A. Daily exercise out-of-doors. Thoroughly ventilated sleeping apartment, and an abstemious vegetable diet.

Q. It takes sometimes half an hour and often an hour to get to sleep after I retire, and I am always sleepy the next morning.

A. Exercise half an hour with dumb bells before retiring, and follow with cold sponge bath.

Q. Would fasting cure contagious blood poisoning, and how long a fast would be necessary? Would more sores break out while the fast lasted, or would they heal up?

A. Judicious fasting will free the blood from infection. The best method of procedure would be to adopt a series of short fasts lasting for five to eight days. Once you have cut off the supply of food the tendency will be to heal up all eruptions. The celerity with which the healing takes place will depend upon the amount of poison in the blood.

Q. Can stammering be cured by physi-

cal culture? If so, how would you advise one to proceed?

A. In a great many cases, yes. All cases due to nervous debility and lack of confidence can be entirely cured by a thorough course of daily exercise, wholesome diet and cold bathing.

Q. I am troubled with an ulcerated sore throat, which attacks me frequently and is so bad that I can scarcely whisper. What shall I do the next time I am bothered?

A. Stop eating at once on the appearance of the first symptoms, practice deep breathing frequently, and on retiring wrap the throat in cold wet bandage.

Q. I am a student, twenty years old. Suffer from constant headache, so much so that it makes me stupid and causes deafness. What would you suggest?

A. Join a gymnasium, and spend at least an hour a day in physical development. Confine your eating to plainly cooked, wholesome food, avoiding meat and all stimulants.

Q. My general health is good, but I am very sensitive to cold. I am rather thin, and my feet and hands are always cold in Winter. What can I do to remedy this?

A. Sleep always in room with windows open. Exercise 15 to 20 minutes immediately upon rising and just before retiring, followed by cold sponge bath and brisk rubbing of the extremities. Also take long daily walks and other outdoor exercise, as your business permits.

Q. I have been exercising morning and evening for about five months. My condition and development are wonderful; but I am troubled with perspiring feet, and take cold easily. What is the probable cause and remedy?

A. You are probably eating too much. Advise you to adopt a vegetable diet for awhile, bathing feet in cold water, daily.

SPECIAL SYSTEM OF EXERCISE (illustrated), for developing strength in hands and arms, by Bernarr Macfadden, in March issue PHYSICAL CULTURE.

## PHYSICAL CULTURE OF OUR ANCESTORS.

By D. D. W.

"Now, therefore, see that thou make a copy of these things."



THE Anglo-Saxons, our ancestors, were a tribe of Germanic origin who possessed all the vigor and power of the Germanic race, and who present an example of a pure race free from intermixture with foreigners, and free also from the vices with which civilization has through ignorance become encumbered. They lived a free life in the open air, following the hunt and wandering through their trackless, shaggy forests untrammelled by any restrictions of convention or society. This continual exercise developed in them large and powerful bodies, unaffected by the piercing cold of their northern climates, and seemingly able to withstand hunger or to subsist on small rations. Within their bodies was laid away an immense store of energy which, on occasion, could be summoned to any feat of strength or agility.

Their young men were so agile and strong that a picked body of them were placed in front of the battle and ahead of cavalry. When it was necessary to dash swiftly forward in attack, or fall back rapidly to the rear, these young men kept pace with the cavalry. This was the "training" of the early Germanic youth in time of war, and truly rigorous enough. In times of peace his amusements were none the less martial and almost as dangerous. Gymnastics they certainly were, but in a pretty strenuous sense; naked to the waist, as in battle, they danced amidst drawn swords and presented spears. Well might they, while learning this sport, have suffered many a gash and wound, but practice conferred skill in the exercise, and skill gave grace. It was an education of muscle, agility and courage.

There was naturally great rivalry to excel in feats of strength and skill; but the young men had to go through a course



SPRING. PAINTING BY DVORAK.

of regular training prior to entering any game. Before they could bear arms they had to prove to the assembled people that they were able to use them properly. And it was a great honor and distinction to attain this mark of the manly estate as early as possible. When once the youth was invested with arms he became a citizen, and had all the political rights and privileges of the time. It is no wonder that a nation became a world power which thus, in its childhood, so to speak, required of its boys, as a condition of being considered men, a thorough system of physical training and practical proof of their physical prowess.

The women, too, were accustomed to equally rigorous laws of life. When they were married, Tacitus tells us, they were of mature age, were equally matched with their husbands, and had the same full growth. The children inherited the vigor of their parents and, being nursed by their mothers, and left to develop untrammelled by any artificial restrictions, they attained, as our sage chronicler exclaimed, "to that bulk of body and limb which we behold with wonder."

This natural way of living was unintelligible to the Romans, who wallowed in vices of all sorts, and lived in a way which would bring decline and fall to any nation blind enough to follow the pattern of Rome. And we, too, with our boasted civilization and education, apparently are in some respects wanting far more in regard for the fundamental demands of health than were these early untutored sons of the forests.

Were some sinewy German chief, who lived at the time of Cæsar, to come into our public schools and see what an appalling number of boys, sallow and pale-faced, are being raised in all the filthiness of vitiated air, both in the school-room and at home, how he would sigh for the free-

dom of his own Teutonic forests! And what torture it would be for some robust German maiden to be put through a course of fashion plates!

Yes; we are more civilized than our ancestors, but to what base ends do we apply our culture, and what fools we make of ourselves in spite of our higher education! Our ancestors knew the laws of health, and practiced them; we, too, know them theoretically but their practice seems for us to be a lost art.

Architecture among the early Germans was the architecture of health. Their dwellings were very simple; no handsome columns or frescoed arches, but even the very humblest homes possessed what many of our most pretentious residences lack—an abundance of fresh air and sunshine. The Germans liked elbow-room, and built their houses accordingly.

To their many virtues of strength and courage our ancestors added that of cleanliness. As soon as they arose from sleep they sought the bath and refreshed themselves in its tonic waters. In the cold days of winter they used warm water, but in ordinary weather they resorted only to the water of the streams and rivers. No duty of the day was undertaken before they had washed their bodies clean, but after that they were ready for either a friendly rivalry in the hunt or a deadly combat with the enemy.

With personal comeliness was combined in them strength and agility, perfect horsemanship, and adroitness in all martial exercises. They depended on valor rather than on fortune; they were faithful and devoted to their leaders; they led chaste lives, and respected their women. Inured to fatigue, they were ever ready to do battle for their honor or to maintain what to them seemed right. Such were our ancestors, and from their simple lives even we of to-day might learn much.



## SIGNALS ALONG THE ROAD TO HEALTH.

By George Prophter.



THE four main signals of perfect health are: A tongue absolutely clean at all times; a breath as agreeable as that which nature breathes over a meadow on a June morning; a body odor that is inoffensive; and excreta that are comparatively inodorous and of the proper consistency.

Regarding this last important signal of health, the greatest authority on the subject says: "There is no knowledge so valuable in its relation to health as that which enables one to read health bulletins by means of the excreta. They are the immediate report relative to the most important thing in health—digestion—and must be understood to be read. The healthy feces of many wild animals are comparatively cleanly."

There are innumerable other signals, physical and mental, that are the result of health—that is, of pure blood; but those mentioned will suffice for the purpose of this article.

These four signals are so apparent, and so easily understood, that a child can be taught their meaning, and by their guidance can be saved from physical wreck. Most people look upon their diseases as something undeservedly thrust upon them by an invisible enemy, as something which does not justly fall to their lot, of which they would gladly rid themselves. Such people always look upon the effects of disease (that is, upon the signals) as being the cause of their disease; and firmly believe that if these effects be removed the disease will be removed. They are not intelligent enough to know that certain conditions in their bodies imposed upon nature the necessity of displaying these signals where they may be seen and heeded. Ignorance always looks upon the effect as being the cause; intelligence properly regards the effect as the result of a cause, which in its order is the effect of another cause,

and so on down to the real source of the disease.

\* \* \* \* \*

In the railroad system there are three main signals upon the observance of which depends the safety of the whole system. When the track ahead of a train is obstructed, a red flag or lantern warns the engineer of danger ahead. He holds his train until another signal is displayed—a white flag or lantern—by which he knows that the track is clear; that is, that the obstruction has been removed or the breakage repaired, and there is no danger in sending his train over it. Suppose that a red signal had been placed upon the track to mark some impassable obstruction; that a passer-by seeing the light and regarding it as the only obstacle to the train, replaces it with a white light. The engineer sees no warning signal and drives his train on to destruction. What would you think of a man guilty of such ignorance? This man has simply removed the signal; that is, to carry out the figure, the effect of a cause, and thought by doing so that he really removed the cause; that is, the obstruction or wreckage.

If he really thought the signal to be the only obstruction, his act was one of inexcusable ignorance; if, on the other hand, he possessed the knowledge of what the signals actually meant, his act was criminal. If ignorant, he displays the ignorance of an ostrich which, being pursued and finding escape impossible, buries its head in the sand; not being able to see the oncoming danger it believes that all cause for fear has been removed.

Now to complete the analogy. Regarding the signals of disease as the effects, the entire medical profession stand in the same relation to their patients as the man who misinterpreted the meaning of the signals on the railroad track stood in relation to the human beings whom he sent to destruction.

To make the comparison still more vivid, let me say that when the tongue is coated, or the breath is foul, or the body odor offensive, etc., it is a signal which nature sends out that there is an obstruction, a damage, a break ahead in the shape of a disordered condition of the alimentary track; and that this signal, this red flag, means that no food can be sent over that track with safety until the tongue is clear; that is, until the damage has been repaired.

Now, then, the medical doctor comes on the scene. He examines the tongue, observes the unfavorable signals, and immediately sets about to remove them, instead of removing the cause, thereby

sticking up the white flag and wrongfully signifying that the track is safe and clear and that food may rush on.

And thus this doctor is paid by the ignorant patient for doing that for which he really ought to be—I was going to say “hanged,” but, being a profound believer that there is no reforming power in punishment, I will say that the doctor with his patient, if he be still alive, ought to be educated to distinguish truth from falsehood, and right from wrong; for the only way to elevate mankind intellectually is by the lever of education placed upon the fulcrum of kindness and prided by the power of illustration, demonstration and example.

## GRISWOLD CONGREVE.



We present our readers herewith a couple of poses by a sturdily developed young New Yorker. The pictures speak well for Mr. Congreve's physical manhood, and we know they will encourage many of our younger readers to follow in his steps, and press toward the goal of perfect physical powers, when they learn that he developed himself, by simple, steady home exercises, and without having recourse to any of the arduous work of training, which old-time athletes led their admirers to believe necessary in order to obtain splendid physical development. Any boy, or young man, who will persevere can duplicate the results achieved in a year by Mr. Congreve.



## THE ANTITOXIN CRAZE.

By J. R. Stevenson.



In ages long gone by, a class of visionary lunatics delved long and deeply into the mysteries of physics and metaphysics in a search for a medium for the transmutation of metals—the changing of a base metal into one of the precious metals; and out of their laboratories came many strange, infernal compounds, to which were ascribed all the powers of magic and nature. Elixirs of youth, waters of life, panaceas, were plentifully compounded, to startle the ignorant for a day, a month, a year, and then to vanish among the other dreams of men which never materialized.

Those old wonder-workers proceeded upon the hypothesis that Nature held secret certain powerful agents, which she employed in playing her pranks of scattering precious metal here and there over the surface of the earth. It was but a step from such a hypothesis as this to the one that there was a mysterious, all-powerful fluid which would raise even the dead, and cure all manner of ills. Medicine "fakirs" even now promulgate the belief in such a mysterious, magical, potent fluid and in various drug combinations, mineral compounds and animal extracts advertise and dispose of it to the credulous.

None of them has ever been instrumental in healing disease; and the victims who have taken them have invariably succumbed, sooner or later, to the ravages wrought in their constitutions by powerful irritant poisons. Still, doctors, medical colleges and chemists work away, with the dream of their ancient guild still dazzling their eyes, regardless of the cost to those who place confidence in their claims; and the drug venders have as many glass jars full of elixirs, panaceas, etc., to-day as did their predecessors five hundred years ago!

The special craze of our day seems to be in the direction of abnormal animal

products. Medical men of standing have stated emphatically that muscular development could be obtained by the injection of certain extracts from the glands of sheep or goats into the blood of a human being!

A whole host of medical men to-day are prescribing and using the extract of thyroid gland for certain annoying diseases of mankind; and the entire profession seems committed to the theory of antitoxins—peculiar products of the blood of certain lower animals, obtained by inoculating them with the animal poisons obtained from acute forms of certain diseases peculiar to humanity.

The vaccination craze belongs to this category. It is a so-called preventative of smallpox, obtained by inoculating a cow with smallpox pus, then injecting the pus (product of decomposing tissue cells) into the blood of a human being. The theory is, that in passing through the blood of the cow the smallpox poison produces a poison for itself! In other words, something, that if present in the blood of an individual in a certain strength, would combat successfully any effort of smallpox poison to find lodgment there!

If medical science has taught one thing, it has taught that the presence of dead, or disorganized cell matter (which vaccine is), in the living organism is the gravest possible danger. Blood poisoning and lockjaw are the usual manifestations, and these, as everyone knows, are alarmingly frequent as sequellæ to vaccination.

The latest antitoxin discovery of the profession has to do with diphtheria. Only for a few years have experiments been made with this new "antidote," yet the record of blood poisonings, lockjaws and other grave disorders following its employment is alarming. You hear modern doctors talking glibly of sepsis, and anti-sepsis; yet in their practice you behold them injecting into the blood of their patients the filthiest and vilest of products, because these products have been

declared antitoxic to certain diseases by some eminent theorist.

Before me lies the prospectus of a certain maker of antitoxin, which reads quite as well as the patent medicine advertisements we are so familiar with in this country.

The manufacturer intends his little hand-book for physicians and druggists, and he sets forth in glowing terms the method used in producing the "purest" and most "powerful" antitoxin.

He starts with a horse, and a little poison taken from the throat of a diphtheria victim. The bacteria found in the diseased matter taken from the diphtheria patient's throat is "cultured" until a certain degree of "toxicity," or malignancy is produced. Then the horse is inoculated with the poison. He is persistently inoculated with it, with gradually increasing amounts of "toxin" until he has become (theoretically) thoroughly saturated with the poison. Then a vein is tapped, and a varying amount of blood drawn from the animal. This blood is subjected to various processes, by which the coloring matter and other elements are eliminated, and a colorless fluid remains, which is supposed to be antitoxic.

They attempt to prove its antitoxicity by experiments upon guinea pigs. A pig is inoculated with sufficient toxin to

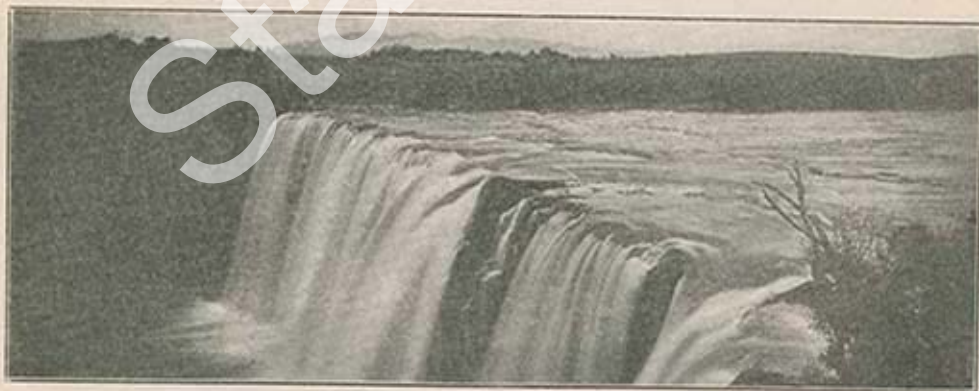
produce death (presumably). Then the antitoxin is injected, and if he lives, it is presumed to be really antitoxic to the diphtheria poison.

The manufacturer lays great stress on the antiseptic precautions taken in the manufacture of this product of horse's blood, this diphtheria serum; and he assures possible customers that it is "pure," powerful and free from injurious elements.

Doctors have used this "stuff" in hospitals, injecting the watery substance obtained from the blood of a poisoned horse into various patients, and from observation of cases so treated have compiled statistics complimentary to the serum treatment. Strange, however, is the fact that, wherever a general treatment by inoculation is attempted, fatal cases of lock-jaw, terrific blood poisoning and similar manifestations follow.

It is but natural that they should. But medical science sits calm and sticks by its theory—a theory quite as visionary, quite as improbable as any ever advanced by alchemist or miracle worker.

The alchemist dreamed and worked, and none suffered but himself; doctors theorize, evolve strange, impossible hypotheses, and experiment, with savage results, upon their patients.



## THE GREAT JOSS—FASHION.

By Edwin Farrer.

**I**T is said that an intelligent Parisian gentleman once came to this country on a tour of observation, who, after spending a few days in New York, studying the habits and customs of the people, noticing the popular demand for everything supposed to be Parisian, and the general effort of all classes, and especially the ladies, to imitate the fashions and customs of the French capital, became heartily disgusted, and exclaimed:

"*Mon Dieu!* is it possible that this is a nation of apes?"

And if we observe the avidity with which any and everything represented as Parisian is grasped by the women of America, and with what alacrity they hasten to accept and imitate even the most ugly, ridiculous and outrageous fashions and customs which they are led to believe are imported from their beloved Paris, we cannot well avoid becoming partakers of the intelligent Frenchman's disgust.

A fashionable milliner, who makes frequent journeys to Paris every year, on being asked why it was necessary to spend so much time and money annually in these journeys, replied:

"Because the women are fools, and imagine that the milliner who visits Paris must, necessarily, be vastly superior to those who do not, consequently it has a good effect on my business, and it pays one to go."

A shoe "drummer" was recently showing a retail dealer samples of ladies' shoes to be introduced next year, and set out a line of shoes built somewhat in this style of architecture—when the dealer, in a tone of alarm, exclaimed:

"Mercy! are those barbarous French heels to be worn again?"

"Oh, yes," the drummer replied; "they are the latest thing out."

"Indeed," said the merchant, "I hard-

ly think they will do for my trade. I am afraid my customers would not buy them."

"Buy them!" exclaimed the drummer. "Why, of course, they will buy them; as soon as the fools learn that they are the latest Paris styles,

the swellest things out, you will not be able to sell them anything else;" and the merchant was compelled to admit that there was probably much truth in the assertion.

Our women express great indignation and horror at the heathen Chinese custom of crippling the feet of their female children, and it is, truly, a cruel, barbarous fashion; but is it not also cruel to torture their own feet with French heeled and pointed-toed shoes? Is the Chinese custom really much worse than that which requires them to pinch and compress their ribs and force their vital organs out of place with corsets, to secure the fashionable wasp-like waist, and torture their bodies into hideous deformity in the effort to acquire the fashionable form and the kangaroo-like "correct poise," to the permanent injury of their health and of their offspring? (But, perhaps, offspring should



not be mentioned, as it is now out of fashion)

An example of the "correct poise" so



frequently mentioned in fashion articles, and corset advertisements, and which it is now highly important that every really stylish lady should acquire. It must, however, be observed, that this otherwise graceful creature has not been privileged to enjoy the advantages of the fashionable rigid steel, straight front corset, by which the waist is reduced to fashionable proportions, and, therefore, the waist is very unsightly, if not positively vulgar!



In this figure it will be seen to approach more nearly to fashionable perfection.

It is said that in some uncivilized portion of the world there lives a tribe of savages among whom fat is an object of great admiration in women, and it is the fashion for the women of this tribe to resort to every known expedient to accumulate the greatest possible quantity of adipose tissue, and when one succeeds in becoming such a mountain of fat as to render walking impossible, and it be-

comes necessary to drag her about on a sled, she becomes an object of admiration and envy, as one who has attained the perfection of female beauty!

How disgusting and ridiculous this appears to our enlightened, Christian intelligence! Yet, is it really more so than the fashion which requires its votaries to become living skeletons in order that they may assume the shapes prescribed by the great Joss, Fashion?

It would seem that while the men—the free and independent sovereigns of this enlightened land—are absorbed in the worship of the “almighty dollar,” their wives and daughters have become the submissive slaves of the great Parisian god, Fashion, in whose worship they willingly sacrifice time, money, beauty, health, strength and womanhood, and cheerfully consent to be the dupes of the great host of self-ordained priests and priestesses of the temple of fashion, who, while regarding them as fools and apes, fatten on their folly.

How can intelligent Christian women consent to obey these senseless, health-destroying dictates of this fool god, Fashion, without loss of self-respect?

How long will American mothers, wives and daughters consent to submit to this degrading, demoralizing slavery? Just so long as it shall continue will the efforts for the physical development and improvement of this nation prove in a great degree futile.

Why not cease this contemptible mimicry—cease aping the demi-monde of Paris, notoriously the most corrupt, demoralized and godless city of Europe—cease to be “as dumb, driven cattle,” for the financial gain of those who despise, while they fawn upon and flatter you. Why not rise to the dignity of a nobler womanhood, and cultivate and develop, by natural methods, the charms and graces which are your birthright, and thus aid in the improvement and physical development of the race?



# Editorial Department

## DOOM OF MEDICINE.

**H**AVE you seen the "handwriting on the wall," my friends? Do you see the doom of this so-called medical science—this science invested with complete power to murder men, women and children in blind experimentation?

I see it!

Plainly, clearly, even vividly, its doom is heralded.

The tide of popular opinion is just beginning to rise. Feel the public pulse, listen intently, and in the far distance you will see and hear the coming of this mighty wave of popular indignation which will sweep medicine and its scientific murders into utter oblivion.

It is coming! Coming! It cannot help but come!

Justice demands it!

Honor, home, love, manhood and womanhood cry out for its early arrival.

Over half of the children die before they are five years of age. Nine out of ten or more of these children are killed by the parents following the murderous theories upheld by medical science.

These are your children, my readers! Can you not realize that? Your children whom you love, and for whom many of you would give up all you have, even to your life.

Every page of this magazine cries out for the extermination of the murderous science—cries out for truth—for nature and nature's laws—for the universal possession of knowledge that places vigorous pulsating health within the reach of every intelligent human being.

Some say that I am an extremist. If teaching the truth as I see it and know and feel it brands me as an extremist, then I am one, and proud of it.

I have suffered in the past more than tongue or pen can tell because of this fake science, and I know "there are others." These poor victims can be counted by the million.

Those who are still alive, those still able to fight for a noble cause, are asked to join us in our efforts to exterminate this Gorgon horror of the Twentieth Century,  
**MEDICAL SCIENCE.**



## A SUGGESTION.

**S**OME time ago a suggestion to increase the price of PHYSICAL CULTURE was presented to our readers, and we received a vast number of encouraging responses from them. Thousands wrote that they would willingly pay ten cents for PHYSICAL CULTURE rather than be without it, and that they considered it worth far more as a monthly visitor to the household than any other type of periodical on the market.

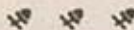
We decided not to raise the subscription price, because it is our aim to reach just as many of the people of this country as possible. Five cents a copy, or fifty cents a year, is something any American citizen can afford to part with for such a publication as this.

To our good friends who have never failed us, with support and advice as to the popular and useful features of the magazine, we are deeply grateful. There are hundreds of them in every city and town, and we would suggest that it would benefit some of their fellow men, and at the same time aid us in securing the half million subscribers we desire, and which will enable us to give them a better magazine for five cents than they can secure elsewhere for ten or even twenty-five, if they would individually interest themselves to the extent of sending us one or two subscriptions. You know people we cannot reach—men who do not buy magazines from the news-stands, or subscribe to them, yet who need the knowledge PHYSICAL CULTURE imparts to its readers. And they would swell the army of earnest, sensible citizens, intent upon securing better conditions, better manhood, and better citizenship in this great country of ours.

The physically perfect, healthy man is the ideal citizen; he is the man who appreciates freedom, who will safeguard, to the day of doom, the blood-bought privileges of manly independence, and such a citizenry we desire to be, in a small way, instrumental in building up.

We do not believe in slaying the weak, because Nature can heal and make them strong, if they will only follow her lead. To turn their footsteps in the right path is a work that ought to appeal to every man and woman. We all know that Life, with its manifold duties, is not a thing to be trifled with; that no human being has the right to idle or waste his time; that he owes duties to himself, to his fellow men, to future generations, which no sophistry, no shifting of responsibility will relieve him from.

We want an earnest, righteous, staunch, independent circle of readers; we want each of them to feel a personal interest in the vehicle of truth which PHYSICAL CULTURE shall always fearlessly be, and we want your aid to make this vehicle for truth more potent, by bringing it to the thoughtful attention of you friends.



## STIMULANTS AND NERVOUSNESS.

**T**HERE are more nervous men in America at present than at any time in the history of our country. It is the American disease—this nervousness. Every physician has on his books, as patients, dozens of middle-aged men who are "run down," who cannot sleep, whose stomachs refuse to assimilate the food taken into them. The diagnosis in nine cases out of ten is "nervousness," and they attribute the disturbance to having kept the nervous tension "too tight" for a period of years.

But this is not the cause.

Not one in a hundred of the nervous breakdowns reported touch any save the users of tobacco.

Walk along the avenues of the city. The tobacco stores are as numerous as the liquor stores.

Both are the great arch enemies of superb manhood.

Drink has claimed its thousands, but tobacco has claimed its tens of thousands for weakness, misery and early death. The cup is sedulously kept from the lips of the immature boy by the law; but the infant may secure cigarettes and blast his physical powers with little hindrance.

If the history of all the nervous breakdowns were traced, there would be a strain of nicotine through every one of them.

Do you use tobacco? Is your appetite more to you than strong nerves, superb manhood, clear brain? If not, GIVE IT UP.

There are six great curses of this age: The corset curse that weakens womanhood; the curse of sexual ignorance that degrades humanity beneath the level of bruteness; the curse of muscular inactivity that causes many to droop and wither before their time; the curse of overeating that gives pain to so many and puts fees into the pockets of doctors; the alcohol curse that robs so many men of reason and all the qualities of manhood; and tobacco—vehicle of the great demon Nicotine, who has his shrines so thick along every city thoroughfare, its leaves spreading over so many thousands of fertile acres, more baneful than the cursed poppy that brings the languorous sleep more awful than death.

If you are growing up, don't let this curse fasten itself upon you. If you are in its clutches, strike boldly for freedom and manhood!



## TO SCHOOL TEACHERS.

**T**HE school teacher occupies a distinguished position. In a great many instances they fail to appreciate its possibilities. This is why they have so often been made the objects of witticisms and sarcasm. When an individual engages in teaching, just for the sake of the emoluments, and is careless of what influences he gives to his pupils, he is a disgrace to the profession and a shame to his race.

Teachers have opportunities for putting in operation far-reaching forces. They are often beings of extraordinary powers in the eyes of their pupils, and their thoughts, words and manner of living unconsciously affect a great number.

Therefore, O teachers, it behooves you to have your whole duty before you when you face the bright-faced youngsters who sit under your guidance. Mere drill in memory feats and discipline of thought cannot give these young people the powers to successfully meet the exigencies of life as they arise. Bodies must be trained into the ways of health before successful mental culture can be accomplished.

I want the teachers of this country to form the advance army of physical culturists who will sweep weakness from the earth. Encourage your pupils in their games; lead them by imperceptible steps from the thought of mere sport to a knowledge of the scientific value of exercise, and you will have performed a mission of abundant usefulness and far-reaching influence. Make a note of our offer of medals for pupils of public schools, in January issue of this magazine, and see that your pupils obtain the benefits of participating in the gigantic national contest proposed. PHYSICAL CULTURE provides medals—gold, silver and bronze. Are you willing to co-operate to the extent of seeing that the conditions of the contest are observed in your school?

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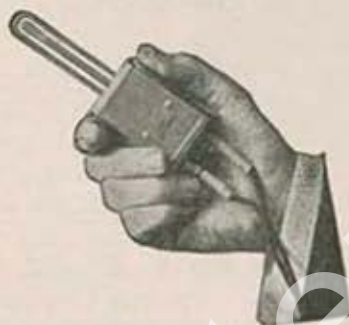
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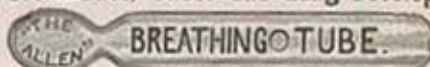


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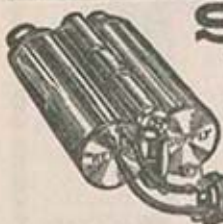
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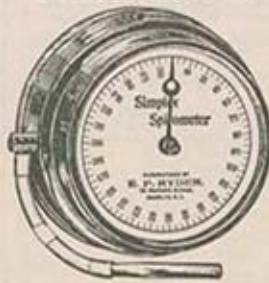
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