

Is Genius a Disease? The Dangers of Kissing. Is Muscle Bad for the Brain?
The Cultivation of Beauty.

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Physical Culture

A monthly publication devoted to subjects appertaining to HEALTH, STRENGTH, VITALITY,
MUSCULAR DEVELOPMENT, AND THE GENERAL CARE OF THE BODY.



THE EDITOR POSED AS "THE YOUTH OF SAMSON."

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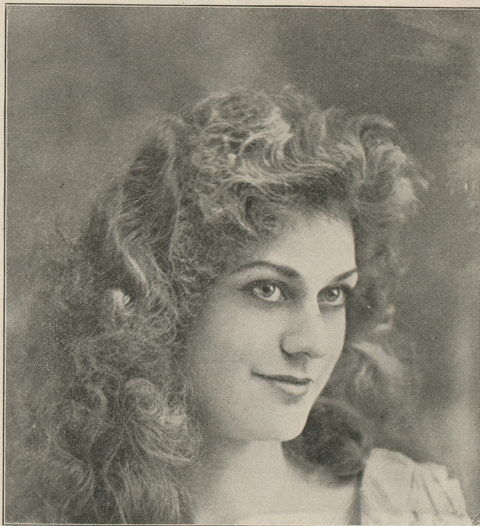
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Physical Culture

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IS DISEASE NECESSARILY AN ACCOMPANIMENT OF GENIUS?

IS MUSCLE BAD FOR THE BRAIN?

There recently appeared in the New York *Journal* an editorial entitled "No Disease in Genius—But Muscle is Bad for the Brain." The true definition of genius is exalted intellectual powers, acquired intuitively, or with little or no tuition or training. The word is rarely used in this sense. Every renowned, talented person is usually spoken of as a genius, regardless of the labors which may have been essential in the acquirement of these envied powers; the possession, therefore, of superior abilities or talents marks the genius. Study the lives of those recognized and honored by the world with the title of genius. Where will you find one who has not been compelled to struggle and strive with intensity and concentration to acquire it? There are a few exceptions, but these exceptions only prove the rule; therefore genius is in many cases the abnormal development of certain powers, and the result of

extremely intemperate efforts towards their acquirement. Where one genius is heard from—where one has been able to struggle on until the goal of success has been reached, hundreds of equal or greater abilities have fallen unrecognized by the wayside, exhausted, debilitated, wrecked in mind and body from the terrible strain of their endeavors.

The *Journal* editorial states that "Genius is healthy. It usually implies strength." Genius itself may be healthy, but rarely can those possessing it lay claim to vigorous health. The great labors usually necessary to its development naturally create an abnormal condition *unless the student has great vitality, or sufficient intelligence to recognize the necessity for regular physical exercise.* Gladstone, the intellectual marvel of the civilized world, recognized this need for regular exercise. Before gymnasiums were much in use he chopped down trees; later in

his life he had a gymnasium in his own home, which it is said he used almost daily. Genius is often coupled with physical weakness, and in nearly every case where it is otherwise there will be found the observance of that law which requires the use of harmonious development of every function and power of the body. Wherever genius is the product of blind, abnormal, unhygienic efforts towards the attainment of one particular object, it naturally becomes abnormal, unnatural, unhealthy, and of brief existence.

I quote further :

"Man develops on two lines—the mental and the physical. In each man there is but so much vitality. Either side of his individuality developed abnormally must be so developed at the expense of the other side."

The brain is not developed at the expense of the muscular system, nor is the muscular system developed at the expense of the brain, and I believe that every modern physician will bear me out in this statement. One might as well assert that the right arm is developed at the expense of the left, or vice versa. If but little use is made of the brain, as is the case with many athletes, and the body is developed to the highest point of perfection, the brain will be naturally sluggish and weak ; though not because the body has been developed at its expense—simply from the lack of use. The same rich blood which built up the powers of the body could

also have strengthened the brain if efforts had been made with this end in view. It is true that "each person inherits so much vitality," but this vitality, this spark of life which "glimmers, glows and glitters" with more or less degree of intensity, can to a very great extent be increased or decreased at the will of the individual concerned. If the muscular system be developed to its normal standard, and all the laws of hygiene and health are strictly followed, this vitality will be attained in full, but, if otherwise, only a small part of it may be acquired. The opinion, held by many, that each individual inherits so much vitality, which in some mysterious way transforms itself into energy that can be used for mental or physical work, is farcical. One's nervous energies are often doubled, and sometimes trebled, by the increased vigor of body that results from the thorough development of the physical powers. If either the brain or the muscular system be developed abnormally it is at the expense of vitality—just so much power for resisting disease, just so many years of life are sacrificed in either extreme.

He continues :

"Consequently, a man of great muscular powers is at a disadvantage intellectually with a thin, weazened man. A man with no health often outstrips the vigorous, powerful man in mental effort, simply because he has no muscular system to use up his force and demand all of his energy."

Was Gladstone at a disadvantage because of his great physical powers? How about Washington, Lincoln, William Cullen Bryant? Was their physical vigor developed at the expense of their brains? The marvelous physical powers displayed by Bryan in the last Presidential campaign will never cease to cause comment. Will even his political enemies say that his mental resources are less because of this great physical stamina? It is a well-known fact that the young men who take active interest in athletics at schools and colleges usually stand higher in their studies than those who drudge along without any physical exercise. Are their muscles developed at the expense of their brains? To be sure, if a man of great muscular power never makes an attempt to develop his brain, the thin, weazened, intellectual man would naturally outstrip him mentally, though if the big, muscular man happened to be Tom Reed, of Maine, the result might be different.

The crowning absurdity is the statement, "But muscle is bad for the brain." He evidently does not mean that to be taken literally, for if we were without muscles not a movement could be made. We could not walk, talk, or even turn our eyes. He evidently means that the development of muscles is bad for the brain. Will improved strength of the digestive organs, increased power and capacity of the lungs, lessen brain power?

Will the stamina, energy and health that comes from proper physical training decrease brain power? The brain is nourished entirely by the blood, the same as any other organ or muscle of the body; its powers are influenced to a vast extent by the quality of this blood. Proper physical exercise accelerates and improves the general circulation, and assists greatly in purifying the blood by causing the organs of elimination to act more freely and thoroughly. Therefore, under these circumstances, the blood is richer in those elements which are needed to nourish the brain, and with purer blood, stronger digestive and lung powers, and with vastly increased nervous energies, is not the brain worker far more thoroughly equipped for his labors?

This is how he extols weakness :

"See how a little creature, with nothing but his brains to call upon his nervous energy, can outstrip the huge muscular machine.

"Pope, the wonderful pigmy. He had a maid to dress him and lace him up in his canvas jacket. Weak as a shrimp—but what persistent, ceaseless brain power—all his strength went there."

There are men who have made great successes in life, not because of weakness, as this writer would have us believe, but in spite of it. Those who struggled on to success under such a handicap would have doubled and trebled their successes if the knowledge of health and the means of its acquirement had been a part of their possessions. Is

there an individual of ordinary health in all this broad land who would exchange positions with the famous poet mentioned above and accept his weakness? We all abhor weakness, loathe disease. It is natural that we should. The first duty of a male human animal is to be a man; of a female, to be a woman; and without that health, vigor and stamina which gives strength to the emotions, "fire" to the ambitions, power to the passions and energies, there can be no real, true manhood or womanhood. Be anything but a nonentity—a sexless creature which goes through

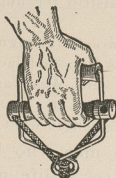
life, eating, drinking, sleeping and existing. After all, fame is not everything. The happiness of a peaceful home—the knowledge that one's life has been clean, pure and wholesome—is worth more than all the fame of the universe. Let those who live for fame strain and strive for it, but if the satisfaction of being free from care and worry even a small part of your existence is of value, do the best you can, and leave fame, if it is to be gained at the sacrifice of health and comfort, to those who are willing to bid good-bye to all of life's happy hours.

THE EDITOR.

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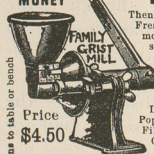
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THE BRAIN WORKER.

BY J. WALTER SMITHSON.

What can physical culture do for me? the mental worker may ask. Will it benefit me? Will it make me stronger, healthier, more energetic, more symmetrical in form? One is committing a sin against himself if he does not take proper care of his body—if he does not develop those powers which lie dormant within, ready to spring forth into life at the touch of the "magic hand" of the exuberant health obtained through physical culture. One following a life of sedentary character—unless he has the vitality of an ox—suffers from frequent headaches, spells of indigestion, lack of ambition, and usually from that chronic "tired feeling." To such a person physical culture is a veritable boon. He can enormously increase his energies and so build up his strength to make work pleasure that formerly seemed a task. That "tired feeling" ceases to be a drag on his life. He can throw back his shoulders and feel like a man in every sense of the word. His vigor of manhood will be felt in every pulsation of the heart that has been accelerated to renewed activity by the tonic effects of healthful exercise. And as his muscular system strengthens, develops and becomes more beautiful in form and outline, every organ of the body will be toned up, the digestion will be carried on more

naturally; he will require more food; he will eat with the enjoyment of a splendid appetite; his food will be assimilated and used to advantage; his muscles will gradually grow fine, firm and large, and as he luxuriates in the exuberant strength that increases slowly, day by day, he will feel that superior confidence in his powers, in his abilities, to go on and on to the accomplishment of long cherished ambition. Without this power behind the "throne," without this physical vigor which spurs one on and on to the goal of success, life is a mere existence. Few have ever accomplished anything of importance without the stimulating influence of vigorous pulsating health. And it is within the power of every man and every woman to possess this "gift for the gods." One may not so increase his muscular strength as to be able to throw around ponderous weights, but he can possess energies capable of accomplishing just as much towards the success of life as the one who is able to handle these heavy weights. And, after all, it is the energy that one wants—it is the power to accomplish with ease the objects of life, whatever they may be—not the ability to lift weights—which makes life more happy, more satisfactory and more worth living.

For Strengthening Muscle of Back at Waist Line. For Cur-
ing Pains in the Back and Reducing Size of Waist.

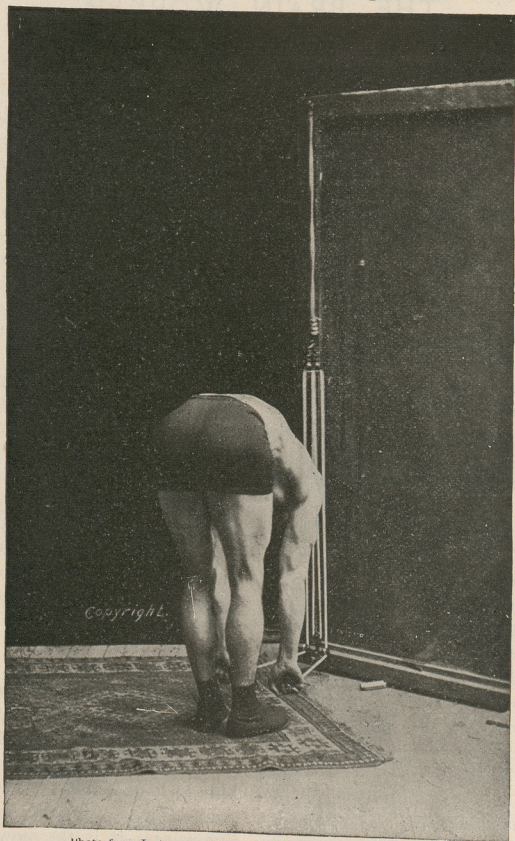


Photo from Instruction Book "MacFadden's Physical Training."

This exercise, illustrated in the accompanying photographs, can be performed satisfactorily on any chest weight, or rubber exerciser furnishing a similar resistance. Be careful, however, to avoid those cheap, all-rubber devices, the parts of which are liable to fly out and seriously injure the operator in case of breakage.

From the position illustrated in the first photograph, without bend-

For Increasing Digestive Power and for Curing Functional Derangement of the Kidneys.

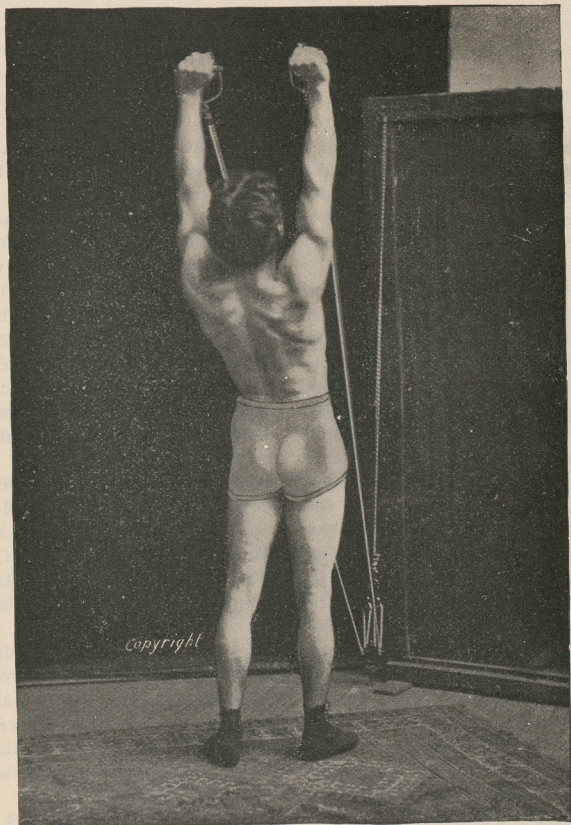


Photo from Instruction Book "MacFadden's Physical Training."

ing at knees or elbows bring arms upward, high as you can reach overhead, as illustrated in second photograph. Repeat until tired. This is a most excellent exercise, and if bothered with pains in the back or with weakness which makes it an effort to hold the body erect while walking, this exercise will remedy the trouble in a few days. The same exercise will be found beneficial if taken without an exerciser.

DANGERS OF KISSING.

BY J. STUART.

There are in this cold-blooded age of ours few institutions and customs that the brains of science have not riddled with objections. Science tells us everything—what to eat and how to eat it, and what to drink and how to drink it, and it is the opinion of many that ere long the Divine Authority will be receiving scientific pointers—in His case gratis. At the present writing hundreds of “18-karat” scientists are soiling tons of stainless paper with rivers of ink to inform a foolish world of the dangers of kissing. They have told the great mass of unsuspecting humanity that upon the rosy lips of beauty there ever lurk microbes, fierce and merciless. These modern custodians of human affairs, like cherubim of old, not only thrust the man and woman out of the Eden of natural impulses, but guard with flaming swords, properly antiseptised, any return thereto.

The people on this microbe-infested earth have learned from these wise men that the fairest maid is just loaded with bacilli, that her kiss is a “double back-acting” Judas-like osculation, betraying in most cruel manner and to almost sure death the sighing youth who has dared to browse upon her dewy lips. During the process of long-

drawn out, instalmentlike kissing germs are supposed to change places as rapidly as tenement-house dwellers on May 1st day, to pass from mouth to mouth with perfect willingness, since no matter where they go they find fertile soil. They improve in health and strength with each change of base, and science tells us this causes them to become far more dangerous to the ecstatic fools who rush at their locations and then—on to their inevitable and untimely end.

While one must admit the self-sacrificing purpose of these deeply learned professors who try to make of fond courtships an armed neutrality, simply to save the insurance companies from paying out an occasional premium, while they themselves are perfectly secure in an armor of icy self-control as refrigerating as a car of embalmed beef, yet it seems to the average mortal that to refrain from kissing would be paying far too high a rate for insurance against risk.

I, for my part, most heartily congratulate the bacteria upon his selection of location. He shows the same good taste in his choice as does the bee in hovering over fragrant flowers. The world doubtless would rather not know of the existence of these microbes, but

even with this knowledge, point out us, if you can, a young man of the nineteenth century who won't risk a most horrible death and swoop down upon a pair of rosy lips whenever he gets a chance.

I don't intend to argue with science—I have my living to make—but I don't want to see some machine invented to take the place of the old-fashioned method, microbes or no microbes; nor do I want to see the kissable public carrying a bottle of antiseptic fluid around with which to disinfect lip sweetness. A procedure of this kind may become a fad, and who knows but that beauty of the feminine gender may appear in society armed with small jugs of acids to soak their "rubies" in before bidding good-night to a few hundred assembled guests.

We must admit that there are cases where it might be well to use a disinfectant before risking osculation; it might be even better to indefinitely postpone the effecting of that exchange which is no robbery. The attention of science was called to kissing because it has been overdone; the public had made this practice one of its social rites. Distant relatives, friends, all have a right to exchange a little kiss—it's one of the cheapest things society passes around at a social gathering. Society might as properly have employed a universal tooth-brush or have made gum swapping general. This custom may not cause the death of human

beings, but it is the death of sentiment, and provocative of nausea. A woman should be more chary of her charms, and as supply and demand regulate prices she should at least strive to maintain a "corner" on her own kisses, and thereby increase their value to some one. The practice of kissing the bride should be abolished. Why a modest woman, who has done nothing worse than to marry, should be compelled to kiss a company of men, I cannot imagine. The minister, no doubt, devotes his—the first kiss—to the Lord, and what he leaves is taken up by Tom, Dick, Bill, and so on, until lips that might have tempted angels become foul as a court Bible—sweet incense to offer a loving husband. A kiss ought to be a sacred thing, the fruit of a love that is deathless—it is the blessing of a mother, the pledge of a sweetheart, the homage and love of a wife. This promiscuous kissing is the casting of pearls before swine—a brutal prostitution of the evidence of true love—therefore, in this particular indictment, let us hope science is right, and that promiscuous kissing, carried on in free-lunch style, will lead to one death at least, that of the practice.

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THE EDITOR'S SPECIAL DEPARTMENT.

Criticisms, MSS., Photographs, etc., invited.

Questions of general public interest answered in this department.

Will any one question the need for a publication on physical culture, edited by one with practical as well as theoretical knowledge, one with the actual experience which alone gives that familiarity essential to the proper treatment of the subject in all its detail? I do not claim to be able to entirely satisfy this need, but even crumbs to a hungry man are better than no bread, and the "crumbs" that I may offer, it is to be hoped, will prove acceptable to those interested in this theme.

The larger part of the last fifteen years of my life has been spent in solving problems appertaining to the care of the body. It is not in a spirit of boastfulness that I call attention to my record, "from a consumptive to a champion athlete." I am proud of that record! It stands out and emphasizes that I have solved at least some of the problems that confront one when attempting to increase the vigor of the body. I remember as vividly as if it were yesterday, moments—yes, days, weeks and months—when the abject despair from the appar-

ent hopelessness of my emaciated and weakened condition was almost too great to be borne. That was my state of health when physical culture first appealed to me, and there are thousands to-day—yes, millions—who are spending their last failing energies reaching out in the darkness of theory for a cure, when right before them, in the brilliant light of facts, proven over and over again, gleams a remedy that Nature offers. They are simply asked to make the effort required to secure the great desideratum—health and strength.

Do not think for a moment that I offer physical culture, as it is commonly understood, in the form of muscular exercise alone for a great "cure-all." In fact, muscular exercise when carried to excess, or when improperly taken, is not physical culture, but a tearing down of physical forces. Physical culture embraces all natural means of building up bodily strength: dieting, bathing, hygienic care of the skin, the hair and the teeth, are just as much a part of it as proper exercise. One can readily under-

stand that within the scope of these various natural means of caring for the body there is a preserving and health-producing power that can be used to advantage in almost any disease, and can entirely cure most of the ailments from which humanity commonly suffers.

There is one thing upon which my readers can always depend, the matter that appears in my name will be composed, written, revised, and even proof read and corrected by me. I believe most sincerely in the theory that those who attempt to teach the public should show the benefits of their own teaching in their own physiques, their own personality. The physician who pretends to cure the sick should have sufficient knowledge of his profession to keep himself well. If the one who prepares MSS relating to physical culture is unfamiliar with the subject, his work will certainly be lacking in detail and be without that finish which can be acquired only from the extreme familiarity that comes from years of actual experience.

Question: TO BECOME A STRONG MAN DOES IT MEAN RUNNING THE RISK OF SACRIFICING VITALITY TO MERE MUSCLE GROWTH?

Reply: The mere growth of muscle does not tend to decrease vitality; the danger lies in excessive training, or rather, straining, producing exhaustion, which saps the reserve vitality. That muscular development which is built up by carefully graduated exercise is in

every respect the safest and soundest. It is possible to quickly "swell" the muscles by over-exercise, but the increase is most unnatural, a reaction surely follows, resulting in the contraction of the muscles into even less than their original size. The "swelling" process is practically a forced inflation of tissue, and the contraction is simply a natural subsidence. A sure sign of a "swelled" muscle or muscles is a soreness, this being due to a form of inflammation. The evil, however, is not confined to local result; the unnatural drain on the reserve vitality produces a general feeling of lassitude, or, if severe, exhaustion. Proper muscular development is a *natural growth* of tissue, without depletion of reserve vitality; indeed, the latter is increased accordingly. In concluding the reply to this question let me warn beginners against the danger of overstraining. Do not imagine that a week of training will fit you for weight lifting.

Question: IS THE ATHLETE A POOR DEATH-RESISTING ANIMAL?

Reply: Certainly not! The athlete has greater vitality than he or she who is not an athlete. The athletic phrase, "The pink of condition," means high vitality and well-oiled human machinery. They who are in the "pink of condition" are better able to resist the attacks of death, diseases and wounds than those who are in poor condition. The one is like a well-trained army,

with a strong reserve force, whilst the other is like a badly-trained army, with little or no reserve force. The one is capable of strong resistance, whilst the other can offer but a poor defense. The Spartans of old well understood the value of a well-trained physique. Right from the moment of birth every Spartan was trained in strengthening exercises. The weakly babes were killed without compunction, and youth was spent in bodily exercises. As the result, the Spartan soldiers, though

few in numbers, were the finest and most successful of a time when men lived to fight and fought to live. The exceptions which make the athlete a "poor death-resisting animal" are those cases where the athlete reduces his vitality by over-training, or by a sudden break-off of his accustomed physical exercise. In regard to the latter exception, however, it should be borne in mind that an athlete ceases to be an athlete when he ceases for an extended time to practice athletics.

THE EDITOR.

THE DEVELOPMENT OF GREAT MUSCULAR VIGOR.

(CONCLUDED FROM LAST ISSUE.)

DIET.

The diet of one desirous of developing a physique of this rugged character must, of course, be rich in nitrogenous (muscle-making) food elements, though one must not by any means taboo those articles which are fat-forming, as a large amount of these elements are needed to maintain the normal heat of the body. If there exists no appetite for foods that make muscle, cultivate it. Of course this takes time, but one can cultivate an appetite for almost anything.

Never eat bread made from superfine white flour if any other kind

can be obtained. It is the poorest excuse for food that ever disgraced the diet of a civilized community. To a certain extent allow the appetite to guide you, all the time keeping in view the desire to supply the diet liberally with muscle-making foods. Peas, beans and lentils, fully matured, contain a large percentage of muscle-making qualities. Beef and mutton are probably the best meats for the purpose. A word here as to the difference in the quality of muscle produced by a vegetarian diet from that produced by a diet composed largely of meat will probably not be out of place.

VEGETARIANISM—MEAT DIET.

A diet composed largely of meat will develop more immediate strength—that is, strength for lifting a great weight or running a short distance—but a diet largely vegetarian will develop more endurance. Therefore, if training for feats of strength requiring one great effort, over in a moment, a diet liberally supplied with meat is to be recommended, but if great endurance is to be desired, the quantity of meat used should be very small. In Europe more interest is taken in vegetarianism than here. In one of the large cities last year there was a twenty five-mile race, in which there were entered sixty contestants. The first thirteen to finish in this race were vegetarians. This result illustrates very forcibly the need at least of moderation in indulgence in meat if endurance is a desirable quality.

OVERFEEDING.

The quantity of food consumed is also well worth attention. Eat all that can be digested readily, but do not "stuff." So many eat to such excess that their overburdened digestive organs require all the energy of the body to carry on the work of assimilation and elimination. The muscles of an overfed person are always in an inferior condition—they have less strength, less endurance and less power of resisting disease than when the nourishment is furnished in more normal quantities. Keep

these facts in view, and be careful to avoid the error of overfeeding.

Eat two or three meals per day, whichever seems best for the needs of the system. Some are able to digest three meals to advantage, while others acquire more strength and feel in better health with two.

Food, to be properly digested, must be thoroughly enjoyed; so never eat without appetite, and never eat unpalatable articles of food merely because they are supposed to be nourishing. The work of assimilation is but imperfectly performed if the food is not relished.

BATHING.

The instructions for bathing, as outlined in article "The Development of Vitality, Energy, and Health" (March issue), can be followed with advantage. A thoroughly clean skin is absolutely essential to vigorous health. It is a well-known fact that if the entire surface of the body be varnished—thus stopping all the pores—death would ensue in a few hours, the cause being the accumulation of impurities ordinarily eliminated through the obstructed pores. This illustrates with startling emphasis the great importance of the skin as an agent for purifying the blood, and to an equal extent lays stress upon the necessity for frequent bathing. Cold baths are a fine tonic and are beneficial to those who can recuperate immediately from the shock with a feeling of

warmth. Always exercise sufficiently to excite an active circulation before taking a cold bath.

ALCOHOLIC LIQUORS.

Leave alcoholic liquors and stimulating drinks alone. Absolutely no benefit can be derived from their use, and no matter how fine may be your physical organization, the poison of alcohol, if it is regularly used even temperately, will have a deteriorating effect, and will bring old age many years in advance of the proper time. If used intemperately, it changes a human being into a beastly idiot with the weakness and effeminacy of a child and the self-assertiveness and arrogance of a backguard. A man under the influence of intoxicants is temporarily an idiot, and should be treated as such. The degrading effects, mentally and morally, of intemperance are, however, more than equaled by the destructive effects on the general health. Vitality, which might have supported one to the age of sixty or seventy, can be used up before thirty or thirty-five under the baneful influence of intemperance.

STRONG WILL.

Determination and persistence are qualities which are essential to success in almost any undertaking, and they are of equal importance if one desires to be a "superb animal," and your attempts must be serious, if satisfactory results are desired and expected.

Remember that health and strength and fine physical proportions cannot be bought—the rich and poor alike must work to acquire these coveted rewards. I venture the assertion that there is not a human being of average health on this earth who would willingly exchange places with the owner of great wealth and accept the weaknesses and diseases which in many instances accompany a life of ease and luxury, therefore the value of vigorous health cannot be estimated—it is beyond price. So, in storing up health, you are really acquiring immeasurable wealth.

THE EDITOR.

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THE EXHILARATION OF A SUPERB
 PHYSIQUE NECESSARY
 TO BEAUTY.

"Beauty of woman—chanted in poetry and song; the halo that has glorified the novel; the theme that has intensely interested the living in all ages, in all climes and in all degrees of circumstances, is, if calmly dissected, almost entirely physical. From whence come the bright eyes, the lips carmined with the rich blood of health, the clear-tinted cheeks, the supple gracefulness, the symmetrical outlines of a beauteous form—swaying the minds of men and at times the destinies of nations? There is not a sign denoting beauty which has not either its origin or its influencing power in the physical side of life. Where would the society belle be if her ever-ready witticisms were not accompanied by the changeful fire of a sparkling eye?—that sure sign of a good digestion. Of what charm are well-molded features when not conjoined to a certain power of expression, created by the confidence of effervescing health as much as by the guiding intellectuality?

Without this feeling of physical exaltation, this innate something that stirs the pride, dignifies and makes sublime the mien, beauty loses its grand power and its most alluring element of expression. What is grace but the muscular strength that gives one perfect command of the body? What is suppleness but ease of movement?—that yielding pliancy that betrays harmonious and unrestricted development. Health is the very foundation of all beauty—grand or simple."

The above I have quoted from the EDITOR'S writings.

NO BEAUTY WITHOUT HEALTH.

The absolute dependence of beauty upon health cannot be too strongly emphasized. When health disappears beauty follows almost immediately. It is not by any means a gift; it is created partially by inheritance, but more particularly by the environments and habits of life.

All women cannot be beautiful, but everyone can be graceful and comely if the highest degree of health, strength and symmetrical



FROM THE PAINTING, "AFTER THE BATH."

By A. F. LEJENNE.

proportions are developed. A beautiful complexion, fine, clear eyes, luxuriant hair, pearly teeth, superb physical proportions, and the grace and ease which accompany strong, shapely muscles—these much sought elements of beauty can all be acquired, to a certain extent, even when not inherited, by persistent, intelligent efforts towards their development.

ERRONEOUS IDEAS OF MUSCLE.

One will often hear a member of the feminine sex remark: "Muscle is so unsightly—I wouldn't be muscular for the world." Such women have an idea that "being muscular" means the possession of "big knots" of muscle which are seen in the development of many prominent athletes. It is almost impossible for a woman to develop muscle of this character. To illustrate the absurdity of such a fear, one has merely to call attention to the rounded, smooth and symmetrical development of most professional women athletes, though under this beauty of contour there are muscles of steel, often capable of performing feats of strength that the average male athlete would be unable to equal.

MUSCLES GIVE FORM TO ENTIRE BODY.

There can be no beauty without fine muscles. Notice the symmetry of the figures reproduced with this article from the works of famous artists. Underlying all these exquisite outlines there is the muscu-

lar system which gives shape, firmness and beauty to every contour of the entire body. The fatty tissue merely fills out the hollows—"rounds off the corners"—therefore, without a superb muscular system there can be no beauty of form. No doubt there are a few young women, who have taken but little exercise either in work or play throughout their entire youth, that still blossom into beauties from the mere exuberance of their rich vital inheritance; but under these circumstances their beauty is in nearly every case of transient duration—it usually begins to wane at the age of twenty-five, when, if built upon the foundation of strong, shapely muscles, the ripeness and richness of full maturity would not be reached until near the age of thirty.

AN EXERCISE FOR DEVELOPING EASE AND GRACE OF POISE AND CARRIAGE.

The movement illustrated in this issue of PHYSICAL CULTURE is especially advantageous for the purpose mentioned above. That easy grace of poise and carriage, absolutely essential to beauty, cannot be acquired unless the muscles of the back at the waist line (small of the back), be sufficiently strong to give one that feeling of lightness, of airiness, which adds a charm to every movement. This particular exercise strengthens these muscles, greatly improves the symmetry of the outlines about the waist—and



FROM THE PAINTING, "BATHER."

1888 SALON.

BY W. A. BOUGUEREAU.

also the hips, *if the legs are not bent at the knee while the movement is being made.* The waist can be greatly reduced in size by diligent practice of this movement, and it has a decidedly advantageous effect on the digestive and assimilative organs: good digestion, as every one knows, is usually accompanied by a fine, clear complexion, and if a woman desires this great desideratum, she is merely wasting time in applying lotions and other applications, if due attention is not given to the diet and exercise essential for perfect digestion.

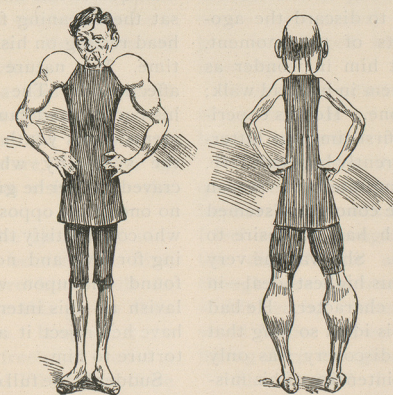
DISCRETION IN CERTAIN WEAKNESSES.

Weak women, suffering from com-

plaints peculiar to their sex, should, of course, be careful to ascertain whether the movement would have no bad effects in their particular trouble—in fact there are some ailments of this nature which should be remedied entirely before an exercise of this kind should be attempted. The exercise can also be taken to advantage without an appliance of any kind, though the benefits are greater when there is some resistance, especially so after some strength has been gained. Be careful not to overdo the work the first few days, otherwise an uncomfortable soreness and stiffness of the muscles will result.

EXAMPLES OF MODERN DEVELOPMENT.

[FROM LIFE.]



THIS MAN LIVES IN HARLEM, AND TRAVELS UP AND DOWN TOWN BY HANGING ON A STRAP.

THIS MAN LIVES AT THE TOP OF AN EIGHT-STORY APARTMENT HOUSE WHERE THERE IS NO ELEVATOR.

THE ATHLETE'S CONQUEST.

THE ROMANCE OF AN ATHLETE.

BY BERNARR A. MACFADDEN.

(REVISED BY THE AUTHOR.)

CHAPTER VII.

No pleasant emotion thrilled his nerves as he touched Edith's hand in farewell that night; it seemed cold and lifeless. He went out into the darkness of the night almost choked with contending emotions. He walked swiftly in his endeavor to obliterate the despairing images of his agitated mind; but no, stronger and stronger they crowded upon him. On and on he strode with no thought of his destination—only a desire to discard the agonizing thoughts of the moment. Many gazed at him in wonder as he rushed by them in his mad walk; but he saw no one. He was experiencing, for the first time, the bitterness of an apparently hopeless love. He was too agitated to reason clearly; but the conclusion seemed plain that Edith had no desire to meet him again. She was the very realization of his highest ideal—in face, in form, in character. He had searched for this ideal so long that the joy of her discovery was only equaled by the intensity of his misery at the thought of losing her.

The streets of the city had been left far behind; he was making his

way along the paths of a magnificent park. His steps were growing less speedy, he was making less effort to control the emotion, which swept over him, wave after wave, with constantly increasing intensity; and as he sank into a seat by the side of the path a great sob rent his powerful frame. There in the silence and darkness of the night, sob after sob made this great, strong man quiver like an aspen leaf. He sat there leaning forward with his head resting on his hand for sometime. His nature was peculiarly affectionate. The early death of his parents had caused the environments of his youth to be lacking in the sympathy which his nature craved. After he grew to manhood, no one of the opposite sex appeared who could satisfy this strong yearning for love, and now that he had found one upon whom he could lavish all this intense affection—to have her reject it as worthless was torture to him.

Suddenly the full consciousness of his weakness came over him. "What!" muttered he, "you, Harry Moore, weeping—and for what?"

For a woman you have known but little over a week? And why do you weep for her? Did her words leave absolutely no hope for me?"

He reviewed the conversation with her that immediately preceded his departure.

"Why, you're a fool!" said he to himself after a few moments' thought. "Did she not say that she was afraid—afraid of herself, and that this fear was her reason for not desiring my presence?" A smile which contrasted strangely with his previous expression lighted his features.

"What do I care for her ambition! Why should marriage interfere with it?"

Now that he had gained his usual self-confidence, he recalled many of her words which encouraged him.

He looked around for some familiar object that he might know how far he had gone. He sauntered along in his search.

"Well, what a fool I've been! Now I'll win her for spite to remunerate me for the suffering I have had to endure," said he to himself, his spirits rising with the jest.

"I'll do it!" he ejaculated suddenly, as an idea occurred to him. "A run from here home will do more to dissipate this gloom than anything I can do. It would make me perspire as freely as would a Turkish bath, and I'll warrant there won't be the smallest trace left of this morbidness when I arrive at home." He buttoned up his coat,

and with his long swinging stride immediately started on what was probably about a three-mile run. In a short time he arrived at his apartments with the blood bounding through every artery and the perspiration dripping from every pore. He quickly removed his clothes and underwear, which was saturated with absorbed perspiration, and began the slow process of drying the surface of his body with some soft Turkish towels that he always used.

A few moments after, in a light, fleecy night-robe, with the lights turned out and the windows wide open, he strode up and down, enjoying the cool breezes which played around him. The exercise had cleared his brain; he felt like a new being, every nerve, every muscle throbbed with power, and at moments these superb physical energies intoxicated him with their intensity.

When he recalled his weakness of an hour or so ago, he could hardly realize it.

"What fools we mortals be!" he quoted to himself. "How could I have arrived at such a morbid state! I feel now as though nothing were too difficult to accomplish, as though even the unattainable were within reach," commented he as he stood before the open window, inhaling deep draughts of pure air.

"She is mine! I will win her!" emphasized he. "My ambitions, my success, my very existence, depend upon-it. Without her I will be a

nonenity," were his conclusions at that moment.

With his mind thus buoyed with confidence, he sank into a deep sleep immediately upon retiring.

Edith was far from being as cold and calm as she pretended during the conversation that occurred immediately preceding Harry's departure. She had resolved after much serious thought that the course pursued was the only honorable one. Her reason for insisting that he remain was that she might compose herself and tell him all without betraying emotion. If she showed the least feeling the effect of her words would have been lost; this she realized thoroughly. The task was difficult and unpleasant for her, but she believed that her proper course was to be honest. She acknowledged to herself that, should she give him the opportunity, he might be able to win her love; but she feared the result too much to take the risk. She saw the tremendous effort he made to control his emotions as he turned and bid her "good night," and it affected her deeply. She remained for sometime where he left her, deeply wrapped in thought, but her conclusion was that she had selected the only honorable course. She knew that many of her sex would have hugely enjoyed leading him on to a proposal without revealing the low hypocrisy in their hearts, but she loathed such deceit.

"Edith! Edith!" called Helen from the head of the stairs.

"What is it, dear?" answered Edith, coming to the door.

"When are you coming to bed? I'm so lonesome," in mournful tones.

"I'm coming at once," smiling.

"Well, I think you should. Why, you are a regular night owl remaining up so late," continued she, as Edith started to ascend.

"If I be a night owl, why are you up so late?"

"Oh, I was reading a delicious novel."

"Yes, so I supposed. Has the heroine fallen into the hero's arms yet?" asked Edith, as she neared Helen's side.

"Not yet; but I think she will very soon," answered Helen, laughing.

"Now, you come to bed, you sleepy girl," said Edith, as she put her arms around her cousin's waist. "How pretty you look this evening in that negligee gown with that belt around your waist."

"Ah, pshaw! look pretty in this costume?—impossible!"

"Why impossible?" asked Edith, elevating her eyebrows, stepping away from her cousin and gazing at her as they entered the softly lighted bedroom.

"Because I am so unshapely without my corset."

"That's simply your perverted ideas of beauty. When your corset is adjusted, your shoulders are forced upward, giving them a square appearance that destroys all

lines of beauty ; but now, just as you are, your figure is charming."

"Ah, but your ideas of beauty are so unconventional—so different from others."

"There is a sinuous grace about your figure now that gives one the idea of a living, breathing, beautiful body. How entrancingly lovely you would be if all your attainable physical beauty was developed. Your arms would grow larger, firmer, rounder and more beautiful in shape ; there would be strength, grace and suppleness in every outline of your figure, in your every movement. Now, Helen, do follow my advice—won't you ?" asked Edith, as she squeezed her cousin's arm and looked into her pretty, light-brown eyes.

"I'll commence to-morrow, 'Coz,' and do just as you say."

"Really ?"

"Yes"

"Well, my first command is, burn all your corsets."

"I cannot do that."

"Why not ?"

"I can if I give away all the dresses I have and buy new ones instead. All the dresses I have now were made to wear with a corset, and I couldn't wear them without one."

"No, I suppose not. Well, I would like the pleasure of burning the dresses, or else that of giving them away. Some day I would like to see you a happy wife, the mother of fine, healthy children—tight lacing will certainly destroy all possi-

bility of such a future for you. Your countenance will become careworn, your cheeks sunken, your eyes will lose their lustre, and wrinkles will appear long before you reach what really should be the prime of life, if you persist in living without exercise, and in the use of this instrument of torture. Of course, you would say that it was worry and household cares that caused your physical weakness, but that would not be true ; it would simply be the result of tight lacing and the want of exercise. It almost makes the tears come to my eyes, Helen, dear, to think of it. You can grow into such a fine, beautiful woman. Won't you try ?" in tones of entreaty.

"Cousin, you are requesting more than you think, when you ask me to throw away my corset. Every one wears them here, and I would look so peculiar without them."

"You merely think you would look 'peculiar.' Your ancestors wore hoops and bustles, in which, no doubt, you would appear ridiculous ; but they saw nothing objectionable in them at the time. In discarding your corsets you will simply be slightly in advance of your time—that is all," continued Edith, as she seated herself on the bed beside Helen.

"Ah, cousin, I'm too sleepy to-night to think ; wait until to-morrow, and I'll seriously consider the matter, won't you ?" placing her arm around her cousin's neck in a burst of affection.

"Yes, dear," answered Edith, caressing her cousin's luxuriant hair, which hung far below her waist.

This ended the conversation. Edith had become very warmly attached to her cousin. She was a warm-hearted, honest, impulsive girl, and as her affection for Helen increased, the desire to have her view life as she did became gradually stronger. Several days before she had determined, on the first appropriate occasion, to talk seriously with Helen upon the subject so near her heart. She knew that if Helen continues as now she would be a physical wreck. The cultivation of ornamental accomplishments had occupied her time from early youth. Before reaching her teens she had been taught that to romp and play was unladylike. Naturally healthy and active, she had longed for the exercises so dear to the young and so necessary to their physical development; but constant parental supervision soon impaired the ardor of her high spirits and evolved the dignity and tranquillity required by conventional society.

To deny children the privilege of daily indulging in healthful play is a crime. The result of such prohibition often means a life of weakness and disease, and the misery which necessarily accompanies this abnormal condition. Dressed in clothes too fine to be soiled, such children grow up like sickly plants hid in a dark corner, away from the sun and air; the real true happiness

of life is unknown to them; they are the product of criminal ignorance; for is it not a crime to stunt the growth, and destroy the health and future prospects of your child? When walking through the residence portion of a large city, how often one hears a mother calling to her child: "Come out of the sun; you will get sunburnt." How the writer pities the poor child when he hears that oft-repeated command! It is not the white faces, thin arms and legs and bright eyes, usually characteristic of such children that arouse pity—it is the future before them—when they arrive at maturity, the same lack of development, the same weakness of body and character which will still exist. They are kept out of the sun for fear of their being sunburnt; they are usually forbidden the privilege of the street, and even the yard, for fear of association with bad boys. They are raised like hot-house plants, and they grow into hot-house flowers, lacking even their transient beauty, too weakly to have any strength of character or physical comeliness, too sickly to have a true conception of life—their capacity for happiness, ever feeble, is indeed transient.

The "fire" of health and youthful power they have never felt. Such a woman, such a man, does not live in the truest sense—they merely exist. Delicacy and weakness are too often mistaken for refinement, when, if rightly considered, they are nothing more than a sign of disease.

(To be Continued.)

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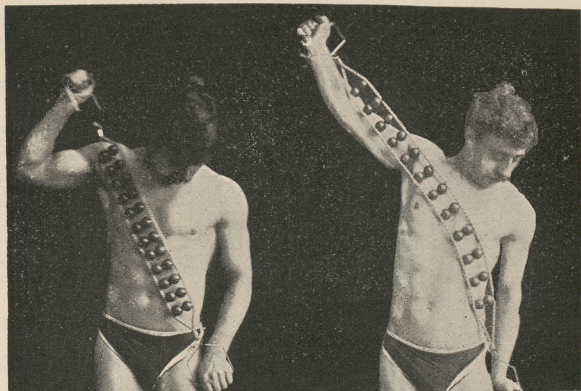
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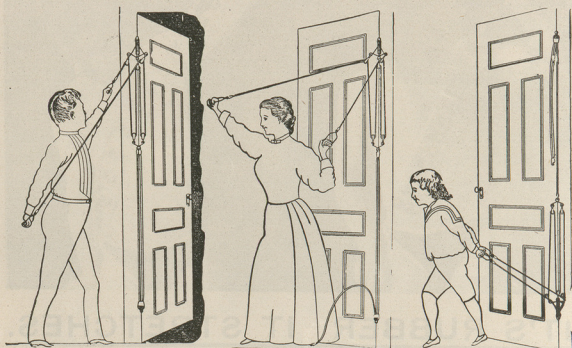
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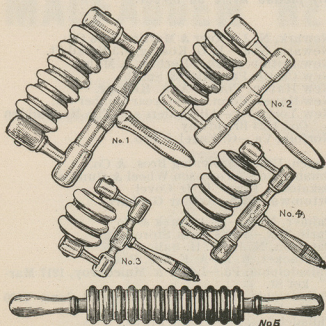
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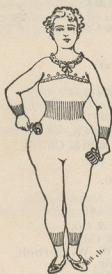
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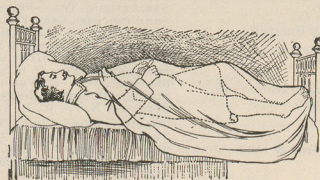
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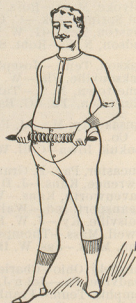


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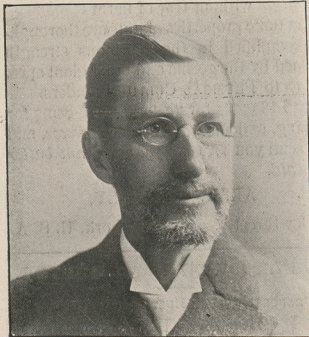
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