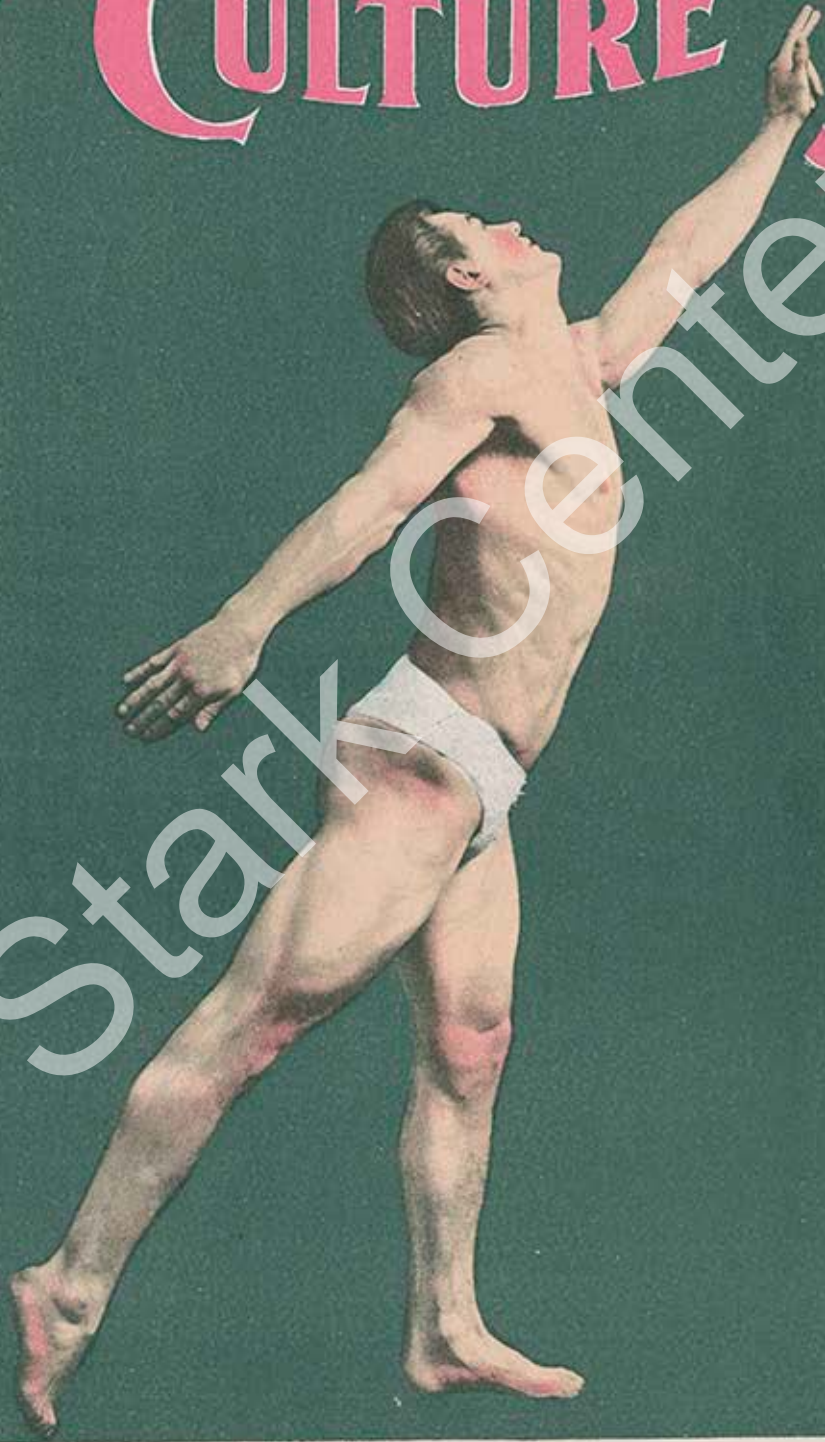


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R. W. C.

For reasons the reader can readily understand we have omitted the writer's name.

FOR CONTENTS OF BOOK IN DETAIL SEE OPPOSITE PAGE.

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CHAPTER II. The fallacies of the Jenner doctrine—Has vaccination reduced the prevalence of smallpox?—Does cow-pox answer the alleged protective purpose?—Is vaccination a lesser evil?—Some cases to think over.

CHAPTER III. The cow-pox ring and the secret of its persistence—Conservatism—Corporation spirit—The dread of exposure—Business interests—The middle mania.

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PHYSICAL CULTURE

Vol. IV.

MARCH, 1901.

No. 6

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Physical Culture is Published Monthly and is Devoted to Subjects Appertaining to
**HEALTH, STRENGTH, VITALITY, MUSCULAR DEVELOPMENT AND THE
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BERNARR MACFADDEN, EDITOR.

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Editorial Department

THERE IS BUT ONE DISEASE—IMPURE BLOOD.

IMPURE BLOOD IS CAUSED BY

- (1) Over-eating.
- (2) Muscular Inactivity.
- (3) Deficient Mastication.
- (4) Breathing Bad Air.
- (5) Dissipation in Work or Pleasure.

THE BLOOD CAN BE PURIFIED BY

- (1) Fasting or an Extremely Abstemious Diet.
- (2) Muscular Activity; or, if too weak, by Hydro-pathic Treatment.
- (3) By Breathing Deeply Pure Air at All Times.
- (4) By Refraining from all Excesses and Evil Habits.

THE whole theory of medicine and medical science is founded on errors, but one of the most ridiculous, even idiotic, practices which they advocate and even insist upon is vaccination.

"Many of the theories of medicine of to-day are preposterous, idiotic and are built upon total error, stupidity or a mere fraction of truths. W. G. KEMPER, M. D."

We will give the general public and representatives of medical science but two or three years to find out the truth of this statement. The bleeding theory which was followed for many years, and which probably sent to premature graves thousands and perhaps millions of people, in some cases had some reason for existence, but vaccination never has, on a single occasion, had the slightest excuse for existence. No conclusive proofs exist that it has ever prevented smallpox. In fact, any one who thoroughly understands the cause of this disease, the condition of the body which makes its existence possible, can readily realize the truth of our statements in reference to this vaccination folly. If it did no more harm than to merely cause the victim to believe that he was less liable to smallpox, there would not be such serious complaint against this idiotic practice. Numerous instances have occurred where vaccination has caused serious disease, and even death. It is a common cause of lockjaw, and numerous blood and skin diseases have been caused by it.

THE VACCINATION CRIME

"The substitution of the refrigeration (cold wet packs) cure for the sweat-box plan of the old-school practitioners has made smallpox as curable as measles."—F. L. OSWALD, M. D.

But the appalling fact in connection with vaccination is that smallpox itself, when treated in a rational manner by hydropathy and fasting, can be cured in from three to five days without the slightest danger of death. The theory of medicine in the treatment of this disease prolongs and causes it to often end in death, and this condition does not apply to smallpox alone. Take all the acute diseases, such as diphtheria, pneumonia, typhoid fever, and those of similar character, and the same conditions exist. Under the treatment as given by medical science, those

affected with serious diseases of this nature require many weeks to be cured, with serious danger of death, while hydropathy and fasting will cure the same disease in a few days, with almost no risk of death.

"The highest medical authorities consider smallpox a self-limiting disease, thus plainly acknowledging that they have no curative powers over it. The views of the followers of Nature's methods differ radically. They consider fever such as is manifested in smallpox and other diseases as no sign of disease at all, but as Nature's curative efforts to throw off the impurities which have accumulated in the body. In our method of treating smallpox we simply assist Nature in more speedily throwing off these impurities, and a cure is effected in a few hours or days without the patient's life being endangered for a moment. Nothing is easier than to cure smallpox if you know how the Nature cure does it."—DR. AUG. F. REINHOLD.

When will medical science learn something about disease and the cause and rational cure of disease? Smallpox is nothing more than a filth disease. A man whose blood is pure could not acquire the disease under any possible conditions, and the cure of the disease when contracted is so ridiculously simple that any intelligent human being, upon consideration of the conditions existing at the present time, might with good reason think that the entire medical profession are guided by the prize lunatics selected from the various asylums.

"Smallpox, though in one sense a filth disease, is in fact a cleansing process. It is one of the least dangerous and most easily curable of all diseases. Properly treated it does not become infectious. The dread of it is a senseless superstition, equally with the dread of ghosts."

—M. R. LEVERSON, M. D.

We say that smallpox is made possible by the impure condition of the blood; therefore the cure, when the disease is contracted, is simply to use those means necessary in purifying the blood. Sitz baths, wet packs, internal flushing treatment, encouraging the desire to drink all the water possible, together with an absolute fast, would literally "dry up" the manifestations of this disease so quickly that the patient would hardly realize he ever had it.

"Smallpox is, of course, a filth disease, so called; it arises usually from excessive clothing and is rarely found except in connection with woolen underwear; the system is clogged with waste; the smothered skin is in revolt. However, convalescence is speedily secured, usually, by means of full cold baths and fasting, with profuse water drinking, as already described. I have no reason for believing that vaccination ever prevented a single case, while this most hideous and absurd phase of drug treatment has tended to increase the general death-rate beyond a reasonable doubt."—CHAS. B. PAGE, M. D.

If you have been vaccinated, see that your children are not allowed to become victims. The ordinary reasoning powers of a ten-year-old child who gives a little thought to the facts in reference to this subject, can come to no other conclusion than that vaccination is the most ridiculous "fake," the most idiotic fallacy ever perpetrated upon a civilized people.

THOUSANDS upon thousands of human beings are annually dying in this country from consumption and numerous other diseases, caused simply by impurities in the blood. **MURDERS OF MEDICAL SCIENCE** These people do not die natural deaths. They are murdered. Murdered by medical "science" with as much accuracy, as much certainty as they would be if a knife were driven into their hearts.

When will this terrible scourge of so-called "medical science" cease its horrible

crimes? How long, oh God! are the hands of the ignorant, directed by minds befogged by the pretensions of this would-be science, to continue the slaughter?

If this magazine can accomplish but one purpose—if we can awaken the millions of this country to the fact that America's greatest enemy, so far as the welfare of the present and succeeding generations are concerned, is this empirical "science" of medicine, with its host of unscrupulous practitioners, its ignorant, blind votaries, killing, Killing, KILLING! night and day—we will be satisfied with a good, philanthropic, humanitarian work accomplished. No war, no pestilence, no disaster of storm or tide, ever destroyed half the lives that are annually sacrificed to this idol of our generation, this "SCIENCE OF MEDICINE," with its temples and shrines, and its sleek, fat priests drawing sustenance and wealth from where they wreak the most disastrous results.

This false science takes unto itself the authority to treat disease, and in the ignorance of the masses as to the laws of health, the instruments of strength, all invalids are directed to appeal to it. Sometimes one, here and there, gets well in spite of the poisons administered in the name of this false deity; but never a case has been cured through the agency of these administrations alone.

Is there no salvation for us?

Must lives still be sacrificed, year after year, thousands upon thousands, for time indefinite? Shall the men and women of our civilized country continue as flies in a trap, with a lot of owlish ignoramuses pouring into their stomachs the things which breed illness and death, without knowing their danger, or taking measures against it?

We want to herald it with all our strength and power, with tones loud enough to carry from the Atlantic to the Pacific, that this science, so called, is a delusion and a snare; that the honest men who are practicing it, are doing so ignorant of the gravity of their offenses, and blind to the examples of death with which their professional life has been marked. Honest as they may be, or think themselves, this does not save their patients. They follow empirical rules; their science is a structure of cards, built upon a foundation of sand; but they believe in it—or we will give them credit for believing in it—and hence their opportunities for evil are not abridged by any twitchings of conscience. But they are worse than Malays running amuck in society. They slay the man who bares his stricken breast for healing balm.

Friends of humanity, arouse yourselves! The question is vital to you, as well as humanitarian. Take an interest in it. Look into the matter, and help in the education needed to push into oblivion and desuetude the benighted practices of our "school" of medicine. Help to slay the hydra that is filling graveyards, and scattering skeletons all over the face of our fair land.

There is but one disease—impure blood. And can any reasoning human being conclude that blood can be made pure by putting poison into the system, or that it can be rectified by a surgical operation?

All the long list of diseases, for which "medical science" has a doubly long list of remedies, can be cured by any natural means which will eliminate the impurities from the blood.

Consumption is easily curable, unless the ravages of the disease have been allowed to go unchecked, or actually at an accelerated pace by the assistance afforded by drugs, until the victim is practically ready to drop into the grave.

Rheumatism, neuralgia, dyspepsia and other stomach troubles; nervous complaints, diabetes and all ailments of the kidneys can be cured only by adopting means that will purify the blood. In fact, these diseases are nothing more than the manifestations of an effort on the part of the system to eliminate the load of impurities bad habits, bad diet or poisonous environment have induced in the blood.

If all this is true, the "science of medicine," as it is generally understood and practiced, is the most stupendous "fake" ever perpetrated. The writer challenges any intelligent human being to investigate the subject with an unbiased mind and retain a belief in its "scientific" status—if he can.

Do you want to know how to investigate the subject thoroughly and effectively? Induce any acquaintance suffering from any of the diseases enumerated, to "throw physic to the dogs," cleanse the stomach by fasting, and the body by the free application of clean water, as used in various water cures; take life-producing exercise, and insure a copious supply of pure, oxygenating air to the lungs; conform to an intelligently arranged wholesome diet, and unless the vitality has been too badly shattered to rally, a cure will be effected in every instance.

In the list we have enumerated there are several diseases generally considered incurable by a majority of the men and women who practice so-called "medical science." We not only believe they can be cured,

WE KNOW THEY CAN BE CURED.

WE STAND READY TO DEPOSIT \$500 with any bank or trust company of this city that may be selected by any reader, which sum we will agree shall be turned over to any charitable institution named by a practicing medical man, if he will treat six cases of any of the above diseases, in which the patients are not over 50 years of age, and not entirely bereft of vitality, according to our instructions and fail to effect a cure in at least five out of the six cases, provided a like amount be placed for forfeit to charity by the physician in case the cures are effected.

A **ACCEPTANCES** of our offer for free cure are coming in at the rate of 10 to 25 per day. It will, of course, be impossible for us to attempt to cure beyond a very small percentage of these cases. By the time this is in the hands of our readers we will no doubt have several cases in hand and will be able to say something in reference to them in the April issue of "Physical Culture."

**OUR FREE-CURE
OFFER**

There are over 200,000 people dying annually of consumption in this country, and the writer conscientiously believes that this disease can be easily cured in every case not in the last stages, and for the benefit of our readers we are seriously considering the advisability of taking for free cure from five to ten cases of this particular disease, in order to prove beyond all possible doubt the truth of our conclusions.

Two hundred thousand people sacrificed annually on the altar of medical science, medical error!

If we were to have a war and this number of lives were lost in so brief a period it would cause comment for centuries to come, but medical science can murder its millions and not a word of censure is heard.

Murder is a strong word. The writer firmly and conscientiously believes that

there is no other word that fittingly describes the crimes that are committed by medical ignorance. He maintains with all possible emphasis that these 200,000 people who die annually from this disease might just as well live on to the end of their natural lives if treated by rational and natural means.

They are sacrificed to criminal ignorance, and we intend to prove the truth of this statement beyond all possible chance of refutation.

I FIRMLY believe that a man can live and maintain his weight and strength on five cents a day. To demonstrate this, I propose to live on that amount daily here in New York for one month, and furnish the readers of this magazine an account of my experience.

Later I intend to undertake a diet of raw food exclusively for a period, that the readers of "Physical Culture" may be apprised of its value, if any.

Bernard Macfadden

THE FORMS WE BUILD.

By Wilbur F. Gearhart.

The value of our lives, my friends,
Is measured by the good we do,
And all our usefulness depends
Upon the forms we function through.

The forms created by our works
Are modified by every deed,
And he who duty never shirks
Supplies the universal need.

By working for the good of all,
Regarding neither race nor creed,
The soul of man can never fall
Through selfish fear or sensual greed.

The lives enwrapped with selfish thoughts,
Conforming to God's righteous laws,
Construct such forms that selfish taunts
Cannot affect in them their flaws.

A soul evolves to perfect bliss
Through forms created not for self,
Wherein to duty ne'er remiss,
It works for universal wealth.

That every good may be for all
Is what the greatest soul desires,
And heeding Heaven's highest call,
It doeth all that God requires.

STRETCHING EXERCISES.

HOW TO DEVELOP MUSCLE BY FOLLOWING YOUR INSTINCTS.

By Bernarr Macfadden.



I HAVE presented to my readers several systems of physical culture in the past showing how the muscular system might be developed, strengthened and beautified. In each one of these systems I have endeavored to emphasize as strongly as possible the necessity for using every muscle of the body. As I have stated frequently, a proper system of physical culture is one which neglects none of the muscles and does not strain or exhaust. Any system of physical culture which accomplishes this purpose can be commended.

Interest in the development of the physical powers has increased enormously of late, and unquestionably much of this is due to the work of this magazine. Teachers can now be found everywhere. Many of these teachers are, however, making the mis-

take of pretending that they have some special secret system from which they have acquired their development, and that all other systems are of no value. Such false pretenses are foolish! Any one who studies the subject can readily realize the truth of my assertion as to the

simplicity of the means necessary to the development of muscular vigor and beauty, and the pupils will ultimately discover the deceit that has been practiced upon them.

The general impression everywhere is that physical culture merely develops the muscular power, that it builds big, bulky muscles, and that these muscles are available only for the purpose of lifting weights or performing other feats of strength. There was never a greater mistake. If physical culture accomplished no other pur-

pose than to "pile up" muscular tissue, it would be of little value. It in-



muscular tissue, it would be of little value. It in-



Inhale a deep breath; stretch out arms as far as possible; continue as long as you can conveniently retain the breath.

crosses the symmetry and strength of every part of the body. The muscles become firmer, stronger, and the overlying fat gives the roundness so necessary to beauty. The body, under these circumstances, can be handled more easily and gracefully. There is more self-possession, more confidence. As the blood becomes purer and richer in those elements that purify and strengthen the entire body, through muscular exercises, the entire nervous organism is greatly strengthened. There is less tendency to nervous troubles, and every part of the nervous system gradually grows stronger as the muscular system increases in strength.

But the great value of muscular exercises is illustrated most emphatically in the digestive process.

It will no doubt be a surprise to many persons to know that the entire work of digestion is a muscular process. Beginning in the stomach, which is a muscular organ, the food is propelled and churned and brought in contact with the various digestive juices almost entirely by involuntary muscles, and the strength of these involuntary muscles is greatly influenced by the strength of the voluntary muscular system. The more you use and strengthen the muscles of your



Then exhale and draw in another deep breath, which retain as long as you can, flexing the arms strongly and holding them flexed as above.

After inhaling another deep breath, bring hands and clasp strongly behind head, bending far back, retaining breath while you continue your endeavors to bend still farther backward.

arms, legs and body, the stronger grows the digestive process.

It would be well to also note another part of the digestive process greatly influenced by muscular exercise. The particular food elements which supply the muscular tissues also furnish the digestive juices; therefore whenever a deficiency in these elements

easy, not only because of the stronger muscles, but because of the increase in strength and quantity of these important digestive fluids. Thus the wonderful in-

fluence of muscular exercises upon digestive troubles is readily understood. It is not at all infrequent for digestive disorders to be cured in a few days by this means.

Another advantage of strong muscles is that physical courage usually accompanies them. This may not be considered of great value under

the present conditions of civilization, if viewed superficially, but when one remembers that physical courage is the foundation of all mental courage, that it really furnishes the energy necessary to accomplish any great work requiring brains, you will readily understand its enormous value. Unless you have this physical courage, unless you have the physical stamina which is necessary for its possession, there will be little chance of one ever accomplishing anything of value in life.

In former issues I have mentioned the great advantage of making play of exercise. It should not be work. If every muscular effort is a task it is really questionable if any great benefit is derived from it. As much fun and frolic as possible should be secured from your exercise. That is the principal reason why I so strongly commend the playing of games requiring muscular activity. Under these circumstances one exercises without knowing it. The keen enjoyment makes him forget the efforts expended. The systems of exercises previously given have, to a certain extent, emphasized and carried out as much as possible this play spirit. I have, however, in the system which I present with this issue, a method of exercise which is practically following out one's natural instincts. Anywhere in the animal life



Bring right leg far back; try to bring it still farther back, stretching toes to farthest limit, reaching up with left arm and down with right arm. Continue as long as breath can be retained. Reverse the exercise, bringing left leg far back.

is brought about in the blood through vigorous exercises, a greater supply of these elements is absorbed and the process of digestion is thereby made more



Reach up as far as you can; continue reaching as long as full breath can be retained.

you will find that there is an inclination to follow this system of exercises. It is followed unconsciously. A dog that has been lying down for a while immediately upon rising—unless he has some good reason to hurry away—will usually stretch his hind legs as far as he can and then his fore legs, thus stretching, exercising, and accelerating the circulation to every part of his muscular system. The system of exercises illustrated here simply follows out this natural inclination.

They can be taken immediately before retiring, or immediately upon arising, or

they can be taken, to a certain extent, any time during the day. Merely follow your own inclination. The foundation of the entire system is simply the flexing of the muscles to their greatest possible degree. We call them stretching exercises, but in reality they are simply flexing exercises. You simply flex each muscle to the greatest possible extent, and thereby use and develop it. This system is of especial value in increasing the size and prominence of the muscular tissue and for accelerating the circulation to the various parts of the body. They can, of course, be made as vigorous or as light as one may choose. The degree of tension placed upon the muscles is regulated by your own will.



Bring right foot up as far as possible; try to bring it still farther as long as full breath can be retained. Same exercise with left leg.

If the veins are at all large and are inclined to swell too greatly, one should be a little careful in flexing and retaining the flexed condition for any great degree of time, as there is slight danger of rupturing a vein. One should concentrate his attention upon that particular muscle or muscles as they are being flexed, and should inhale and retain a full

deep breath while he is holding the muscles flexed.

Often when one feels sleepy or when rising there is an inclination to stretch. This inclination should simply be cultivated and encouraged, until finally one may be able to secure all his exercise in this way and be practically unconscious of the efforts required.



Raise on toes as high as you can; reach downward with fingers as far as possible. Continue as long as breath can be retained.

A WOMAN'S IDEA OF THE PHYSICAL CULTURE MAN.

By Amy Hardwicke.

EDITOR PHYSICAL CULTURE: I am very much pleased with your magazine. I feel that through its agency I have come to know a man who is not afraid of saying what he believes. And what you believe, I believe, too, as a rule.

Remembering that the "proper study of mankind is man," I have studied that creature somewhat. Now, the average man could not stand the amount of physical development you suggest without becoming more animal-like and sensual. When I see men who are known as "good, devout men," scanning their faces I say, "They have no excuse for being otherwise—no temptations to resist. The flesh has not to contend with the spirit. There is no animalism in that weak body." It is better sometimes to be so.

A man in perfect health and physique is apt to think and feel so full of the "devil" that he has little room left for spiritual thoughts. He is overflowing

with perfection. Shall we say perfection or animalism?

Because a man is but a man, and there are no angels of that sex on earth. Therefore we need a little spiritual culture as well as physical culture. I mean this purely in the right sense. I know men hate "cant." I think a whole community of men in perfect physical condition would be very interesting, but extremely dangerous. The main thing is to teach them to be truthful (I don't think it would be possible on this planet to have them pure). Have them as good as surroundings will allow them to be, and "Do unto others as we would have them do unto us."

Of course we want them to be healthy—there is no excuse for a man being otherwise, if he will study the laws of health. But we don't want them too highly "physical cultured." It will never do, even if they have "spiritual culture" to go with it. I wish you every success in your work.



JIM, OR SALVATION THROUGH RUIN.

By M. F. Wilcox.

(Of course, the characters in this story are purely fictitious, yet the writer has actually heard of similar cases among the natives, where they have sickened and died after putting on European clothing.)



JIM was a great, big, raw Zulu, six feet four inches tall, built proportionately, and whose symmetrical form was a matter of comment even among his

brethren, fine, magnificent fellows physically though they were.

Jim wasn't his real name. That was the name The Missionary gave him for the sake of his wife, who said that by the time she had succeeded to pronounce his whole name, she would forget what she had wanted to call him for. Umkontoehlasela Umsimbiti was his real name, and had the expressive meaning of "Spear that penetrates iron," referring not only to his enormous strength, but also to his indomitable will power; for although he was a savage, he had an intellect and a powerful one, too. Now he had turned all his energies into

the path leading to enlightenment and civilization, and for this reason he came one day to the little mission station, built in a snug little vale at the foot of Intaba Enhlope (the White Mountain), in Zululand.



The first thing Jim learned under the kind, intelligent instruction of The Missionary was that it was not right, in fact that it was very wrong, to go about with hardly anything else on than the close-fitting, dark-complexioned suit nature had given him. Jim wanted to know why it was wrong, as he also was of an inquiring turn of mind; but The Missionary couldn't satisfactorily explain why, and after half an hour's talk, Jim gathered from what he said that it was simply a custom of civilization, which may have been acquired from the need of clothing during the cold winters that

JIM AS NATURE MADE HIM.

are common away up north. Well, Jim wanted to become civilized, so he discarded the piece of rawhide and squirrels' tails that he had considered dress enough for that climate, and donned an old pair of pants of The Missionary's and one of his extra flannel shirts. They were too small for him, and he didn't know the back from the front of the things, but he managed to get them on with the help of The Missionary, and although he sweated and felt very uncomfortable for several days until he got used to it, he had learned the first great lesson of civilization, and felt justified in thinking that he was becoming a Christian and a martyr at that.

During the next few weeks Jim learned many other peculiar things that pertained to civilization, like eating that light white stuff that The Missionary's Wife told him was called bread. At first he had to eat two loaves at a time in order to get enough, and he could not understand why The Missionary and his wife cooked and ate so much of it, when to him there seemed to be nothing satisfying to it. Then he learned to use sugar on his corn-meal porridge. It seemed sickening to him at first, but as

The Missionary and his wife made faces and said it tasted bad without it, he concluded that that was what he must eat in order to become civilized. So he learned to like sugar on his mush and salt on his meat, and other seasonings The Missionary's Wife used to flavor the food with. But perhaps the only custom he really liked from the first was that of

eating three or four meals a day. He had been used to only two and sometimes even one sufficed. But as he always had a good appetite, the habit of eating three meals a day was consequently very pleasing to him.

One day The Missionary made Jim a bedstead out of some flooring boards and fifty feet of clothes line. His wife made a mattress of corn husks and explained to him the use of that bag of feathers she called a pillow. So that night Jim went to sleep for the first time on a bed. He had never felt anything so soft in his life before. But somehow he couldn't get to sleep, and he missed his nice cool mat and his polished wooden pillow; but he had made up his mind to become civilized, and as this was one more step in that direction he was bound to take it.

But why tire you with the tale of an unfortunate Zulu who was busily learning the arts of civilization? So, to make a long story short, Jim became so well civilized as to even be able to eat at a table with white folks and converse with them in their own language. Yet although he had become civilized, he had not yet become a Christian, and this troubled the good mis-

sionary a great deal. For he had learned to love his herculean servant, and really felt more anxiety about him than he did about any one else. So he worked and worked with Jim until at last Jim consented to join the church, though he was no more than a mere nominal convert.

Thus matters stood when, over a year after Jim first came there, The Mis-



JIM ADOPTING GARB OF CIVILIZATION.

sionary was asked by some natives to go up into the interior almost to the Ibvuvu River, to dedicate a small church for them. Accompanied by Jim he set out for the place, and after three days' steady travel, the experiences of which would take a book to relate, they reached the place, and soon had not only dedicated the church, but had organized a congregation as well. Then, after resting a few days, they started back, and were on the last day of their march when they were visited by a heavy rainstorm, which lasted about four hours. The Missionary had an almost new waterproof with him and also a pair of rubbers, so that he remained comparatively dry, but poor Jim was wet through and through. But he did not mind that any, for had he not many times received just such a wetting while tending his father's cattle when a boy, and had they ever hurt him?

But then his constitution had not been weakened by eating the food and following the customs of the white people, and he did not know the evils of wearing wet clothing.

When it had stopped raining, The Missionary thought they ought to stop and make a fire and dry themselves. But as they were so near home Jim thought he would rather reach home first; so they both journeyed on and reached home about eight o'clock that night. Then The

Missionary got a bottle of bitter-tasting medicine and advised Jim to take some to prevent his catching cold. Jim felt all right, but to humor The Missionary he took a big dose of it and went to bed.

The next morning Jim awoke to find that he couldn't get up, his head ached so, and that he was hot and dry all over. He could not understand what was the matter.

When The Missionary came to see him he shook his head gravely. He knew that Jim was very sick and he thought it best to tell him so.

"You don't think I am going to die, do you?" Jim asked.

The Missionary said that he *hoped* he wouldn't.

"Oh, but I can't die," Jim replied. "I have never been sick a day in my life before, and why should a little wetting hurt me?"

But Jim did not know that he was not the same man physically that he used to be. He had learned the habits of the white people too well.

The next night Jim somehow felt he couldn't live very long, and he asked The Missionary to pray for him. This he did earnestly and long, so that at the end of it Jim broke down and cried like a baby over the wickedness of his life, and The Missionary joined in with him. Then suddenly Jim felt as if a great load had



"LORD, I AM COMING TO THEE!"

been lifted off his soul, and he knew that he was a Christian.

At last Jim knew that the moment had come when he must leave his earthly friends, cares and ambitions, and saying "Good-by" to his kind missionary and his wife, with a sorrowful joy that cannot be described, he sat up with a great effort, and stretching out his long arms from which the flesh had fallen away pitifully, he lifted up his eyes and shouted in his own mother tongue, "Tixo, ngi yeza Kuwe!" (Lord, I am coming to Thee!). The next instant he fell back dead.

Great was the lamentation of the good missionary and his wife over the loss of their faithful servant. Yet their sorrow was mixed with joy, for Jim had gone to

heaven, and what did it matter that he might have spent a few more years on this earth in the full enjoyment of the beautiful "temple" that God had given his soul to dwell in, when he had gone to heaven, leaving that same "temple" in ruins?

Such is the sad tale of Jim—Jim the strong, Jim the scholar and Jim the Christian.

(N. B.—I do not wish anybody to think that I am "running down" the work done by missionaries as a whole. For why should I? I am the son of a missionary myself. They are doing a great work. But I think that in that, as in other professions, there is still room for improvement.—M. WILCOX.)

A PHYSICAL CULTURE FABLE.



GEORGE JONES was an idle boy. He would never study worth a cent in school. All day long he would sit in the school room catching flies.

His teacher frequently told him if he didn't study more he would grow up without any education, and he would then become a lawyer or a journalist and bring shame upon his parents, although George was an orphan with only one pa and one ma. George would take his books home every night, but he never studied them. But at playing baseball and football and all kinds of athletics there wasn't a boy in school who could touch him.

Charles Barlow was another kind of boy. He was just as industrious as George was idle. Lots of days at recess, when the rest of the children went out to play "Blackman" and "Go, sheep go," he would remain in the school room and talk about the Copernician system and the nebular hypothesis and the transmigration of souls and many other things about which neither he nor the teacher knew anything.

Charles had a sallow complexion and no appetite. He studied theorems and George studied new rushes and curves and athletic slang.

Finally both entered college, and George had made such poor use of his time that

he would not have passed if his uncle, who kept a grocery store, had not been a member of the board of directors.

After he got into college he made so many blunders that the rest of the class all laughed at him. Charles stood at the head of his class. He won every prize that was offered as easily as George threw curves.

But when George got into the ball nine the scholars in his class began to laugh out of the other side of their mouths. Their school won all the games.

When graduation day came Charles made a fine speech, but his parents and relatives were ashamed of him. He couldn't run half as fast as a horse, and his hair wasn't any longer than other people's. He had a high forehead, but his muscles were not knotty, like a carrot.

George won the prize for being the best all-round athlete in school. He didn't know an isocetes triangle from the specific gravity of a pot of mush. But he brought fame and renown to the college by being able to kick harder than a mule.

The last we heard of them, George was a director of athletics in a college at \$5,000 a year. Charles was a preacher on a country circuit at \$600.

Moral: Sound sense goes with a sound body; and physical development is more to be prized than much learning.

DEVELOPING A CHILD.

By Geo. W. Smith, M.D.

CHILDREN are the greatest physical culturists of the human family. They take to it just as the young of all animals do. It is instinct, and before intellect has developed sufficiently to divert and distort it, instinct is their guiding star, and it teaches them the necessity of activity. They begin as babies, and the first dozen years of their lives, unless they are criminally hindered by parents and attendants, are an endless round of games, sports, muscular activity.

Modern conventions of cities, schools, houses, wherein there are best rooms and

provide some regular and pleasant form of diversion that will give the much-required muscle play. I have often been asked how to train them. They need but little training. They are such ready imitators that if you lead the way, they will follow, and call it "fun."

It should be the privilege of every child to be born healthy. But, unfortunately, people pay less attention to breeding their own race than they do to the breeding of live stock, poultry and dogs.

Some one has remarked that we should commence to train the child by training the grandparents. Since it is impossible to do that, the next best thing is to com-



parlors, which little "terrors" are forbidden to invade on penalty of punishment, hinder the following of this natural instinct to such an extent that it has come to be a problem how to supply the necessary exercise for symmetrical and natural development. The increasing product of weakly, wan, "misery" children is a terrible warning to parents to stop starving the muscular part of their offspring—to

mence with the child as soon as possible after its arrival. I commenced with mine when they were mere infants, by rolling them from side to side. These little people should never be allowed to remain in one position for too long a period of time. As soon as they were able to notice their toes, I taught them to grasp them in their tiny fists, thus bringing into play the muscles of the legs and back.

I have two children, Ardis, aged sixteen months, and Vera, aged six years. I

present herewith a few photographs, showing them at play. Each night, just before bed time, they are put through their exercises, and both anxiously await



the rough play. The elder is quite an enthusiastic physical culturist, and tries to perform all the movements she sees illustrated in PHYSICAL CULTURE. The



baby imitates her sister, and the training is easy.

The first picture shows the baby with her one-pound dumb-bells, which she handles easily. She goes through many of the exercises prescribed for grown people. Picture No. 2 shows a side view of her, using the right hand, as it is used by athletes to develop the muscles of the upper arm. She began handling the dumb-bells of her own accord, and while



her parents were absent from the room, merely from seeing her sister using them.

Picture No. 3 shows what she calls "heels," and an exercise she hugely enjoys, as the smile plainly attests.

No. 4 shows the older girl going through her "gymnastics." She has one foot placed against my chest, and the body braced firmly, with muscles of legs and back flexed. This also shows length of her hair, which measures thirty inches.

No. 5 shows the control she has of her young muscles. The body is rigid, and held at arm's length, with hands under her neck and ankles.

No. 6 is an easy one, taught her by a lady seventy years of age. Try it. Take a seat on the floor, feet as far apart as possible, and then place the face upon the floor. Now for the practical part.

These children, of course, have the very best hygienic care, besides taking regular developing exercises. They are strong, healthy, well developed, and unusually large for their age. They do not

know what sickness is. The elder was such a delicate baby that every one who saw her predicted an early death. If old



methods of swathing, etc., had been followed, she would probably have quickly succumbed.

Stay at home a few evenings and begin to train your children's bodies. You will see quick improvement. You will lay the foundation for regular exercise with them—a habit which means not only building up their own bodies, but which will make their children stronger. You will be contributing your little share toward a stronger nation and race. Physicians may be less in demand, but they, too—or the right sort of them—will welcome the day when so much avoidable suffering is done away with.

Critics of university life not seldom sneer at the zeal, now so ardent in most American institutions of learning, for physical education. This enthusiasm for physical training I regard as almost wholly good.—Address of Dr. Elisha Benjamin Andrews, President of Nebraska State University.



MR. W. L. RAFFERTY, DENVER, COL.

Mr. Rafferty reports that he has secured above development by following the advice given in this magazine.

THE HOPE OF THE NATION—PHYSICAL CULTURE.

By John R. Stevenson.



KNOW I am advancing a very startling, very unorthodox, proposition when I state that the hope of future distinction for our nation lies in physical development. A whole army of disputants and objectors will arise to clamor against this sweeping statement. The religious element will say to me, "Where is Providence and the prayers of the just? Will they not avail anything?" The university man will wildly and wordily expostulate: "But the mind—education, what about that? If we ever achieve a leading place among nations, depend upon it, it will be learning that elevates us." Scientists will arrogantly claim the honor for themselves and hazily prophesy of some discovery of dazzling importance. Then will come the jester, with his flings about the race of prize-fighters, football cranks or golf players. But in spite of all that I am hard-headed enough to maintain the proposition: The hope of the nation lies in physical development—better, more general, more scientific development than we have at present.

To the hopeful Christian I would answer, "God helps those who help themselves. Physical perfection is a thing we have fallen away from through our own faults; it is a condition we must get back to by our own efforts." To the man of letters I would say, "The most perfectly balanced mind, the one capable of really great feats, demands a sound bodily habit—physical vigor is a necessity before intellectual prowess." The scientist I would silence by asking him if he knows any formula for producing muscle and preserving health except nature's grand law of exercise. As for the jesting, scoffing crew, let them sneer; even a prize-fighter of the worst type is better than a narrow-chested, spindle-legged, pessimistic degenerate.

The nations that are lowest in the world's congress as producers, as inventors, as warriors, those that have the

fewest statesmen, smallest resources, are those in which the physical development of the individual is lowest. We have but to glance over a few of the recent pages of history for proof. France, Spain and Italy are clearly the weakest in the European concert, and their population, taken collectively, presents the fewest specimens of superb physical development. Volumes have been printed about the degeneration of the so-called Latin races, among which those mentioned must be included. What is this degeneracy? It is of morals, of intellect, and of virility, all following in the train of lessening physical powers. In all these countries men and women have become weaker, less powerful to resist, less able to labor, during the last two centuries.

There is a pretty firmly established law of heredity which here has operated backward. A weak generation has been followed by a weaker, with no concerted attempt to remedy the evil until the national existence is threatened.

Against these we have powerful contrasting types in that great trio of European powers—England, Germany and Russia. The strength, stability and activity of these nations are at their greatest, yet they are no younger than the first mentioned. When we seek for a reason, we find it in the national habit of exercise and outdoor life.

England's strength for centuries has reposed in the hearty, hale, bluff "John Bull" type. The men of the shires—the squires who live most of the time out of doors; the general custom of activity which makes every Englishman a sportsman, and of nearly every Englishwoman a pedestrian and horsewoman. The blood has not been tainted by any infusions and the race retains virility after a national existence of a goodly number of centuries.

Germany shows a race that has advanced instead of retrograded. The system of gymnasiums and the compulsory military service have made a robust, resist-

ing male population. It is the leading country to-day in the matter of physical development—in fact, the only one in which the government has undertaken to develop the physical powers of its citizens.

Russia, with its broad territory and its half-savage customs, is the one nearest the primitive, or savage, state which produced the strongest men—physically. Her people, hardened by a rigorous climate, by active outdoor lives, are among the strongest, hardest, on the earth to-day; and they may be depended upon to play a prominent part in the history-making of the future.

And America—where does she rank? How do her people stand? Patriotism shouts at once, "In the van!" But do we? We have a population in which there is a perplexing blend of racial strains. The infusion does not seem to have produced any very notable types. It has given us a most nervous, restless population, but physically it is not, as a whole, comparable to some of the races I have mentioned. We have passed the stage when the conditions of living were such as to produce superb physical development. The habits of the generation that is growing up are not such as are calculated to produce splendid physical types. Our boys are encouraged to strive for early entrance of professional or

business life rather than directed to pursue a course that will result in perfect physical manhood. Our girls are encouraged in habits positively injurious to health. There is no concerted effort to train and develop muscular power along with the intellectual. Already the signs of warning are appearing. In our cities hordes of narrow-chested, sallow-faced, cigarette-smoking young men crowd the streets and places of business. Nineteenths of our female population are afflicted with some functional disorder, and a host of doctors and druggists and vendors of nostrums grow wealthy every year by preying on the weak. Sanitariums and asylums are becoming crowded. He who runs may read the signs, and the way-faring man, though a fool, ought to be able to see where it is all leading to.

There is a chance for the Land of Freedom to always be the leader of nations; but prayers won't keep it there—the intellectual drill given in schools and colleges will not insure it this proud distinction. Just one thing will, and that is general physical development. The signs of weakness should be heeded, parents and teachers should spread the eternal truth: Activity is life, and stagnation means decay and death.

WHAT PHYSICIAN SHALL I CHOOSE?

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



HOSE are rare, exceptional cases where a person never finds himself obliged to call on a doctor. Hence, as the time is pretty sure to come when you will require his services, and as you may have to pay with your life the penalty for a wrong selection, you would act the part of wisdom to post yourself at once on this vital subject.

In a healthy person everything is normal, i. e., he only craves wholesome food and beverages; his eliminating organs work promptly; the functions of his body operate so smoothly that he remains quite unconscious of their activity, and there are no evil propensities or habits. If symp-

toms differing from the above arise in a person, such deviations constitute signs of disease. No matter whether a person be in sound or feeble health, if he takes drugs, they will produce certain alterations in his physical state. In other words, drugs make well people sick.

Drug doctors insist that their prescriptions make sick people well. The naturalists maintain that drugs, far from being curative, rather retard the restoration of health, because the poisonous drugs counteract the natural healing efforts of one's vital power.

Drug doctors are not only refuted by hygienists, they also contradict each other. Thus, the homeopath says: Take any drug, administer it to a person in sound

health and observe the abnormal symptoms engendered by the poison. If, then, you meet a patient afflicted with those identical deviations from the health mark, give him that particular drug; it is specific for him; it will make him well. The homeopath calls this silly assumption a principle, and expresses it tersely by saying: Like cures like. But how such a thing could be possible, he fails to explain.

The allopathist, although advocating a diametrically opposite view, also insists that he can cure. This is, indeed, funny and highly suggestive. He says: Suppose you take two well people, A and B, and administer to A one drug and to B another drug, selecting the two drugs so that the effect on B will be opposite to that produced in A. Do not prescribe for your patient the first drug, but give him the second drug, which caused in B the contrary symptoms. He calls this hypothesis the allopathic principle, and couches it in shorter terms by saying: "Abnormal symptoms are cured by a remedy that will call forth contrary signs in a well person."

Suppose a person suffers from a headache. The first question would be: What is the reverse of a headache? It seems to us that no headache, or freedom from headache is its opposite. Consequently, to follow out the allopathic principle, in a logical manner, we must prescribe for a person with headache such a substance as will produce no headache in a well person. But as any and all allopathic drugs are liable to give one a headache, we see that the allopathist does not adhere to his avowed principle.

To enlarge upon this important question, we beg to inquire of the allopath: "What is the opposite of cancer, or of neuralgia, or of blindness, or of fever? Is it not invariably the normal state free from those diseases?" Then, in order to be strictly logical, in order to cure any of the above ailments, you should prescribe such medicines as would leave a normal body undisturbed in its normal functions. But this you fail to do. If you would strictly adhere to your own so-called principle, if you were not utterly destitute of all logic, you should be staunch upholders of a strictly non-medical treatment, and should berate the homeopaths

for using drugs at all. But, far from this, it is you who ridicule him for his minute doses, and, in direct violation of your principle, you persist in saturating your patients with poisonous drugs.

The so-called principles of the homeopaths and allopathists, translated into Latin, are, respectively: "Similia similibus curantur" and "Contraria contrarius curantur." To a person not versed in dead languages, this may sound wondrously wise, and the pupils of drug schools themselves may be impressed by and feel quite important because of those phrases. But rendered in plain English, as done above, we find to our dismay that the principles of these people whom we have entrusted with our physical well-being, and whom we have allowed to usurp an absolute monopoly over our lives and purses, are really the most stupendous humbug and nonsense that were ever palmed off on thoughtless, credulous humanity.

No two principles could be more contradictory than those of the homeopath and allopath. One says: "White will cure you." The other cries: "No, black will restore you." One contends: "If you take black it will destroy you." The other retorts: "If you take white it will cause your death." The allopath accuses the homeopath that he lets his patients die for want of a sufficient dose of drug. The homeopath claims that the allopaths are nothing but murderers, killing their patients right out by powerful doses of the most virulent poisons. We, the hygienists, indorse the opinions of both parties as to the outcome of their respective treatment.

Notwithstanding their radically opposite views, both medical schools have been authorized by law to practice and to invade the vital region of their patients according to their respective tenets. It should be apparent to a child that if any at all only one of the two parties can be correct, and if one of the parties be able to cure, the other party must of necessity kill their patients. Yet so befogged are the public, the press and the law-makers on all questions of health that, despite the manifest absurdity, both parties have been vested with equal power to practice their nefarious trade. Future generations

will find difficulty to believe such a state of affairs possible.

If in so-called civilized countries a human specimen is in absolutely perfect health could be found, he would deservedly become an object of greatest curiosity.

The more enlightened drug physicians are aware of the baseness of their proceedings. However, being obliged to earn a living, they are compelled to continue their calling, satisfying their conscience by prescribing bread pills, colored water or other neutral placebos. At first glance this may appear quite harmless. Yet, if we consider that by so doing they perpetuate the belief in the virtue of drugs, and that they waste their patient's time and money, as well as depriving him of a chance to be cured by some more rational treatment, even the administration of pseudo-drugs must be condemned as harmful, not to mention the part of actual deceivers which these physicians play by taking remunerations for services which they know to be valueless.

What would you say of a person who would set himself up as a watchmaker, though he never saw a timepiece? Or of a man establishing a tailor shop before he ever handled a yard-stick? But this is the actual condition with our drug doctors. The highest medical authorities confess their inability to define the nature of either Disease or Health. Hence, they cannot proceed along rational lines; their endeavors are haphazard, experimental, void of every trace of rational foundation, and nonsensical, not to be more emphatic.

We hold: Disease is nothing mysterious. It consists of the presence of impurities that have found lodgment in our system. According to their more or less virulent nature, their amount and location, different symptoms accrue, usually appearing in groups. Specific names have been applied to these groups by the routine of physicians, such as measles, typhoid fever, cholera, etc. Those corrupt substances are taken and retained in the system for want of better information. If a person dies from any cause other than old age, his death is the result of the deceased's own folly and his drug doctor's lack of knowledge. If a person gets himself into a perspiration, then ex-

poses himself to draught and dies in consequence, it is obvious whose fault it is; he ought to have known better; and, on the other hand, a "cold," if contracted, is of trifling moment in the hands of a hygienic physician. Now, as God is the giver of life, and as no wild animal ever falls victim to disease, for clergymen to speak of the "unfathomable wisdom of Providence"—that cuts off many human lives in their bloom—we consider to be a libel on God Almighty's love and wisdom; but by such thoughtless and sacrilegious doctrines the clergy uphold the drug profession in their murderous proceedings.

If sickness means the presence of abnormal matter, and as drugs form no part of a sound organism, we would judge that the taking of drugs usually adds to the amount of impurities in the system, and renders the case still more abnormal. The truth of this has been abundantly proven. There are hundreds of chronic ailments that arise from acute forms. If drugs were able to cure acute maladies, chronic illnesses could not exist. They would have been nipped in the bud when still acute. The very existence of chronic forms demonstrates the impotence of drugs.

A few years ago the London "Lancet," the highest medical paper, brought statistics to show that the greatest mortality was found with the saloon keepers; then followed the butchers, then the drug physicians, and after that the rest of mortals. As the drug advocates recommend alcoholics as stimulating, and as the saloon keepers, who imbibe the greatest amount thereof, show the highest mortality; furthermore, as drug doctors also dwell on the excellencies of flesh as most strengthening, and as butchers come next in the race after death, and lastly, in face of the fact that these people who, in their blind delusion, prescribe those two kinds of articles are third to follow on the death list, in advance of all the rest, one weighty conclusion is forced upon us, viz., that drug prescribers cannot cure themselves.

In Germany the following experiment was undertaken: A number of animals were divided into two equal groups. They all were fed on milk, receiving equal quantities. But the milk for the two divisions was not exactly alike; it had been ob-

tained from the same source, it is true, but the milk fed to one group had been altered. As you know, all articles of food contain certain mineral ingredients. These substances had been chemically removed from the milk of one-half of the animals, and were then added again in the same quantity, but this time obtained from an apothecary's shop. This substitution ought to have left the milk unchanged, and certainly no chemist would have been able to demonstrate a difference between the two kinds of milk. But nature proved herself a superior analyst, viz.: Whereas, those animals assigned to the ordinary milk thrived in the usual way; the other animals died without exception. This demonstrates the immense difference between mineral substances produced by nature, and seemingly the same article when manufactured in a laboratory.

Although the allopaths and homeopaths have always been at loggerheads, yet in one point they agree, viz.:—both never or seldom mention a word as to preventing and forestalling disease. Why? Because health, universal health, would be their death-knell. Disease alone is what secures them a living.

The more you will look into this question the more will the truth dawn upon you that—as to health—one drug school

knows as little as the other; all their measures are pretense and sham. In our present business dealings very little charity is met with. Every one tries to grab whatever he can—and your drug physician makes no exception. He is after your dollars—and little else. Do not be deceived by his seemingly clever talk and a few technical terms. Nor be imposed upon by his apparent interest in you. By applying in your extremity to a homeopath, you pay somebody to cheat you; and by consulting an allopath, you remunerate somebody for poisoning you. At the same time by pinning your faith on drugs, you reveal the intellectual standpoint which you occupy.

Now, if we cannot rely on any of the drug schools, where is one to seek help? Act the part of wisdom and see that you escape sickness altogether. It is no incomprehensible dispensation from On High; it is the result of defective knowledge, the penalty for your transgressing Nature's mandates—nothing else. No wild animal is sick, why should you be? Are both your intuition and intellect jointly less competent to preserve your health than animal instinct alone? That would be a disgrace. Nothing is easier than to remain well. Live properly. That is the whole secret.

A VOICE FROM CANADA.

EDITOR PHYSICAL CULTURE:

I want to express my deepest gratitude to you for what PHYSICAL CULTURE has done for me. In September last I picked up a copy of the magazine, and having read it, at once acted upon the advice it contained. And none too soon, either, for doctors and parents declared I was far gone in consumption.

I wish you could see me now. Four months ago I could not walk a mile; now I can go thirty miles at a stretch. And that is not all. Early in January I was examined by a doctor as to my fitness for active army service in South Africa. I not only passed successfully, but this significant remark was added to the doctor's report: "Strong muscular development."

I am off now to undergo hardships for my country, but I will never forget what you and PHYSICAL CULTURE have done for me. I would like to shake hands with you.

H. A. SMITH, Ottawa, Ont.



VENUS AND BODY OF HECTOR, BY A. ROYER.

EFFECT OF OVEREATING.

By Edith Griffin.



PEAKING of fasting," said Aunt Sarah, "reminds me of a story which Josiah often tells. We had been married but a few months when I was suddenly summoned away to attend an invalid mother. Before leaving I made everything comfortable for Josiah—cooked meat, made bread, fried doughnuts, baked cake, gingerbread and pies and placed them in tempting array behind the glass doors on the shelves in the pantry.

"He had been asked to deliver an oration at a coming convention and thought it would be a good time to write it when I was away and he had the whole house to himself.

"The next morning he rose early, went to the door and inhaled the fresh, bracing air and took a little walk in the garden. He was feeling unusually well, he said. His brain was clear and he thought it would be an easy matter to finish his task before noon. He would have his breakfast and get to work, so he went in and made his coffee. (I had been particular to leave just the amount he needed in the coffee pot and had written directions on a piece of paper and slipped it through the handle.) While he was waiting for the oatmeal to cook he toasted bread, boiled half a dozen eggs (Josiah always did have a good appetite). He ate a couple of doughnuts and a big piece of cheese, and, seeing the pies and gingerbread, could not resist them. After finishing his breakfast he piled the dishes into the sink and left them unwashed.

"Now to work," he said. He went into

the study and sat down to his desk. There was a goodly array of pens, ink, paper, erasers, etc. He took a pencil and a large pad, sharpened the pencil to a fine point and prepared to write, but no thoughts came to him. His eyes were heavy. They felt like lead. He could hardly hold them open, so he threw himself on the couch and was soon asleep. When he awoke it was three o'clock. "Guess I'll get a bit of dinner and write afterward," he thought.

"He went into the kitchen, built a fire, put some lamb stew on the stove to heat, then went to market and bought steak, tomatoes, green corn, peaches and a watermelon. After a pleasant chat with the clerk he went home and cooked his dinner, and when all was ready sat down to enjoy it, and enjoy it he did, regardless of the fact that he was alone.

"Josiah's dinner was a good one and he did it full justice. As he rose from the table he glanced at the clock; the hands pointed to five. Where had the time gone! His oration was barely begun. He had done nothing—absolutely nothing—all day, and now it was nearly night.

"He was dissatisfied with himself—his brain was befogged—he could not think. He felt stupid and disinclined to exertion of any kind; he felt ill, and wondered what was the matter.

"It did not occur to him that all his trouble arose from overeating. He had to struggle through with the speech and he did; but when it was delivered it fell flat. Only his friends applauded. Josiah thinks there was a 'hoodoo' on him; but I know it was all due to an overloaded stomach."

Editor of PHYSICAL CULTURE:

I have just finished reading the current number of your blessed little magazine. Up to the time I was fourteen years old I had been taught that my brain was more than my body; that athletes were rude, rough men who made their living by any crooked means. As a result, every spring found me in bed with malaria, and about every third year an almost fatal attack of typhoid. Three years ago I made up my mind to be a *man* in spite of parental *vetoes*. I joined a football team; I spent hours at practice; I grew to love the free, pure air and the healthy outdoor life. Up to this time I had been very poor in school, but outdoor sports made my studies pleasant and I walked right up to the head of my class.

JOHN STATHIM, Cincinnati, O.

INTERNATIONAL ITEMS.

By F. L. Oswald, M D.

THE DREAD OF NUILITY.



HE Pennsylvania virgin who "fainted at the mention of undressed lumber" has counterparts among the visitors of many art galleries, though the times are past when a Maria Teresa could order her museum custodian to dress Grecian statues in bathing suits. "The learned breech-maker," the Vienna artists called the unfortunate who had to obey that order, and Joseph the Second made an excuse (cataloguing, or something of that sort) to remove the ridiculous teguments. The origin of the prejudice would seem a mystery, if it were not probable that the devotees of an anti-natural creed became ashamed of the results of their asceticism. They covered their bodies because they were no longer fit to be seen. "The idea of degrading the body for the benefit of the soul," says W. H. Lecky, "was a key-stone dogma of that era of fanaticism; . . . an emaciated wretch, sexless, sightless, ragged in dress and skin, and almost mindless with penance, had become the ideal of nations who had worshiped a Hercules and an Apollo." Since the gospel of physical regeneration has relegated such scarecrows to the dump-pile the old prejudice is gradually disappearing, and American visitors to South European seaport towns no longer avoid the downtown quarters where young specimens of our species can be seen romping about without the handicap of superfluous dry goods.

ABNORMAL PUGNACITY.

A perpetuity of Lenten fare can hardly be defended from a sanitary point of view, but there is no doubt that an excess of animal food defeats the problem of happiness. Meat-gluttons become a burden, both to themselves and their neighbors; and it is more than probable that the fero-

city of our North American redskins has a good deal to do with their exclusive diet of bull beef. Their banana-eating Mexican kinsmen are as placid as Hindoos, and a correspondent of the *Cape Town Gazette* congratulates the Natal settlers on their success in weaning the aborigines from their carnivorous habits. "A bread-eating Kaffir," he says, "has advanced a considerable step in the direction of civilization, and his endeavors to keep out of scrapes are no longer baffled by the promptings of a morbid pugnacity. Feed him on wolf-food and you make him a wild beast, aggressive by instinct, though perhaps restrained by fear or a constant effort of self-control."

FOOD ADULTERATIONS.

According to an Austrian physician America leads the world in the strictness of butter and milk inspections, but connives at astonishing frauds in the manufacture of fruit jellies. Tons of the stuff openly sold in the groceries of our great cities are as unfit for food as a mixture of bone-glue and starch sugar ("glucose") with aniline dyes and coal-tar flavors. Our bread, on the whole, is purer than that of the West European bakeries, where the high price of flour is a constant temptation to rascalities. Chestnut meal and pulverized trough-scrapings are not the worst things used by the bakers of Milan, Italy; some of them were caught mixing in gypsum powder to increase the weight of the loaf and improve the color of moldy flour.

THE COLD WATER CURE OF FEVERS.

NOTIONS OF BEAUTY.

Chinese art critics think our "beak-like noses" the chief deformity ("defect" would hardly be the right word in that case) of the Caucasian race, and the Abyssinians consider it unbecoming to have

big white fangs like a hound. "Your wife has a beautiful complexion," said a chieftain of the Blue Nile country in an interview with Baker Pasha, "but it would greatly improve her appearance if you would knock out a few of her front

teeth." Some nations admire high cheekbones, and others narrow foreheads (the *frons tenuis* of classic Rome), but all would probably agree that the most effective of all cosmetics is a course of athletic training.

THREE OF A KIND.



Our methods may differ, but bear in mind
 Our mission on earth is the same, you'll find;
 Corsets, Whiskey and the Medical "Fakir;"
 And we're all three working for the Undertaker.

QUESTION DEPARTMENT.

Q. How can dark circles be removed from under the eyes?

A. This usually indicates digestive or nervous disorders, and the principal remedy is the adoption of those means necessary for building up the general health. A valuable local treatment for this trouble, however, is simply immersing the face in very cold water and holding it there as long as breath can be retained, repeating two or three times twice daily.

Q. I had pneumonia a year ago. It left an inflammation of the lungs. Went to doctor, who gave me creosote. My lungs are in bad condition. Please advise me what to do.

A. Stay in the open air as much as possible. Take long walks, with many deep-breathing exercises. Partially close the nose when drawing in breath that it may exercise the muscles used in inhaling, and exhale through the mouth, keeping it partly closed, so an effort will be required to blow out the air. Be very careful to masticate the food thoroughly. Eat only two meals a day. Do not eat too much meat, and take exercises for strengthening the muscles of the chest and abdomen. Avoid all drugs.

Q. Please advise me if running up and down stairs will reduce flesh.

A. This exercise will unquestionably reduce flesh if enough is taken, though it cannot be recommended usually, for the reason that the air is usually bad wherever there are stairways. If this objection can be overcome and the exercise not overdone at first, it can be recommended.

Q. When I take a deep breath I have pains in my left side. I take light exercise and cold bath every morning.

A. Take those exercises for strengthening and developing the muscles around the waist line. Take long walks and deep-breathing exercises. Do not overeat, and as you grow stronger the pains you mention will gradually disappear.

Q. What do you think of bowling exercise?

A. Bowling is beneficial and has the advantage of combining pleasure with

exercise, though in many cases bowling alleys in cold weather are very poorly ventilated, and the exercise is of but little advantage under these circumstances.

Q. I am a young man 18 years of age, with asthma and weak stomach. What would you advise?

A. For the first week of treatment would advise you to confine diet to one meal a day, which should be very thoroughly masticated. Deep breathing and long walks will tend to lessen the asthmatic trouble. Same breathing exercises recommended for inflammation of the lungs should be taken.

Q. Is there any exercise that will develop and make plump the back of the hand?

A. About the only way the back of the hand can be made very plump is to strengthen the powers of absorbing nourishment. This can be done by frequent short fasts and great care in confining diet to wholesome, nourishing foods. Special attention to mastication is of course advantageous.

Q. I have inflammation of the eyes. Flesh around swollen and eyes bulge a little. Please suggest a remedy.

A. Immerse both the eyes in solution of salt and cold water twice a day. Open and close the eyes in the water. Troubles of this nature are often induced by condition of the blood, and constitutional treatment would of course be advantageous.

Q. I am nervous and become excited over the slightest thing. What would you suggest?

A. Take up some system of physical culture that will strengthen your muscular system, and the organs of digestion and assimilation will then be strengthened and the result will be increased nervous strength.

Q. I am in position requiring great activity. What would be the best diet for me to follow?

A. I would say two meals a day would be best for you, though you might be able to digest three without difficulty if you

are careful not to overeat and to eat very slowly. Great care should of course be taken to secure a plentiful supply of muscle-making elements in the food which you eat. Your appetite, however, will guide you correctly in this if a sufficient variety of foods are furnished.

Q. I have been troubled with hives for the last six months. What causes and what will cure this?

A. Open-air exercises, deep breathing and long walks will be of advantage for you as constitutional treatment. Would advise cold sitz bath immediately upon arising each morning, and each night upon retiring take a wet sheet pack—that is, wet two sheets, which so wrap around the body that the wet cloth comes in contact with every part of it.

Q. How long should one continue exercises for certain sets of muscles?

A. Continue only until feeling of fatigue is induced. Never to the point of exhaustion.

Q. I am only twenty-one years of age, but I am very near-sighted.

A. Take exercises for strengthening the muscles of the eyes, massage them, and also bathe them in salt water. This will be beneficial and may in time cure your trouble.

Q. What is the best method of exercises for obtaining suppleness and muscle at the same time?

A. Take those exercises that require quick, active movements.

Q. I am troubled with ulcers in my nose, making it difficult to breathe. Suggest remedy.

A. Constitutional treatment would be

of advantage to you—that is, the adoption of those means necessary for building up the general health and purifying the blood. Deep breathing and long walks will of course be advantageous, though a local treatment, such as snuffing up a very mild solution of salt and water, will be found beneficial. About a quarter of a teaspoonful of salt to a glass of water, will be found sufficiently strong.

Q. When is the best time for exercise, morning or evening?

A. I would advise just sufficient exercise in the morning to thoroughly accelerate the circulation. In the evening one can take more—sufficient to bring on a feeling of fatigue. Though it is not a really serious matter whether exercise is taken in the morning or evening.

Q. I am troubled with rheumatism in my joints. Can you suggest exercises that will relieve me?

A. Though exercise will unquestionably be beneficial to you, what you particularly need is to adopt those means necessary to strengthen the digestive organs. One meal a day for a week, thoroughly masticated, will probably cause your trouble to disappear, though if you expect your cure to be permanent, long walks, deep breathing and a thorough system of exercises will be found of advantage.

Q. In zero weather is it safe to go out when you have a cold in the head?

A. The cold will be cured far quicker if you go out than if you should stay indoors. Deep-breathing exercises out of doors during cold weather is one of the most valuable means of curing a cold.

OUR CORRESPONDENTS SAY—

EDITOR PHYSICAL CULTURE: Your magazine is always looked for in my family more eagerly than any periodical I buy. It is full of common sense. If people would follow its advice, the doctors would have to seek other occupation and the manufacturers of coal-tar medicines would rise from opulence to honest poverty. I have practiced air bathing for several years and have not caught cold since I began. Most people begin to put on their day clothes before they have entirely removed their night clothes, so fearful are they that contact of air with the naked body will cause them to catch cold. This is the principal reason why they catch cold. I drop off all my night clothes and then spend from fifteen minutes to half an hour in movements with and without apparatus, entirely naked and with windows open, even in winter. I had a skeptical friend, a college professor, who has constantly caught bad head colds

all his life. He is a strict vegetarian, never tasted meat and has taken a cold bath every morning, but on the least exposure would catch cold. About four months ago I succeeded in getting him to try air baths. He began with many misgivings, saying that he knew the first result would be to catch the worst cold he had ever had. It has been a success, he has not had a cold since. He has bettered my instruction and will sit in his room writing, entirely nude or with night clothes only, for three or four hours with thermometer at 60°, and feel nothing but benefit from it. His is an interesting case, as abstinence from meat and coldbaths would not accomplish what the air bath did immediately. My theory is that as it is only yesterday from a geological standpoint that man has worn clothing, he has not become adapted to the habit, and the nearer he can approach the customs of clothing and diet he had when he was living in trees and eating nuts, the better he will be in health.—J. B. CRAVEN.

PHYSICAL CULTURE: In response to your invitation in last month's issue for readers to pass their opinion on the feasibility of forming a National Physical Development Society, you can count on the undersigned giving it any support that lies in his power. In regard to the button, or any other insignia, to identify the wearer as a member of this society is to my mind a purely secondary consideration. Get the society going, and the enthusiasm of its members and the pictures of health they will be in contrast to the general run of people will sufficient outward show. Gymnasiums do not reach the point desired, for, as a rule, when a novice goes into a gym. and finds he cannot hope to make a good showing at some particular feat, he is apt to get a bit discouraged and throw it aside, forgetting the cardinal feature of regular exercise, *health*. I speak from personal experience, for it is the first winter in my remembrance that I have not had at least three colds of a more or less degree of severity, and that itself will lead a man to grow a bit joyous over it. Wishing you every success possible in the cause, I am, very sincerely, E. JEROME CONTER, Fort Terry, N. Y.

EDITOR PHYSICAL CULTURE: I wish to make a few statements that may interest you. Less than twelve months ago I was a dyspeptic, emaciated, anæmic, undeveloped, mournful youth with a weight of a hundred and thirteen and a chest measurement of thirty-five.

To-day I am active, healthy, hopeful, weight one hundred and sixty, chest forty and backbone vertical—physically and morally. There has been complete revolution of habits and renovation of life. Posture breathing, dietary, exercise, hydrotherapy and massotherapy have all entered in, and instead of shrinking from all forms of energetic movement, as has been my wont for years, I now look forward to the twenty minutes in morning and thirty in evening—my regular exercise periods—as the most pleasurable pastimes of the day—meal time not excepted. Now my object in writing you is to give credit where it is due—you have been directly responsible for this revolution. Previous to reading *PHYSICAL CULTURE* and cognate publications I had for ten years dosed with drugs, nostrums, curatives and preventives, treatments and specialists innumerable. Results worse than vain. Six months ago I began following your suggestions, with others akin to yours. Result, practically complete health and transformation of bilious temperament to vital. Your system is radical in some particulars, but in the main it is the one sensible régime of all the countless host of so-called health cures.

You may use this communication as you see fit, and if I may be of service in the matter of personal testimony or visible proof as to your methods, command me.—EDWARD EARLE PUWINTON, New York.

VACCINATION—AN EXCELLENT THING.

By Dr. Aug. F. Reinhold, New York.



AT a conservative estimate, we will suppose that 200,000 people out of the 3,000,000 inhabitants of New York were vaccinated during the present scare of smallpox. If on an average \$2 were paid for each case of inoculation, this would net \$570 to each of the 7,000 users of the lancet within a few months. You see, vaccination is a good thing—to the drug doctor.

It is an acknowledged fact that vaccination lowers the patient's resistance to such troubles as croup, influenza, etc. Now, as these states require protracted medical treatment, the extra income to each individual practitioner may be estimated at a round thousand dollars. You notice again that vaccination is an excellent thing—to the drug doctor.

As the above-mentioned acute states give the drug physicians a chance to satu-

rate their patients with poisons—a practice which will sooner or later terminate in chronic invalidism—you observe how vaccination can be turned into an unlimited source of income to the old-school practitioner. Again we behold what an excellent thing vaccination is—to the drug doctor.

The few cases of smallpox that formed the basis of the present scare would have been permanently disposed of by a few water applications; this, however, would have precluded the immense financial remuneration to the doctors. Our medical friends may know very little of the art how to cure, but for one thing we cannot refuse them our highest admiration, viz., for their financial skill to boom a trifling incident up to such dimensions as to make many millions out of it.

People who fail to appreciate the beauty of vaccination are dull indeed. We say with the drug doctors: Three cheers for vaccination!

IT FITS EVERY CASE.



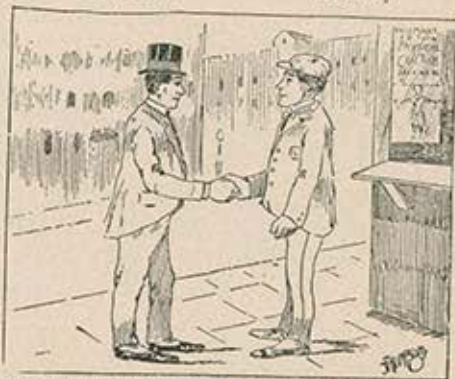
MR. THIN—Yes, sir, Mr. Stout, after reading *PHYSICAL CULTURE* I'm convinced that by exercising I can gain weight and strength.

MR. STOUT—Right you are; and by the same method I can reduce my weight and also gain in muscular development.



Mr. Stout begins in earnest.

Mr. Thin also makes a start.



Three months later they meet and offer congratulations.

STRENGTH FROM EATING By BERNARR MACFADDEN

How and What to Eat and Drink to Develop Suppleness, Strength and Beauty of Body.

NEW---JUST OFF THE PRESS.

Muscular exercise develops strength, providing nourishing foods are furnished. Knowledge of the elements of which all foods are composed is absolutely essential in order to develop strong and beautiful muscles. This book teaches you not only what to eat and drink, but how to eat. It gives you information which the author has collected from fifteen years of study and experimentation.

You spend part of every day in eating. Do you know how and what to eat to build increased strength? If not, this book will tell you. Read it! Think as you read, and if the plain truths it contains do not cause you to make radical changes in your diet, return the book and get your money back.

BRIEF SYNOPSIS OF CONTENTS.

CHAPTER I—Appetite. The great value of normal appetite. Crimes against the stomach committed by "duty eaters." Appetite only guide. How to acquire a normal appetite.

CHAPTER II—Mastication. Digestion begins in the mouth. Enormous importance of proper mastication. The digestion of food greatly influenced by gustatory enjoyment. Necessity for prolonging as much as possible this enjoyment.

CHAPTER III—Process of Digestion. Brief description of this, with illustration. How nourishment is absorbed.

CHAPTER IV—Air. Air a food. Erroneous idea of draughts and colds. How colds can easily be cured.

CHAPTER V—Three-Meal Plan. This usual method of eating discussed. How three meals can be eaten daily without injury.

CHAPTER VI—Two-Meal Plan. Why this method is usually the best. Some personal experience. How the author defeated champion wrestlers by developing endurance from diet.

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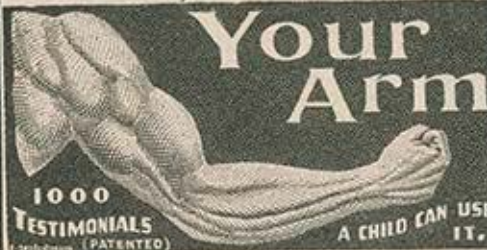
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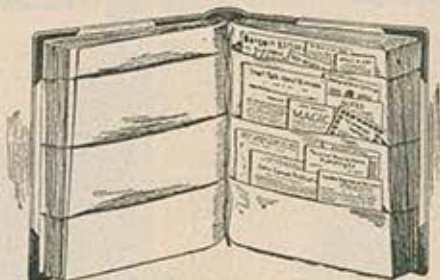
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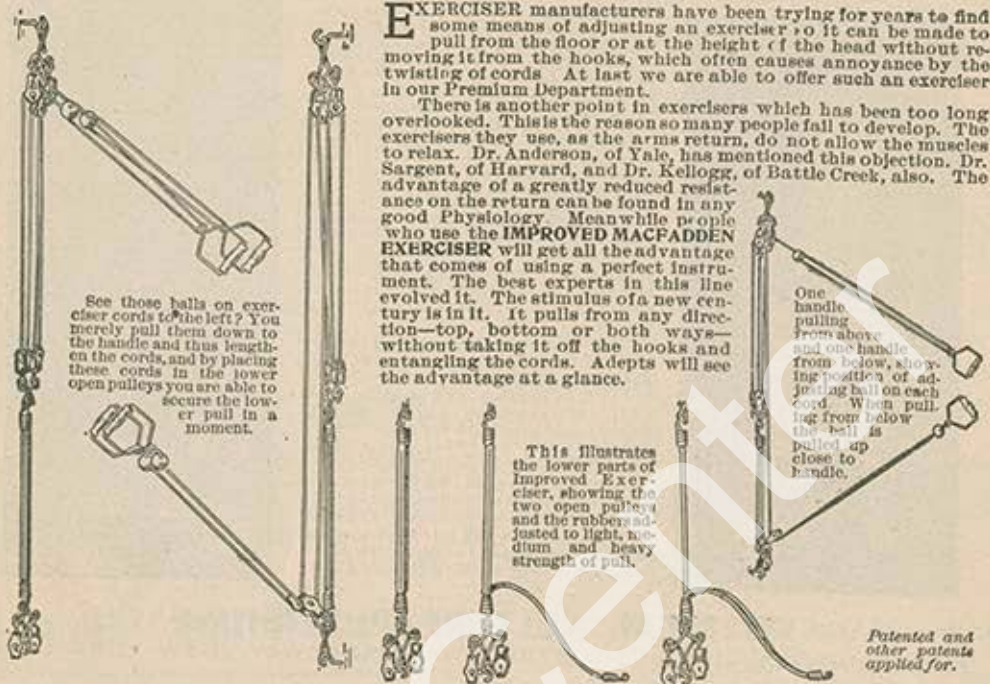
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