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...By...

BERNARR A. MACFADDEN

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idea of marital privileges. Marry a finely sexed woman or stay single. Terrible tortures of marital miseries. Nothing quite equal to them. Avoid coquet wrecks.

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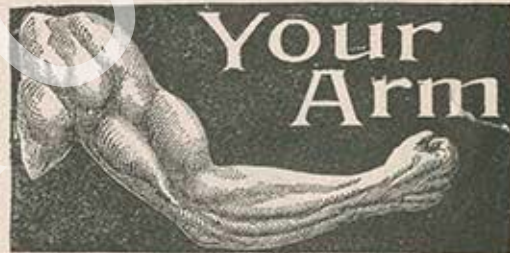
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PHYSICAL CULTURE PUBLISHING CO.

Townsend Building, 25th St. and Broadway, N. Y. CITY

PHYSICAL CULTURE

Vol. IV.

JANUARY, 1901.

No. 4

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PHYSICAL CULTURE FOR CHILDREN, AND SOME CRITICISM ON "RAISING" CHILDREN THAT SHOULD INTEREST PARENTS.

By Bernarr Macfadden.



I HAVE received hundreds of letters from interested parents inquiring what system of exercise they should give their young children.

"Shall we use a system of dumb-bells, or would you advise me to procure an ap-

paratus of some kind?" is the question that has been propounded again and again. Others will say: "Now, I have known a long time that Charlie, or Mollie [or whatever the name may be] needs some exercise to develop him. He is so slim, pale and flat-chested, but I have been afraid to let him take any movements for fear he would not do them properly."

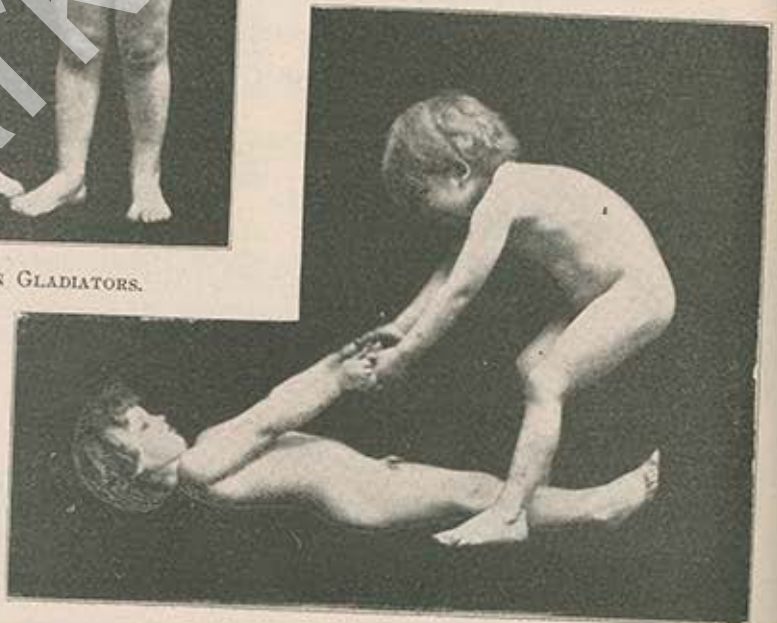
I will tell you, friends; what is needed the most at the present time is a club to beat some common sense—ordinary horse sense—into the craniums of some people who labor under the impression that they have some excuse for considering themselves intelligent.

Does the kitten, puppy, colt or calf need any system of scientifically constructed exercise in order to develop into complete and fully developed maturity? No one has ever heard of a farmer hiring calisthenic teachers to teach his live stock how to gallop and twist and turn their bodies in every conceivable manner, that the animals may have superior development. But notwithstanding all this neglect on the



TWO MODERN GLADIATORS.

EXERCISE NO. 1.—The child on the floor should lay rigid. The child standing should grasp his hands as shown and endeavor to raise the one reclining to his feet, stepping back and bracing himself as he is slowly raised. For muscles of back, arms and legs.



part of the farmers, the colts usually grow into shapely and beautiful animals, the calves into fine specimens of their kind,

But what has all this to do with the subject in question? my readers may ask. It has much to do with it. It proves the

EXERCISE No. 2.—One child should stand in a circle made with a chalk line or a rope, and the other child should endeavor to push him out. This exercise uses nearly every one of the principal muscles of the body. It is especially good for arms, legs and muscles around waist line.



EXERCISE No. 3.—The human wheelbarrow exercise is well known to most all children. Simply have the standing child grasp the ankles of the "wheelbarrow" as shown, and move slowly forward, compelling the other child to walk on his hands. Excellent for strengthening the arms.

and practically the same can be said of all other domestic animals.

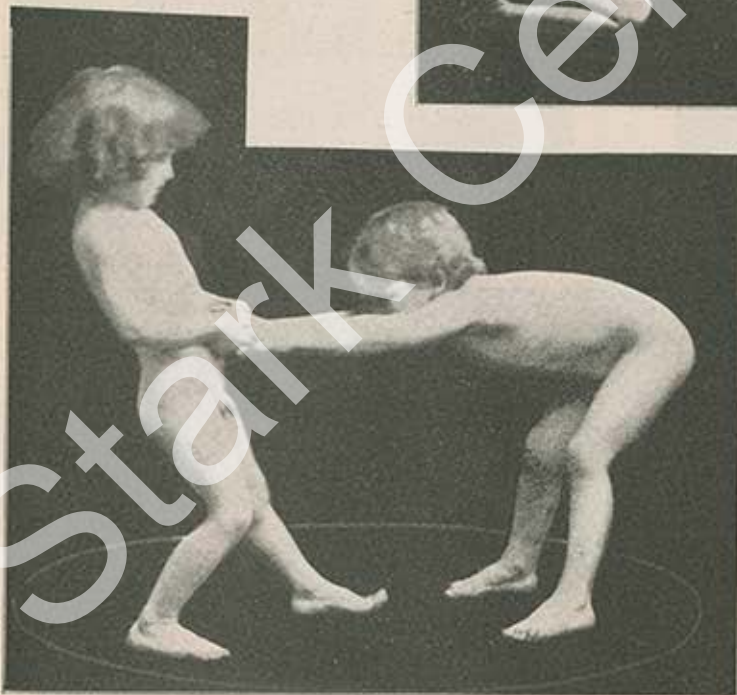
power of natural instinct if it is not perverted in the evolvement or development

of that beauty and strength of body which is the inherent right not only of every lower animal, but also of every human being. The lower animals follow their natural instincts, their natural desires, and they mature as God, as nature, in-

I might as well say right here that I feel strongly upon this subject, and I intend to express my sentiments to the fullest extent that this limited article will allow.

I have never "raised" any children, but

EXERCISE No. 4.—
One child has a stick in his hand which he endeavors to hold on the floor; the other child endeavors to raise it off the floor. Especially for arms, shoulders and back.



EXERCISE No. 5.—
One child stands in a circle that can be made with chalk or rope, and the other child endeavors to pull him out of the circle. For developing chest, arms, legs and back.

tended they should. They are not bound down and handicapped by a lot of semi-idiots who command that they shall do thus and so, else they will be bad boys and bad girls, and then the bogie man will come and get them.

I was "raised" on a farm, and I have seen dogs "raise" their puppies, and cats their kittens, etc., etc., and I must confess that, for the manifestation of intelligence in bringing their progeny to maturity, the lower animals have "so much the best

of it" that it is like comparing the actions of an idiot to those of a highly intelligent human being. Nothing proves the truth of this statement in a more startling manner than the fact that over 50 per cent. of babies born die in the first five years of their lives, while probably less than 2 per cent. of the progeny of lower animals die before maturity, thus showing by actual figures just how much superior are the lower animals to human beings in the art of "raising" their young.

Think of that, ye mothers and fathers; over 50 per cent. of the children born are murdered by the criminal ignorance of parents.

Criminal ignorance? Strong words I am using, are they not?

Well, I want them to be strong, and I want them to ring in the ears of every parent who has the audacity to bring a child into the world, and then crowd out every atom of the instinct of a healthy animal which he may possess.

Learn a few lessons from the cats and



EXERCISE No. 6.—Collar and elbow wrestling. The children should grasp each other by the arms as shown, and each should endeavor to throw the other off his feet. Of especial advantage in strengthening the muscles around the chest and waist line.



EXERCISE No. 7.—Both should grasp a stick as per illustration, and each should endeavor to twist it out of the hands of the other. For strengthening hands, arms and shoulders.

dogs. Don't sneer at these animals, for as *an animal* they are our superiors, and their suppleness, strength and grace are not to be despised. Have you not noticed that the progeny of these animals are running, playing, romping, jumping, frisking and wrestling with each other during every waking hour—that the mother takes part in these frolics, and handles her infants rougher and rougher as they grow stronger and are able to stand it?

But again you ask, what does all this prove?

It proves that the instinct for play was provided by nature to develop that strength and beauty of complete maturity which is necessary to every animal, human or otherwise, if he is to carry out the objects for which he was created.

But what do we find in the human world? Every conceivable means that human ingenuity can devise has been brought into use for crushing out baby and childish instincts—for subduing the natural desire for muscular activity. Thou-

sands of children, victims of parental ignorance, actually "cry their eyes out" on many occasions merely because of the hot and restrictive clothing that is almost universally insisted upon. They struggle and kick and scream, but all the satisfaction they usually get is "Oh, the dear thing. You is momsie's dear 'tittle tootsie woctsie," etc.

I do not blame such babies for being frantic with rage. Who wouldn't under the same circumstances?

For Heaven's sake give your children freedom. Take off their clothes. Leave them off. Babies are not supposed to wear clothes. Let him have a little corner of his own where he can do absolutely as he pleases, without any interference. Give him pure oxygenated air to breathe—not confined air that reeks with poison.

But, you demur, you are afraid he will catch cold, poor child. This one fear has



EXERCISE No. 8.—One child should hold a stick at arm's length high over head, and the other child should grasp the stick and endeavor to pull it down while the other endeavors to prevent the accomplishment of this. For strengthening arms, chest and back.



EXERCISE No. 9.—Back hold wrestling. Each child should clasp hand with one arm over shoulder and other under the arm as shown in illustration. After taking the hold, each child should endeavor to throw the other off his feet. For arms, back, legs, chest and waist.

caused thousands upon thousands of tiny collins to be borne to the graveyards.

If you love your child, learn something about this subject of colds. Your child cannot catch cold if his blood is free from impurities caused by over-feeding, lack of exercise or the breathing, over and over again, of the confined air of a close room. He can stand as much or more cold than many grown persons. His circulation is usually better.

Baby's muscles were made to use. His every instinct emphasizes the truth of this, and instead of crushing out this instinct, give him every possible opportunity to play to his heart's content. If he has no one near his own age to act as playfellow, it is your duty to turn playmate yourself at frequent intervals. Did you ever notice how pleased baby is when freed from his clothes? Does that not teach you some-

thing? Does it not signify plainer than any possible argument that the less clothes he wears the better, provided, of course, he has the amount that he, as manifested by his actions, considers necessary for his actual comfort and warmth?

Answering the numerous queries for a system of physical culture especially applicable to the needs of children from four to ten years of age, I present a number of exercises which practically assume the form of play. I do not think that children at this age should be given any other sort of exercises than play exercises. We have to begin to work soon enough without having it forced upon us prematurely, and, furthermore, it is well to remember that the more of the play spirit you can induce in an exercise, either for young or old, the greater will be the benefits.

In former issues I have illustrated exercises for babies from six months to four years old; and, also, play exercises which a parent can give a child ranging from five to twelve years of age.

Do not have the slightest fear of a child over-doing the exercise. When he tires he will stop and rest without any outside suggestion. Let him play as long and as vigorously as he desires, and do not cumber him with clothes. The costume furnished by Nature, as shown in the illustrations, is by far the best on every occasion. If there are any prudes around, advise them to send their thinking mechanism around to the laundry and have it scoured and cleaned, and if especially bad, it ought also to be disinfected with a strong solution of common sense and a few ounces of purifying inner contemplation.

CO-OPERATIVE HEALTH HOMES FOR OUR SUBSCRIBERS.

INFORMATION IN WHICH EVERY READER SHOULD BE INTERESTED.

By *Bernarr Macfadden.*

THERE are hundreds of sanitariums all over the country, and in cities and towns there are probably one thousand physicians or more to every sanitarium. The one object of all these institutions and all these followers of the principles of medical science is to cure disease, to create a condition of normal health in the vast number of patients who daily apply to them for relief.

Of what avail is all their work, their science?

Are the sufferers relieved? Is disease, or weakness, or pain lessened by the efforts of this army of men? Are we stronger and better specimens of manhood and womanhood because of their efforts?

One of the greatest curses modern civilization has to contend with at the present time is medical science, so called, with its poisons and its vagaries.

I assert, with all the emphasis that can back up unflinching and conscientious

belief, that a common cur dog that walks the streets without a prospect of food, without shelter from the blasts of cold and rain, is in a far better condition to live, and even enjoy life, than the average intelligent human being in the grasp of modern medical science. The dog may not have his food regularly, it may come only at rare intervals, but he breathes pure air; he is not made to take poisons, food is not forced upon his unwilling stomach, and he is not shut up in a close room and made to breathe the rotten emanations from his own and the lungs of others.

I have been fighting this so-called medical science—medical errors, medical murders—from the very first issue of this magazine; and I want to assert right now that as long as there is enough life left within me to breathe, to think and act, this fight will be continued.

But I do not intend to stop with mere talk—I have never intended to. I intend to act; to prove right before the eyes of every medical man in this country that

his supposed scientific knowledge is nothing but an array of errors that are fast making tenants for graves all over the country, from Maine to California.

Though some few of the sanitariums alluded to follow methods that deserve mild commendation, every institution, with hardly a single exception, ignores the two greatest curative agents known to Nature.

And these are *fasting* and *exercise*.

This accounts for the fact that they scarcely ever permanently cure a single patient; and though many cures are apparently performed, the same old symptoms usually return after the semi-invalid returns to his home and his usual habits.

With the double object of nailing medical errors to the cross and of relieving suffering humanity from ills that are nearly always curable by natural remedies intelligently employed, we have undertaken to put into execution a plan for establishing homes of health all over this country. It is the purpose of the undertaking to have all these homes run exclusively for the readers of **PHYSICAL CULTURE**, and patients of all kinds and conditions, not absolutely bed-ridden, will be accepted for treatment. The ultimate object is to organize and conduct every one of these homes on a co-operative plan. At none of them will the price for accommodations and necessary attention be greater than will be charged at an ordinary hotel. It is our intention to keep the price down to from \$8 to \$15 per week for board and necessary attention at each of these institutions, and there will practically be no extras after the course of exercise and diet has been prescribed, and the necessary implements for games like golf, tennis, etc., have been purchased.

The plan contemplates the opening of one of these homes near every one of the large centers of population in the country. Persons who feel interested in the work, who have completely furnished country places especially fitted by environment and convenience for the establishment of such a home, are invited to communicate with us, giving complete description of the property, with photographs, and stating lowest terms for lease or sale.

My experiments at the institution ad-

vertised as Bernarr in recent issues of this magazine were conducted for the purpose of familiarizing myself with the needs of patients who might apply for relief, and the results of the work there were most satisfactory and flattering. The first patient who came there was almost a wreck. He gained 18 pounds in four weeks, and every patient was wonderfully improved in a marvelously short period of time.

We have no institution open at this writing. We expect to start one within an hour's ride of New York, and it may be ready to receive guests by the time this is read by our subscribers. We will open others, one at a time, as fast as desirable properties and locations are offered.

Subscribers desiring to visit one of these homes immediately can come to this one near New York. The terms will range from \$8 to \$15 per week. Both sexes will be accommodated.

Please do not write me and ask about our methods, as the magazine's teaching has set forth as plainly as possible the principles upon which the homes will be conducted and of our theory of curing disease.

A special course of exercise and diet will be advised for each patient, though the principal part of the treatment is play. Prepare yourself when you visit our place for one grand holiday. No restraint, no style, no conventionality will be allowed. As much joy as can be crowded into life while with us will be encouraged. Leave all your old-fogy ideas at home. Come and prepare to be a boy, a girl, again, for there can be no youth without the actions and the playfulness of youth. We do not intend to make you play marbles and spin tops, but we intend that the old spirit, energy, suppleness and strength of youth shall be yours. That is the one object of all our efforts—to develop the powers, intensity and beauties of youth. All sorts of active games will be encouraged.

If you desire to visit the institution, write and state the date you wish to come. If you do not care to come to the one near New York, write us and we will keep your name on file and notify you when a home is opened nearer where you reside. Address all mail, referring to this, to Physical Culture Pub. Co., Dep't Health Home.



GEO. E. DELMOR AND JULIUS N. LEE, A COUPLE OF WELL-DEVELOPED, GRACEFUL ATHLETES.

THE WHITE BREAD CURSE.

SOMETHING ABOUT THE "FAKE" STAFF OF LIFE THAT IS WEAKENING THE AMERICAN RACE.

By Bernarr Macfadden.

UNDER the title of "The Bread We Eat—Is It the Most Nourishing?" the *New York Herald* recently published an article which pretends to give the results of some experiments recently conducted at Washington by the Agricultural Department's corps of food experts. These wonderful food experts have discovered, after elaborate experimentation, that the ordinary white bread yields a larger percentage of nourishment than either the Graham or whole wheat breads.

Did you ever hear of such a ridiculous conclusion? Has a newspaper which pretends to have an intelligent editorial staff any right to publish such nonsense without calling attention to its absurdity?

Every work on hygiene of value calls attention to the appalling deficiency of white bread as a food.

Has not the chemical analysis of an entire grain of wheat proved conclusively that it contains the elements necessary to feed the body in the exact proportions required, and does not this same analysis prove that if you remove any of these elements its value as a complete food is lessened?

And yet these Washington food experts have discovered that the common, every-day white flour—that impoverished and imperfect food which has done much toward making physical wrecks of thousands upon thousands of Americans—is a superior food!

I am of the opinion that the Force in Nature, that Omnipotent Power that created the laws, or conditions, that enabled man to reach his present condition of superiority, possesses a greater degree of intelligence than these Washington food experts. I may be mistaken, but that is nevertheless my opinion, and that the elements that a compact grain of wheat contains, forms a more perfect food when taken as Nature intended, than when subjected to the superfining process

that practically removes a large percentage of its nourishment.

The chemical analysis alone should prove to any intelligent being that food made from the entire grain would be the most nourishing. But there is no need for scientific information along this line if any one is gifted with sufficient intelligence to add two and two together.

Not long ago, an experiment was made with dogs. Some were fed on white bread, others on Graham or entire wheat bread, and still others were given nothing to eat. The dogs that were allowed no food lived about as long as those fed on white bread, while those fed on the entire wheat bread thrived, and were apparently able to maintain life until the end of its natural term. This proves beyond question that whoever is striving to subsist on white bread is starving a part of his body with as much certainty as if he were eating nothing at all, and that he will actually die about as soon as if he were abstaining totally from food.

Now, just read the *New York Herald's* description of the experiment from which these wonderful minds in the Agricultural Department at Washington deduced their conclusions:

"The evening before each experiment began the subject was given a supper of milk only. During the two following days the food was limited chiefly to the bread to be investigated, and generally milk, butter, and coffee with sugar. Each man was given as much of this limited diet as he wanted. All not retained by the digestive system was analyzed and weighed. By simply subtracting the weights and ingredients of food thus rejected by the stomach from the total food furnished, the amount actually digested was determined. White, Graham and entire wheat bread were in this way compared. White bread yielded the highest percentage of digestible nutrition. Entire wheat bread made from flour not containing the three outer layers of bran ranked next. Gra-

ham bread, from the whole wheat grain, gave the lowest percentage of digestible nutrition."

Did you ever hear of such a supremely ridiculous experiment to determine food value? What is food for, anyway? Is it not to furnish power to the muscles, brain and nerves? If this is true, can the value of a food element be determined by an experiment which in no way considers the difference in the strength or endurance of the subject, while subsisting on the different articles of food?

Any ten-year-old school boy could answer this question.

Why did these experts not feed their subjects on blanc mange as made from corn starch or sugar? These foods would have shown a still higher percentage of digestible elements, and, according to their ideas, would have immediately furnished evidence as to its greater nourishing qualities. This experiment proves absolutely nothing that is not already known. White flour contains but little waste matter, and its well-known constipating influence would naturally cause it to be longer retained, and, also, on that account more of it might be taken up as it passed through the body. Furthermore, the condition of the subject at the beginning of the experiment, whether well nourished or otherwise, and whether active or inactive during the experiment, would have a great influence on the amount of any food element retained by the system.

It is generally admitted by authorities that the outside covering of the wheat grain that is removed in the refining process of making flour contains, in addition to its valuable nitrogenous elements (muscle builders), a large amount of waste matter which is of great value, not only in adding bulk to the food, but in assisting the peristaltic action of the bowels. Most persons suffering from constipation find that the trouble immediately disappears when entire wheat bread is substituted for white bread.

If the subjects experimented upon at Washington were doing no muscular work of any kind, the muscle-forming elements in the entire wheat bread would not be appropriated to the same degree as they would if the subject had been active.

Then, again, mastication would also greatly influence the amount of food rejected by the digestive organs. If food is thoroughly masticated—that is, actually reduced to a liquid by chewing before swallowing—far more of it will be appropriated by the digestive system than if hurriedly swallowed.

The most ignorant athlete usually has intelligence enough to know that white bread is an inferior food, that it will not furnish the elements in proper proportion to feed the body, and any one who has trained or who has followed an occupation requiring great muscular activity, and has had an opportunity to test white flour as a food in comparison with whole or entire wheat, will also immediately indorse this conclusion.

I will never forget the first time in my life that occasion occurred to prove to my own satisfaction by actual personal tests the great inferiority of white flour bread as a food. As described in one of the back numbers of this magazine, when quite young I concluded that life on a farm would strengthen my then greatly weakened body, and I visited a farming section in one of the Western States, and secured a "job" as a farm hand, or rather farmer's boy, as I was not considered equal in strength to be a full-fledged "hand."

Now, in this particular section the previous generation had been mostly "raised" on corn bread and bacon, and they felt somewhat above such a rough fare, so the ignoramus substituted white for the corn bread. I had a little knowledge of food values, even at that early age, and if milk had not been plentifully supplied, am satisfied that I could not have subsisted on the food furnished. But during this particular time I had the opportunity, far from pleasant, I can assure the reader, of seeing and feeling my muscular strength increase and decrease, as influenced by the diet. As I came there for the particular purpose of acquiring strength, I had naturally formed a habit of almost daily testing my strength in various ways.

About once or twice each week, at the noon meal, they would have baked beans and corn bread, and within an hour after such a meal, following several days wherein white bread was the principal

article of diet, I would actually be a third stronger. Not only was I greatly increased in strength, as I found by actual tests, but my energies seemed to vastly increase. While compelled to subsist mostly on the white bread diet I dragged through my work—felt listless and half ill all the time. But one meal that contained nature's true nourishment transformed me into a new being.

Of course, where fresh meats are furnished with white bread, its deficiency is not so greatly noticed, as the meats, to a certain extent, supply the elements that the white bread lacks.

But the most astonishing and incontrovertible proof of the terrible deficiency of white bread as a food was startlingly illustrated by those very people in that section. A poorer lot of men, physically, I never saw before nor since. They had no stamina, vigor, or beauty of body. And the women! Why, at 25 they would begin to fade; at 30 they were old. Before 30 a majority of them had to be supplied with false teeth.

And why?

They were practically living an ideal life, in pure air, with plenty of exercise, and the natural conditions were in every way such that they should have produced the highest types of manhood and womanhood, physically.

The cause of their utter physical ugliness, weakness and general inferiority was unquestionably due largely to the diet of white bread, and at this present moment I believe that white bread, in many parts of the country, is actually starving people to death wholesale. They are eating plentifully, but the tissues

necessary to the performance of the vital functions are being slowly starved.

Remember that muscular power is not used solely for locomotion and movements that require the use of hands, arms, and upper parts of the outer muscular system. It is required in every digestive and vital action of the body. The heart is a muscular organ. The stomach is surrounded by muscles that help in the process of digestion. Muscular power is necessary even to turn your eyes; therefore when you starve your muscles by a white bread diet, every organ or function of the entire body suffers in consequence.

Leave white bread alone. Eat natural foods complete, as Nature supplies them, and when idiots maintain that their intelligence is greater than Nature, greater than God, give the same attention that you would bestow upon the prattling of a parrot.

The following comparison clearly shows just how much valuable nourishing elements are removed by the refining process.

Chemical analysis of whole wheat flour and white flour is as follows:

	ENTIRE GRAIN WHOLE WHEAT FLOUR.	ORDI- NARY WHITE FLOUR.
Water.....	14.0	16.5
Nitrogenous elements feed- ing muscles and brain, and furnish digestive juices.....	21.8	12.0
Fattening, heating and energy producers.....	60.9	70.8
Woody fibers—waste neces- sary to assist in digestion, 1.7
Mineral water.....	1.6	0.7

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In Mexican seaport towns, where ice is expensive, yellow fever patients are successfully treated with sponge baths of cold

**The Cold
Water Cure
of Fevers.**

water, combined with as many cooling beverages as they can be induced to swallow. The microbes of their complaint are apparently averse to refrigeration, and it is a suggestive circumstance that the first cold sleet-storm, or snowstorm, for that matter, stops chills and fevers all along our Gulf-coast and the lowlands of the Mississippi Valley. Nay, Dr. Syden-

ham (ahead of his age here, as in many other respects) recommends cold water as a specific for the cure of small-pox, and mentions the case of three patients on the way to an island pest-house, who were capsized by the slipping of the tiller ropes and rescued with difficulty. One of the men had swallowed so much sea water that two doctors had to attend him all night, but the three survivors (small-pox patients) recovered with an ease and completeness unparalleled in the records of that lazaretto.

REMARKABLE STRENGTH FEATS

BY TWO YOUNG SELF-DEVELOPED ATHLETES OF BOSTON.

By J. Redding.

Herewith PHYSICAL CULTURE presents its readers with an interesting series of photographs of a couple of interesting young athletes, Messrs. John Y. Smith

and Geo. R. Chisholm, of Boston. These men are not interesting because they have posed uniquely before the camera, but for their uncommon physical de-



MR. JOHN Y. SMITH.



MR. GEO. R. CHISHOLM.

velopment and phenomenal strength feats as well.

As will be gathered by glancing at the pictures, these athletes have introduced a novel variation on the time-honored one hand heavyweight lift by employing the unwieldy body of a man instead of a compact, easily balanced dumb-bell.

They have seven different ways of lifting each other arm's length over the head, and each is a trying test of strength and endurance.

Mr. Smith is the smooth-faced member of the team, and by reference to the pictures one may get an accurate idea of his feat. His team partner is a man weighing 180 pounds, and it is not an easy thing to play dumb-bell with such a mass of bone and muscle. Smith



(1) Mr. Smith lifting his partner from the floor, raises him over his head with one arm, the other hand resting on the floor.

(2) Then still carrying the unwieldy weight, he rises to his feet, and elevates the living dumb-bell high over his head. This is a more difficult feat than lifting a compact heavyweight, as anyone may prove for himself by trying it.



(3) Mr. Chisholm as he appears at the beginning of a remarkable "lift," his partner playing the role of dumb-bell.

(4) He has raised the awkward weight from the floor, turned his body, so as to throw the weight above and "pushed" up his heavy companion with the arm strength alone. It requires unusual development of back, chest and abdominal muscles to perform this feat.



is 28 years old, and has secured his phenomenal development in the last two years. His system embraced light and heavy dumb-bell practice and general gymnasium work. He has a record of having raised

above his head 264 pounds with his right hand, and 217 with the left.

Mr. Chisholm is 25 years old, and, like his partner, he became first interested in athletics through the Young Men's



MAN LIFTED ABOVE HEAD, ARM'S LENGTH, BY MR. SMITH.

Christian Union, of Boston. He has raised above his head 224 pounds with his right hand, and 196 with the left. His system of training was identical with that of Mr. Smith, though he varied it by using a wall exerciser.

Recently these athletes have been giving some public exhibitions here and in Boston. In order to perform such feats daily for a prolonged time, the most per-

fect condition is necessary. Their system for maintaining such condition is simple. Plain, nutritious and wholesome foods only are eaten. Breakfast is light, and the principal meal is eaten about mid-day. A morning walk is their only exercise during the day. At night they spend from forty minutes to an hour in a gymnasium.

Mr. Smith in the middle of his most surprising feat. In this feat he raises his companion from the floor, as in some of the preceding feats; turns his arm upward, as he lifts him, until the weight is directly over the right shoulder. Then his partner loosens the grip on the arm, and straightens himself out, so that the back presents itself for the hand of the one doing the lifting. With the weight poised as in the cut above, Mr. Smith pushes straight up, raising the 180 lb. mass of bone and muscle high over his head, as shown in cut below. To lift such a weight requires enormous strength, but to "put up" a man's body under such conditions is one whose difficulty cannot be appreciated until one has actually tried it.



CONDITIONS AND HABITS OF MAN.

By Harry B. Bradford.



IN the process of evolution the human body has become, in a great measure, accustomed to the habits of modern civilization, in some cases for better, but in others decidedly for the worse. Primitive man evidently wore no clothes, but was covered with hair. If the human race went back to the nude habit in these times and in this clime, it would perish. In the tropics and Orient such may be the custom to a certain extent, and the atmosphere's constant contact with the skin is of the highest value. If people of this day, even in our country, would wear as thin and loose clothes as was comfortable, enabling the air to get freely to the skin, they would be much healthier.

The "corset curse" would be even more destructive were it not for the fact that women wear much thinner clothing above the waist than do men. This tends, in a slight measure, to offset the evil effect. Men's arms and necks burn at the seashore much quicker than women's, on account of the former's being more protected on other occasions, thus rendering the skin more delicate. I never suffered with sore throat in the winter time after I tried keeping my overcoat collar down, and leaving off the silk handkerchief from the neck in all weathers. Probably hatless heads would never become bald, and shoeless feet would certainly be more shapely and healthy than those of to-day. A perfectly natural foot is a rare thing in this part of the country.

In regard to diet, primitive man lived mostly on fruits and nuts, while modern man's stomach has gradually adapted itself to cooked foods of many sorts. The body cannot bear sudden changes; if a diet of vegetables, nuts, fruits, etc., is best, man will have to adopt it gradually. A child who goes barefoot for his first time on a damp day on stone sidewalks might be carried off by pneumonia shortly afterward, while others run barefoot from

the time they first walk and feel no evil results.

The human body is the most wonderful of all bodies, in that it has gradually adapted itself to all climes, foods, etc., but it is having a hard time trying to become accustomed to inactivity, improper habits and drugs. I have seen children who were brought up to refuse candy always, the result being a perfect set of teeth and not one filling. This is an age of the "arrest of the body," as Professor Drummond put it. It is very much to be deplored that mechanical contrivances of all kinds are developing at the expense of that most wonderful machine, the body: glasses for the eyes, trumpets for the ears, porcelain teeth for the mouth, and an infinite number of inventions, including drugs, which man can employ to his own physical deterioration.

But when man goes farther than all these things and caricatures what life should be when lived in the light of divine law, then divine law, in turn, makes a caricature of the man to the extent that he has violated the law. Men see these caricatures all around them, but many, by indifference, ignorance or lack of common sense, drift into the same channel. Solomon said: "The thoughtful man seeth the evil and hideth himself, but the foolish pass on and are punished."

"Don't care" and "too lazy" are the beginnings of much suffering. Bodily health has to do with a man's views on all subjects. Depravity in living makes depravity in thinking. It, however, starts the other way, thinking first, then living. Those who live unnatural, depraved lives have unnatural, depraved ideas on religion, beauty and modesty. The mind itself is distorted by what it has made a practice of *distorting*.

While a great percentage of humanity are losing all form and semblance to men by their ignorance, carelessness or vice, there are also those who respect *divine law* and know that the *greatest happiness* is in obedience thereto.

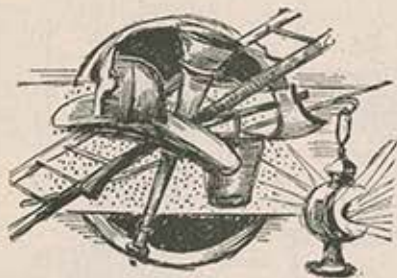


A page of corset fiends, shown in the *New York Herald* recently, illustrating the latest styles, which make sexless nonentities of women. It is a libel on womanhood to call such unsexed, deformed creatures by the name of woman. No woman has ever dressed, or ever will dress in the styles shown above, and retain her health, or even her womanhood. Every time you see a woman with her figure distorted like this, remember that she is in consequence tortured with all sorts of feminine weaknesses, which usually require the weekly and almost daily attention of physicians. Ask any physician for verification of this. And some women have the incomprehensible audacity to wonder why they are almost universally victims of diseases peculiar to the sex. It would be just as reasonable to wonder why two and two make four.

THE CORSET MUST GO!

WHERE ENDURANCE COUNTED.

By Edwin Carr.



WITHOUT a doubt there is no vent through which budding "American Manhood" is given a better opportunity to exhaust some of its superfluous steam, as it were, than by serving as an active member in a volunteer fire department.

Deeds of daring, heroic rescues and still more heroic deaths have filled many a page in the history of every large city's records, when the volunteer firemen were wont to battle with the flames. Few, indeed, are the large cities and towns but are able to boast of a paid force at the present time, yet there are a few which still cling to the "citizen fireman."

It was my good fortune to live in a city, which I believe has the largest volunteer fire department in the United States to-day, its fighting strength consisting of nine steamers, three trucks and three hose wagons, together with nearly seven hundred members. Every man, with the exception of driver, engineer and stoker, and three chiefs, was a volunteer man, who willingly gave his time and risked his life without compensation.

For want of a disguised name, I will call the city in question Phoenix.

A male citizen of Phoenix was never quite considered as having attained his "citizenship" until he had at least served his five years in the fire department.

I could relate interesting fire stories by the score, but as they would probably be out of place here, I will confine myself to one little event, which will forever remain impressed on my memory.

The beginning of this little episode

dates from one of the meetings of Steamer Company 1, of which I was an active member. On the night of this particular meeting one of our men presented the name of a little pale-faced, quiet fellow, not yet twenty years of age, as a candidate for membership into the company. His name was "John Bradley," and the boys shortly dubbed him "Mum Jack," on account of his quiet manner and conservative ways.

Little Jack did very well during the summer months, when fires were usually small, and not exceeding ten or twelve in a month, but as winter came on, with zero weather, the hardships of a fireman's life began to tell on the boy, and some of the stronger fellows advised him to give it up. This he refused to do, notwithstanding the repeated warnings, and at last, when he contracted a severe cough, which failed to leave him, it was whispered about among the boys that they could see his "finish."

For pluck and courage, "Mum Jack" had no equal in the company, and frequently when rival companies were playing streams upon one another, during a moment when the watchful eye of the chief was gazing elsewhere, "Little Jack" always held his ground and fought manfully to give back as many gallons of water as he received. Often this rivalry became a serious matter and finally one night just escaped ending in a serious tragedy.

When "Mum Jack" completed his winter campaign he was, indeed, considered to be in bad shape. There was no denying the fact. The cough he contracted clung to him like a leech. And his hollow chest looked hollower than ever.

One day the assistant captain of Engine Company No. 7, a big fellow, who had the reputation of being able to drink more whiskey than any other man in the department, taunted "Mum Jack" on his size, and sneeringly declared it was a disgrace to allow so puny a man to join a fire company. As Engine 7 and our company were bitter rivals, the remark cut deep into the shallow breast of "Mum Jack." He said nothing, as was his usual way, yet far down somewhere in his inner-

most self something seemed to say, "Be strong!"

The more he pondered on the subject, the more perplexed he became, for, he asked himself, "Are my habits not of the best?" He did not drink, neither did he use tobacco in any form, yet why was it that he should be so puny?

At last he decided to go into the Adirondack Mountains to try and shake off the cough he had contracted, and to get some of the smoke out of his lungs, as he expressed it. His friends shook their heads doubtfully and pictured to themselves the engine house flag at half-mast and another fireman laid at rest before the year ended. In this they were happily disappointed, for when "Mum Jack" returned in the fall they could hardly believe their eyes. Instead of the pale, sunken-cheeked lad they had seen depart in the spring, there stood before them now a healthy-looking, red-cheeked fellow, with bright eyes and a chest that bid fair to round up in time, and, above all, the cough had vanished.

To their many inquiries as to what brought on the remarkable change, "Mum Jack" explained briefly that he had met a physical culture director while away, and that the latter had put him through a course of "sprouts."

The following winter brought on its quota of fires, with the usual hardships, but I noticed that although "Mum Jack" was as ever "on the pipe," yet the cold and exposure did not seem to bother him in the least.

Another winter passed and still another came. No longer could "Mum Jack" be classed even with the ordinary run of fellows. He had worked himself into an athlete, and while he was still of medium height, yet his chest stood out like a Hercules. This particular winter proved to be a fierce one, both in number of fires and for its extreme cold. Then, one night in February, happened the event I shall never forget. A number of the boys, including myself, were seated about the game room at the engine house, playing cards. Outside a severe blizzard was raging, and a more wicked night for a fire I never remember in all my experience. In the midst of the game, when our opponents had just finished dealing, and we had picked up our hands, "Mum Jack" exclaimed, "I order you up!"

Clang, clang, clang, clang, clang, clang, clang! The cards went down on the floor. One after another we shot down the sliding pole and piled aboard the apparatus. Already the collars had been snapped on the horses' necks, and a second later the engineer's voice sang out, "Box 61, Walnut and Broad Streets! Go!"

With a shove of his foot on the releasing lever, the driver caused the ropes to leave the harness and as the doors flew open we dashed out into the storm, swung round the corner into Fifth Avenue, ploughing through deep drifts of snow.

Twice we were obliged to get off and help extricate the big steamer from the drifts, but in a remarkably short space of time we rounded the corner of Broad Street and drew up to a fire plug. The fire proved to be a big five-story furniture house on Walnut Street, located the second door from the corner, and next to a four-story building on the south. From the upper windows great masses of flame poured out, while a shower of sparks came down, mingling with the flying snowflakes. Already we had one powerful stream playing into the upper floors and were laying our second line just as Engine 9 and Truck 3 came up abreast, and got to work, followed closely by Engines 2 and 3. In a few seconds after our arrival the chief turned in a second alarm, bringing out a total of seven engines and two hook and ladder companies.

Truck 3 raised their big extension ladder to the corner building and we were ordered to drag our line to the roof, where we could get a fine plunging play into the top story of the burning building. The raging blizzard swept across the roofs, cutting into our faces like a knife.

Our position was far from being an enviable one. The streams from the street continually sent a shower of water about us, converting us into ice from head to foot, while the roof beneath our feet was like a sheet of glass, and it required great care in order to maintain a hold on the powerful stream. We had not been long in our new position when we beheld another line of hose being pulled over the edge of the roof, and I immediately saw trouble ahead, as the new arrivals were none other than the assistant captain of No. 7 and two of his company. They took



"WHEN HE GAVE OUT I JUST GRABBED HIM AND HUNG ON."

up a position about twenty feet from us and began playing into a window.

Everything went well for a time until finally the terrible punishment we were getting from the weather and the other streams began to tell on No. 7's men. Then they inaugurated frequent visits to a near-by saloon. I expected any minute to hear that one of them had fallen to his death from the ladder, as the rounds of the latter were nearly double their ordinary size, so thick was the coating of ice, but they managed to get on all right for a time, notwithstanding their condition.

Finally the inevitable came, and it came so quick we were taken wholly without warning.

"Mum Jack" and I were on our line and "Big Jim Wells" held 7's pipe alone, while his companions were, as usual, "taking a nip." All at once the fertile brain of the fellow conceived the idea of giving us a ducking, and as he endeavored to swing his pipe around in order to carry out the plan, it suddenly threw him to the roof in a heap.

With a wicked "swish" the hose flew from his hands and crashed into us before we could shut our own line off.

In an instant both streams were whirling up and down the roof at a terrible velocity—one minute flying thirty or more feet in the air, the next sweeping with a lightning swing across the icy surface of the tin roof.

Having been in tight places before, I saw but one chance of escape until the water was shut off. To dash for the ladder was out of the question. I knew it would mean sure death, and my only visible chance lay in hugging a chimney in the faint hope of its protecting me from the fearful swirling streams.

When I reached my goal I gazed round in horror, fearing the worst for my companions. A sickening sensation overcame me as I beheld their hands clinging to the roof overhanging the rear of the building four stories above the alley. They had taken a desperate chance—that of hanging from the icy gutter until help arrived.

To go to their assistance was impossible, as it meant certain death, but I raised my voice above the din of the puffing steamers and howling blizzard, in a wild cry for "Help!" and to have the lines shut off from Steamers 1 and 7.

All this took time, which seemed an age to me in my precarious position. I realized my companions could not hold out much longer, and I groaned to myself as an agonized scream came from beneath the icy gutter. Then, when I looked again, I grew dizzy and my head swam, for there was only one hand clinging to the slippery gutter. Almost at the same instant our line shut off and No. 7's quickly followed suit. A head appeared over the ladder and then another quickly followed.

"For God's sake!" I shouted to the new arrivals, as I flew to the assistance of my exhausted companion, "help pull this man up!"

With caution, to keep from sliding off the building, we grasped the arm of "Mum Jack." Then for the first time I perceived the plucky little fireman held something in his other hand. It was the exhausted form of "Big Jim Wells," upon whom he held a grip like a vice. With much difficulty we landed the two men safely on the roof. "Mum Jack" quickly regained his wind, but not so with "Big Jim." The latter complained of a severe pain in his side, and had to be helped down the ladder.

"I thought it was all up with us that time," exclaimed "Mum Jack," when he recovered his breath, "and I can tell you I never want to have my strength tested like that again.

"When we swung over the roof together," he continued, "I saw at once it was to be a battle of endurance. In a few minutes I could hear Jim's wind giving out, for he was blowing like a porpoise, and I told myself he could not last much longer. True, I knew he was a powerfully built fellow, but the old whiskey told on his wind like fury. So when he gave that yell just as he was about to let go, I just grabbed him and hung on until you pulled us up."

"Big Jim Wells" could hardly walk, and the next day found him in bed at No. 7's house in a state of high fever. That evening he grew worse, and when the doctor declared he must die the big fellow expressed a desire to speak to "Mum Jack" before he passed away.

The two enemies met in the bunk room of Engine 7's house. "Jack" and I went

up together, and the dying man extended his hand to "Mum Jack."

"Forgive me, old man, for what I said to yer once. I see now, when it's too late, that a feller can't keep the old machinery of his carcass a-goin' if he don't take the right sort of care of his boiler. The doctor says the old 'booze' has hardened my liver, and the strain of holdin' on to that roof last night did the business. Keep up the good work, old fellow," he con-

tinued, as he grasped "Mum Jack's" hand again. "You saw what was a-comin' in time to save yerself a couple of years ago, but with me it is —."

"Clang!" went the alarm downstairs, and as the box was one to which our company responded, we left poor "Jim Wells" with a wistful look on his face, as though he would like to go with us, but Jim's fire days were over forever.



A QUESTION OF HEALTH.

By Wm. F. Gearhart.

My manly friend, I pray you, tell,
What keeps your form so sound and well,
What gives it symmetry divine,
What does its motion so refine?

I want to know the cause of health,
For in it lies the truest wealth;
Within its borders flows a sea
Of joy and perfect harmony.

I see your muscles lithe and strong,
Your whole anatomy a song
Of vibrant motion fraught with grace,
In every part of form and face.

So kindly at your leisure tell
This secret you must know so well,

How is it you have come to be,
From all life's ills so fully free?

In exercise is health concealed,
Through exercise it is revealed;
But exercise, to recompense,
Must be applied with common sense.

The muscles should be wisely used,
The body must not be abused,
The mind ought selfless thoughts convey,
To benefit humanity.

Then harmony will reign within,
Your body freed from sensuous sin,
And health will hold its steady sway,
And life become one joyous day.

MEAT-EATING FOLLY.

SOME STARTLING FACTS ABOUT FOOD.

By John R. Stevenson.



HE stomach of man is one of the most delicately adjusted organs of his body, and the one most abused. It has been said, to emphasize the importance of the food question, that an army travels on its stomach. With equal truth it might be said that humanity to-day lives in its stomach, not through the functions of that organ. To prove this beyond peradventure, one has but to look about him, here in New York, with an observing eye.

There is scarcely a block in the city without its public eating or drinking place, and all these resorts are crowded. If you start down town on a Broadway car early in the morning you will see the hundreds of eating places along that famous thoroughfare filled with patrons at breakfast. Pass again at 10 or 11 o'clock, and the tables are not without patrons. Noon fills them to overflowing with lunchers, and the nibblers will flow in and out unceasingly until the dinner menu is put on. Chef and waiters will be busy with diners, heavy and light, until 9 p. m., and then the stragglers, theatre-goers, the bon vivants—as the press styles men who live altogether for appetite—come in for late suppers. It is rare that their doors close before 1 a. m. Meantime, the nearby saloon is doing a thriving business.

When the bon vivants, gourmands, gluttons, or whatever gentle or more polite designation you desire to apply, have eaten all the solids their stomachs will receive, they strive to fill in the time between the turns of their continuous swallowing performances by guzzling wines, liquors and effervescent or sweetened fluids.

An abstemious, hale old gentleman who came from the country, where his life had been passed in habits of health, declared once in my hearing that the most astonishing thing he had encountered in the city was this crazy, demoralizing eating habit. "I marvel" he said, "at seeing any gray-headed men and

women on your streets at all. This gluttony I see so generally practised is enough to kill the most robust individual before the age of forty is reached!"

This isn't any extravagant or fanciful picture I have drawn. It is an unbiased statement of fact. Just keep your eyes open and you may see it for yourself. It is a fair sample of the manner of life in all the large cities of the country, where "eat, drink and be merry, for to-morrow you die," is a motto that is persistently followed.

All this horde of greedy feeders are great meat eaters. When a man or woman attempts a logical, hygienic diet, one of the first steps taken is to break away as much as possible from the meat habit. A gluttonous vegetarian would be a dietary paradox, and, so far as I can learn, he has not yet been discovered.

The meat eater, even if he is abstemious, believes he is deriving strength from his diet. But he is not. He is merely gratifying a depraved, cultivated taste, and one that is injurious, whether meat is the principal ingredient of his dietary, or merely a subordinate.

This is a startling proposition to advance, isn't it? Nine-tenths of the people of this generation are ready at this stage to ejaculate "crank," and go on eating meats, just as before. But I pray you, follow me a trifle farther; I think I can demonstrate my proposition quickly and conclusively, without going into a technical exposition of fats and carbons, and their effects upon digestion or the blood.

Every animal slain for food in this country is first fattened. You know what that means, don't you? It means that the animal, by artificial means, is forced into the same unhealthy condition of that puffing, blue-faced, stout man or woman you meet on the street day after day. You wouldn't for a minute pretend that the human being, loaded down with adipose tissue until moving about is labor and life itself is a burden, is in a healthy condition, would you?

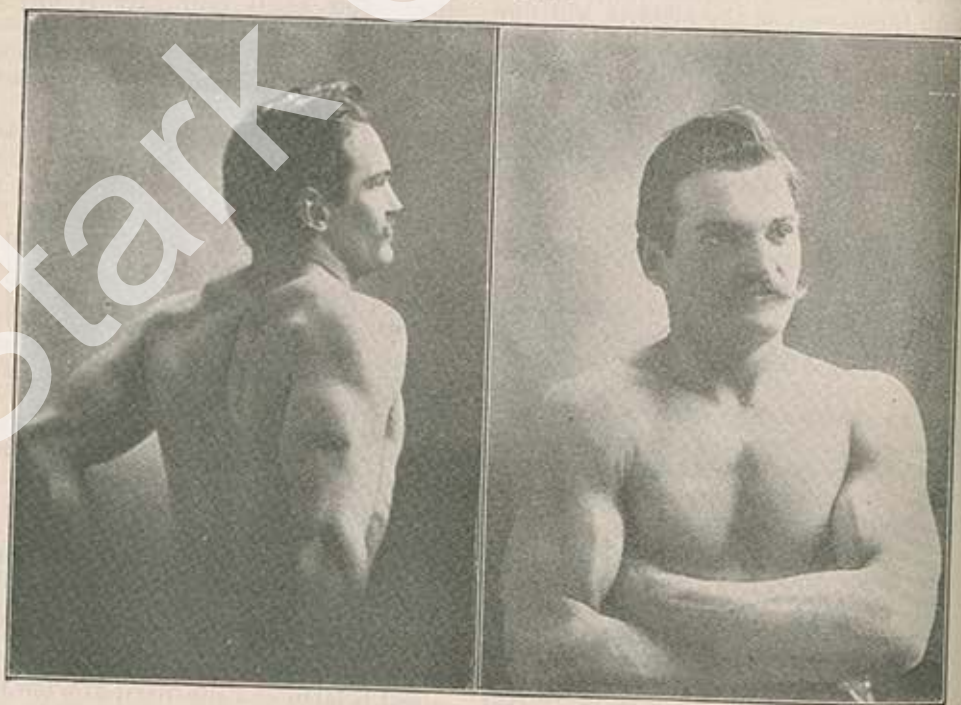
Even the most thoughtless realizes that in the human being this abnormal condition is unwholesome. There is in it the essence of decay. It is the same with a cow, or a sheep, or a hog. Penned up, stuffed with foods until the bodily functions are deranged and a superfluity of fat is deposited about every organ, and through every bit of muscular tissue, they become pitiable objects—unwieldy, the personification of grossness; they become at last the bloody victims laid on the altar of appetite. But for them the knife that draws their blood is in the nature of a blessing. Their powers have been ruined, their health shattered by the fattening process. When death is dealt out to them it merely anticipates what is momentarily impending. The very process that fits them for food brings to the animal thus prepared weakness, decay and often death, before the butcher's knife reaches its throat.

Can the man who fattens on the carcasses of these unhealthy animals derive strength therefrom? As well argue that purity comes from filth, or that virtue grows out of vice.

There are so-called scientists, I know,

who will insist on the strength-giving quality of blood and pure animal fats. He may be quickly answered. Can a man live on blood or fat alone? The assumption would be absurd.

Against this there is a convincing array of facts, and authentic experiments in favor of vegetable foods. Indians have been known to perform the most trying feats of physical endurance, sustained by a diet of parched corn. Given a plentiful supply of fresh and wholesome bread, armies have gone through arduous campaigns. Not later than three years ago the German army officers instituted an experiment to test the sustaining quality of various foods. A group of soldiers was selected for an arduous march, and divided up into classes. One received the ordinary allowance of meat and breadstuffs, another was given nothing but sugar—a pure vegetable extract. The report made on the experiment showed that all the sugar-fed men finished the march in comparatively good condition. Barely one of the meat eaters reached the destination, and he was exhausted. The others fell by the wayside.



H. CLAY ROCKWOOD.
Two views of a self-developed athlete.

INTERNATIONAL ITEMS.

By F. L. Oswald, M.D.



THE best Japanese wrestlers come from the north islands, and the stoutest warriors of Hindoostan from the north province of Nepal, as a proof that refrigeration is a tonic counteracting a multitude of diabetic sins. For in the selection of their *menu*, northlanders are generally far less scrupulous than their southern neighbors; they rely on the experience that "frost sanctifies pork-fritters," as Ross Browne expressed it. Southern nations have had health-schools and temperance, religions, vegetarian reformers and free public baths; but a bracing climate prevails against all that.

It is a suggestive fact that for the last two thousand years nine out of ten international wars have ended with the victory of northland tribes over their southern neighbors. Egypt and Persia vanquished by Greeks, Greece by Romans, Rome by barbarians of the northwoods, South-German Austria by North-German Prussia, South-Spanish Moors by North-Spanish Goths, Southern Italy by Savoy, All-Spain by France, All-France by England, Dixie by Yankeeland, South Russia by the land of fur-clad Rurik. South of the equator that rule is confirmed by an apparent exception: Southlanders rule the roost. Chili and Argentina are forging steadily ahead. In the battle of Alta Playa the Chilian volunteers flung away their muskets and rushed ahead to attack the Peruvian levies with butcher knives, fully satisfied that they could rout natives of the tropics at the first push. In the Australian republic of the future, New Zealand will probably play the role of Japan. Fortune favors the strong, and the world belongs to natives of the high latitudes.

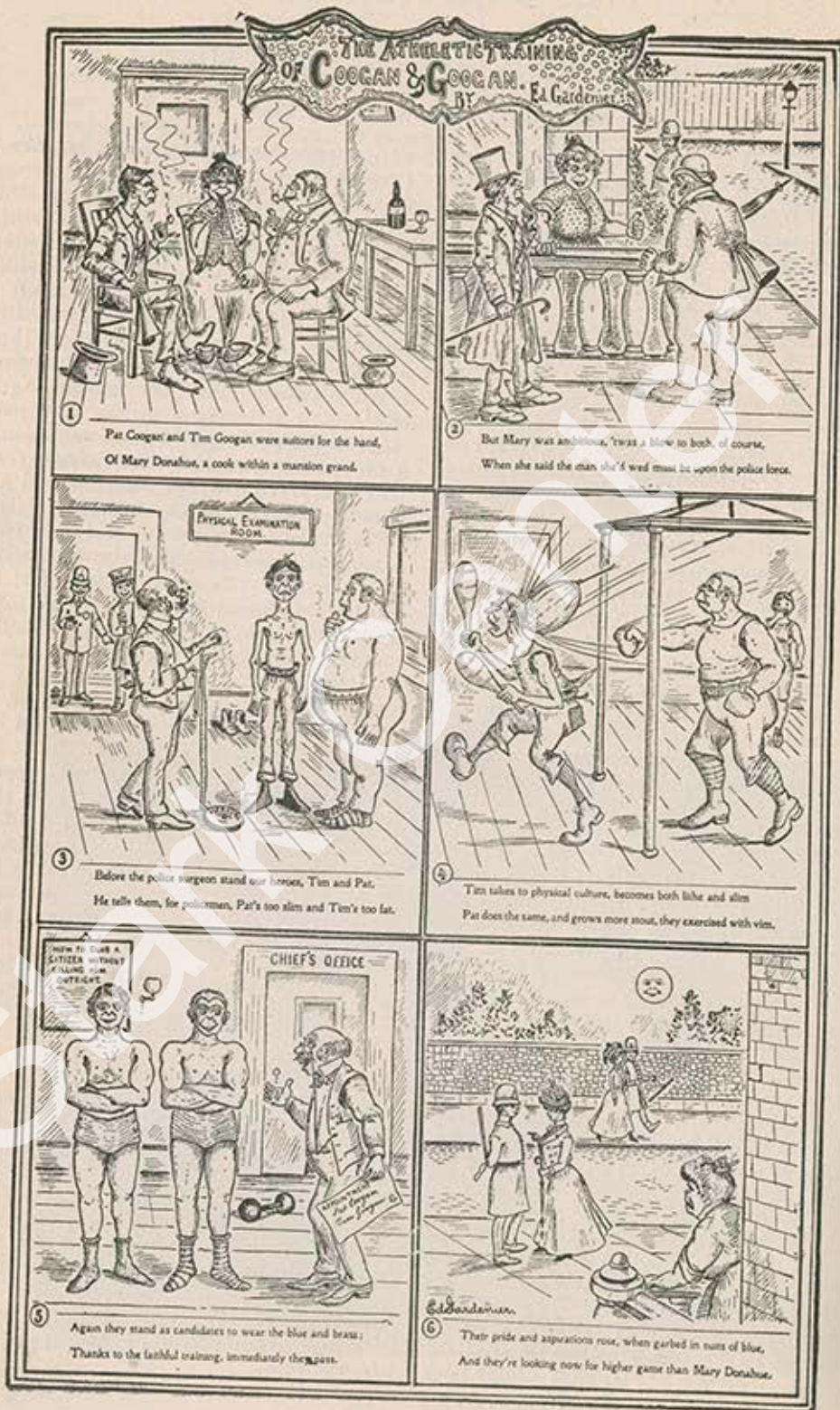
THE DIET OF ATHLETES.

The verdict of those Japanese Samsons, by the way, appears to confirm Prof. Macfadden's experience that in a period of high-grade training a purely vegetable diet has a rather debilitating effect. Strange to say, they prefer pork

as a muscle-forming food *par excellence*, (probably on account of its large percentage of fat), but strictly abstain from stimulating beverages. Milo, the South-Italian Hercules, vanquished so many wrestlers and boxers that his business manager must have found it difficult to rope in additional victims, and thus probably conceived the plan of those athletic novelties that came near "bringing down the house" a la Samson Agonistias, such as shaking pillars and god-sized trees, pulling at tug-of-war against a team of horses and that *tour-de-force* feat of carrying a fat steer around the arena. Milo joined the school of Pythagoras, and became a strict abstainer from wine, but appears to have drawn the line at Pythagorean vegetarianism, for his record as a meat eater rivals that of a menagerie lion. The Turkish burden carriers are frugal in the ancient sense of the word, *i. e.*, they subsist simply on bread and tree fruit, and it would be worth knowing if their vegetarianism is a result of choice or of poverty, for it has certainly nothing to do with any precept of their creed. The probability is that they would eat meat if they could afford to buy it, but in stress of circumstances get their share of indispensable fat in the shape of cheap olive oil. In their specialty they have few Western rivals. Two *hadjiks*, bare-armed and generally barefooted, will join hands to shoulder a cotton bale of half a ton, and without a breathing pause carry it up a steep landing and up the steps of a warehouse.

AFTERNOON SLEEP.

The Health School of Salerno recommends "a few hours' slumber or absolute rest," after the noon of a warm summer day, and the Eight-Hour reformers, while they are about it, ought to agitate for a longer dinner recess. Working in warm weather, while the energies of the organism are diverted by the problems of digestion, is, indeed, burning the candle of life at both ends," and is, all in all, probably the main cause of dyspepsia and life-weariness.



QUESTION DEPARTMENT.

Q. I am troubled with obstruction of the heart. The doctors call it regurgitation, and forbid me to take any exercise. I am so thin there is scarcely any flesh on my bones. What can you suggest?

A. About the only thing that will benefit you is light exercise. Absolute inactivity will soon put you beyond all hope. That will regulate your circulation and make it more normal. Be very careful not to take too violent exercise at the start. Begin with very mild form, and gradually increase as your heart becomes stronger. Cold bathing will also benefit you, but you must gradually accustom yourself to it, in order to avoid too great a shock. Eat but two meals a day, and use extreme care not to overeat, and thoroughly masticate every morsel you eat.

Q. I have enlargement of the heart, and am advised to refrain from exercising and cold baths. What would you suggest?

A. If you follow this advice your condition will quickly become critical. Your only salvation lies in moderate exercise, such as walking, calisthenics, etc. This will keep your circulation normal, and improvement can unhesitatingly be promised. Cold bathing will also be beneficial. If you adopt it, be careful to gradually accustom yourself to the cold water, so as to avoid too great a shock.

Q. How can I develop the muscles of my neck?

A. For exercises that will accomplish this we refer you to system of resisting exercises in Volume III. of PHYSICAL CULTURE.

Q. I am troubled with disease of the kidneys; what will benefit me?

A. Secure a supply of pure water and encourage your appetite to take as much water as possible. Avoid meats entirely, encourage your appetite for fruits; confine yourself to one meal a day, take long walks in open air, practicing deep breathing, and sleep in well-ventilated room; also take up a mild system of dumb-bell

exercises, and you will speedily improve.

Q. Do you think weak eyes can be made strong by physical culture?

A. The eyes are influenced by the condition of the blood, the same as any other part of the body. Physical culture, with proper diet, naturally increases the purity and virility of the blood. Therefore anything that improves the condition of the blood will benefit the eyes, as well as the general health. Twice a day take a bowl of water, put a little salt in it and immerse the face, opening and closing the eyes, and rolling them around while in the water.

Q. Are raw onions beneficial for the complexion?

A. Onions are considered by some to be excellent scavengers of the stomach and digestive tract. The best advice for one troubled with poor complexion is to adopt a two-meal-a-day plan, be careful not to overeat, masticate every morsel thoroughly, and take a proper amount of exercise out of doors. This will invariably produce beneficial results.

Q. I am troubled with my lungs. At times I cannot take a deep breath for three or four days. What do you recommend?

A. Cold, wet cloths placed over your chest will probably give temporary relief. For permanent cure, adopt two-meal-a-day habit, chew your food thoroughly, get out in the open air as much as possible, and even when your lungs are sore try to do as much deep breathing as you can. Be sure, also, to have your windows open at night. This will unquestionably bring speedy relief and a much improved physical condition.

Q. You speak frequently of cold bathing; what should be the temperature of the water for cold sitz, sponge and plunge bathing?

A. The temperature should vary in different cases. As a rule, when a cold bath is recommended, water about the temperature it comes from a well or the

water-pipes is intended. If cold after taking a cold bath, exercise till warm. Never use artificial heat to get warm.

Q. What exercise will develop hips and thighs?

A. The system of exercises for the development of the legs published in Vol. II. of PHYSICAL CULTURE will give you the desired information.

Q. Will a special diet cure blood poisoning?

A. The best remedy for blood poisoning is not to eat at all. Fast for two or three days, encouraging desire for pure water, then eat but one meal a day for a time—at least two or three weeks—and the blood poison will disappear in every case.

Q. When I jump or run I become very stiff; can you suggest a remedy?

A. It is a perfectly natural result for you to become stiffened from taking more exercise than usual. Make running and jumping part of your regular daily exercise, and the stiffness will not long continue.

Q. I take long walks, cold baths, exercise with dumb-bells, eat light meals, do not use tobacco or stimulants, yet I am troubled with a sour stomach; what can you suggest?

A. Your trouble is unquestionably caused by eating beyond the digestive capacity of your stomach. Adopt two-meal-a-day plan, eat slowly and masticate every morsel thoroughly and it will disappear.

Q. Give cure for dysentery.

A. Confine diet to one meal a day, eat very light foods, chew thoroughly, remain quiet, and the trouble will disappear.

Q. What is the best course to pursue when one is afflicted with inactive liver and gastric catarrh?

A. Eat but two meals a day, or, better still, but one meal a day for awhile; chew every morsel of food until it is reduced to liquid form; encourage appetite for acid fruits. Besides this take regular exercise, walk in the open air and practice deep breathing daily, and sleep in a well-ventilated room.

Q. Kindly advise course to pursue in treatment of bronchitis.

A. Take long daily walks, practice deep breathing assiduously; take calisthenic exercises for developing the muscles of the chest; eat but two meals a day, and

sleep in well-ventilated room.

Q. I am healthy—never had a pain in my life—exercise and bathe regularly, but have a bad complexion; what would you advise for it?

A. Try two meals a day. Most bad complexions are due to stomach disorders. Eat lightly, masticate every morsel thoroughly and avoid meat. In addition, continue your exercising and bathing, and you will speedily obtain desired results. You can doubtless hasten them along by confining yourself to one meal a day for a time.

Q. What is the best time for exercising when one is employed all day?

A. Five minutes in the morning, immediately upon rising, and 15 or 20 minutes at night, just before retiring, after clothing is removed.

Q. What will cure carbuncles and boils?

A. Adopt two-meal-per-day habit, exercise regularly; take long walks in the open air, sleep in well-ventilated room, and masticate your food thoroughly. Take cold sitz baths and apply wet cloths to affected parts.

Q. Suggest remedy for puffs or creases under the eyes.

A. Immerse the face in water as cold as can be borne, and repeat this several times each day; adopt habit of eating only one meal a day for awhile, and pay especial attention to the thorough mastication of your food. Remember that anything that will tend to strengthen and develop the body will benefit this particular ill.

Q. My ankles are so weak that when I rise to my feet suddenly they will not bear my weight. Suggest something that will strengthen them.

A. Stand and raise the weight on the toes until tired; then lift the toes, letting weight rest on heels until tired; bend ankles, first in and then out, until tired. By following this system daily and practicing general exercise as well, you will speedily gain in strength.

Q. What exercise and diet do you recommend for the cure of rheumatism?

A. Avoid meat altogether, eat but two meals a day, and if you can fast absolutely for two or three days, drinking quantities of cold, pure water, the pain will more quickly disappear. Exercise.

THE RIGHT OF THE STATE IN COMPULSORY MEDICATION.

By Dr. M. R. Levenson.



If men and social communities governed their actions by principle, having first ascertained by observation and logical reasoning what is the correct principle to apply in each and every case of proposed legislation, the question I am to treat could be disposed of in a very few words. But prejudice and self interest—the interest, that is, of favored classes—step in to obscure the truth and render necessary the employment of much illustration and argument to make clear the solution of a problem for which few words should suffice.

I purpose, in the few words in which I shall endeavor to solve the problem as to the right of the state to impose any medical practice or dogma upon the citizen, to base my arguments upon fundamental principles; and the first of these is one to which I think even ardent advocates of paternal government will yield assent. It is that the sole end for which mankind are warranted, individually or collectively, in interfering with the liberty of action of any of their number is self-protection.

No matter how great may be the evil, physical or moral, which the other members of the community believe will inure to the individual from a given course of conduct, so long as the physical or moral evil affects only such individual the community has no right to interfere. Nor must the injury to another be hypothetical or probable only; it must be absolutely certain to justify the imposition of any but a moral restraint upon such conduct. "The only part of the conduct of any one for which he is amenable to society is that which concerns others. In the part which concerns himself, merely, his independence is of right absolute. Over himself, over his own body and mind, the individual is sovereign." And again: "The only freedom which deserves the name is that of pursuing our own good in our own way, so long as we do not attempt to deprive others of theirs or impede their efforts to

obtain it. Each is the proper guardian of his own health, whether bodily or mental and spiritual."—Mill.

Now although the above principles command, on their mere statement, universal assent, nevertheless the general course of legislation the world over has violated them. And popular prejudices in numerous instances are in continual conflict with them, and are continually calling for fresh legislation in opposition to them. The pretense on which in nearly every case such legislative interference is sought, and but too often successfully, is that the committal of or abstention from certain acts will be productive of injury to the public. Every known form of legalized oppression in matters of religion and opinion has in turn been advocated upon these grounds, and among them the inculcation of certain medical dogmas and the enforcement of certain medical practices by law. How far the legislature should of right interfere in this direction is the subject of my present inquiry.

One hundred years ago Professor Magendie, one of the most eminent of French physicians, addressing the graduating class of the great medical school of Paris said:

"Gentlemen, medicine is a great humbug. I know it is called a science. Science, indeed! It is nothing like science. Doctors are mere empirics when they are not charlatans. Who knows anything in the world about medicine? Gentlemen, you have done me the honor to come here to attend my lectures, and I must tell you frankly now, in the beginning, that I know nothing in the world about medicine, and I don't know anybody who does know anything about it."

The profession generally, at the time this was spoken, was just as positive that it had all the truth about medicine as is the same profession to-day. They looked with contempt upon the ignorance and medical absurdities of two or three decades earlier, just as that same profession to-day does upon the medical absurdities (or

rather some of them) of twenty to thirty years ago; and just as our successors in another score or two of years will look upon ours.

Now, before legislation can be properly applied to inculcate any medical proposition, it needs to be absolutely certain that the proposition is true. Is there any medical theory, proposition or practice of which this can be said? There is one, and only one. In the marvelous processes of animal life certain materials are produced which in certain quantities (unknown and varying with every individual) are poisonous to the animal which produces them. These are excreted by the animal, and if suffered to accumulate in any locality soon become noxious.

This fact is certain and is the only thing in medicine, as at present known, which is certain.

Communal or legislative action is then admissible here; but unfortunately, as to the mode of disposition of such excreta, science has thus far failed to emit any certain note. The course most commonly pursued, and the one whose advocates have most loudly claimed the approval of reputed scientists, has been that of pouring the excreta into neighboring rivers or bays. Evidence is not wanting that very pernicious effects probably flow from such a disposition of excreta, when long continued, and other modes of disposing of them have been recommended on apparently strong grounds; all that the true man of science can say upon the subject is that it needs to be carefully and fully investigated without delay. It is asserted by many persons, apparently competent to judge, that the plan heretofore generally pursued of pouring the excreta into adjacent rivers and bays is preparing serious epidemic conditions for posterity.

Now, seeing that there is absolutely no other medical proposition with regard to which certainty or anything like certainty can be predicated, legislation of any kind to enforce or even to encourage any other medical dogma or practice is absolutely excluded by the very conditions of the problem.

And yet this truth, so clearly deduced

when the question is referred to a well-established governing principle for its solution, is continually disregarded by the law-making power of nearly every one of the nations which arrogate to themselves the title of "civilized!"

The laws of nearly all such countries prescribe a certain course of study, and the successful passing of examinations in those studies, as a pre-requisite for permission to practice the art of healing. But we have no certainty that these studies are of any value in giving proficiency in the art of healing, nor that the enforcement of such studies does not shut out from the exercise of the art men who may be exceptionally fitted by nature to practice it.

One of the diseased conditions which arise from improper or insufficient nutrition and accumulations of human and other animal excreta has received the name of smallpox, which, properly treated, is one of the lightest of the diseased conditions with which nature visits breaches of her laws, but which, from bad treatment, sometimes ends in death or leaves the ill-treated patient with a badly scarred face and sometimes even blindness. None of these results, however, happen to persons of good vitality without gross mismanagement on the part of physician or nurse. Under a superstitious and wholly groundless dogma, that one attack of this diseased condition would protect the sufferer against a second attack, a medical practice was adopted of inoculating the disease; that is to say, matter from the sores of this disease was implanted beneath the skin in the hope of the person operated on getting a light attack and being thereafter secure against a more severe one. Insane as this dogma was and is, it is still largely believed in, and has formed the basis of one of the most murderous of superstitions. So thoroughly imbued was the profession with the supposed benefits of this insane practice that in the teeth of numerous epidemics of smallpox induced by it, in the year 1754, the Royal College of Physicians (London) declared "That experience had refuted the arguments urged against the practice, and that it was highly beneficial to mankind."

(Conclusion of this article will be published in February issue of this magazine.)

*"Ring out the old, ring in the new,
Ring out the false, ring in the true."*

EDITORIAL DEPARTMENT.

Let us emphasize, and let the statement remain here permanently, that the Editor of PHYSICAL CULTURE is in hard training, and expects to continue in training, that he may be in the finest possible physical and mental condition for the great fight which he has inaugurated against

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|------------------------------------------|-------------------------------|
| (1) THE CURSE OF PRUDISHNESS, | (4) THE CURSE OF OVER-EATING, |
| (2) THE CORSET CURSE, | (5) THE DRUG CURSE, |
| (3) THE CURSE OF MUSCULAR
INACTIVITY, | (6) THE ALCOHOL CURSE. |

Last March we stated editorially that we expected to deserve and secure a circulation of 100,000 before our second anniversary, which is March, 1901.

Our Marvelous Growth.

From the present rate of monthly increase our paid circulation will nearly reach 200,000 by that date. We are printing 150,000 copies for this issue. This marvelous growth has never been excelled. A representative of the American News Company informed the writer that no publication has ever met with such immediate and phenomenal success. The writer cannot express in mere words his feeling of satisfaction over this remarkable appreciation of his efforts, and he takes this opportunity to thank each individual reader for his interest and support. In the innermost recesses of his soul he believes that the policies and teachings of this magazine will ultimately triumph. He believes that there is a glorious future for American manhood and womanhood, and that when the truth we have been endeavoring to plainly teach and vigorously emphasize is universally recognized, civilized humanity will take a step forward, greater than ever before in the history of the world.

Help us, friends, in this grand religion—this religion of life, of health, of beauty, of goodness and truth. Help us to spread broadcast the great truths that replace darkness with light, disease with health, ugliness with beauty.

No grander, no nobler work was ever placed before man. Grasp it now, while it is in its infancy. The truths we preach are beginning to dawn upon the minds of

men; they are humming in their ears like the ominous murmur of the fretted waves of the ocean preceding a storm. Do not wait until the waves are lashed up, roaring, resistless, to engulf ignorance, superstition, folly, hypocrisy, prudishness, and leave mankind free from fear of disease, pain and weakness. Those who stand against truth will be covered with shame. Join with the pioneers whose efforts are to glorify and beautify mankind and womankind.

It is the writer's religion and a grander religion never existed. There can be no true religion of which this not a part.

The Editor of this magazine has blazoned his watchword prominently on the cover, where it challenges the eye, and boldly accuses he who reads. Is he right? If you pause before you reply, turn the matter over in your mind, and array the "exhibitory" evidence that has been adduced in every one's experience, you will be forced to admit the truth of his sweeping assertion.

Verily, who so suffereth, suffereth as the result of criminal negligence of nature's laws, either his own or a progenitor's.

The law is simple. Nature intended the human animal to develop physically, much as animals of lower order. There must be healthy parents, for in the animal kingdom instinct is so dominant a factor in the mating and pairing that the puny, the accidentally injured, are prevented from bearing. So much for the heredity in the case. Development was foreseen. Activity is a necessity of life.

It is a habit, perforce, among primitive people, but civilization and luxury brought idleness and vice; and as the result of these blighting curses have come the criminally weak, the pitiable sufferers whose backs ache, whose chests are narrow, who creep about through the day and toss in nervous debility through the night; or else racked with hacking coughs, the pangs of rheumatism or some of the other hundred or more ills humanity is erroneously said to be heir to.

These are not the heritage of nature; for experience has proven that hereditary tendencies may be overcome, hereditary blots eradicated. The weak, the suffering have themselves, their ignorance, their superstition to blame; nothing else.

The panaceas of nature are few and simple. They are compounded or brewed in her great, infinite laboratory; and they can never be equalled by the decoctions and nostrums put up by ingenuous man. They are air, water, exercise and fasting; and the greatest of these, in a remedial way, is exercise. Wholesome dietary, simple, largely vegetable, is a requisite accompaniment of the others. With these you may prevent or cure most of the ills that have fallen upon the race through criminal idleness, luxurious debauchery, or plain unadulterated filthiness of mental and physical habits.

Have you rheumatism? No "medicine" manufactured by man will cure you. But life in the open air, thoroughly oxygenized blood, that comes from breathing plenty of pure air; active exercise, that will bring all the muscles into play, regularly and religiously observed, and cold water will enable the body to throw off the accumulation of poison that produces the symptoms by which this disease is known.

Have you heart disease, that fearful, all but painless malady of the intricate machine that is the very center of life—a disease that creeps upon the negligent like a thief in the night, and which carries off its victims with the suddenness of an eagle swooping upon a dove?

Can medicine cure it? No, else we would not hear of so many fatalities from heart failure. What, then, if not drugs, are the hopes of the man or woman afflicted with this trouble to cling to? The weakness, be sure, has some provocative cause, and this cause is invariably a violation of natural law. Overeating, inactivity, indulgence in stimulating drugs, are the chief causes. And the remedy is air, water, plain living as to food, and a carefully graduated system of exercise that tends to strengthen muscular tissue.

For consumption, once called the pale spectre of the North, there is just one efficacious remedy—it is the combination given above. Air, cool, heaven purified air, night and day, a body cleansed with water (nature's other great purifying agent), and a diet of natural products, not the heating bloody products of butcher shops, but the sustaining grain, the palate-pleasing fruit, and the oils that come from nuts and seeds.

And so one might extend the list indefinitely. But we are not writing for the sick alone. It is a greater mission to guide the ignorant into the ways of buoyant health, to provide for a stronger, more beautiful generation to follow.

Would you be strong, stay well, live long? Are not these the greatest desiderata of life? What profiteth it if a man gain a fortune and die when he ought to be in his prime; or, if a woman marry a prince, and live a slave to ills of body and mind, albeit her domicile is a palace?

The ills of others, the inmates of asylums, of hospitals, of sanitariums, should be a warning to you men and women, who are abusing the body God made in his own image. Their fate should induce you to think. You owe it to yourself, to your offspring.

Don't be a criminal any longer. Study your body; develop it. It is of more importance to you, to the world, to the race, than all the wealth you can accumulate, or all the learning you can cram into your brain.

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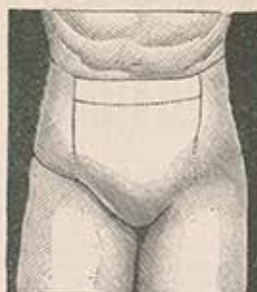
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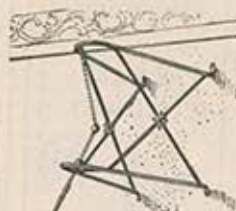
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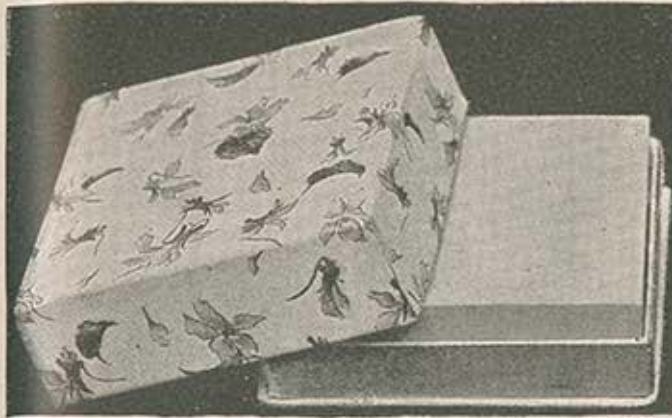
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