

APRIL—FIFTEEN CENTS  
READ "DANGERS OF A BIG STOMACH"

# PHYSICAL CULTURE

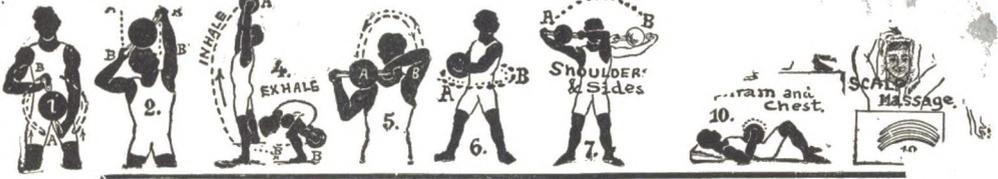
DISEASE  
AND  
EARLY  
DEATH

LURK  
IN A BIG  
STOMACH



PHYSICAL CULTURE  
PUBLISHING CO.,

Flatiron Building, New York City.



DO YOU WANT TO DOUBL  
YOUR STRENGTH



OR EVEN TREBLE IT IN FROM  
TWO TO THREE MONTHS ?

I guarantee that my System with the  
**AUTOMATIC EXERCISER**

WILL DO THIS.

I know this is a pretty strong statement. I know that at first you will say it is impossible. But it isn't—or I would not sacrifice my reputation, which I think a great deal of, by claiming that THE AUTOMATIC EXERCISER will do it.  
This machine is the crowning result of my life's work in connection with physical culture. It has cost me years of careful study and planning. But the hundreds of letters of praise which I have received from those who are using the AUTOMATIC EXERCISER have already paid me for my labors in this direction.

AN EXAMPLE OF ITS  
**CURATIVE VIRTUES**

DEAR PROFESSOR:—

Received your Automatic Exerciser and I am very much pleased with it. I have been troubled with constipation for some time. Have used your machine just five days and it has worked wonders. After my morning exercise my bowels move without straining.  
G. J., Toledo, Ohio.

ANOTHER EXAMPLE OF ITS  
**Marvelous Efficiency for DEVELOPING  
GREAT STRENGTH**

MR. JAY D. NEWELL, of Port Caswell, N. C., who outgrew the 100-lbs. capacity of the smaller machine in six weeks and exchanged it for the larger machine, writes after using it for two months.

"My flesh now feels as firm as an inflated automobile tire. I can now lift 2000 lbs. (hip lift), 25 times on the machine;—1750 with belt across back (close to arms), 900 lbs. with forearms (elbows on thighs), 585 lbs. one hand lift."

Two months later Mr. Newell writes: "I have raised my record on the one hand grip lift a little: it is now 617 lbs., and with strap over it 828 lbs. I have witnesses for all these records."

Again later on he asks: "Is chinning myself with one finger (in street clothes) anything remarkable? I can do it easily. My abdomen is now as firm as wood."

THE AUTOMATIC EXERCISER is a complete gymnasium itself; it is more, for what you can accomplish with this machine in one month you cannot accomplish in six months in a gymnasium.

With the AUTOMATIC EXERCISER you can single out any muscle in the body and exercise it individually.

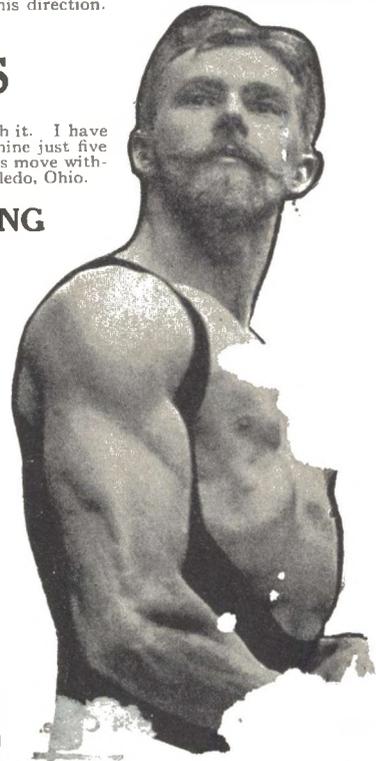
But what the AUTOMATIC EXERCISER will do, and how it does it, is all set forth in my 32-page booklet.

**LIFE'S BACKBONE**

which I will send you FREE upon receipt of four cents postage. Write for it. It is worth your while to do so.

Prof. A. P. SCHMIDT, 1947 Broadway, N. Y. City  
Suite 226-228

(You are privileged to write to the Physical Culture Magazine if you wish to verify any statements in connection with Automatic Exerciser.)



READ

irely Well Without an Occasional

# INTERNAL BATH

## Everyone Ought to Read This

As. A. Tyrrell, New York City.

Dear Sir: I wish to place on record what the "J. B. L. Cascade" has done for me, within the short space of one week. I had been troubled for years with extreme nervousness, insomnia, physical weakness, loss of appetite, etc., until life was a torment to me. I tried many physicians but without relief. About ten months ago a physician decided that the seat of my trouble was in the intestines, and prescribed large enemas of warm water by means of the fountain syringe and long catheter. I purchased the best catheter I could find—twenty-seven inches in length—and used it faithfully, but without results, except weakening me. About one week ago I learned of your "Cascade Treatment," and at once procured it. The first time I used it, it brought away two worms fully eight inches in length; the second time it brought away a mass of pin worms, a perfect knot of them, and the third time, two more worms nearly as large as the first. Since then nothing living passed, that I could determine. But the change in my feelings! My nervousness has gone. I sleep like an infant, and wake thoroughly refreshed and feel like a new being. After one week's use of the "Cascade" I am firmly assured that I have found the Omega to all my troubles.

Thanking you for the benefit I have received, and for the happiness of feeling well, I am most gratefully and sincerely yours and the "J. B. L. Cascade's friend."  
MRS. H. DAVIS,  
219 West 34th Street, New York City.

THERE is just one and only one effective Internal Bath which has been before the public for years—which operates in such a way as to leave no ill-effect whatever after using—which is so near Nature's own way that it does not force but assists her—that one is the

## J. B. L. Cascade

Thousands are using it with great results and corresponding enthusiasm. Some of their experiences, and most interesting information on the Internal Bath, its purpose, its reason and its results, are contained in a little book called "The What, The Why, The Way," which will be sent you free on request. We suggest that you write for it now, while it is on your mind.

## Tyrrell Hygienic Institute

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Dept. 321 P

NEW YORK

3 Bottles  
FOR \$3.00  
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(California)  
**OLIVE OIL**  
DIRECT FROM THE RANCH

Sample  
Bottle  
10c.



Send post-office or express money order for \$3. for three large-size bottles, and we will deliver them to you express prepaid. Satisfaction guaranteed or money refunded. You take no risk.

Sylmar Olive Oil was awarded the only Grand Prize (highest award) at the St. Louis World's Fair in competition with all other olive oils. The absolute purity of Sylmar Olive Oil is protected by a guarantee of \$1,000.00 in gold.

Our Serial No. 1251



Send us ten cents postage and we will send you one of our sample bottles of pure Sylmar Olive Oil, showing the superior quality of our product, together with a booklet containing physicians' directions for medicinal uses of olive oil, cooking receipts, government recommendations, and other valuable information.

We produce Sylmar Olive Oil under the most favorable conditions from the finest ripe olives grown in California; we produce the highest quality of olive oil in the world.

Sylmar Olive Oil retains all the rich, fruity flavor of ripe California olives and is most palatable. Sylmar will keep longer than any other olive oil without turning rancid. Sylmar can be purchased with the confidence that every bottle will stand the most rigid chemical analysis and be proven free from adulterants.

Pure Olive Oil is universally recognized as a highly nutritious form of food, easily digested and almost wholly assimilated, while its therapeutic values are agreed upon by all leading physicians.

## Los Angeles Olive Growers Association

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**J. LAMBERT DISNEY**

Founder and General Manager Disney Drugless Health Institute (Late Editor Physical Culture Department "Naturopath"; Professor of Natural Therapeutics, Dietetics, Anatomy, Physiology, and Hygiene, Bernarr Macfadden Institute, Member of Naturopathic Society of America.)

## Wonderful Free Trial Offer!

To Prove the Marvellous Curative Powers of our Drugless System, we ask every seeker of Health to try it  
10 days at our risk.

After years of success in teaching sick people how to become and remain strong and well, without drugs or operations, in which time we have literally saved hundreds from the grave and brought health and happiness to thousands, we find ourselves confronted with peculiar conditions. Hundreds of readers of this magazine, in urgent need of our personal instruction and guidance, are attempting to cure themselves merely by reading this and other health magazines. Others have tried so-called "Natural" methods and found either that they were *not* drugless, or that they were narrow fads, attempting to accomplish complete physical regeneration by means of an appliance, or fad foods, or one single element of the many necessary in a genuine Natural Course of Health Training.

Some of these disappointed sufferers write us that owing to the failure of some so-called "natural" method, they have become skeptics, and have almost lost faith in all.

In reply, we have offered them a *TEN-DAY FREE TRIAL OF OUR METHOD*. The results have been so satisfactory that we have decided to advertise this ten-day trial broadcast, so that all suffering men or women may try before they buy. If we help you, we know you will be glad to pay our moderate charge. If we fail to help you, you will be no worse off, physically or financially, as the ten-days trial will have cost you nothing. Could any offer be fairer? *We must satisfy you in the ten days or get nothing.*

### Why Our Methods Are Best.

1. Because they are the result of experience as well as years of study. Our President saved himself from a consumptive's grave, having been given up to die by doctors and unable to walk 50 feet. Now he is an athlete, a robust man, happy husband, and proud father. He is a graduate of Bernarr Macfadden Institute and of the only other prominent Natural Method School in America. He taught Naturopathy in Bernarr Macfadden Institute, and has since taught health to thousands by mail.

2. Every pupil gets the personal attention of Mr. Disney (for men) or Mrs. Disney (for women) and of our Medical Director, an M. D. of long and varied experience who is an expert at diagnosis and thoroughly in accord with our ideas. This means a double advantage such as no other course offers.

3. By our system of weekly reports (on forms which we provide for the purpose), we keep in close touch with your progress, and govern our instructions accordingly.

4. If you can't decide *which* course to choose let the majority decide for you. For several years past we have continually used twice as much advertising space any other single advertiser in this Magazine. Advertising space costs money. We could not pay the bills if we weren't getting the business. That means the majority have chosen our methods, and our hundreds of testimonials prove that they chose correctly.

**DISNEY DRUGLESS CURE CO. Dept. C-23 Jamesburg, N. J.**

NOTE—The Disney Firm can be depended upon to positively never use drugs or advise them.

## There Will Be More Reasons In Our Next Month's Ad. Watch For It.

We must stop giving reasons to give results. Read these two testimonials, samples of hundreds more in our files on all kinds of ailments, all guaranteed genuine under \$10,000 forfeit.

### Druggist Says We Have Solved Problem of Conquering So-Called Incurable Diseases.

119 Adams St., Burlington, Ia.,  
Jan. 6, 1909.

The Disney Nature Cure Co.,  
Jamesburg, N. J.

Dear Sir:—

I desire to let you know how I have been progressing since beginning to take your treatment. My kidney and heart trouble was of a very serious nature, but after having followed your advice closely and persistently, I find that I am becoming healthy and strong once more. I now have a good heart action, and my kidneys give me no more trouble. I sleep and eat well. Am able to walk several miles without fatigue. I think you have solved the problem of conquering the so-called incurable diseases.

You may publish my name and address and I shall gladly write anyone who might wish to inquire as to the genuineness of the cure.

Gratefully yours,

E. A. SODERGREN (Druggist)



**VIOLA PARKER (Mrs. Disney)**  
Health Director Women's Department  
Graduate of Bernarr Macfadden Institute  
and American School of Naturopathy, Member Naturopathic Society of America.

## Saved From Dreaded Operation.

De Soto, Mo., Jan. 15, 1909.

My dear Mrs. Disney:—

I received final lesson and I will always be very grateful to you for what you have done for me.

I can truthfully say that I feel like a different person than I did before I began your treatment, and of the benefit for anyone suffering who can find such quick relief as I, I am only too glad that you use my letter also my name.

I had been ailing for a couple of years. Last September I went to St. Louis for treatment, and the doctor said I would have to have an operation to be entirely cured. I was undecided what to do, when we saw your ad in Physical Culture and decided to give it a trial first. I was miserable every month with severe pains and blinding headaches, now thanks to the Disney Nature Cure I feel just as well at time of periods as any other time. I will gladly answer any inquiries I may receive relative to this matter.

Wishing you all possible success, I am,

Yours sincerely,

MRS. WILLIAM KRICK.

P. S.—I have been talking to a friend (Mrs. Ferd. —) that is in need of your treatment. I think you will hear from her soon.

### Don't Wait For More Proof. Accept Our 10-Day Free Trial Offer Before It Is Withdrawn.

Every month we will pile up more evidence until the last skeptic is convinced. But you cannot afford to wait until then. We offer you a quick means of proving or disproving our claims in our ten-day trial offer. As our plan of giving personal attention to all pupils limits the number we can handle, we may be obliged to withdraw this offer in our next ad. Therefore, if you really want to be well and strong, as Nature intended you should be, act at once. Remember the trial will not cost you one cent if you are not benefited sufficiently to desire to continue the course.

Mail the Ten-Day Trial Coupon Now.

**J. LAMBERT DISNEY, Founder and General Manager,**  
**Disney Drugless Health Institute,** Instruction by mail, also at Health Home.  
**Box C, 23, Jamesburg, N. J.**

I want to try your drugless method 10 days as per your offer. This is to cost me nothing unless I desire to continue the course after the ten days. Below I have marked (x) the ailments from which I suffer. In replying send me your free book "Disease Freedom Without Drugs" and free book of testimonials.

Thinness  
Overweight  
Constipation  
Indigestion  
Rheumatism

Neurasthenia  
General Debility  
Neuralgia  
Varicocoele  
Monthly Troubles

Female Complaints  
Heart Troubles  
Paralysis  
Lung Troubles  
Catarrh  
Private Ailments

Blood Diseases  
Low Vitality  
Appendicitis  
Headache  
Unknown  
Skin Diseases

Name.....

Street and No.....

Post Office.....

State .....

NOTE—The Disney Firm can be depended upon to positively never use drugs or advise them.

# YOU NEED THESE BOOKS!

**YOU CAN'T AFFORD TO IGNORE THE GREAT VALUE OF THE WORKS LISTED HERE TO THOSE SEEKING RELIEF FROM ILLNESS, OR AN IMPROVED PHYSICAL EQUIPMENT**

**COMMON DISORDERS.** By W. R. C. Latson, M.D. Editor of *Health-Culture*. With rational methods of Treatment, Including Diet, Exercise, Baths, Massotherapy, etc. A practical handbook and guide for the home treatment of the sick, without the use of drugs; 300 pages, 200 illustrations, \$1.00. *With one yearly subscription to PHYSICAL CULTURE, \$1.65; free with three (3) yearly subscriptions.*

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We teach you by mail every branch of the Real Estate, General Brokerage, and Insurance Business, and appoint you **SPECIAL REPRESENTATIVE** of the oldest and largest co-operative real estate and brokerage company in America. Representatives are making \$3,000 to \$10,000 a year without any investment of capital. Excellent opportunities open to YOU. By our system you can begin making money in a few weeks without interfering with your present occupation. Our co-operative department will give you more choice, reliable property to handle than any other institution in the world. A Thorough Commercial Law Course **FREE** to Each Representative. Write for 62-page book, free. **THE CROSS COMPANY, 2512 Reaper Block, Chicago**

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I won the World's First Prize in Penmanship. By my new system I can make an expert penman of you by mail. I also teach Book-keeping and Shorthand. Am placing my students as instructors in commercial colleges. If you wish to become a better penman, write me. I will send you **FREE** one of my Favorite Pens and a copy of the Ransomerian Journal.

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**THE KEY TO SUCCESS**

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You can be a salesman, increase your power to convince others, earn from \$1,000 to \$10,000 a year. Write for my **Free Magazine "THE SALESMAN"** and full details of my correspondence course. My graduates hold paying positions and I can assist you to profitable employment.

**W. R. TROTTER, Dept. 24, Kansas City, Mo.**

# MUSIC LESSONS FREE IN YOUR OWN HOME

A wonderful offer to every lover of music whether a beginner or an advanced player.

Ninety-six lessons (or a less number, if you desire) for either Piano, Organ, Violin, Guitar, Banjo, Cornet, Sight Singing, or Mandolin will be given free to make our home study courses for these instruments known in your locality. You will get one lesson weekly, and your only expense during the time you take the lessons will be the cost of postage and the music you use, which is small. Write at once. It will mean much to you to get our free booklet. It will place you under no obligation whatever to us if you never write again. You and your friends should know of this work. Hundreds of our pupils write: "Wish I had known of your school before." "Have learned more in one term in my home with your weekly lessons than in three terms with private teachers, and at a great deal less expense." "Everything is so thorough and complete." "The lessons are marvels of simplicity, and my 11 year old boy has not had the least trouble to learn." One minister writes: "As each succeeding lesson comes I am more and more fully persuaded I made no mistake in becoming your pupil."

Established 1898—have thousands of pupils from seven years of age to seventy.

Don't say you cannot learn music till you send for our free booklet and tuition offer. It will be sent by return mail free. Address **U. S. SCHOOL OF MUSIC, Box 16, 225 Fifth Ave., New York City.**

## \$25<sup>00</sup> Per Week

### If You Earn Less

I can **DOUBLE** your salary or income by teaching you how to write catchy, intelligent advertising. My system of instruction by Mail is the only one in existence that has the hearty indorsement of the great experts and publishers and I am anxious to send my Prospectus, together with the most remarkable facsimile proof ever given in the history of correspondence instruction, if you are interested. I will show you how to earn from \$25 to \$100 per week.

**GEORGE H. POWELL**  
**1184 Metropolitan Annex, N. Y. City**



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Traveling Salesmen are the best paid men in the commercial world, earning from \$1,000 to \$10,000 a year. We will teach you to be one, by mail, in eight weeks and through our **Free Employment Bureau** assist you to secure a position with a reliable firm. No experience required. Hundreds of calls for our graduates. If you want to increase your earnings and enter the most independent and best paid profession in the world, our **Free Book "A Knight of the Grip"** will show you how. Write nearest office for it today.

Dept. 249 Nat'l Salesman's Training Assn.  
New York, Chicago, Kansas City, Minneapolis, San Francisco.



# THE PAGE SYSTEM

## OF NATURAL TREATMENT OF DISEASE

**Chas. E. Page, M. D.**  
*The Veteran "Naturalist"*

of 120 Tremont Street, Boston, whose radical articles in **PHYSICAL CULTURE**, years ago, excited so much interest in genuinely **CURATIVE TREATMENT**, opposition to needless operations, etc., can be consulted at office or by letter for all diseases, chronic or acute. **EVERY POSSIBLE AID** to cure is brought to bear; every known aid for

the prevention of disease and sickness sought.

**Twenty-sixth Year (1909) Natural Practice in Boston**

My system of treating disease, and of educating consultants in a way to **PREVENT OR CURE DISEASE** embraces **CLOSE CORRESPONDENCE** from week to week, in which I supply **CURATIVE TREATMENT** adapted to each individual patron and entirely practical—that is, **EASILY APPLIED IN ANY HOME OR LODGINGS.**

**SO-CALLED INCURABLE DISEASES REALLY CURABLE, RIGHTLY TREATED**

**WHEN MY EPITAPH** shall be written, I would like to have engraved on my tombstone the sentiments contained in a letter just received from the mother of a boy of seventeen, who only three months ago was declared to be incurably afflicted with **BRIGHT'S DISEASE**, a disease of the kidneys, almost universally held to be incurable by the medical profession.

E. P., seventeen after a deal of treatment by the local doctor, some time spent in the hospital, and finally given up as having but a short time to live. He was **SWOLLEN FROM EYES TO TOES** and helpless in bed and a great sufferer. Through a reader of this magazine, the mother's attention was called to my work.

The lad is now safely convalescent, easy in body and mind, and the swelling is entirely banished.

**HERE** follows the gist of the mother's report: "Edward is doing finely. He is improving every day, and I can but feel to thank God to whom I have looked and prayed for guidance more in this one matter than I ever did in any one thing before in my life. It did seem to me that somewhere something could be found to bring my boy back to health.

"May God bless you, dear Dr. Page, for having studied how to help the sick and for doing it so thoroughly. Ever since Edward went to the hospital last March, there has come over me such a feeling of faith that there was a way, but where I knew not. I would pray earnestly to be directed; but when I was doing the best I knew he would be taken with convulsions. Then, the doctor here told me it was entirely too late and that he surely could not live.

"And again I cried to the Lord to direct me to the right means. He heard my cries and directed me to you through our friend, Mr. T." Then she tells of another young son sick with "mumps" and asks how to treat him, and closes her letter with:

"Now, with all praise and gratitude for our doctor,

"Yours-sincerely,

"CHARLOTTE M. P——s."

There is no "Christian Science," nor faith, nor even prayer-cure in all this, except that the praying mother was all the time looking out for help and was ready to take her friend's advice as to whom to consult in her extremity.

**ALL DISEASES** coming under my treatment have the same skilful management as in the above case, and **IF STILL POSSIBLY CURABLE** success will attend my efforts, **NO MATTER BY WHAT NAME** the disease may be called.

**WHO CAN READ PROOFS OF THIS KIND** and hesitate as to who to consult when his condition demands **SKILFUL ATTENDANCE?**

CHARLES E. PAGE, M.D., Boston, Mass.,

(Copy).

Portland, Ore., Feb. 13, 1909.

DEAR SIR AND FRIEND:—

As one of your former patients that has been restored to health, I take the liberty to write you for the sake of a young lady here, who needs your help. For myself, I was married, in the fall of 1907, and we now have a fine baby girl, healthy and strong, and we are very happy.

My wife has a girl friend [Here follows a description of the case, and he encloses a small consulting fee, and asks my opinion and what would be my fee for treating the case.]

Hoping that you can do as well for our friend as you did for me,

Yours sincerely,

X. X. X.

**ESPECIALLY IMPORTANT**

Bear in mind moreover, that while I am curing my patient's disease I am giving him an education along health lines worth to him and every member of his family many times over all the fees I ever receive.

My **"PRACTICAL GUIDE TO HEALTH," "PRACTICAL PHYSICAL CULTURE," "HEALTH AND PLEASURE FROM GOOD FEEDING HABITS," "MAN'S NATURAL FOOD,"** etc., which every patient receives, are alone of priceless value as a guide for acquiring health and maintaining it throughout a long and happy life.

**THE YOUNG MAN'S FRIEND**

"I believe I love you, Dr. Page, better even than my father and mother," wrote a young man at the close of a short course of treatment for troubles very common with boys and young men. "My parents never taught me things which every boy ought to learn. I was badly off and despondent, and life seemed to have a fearful outlook. You have cured my trouble and made me a healthy, happy man. May God bless and preserve you many years for your noble work, my physician and friend."

**ANOTHER:** "Would to heaven I had known you years ago, before I squandered so much money on quacks. I wish that you had it all, for you have saved me from disease and despondency that were weighing me down."

**YOUNG MEN SUFFERING** from early follies, or from specific diseases, need the most skilful treatment procurable, and this must come from a **REFORM PHYSICIAN**; plain common sense will tell every reader of this magazine that much, surely.

There are certain weaknesses of certain private organs that (troubles that cause so much anxiety and distress to young and middle-aged men), demand all possible skill of the true **SCIENTIFIC PHYSICIAN**. The same is true of **"BLOOD-POISONING,"** and in short, all serious diseases. Men afflicted in such ways cannot afford to take any chances of delay and of becoming incurable from selecting an adviser for his cheapness.

The fact of the matter is, I was engaged in this vital work, when most of them were in short-clothes, and I have sloughed off all fads, falacies and fanciful theories, and for years past have been down to bed-rock methods.

Readers of this splendid magazine are catching on to this idea and profiting by it.

**Spinal Meningitis Cured by Wiring Directions**

Olean, N. Y., December 17, 1908.

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# PHYSICAL CULTURE

Published Monthly and Primarily Devoted to Subjects Appertaining to Health, Strength, Vitality, Muscular Development and the Care of the Body. Also to Live and Current Matters of General Interest.

VOLUME XXI

APRIL, 1909

No. 4

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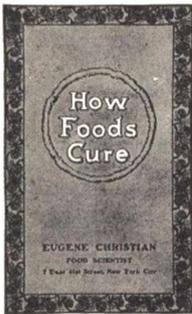
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# PHYSICAL CULTURE

DEVOTED TO HEALTH, STRENGTH, VITALITY, MUSCULAR DEVELOPMENT, AND THE CARE OF THE BODY

PUBLISHED BY PHYSICAL CULTURE PUBLISHING COMPANY, INC., BERNARR MACFADDEN, PRESIDENT,  
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Vol. XXI.

April, 1909.

No. 4.

## THE EDITOR'S VIEWPOINT

**S**IR HENRY C. BURDETT, K. C. B., of London, in a recent address before the Seventh Conference of Hospital Superintendents, said: "What we want are surgeons, who with wisdom to be conservative have the courage to protest against the growing tendency to put a knife into everybody on the smallest possible pretext." Every reader of this magazine will endorse the wisdom of that statement. There is too much resort to cutting by physicians at the present time. Operating might be termed a fad. It is undeniably most popular with those people, who are best able to foot the bills. Operations "run into money." Perhaps the high price they command is one reason for their popularity. The middle and lower classes are always yearning for the privileges enjoyed by the upper classes. However, those who have not "the price" are safe from unnecessary operations, unless they happen to be in a hospital where students are in need of subjects.

### THE CHARACTER OF SURGEONS NEEDED

There is no question but that surgery is at times useful. It has saved many lives, but the enormous fees gained through operations have unquestionably induced many to become surgeons. They look on the treatment of disease as a money-making business. To them, it is not a profession. They have acquired their skill, because of the large profits that are offered, and surgeons are surgeons at all times. It is their business. As a rule they study little or nothing else, and under the circumstances, perhaps they cannot be blamed for wanting to operate whenever there exists the slightest excuse.

The statement is often made that one will usually find what one looks for, and when a patient goes to a surgeon, he immediately looks for some pretext for performing an operation. It must be remembered, also, that an operation is an unusual experience. We are not able to enjoy a privilege of this character very frequently during our lives. Many women, for instance, seem to have a longing to experience an operation. I do not know why, unless it is for the purpose of furnishing them with a subject for conversation, that can be discussed for the balance of their lives. Many people seem to like to dwell on awful things. For this class, a fearful and bloody tragedy has a weird attraction. Then, again, there is such a great mystery about an operation! It is interesting because of this.

Promises, too, are so cheap. Those who are to profit by the operation can paint you a word-picture of its benefits, that is wondrously alluring. "You let us operate and then your troubles will all be over. We simply take out the disease; there is nothing left of it after it is removed. You can then go about your business and forget your troubles." But what an fearful awakening comes to many, who have vainly tried operation after operation for relief — provided they have not found relief in the cemetery!

It should be remembered that you cannot cut out disease. When an organ is affected, when it is inflamed, when it is sore or swollen beyond its normal size, it is not by any means accurate proof that the seat of the disease is in the affected organ. It may be — in fact, it is more likely to be — in the blood. If the blood contains the proper healing elements, even if an organ has been affected, the work of repairing would gradually go on, and when operations are resorted to for the purpose of curing chronic troubles of this kind they simply divert the poisons latent in the circulation to some other part of the body for elimination. In other words, the disordered condition will be in evidence in some other part, or in some other organ. Under such circumstances the disease is not cured, it is still there, and it will remain there until you learn its cause, and effectively and permanently remove it.

Some say that the profession of surgery has a mysterious attraction for the practitioner himself. The cutting hobby grows upon one. When you dig into a human body with a knife, the lust for blood is upon you, and you become inspired with a desire to repeat your experience at every available opportunity. There are times, it is said, when surgeons become aroused almost to a frenzy. They are, so to speak, intoxicated by the sight of human blood. It is certainly an inhuman business; it must have a destructive influence upon character. An excitable surgeon should be able to commit a murder without the slightest qualms of conscience. Human life to men of this character, so it has been said, is cheap as dirt, and the responsibility rests entirely with them. When you are on the operating table, your life is in the hands of your surgeon. The slightest slip of the knife, or the slightest mistake, might mean death, and yet there are thousands who are turning to this awful remedy for relief.

Do not use operative methods until all other methods have failed! Do not turn to this means of cure until you are satisfied beyond all question that it is the only course left for you! I have seen hundreds of cases that have been condemned to various serious operations, cured by the methods advocated in this magazine, without the use of the knife, and the probabilities are that from twenty to thirty per cent. of these individuals would have passed away as a result of the operative methods, if they had depended upon them solely. If you value your life, do not become a victim of the cutting hobby.

---

**A** RCHBISHOP FARLEY, in a sermon delivered in New York City recently, said, "The stage is worse to-day than it was in the day of paganism. We see men and women, old men and old women, who ought to know better, bringing the young to these orgies of obscenity. Men hoary with age are often found inspiring with evil the mind of the young. They go to the public plays and the theatres in shamelessness, and they take with them youngsters, who cannot escape the influence of corruption."

#### A PLAIN TALK ABOUT THE STAGE

No one can question the powerful influence of the stage. It represents a mighty force in molding the character of the men and women of to-day. This is especially true in large cities. People like to be entertained, they like to be amused, they like to secure all the enjoyment that is within their reach. The stage is endeavoring at the present time to fulfill these requirements. There are many plays that are bad. There are many more that are good, that have a splendid influence, that leave one with a clean soul, that inspire one to lead a higher and better life; but who is to judge between the good and the bad plays?

Censors are inclined to be arbitrary, they are often ignorant, not infrequently they are prejudiced, and in some instances, their opinions are influenced by financial considerations. A good play should impress one with the value of higher ideals. A play that has defects such as rewards for those performing evil deeds, cannot help but be disastrous in its influence upon one and all. Until recently it was the usual policy of dramatists to severely punish the villain and to properly reward the idealized hero or heroine. Now you can find plays of all sorts, you can have your taste satisfied, no matter to what heights it may have risen or to what depths it may have descended.

Personally, I am not fond of the drama. Somehow I have always felt that there were enough tragedies in life without adding to them by torturing one's self with the tribulations through which the characters of an ordinary drama are dragged. There are, however, many men and women, who seem to enjoy being miserable. They like to have their emotions stirred. A good cry touches their souls, and to some individuals, the heart-rending dramas must appeal mightily.

Some time ago I was inveigled into witnessing a play called "The Devil." I was under the impression that it was a glittering extravaganza, or I would have stayed away. Here is an example, to my mind, of a play with a distinctly bad influence. If it had ended "decently," or if in the first part the principal characters had conducted themselves in a manner to conform with normal human instincts, there might have been some excuse for its existence.

For instance, there was presented an impersonation of a girl who had married for money. At the time of this marriage, she was in love with another man. This other young man, in after years, becomes famous as an artist. The man she had married was prosaic and commonplace, and "blind as a bat." She met the artist occasionally, and finally arranged to have him paint her picture. Now, to begin with, she was nothing more than a degenerate. The woman or the man who marries simply for position or success or money is on a par with the woman of the streets, that you will find in almost any city, and it was hardly to be expected that she would be faithful to a man that she had married. The end of the drama was quite natural, the characters being considered. The husband was forgotten and she disappeared with the artist.

But why spread before the public such a picture of miserable perversion? If anything of value could be accomplished by such a picture, there might be some excuse for it, but in this instance we have a woman presented to us, who is clearly an immoral character — for no woman can marry for money, unless she is immoral — and she simply followed the dictates of her nature at the conclusion. Anyone possessing the average human instincts will leave a play of this kind with a feeling of disgust. One should at least have a feeling of admiration for one or more of the characters in a play, but when a drama secures its moving power from a woman, who has married for money, and from the immoralities of the lives of the artists and models that are to be found in Paris studios, then indeed one may well realize the need for a dramatic censor.

When books like "Three Weeks," can circulate throughout the entire country and be sent by mail, and when plays depicting rewards for immoral lives, are permitted, there is indeed cause for wonder at the prosecution of the PHYSICAL CULTURE magazine. We have never at any time published anything that could be interpreted even by the vilest minds as being within a "thousand miles," of literature and plays of this character. Surely we live in a strange age! There is truly a need of more knowledge by those who are supposed to be enforcing our laws.

---

VACCINATION as a so-called means of making one immune from smallpox has seen its best days, though in many States it is still compulsory for school children.

It is to be hoped that the spreading of the theories advocated in our literature will ultimately annihilate this death-dealing delusion. Smallpox is a fifth disease.

VACCINATION IN TYPHOID FEVER with fifth. Anyone who bathes regularly, who eats only that amount of food necessary to properly nourish the body,

and cares for the general health in an ordinary way, cannot possibly acquire smallpox.

We have had anti-toxin for diphtheria, and other sorts of serum treatment, in the past, but the newest idea is to vaccinate against typhoid fever. In other words, by inoculating the blood with typhoid fever germs, you are supposed to be made immune from an attack of the disease. It is gratifying to note that there is not a uniform

opinion, even among the medical fraternity, as to the value of this so-called remedy. For instance, Dr. Abbott, chief of the Bureau of Health, at Philadelphia, states that "its value is greatly in doubt, and as the immunization is but temporary, I think that its popularity would be short. My advice would be to boil your water rather than to resort to typhoid vaccination."

Vaccination as a means of preventing typhoid fever will unquestionably make slow progress with the general public, but the promoters of this new idea have been able to impress the War Department with the value of their remedy, and the statement is made that the War Department at Washington has recommended that the practice of typhoid vaccination be introduced into the United States Army, with a view of diminishing typhoid fever. I have often heard the statement, if you have anything new, first try it on the dog, but it seems rather hard that the poor soldiers should serve as the dog in this case.

It appears to me that the experience with vaccination in the Philippines, has been sufficiently unsatisfactory in character to discourage the use of vaccination even for smallpox, and when this so-called remedy is extended to a disease like typhoid fever, one may well ask, where will the medical profession stop in their efforts to poison the human blood-stream, with a view of preventing disease. Typhoid fever cannot be acquired unless one is suffering from depleted vitality. Typhoid fever germs can be drunk by the million and they will have absolutely no effect upon the internal organism, provided they do not come in contact with "fertile soil," that is, tissues that have become weakened or diseased through lowered vitality?

The most reliable means of making one immune from the diseases for which anti-toxin, serums of various kinds, and vaccination are used, will be found to be the vitality building methods that are so emphatically commended in this publication. If you keep your vitality at high-water mark, if you keep your blood free from the vile impurities that come from overeating, dissipation, etc., in other words, if you maintain a clean, wholesome bodily condition, you cannot possibly acquire any of these diseases. Therefore, why run the risk of polluting your blood with microbes, which may leave a taint that may be the means of developing serious physical defects or dangerous diseases later in life? I quote the following in reference to vaccination in typhoid fever from the Philadelphia "Sunday Item:"

"In substance, this process of vaccination, in this instance, is the surgical introduction into the person or blood of a healthy, or otherwise child or man of a nest of germs or microbes, which in themselves produce and are that dread disease itself. And no man on earth has any knowledge of what the effect of that injection into a person's veins will finally, sooner or later, turn out to be. It may result in insanity, imbecility, or some other dread disease, and cause the patient to lead a lingering life of suffering; or it may do no great harm to strong, healthy cases; nobody knows positively which, and no evidence is given positively either way. But the gravest suspicions of evil results exist."

---

**H**ELLEN KELLER, that wonderful young woman, who has been able to gain a splendid education, notwithstanding her being blind and deaf, has been making an exhaustive study of the causes of blindness. In a recent issue of a popular magazine, she states that blindness is often the indirect result of a father's dissipation in early life. I am quoting herewith a few of the interesting statements in this article by this remarkable young woman:

**THE TRAGIC  
RESULTS OF  
"WILD OATS"**

"Once I believed that blindness, deafness, tuberculosis and other causes of suffering were necessary, unpreventable. I believed that we must accept blind eyes, deaf ears, diseased lungs as we accept the havoc of tornadoes and deluges, and that we must bear them with as much fortitude as we could gather from religion and philosophy. But gradually my reading extended, and I found that those evils are to be laid, not at the door of Providence, but at the door of mankind; that they, are, in large measure, due to ignorance, stupidity and sin.

"The most common cause of blindness is ophthalmia of the newborn. One pupil in every three at the Institution for the Blind, in New York City, was blinded in infancy by this disease. Nearly all of the sixteen babies in the Sunshine Home, in Brooklyn, one-fourth of the inmates

of the New York State Home for the Blind, six hundred sightless persons, in the State of New York, between six thousand and seven thousand persons in the United States, were plunged into darkness by ophthalmia of the newborn. The symptoms of the disease appear in the infant's eyes soon after birth. The eyelids swell and become red, and about the second day they discharge whitish pus. At this stage the eyes can be saved by the simplest prophylactic care.

"What is the cause of ophthalmia neonatorum? It is a specific germ communicated by the mother to the child at birth. Previous to the child's birth she has unconsciously received it through infection from her husband.

"In mercy let it be remembered, the father does not know that he has so foully destroyed the eyes of his child and handicapped him for life. It is part of the bitter harvest of the wild oats he has sown. Society has smiled upon his 'youthful recklessness' because Society does not know that: 'They enslave their children's children who make compromise with sin.'

"Society has yet to learn that the blind beggar at the street-corner, the epileptic child, the woman on the operating table, are the wages of 'youthful indiscretion.' To-day science is verifying what the Old Testament taught three thousand years ago, and the time has come when there is no longer the excuse of ignorance. Knowledge has been given us; it is our part to apply it.

"Of the consequences of social sin, blindness is by no means the most terrible. The same infection which blots out the eyes of the baby is responsible for many childless homes; for thousands of cases of life long invalidism; for eighty per cent. of all inflammatory diseases peculiar to woman; and for seventy-five per cent. of all operations performed on mothers to save their lives.

"The day has come when women must face the truth. They cannot escape the consequences of the evil unless they have the knowledge that saves. Must we leave young girls to meet the danger in the dark, because we dare not turn the light upon our social wickedness? False delicacy and prudery must give place to precise information and common-sense. It is high time to abolish falsehood and let the plain truth come in. Out with the cowardice which shuts its eyes to the immorality that causes disease and human misery. I am confident that when the people know the truth the day of deliverance for mother and child will be at hand.

"We must set to work in the right direction the three great agencies, which inform and educate us: The church, the school and the press. If they remain silent, obdurate, they will bear the odium which recoils upon evil-doers. They may not listen at first to our plea for light and knowledge. They may combine to baffle us; but there will rise, again and again, to confront them, the beseeching forms of little children: deaf, blind, crooked of limb and vacant of mind."

**N**OW that Marathon Races have become so very popular, it is to be hoped that the managers and athletes alike will realize the necessity of giving the public a "square game." In the past contests of various kinds have been faked, fine sport practically ruined, as far as public patronage is concerned, again and again. Wrestling, one of the best of all exercises and one of the grandest of sports, has been faked until the public has almost entirely lost faith in it. The leading professional Marathon runners have a chance at the present time to practically make themselves independent for life. The popularity of this sport should grow. It is bound to grow, provided the races are kept clean and free from faking.

Running is one of the best of all exercises. It is something that almost everyone can practice. You do not need any complicated or expensive apparatus, it can be taken in city or country alike, and there is no better exercise for developing the lungs. When you run you have to take deep breathing exercises. You do not need to study how, under circumstances of this nature. You are compelled to inhale all the air you can possibly crowd into the lungs, if you are running for any distance, and distance running, it should be remembered, will also build increased vitality. It is splendid for the general functional system, it has a tonic effect upon the digestive organism. To be sure, it makes the heart work a little harder, but by this means it furnishes the entire organism with an increased quantity and a better quality of blood. All this means more life, more health, more strength. It means that you will be a better man or a woman. It means that you will be a more useful man in your occupation or profession, no matter what it may be.

The Marathon runners have riches within their reach. It is natural for a long race of this kind to excite very great interest. It requires very unusual powers to travel

at the speed which these runners are able to endure, and they deserve great credit for the ability they have developed. Then, too, it should be remembered that they will interest thousands of young men in running, and though these may never succeed in becoming successful Marathon runners themselves, in most cases they will end by securing a certain amount of increased health and strength as the result of the exercise. The managers of these Marathon races are interested in profit just as much as the runners themselves. They should make it their duty to see that every race is "on the square." One or two fakes will destroy the popularity of the sport in any city, and if these "fixed" contests are repeated very often, the sport will cease to attract interest or public patronage. The runners will then have to go back to their old occupations, and they will fully deserve such a fate if they allow themselves to become a party to pre-arranged races.

A recent article in one of the Chicago papers calls attention to the efforts of some of the managers of wrestling contests to entirely eliminate faking from this splendid sport. It is their idea to bar fake wrestlers from these contests. This is a movement that certainly deserves encouragement. Wrestling should really be as popular as sparring. The only reason for the difference is that faking in wrestling is so easy, and has occurred so often, that a wrestler, be he ever so superior, can hardly make a living, while boxers who possess more than ordinary merit are offered huge purses for a contest.

I would like to appeal to the wrestlers of this country with a view of awakening them to the great possibilities of their profession. Every wrestler who will make up his mind never to go into a contest that is pre-arranged will ultimately find that the public has developed a certain amount of confidence in him and that whenever he wrestles, no matter who may be his opponent, provided he has a reputation, he will be rewarded by a large audience. A wrestling match is exceedingly interesting. It has all the elements of an exciting sport. I would like to see wrestling resurrected, because there is no exercise that will do more towards the making of superior men, towards the development of great physical powers. An athlete who is honest can always command respect, no matter what may be his ability, but a fakir is discredited and disrespected by one and all.

*Bernarr Macfadden*

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**BERNARR MACFADDEN, BATTLE CREEK, MICHIGAN.**

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Company, Flatiron Building, New York City.**

# Developing a Powerful Physique

## The Science of Physcultism

WEIGHT-LIFTING WITHOUT WEIGHTS—THE DEVELOPMENT OF THE BODILY POWERS THROUGH PHYSCULTISM, THE SCIENCE OF ACQUIRING STRENGTH THROUGH SPINAL DEVELOPMENT

By **Bernarr Macfadden**

### LESSON No. III.

**I**N this lesson, which you will find is illustrated profusely in our supplement for this month, some fairly vigorous exercises are given for developing the muscles of the upper part of the spinal column, the cervical and a large part of the dorsal region being used thoroughly. Keep in mind continually during this series of lessons the object that we have in view. Of course, all the various muscles of the body must be used to a certain extent in order to develop their highest degree of strength, but remember that this strength depends upon increasing the vigor and vitality of the spinal region. As I have said again and again, this represents the human power-house. Here is where the nervous energy is stored, here is where it is given out to the various organs and muscles of the body, and by very greatly strengthening these parts, you thereby are able to add vigor and vitality to every part of the organism.

#### DESCRIPTION OF EXERCISES.

Exercise Number 12 simply consists of assuming a position, which is very nearly like standing on the head, that is, with a very large part of the weight resting on the head, though the hands are to be held considerably in front with a view of securing a firm balance. Now, with a large part of the weight—that is, as much as you can maintain without pain or inconvenience—resting on the head, roll the head back and forth, that is from the front to the back. Of course, when first beginning this exercise, a large part of the weight can be sustained on the arms, and thus do away with the pos-

sibility of strain. After it has been taken for some time, nearly all the weight can be maintained on the head, thus very vigorously exercising the muscles around the neck and the upper sections of the back. The exercise should be continued until the muscles are slightly fatigued.

Exercise Number 13 furnishes another mild method of strengthening the spinal column. Interlace the fingers on the top of the head. Now pull downward on the head as hard as you possibly can, then bring the head from far to the right to far to the left. During the time this movement is being made you should pull down with the hands as firmly as possible. This exercise can be varied slightly by bringing the head forward and backward, meanwhile pressing downward in the manner suggested. Continue the movement until the muscles are tired.

In Exercise Number 14 you assume a similar position to that illustrated in Number 12. Instead of rolling the head backward and forward as described in Number 12, roll the head from side to side. It is probable that, at first, the muscles at the side of the head will be weak and most of the weight will have to rest on the hands, but gradually, as these muscles strengthen, you can increase the weight that is maintained by the head, and after a reasonable amount of practice you will be able to sustain nearly all the weight on the head.

Exercise Number 15 is very plainly illustrated by the two photographs, 15A and 15B. Secure a table of ordinary height, on which you can rest part of your weight. Now assume the position

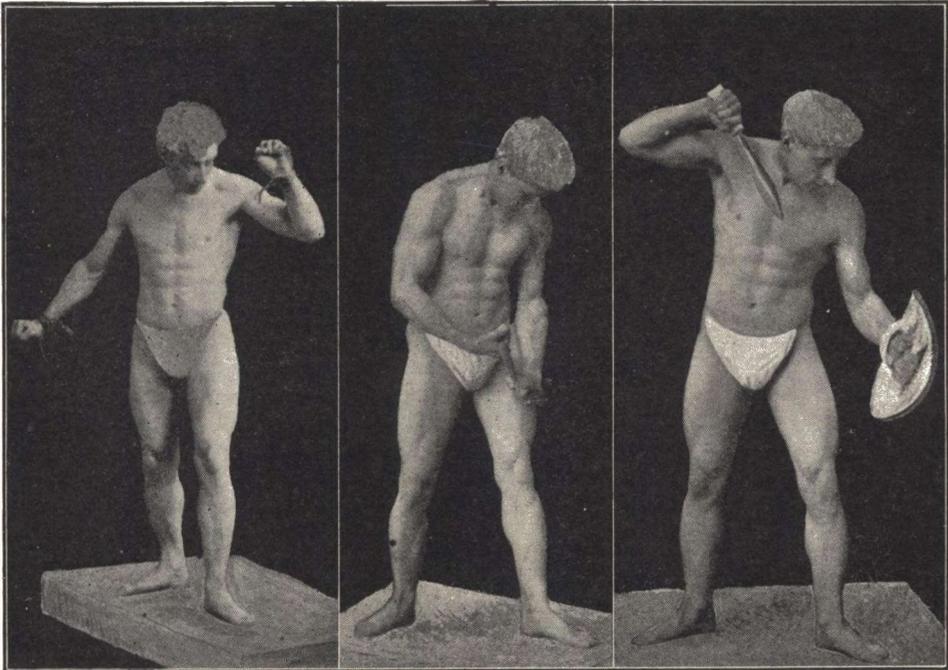
shown in 15A. Then simply raise the body to the position shown in 15B. Return to first position and continue until the muscles are tired. It will add very greatly to the benefit of this exercise if you breathe very deeply at frequent intervals, expanding to the greatest possible degree in the abdominal region.

Exercise Number 16 is a variation of the spinal movements previously described. In this exercise a large part of the weight of the body must rest on the front part of the head, or the forehead. Now, with part of the weight also resting on the hands, roll the head from side to side. You will probably have to bear more of your weight on the hands in this than in the previous exercises, as the muscles of the side and the front part of the neck are used quite vigor-

ously and these muscles are usually weak.

Exercise Number 17, is illustrated very plainly by photographs 17A and 17B. Almost any chair that does not have rungs located too low can be used in this movement. Simply recline on your back with the chair placed over you, then take hold of the chair as illustrated, raising the body as high as you can. Return to former position. Repeat until the muscles are fairly tired. This is quite a vigorous exercise, and is certain to give the biceps of the arm the active use that they need for their thorough development. The chair that is shown in the illustration is not especially adapted for the purpose, but it illustrates the idea. A plain chair, which is furnished with a back and has no sides, is far better for the purpose.

### A Prize Contestant in Classical Poses



The original of the above photograph says that he has read our magazine since the first issue, and still has in his possession the first issue of Volume I. He is interested in all sorts of athletic exercises, running, wrestling, club-swinging, gymnastics of various kinds, etc. These all around exercises he has found of great value for general muscular development. He says:

"The hints and exercises that have appeared from time to time in your magazine I have found invaluable. Although I have been working at a trade that was unhealthful, I have been able to keep myself in good physical condition.

"45 Sussex St., New Westhorpe, Linc., Eng.

"W. DAVIES."

# What Makes a Marathon Runner

By Donald C. Harrison

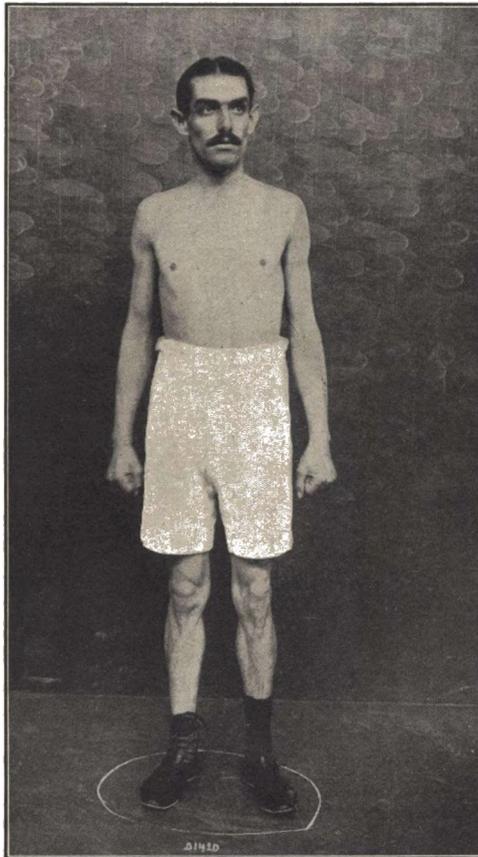
**I**T was twenty-four hundred years ago, or, to be more exact, in the year 490 B.C., that a stout-lunged, fleet-footed Greek, flushed with the glory of victory, raced from the battle-field of Marathon, over the hills of the Diacria, across the plain of Athens and into the classic city, proudly bearing the welcome news of the battle's outcome. For Miltiades, with but a few thousand Athenians, had attacked and vanquished the great Persian hosts, and driven them back to their ships. The distance covered by the messenger in this remarkable run was a little over twenty-six miles, and his remote but heroic feat serves even today, after the lapse of ages, as the inspiration of what has come within the last few months to be one of the most popular and widely practiced branches of athletics.

It is true that distance and cross-country running have been in vogue to some extent for years, and especially in England, usually over courses of less than ten miles, and that even Marathon races have been held at recent Olympic Games and at a few other places. But the exceptionally sensational and dramatic character of the great "Marathon"

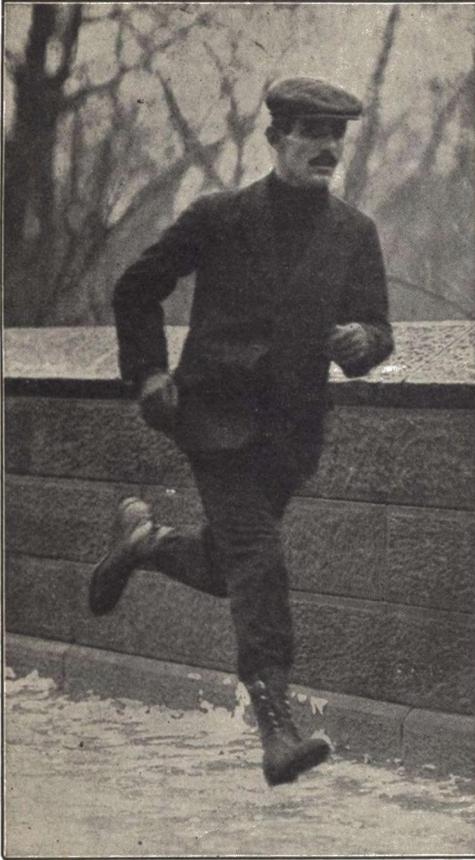
held in connection with the Olympic Games in England last summer seems suddenly to have given this particular athletic event a prominence which it has never before enjoyed, and it is now the fad in the world of sport, both in amateur and professional circles. During the entire winter scarcely a week has passed without witnessing one or more of these magnificent, terrible contests.

Indeed, much of what we have been accustomed to look upon as "long distance" running will now seem almost worthy of the name of short distance

work by comparison, that is to say, the two-mile, and three, four and five-mile races. And as might be expected, the requirements of the great twenty-six mile run, or, to speak exactly, twenty-six miles and 385 yards, are distinctly different from those of the shorter "distance" events. Truly, the Marathon is a soul-trying, tissue-testing affair, and unless one is in the most perfect condition for it, and even then, if he does not run with proper judgment, the effort is likely to prove a heart-breaking experience in more senses than one. Untrained novices and world-beating veterans alike have suffered collapse, a collapse which



The ideal running physique of Alfred Shrubb, the great English runner.



Alfred Shrubbs's easy and rhythmic style of running.

racks the spirit as it does the body, and which sometimes comes upon the struggling athlete just when it seems that victory and fame are almost within his reach.

But what makes a Marathon runner? What are the special qualities which make him superior in this particular line? We know that every boy and girl can run, some better than others, and that men and women should all be able to run, even though many of them are not. As a matter of fact, any man who is unable to run at least one or two miles, at a six or seven minute gait, is either a very poor specimen of animal life or is in an exceptionally poor condition for the time being. But even when in the best possible condition, there are some who will be able to run faster than others, and some who will be able to run longer and

farther than others, before coming to that point of bodily depletion, which marks the limit of their powers, in this direction. And for the successful Marathon runner, there will be found two chief essentials—*suitable build* and *vitality*. We might mention stride, but the stride depends largely upon the build. And we might refer to the strength of heart and lungs, but the influence of these, as also the influence of suitable food and a perfect condition of the digestive organs, will be expressed in the vitality of the runner.

Let us first consider the question of build. In this respect the distinctions between men and their respective qualifications for fleetness of foot or for other activities, may be compared to the differences between horses of various breeds, with their varying capacities for speed in front of a sulky or for other service. It will be obvious at once that the heavy draught-horse is not built for racing, and that it cannot do much in this line no matter how perfect its health, how thorough its training; no matter how great its intelligence or its determination to win. True, it *can* run, but it cannot compete with animals built and bred for the race track. In the work that it is qualified to perform there is not only a demand for great muscular power, but there is also a strain upon the bones, and they must be of a weight and strength sufficient to withstand such strain.

Similarly, in the course of generations, a race of mountaineers, or of men undergoing great physical strains, as in lifting or handling heavy weights, would not only develop muscular vigor but heavy bones as well, capable of great resistive power. But among those of a lighter bony framework would be found those most capable of fleetness of foot, provided, of course, sufficient muscular energy was possessed.

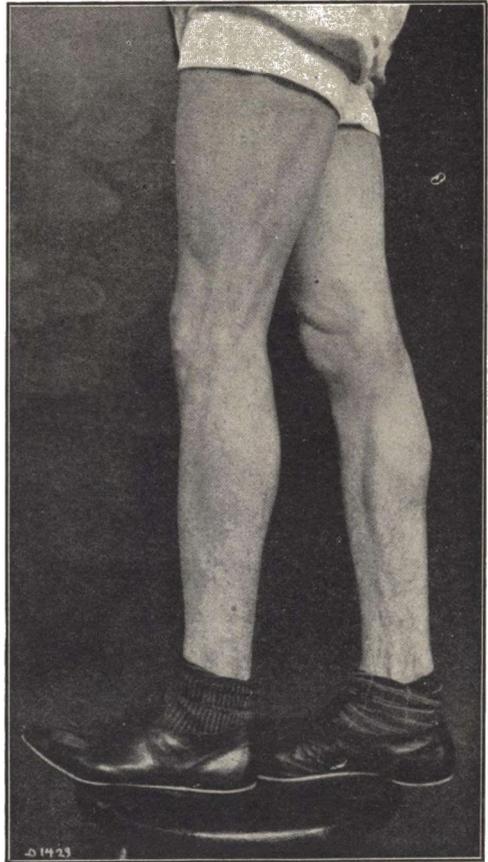
In a large degree, therefore, ability in running is a mere matter of mechanics, depending upon the weight of the body engine to be moved, and the comparative amount of steam or of power in the engine to move it. The sprinter is usually a man of exceptional muscular energy. The weight of his bony frame is little as compared to the "driving power" which

he carries in his muscles. The unusually small measurements of his ankles, knees, wrists and elbows, and the size of his feet and hands, invariably below the average for his stature and weight, all indicate this. If his legs in some instances seem slender and lacking in decided muscular development, it will be seen that his bones are especially light, and that the relatively large proportion of muscular energy still holds good. He does have somewhere, even though it may seem to be concealed about his person, an excess of driving power over the weight of the body-engine. And sometimes when a short and stocky sprinter appears, in whom the ankles and knees do not seem to indicate an especially light framework of bones, then it will invariably be found that the calves are remarkably powerful, and that the development of the muscular system generally is so pronounced as to maintain the same exceptional ratio of great propelling force to a bone structure comparatively light.

Leaving the subject of sprinting, it will be found that very much the same thing holds true of long distance running, though there is not the same necessity for exceptional muscular vigor as in the case of the hundred yard dash, just as there is a far greater need of enduring heart and lungs. Far greater immediate muscular energy is required to do a hundred yards in ten seconds than to do ten miles in less than an hour, just as it requires greater muscular bulk to push a two hundred pound dumb bell up over the head once than is necessary to push a twenty pound weight up ten times. Nevertheless, the question of the mechanics of running applies in long distance running to such an extent that a man who might lift weights successfully or acquit himself creditably as a wrestler, might be able to make only the poorest showing in a five or ten mile race. The man with a heavy frame is not built for running. It is true that if in perfect condition he may be able to lope along for a great distance at a very slow pace, but the question of speed enters to some extent even into a Marathon, and he would be hopelessly outclassed.

As a rule, the athlete who is successful

as a sprinter has also the power to succeed as a distance runner, providing, of course, that he will devote himself entirely to that branch of athletics, for he cannot be at his best in both capacities at the same time. In actual practice it usually happens that those capable of great speed in the short dashes find such delight and fascination in their violent and exciting efforts that they do not care to bother with the longer events. However, many distance runners of the foremost rank owe their success largely to the fact that they have the possibility of accomplishing unusual speed with a constitutional effort which is less than that which their competitors would have to make in order to travel at the same pace. Alfred Shrubbs, the remarkable English distance runner, holder of many world's records, is a typical example of



A view of Shrubbs's smooth, slender limbs.



The physique of the great Indian Marathon Champion, Tom Longboat, ideal for running great distances.

this. Shrubbs seems invincible at distances varying from three to fifteen miles, not because he has the greatest endurance in the world, but because he has speed, and the power of sustained speed for such a distance, to a degree that has probably not been reached by other runners. It does not necessarily follow that Shrubbs has more inherent strength and vitality than any other man that ever attempted to run these distances. It may mean this, but it is much more probable that, as a running machine, his build is such that he can go distances at his fast pace with less effort than his competitors. He is probably a more perfect running machine, capable of doing more with the same amount of exertion. In other words, he is a case of a light engine with comparatively high motive power.

In a large group of school boys, or perhaps, the members of an athletic club out for a cross country run, the expert eye, and even the inexpert, but intelligent eye, will have no difficulty in observing those who are obvious impossibilities as distance runners. Occasionally one will be seen who is powerfully and beautifully muscled, but who struggles laboriously along with exceptionally heavy knees and ankles, so that while one may recognize the undoubted physical benefits which will result from his cross country work, he is also forced to the conviction that the youth could never hope to capture any prizes as a runner, even though giving great promise in putting the shot or throwing the hammer. Each one to his build. And the perfect running build is no more superior to that of the hammer thrower, than the latter is superior to the former. They are simply different.

Very interesting, in view of all this, are the physiques of present day Marathon and long distance champions. Both Shrubbs and Tom Longboat, the great Canadian Indian, represent ideal types for Marathon work, Shrubbs being the superior of the two at almost any distance short of the full Marathon, by reason of his greater speed. However, there is a limit to the endurance of such speed, and that limit, at least in Shrubbs's case, is probably in the neighborhood of twenty miles. With slightly less speed, however, there is no reason why Shrubbs should not attain the complete Marathon distance, and possibly do record breaking time. The fact that he failed in his recent race with Longboat, was probably due entirely to his own miscalculation as to what he was capable of in the way of his usual speed for such a distance. He made amazingly fast time for the first fifteen and twenty miles, but the steam gave out and the engine stopped working at the end of twenty-four miles.

The race was a spectacular and significant one, inasmuch as it presented a trial of the savage against the civilized man, the product of the wigwam against that of the wood and glass house, each man seeming to represent the supreme development of his kind in the way of far and fast locomotion, that is, locomotion

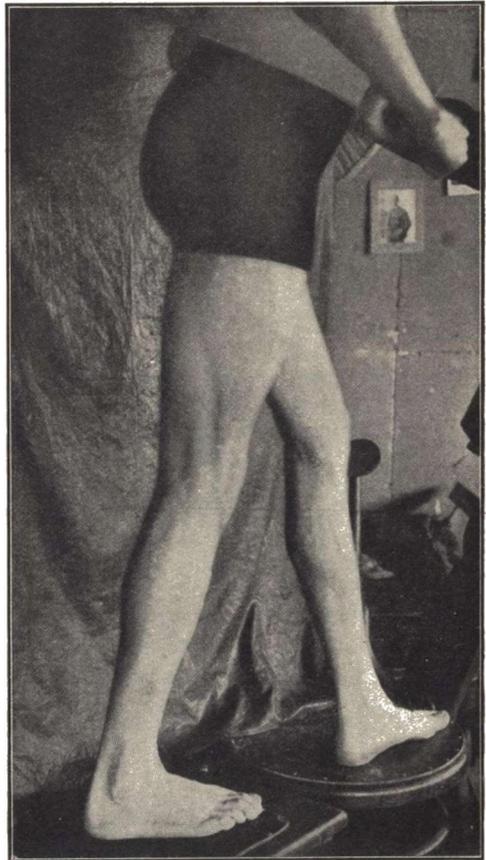
without machinery. In this case, the vitality of the aborigine prevailed against the culture of civilization, though in certain respects the test was not conclusive. The Indian had been given the advantage of the modern, civilized methods of training, and many of the benefits of the white man's methods of living, with, perhaps, some of its disadvantages, too.

Shrubb is somewhat more compactly built, more highly energized, while Longboat is more loosely constructed, probably more prone to relax, and perhaps less likely to waste any energy. Both men have slender limbs, with long, wiry muscles, the kind that invariably serve best for endurance, among animals as among men. In legs like these there is something of the quality that enables the antelope to speed so lightly and tirelessly over long miles of hills and plains. Longboat is considerably taller than Shrubb, though, in action, each moves with a swing which indicates that comparatively little effort is required for each stride, Longboat loping over the ground with an especially long, swinging step, while each of the shorter paces of Shrubb seems to propel him as with the action of a set of light wire springs. Shrubb always presents the impression of infinite speed in reserve, even when running very fast, as possessing something that may assert itself at any moment and send him along on the course at a sprinter's pace.

John J. Hayes, the American boy who won the great Olympic Marathon in England last year, does not present the appearance of an ideal Marathon runner. The Italian, Dorando, who led him up to the very finish of that race, and who then collapsed just in front of the tape, might generally be expected to win from Hayes, on the strength of his build, granted that both were in the best of condition. Dorando had apparently been trained without much intelligence, and then used poor judgment in his race. But certainly, it seems inevitable that either Shrubb or Longboat, would defeat the American boy. Hayes is short and of stocky build, though not especially heavy at any point, and while he has proved that he has the stamina to "go the distance," yet in the matter of mak-

ing it at a greater sustained speed, he would be at a disadvantage.

But now we come to a consideration of the other great factor—without doubt the greater factor—and that is *vitality*. And if it is true that under equal conditions form and build will win against the lack of these, yet it is also true that vitality, even with unsuitable build, will win against the most ideal running machine, without sufficient vitality. It is probably this that enabled young Hayes to come up to the front in the great race in England. It is this fact, which indicates the need of greater attention to the actual science of building bodily energy. It is now in the order of things that an athlete shall come forward, possessed with all of the natural qualifications of a Shrubb or a Longboat, but with a knowledge of dietetic economy, which



A view of Longboat's long, vigorous legs.

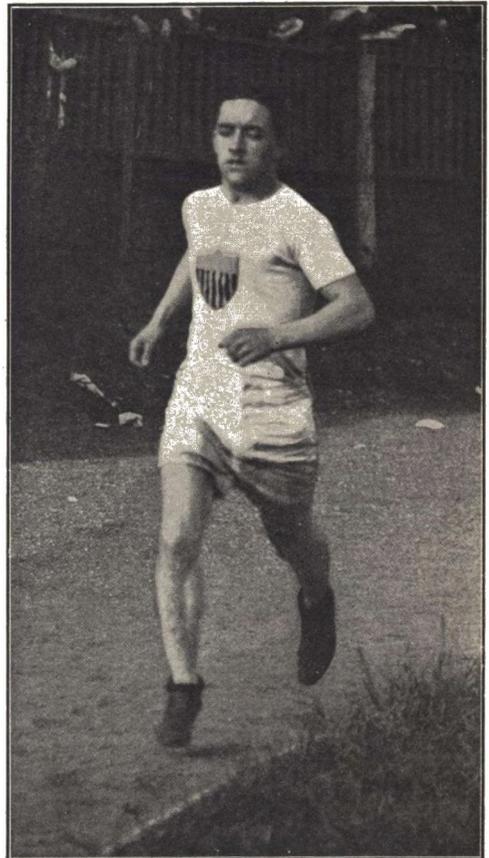


The sturdy physique of John J. Hayes, of New York, winner of the great Olympic Marathon, in England, in 1908.

will enable him to realize the utmost of his powers, who will put in the shade all of the records made as yet in this particular line. Indeed, it does not require a marked gift of prophecy to foretell that in three or four years the present Marathon records will seem slow, even without the improvements to be expected from dietetic and other reforms. The sport is new, and even those who have followed it have not yet accomplished all that they are capable of in the way of time. And as others enter it, training themselves gradually up to its requirements, it is to be expected that it will frequently be done in less than two hours and a half.

Every one knows that the true test of condition is not the measure of immediate strength, which is frequently short-

lived, but rather the capacity for endurance. As an endurance event, the Marathon is incomparable. The superiority of vegetarian and uncooked diets for building endurance has been demonstrated in a great variety of competitions, though almost invariably outside of the more largely practiced branches of athletics. The golden opportunity for the physical culturist to prove to the world the merits of his plan of life is to be found in the Marathon race. It happens that both Shrubbs and Longboat are devoted to meat, and eat it liberally, as also most of the others prominent in the same game. It may be that Shrubbs could have finished his race against Longboat in record time had he been nurtured upon a more rational diet. At all events, some man of their class, devoted to Fletcherism, avoiding meats, and probably eating chiefly raw food,



John J. Hayes and his stride.

will no doubt humble them all before long.

Indeed, there is promise of one such among the amateurs of the Pacific coast, in the person of Cornelius Connolly, of San Francisco. He states that while he is not a strict vegetarian, yet he eats very little meat, and is an ardent follower of the teachings of this magazine, not having accomplished anything in athletics until after he commenced the culture of his body and his physical energies by these rational methods. While he is well over thirty, he is ready to meet any of the foremost professionals to show what diet and body culture will do. His remarkable records speak for themselves, indeed, to one familiar with the time usually made by champions at these distances, they seem almost incredible. Here are a few:

Two miles indoors, 9 minutes, 6 3-5 seconds.

Seven and a half miles cross country, 33 minutes.

Ten miles over an elevation of 1,800 feet, cross country, 1 hour.

Twenty-one miles, Marathon, 1 hour 51 minutes 25 seconds.

It is probable that we will hear from Connolly before long, if he can do such time as this. All he needs is the chance to start with Shrubbs, Longboat, Dorando or any other man of their class. But if Connolly does not come forward and set a new pace, then some one else will from among the ranks of the enlightened.

As a very brief suggestion to those interested in taking up the game, it may be said that a very thorough system of body culture should first be undergone, lasting at least six months or a year, with many active long walks, after which the training by actual running may begin, to be carried on together with some continued attention to body building. It is needless to say that the most perfect diet that can be obtained will be the best suited to the requirements of each individual, in which respect the pages of this magazine have in the past been so fertile with valuable suggestions that it seems unnecessary to offer any here. Plenty of sleep is essential, and one cannot get too much of it.

Lack of space prevents detailed advice on stride, though in this respect each one must largely solve his own problem. A long stride sometimes causes one to over-reach himself, that is, to exert himself more than need be. The stride should be such as will enable you to



Dorando Pietri, who collapsed at the finish of the Marathon at the last Olympic Games, and who was defeated by Hayes.

cover each mile with the very least possible effort, and in many cases this will be a comparatively short stride. The arms should relax as much as possible, the fingers loose, and the hands preferably carried low, in most cases.

# Aids to Physical Fitness

By Eustace H. Miles, M. A.

Author of "Avenues to Health," "The Training of the Body," etc.

The author of this article is one of the best known health-building experts in the English-speaking world. What is more, he is a splendid example of the benefit of his own teaching. He has demonstrated this very emphatically in holding the tennis championship for several years. I am satisfied my readers will be pleased to learn something of his views.—Bernarr Macfadden.

**T**HE ideal of a simple life, to my mind, is not a return to Nature, as it is commonly supposed. People too often adopt the erroneous idea that the country belongs to God and the city to the Devil. Of course, it is

better to be healthy and morally fit in the country than diseased and immoral in town. But better still is it for a man to be able to lead a full social life in the city, with all its disadvantages and dangers, and come out "on top," in perfect condition of mind and body.

A rural existence is all very well in its way, but it can hardly be considered the highest form of civilized life. The man who can stand the strain of city life, with its duties and amusements, has gone much further up the scale of evolution. The game of life is very much like the game of golf. A man who drives his ball and sees a bunker ahead begins by thinking the obstacle a nuisance, and wishes it out of the way; but after he has knocked against the bunker pretty often the time comes when he gets his ball over. Then he feels a stronger and a better man, glorying in his superiority to the obstacle.

So it is with the impediments and "bunkers" of city and social life. They are tests of strength; and the man who surmounts them is more worthy than he who avoids them by



Photo copyright by W. B. Northrop, London

Eustace Miles in his restaurant with his \$5,000 chef, who makes a specialty of vegetarian dishes.

going round the corner. The perfectly fit man should be able to live in almost any environment without personal damage. If he has passed the ordeal of the city he can go down to the country easily enough and master it; but the countryman who comes to town would often go to wreck.

So I would never advise men to cut themselves adrift from civilization or to isolate themselves from society. What we really want is a rule of life which may be adapted to people who wish to go through the ordinary duties and pleasures of their social state, and even to perform with impunity those duties and indulge in those pleasures, which they know to be harmful.

The city clerk, for instance, has to pass perhaps eight hours of his day, in a close, ill-ventilated room. That, of course, is an unhealthy condition to live in. On the other hand, the society man has to go to luncheon parties, to afternoon teas, to big dinners, theatres, receptions, and so on. He finds he cannot escape from the majority of these things without losing social caste; yet he knows perfectly well that the life is bad for his physical, mental, and moral health. Well, what is he going to do to keep fit in spite of all? How shall he lead a simple life?

As far as I have worked out the problem by personal experiment, the answer may be called the law of equivalents. It is a kind of give and take. If you lose in one thing, you must make up on another. To the society man I say, "It is perfectly understood that your position in life requires you to dine at other people's houses; to eat too much in the evening, and generally unwholesome food; to attend to numerous social functions damaging to your nerves and moral tone. Very well, then you must balance all that time when you are not master of your own actions by strictly disciplining yourself when you are at perfect liberty to do what you like.

Between the hours of six and twelve in the morning, you must lead a simple life. You would do well to go entirely without food until your midday lunch, when, having given your body a complete rest, you may afford to indulge

without positive harm in a luncheon party with your friends, if such is the requirement of your social life. Between those hours of six and twelve you must rest your mind also by quiet work or exercise, and must get a store of self-respect by developing your character and ideas in the privacy of your own house. If you are going to have a big dinner in the evening you must knock off your big luncheon, or at least avoid the abomination of afternoon tea.

Then you must make a sort of comparative catalogue of the things which you find harmful to you; and there, again, you must be regulated according to the "law of equivalents," if you like to call it so. For instance, you may know that wine disagrees with you, and that a meat diet arouses your passions and upsets your moral balance. In that case you must decide which is most harmful, or which you least prefer to go without. If you go without meat—I have not tasted it for eight years—you will probably find that you can take a glass of wine or two without much bad effect.

The mistake people make is that if they deny themselves some of the "good cheer" of life they put themselves on a pedestal and demand the admiration of their fellows. As a matter of fact, they have nothing to be proud of except a knowledge of what agrees or disagrees with them. Asceticism is not a sign of strength, but of weakness. If I could swill gallons of beer and eat great quantities of flesh, like our Saxon forefathers, I should be a much "stronger" man in being able to master such a diet. But then we are not like our Saxon forefathers, and it is as well to recognize the fact.

Now, the same law of give and take applies as well to the city clerk, as to the society man. If he spends eight hours of his day in a room, where he cannot have the window open because the majority decides against it; where the surroundings are sombre and depressing, his work fagging and uninteresting; he must make up for that disadvantage by leading an entirely different life from the time he gets up to the time he goes to his office, and from the time he leaves it until he goes to bed.

If from six till nine he is filling his lungs with good air and his brain with new ideas, he will not be overcome by the atmosphere or depression during office hours. He need say nothing about those private hours to his fellow clerks. There is no need to let them see that he is any different from themselves, and yet he will be different, because healthier and happier. And so when he goes to lunch he need not "lose caste" because he has a Welsh rarebit, instead of a heavy meal.

It is quite possible to keep oneself in perfect condition, to be quite "fit," with very little exercise and open air, and while leading the sedentary life of a literary man. I get scarcely any exercise except when I play a tennis match; yet I am always in good form, and always ready to play at a day's notice. To take the place of exercise I have a number of little rules, "tricks" you may like to call them, chiefly consisting of certain elements of diet and exercises of breathing.

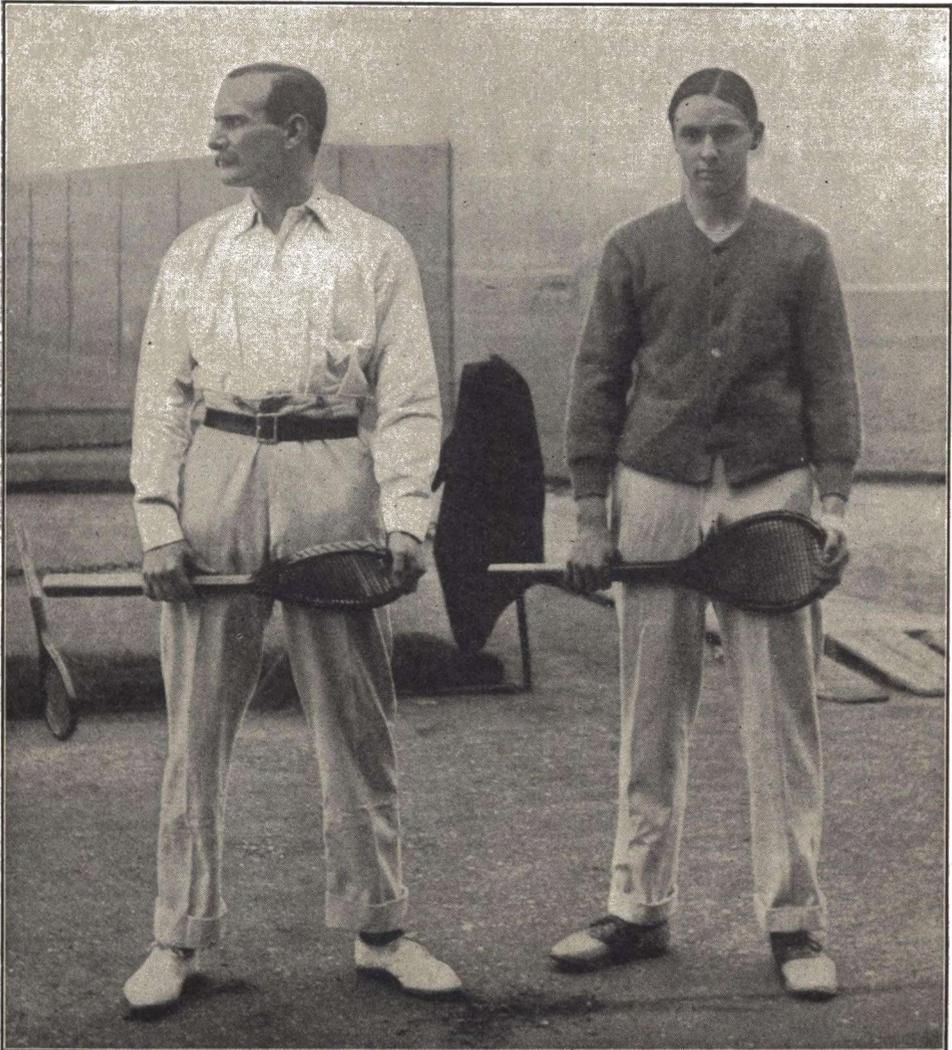


Photo copyright by W. B. Northrop, London

Jay Gould and Eustace Miles. Photo taken just before match for Tennis Championship at Queen's Club.

The sedentary man gets tired and languid, because his system becomes clogged. Remove the things that clog, and you don't feel tired. That's what I do with my little "tricks." I may say that I lead a strenuous life—at any rate, not a lazy one. I write, on an average forty or fifty letters a day, and get through a lot of other literary work. I should simply go to pieces if I lived such a sedentary life on ordinary lines.

But by going without food from six in the morning till half past one, by accumulating a reserve force of mental and bodily rest, by lying on my back on Sundays, when I write or read in bed, by making sacrifices of things I don't care two pence about, by putting myself on the simplest diet, when I have my own time to myself, I am not only able to keep on working with perfect freshness, but to indulge at times in lunches and dinners, with people, who bore me, and generally to play my part in society, without parading my private habits under other people's noses.

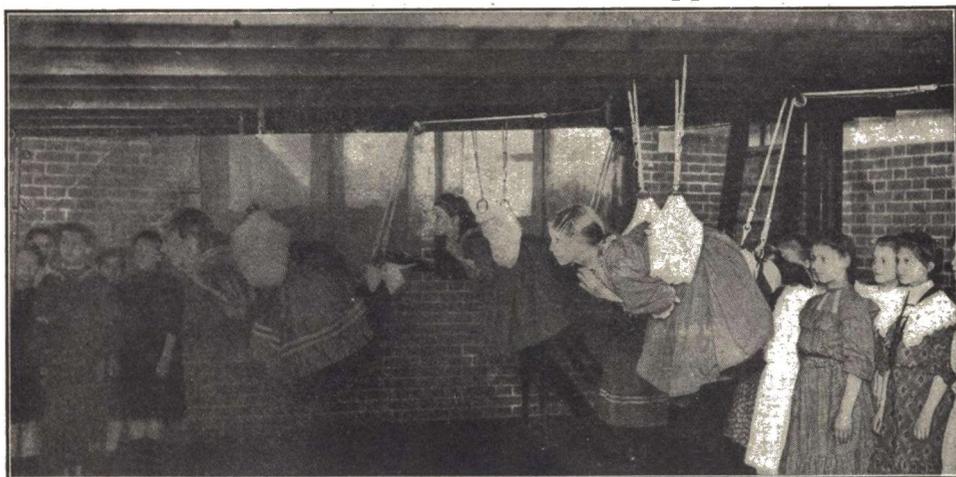
People may ask what have diet and breathing exercises to do with a simple life, as it affects the mental and moral welfare of the individual? The answer is an easy one. Ill-health generally means immorality, uncontrolled passions, temper, or nerves. I say, with absolute confidence, based not only on my

personal experience, but also on the statements of many friends, who have followed one of my schemes of diet, that if one avoids various kinds of food, and disciplines one's self upon a very simple diet, suited to one's particular circumstances and environment, one gets one's body and brain under absolute control. One becomes master of the machine.

Simple food enables one to live the simple life, partly, because it is a great saving in expense, and therefore the stress and struggle for existence are diminished. A friend of mine, for instance, who has adopted my ideas, tells me that he saves a solid \$500 a year; yet nobody in his social set sees any change whatever in his mode of life. This saving of money relieves him of financial anxiety, and he has the additional satisfaction of finding himself a healthier, happier, and morally better man.

These little rules of give and take, of compensating yourself here for what you lose there, of practising a little asceticism in private, because you find it difficult to do just as you please in public, of giving up the things you don't much care about in order to enjoy the things you prefer, make up a philosophy of life not too difficult for every one to follow—in whatever circle of society he may live—and it results in physical and mental "fitness" well worth the trouble involved.

### At Work With the Swimming Apparatus



The above photograph was taken in Rixdorf, Germany, and shows the methods they follow in teaching their students various styles of swimming.



Round-up wagon in camp. Cowboys at dinner. Note bicycle at left. Taken near Wall, S. D.

## A Bicycle Outing

SUGGESTIONS FOR A SPLENDID MANNER OF SPENDING A SUMMER VACATION

By Harry O. Wibirt

There are perhaps few more enjoyable methods of spending a vacation than that outlined by the hints which follow. Cycling furnishes a splendid means of exercise, provided it is not overdone and one is careful not to assume a posture which will cause the crooked back which at times affects devotees of this exercise.—Bernarr Macfadden.

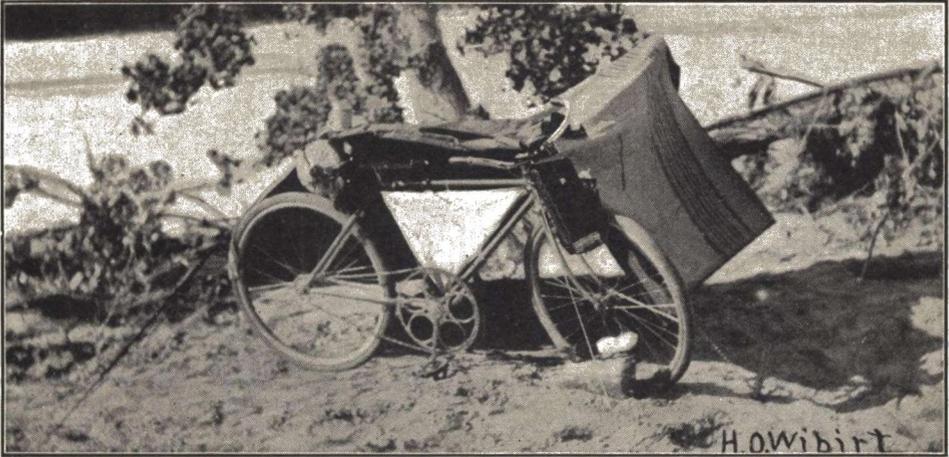
I HAVE seen but one article in PHYSICAL CULTURE, on touring with a bicycle, so I am led to believe that few people realize how much health and pleasure may be gained from such an outing. Almost everyone would like to see some portion of the country beyond that in which they reside. To those who are owners of wheels, and there are many, this is a very simple matter. See that your machine is in good repair, and equipped with a good coaster brake, tire

repair outfit and tools. If you have a high grade wheel, costing from \$40.00 to \$60.00, it is almost certain to be in good condition, unless it has been abused or neglected.



As Mr. Wibirt and a friend appeared after a 300 mile ride, with 200 miles more ahead of them. Mr. Wibirt's friend wore a white sweater and carried blankets on his handle bars.

Next get a good stout bundle-carrier to attach to the handle bar, and another of the platform type, to go over the back wheel, and behind the saddle; these are made for motor-cycles and can be purchased from any good motorcycle sundries house. One can put a cyclometer on the machine or



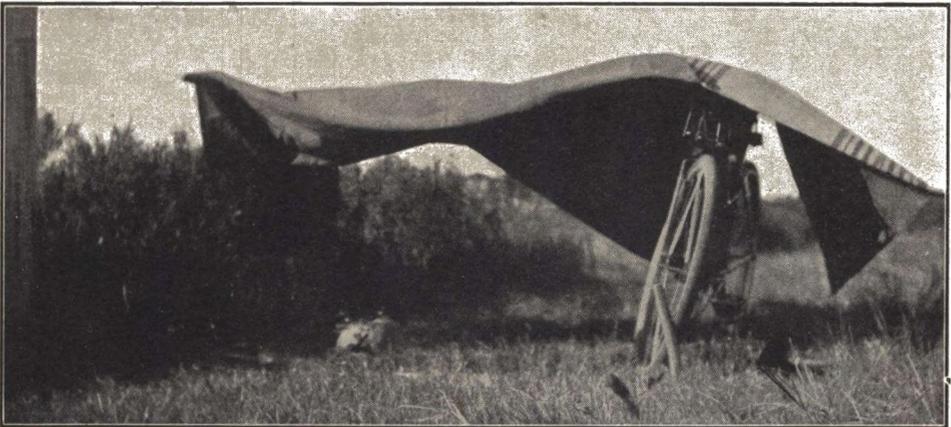
Bed or sleeping-bag used as tent with wheel supporting it. On Cheyenne River, S. D.

not as one pleases, though of course it is nice to know how far you have ridden at all times. Then get a canteen of the water-cooling type, and you are always sure of a water supply on the road, and in camp. An aluminum cup, for personal use on the tour, will also be found useful, as well as inexpensive.

The remainder of the outfit depends upon the number of persons in the party. A combination tent, sleeping bag, bed sheet, and sun-shade, large enough for three persons, only weighs 15 to 17 pounds complete, with poles, etc., and can be carried on one machine behind the saddle. A light-weight single sleeping bag can be purchased ready-made, or can be made at home, either single or

double, of blankets, covered with waterproof khaki cloth. These, if made right, will be lighter than the ready-made bags, which weigh 13 to 25 pounds, which is rather too much weight to have in one bundle on a wheel.

The outfit of cooking utensils depends on the kind of foods to be used. Aluminum ware, while expensive in first cost, is far superior in every way; heavy block tin is the next best, while enamel ware is no good at all for such purposes. One will need three or four covered kettles which nest together, while bowls will be found more useful than plates. For the rest of the outfit, I will refer you to a good camp guide-book. From the list given, select such things as you know



A noonday camp. Bed converted into a sun-shade by tying to a wire fence and stretching over wheel.

will be needed, always remembering that the less you have the less you will need to carry and care for.

Food can be purchased as needed, and if carried should be packed in canvas bags, about eight by twelve inches, with stout tapes attached with which to tie the tops.

Most any sort of clothing which is free from starch, will do. A good outfit will include knee pants, canvas leggings, medium heavy high or low shoes, short socks, khaki, corduroy, or flannel shirt, light cap or soft hat, which may be tied to the belt, and a khaki coat to wear in towns. A suit of gauze underwear to sleep in, but none to wear in the day time, is usually included in my usual outfit.

A person can cover from ten to eighty miles in a day with twenty pounds of baggage, and see all the things of interest along the way, stopping when and almost wherever he pleases, with no expense ex-

cept for food, which will be very little. Besides, one is breathing pure air, absorbing sunshine, and exercising in a healthy manner. Of course, one may be caught in rains and have to lay in camp for a day or so, but with the outfit mentioned there would not be any particular discomfort experienced. I am a bicycle and camping-out physical culture crank, and have ridden many thousands of miles across country, camping out all the time. My last trip of six hundred miles was taken in July, 1908.

The illustrations are photographs taken on different trips, and give a good idea of the various ways of carrying the outfit. As a rule the most weight should be on the back wheel, though I have most always had it on the front one. The advertisements of reliable firms who make tents, and everything needed for such trips, and also publish good camp guides, can be found in all the sporting magazines.

## The Corset

What mars the natural girlish grace,  
And takes the growing muscles place?  
It is a thing of steel and lace,—

The Corset!

What makes her waist a tiny zone,  
That's chiefly made of bare backbone?  
Again we sigh, but have to own,—

The Corset!

What binds about her with a cinch,  
And takes her in, yes, inch by inch,  
And makes her squirm by vicious pinch?—

The Corset!

What presses the abdominal brain?  
What gives the solar plexus pain?  
Till tired Nature feels the strain,—

The Corset!

What makes her say she is not tired,  
That she can move both left and right?  
Yet be so very terse and slight,—

The Corset!

What crowds the stomach from its throne,  
What makes the cramped up liver groan,  
Why float the kidneys from their zone?

The Corset!

What puts the pelvic organs out,  
What causes fidgets, fear, and doubt,  
Until the organs are cut out?—

The Corset!

What makes her peevish grow and thin,  
Why has she such cosmetic skin,  
Why sighs she for the "Might have been"?

The Corset!

What makes her feel she'll go to pieces,  
If from her bondage she releases?  
What puts her face in awful creases?—

The Corset!

Why does her husband wonder so  
Why matrimony's full of woe?  
Why does the child from mother go.—

The Corset!

Why does she wear the horrid things  
With bones and steels and binding strings?  
Because Dame Fashion always sings,—

The Corset!

Be women of a freer mould,  
Don't let man's fashion down and hold,  
Be like the goddesses of old,

Darn Corsets!

# The Folly of the Tooth Brush

By J. R. Adams

This contribution was scheduled for publication in our March issue, but was unavoidably crowded out. Readers will doubtless find in it some good, solid, substantial information. It gives the experience of one man in revolutionizing his dietetic habits. He speaks only of the benefit of a proper diet from the standpoint of clean teeth, but after he has been experimenting a while longer, he will find that the change will not only mean clean teeth, but every organ of the body will become stronger and more cleanly. His experience is interesting, and will give my readers some valuable hints.—Bernarr Macfadden.

“**M**AN is the only animal who eats such dirty food that he is afterwards compelled to use a tooth-brush for the sake of cleanliness.”

So said my dentist, to divert my attention from a painful piece of work, and I retorted that it was because of mankind's greater delicacy and cleanly instinct that he showed his superiority over all other life by using the artificial mouth-sweetener.

“You are wrong there,” persisted the dentist, pointing at me with his electric drill.

“The animals eat their natural food and their teeth are therefore self-cleansing, as Nature intended them to be. But man does not eat according to his true nature; therefore his mouth is continually foul, his breath nearly always offensive and his teeth are frequently wholly decayed before he has attained full growth.”

“But Doctor,” I gasped, “think what a state our mouths would get into if we neglected artificial cleansing. Think how disease germs would breed in the decomposing particles left between the teeth, and themselves soon be discolored, or even destroyed by tartar and decay!”

“I maintain,” he replied, “and since I have made dentistry my life study I know positively, that if humanity ate as it should eat there would be no need for any tooth-paste or powder; no need for brushing morning, noon and night, because the breath would be perfectly sweet; and not a trace of tartar, or that very offensive, paste-like coating, would form on the teeth; their color would be beautiful and their surface smooth.

Why? Because God or Nature has made them automatically self cleansing.”

“I do not believe it, doctor: either we cannot live as you suggest, or such living would never produce so delightful a result.”

For reply he picked up “Tige,” his big Cyprus cat, and showed me his splendid set of milk-white teeth. “Now, you unbeliever,” said my dentist, “that cat is ten times as old as the length of time it took him to grow up. He has never suffered dentistry and there is no reason why his teeth should not last as long as the other parts of his anatomy. It took you twenty years to grow up. How many teeth will you have at the age of sixty? But here comes my next patient. Go down stairs and Kitty will tell you how you can prove it all by experience, as I did. Good-bye.”

So down stairs I went to have his wife Kitty explain to me this mystery. She gave me directions and rules for eating and drinking in such manner that soon “the very thought of a tooth-brush would seem like utter folly,”—which I determined to put into practice at once. I will here give the substance of the manner of dieting as they gave it to me.

First.—I was to eat no cooked food.

Second.—I was to have as much sense as a horse, which will not eat and drink at the same time.

Third.—I was to eat “neither fish, flesh, fowl nor good red herring.”

Fourth.—I was to eat no sort of seasonings whatever; pepper, mustard, vinegar, ginger, pickles and all pungent condiments being particularly tabooed.

Fifth.—I was to eat only when hungry, irrespective of meal hours, and to

stop instantly my hunger was appeased, whether I had eaten much or little.

Sixth.—I was to eat foods in their natural condition as far as was practicable.

To begin my experiment I laid in a stock of provisions ready to start the following Sunday, but on Saturday night I carefully cleansed my teeth and lingeringly pushed both tooth-powder and brush far back on the top shelf. On arising Sunday morning I drank two glasses of water, while exercising, bathing and dressing. Afterwards my breakfast was completed by eating two large apples, skin and ail.

At noon I mixed a bowl of flaked wheat with seedless raisins, bananas and olive oil, masticating each mouthful thoroughly to develop the natural flavor and increase my enjoyment of my meal. This was followed by a cucumber and some raw Spanish peanuts, and my hunger was satisfied in full.

At night I ate rolled oats mixed with cottonseed oil and chopped figs. The second course consisted of a fruit salad of pineapple, banana and orange, sweetened with honey. Some young onions completed the meal.

I usually drank about a half hour before and after meals, on arising in the morning, between meals *ad libitum*, and at retiring time, but never while eating.

The experiment was continued a full week with considerable variety in the articles and combinations of diet, but without departing from the rules laid down for my guidance. I used nuts of all kinds, except cooked peanuts. Fresh fruits, natural and dried prunes, soaked over night; also raisins, dates, figs and other dried fruits. Whole wheat, cleaned for table use, I bought at \$1.25 a bushel and soaked it in water thirty-six hours

before eating. Other flaked and whole grains were used as bought. I found green corn, beans, peas, celery, carrots, etc., palatable and nutritious. I usually ate an apple at bedtime, and some acid or sub-acid fruit, as a breakfast

At the conclusion of the week of toothbrushless eating I could detect but a slight unsanitary condition on the outer surface of the molars and none on the incisors, my health was better and it did not seem such a long time between meals as formerly. Hence I decided to continue the experiment another week, still using natural foods in their natural condition.

When the fourteenth day was completed I failed to detect the slightest uncleanliness on any part of my teeth, nor could any unpleasant odor be detected in my breath. Moreover there was not even a trace of that very offensive, white paste-like coating, which is universally present on the teeth of those who eat meats, soft foods and who drink at meals.

During this two weeks experiment I frequently used a toothpick to remove wheat hulls, seeds, etc., from between my teeth; otherwise I let them alone. My only drink was water, and plenty of it.

The next day, when in the bath-room, I happened to glance up at the discarded and almost forgotten toothbrush and powder where I had so dubiously placed them fifteen days ago, then I laughed aloud, and thus addressed them: "Stay there, for I will continue to eat clean food in a clean way, and my mouth will have no need of scavenger service and disinfectants."

The folly of the toothbrush is the folly of living in such a way as to make a toothbrush necessary.

## An Excellent Salad

Here is a recipe for an Olive-Nut-Vegetable Salad:

Fifteen English walnuts; ten Brazil nuts; twelve stuffed olives; one-half can sifted peas; three tablespoonfuls of olive oil; four tablespoonfuls of chopped parsley; two tablespoonfuls of red radish peelings, and two tablespoonfuls of mayonnaise dressing, (if preferred).

Chop the English walnuts and stuffed olives rather fine and slice the Brazil nuts very thin, then mix the nuts, olives, peas, parsley and radish all together, then mix the oil and mayonnaise together and pour over the other mixture and serve.

O. WINFRED CROW.  
Sherman, Illinois.

# Manhood Developed in Our Lumber Camps

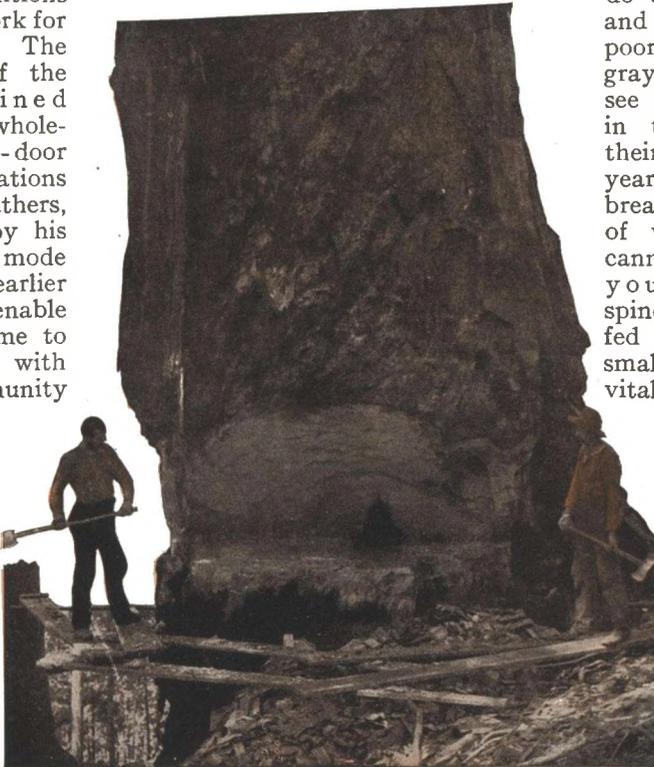
By Thornton Grant Howard

**I**T is refreshing to turn occasionally from the contemplation of our stifling sordid city life, where human bodies are weakened and destroyed, strength is consumed, and the manly spirit of the race is continually undermined, drained and even destroyed, to the glorious open life in the air of the woods and fields, where manhood is fostered and nurtured, and bodies are made rugged and mighty and strong.

For it is an undisputable fact that the ordinary conditions of city life work for degeneracy. The hardihood of the peasant, gained through the wholesome out-of-door lives of generations of his forefathers, as well as by his own natural mode of life in earlier years, may enable him for a time to withstand with seeming immunity the destructive influences of the new environment, which he finds upon coming into the city. But the years will tell a different tale, and not only does

his own vigor in time abate, but he finds that his children are weaker than he, while their children in turn, and their grandchildren, if ever they get so far, are shrunken and devitalized specimens of their kind. Grandfather, in spite of his use of tobacco and possibly other bad habits, lives to old age because of his "constitution," but where is the manhood and where the womanhood of the new generation? Grandfather and grandmother both tell of "what we could

do at your age," and shake their poor, disappointed gray heads. They see springing up in the midst of their declining years a race of breastless mothers, of women who cannot nurse their young, whose spindling, bottle-fed children give small promise of vitality, vigor and muscle in those yet to come. Indeed, it is known that city life frequently brings extinction in the course of three or four generations—sometimes, it is true, in



Lumbering in the Sierra Nevada Mountains. Note the powerful frame of the Hercules at the left.



Ox teams hauling logs from the mountain lumber camps of California.



The fallen monarch.— A giant sugar pine of California.

more, but sometimes in even less time. Thus, in the dark and eternal stretches of oblivion, are lost the traces of men and women that might have been.

In the meantime, however, the wasting energies of the city are being ever recruited by the fresh blood and vitality pouring into it from the country. So it is out in the forests and on the farms that the human race is reared. And among the most potent of the factors that assist in the building of the brawn of the nation is life in the lumber camps. Here, of all places, will be found that rugged manhood which is at once the greatest asset and the greatest need of the race. Here do we still find those conditions and activities which were so largely responsible for the vigor and hardihood of the pioneer settlers of this country. No coddling here; (no, nor "mollycoddling!"), no shrinking from the rigors of winter; no long enervating days spent in the gas-poisoned warmth of steam-heated, storm-windowed rooms;

no coughs and cold feet; no pale, thin blood; no bone-uncovered, goose-skinned limbs, nor halting hearts; no drug store stomachs or rebellious livers. Instead broad shoulders, lusty lungs, stout, warm hearts, red blood and mighty arms, and legs, well rounded out, with the will and the strength to struggle against and overcome the forces of a seemingly harsh and relentless Nature, and to exult in the keenly bracing cold of the winter.

Particularly in the northern sections of the United States and throughout Canada, the very fact that a great deal of the work of the lumber camps is carried on in the very coldest weather is sufficient to insure the development of exceptional vigor and hardihood. The Northern races have always proven themselves more powerful than those that live in the warmer climes, and for the very reason that the resistance of harsh and intemperate cold only serves as a stimulant to the activities of man, instead of being the enemy that it would

seem, and it is found to be a friend of man in helping him to gain his greatest strength and power. The contention is frequently made in favor of the claims of the alleged superior advantages of a partially carnivorous diet for man, that all the dominant races of the world are eaters of meat, but a little closer attention to the study of these races would undoubtedly bring

heavily of meat, or rather, partly because of that fact.

Methods of lumbering in different parts of the country naturally vary somewhat according to the physical characteristics of the land and the kind and size of the trees. Indeed, it is sometimes expedient to bring the saw mill up to the timber, instead of sending the timber down to



Sorting logs on the Menominee River, Marinette, Wis.

one to the conclusion that it is the climate, rather than the diet that is responsible for this dominance. And among these races, those who live and work perpetually in the warmth of enclosed rooms, thus virtually residing in a tropical climate all the year, though without the fresh open air of the tropics, are notable for the weakness and physical degeneracy which prevails among them, in spite of the fact that they may eat

the saw mill, for the boards and planks can sometimes be handled and transported more conveniently than the logs. In such cases a small engine and a miniature saw mill, with one big saw, is established in the open air at a suitable point in the midst of the woods.

In mountainous localities, particularly in California, the moving of logs is greatly simplified by the fact that the way to the saw mills is invariably down

hill, so that they can be dragged without difficulty over a fairly smooth course. As in other districts, oxen are used a great deal, owing to the fact that they have great strength, their lack of speed being unobjectionable in work where speed is not necessary.

In some States, however, the activities of the lumber camps are chiefly confined to the winter season, owing to the greater facilities for moving the logs at that time. It is true that where operations are carried on on the most extensive scale, narrow gauge railways are built and miniature engines are used for transporting the timber. But even then it is necessary to haul the logs some little distance to the railroad, and where there is no such railroad they must be hauled to the bank of the nearest river. It is much more difficult to do this in warm weather, owing to the trouble of providing suitable roads in summer, and besides, great loads of logs can be moved on sledges that it would be out of the question to transport on wheels. As soon as it freezes, therefore, or there is snow on the ground, the camps are opened and the work begins. A suitable road can be quickly improvised by the use of snow, and in many cases more perfect roads are built by the freezing of water, a foundation for the latter being in places provided by the laying of small trees and the branches of trees.

Whether the work of each individual consists in the powerful swinging of the axe throughout the cold, crisp day, or in the hauling of the fallen giants, which includes no child's task of loading on sledges and unloading, his activities will in every case be found sufficiently brawn building and strenuous.

However, not all of the conditions are ideal. The "camp," as it is called, usually does not take the form of a tent or encampment in the usually understood meaning of those terms, but consists almost invariably of a log house of fairly generous proportions, and capable of accommodating a crew of from perhaps one dozen to several dozen men, different camps varying greatly in this respect. In connection with this there is also a stable. One or two of the crew are engaged to cook and look after the camp,

and it is to be feared that the diet is not always of the best. As a matter of fact, a large part of the diet in many camps consists of pork and beans, and when the beans do not enter into the combination, the pork at least figures liberally in connection with the other foods, in the form of bacon, ham and plain salt pork—most frequently the latter. White flour is used for bread, sometimes there are pies and pastries, and coffee is always consumed in large quantities. The pork is a particularly unsuitable article of diet, but the beans are wholesome and there is sometimes a fairly good supply of potatoes, cabbage and various other vegetables. At all events, the strenuous lives of the men in the open air and the exceptional degree of functional vigor thereby developed, enable them to assimilate the pork just as they would be able to digest almost anything short of leather and to secure from it the very last atom of nourishment which it contains.

But their habits in many other respects are likewise far from ideal. The use of tobacco is just as universal among the men as the practice of coffee drinking, and it is also to be feared that in many cases the supply of whiskey in the camps is none too small. After supper each evening the men usually indulge in games of cards for an hour or two, during which the air of the building becomes thick and blue with tobacco smoke, and then they retire at about nine o'clock, or half past, for the much needed rest.

Beds are usually provided in the form of bunks, built one above the other about the four walls of the room, after the manner of the bunks in the steege of a sailing vessel, though perhaps not so crowded. And here they sleep, with the doors and windows tightly closed in cold weather, and with the air still reeking with fumes of tobacco smoke. It is true that it may be many degrees below zero outside, and that a fresh breath of air probably steals in occasionally through tiny cracks between the logs, helping in time to clear the smoke away, but at the same time such a number of men sleeping together in the same room, each poisoning the air with the exhalations of his breath, must result in an atmos-

phere unspeakably bad and unwholesome. And yet, as they get out of doors early the next morning and breathe again the frosty, clear air, the oxygen in the blood is renewed and their pulses are stirred with life.

The Scandinavians comprise a large percentage of the lumbermen in Minnesota and northern Wisconsin. Some of them work on farms during the summer or are engaged in the saw mills, going to the woods with the coming of cold weather. For the most part they are veritable giants in size, big boned and deep-chested. There is an amusing story told of one of them, growing out of their love for molasses, this in turn being really the result of that enforced economy in diet and living which has compelled them in many cases to dispense with the expense of butter and to use a cheap syrup instead. The felling of a big tree is always a source of danger, and unless one has judged its fall correctly and gets out of the way, the descending giant of the forest may crush him to death or at least break his bones if the branches strike him. On one occasion a powerful Norwegian was caught in this way by the branches and pinned to the ground, badly shaken and bruised. As he perceived the temporary numbness of his limbs resulting from the shock he concluded that he was going to die, and his mind was in a panic. He saw that a religious service was out of the question before he expired, and desperately he called out to his friend: "Ole,—Ole, I'm gowing to die. Ole—please sa' something sweet before I die!" Poor Ole, however, was nonplussed. How did he know what to say? He scratched his head, then shook his head. Then sud-

denly his face lit up as an inspiration came to him, and he said, "See-rup!"

But if, irrespective of nationality, practically all of these lumbermen have the same remarkable physical strength and powerful constitutions, they nearly all have likewise the same weaknesses in the way of unfortunate habits. Upon coming out of the woods in the Spring, after the many monotonous months of toil and comparative confinement, a great part of them experience what may perhaps be expected as the reaction from their prolonged lack of amusement. Their bottled up spirits break loose, and other bottled up spirits are poured forth, and they get on one glorious, protracted drunk of a week or two in the first town or city that they reach, and in the course of which they not uncommonly "blow in" every cent of the wages which they have earned and saved through the long weary months of the winter.

And yet, with all of this getting drunk, the use of tobacco, the drinking of coffee, the eating of pork and other foods sometimes worse, and above all, the sleeping in stifling, unventilated camps, with the general waste of vitality involved in their various bad habits, these lumbermen get strong and keep strong, though it is true that with a more rational mode of life in all respects they would be even far stronger. It appears, however, that the influence of their strenuous out-of-door life is sufficient to more than offset the deleterious effects of all these mistakes, and make them robust in spite. Their activity and the bracing cold air of the winter seasons almost give them immunity against the destructive effects of habits which work degeneracy and extinction among city-dwelling men.

## The Real Necessity for Exercise

The need of exercise is felt as much by thin people, who assimilate too little, as by fat people, who oft assimilate too much. Exercise may therefore be regarded as the great regulator of nutrition. The deposit of a certain amount of

fat within the abdomen is a common accompaniment of advancing age, and this formation can best be prevented by exercise, especially by such exercises as involve the contraction of the abdominal muscles.—FREDK. TREVES, F.R.C.S.



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The finish of the seventy-five yard dash for women patients.

## Athletic Exercises for the Insane

By Sidney Cummings

### THE REMARKABLE RESULTS OF THE NEW METHODS OF TREATING PATIENTS AT THE NEW YORK STATE ASYLUM ON WARD'S ISLAND

It is pleasing to note that the oft-repeated recommendations of this magazine are bearing fruit in various ways. There is only one way of curing insanity, and that is to consider and treat it as a physical ailment. It should be treated as a functional derangement, and the building up of superior physical strength, and increasing the vitality of all the organs of the body in every conceivable way, will in a majority of cases attain amazing results. The article which follows will undoubtedly be of special interest, as it indicates that even the insane find pleasure in athletic exercises.—Bernarr Macfadden.

THOSE entrusted with the care and cure of the insane, are gradually realizing that physical culture, especially its athletic aspect, will frequently restore an unbalanced mentality to its proper poise. This fact has long been taught in the pages of this magazine, as is well known to its readers. But the official mind moves slowly, and hence it is not until comparatively recently that earnest efforts have been made by the heads of asylum staffs to effect restoration of mental health through exercise, diet, bathing, and the encouragement of these out-of-

door sports and recreations, which make for soundness of mind and body.

One of the institutions which has adopted the new and sensible régime, is the Manhattan State Insane Asylum, on Ward's Island, New York City. Now in the past, this asylum has been under the critical fire of the press on many occasions by reason of the alleged brutal treatment accorded to its patients by the political heelers whose "pull" resulted in their becoming keepers and attendants. Time and again were there detailed printed descriptions of the throttlings, "bashing," gouging, beating and kick-



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#### Potato race in progress.

ing of the helpless patients by the burly brutes, who wore the institution's uniform, and time and again, there were so-called investigations, which ended with the inevitable white washing of the accused. Little more than a year ago *PHYSICAL CULTURE* itself devoted some space to the subject, publishing the "confessions" of an ex-keeper.

Now it may have been the exposés in question, or it may have been the good sense and humanity of the present superintendent and medical director, Dr. William Mabon, which prompted the change, but change there has been in both the men and methods of the institution and that too, very recently. As a result, physical culture in some shape or

the other, now forms the chief curative force of the asylum, and the effect on the patients is described as being little short of miraculous. The number of those discharged as "cured" is larger than ever before; those on the way to recovery have also broken all records in a numerical sense, and even the permanently afflicted are, in a great many cases, said to be exhibiting that interest in surrounding affairs which is a most hopeful symptom.

In speaking of the new system of treatment of the insane (not only as it applies to Ward's Island, but to other institutions of the State), Dr. G. Evarts, who is Dr. Mabon's assistant, had this to say:

"The predominating feature of present



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#### Tug-of-war for insane patients.

day treatment of the insane is as much wholesome exercise in the open as the patient desires or can be induced to take; as much rest and play as he or she wishes; the cultivation of a placid temperament through the help of congenial surroundings and occupations, which alike should be of a fresh air and consequently out-of-door sort, and a study of the individuality, of the afflicted by his attendants. When a patient reaches us, the first thing which we do is to try to find out just what he enjoys or will enjoy most on the lines which I have indicated. When we have ascertained this, we try to so shape his daily life that it shall contain a good deal of that which brings him pleasure.

apt illustrations of the benefits which arises from the new order of thing on Ward's Island. In September last, there took place an athletic meeting in the grounds surrounding the Asylum, which was attended by nearly six thousand people, two-thirds of whom were patients, the remainder being friends of the inmates, nurses, doctors and invited guests. The programme of events was such that it would have done justice to a good many colleges equipped with athletic facilities. While there were no records, amateur or professional, broken, some excellent work was done on the track, especially by the girls and women.

The card included a baseball game be-



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#### Wheelbarrow race for male patients—winner crossing the line.

By such means we 'coax,' as it were, the patient back to health. You cannot do otherwise than 'coax' by physical culture means. The moment that you try to drive the unfortunate owner of a diseased mind into doing something which is distasteful to him, you defeat your purpose, excite him harmfully and so hinder his recovery. I believe that alienists the world over have reached the conclusion that the only way of bringing about a permanent restoration of mental health, is by inducing such health through the medium of those physical culture sports, and occupations which make for bodily health."

The pictures which are published with this article furnish striking proofs and

tween patients and employees in which the former made a rattling good showing; a 100-yard dash; a sack race; a three-legged race; 100-yard hurdle race; wheel-barrow race of 100 yards; crab race and a tug-of-war, all for men.

For the women patients there were: 75-yard dash, an egg race, and a potato race. The women nurses of the asylum competed in a 100-yard dash, a 75-yard dash and a nail-driving contest.

The prizes were, for the most part, articles that could be used in the various wards. Thus there was a table, a jardiniere, a table cover or a sofa cushion. To these prizes were usually added something that could be personally worn by the victor, such as a pair of suspenders, a

cravat, a box of candy and the like. There was a reason for this, so Dr. Evarts explained, "You see," said he, "a good deal of the new theory of cure rests on our being able to interest the patient in his or her surroundings. Now, when you are pointed out to visitors or to fellow patients as the fellow who won such and such a thing for a ward, you naturally feel yourself somewhat of a personage. And you take an interest in both the article which has brought you fame while at the same time, you are interested in your admirers. Thus your mind is taken off itself, and is taught the desirability of fixing itself on outside affairs. This is the beginning of a cure."

Official programmes of the sports were issued to the patients, and the scores were kept as carefully as might be expected under the circumstances. Some of the comments on the margins of the cards so the writer was told, showed that insanity does not extinguish wit. Thus one of the women patients commented on a competitor thus: "She runs with the grace of a ham-strung duck and the speed of busted tire." Another patient, a man this time, noted that a competitor in the 100-yard dash, was "More of a duffer than a Duffey."

But on the whole, the programmes thus marked are, to use the words of a

physician who was present at the games. "Vouchers for the soundness of the physical culture method of curing the insane." Incidentally, they are among the few personal possessions which the officials allow the patients to keep.

The behavior of the host of more or less insane spectators on the day of the games was admirable. On the rare occasions on which it was found necessary to quell the enthusiasm of some excited partisan of a ward or a competitor, this was easily done. Among the crowd were not a few whom, a year or so ago, were looked upon as "dangerous." In their cases, as in that of many others, natural methods of cure have wrought something akin to a miracle. These patients, coming into contact with healthful and normal things, seemed to have absorbed a good deal of the qualities named.

"Not so many years ago," said the physician alluded to, "these men and women, boys and girls, would have been bound with thongs or chained to posts amid surroundings which added to their malady. There amid reeking dirt and dreary loneliness, the work of insanity would have fulfilled itself. The mind, unbalanced perhaps by trouble or illness or starvation, would have toppled over entirely, and after a few months of stark madness, the patient would have died,



From stereograph, copyright by Underwood & Underwood, N. Y.

Winner of the hurdle race.

raving or unconscious. Then we used to treat the insane in a way that would have sent a sane person on the road to madness. Now—look at the difference.” He waved his hand over the crowd that fringed the running track. It was cheerful with the cheerfulness which comes of recreation in the open; with the caress of fresh breezes on the forehead, the exercise of limb, and body and mind in wholesome competition or invigorating partizanship, with the sense of freedom from care and congeniality of companionship. And the conviction was borne on the observer, that physical culture is in reality mental culture as well, because in its making of a sound body, it induces the coming into being of a sound mind.

As a matter of fact, the athletic meeting of the Ward's Island insane was the culmination of whole months of preparation and training. When the project was first broached to the patients, it met with a varying reception. Some grew so excited over it that it was found necessary to curb their enthusiasm by proper means. Others manifested a sullen indifference. Others again, prophesied failure. But when the work of preparation actually began, the interest in the meeting gathered strength and it wasn't long before the committee of arrangements found itself embarrassed by offers of assistance and numbers of would-be competitors. Not the least affecting of the features of the matter was, the eagerness and earnestness of many of the elderly patients to “get into the fun.” Statistics of the institution prove that no small proportion of the insane have had little or no opportunity for recreation. From the cradle to the grave, existence with these was one long, hard round of labor. The play element was practically unknown in their lives—and the poor creatures paid the penalty for its absence in the shape of a brain which gave way under the strain of unending and hopeless work. It was this class of patients that were to the fore from the first, and the way that men and women who had passed the meridian of life sought to ob-

tain that need of “play” of which they had been robbed by unkind circumstance, was both pitiable and instructive. The teachings of *PHYSICAL CULTURE* in regard to the imperative need of recreation were once more terribly but emphatically vindicated.

The Manhattan State Asylum, or Hospital, as it now prefers to be known, has had its past, of which the less said, the better. In its present, it is setting an example of good sense regarding the treatment of its patients, of which it may well be proud. The success of the physical culture methods which it has adopted were certain from the first. Unfortunately for the world at large these methods, while known to the readers of this magazine, do not always receive that recognition which they so properly deserve. But the work being done by them and through them on Ward's Island, will give them large advertisement. An experiment which involves some thousands of people and some of the most baffling maladies which vex our race, will, if it results successfully, vindicate the soundness of the theories on which it is based. This has been done in this instance and there is but little doubt but that other institutions of the same type will follow suit in the like direction. When physical culture is generally adopted by the officials of the asylums for the insane, nearly all of the terror and most of the disappointment which now seems inseparable from these places will have disappeared.

Just a word in conclusion. It will be noted that, as Dr. Evarts says, the individual needs of the patient are studied before it is decided what form or course of physical culture is best for him. It is the intelligent application of the principles of the science, based upon experience that accounts for the conditions for the better which are now the rule on Ward's Island. And it is exactly the same kind of thing which explains the marvellous restorations to health which takes place in a properly equipped and attended physical culture sanatorium.

#### A PHYSICAL CULTURE STUDIO IN PHILADELPHIA

W. L. McKie, a graduate of the Physical Culture Training School, at Battle Creek, Michigan, has begun his professional career in

Philadelphia, and is open for engagements to prescribe physical culture treatment and remedial exercises.



Example of a large improvised outdoor sleeping and living room. This structure was formerly used for a barn.

## Strengthening Weak Lungs—Curing Consumption

### Vitality-Building Through Physcultopathy

HOW WEAK LUNGS CAN BE STRENGTHENED AND THE DREADFUL SCOURGE CONSUMPTION AVOIDED. HOW THE DISEASE, IF ALREADY CONTRACTED, CAN BE CURED

By Bernarr Macfadden

This is the second of a series of articles in which is clearly pointed out the nature and cause of consumption, and in which are indicated methods by which the complaint can be cured, if not too far advanced. No scientific terms are used in these articles, and every statement is equally as plain to the layman as to the scientist. The cure of consumption depends upon the building of increased vitality. Therefore, anyone interested in obtaining increased physical vigor will find a great deal of interest in these articles.

#### ARTICLE II.—THE CAUSE OF CONSUMPTION.

IT is impossible for a strong man to be attacked by consumption, that is, while he enjoys a high degree of physical vigor. At times, consumption attacks men who were formerly strong, but before the disease appears their strength has been very greatly decreased. In other words, their vitality has been lessened or lowered. We might say, therefore, that consumption in all cases is the accompaniment or cause of vital depletion, a lowering of the life-giving powers of the body. In speaking of these life-giving powers, the functions

of the various vital organs—particularly those organs which have to do with the digestion and assimilation of food—are more especially referred to.

Consumption is nearly always preceded by stomach trouble of some kind. If there is no derangement of stomach, it may be found in the small intestines. You can depend with absolute certainty upon this accompaniment when this dreaded disease appears. As stated in the previous article, these organs begin the blood-making process, and if they are defective, if they do not properly per-

form their functions, then, of course, the entire functional organism suffers in consequence. When the blood is not properly made, all the other organs of the body are compelled to do more work, and if through lessened vitality they haven't the power to increase their labors, then a diseased condition results. Therefore, please note that notwithstanding the fact that consumption of the lungs is practically the only symptom of your disease at one period of the complaint, the real seat of the disease is with those organs that have to do with the digestive process, and consumption in many cases, does not terminate fatally until the catarrhal condition of the lungs appears in the alimentary canal. This is usually the last stage of the disease.

Passing on to the various causes of the complaint, which are under the control of the individual sufferer, I would say that among the most frequent causes are sexual errors or excesses. This almost universal evil saps the vitality, undermines the functional vigor, lessens the muscular, nervous and mental powers to a greater extent than any other cause. Its terrible effects are but little understood. The very weakness that results from it is usually ascribed to other causes. It does its work slowly and insidiously. Its terrible drain upon the healthy organism frequently begins long before growth has been fully attained. Where errors of this kind have been committed, the vitality has been drained from the fountain-head of life. The very essence of life has been tainted, the

source of energy has been depleted, and when in later life certain causes bring about a decline in vitality, the weakness primarily induced by early mistakes makes one an easy prey to this disease.

A great deal has been said about inheriting consumption. You cannot inherit consumption. It is true that you can inherit a weakened constitution from your parents, you can inherit weak lungs and a condition which might be aptly termed a tendency to consumption. But even with this inherited handicap, by a proper method of vital upbuilding the lungs would be strengthened, and there would be little or no liability of being attacked by the disease, if it were not for the evils that boys and young men encounter, which result from so-called youthful errors. When there has been a consumptive taint in the family, and when added to this there is this vital drain upon a growing boy, he is an easy prey to a disorder of this character. The universal existence of this one cause of consumption accounts for the fact that the percentage of men who suffer and die from this disease is a great deal larger than among the opposite sex.

Probably the next most important cause of this disease is the breathing of confined air. A proper supply of oxygen is absolutely necessary to the development and maintenance of a high degree of health. One who lives in illy-ventilated rooms, who is afraid of a current of cold air, is bound to suffer to a greater or less extent for his mistakes. As has been frequently stated in this magazine, with



**Tent-life in the treatment of consumption. The temperature was twenty-eight degrees below zero when this photograph was taken.**

every draught of air inhaled there is a wave of electric energy distributed throughout the entire physical organism, but, of course, the amount of electric energy which is distributed in this manner depends largely upon how much oxygen the air which one may be breathing contains.

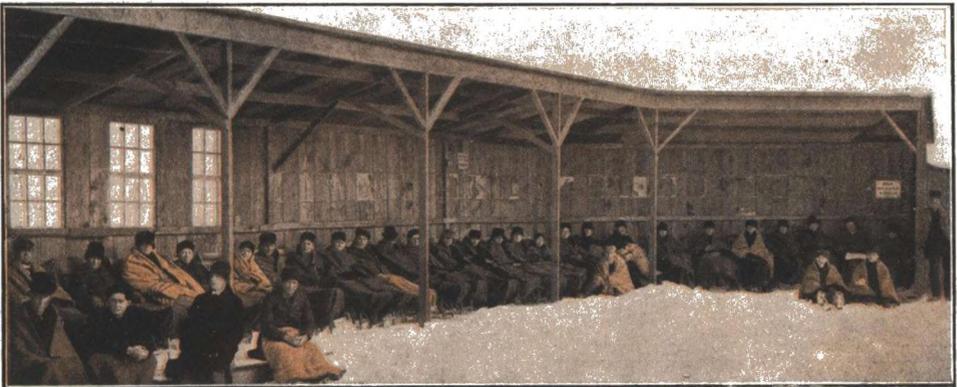
Air creates the energy of life, it is a part of life, it contains those life-giving elements that build strength and health, and drive out disease. If you are a sufferer from weak lungs, if you already have symptoms of consumption, you can put it down right now that to a certain extent the breathing of confined air that is furnished in the average home has had a great deal to do with your particular complaint. Breathing of air of this kind lessens the sensitiveness of the nerves and makes one much more liable to disease of any character. The breathing of impure air lessens the vitality, and as in the case of the cause last mentioned, this indicates that consumption is caused, after all, by lessened vitality. It is made possible through this vital depletion.

It is a question in my mind as to which is the next most important cause of this disease—the lack of muscular exercise, or dietetic errors. I will, however, deal with the lack of muscular exercise as the next important cause. Muscular exercise is necessary to maintain the power and general vigor of the muscular system. If the muscles are not used, the blood to a certain extent stagnates. The dead cells are not carried off; the tissues are not in a healthy condition,

the body is not held in an erect, proper position, as it should be. There is a sagging down—in a way, you might say a prolapsus—of all the organs and tissues of the body as a result of muscular inactivity.

The muscles, to retain their strength, must be used regularly. This stimulates the circulation to the parts exercised, and in increasing the blood supply, it also makes a call upon the digestive organs for more of these particular elements that are needed to build muscular energy. When the blood is more plentifully supplied with these elements, naturally all the various vital organs are fed, we might say, with a better quality of blood. They contain more muscular power, they perform their offices more thoroughly and satisfactorily, and naturally a better degree of health ensues. You have more vim, more life, and you have more vitality.

When you fail to exercise, with at least a certain amount of regularity, every part of the body becomes weaker. The muscles become flaccid, the muscular tissue is infiltrated with fat, and in many cases slowly but surely becomes diseased. As the vitality gradually decreases, if there is a weakness of any kind in the lungs, you will finally be attacked by the dread disease. You cannot possibly avoid it. It is absolutely sure to be your fate under circumstances of this nature. It should also be remembered that when one uses the muscles freely and thoroughly at frequent intervals, the digestive and all other organs



Another method of outdoor treatment.

of the body perform their offices more perfectly. Improved digestive organs always mean an improved quality of blood, increased strength in all parts of the body.

Injudicious diet causes this complaint in many cases. Though this cause may not be evident in the beginning of the trouble, it usually accelerates the progress of the disease materially. This is especially the case when one is indulging what might properly be regarded as an abnormal appetite. When one eats beyond the capacity of the digestive apparatus, when the stomach is crowded to such an extent that it cannot properly perform its duties, an inferior quality of blood always results, and this inferior blood taxes all the various organs of the body, and of course, when one is suffering from consumption, unloads a large part of its impurities in the form of mucus or phlegm from the inflamed surfaces of the lungs. One should never eat any more than he can digest. Eating beyond the capacity of the digestive organs leads to serious evils. This is especially true of the ordinary foods that are furnished at the average table. Meat poorly cooked, vegetables, white bread, pancakes, pies and other pastry, and various other abominations, add to one's functional difficulties at all times, and especially so if he is suffering from consumption. The very plainest kind of food is required when one is suffering from a trouble of this kind, and though what is termed the stuffing process may be allowable in some cases, it should be used with the greatest degree of caution, and even when the process is used, it can be of benefit only when it is quite evident it is materially lessening the discharge of mucus.

If the discharge of mucus increases, then you are simply feeding the disease, and your end will be materially hastened by the stuffing process. This is especially true where one simply adds raw eggs or milk to the ordinary food that is consumed. In a great many cases this is a dangerous remedy. If the ordinary foods are avoided altogether, and one lives on eggs and milk, then there is, of course, less possibility of harm; but the ordinary dietary is absolutely sure to provoke the disease, if one is at all inclined

toward it. This is especially so if combined with these foods, many of which are deficient in nourishment, there is the breathing of bad air, or the lack of exercise, and sexual excesses.

Coffee and tea, meat, white bread, hot biscuits, are prominent causes of the lessened vitality which often results in consumption. Deficient mastication will of course, be an aid of considerable importance. Your food should be masticated. It is much more difficult to digest when it is not properly mixed with the saliva by thorough chewing before it is swallowed.

There are, of course, many other contributory causes to this complaint. Dissipation of any kind which will lessen the general vital strength will naturally do a great deal towards causing it. The use of alcoholic liquors in excessive quantities often brings it about. Even the temperate use of alcohol, which is often inclined to materially increase one's appetite and thereby cause one to eat considerably beyond the requirements, will in this manner often be a contributory cause. Overwork often so materially lessens the vitality as to provoke an attack of the complaint. Many boys and girls in schools and colleges become so interested in keeping up their studies, and are goaded on by ambition to such an extent, that they undertake more than they can accomplish, and the lessened vitality brought about from these excesses makes them a very easy victim. Not infrequently the school graduates find themselves in possession of so little vitality that they have neither energy nor ambition, and consumption is not infrequently the fate of those who have made mistakes of this character. Of course, you might say that the drugging habit is a prominent cause.

The idea that many people seem to have acquired, that every pain or unpleasant symptom must be combated by a strong drug, ultimately ends in lessening vitality, and if one will simply remember that any influence of any nature which will materially decrease the strength of the body muscularly or otherwise will materially add to the possibility of being attacked by this disease, it will

then be exceedingly difficult for a mistake to be made. If the body is maintaining a high degree of vigor, it is impossible to acquire consumption. In fact, you might say it is impossible to acquire any disease. You should, however, remember that the body is as strong as its weakest link, and if your "weak link" is represented by a weakness of the lungs, then the various influences that will lessen the virility of the blood or the general strength of the functional organism, will be accompanied by an attack on these defective organs.

The next installment of this article will begin perhaps what might be considered the most important part of the series, and that is the method of strengthening weak lungs and treating consump-

tion. The first article will be devoted to the proper diet to be used under the circumstances. It should be remembered that in addition to having the advantage of thousands of advisers who have written to me because of their interest in my work, I have been studying this disease and its natural treatment through large numbers of cases that have been placed directly in my care either in one of my sanatoriums or in the treatment by mail that I formerly conducted. In addition to that I have had to personally fight the disease in my own case almost since boyhood. Therefore, I feel that there is hardly an authority, no matter how much investigation he may have made, who is better qualified than I am to write on this subject.

## Development of Real Men Depends on Woman

TO THE EDITOR:

In one of the late issues of your magazine Helene W. Johnstone fairly screams for a "real man." I think the sooner the women realize that improvement of manhood lies with themselves to a very large extent the sooner we will have men of the physique and character the world is in so much need.

Men do not grow on bushes. It has been well said that: "All that I am my mother made me;" and: "The hand that rocks the cradle is the hand that rules the world." The best way to improve the men is to begin with the mothers, sisters and wives. The man who has had the right bringing up or is under the right woman's influence is the one who will come the nearest to being the ideal man. Let me talk twenty minutes with any young man or boy and I can tell you pretty closely what sort of a mother he has or what sort of women he has been associating with. How can our boys be expected to grow up into strong men in mind and body when it is the fashion for their mothers to be "in poor health?" How can a man go out and battle with the world in these strenuous times with strong limbs and clear brain when his wife knows almost nothing about the preparation of wholesome food and often delegates that work, which may mean the success or failure of her husband or son, to some ignorant or incompetent servant?

The writer says: "marriage means mating of a man and a woman," and though the women may have many defects, I am of the opinion that the men are to a very large extent to blame for them. If the men were big and strong and more capable from every standpoint, the women would possess more superior characteristics, but I am not going to criticize my own sex. "Nonsense! Any reader of city newspapers can find instance after instance where the husband has been driven to

dishonorable methods and even to crime by his wife's love for dress and extravagant habits. Look at the competition everywhere between women to see who can out-dress the other. That is their chief topic of conversation. Which are the most popular young men among the girls? The ones who dress the best and who can show them the "best time." How many girls are there who will refuse to accept an attention from a young man because they know that he cannot afford such extravagances? How many fathers are there with their "noses to the grindstone," and who are entirely oblivious of the fact that they are "flat-chested," "round-shouldered," or "generally misshapen," in order that they may satisfy their wives' and daughters' love for finery and save them from the mortification of wearing last season's hat.

As for manhood being represented by "wine-drinking, tobacco soaked, mere prigs," in some communities, I will say that in those communities where such young men are held up as models by those who admire them, they are the representative manhood. When girls cease to make it embarrassing for young men who will not drink liquor in their homes, and dote on young men who wear freakish tailoring and float around in a cloud of tobacco smoke, we will find that our young men are seeking after higher conceptions of manhood.

When women come to realize the responsibility to put aside the superficial and give their sons strong bodies and impress upon them principles of honor and high morality from their earliest years, and when wives impress upon their husbands that success without honor means disgrace and failure, then we will have a race of men who will more truly represent their Maker on earth.

Yours truly,

Los Angeles, Cal.

Geo. W. JEPSEN.

# Theatrical Honors versus Love and Home

A PROMINENT ACTRESS DECIDES IN FAVOR OF THE HOME. HER VIEWS COINCIDE WITH THEORIES ADVANCED IN THIS MAGAZINE

By Charles Merriles

IN a recent series of articles on "Divorce and the Stage," the writer especially emphasized that the stage as a profession for women is greatly misrepresented, and that it often brings misery and loneliness instead of bringing contentment and happiness. Stage life is responsible for ambition that burns out the higher instincts of womanhood. Within its seething fires the very soul is consumed and a woman who must be satisfied with merely the plaudits of her audience will finally become a mere automaton. She will have to develop into a machine-like creature, whose emotions can be swayed momentarily in accordance with the dictates of a cold and unfeeling intellect. A very striking proof of the existence of conditions pointed out by the writer has appeared in the case of Margaret Illington. In a recent interview with Kathleen Thompson, she states that it is her purpose to apply for a divorce from Daniel Frohman, her famous husband, and that she intends to desert the stage for all time to come. The following are brief extracts from her interview which appeared in the *Chicago Examiner*:

"There isn't anything in life that's worth while for a woman, except a home of her own, and a husband that loves her, and perhaps a few kiddies to keep her busy,

and that's what I'm going to have one of these days, and that's the way I'm going to spend all the rest of my life."

"If a girl loves the stage—if she's all ambition and eagerness for it, then she gets her compensation as she goes along," she said, "but I'm not that kind of a girl, and I've known it ever since I first began, nine years ago. I've hated it—I've rebelled and I've rebelled and I've collapsed and I've fainted, and it was all nothing—nothing beside the pride that my husband felt in my career. He wouldn't realize that my nerves and health were giving away; that I wanted warm, human ties—that I was sick of the theatre. And so now things have reached a pass when I must live my own life, must break bonds that are slowly crushing the heart out of me, and be free.

"I want the people who have been kind to me all through my stage life to realize that I'm not doing anything abnormal or sensational. I just want what other women want. I hate divorce as much as any woman in the world does, and I'm getting a divorce now because the life I had to lead was against every instinct of my nature. I never went down to my dressing room without wishing that I had finished my last engagement, and I used to beg Mr. Frohman, over and over, to let me stop. But he



Margaret Illington.

wouldn't. I used to tell him that I was wretched; that there was no pleasure in my work and that I only threw myself into it because that's my nature whatever I'm doing.

"I know what I want. I've known it all along. I'm—why I'm born for domesticity. I assure you that when I am free again my stage career—for the present and for all the future—is over, over, over. I'll never miss it, nor want it, nor long for it—not for an instant."

"You'll marry," I suggested. Miss Il-lington smelled her violets."

"And perhaps, some day," I pursued, "things will seem humdrum and dull—ordering dinners and directing maids—and then you'll remember the packed houses and the applause and the glorious gowns?"

But she shook her head.

"Never once, my dear. You know I was a school girl when I was taken right out in mid-term, to help out in some family financial difficulties. Well, I made my little hit and Mr. Frohman picked me out for a promotion and told me that there was a future ahead of me. And then came my marriage to him, not

because he was a manager and a big man, but because I loved him and wanted to have my own home and stay in it and forget that I'd ever been an actress."

"After a while, he began to talk stage again and I consented just because he was so set on it. There is nothing in the world for Mr. Frohman but the stage—nothing else counts. And after a while my health failed and I would faint between the acts and be carried home unconscious over and over again. I got to dreading it—hating it.

"No woman can bear to live a life like that," continued the actress slowly, "and I wouldn't bear it any longer. Mr. Frohman and I had our first real split last Fall. I wouldn't go back to the stage after my illness; he wouldn't consent to any other arrangement. I respect Mr. Frohman; I see his point of view, but I'm not able to agree with him. Only a year ago I was unconscious for three hours after one of my matinee and evening performances, and yet the next day—the very next day—I must go on, I must take the exacting and exhausting part."

## Physical Culture Methods in Training Children



The accompanying photograph illustrates what has been accomplished in the home of one of our Australian readers. The father of the two children writes us from his home as follows:

"Am sending two photographs of my two little boys, their ages being, Cyril, three and a half years, and Thomas, one and a half years. They are both being brought up by physical culture methods, and it is needless to say they have enjoyed good health. The elder boy, Cyril, weighed twenty-six pounds when he was five months old. The younger one, although only eighteen months old, can walk on his hands, wheelbarrow style all over the floor. They sleep with their windows open all the year round.

"T. A. DUDLEY."

"Perth, Western Australia.



Summer view of mining hut in Northwest Alaska.

## An "Athlete" at Sixty

STRICT TEMPERANCE AND LIFE IN THE OPEN AIR  
THE SECRET OF A KLONDIKE MINER'S ENDURANCE

By Livingston Wright

"YES, I've seen them pay forty dollars a bottle for wine in the old days in Dawson City," says William Perry, a fine looking, ruddy-cheeked Englishman, who is visiting in Boston, after several years in the Klondike.

Although Perry is over sixty, he would easily pass for a man not over forty-five. Of medium height, his frame is so stocky and well-proportioned and his walk, nay every movement, so suggestive of the athlete, that with his sparkling eye, and clean-shaven face, he might be presumed a retired country gentleman or athletic business man rather than a man who had started in middle life to brave the snows and perils of a mining prospector in the far Northwest. Although he talks with a readiness bespeaking the experienced business man, Perry is without special educational equipment. For some thirteen years he served in the capacity of a cab driver in Boston.

He attributes his remarkable physical preservation and ability to endure hardship, for he has been in snowslides, landslides, floods, washouts and other catastrophes of Nature in the Northwest, and come through absolutely unharmed, to open air life and temperance in the strict sense. "For temperance," he smilingly says, "is not total abstinence, but in moderate use of food, and exercise. My life as a cab driver here in Boston kept me out in all kinds of weather, winter and summer. I got used to standing outdoors when the mercury was below zero and the wind blowing a hurricane, hence when I made up my mind to go to the Klondike, in 1897, when the craze for gold broke out, I felt that, physically, I was pretty well-prepared. I was forty-nine, in the very best of health, never knew what a sick day was, had a little money, and made up my mind I'd see how far I could go.

"Well, I started. Some of my com-

panions died on the way, others gave it up, but I am able to say that I have been hundreds of miles north of Dawson City, in fact, few white men have ever gone further up through Alaska than myself, and although having won and lost a fortune or two in the Klondike, I am now on top, have a one-fourth interest in a mine, something over a hundred miles East off Dawson, and have a modest capital beside. It will cost me fully \$2,000 to 'come out of the diggings,' as the phrase is, this time, for I am going right back to the Klondike, yet I may say if I could not have afforded to come I should not have attempted this little trip back East."

Mr. Perry has a married daughter in Boston, and a son, in Lynn. It is said that the father, after the terrible hardships he has gone through to win his property, is very desirous that his children shall benefit by it and has made liberal arrangements to this end while in the East.

"The cream of the mining claims are now taken up or the territory under control of big mining men," he says. "The Guggenheims own Bonanza Creek and other fabulously rich territories and are developing them to an amazing degree. On one section they have already piped water over sixty-five miles and are prosecuting their operations on a scale in harmony with immense financial backing. Dawson City is now of but about two thousand population and as well ordered a town as one could expect to find in such a region. The Canadian mounted police, provide an excellent supervising force. A few years ago, Dawson had forty thousand population and was as tough a hole as you could imagine, forty saloons in a row on a street, and gambling hells and painted women to beat the band. Prices for all else than the drawing of your breath were enor-



William Perry in his mining clothes.

mous. But those wild days of disorder have now disappeared, with the coming of men of systematic business ability, men who own large interests and can handle big enterprises with speed and surety. The Canadian mounted police have been a big factor in helping to organize Dawson City, and other settlements, and the blacklegs and adventurers, who came to Alaska simply to prey off their fellow-men have been driven out. Considering its territory, Dawson City today is as well-ordered a place as you could find anywhere.

"The days of unexplored sections and likely big finds for inexperienced gold-seekers are things of the past. The call now is for business men and capitalists to come in and develop upon what the miners have as a basis. Transportation, railway, steamboat, trolleys, mills, factories, stores, supply houses, churches, these are things that are needed. However, let no one expect to come out to Alaska and easily find money. We miners when we make a find simply call it 'miners' luck' and when we lose fortunes we don't make as much fuss about it as you would here when you lose a few dollars. We call it again just 'miners' luck.' Then, when we make a big strike we once more just call it 'miners' luck.' That is to say, we have had to learn to take the world as it comes and make no kick.

"I shall start back for the Klondike in a few days. I go first to Seattle, to attend some business. From there I'll go to Skagway and there take a dog-train for Dawson City.

"I might say in conclusion that I have been able to endure the rigors of my ten years in Klondiking it simply because I was temperate in all things and lived outdoors. It's a great combination!"

# A Pious Hypocrite

THE PRETENDED vs. THE REAL CHRISTIAN—THE CLOAK OF RELIGION USED TO SERVE MATERIAL PURPOSES

By S. Wardlow Marsden

**SYNOPSIS.**—Samuel Jonathan Walker, is a self-satisfied individual, aldermanic in proportion and firmly imbued with the wisdom of his opinions, who has for years received a comfortable income as the chief official of the Society for Moral Promotion. At the opening of this story he has been much offended by an entertainment at the local Y. M. C. A., at which Charles Warner, a splendidly developed young man, has greatly pleased the audience by an exhibition of his skill as a gymnast, and the grace and symmetry of his form. Mr. Walker's daughter, Emily, attends the entertainment, and when she later meets Charles Warner, at a church festival, the young people become much interested in each other. This causes much dissatisfaction to Horace Horton, a young man to whom Emily has become affianced, at the behest of her parents, but in whom she finds little to admire. The meeting with Charles also comes to the ears of her father, who forbids her to acknowledge the acquaintance of the young man, on the ground that Charles has proven himself low and vulgar by his exhibition at the Y. M. C. A. gymnasium.

## SECOND INSTALLMENT.

### CHAPTER III.

THERE was nothing particularly pretentious about the home of the Warner family. It was on the outskirts of a suburban village and possessed all the advantages of a country home, and at the same time the conveniences supplied by the city. The modest cottage was surrounded by a lawn and garden which gave evidence of special care. In fact, Mrs. Warner was fond of the outdoor work involved in keeping the garden and lawns in proper condition, and her appearance plainly showed the beneficial influence of the sun and the open air.

One morning, a few days after the incidents described in the last chapter, Mrs. Warner and Charles were busy in the garden, with hoe and rake. Charles was in love with his profession; yet he liked to come in contact with the soil. On numerous occasions he had stated that outdoor work seemed to give a vitality and vigor to the body which could never be secured from the most scientific physical training that could be secured in the gymnasium. For many years, his mother had been a semi-invalid. When he became interested in building his own bodily strength, he naturally tried to influence her to change her habits of life with a view of remedying her troubles. His efforts in this direction had met with success, for in a reasonably short time his mother had so greatly improved in health and strength that she often declared that she felt almost as well and strong and active as she did when she was a young girl. As she moved about the garden, it was evident that she possessed a vigor unusual in one of her years, and though there was no questioning her statement, as to her

bodily strength and activity, there were lines in her features that indicated years of previous suffering, which no health-building methods could ever eradicate.

The sun was beating down upon these two contented workers. There was interest and enthusiasm in their every effort. It was plain to be seen that the work was enjoyable, in fact, it was undoubtedly undertaken because of the benefit and the pleasure derived from it.

"Mother, I think I had better go now," said Charles, after they had continued their efforts for a considerable time. "I am due at the gymnasium in half an hour."

"All right, son, and I must attend to my household duties. We can finish this work to-morrow morning."

Charles hurried into the house and reappeared in a few moments. Edna Warner, the crippled sister had been watching the workers, from a small piazza adjoining the side of the house. She looked up with a bright smile as Charles reappeared.

"You'll come home early to night, won't you, Charles?"

"Yes, dear," he replied, stooping and kissing her affectionately. "And we'll have a romp, eh?"

"Yes, a great big one," was her reply. Charles turned to his mother, who was looking at them with the kindly light of maternal love in her eyes. He kissed her again and hurried away.

She looked after him as with strong, light steps he speeded along. She was proud of him. All the hopes and ambitions of her earlier years were now transferred to her son. Although a strong, sturdy man, he was still her boy. They had always clung tenaciously to each other, and notwithstanding the extraordinary difficulties that they had

encountered, she could look back upon many happy times in her life. She had learned to cast aside the remembrances of the terrible experiences of past years, and in the new found strength that had come to her, she had been delivered from the mental anguish that for a long time had constantly tortured her. With renewed bodily vigor had come greater mental strength. Her racked nerves had been quieted, she had found new ambitions in the enthusiasm of her boy, she had entered into his work and into his life, she had made herself a companion to him in his studies and in his pleasures. As a result, she had grown younger in appearance and in spirit.

Though her hair was almost white, the ruddy color that was plainly apparent under the coat of tan she had acquired from her outdoor labors, showed that she was far from being an old woman. There was a brightness in her expressive eyes that indicated love of life and interest in its events. As she stood there wrapped in thought, one could hardly help admiring her well-preserved womanhood, despite the traces left by the terrible soul torturing anguish through which she had passed. There was strength of character indicated in her every outline. She had made a splendid fight, she had apparently struggled against great odds. No doubt, there had been many times when she had been almost overpowered by the inclination to give up, but when she thought of her boy, when she remembered little Edna, she had risen again with a renewed courage and with a determination to fight on to the end. This constant struggle against great odds had built up a character of superb strength, and for a long time now she had seen victory ahead. Edna furnished the only problem that seemed to be impossible to solve, but even in her case there had been such a great change for the better within the last year or two that she had felt encouraged, and this morning she was really happy. As she looked down into the face of her little daughter, tears came into her eyes. She stooped and kissed her again and again.

"Oh, mother, don't cry," said Edna, "I am so happy this morning."

"Yes, dear, so am I. I was crying be-

cause my cup of happiness is filled to the brim. Oh, if you could only learn to walk, if my little girl could only be like other little girls, it would be the most joyous moment of my life."

"Yes, mother, but I will some day. You know I am getting better every day, and the time will surely come when I shall be able to walk like other girls, and won't that be joyous?" she asked, gleefully clapping her hands together, her face brightening up like a sunbeam.

She was a beautiful child, notwithstanding her infirmity. A great mass of brown hair formed a frame for her well-moulded features. Her eyes were brown and wonderfully expressive. There was nothing cross or peevish about her. She was really a joy to the household. Her chief pleasure were the exercises which her brother had been in the habit of giving her each day for some time past. He had been endeavoring to arouse life and strength in the muscles of her little body, some of them completely paralyzed. He had been wonderfully successful in his efforts though her legs exhibited little improvement. But she shared the hope of her mother and brother, that ultimately, as she increased in health and strength, even these defects would be remedied, and that she would finally be able to walk.

Here was a home in which peace and happiness apparently reigned supreme. No harsh words were heard, no angry countenances were seen; nothing but love and sunshine were disseminated.

Charles Warner had always been the confidant of his mother. They had fought their battles side by side. But on this particular morning Mrs. Warner felt that their troubles were of the past. They were far, far away; in fact, she felt that they were gone forever, hidden within the innermost recesses of her own heart, and that never again would she or her boy have to face the horrible specters that she had so vainly tried for long a period to eliminate forever from her own mind.

Charles had been gone but a few moments when Mrs. Marlborough, an acquaintance they had recently made, came up the steps of the front piazza, accompanied by two other ladies, and rang the

bell. The door was opened in a moment by Mrs. Warner.

"How do you do, Mrs. Warner. I brought two friends with me," said Mrs. Marlborough, advancing and extending her hand.

"It is so good of you to come," said Mrs. Warner, after she had been introduced to Mrs. Marlborough's two friends and had invited her guests into the house.

"We came to see Edna," said one of the young ladies, "We have heard so much about her."

"Oh, I am so glad you have come. I know Edna will be very greatly pleased, she has not very many friends, and though I try to make it as pleasant as possible for her, she does not really begin to live until it is time for the arrival of Charles."

Mrs. Marlborough, the elderly lady who had accompanied the two young women, had met Mrs. Warner at the church the previous Sunday, and while making various calls on the invalid members of the congregation, she had suggested to the two young ladies that they call upon Mrs. Warner and see her crippled daughter. Emily Walker happened to be one of these young women, and remembering her mother's remarks, she had at first objected to making the call, but after her friends pressed her for a reason for her objection, she was ashamed to go into details, and they finally induced her to accompany them. Emily became especially interested in Edna, in fact, they were fast friends in a few minutes, and while the others conversed on various subjects of interest, she and Edna were having a splendid time together.

"I think Charles would like you," Edna said in a burst of confidence after they had quite an extended conversation. "Oh, you don't know Charles, do you? I had forgotten that," she said as Emily apparently hesitated before replying.

"Oh, yes, Charles is your brother. I met him at the church festival a few days ago."

"My, you did! Well, then you like him, don't you?"

"Surely I do," said Emily, her cheeks flushing at the direct inquiry.

"Nobody could help liking Charles. He is everything to me, so fine and big and strong."

Emily laughed musically at her enthusiasm.

"How nice it must be for a brother to have a sister who thinks so much of him."

Mrs. Warner took her visitors out to the garden, and waxed enthusiastic over the pleasure and benefit to be derived from gardening.

"But does Mr. Warner have time to do much of the garden work?" asked Emily.

"The garden is entirely taken care of by he and I. Some mornings we get up very early—and somehow there seems to be more life in the air before the sun rises, though I'm not especially fond of early rising."

Her guests seem to be impressed by this conclusion, and after a brief conversation with Edna on returning to the house, they departed.

Emily had felt a trifle guilty for having called at the Warner home. However, Mrs. Marlborough, who had insisted on her coming, was a good friend of Mrs. Walker's and Emily felt that if her mother was especially displeased by her action she could secure forgiveness through Mrs. Marlborough. She knew however, that she could appease her mother, but she hardly dared to think of what her father's attitude might be on hearing of her call. She realized most emphatically that Mr. Walker would be extremely angry, and she was worried not a little as she made her way homeward. Her father had seemed to be somewhat displeased with her ever since the evening that he reprimanded her for speaking to Charles Warner, at the church festival. He had not referred to the incident, but at the same time she intuitively felt his displeasure. Horace Horton had continued his calls as usual and though she strongly desired to follow the wishes of her parents, she found it impossible to resume her former relations with him. She had said nothing to him about their engagement, and she had tried to be pleasant toward him, but she had seen Horace in his true light. In one way, she had come to her own rightful possession—she began to know herself

better. She realized that previously she had been a mere girl, and that she had simply followed the dictates of her parents in making this engagement. She felt that she had never really loved this man, and now their relations had actually become most distasteful to her. There was growing within her, slowly but surely an actual dislike for Horace. Various unpleasant happenings seemed to combine at this particular time to make her seriously discontented. She hardly knew what to do. At first she was inclined to tell her mother that she could not bear the thought of marrying Horace, and that the engagement must be broken, but she realized what a storm such a confession would arouse within the household, and day after day, she delayed making it. She felt somehow that her father would never forgive her if she refused to marry Horace Horton, but the more her thoughts lingered upon the possibility of spending her entire future with him as her husband, the more unhappy she became. She was in this undecided and unhappy frame of mind on the morning that she called at the Warner home. A very brief glimpse of the peace and contentment of that household assisted her in coming to a more definite conclusion.

It need not necessarily be inferred that she was in love with Charles Warner, for such was not the case. She undoubtedly admired him, and somehow felt that there was a mutual attraction existing between them, but this in no way influenced her conclusions. Unquestionably, however, it was her admiration for Charles Warner which enabled her to see the defects of Horace Horton in the clear light of truth.

Her feelings had undergone a change, and in moments of dissatisfaction with herself because of her engagement with Horace, she had said, "Why, he is not even a man. He is nothing but a mere imitation. I might just as well marry a clothing dummy! He has little or no feeling, no emotion, and as far as affection is concerned, I am inclined to think that he hasn't enough strength of character to be capable of real affection for any woman."

Though Emily had definitely made up

her mind that the engagement between Horace and herself would have to be broken, she finally concluded that, for the time being, at least, she would say nothing to her parents. Of course, it was impossible for her to disguise the change in their relations to Horace. She decided that she would wait until he mentioned the subject to her parents and then perhaps there might not be so much unpleasantness. She was at first inclined to tell her mother that she had visited the Warner home, but she honestly felt that under the circumstances her mother had no right to deny her the privilege of making this call. If her mother heard of it she would simply acknowledge the fact and if she chose to scold her severely, the unpleasant harangue would hardly be made any the worse because of her failure to inform her of the call.

#### CHAPTER IV.

It was ladies' day at the Young's Men Christian Association. One day of each week had been set apart when ladies were invited to visit the Association building. Although they were welcome at any time to all the various other rooms, this was the only day that they were allowed to witness the exercises in the gymnasium. The building never looked more inviting. Cheery, smiling faces were seen on every hand. It was a sort of a gala day, and everyone seemed to do his best to add to the pleasure of the members and visitors alike.

Charles was in charge of the gymnasium; he had arranged various drills and gymnastic classes with a view of entertaining the visitors. The class led by him was composed of splendidly developed young men. They showed to a marked degree the value of superior training. As they marched hither and thither, they reminded one very much of a splendid body of soldiers. With shoulders back, head erect, they moved about, alert, supple, active and strong. There were a few in the class who had not been able to acquire the proficiency of the more experienced members. One could note a very marked difference in their development. They were not so well "set up," they did not walk so erect, and there was not the same grace and

agility in their movements, as in the case of those who had the benefit of prolonged training.

Charles was in his element while engaged in his work; he loved to see his students grow in strength and activity, he entered into his duties with an enthusiasm that was at times inspiring, and his advanced students showed in their splendid manhood the results of his influence and his teaching. After putting his students through various drills, he divided them into classes and his assistants led these classes in numerous "stunts" on various forms of apparatus. The spectators thoroughly enjoyed the splendid work of the athletes, and enthusiastically applauded the feats of skill and strength.

Charles himself gave a brief exhibition at the conclusion of the class exercises, and was also heartily applauded. Dressed in his gymnasium trousers and sleeveless athletic shirt, he made a striking appearance. He was a picture of strong, gracefully developed manhood. In addition to possessing strength and suppleness to a marked degree, his features showed unusual strength of character and intelligence. In developing his body, he had not neglected his mind. While conducting his classes, he had recognized Emily Walker among the spectators, and at the conclusion of the exhibition he hurriedly changed his costume to his ordinary apparel with the hope of having an opportunity of meeting her before she left the building. He had, of course, heard of her visit to his home, and he desired an opportunity to thank her for her interest, and at the same time he was anxious to secure an invitation to visit her at her home. Had he known the difficulties that he would encounter in securing this invitation, he would not have made the effort. He found a large number of ladies still in the building, and after greeting various acquaintances among them, he managed to find Emily. She turned from the lady with whom she was conversing, and greeted him pleasantly as he approached.

"Mr. Warner, I want to thank you for the splendid exhibition you have given us. I'm sure we have all enjoyed it very much."

"I'm glad to know it pleased you, for I must admit that I'm very proud of my students. They are a splendid lot of fellows."

"You have a right to be proud of them," said Emily's companion after being introduced to Charles. "When I look at these strong, well-developed young men, and consider what they might have been without the influence of a gymnasium, I'm inclined to admit that what they secure here is worth more than it costs in mere money, no matter how much it might be."

"I agree with you most heartily. We cannot measure the value of health. Too many people do not consider it of much value until they have lost it, and then it is worth more than everything in the world."

"That's true, Mr. Warner," chimed in Emily gazing at him with an expression of more than usual interest.

"I wish to thank you for calling on Edna," said Charles, as her companion was accosted by an acquaintance. "She enjoyed your visit ever so much."

"No thanks are needed. She is a splendid little girl, and I was glad of the opportunity."

"Why haven't I seen you at church recently?" said Charles.

"Maybe you weren't there to see me."

"Oh, yes, I was."

"I did miss last Sunday."

"And I looked around for you, too."

"You weren't disappointed, were you?"

"Yes, very much," smiling.

"Well, I shall be there next Sunday," said Emily, "though I must be going now," extending her hand to Charles.

"You don't have to go so soon, do you?"

"Yes. Mother expected me home some time ago."

"I wonder if I should be thought impertinent if I were to ask a favor of you," holding the hand she had extended to him momentarily.

"Maybe not. What is it?" she asked pleasantly, her expressive brown eyes gazing at him invitingly.

"I want an invitation to call on you at your home."

"Oh!" hesitating.

"Surely you're not going to refuse me

that request?" he inquired as she continued to hesitate.

"I can't invite you just now."

"Why not?"

"I really cannot tell you, Mr. Warner. Please don't be angry with me," she said in a tone evincing deep feeling, turning and hurrying away without giving him an opportunity to reply.

The day following the event just recorded, there was a meeting of the elders of the church to which Charles and his mother had presented their letter. These meetings were frequently semi-social events. In other words, the deacons would meet at their various homes and discuss the business of the church before or after an extended course dinner that would be provided on these occasions. The meeting referred to occurred at the Horton mansion—for it was indeed a mansion. To view its exterior, one would naturally conclude that it was a palatial hotel, instead of a private residence. It was a massive building, erected apparently without thought of expense, and impressive as was the exterior, the luxury and magnificence of the interior was still more so.

There were blue rooms and pink rooms, and all the up-to-date requirements necessary to the social set in which the Horton family moved. Mr. Walker always deemed it a great privilege to hobnob with William Horton; to be able to say that William Horton was a friend, carried great weight with many people. He had studiously cultivated this gentleman for many years for the mere privilege of being able to make this statement. And now his daughter was engaged to Horace, his son. It is needless to say that this was the proudest moment of his life. William Horton's son would be his son-in-law, and he no doubt felt that when this event should take place, he could hold up his head among men, and his great superiority would then be recognized everywhere. It was really the fulfilment of a great ambition. When he first made the acquaintance of William Horton years before, he noticed that his son was but two years older than his daughter, and when he was struggling to make a reputation, it occurred to him what a great achievement

it would be if a marriage between his daughter and Horace Horton could be some day consummated.

On the evening referred to, Mr. Walker came a little earlier than the stipulated time. He wanted to see his prospective son-in-law alone. Somehow there was a fear rankling in his mind that Emily was not going to be so tractable as he had imagined. To be sure, she had agreed to the engagement, but as he well knew, engagements are sometimes broken and his purpose in calling early was to confer with the younger Mr. Horton, and find out if he had noticed any change in the attitude of his daughter towards him. He told the servant who answered the bell that he wanted to see Horace, and that he would see Mr. Horton, Senior, later. Horace came into the room a few moments thereafter.

"You're not looking well, Horace. What's the matter?" was Mr. Walker's inquiry after they had exchanged greetings.

"Oh, I'm all right."

"Nothing to worry about?"

"Not the least."

"Well, I am glad to hear that, Horace. Do you know I have thought that Emily had acted rather queerly recently?"

"Well, Mr. Walker, I must acknowledge that she has acted somewhat strangely. She does not treat me just as she did formerly, she apparently tries to be as pleasant as ever, but there is a coldness that has not existed in our relations for some time."

"Well, Horace, I suppose that doesn't amount to anything. It's just a little lovers' quarrel," smiling significantly at Horace. "You will make it up and be closer than ever."

"But we haven't quarreled about anything."

"Well, there must have been some misunderstanding."

"She seems to act a little strange about this fellow Warner."

"Warner—Oh, you mean that vulgar fellow connected with the Y. M. C. A.? She wouldn't think of looking at such as he. Surely you're not jealous, are you Horace?"

"Oh, no. There's no cause for that,

but I think it might be a good plan to show up that fellow Warner."

"I intend to see that he don't get into our church."

"That's good. He shouldn't be allowed inside the doors under any circumstances. I spoke to father about him, and he agrees with me."

Nothing more of importance was mentioned in the conversation, and it was about two hours thereafter that the deacons of the church assembled, and began to discuss the business of the church. There was nothing brought up of interest to the reader, until it was mentioned that the Warner family had presented letters of introduction for acceptance in the church. Mr. Walker immediately arose and called attention to his view of the character of Charles Warner, in a most emphatic manner. Mr. Horton arose and practically endorsed the conclusion expressed by Mr. Walker. There were five of the deacons present, and at the close of Mr. Horton's remarks, Mr. Williams arose and in tones which seemed to indicate considerable irritation, vigorously condemned the statements of previous speakers.

"You have attacked this man, Walker, simply because he has given an exhibition in which he has shown the wonderful development of his body—acquired, no doubt, through hard, diligent work—for the purpose of arousing the enthusiasm of others, who have not the knowledge or the ambition to work for similar rewards. I firmly believe that you gentlemen are not familiar with the wonderful work that the Y. M. C. A. gymnasium is doing. I have seen dozens of frail, delicate boys develop into magnificent men in that institution. I must admit there was a time when I had views similar to those which you have expressed here this evening, but the cry of to-day is for manhood—for fine, strong, well-developed bodies—and there is nothing that inspires a young man, there is nothing that so arouses his enthusiasm towards the development of manly powers, as the actual evidence in the bodies of other men of what can be accomplished by physical training. As much as I respect the views of the gentle-

men who have preceded me, I most emphatically object to rejecting the application for membership of an entire family, merely because one of their number is engaged in the work of improving human bodies and has assumed that it is his duty to show his own body as an example of what can be accomplished."

"You can't mean," said Mr. Walker, excitedly, as he rose to his feet, his face red with anger, "that you don't consider an exhibition of the kind I refer to immoral? Why there were ladies in the audience. It was the vilest thing I ever saw. Here, a man actually exhibited himself with no clothes on before a mixed audience of ladies and gentlemen."

"I was there, Mr. Walker," interrupted Mr. Williams, indignantly, "and the man to whom you refer was clothed in tights from foot to neck. Why do you make such false statements?"

"My statements are not false. Even if he was not naked, he looked as though he *were*, and I suggest that we immediately take a rising vote as to whether or not this family should be accepted as members of our church."

A rising vote was taken. There were five deacons present; three voted for the acceptance of the application and two voted against it.

"This is outrageous!" said Mr. Walker jumping to his feet, as he realized the decision was against him. "Mr. Horton, who has voted against the application of this man, will stand with me, and I declare here and now, that I will find evidence against this fellow Charles Warner, which will compel every one of you gentlemen to put him out of the church, after you have accepted him. I will put detectives on his track, I will look into his past record, I will open it up to the light of day, and I will warrant you in advance, that I will prove to you that he is a man that is low and vile in character."

These were the words that closed the business meeting of the deacons for that evening. Mr. Walker was so angry he could hardly contain himself. He talked to himself all the way home, vowing again and again that he would show his fellow-deacons whether or not he was accurate in his conclusions.

(To be continued.)

# A SONG OF MATERNITY

By Lillian Browne-Thayer

Be mine the song of Maternity!  
Away with ignoble wars, petty strifes and  
commercial contentions!  
Make room for the Mother!  
Ignored and neglected and taken for  
granted, how long!  
Her age—long wrongs shall be righted,  
Her place shall at last be established in  
the minds of men and of children.  
I wage war for the mother of men!  
I sing pæans of praise to the mother!  
I greet her, I laud her, I love her!  
Behold her—the Life-Giver!

I see the maid of the Future.  
She is strong and reliant and care-free,  
Inhaling fresh air and basking in sunshine;  
Aware of her sex and glorying in it!  
Aware, too, of her potential motherhood.  
Glad of her health and her maidenhood,  
Awed and worshipful of her latent mother-  
hood.  
Consciously she prepares herself for the  
coming achievement.  
During the day she studies and works,  
The night's rest is dreamless, or, if dream-  
ful,  
She dreams of a day to come—  
She hears children calling—calling—  
The unborn children—her own—her  
dream-babes!

I see, too, the pregnant woman of that  
good, near day.  
Artists vie with one another to paint her—  
She is a goddess dressed in flowing white  
robes.  
There is a red rose in her hand.  
Her face is calm and serene and radiantly  
bright.  
She is queen-like, inspiring worship and  
love!  
She greets the sun in the morning—  
Wistfully she watches the white clouds  
float by—  
A bird flies overhead with a straw in its  
beak—  
She listens to the insect's chirp in the  
door-yard—  
She understands it all.

Her pulses measure the song in her breast  
"Creation! Creation! Creation!"

In her room are works of art.  
She contemplates beautiful faces and  
forms.  
Long she stands gazing at the Madonnas—  
O, soon shall she, too, be "Madonna!"  
She loves the great-eyed, little Christ-  
Child—  
Her Child shall be great—mayhap  
Greater!  
In the evening she watches the sunset—  
"Another day nearer!" she whispers,  
Thus is she glad and greatly content,  
This Goddess, this Queen of the Future!

And I see the Future Mother,  
She is sympathetic, broad-minded, great-  
hearted.  
She directs her affairs with calm judg-  
ment and kindness.  
She inspires trust and affection.  
She is honored in the community.  
Her children return love for love and  
courtesy for kindness.  
She is comrade, friend and adviser.

She enters into her boys' sports—  
Plays ball and marbles and nine-pins—  
Dresses dolls for her girl-child,  
Smiling at her little mothering ways.  
She calls her children to look at the clouds,  
Tells them Greek myths and Norse  
legends,  
Points out peculiar traits of flower and  
bird,  
Instructs them in the care of young ani-  
mals,  
Tells them of sex and the mystery of life—  
Drawing analogies from flower and tree.  
And always she studies and grows—  
Grows younger in heart and wiser in  
brain,  
Enlarging her love to mother not only her  
own  
But all children and all young creatures.

Mine be the song of Motherhood!  
I wage war for the mother of men!  
I sing pæans of praise to the mother!  
I greet her, I laud her, I love her!  
Behold her—the Life-Giver!  
—(From *American Journal of Eugenics*.)

# Dangers of a Big Stomach

A DISTENDED ABDOMEN INDICATES DEPLETION OF VITALITY—HOW THIS UNSIGHTLY AND DANGEROUS DEFECT MAY BE REMEDIED.

By Bernarr Macfadden

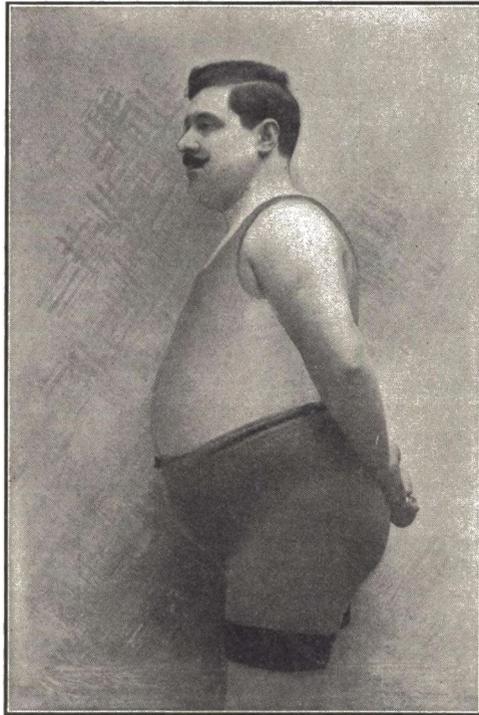
THE possession of an aldermanic figure is looked upon by many as evidence that its owner enjoys at least average health, but a careful investigation of the physiological aspects of an abnormally enlarged abdomen would indicate that in most cases the condition might reasonably be regarded as a sign of danger. Throughout the entire animal world you will find that there is always an inclination toward symmetrical contour, a uniformity in the general bodily development of any species. Any divergence from this uniformity indicates abnormal characteristics, and predisposes toward weakness and disease. It is impossible for one enjoying a high degree of health to be the possessor of a large stomach. The activity necessary to good health does not permit the accumulation of fatty tissue or the enlargement of the digestive organs, responsible for this abnormality.

Let no one imagine, however, that the ability to create fatty tissue is by any means a sign of ill-health. It is really a sign of health. Almost every animal, human or otherwise, which is fed a liberal amount of wholesome food and is maintained in a comfortable manner, will be in-

clined to add fatty tissue. In fact, when one cannot add tissue of this character under favorable circumstances it is usually a sign of ill-health. Emaciation is really one form of disease, and the inability to add sufficient tissue to round out and give to the body a symmetrical appearance is in many cases evidence that some ailment is interfering with the digestive and assimilative processes.

Throughout all Nature you find harmony. A body in perfect health is usually harmoniously developed. There is uniformity in the outlines of the entire figure. Any deviation from this harmony or symmetry is an unfavorable symptom, and in an abnormally large stomach, we have a defect which is clearly a danger to its possessor.

A large stomach is a sign of weakness. One suffering from this abnormality cannot endure very much muscular exercise. He cannot run any distance, and in many cases his walking powers are very materially reduced. A large stomach, in nearly every case, indicates weakness of the abdominal walls. The muscles are inclined to be flaccid, and incapable of properly maintaining the contents of the abdomen in the position they



Side view of a fat man, showing the useless and needless load that he carries all through life.



When the waist measure is nearly as large as the chest, you begin to approach the danger line.

should rightly assume. If the abdominal walls were composed of the right sort of muscular tissue they would force the contents of this region into their right position. Where a large abdomen is chiefly caused by the accumulation of fatty tissue, the condition is not by any means so dangerous as when it is accompanied by the enlargement of the small and large intestines. If the intestines are dilated and enlarged, it indicates a weakness on the part of these

organs which often brings about serious results.

The inclination of a normal healthy body, when depositing fat, is to deposit it uniformly through its various parts. Of course, the physical conformations of various persons may exhibit physical idiosyncrasies, but the general rule is toward the depositing of the fatty tissue in an even layer throughout the entire body, tending toward the harmonious development of every part.

An enlarged stomach indicates, on the part of its owner, lessened vital resistance. One possessing a defect of this nature finds it a great deal more difficult to recover from a disease of any kind. Even thin, emaciated individuals have less difficulty in recovering from ill-health, than do those whose abdominal region is greatly enlarged.

This is my special reason for pointing out the dangers of a big stomach. If a condition of this sort is permitted to persist, the entire physical and functional organism becomes weaker and weaker, slowly, but surely, and finally some chronic disease is developed which, under circumstances of this nature, is liable to result seriously. Furthermore, while the vitality is so depleted as to bring about an enlarged waist line, one is much more liable to be attacked by the ordinary acute ailments that are so commonly prevalent. These acute ailments in some cases go very hard with the patient. Recovery is often very slow, because of the lowered vitality, and where the ordinary drugs are used in treating complaints of this nature, such diseases not infrequently end in death.

An excessively enlarged stomach is usually caused by a thick layer of fat under the skin, by dilation of the stomach, the small and large intestines, and by internal layers of fat, which in many instances, to a great extent seriously hinder the digestion and assimilation of the food which must pass through this portion of the alimentary canal.

The fat that has accumulated in the abdominal region, and particularly about the stomach, is of course, a handicap to functional activity, and the general vital strength of the body. The ability to ac-

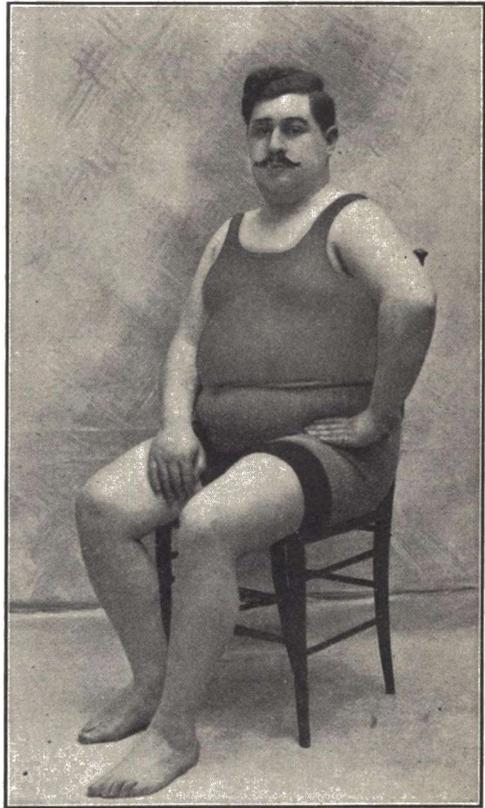
accumulate fat, mind you, is really a sign of health, as I have previously stated. It may be termed a normal characteristic; in fact, fat is nothing more than stored energy. There were times, undoubtedly, when members of the human race were compelled to go a long period without food, and by storing away food in the form of fat, one could live for a long time without eating. One can live on his own flesh just as easily as on food going into the stomach; but, of course, where fat accumulates in excessive quantities or in an abnormal manner, as is indicated by an enlarged abdomen, it produces what might well be termed a diseased condition, and although for awhile there may be no evidence of actual disease, still, unless one possesses a very large amount of vital strength, disease is bound ultimately to appear as the result of the continuation of this particular defect. The vital organs of the abdominal region should be held compactly and snugly in their place by their ligaments and the support of the abdominal muscles and where the abdomen is stretched and enlarged and allows the internal organs to assume abnormal positions, it requires but little reasoning to realize the dangers of such a change in the physical organism.

Of course, where one possess an average amount of vital vigor, a defect of this nature can usually be remedied. An enlarged stomach can nearly always be reduced in a short time, and if proper methods are used to bring this about, there will be a very decided increase in the chest measurement at the same time a decrease in the girth of the abdomen occurs, indicating a great gain in vital vigor. The body, under such circumstances, is toned up, straightened and strengthened, and there is an increased vigor, of not only the external muscular system, but by the entire functional organism.

The lack of active exercise is one of the most prominent causes that bring about an enlarged stomach. We rarely find a very young man or woman suffering from a defect of this nature. They are too active, and there is too much vital vigor to allow the excessive accumulation of fat in this abnormal manner;

but as they grow older, as the body's resistance is lessened, there is naturally an inclination to an enlargement of the abdominal region. This is especially true where one is inclined to be what is sometimes termed a "good feeder." Three hearty meals a day, when one is not muscularly active, are naturally not digested; they are not used by the system; they are not needed to supply the waste. Thus the digestive organism is overcrowded continuously with an excessive amount of food. This finally results in dilation of the alimentary canal and weakening of the walls of the abdomen, thus beginning the evolvement of a big stomach.

The very first method that should be adopted in order to decrease an abnormally large abdominal region is to try and lessen the quantity of food that is



Rolls of fat in the abdominal region ultimately become an impediment to physical and mental activity and a frequent source of disease.

ordinarily used. One may, of course, find it difficult at first, though you must remember that the quantity of food used is to a very large extent the result of habit, more than necessity. As you are well aware, some individuals eat from two to four times as much as others, and in some cases there is not as much evidence for the need of nourishment in those who eat the large quantity as there is in those who consume the lesser amount. Now the body acquires a habit of selecting the needed nourishment from a certain amount of food. If this amount of food should for any reason be lessened by half, in many cases the same quantity of actual nourishment would be selected that was formerly secured from double the amount. One of the easiest methods of lessening the quantity of food is to eat only two meals a day instead of three. Now a person with a poor appetite will usually eat more in two daily meals than they will eat ordinarily in three meals daily. On the other hand, those who are eating beyond the requirements of the body will use considerably less when eating only two meals daily. A splendid guide for the quantity of food used is to carefully note the general feelings. In other words, if you feel strong and agile, full of vim and life, after having materially lessened the quantity of food you are using, you can then rest assured you are being benefited by the change.

The quickest method of securing results is to avoid food altogether for a period, that is, fast absolutely, using water only; but I realize a prescription of this kind is too severe for the ordinary reader, and therefore he can compromise by simply reducing the quantity of food. Another good plan is to lessen the variety of the food. Where one sits down to a meal composed of a large number of

articles, he goes from one thing to the other and eats a great deal more than he would if the variety was considerably lessened.

Most persons suffering from an enlarged abdomen are also in the habit of drinking too much. Of course, one cannot overlook the fact that as a rule the liquids consumed are in the form of alcoholic beverages of various kinds. In fact, the enlarged abdomen is a frequent characteristic of the habitual alcohol drinker. The alcohol is inclined to lessen the strength of the vital organism, and there is naturally a tendency to an increase in the size of the abdomen. It is especially important to avoid alcoholic liquors of all kinds if one desires to reduce the waist line to its normal extent.

It is especially advantageous to avoid liquids of all kinds during meals. I would not advise one to go thirsty if there is an actual desire for liquid, then, of course, one can drink and satisfy his desire, but do not encourage the use of liquids. The beer-drinking habit is a very frequent cause of an enlarged abdominal region, and many recommend beer because of its inclination to add fatty tissue. However, an habitual beer-drinker is never strong. He may be momentarily strong, that is he may be able to lift a great weight, he may be able to exert himself to a very great extent where the exertion is but momentary, but to my mind, real strength is evidenced by endurance. Where there is no endurance, there is but little vitality, and after all, vitality is what we all want. We cannot secure too much of it.

In the next issue, I will continue the discussion of diet in connection with the reduction of an enlarged abdomen, and will also give various exercises that can be depended upon for materially reducing this dangerous defect.

## An Admirer Expresses His Views

TO THE EDITOR:

I admire your firm unflinching stand for the uplifting of humanity, through the unshackling of the body, and likewise the mind from the cursed effects of prudishness and drugs. Fight on, fight on, for the very foundation of all which pertains to man's eternal welfare—the building of pure, strong, minds in clean, strong bodies. You can well afford—in the best interest of humanity, in the best interest of your name, which is bound to go down to

generations yet unborn; as among the first and greatest benefactors of mankind—to leave creed and dogmas for others to wrangle over. Build up a man's body pure, strong and sound, thereby you brush from his mind the cobwebs of ignorance and superstition, permitting, aye, compelling him to think. When man can clearly use the reasoning powers of which he is endowed, you have a being of the greatest power and help to the world's progress.  
Seneca, Kansas.

E. E. BARNEY.

# Remedying Self-Poisoning Constipation

HOW TO REMEDY THIS ANNOYING COMPLAINT—THE USUAL ACCOMPANIMENT AND VERY FREQUENT CAUSE OF SERIOUS ACUTE AILMENTS, AND ALSO THE SOURCE OF MANY CHRONIC DISEASES

By Bernarr Macfadden

The first two articles of this series were devoted to the consideration of the evils that result from constipation, and proved that it is really aggravated by cathartics. Enemas and other means used were also discussed. The fourth article shows the value of muscular exercise, and gives clear instructions as to how these exercises may be taken, and how and why they can be relied on.

## FOURTH ARTICLE.

**T**HOUGH the previous instruction I have given for remedying this ailment is of very great value, it is not more important than the suggestions you will find in this article. There is no question about the truth of the conclusion to the effect that weakness is a prominent cause of constipation. To the average individual this statement may seem peculiar, but when one understands that the food which we eat is digested, assimilated, and carried through all the functional processes of the alimentary canal almost entirely by the aid of the muscular strength of its walls then you can fully realize that weakness may be a prominent cause of this annoying complaint.

Therefore, the development of increased muscular energy is of very grave importance, when one attempts to permanently remedy constipation. The question may naturally be asked, under the circumstances, in what manner is one to strengthen the walls of the alimentary canal? The muscular fibres of this important region can be strengthened by identically the same process as strength is added to the voluntary muscles of the body. Adopt a system of exercises, which will bring into active use the entire muscular system, and under such circumstances these muscles call upon the functional organism for a better and more virile quality of blood. The activity of the functional organism caused by this muscular exercise induces the various eliminative organs to more thoroughly perform their duties, and thus poisons are eliminated more completely. The

pores of the skin, for instance, during exercise, eliminate a vast amount of impurities, and the various other depurating organs rid the body of a greatly increased amount of these foreign elements under the stimulation of active exercise.

Therefore, it can already be seen that increased strength of the entire muscular system adds vigor and vitality to the functional processes of the alimentary canal, by calling upon them to supply to the entire organism a more virile quality of blood. The muscles acquire this increased virility, and naturally every organ of the body is also stimulated and strengthened.

Then there is another phase of the value of exercise which can be more readily recognized. The exercise of the internal muscles of the body naturally bring about a certain movement of the vital organs which is not secured under other circumstances. For instance, in bending in various ways, from side to side, backward and forward, there is a decided movement, and a compression, in various ways of many of the important vital organs. You might call it a species of massage, and no one can question the value of these movements in stimulating the normal activity of the functional processes.

Then there is the mild stimulation of long continued exercise, such as walking. There is perhaps no better general exercise for remedying constipation than the movements necessary in this simple exercise. Walking mildly stimulates practically every function of the entire body. It brings about increased activity



While seated in a chair, lean forward, pressing abdomen against right knee. Return to sitting position and repeat exercise, pressing against left knee. Continue exercise until tired.

that is necessary to properly purify the blood, and to cleanse and strengthen all parts of the body. On many occasions in the columns of this publication, we have especially commended walking as an exercise. It is very important under all conditions of life. It is especially valuable for accelerating the activities of the alimentary canal. It can be most highly recommended for sufferers of all sorts of chronic complaints.

Therefore, if you are suffering from constipation, no matter what method you may adopt to effect a cure, I would especially emphasize the necessity for walking at least once each day until there is a slight feeling of fatigue. The distance you cover will, of course, depend altogether on your strength. Some can walk for many miles without fatigue, others will tire out after walking a very short distance; but if my suggestion is followed, that is merely continuing to walk until there is a slight feeling of fatigue, it will be impossible for you to over exert yourself. Anyway, I might

add that it is exceedingly difficult to walk too much. Of course, if one were to use his will and to force himself to an extraordinary extent, one might walk beyond his strength and injury might result therefrom. However, I have known many individuals to continue to walk until they really felt they were hardly able to stand, but after a few hours' rest they felt as fresh and as fine as ever.

All this indicates that the fatigue that comes from walking very quickly disappears because of the tonic effect of this particular exercise on all the various blood-making and vitality-building organs. To those who are not familiar with the proper methods of walking, I would say it would be of value to read some book of the writer's, dealing particularly with this exercise. I would say briefly, however, that when one is walking for health and the increased functional vigor necessary to remedy constipation, the shoulders should be held back, and the body fairly erect, though the exercise itself should really be a sort of a continuous falling forward. You can secure a very fair idea of what I mean if you will stand very erectly and then allow the body to fall slowly forward. After it has inclined forward a certain distance, then step forward, though remember that each step should really be taken just as though you were saving yourself from a fall. When you walk in this manner, with the body falling forward all the time, walking is much more easy, the muscular system is used more naturally, and the benefit of walking is very greatly increased. It is well to note also that you can walk a much greater distance without fatigue.

Now, of course, there are various special movements that can be taken, which have a direct mechanical effect upon the alimentary canal, and which will be more inclined to remedy troubles of this nature than ordinary exercise. I am presenting illustrations of various exercises that can be taken for this particular purpose, and a trial of these movements will, in many cases, bring surprising results in a very short time.

The exercise of leaning forward while sitting in a chair, pressing the abdominal region strongly against the right leg,

then returning to a sitting position, and repeating same exercise pressing the abdominal region against the left leg, will be found very valuable for remedying this trouble. This exercise should be continued until there is a feeling of fatigue. When leaning forward to press the body against the right leg, the body should be swayed far to the right, and far to the left when pressing the body against the left leg.

An exercise that has a similar effect can be taken in a standing position. Interlace the fingers of both hands just below the bent knee of the right leg. Bring the leg up and pull it inward as vigorously as possible against the abdominal region. Then take same exercise with left leg. Continue the exercise, alternating from one leg to the other, until tired. This exercise can also be taken when reclining on the back.

Another especially valuable exercise is that of jumping slightly, just as one would when jumping a rope. The jar of this particular exercise accelerates the activity of the functional organism, and will be found very valuable for the particular trouble to which we refer. As a rule it is a good plan to take this exercise upon rising, and it will be found more effective if you will drink one or two glasses of water before beginning the exercise. The exercise should be continued on each occasion until a slight feeling of fatigue is noted. At first unless you are fairly strong you may find it difficult to jump more than from one to three hundred times without feeling fatigue, though the exercise, as a rule, should be continued from two to five hundred times, resting whenever you feel especially tired, if you expect to get results of importance.

The massage of the abdominal region with the closed hands can also be recommended in some instances, if you will tightly close the right hand and then press inward in the abdominal region, using the other hand to add to the pressure, encircling the abdomen, you will nearly always secure favorable results. This is especially so if you continue this proceeding a sufficient length of time.

Other exercises of a different nature are those various movements that are

inclined to strengthen the muscles of abdominal region. The exercise of raising up to a sitting position while reclining on the back, brings these muscles into very active play. The exercise of raising both legs to a vertical position while reclining on the back also, actively use these parts. When you strengthen the walls of the abdomen, to a certain extent the internal organs seem to acquire additional vigor. Therefore, you can realize the importance of strengthening these parts when desirous of remedying constipation.

Though all the exercises previously mentioned are of value, there are perhaps none more valuable than what are termed abdominal breathing movements. Very few individuals breathe properly. They nearly always breathe from the chest. When you breathe in a proper manner, the abdominal region will expand with each breath inhaled, and it will contract as the breath is exhaled. In other words, the chief movements of the body while breathing should occur in the soft part of the abdominal region, instead of in the bony framework of the chest, to which it is frequently confined, especially with women. If you are not breathing properly, I would, first of all, advise that you make persistent efforts to learn how to breathe.

When you breathe from the chest, all the vital organs lying in the abdominal region do not secure the stimulation of the movement, which is normally given them when one breathes properly. For instance, when drawing in a breath and slightly expanding the abdominal region, all the vital organs in the abdominal region secure the stimulation of a slight movement which comes with the inhaling of the breath, and the same condition exists, of course, when the breath is ex-



Lie on back and clasp interlaced fingers of both hands just below right knee. Then bring leg up and pull it against abdominal region as vigorously as possible.

haled. Therefore, if you are breathing from the chest, if you are not breathing as you should, you do not secure the very important stimulus to all the vital processes that comes from normal breathing. If you do not know how to breathe, I would especially emphasize that you try the suggestions made herein, and if you are not able to accomplish results, you should secure additional instructions and use your best endeavors to pursue proper methods of breathing.

Of course, an all-round system of exercises for strengthening and developing the entire muscular system would be advisable for one who is suffering from this trouble. As a rule, these exercises, if accompanied by a certain amount of walking and deep breathing, will be all that is necessary to bring about a radical cure of this disease, and when combined with some of the dietetic suggestions that I have made in previous issues, I can confidently say that the most severe cases of constipation can be easily and radically cured. I have known cases of

fifteen or twenty years' standing to be cured by the methods suggested herein. In my institution devoted to physcultopathic methods, no matter what your complaint may be, it is necessary first of all to bring about healthful activity of the alimentary canal, and no matter what disease you may be suffering from, one is first of all treated with a view of making these organs perform their functions in a proper and healthful manner.

In conclusion it would be well to remember also that habit has considerable influence upon the activity of the bowels. It is not a bad plan to cultivate regularity, and when the meals are taken at regular intervals, as a rule, this is not at all difficult. In connection with this, I would especially dwell upon the importance of moving the bowels whenever there is an inclination. When one makes a habit of neglecting a plain duty, under circumstances of this nature, the evil that results therefrom is sometimes very difficult to correct.

### Bernarr Macfadden to Lecture in Chicago

The Editor has arranged to deliver a course of lectures, at Chicago, in connection with a Physical Culture Carnival, at the Association Hall of the Y. M. C. A., for the week beginning Monday, April 19th. A different lecture will be rendered each evening, in the order given below. The subjects will be as follows:

- 1.—Exhilarating Health for All.
- 2.—Exercise for Strength-Building.
- 3.—Diet in Strength-Building.
- 4.—The Nature and Cause of Disease.
- 5.—Cure of Disease Through Physcultopathy.

6.—Saturday Afternoon Matinee, 2:15.  
The Truth for Women.

(Women only—No men admitted).

7.—Manhood Attained and Retained.

(Men only—No Women admitted).

The Editor will also demonstrate the remarkable strength he has recently developed through following out his new theories. Prizes will be offered to anyone who can duplicate his feats of strength. His classical posing will also be performed each evening. Physical Culture enthusiasts will have an opportunity at this course of lectures to secure a thorough grasp of the science of building strength of muscles, nerves and brains.

### A Word to Friends of Physical Culture

Those who are interested in the progress of the physical culture movement can further the cause by bringing *PHYSICAL CULTURE* magazine to the attention of their friends or acquaintances. After you have read the magazine pass it on to someone else, or if you care to distribute back numbers, write to our main office, and tell us how many you can use. These will be sent you in bulk, prepaid. Or, on request, sample copies will be mailed singly

to those who are likely to become interested. By encouraging the newsdealers in your vicinity to handle *PHYSICAL CULTURE*, and to display the magazine prominently, you will be of great assistance to us. The success of *PHYSICAL CULTURE* in the past has been due, in great measure, to the co-operation of those interested in the movement, and we thoroughly appreciate all that our subscribers and friends are able to do for us.

# Menus and Recipes for Three Days

## BREAKFAST.

Apples	Grape Fruit	Dates	English Walnuts
	Cream of Kidney Bean Soup		Buttered Carrots with Peas
	Entire Wheat Bread		Salted Butter
	Orange Jelly		Sumik

## DINNER

Bananas	Oranges	Figs	Brazil Nuts
	Pearl Barley Soup		Baked Beans
	Lettuce Salad		Unfired or Whole-Wheat Bread
	Peanut Butter		Baked Apples with Whipped Cream
	Grape Juice		Sumik

## BREAKFAST

Apples	Bananas	Raw Wheat Flakes	Figs
	Raw Spanish Peanuts		Cream of Corn Soup
	Baked Mashed Potatoes		Celery
	Entire-Wheat Bread		Creamed Asparagus
			Unsalted Butter
		Sliced Pineapple	
	Apple Juice		Sumik

## DINNER

Cream Tomato Soup	Green Onions	Ripe Olives	
Macaroni and Cheese	Sliced Tomatoes		Whole Wheat Bread
	Rolled Wheat and Date Pudding with Cream		
Figs	Brazil Nuts		Milk

## BREAKFAST

Apples	Oranges	Raw Wheat Flakes	Ripe Olives
	Cream of Celery Soup		Corn Roast
	Whole Wheat Bread		Scalloped Tomatoes
			Sliced Bananas
			Pitted Dates with Cream

## DINNER

Grape Fruit	Apples	Puree of Green Pea Soup	
	Celery		Nuttet Cottage Cheese
	Spaghetti and Tomato Salad		Creamed Onions
	Whole Wheat Bread		Nuts
	Dates		Sumik
			Milk

### *Cream of Kidney Bean Soup.*

Soak beans over night. Cook in the water they are soaked in gently until tender. Rub through colander. Dilute to proper consistency with hot milk. Add sufficient cream or butter and salt to season to taste.

### *Buttered Carrots and Peas.*

Scrape carrots. Cut in cubes about one-quarter inch. Boil gently until tender in slightly salted water. Thicken with a little flour. Stir smooth with water. Add equal quantity of green peas.

*Pearl Barley Soup.*

Put barley to soak in the morning. After soaking a couple of hours, put on the fire and boil gently until very tender. Rub through sieve. Add sufficient hot milk to dilute to proper consistency. Season with butter and salt to taste.

*Cream of Corn Soup.*

One can corn. Run through grinding machine. Heat and rub through a sieve. Add sufficient light cream sauce to make quantity desired. Season with butter and salt to taste.

*Creamed Asparagus.*

Cut asparagus into inch lengths. Boil gently until tender with as little water as possible. Make a heavy cream sauce by rubbing a large spoonful of flour in a heaping spoonful of butter, and cooking over fire until smooth and bubbles up, adding enough boiling milk to make a thick cream sauce. Add the water from the asparagus. Season to taste, and pour over asparagus, stirring as little as possible.

*Cream Tomato Soup.*

Take can of tomatoes. Rub through a sieve. Make cream sauce as in preceding recipe, but of the consistency desired in the soup. Heat the tomato puree to the boiling point. Thicken with corn starch to the same consistency as cream sauce. Mingle the two in equal proportion. Season with salt, butter, and a very small quantity of sugar. Cream tomato sauce made this way will never curdle.

*Macaroni and Cheese.*

Break macaroni into desired lengths. Boil in as small quantity of water as consistent to thoroughly cover the macaroni, slightly salted. When tender, remove macaroni. Boil the water down to about one-half its quantity. Add equal quantity of milk. Thicken very slightly. Put layer of macaroni in buttered dish, layer of grated cheese and a little butter; another layer of macaroni, cover with grated cheese. Pour the sauce over all, and bake till nicely brown.

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## A Divine Responsibility.

By Frances E. Bolton.

This body curiously wrought,  
And wonderful beyond all thought,  
Has been maligned, and kept from goal,  
By clog of flesh to struggling soul;  
Yet in its functions, nerve and mesh,  
Yes, in its warm and sentient flesh,  
Great Love has given to you and me  
Divine responsibility.

The story of the fall of man  
Through eating on the devil's plan,  
Gives many glimpses into rue,  
And marks the fall of moderns too.  
Through an abnormal appetite,  
We eat as Eve what's fair to sight,  
And good to taste; and perpetrate  
The old mistake, and share her fate,—  
Shut out of Health's fair Paradise,  
Shut out of spiritual joys we prize,  
An angel seems to hold the sword  
Which our first parents so debarred.

But there's "The Man," who is "the way,  
The truth, the life," who lights our day.  
He fasted in a desert drear  
To show the pathway bright and clear.

The tempter's guile could not destroy,  
And God sent food and heavenly joy.  
He clears sin's awful mystery,  
And saves us through all history.

Our bodies are the temples given  
For an inhabitant of Heaven,—  
An instrument for God, whose wings  
Would thrill each nerve as sweet harp strings  
To swing a melody of verse  
Through all the answering universe.  
O for such destiny of love,  
Why answer not to God above?  
And with repentance, turn to be  
The body's keeper, tuned to key  
With Infinite Love, so vast and free?

With soul that's linked to heaven's host  
Through the indwelling Holy Ghost,  
With body clean, life-filled and fine,  
Responsibility divine,  
Live for your best of service sweet,  
To win star gems for glory meet,  
Till at the Resurrection's portal,  
A touch will make you God's Immortal.

# Physical Culture in the Churches

SPLENDID RESULTS OF THE WORK THAT A  
PROMINENT HEALTH CULTURIST IS CONDUCTING

By Margaret M. Hall

It is indeed pleasing to find that the ministers of various churches are being awakened to the value of physical culture. As a moral force, the strengthening of the body can hardly be too strongly emphasized. I hope that clergymen everywhere will begin to realize the necessity of advocating muscular Christianity, for the cultivation of manhood and womanhood of the highest degree will create a force for purity of mind and strength of character, which it would be difficult to too greatly exaggerate.—Bernarr Macfadden.

**H**EALTH culture in the churches is a movement which is arousing much interest and comment, and which bids fair to soon become a permanent part of church work.

Louise L. McIntyre, a lecturer on health culture, has been introducing this work in the churches for the past three years. For five years previous to this time she had carried on her work in clubs, schools, and homes. Mrs. McIntyre was at one time pronounced an incurable invalid, but through a system of exercises, dieting, etc., was restored to health. Having been brought up as the daughter of a minister, she realized the need and value of this work, in the church, and has met with great success, receiving endorsements from many ministerial alliances in cities, in which she has taught.

Among the prominent churches of the country, in which she has taught are the following: Grace Methodist Episcopal, First Congregational, and First Baptist Churches of Portland, Oregon, First Method-

ist Episcopal, First Christian, and Bethany Presbyterian Church, of Seattle, Wash., First Methodist Episcopal, First Baptist, First Presbyterian, and Plymouth Congregational Churches of Tacoma, Wash., Wesley Church, First Baptist Church, and Knox Congregational Church, of Vancouver, B. C., First Baptist, First Methodist Episcopal, and Westminster Congregational Church, of Spokane, Wash., Central Presbyterian, Central Christian, and First Baptist Church, of Denver, Colo., Central Congregational and First Methodist Episcopal

Church, of Winnipeg, Man., First Baptist, Oliver Presbyterian, and Wesley Methodist Episcopal Church, of Minneapolis, Minn., Second Presbyterian, Grace Methodist Episcopal, and First Presbyterian Church of Bloomington, Ill., First Methodist Episcopal, and Cumberland Presbyterian Church of Danville, Ill., First Presbyterian, First Baptist, and University Place Christian Church, Champaign, Ill., First Baptist, First Presbyterian, Market



Louise L. McIntyre, lecturer on health.

Street Methodist Episcopal, and Broadway Methodist Episcopal Church, Logansport, Ind.

In the First Baptist Church, or "White Temple," of Portland, Oregon, Rev. J. Whitcomb Brougner, was a very enthusiastic worker in the health movement, and a health club was formed in his church.

Rev. E. L. House, D.D., now pastor of the Westminster Congregational Church, of Spokane, Wash., formerly pastor of the First Congregational Church, of Portland, Oregon, is also a very ardent follower of the health principles, and has carried on much good work along these lines in his church. Mrs. McIntyre introduced this work in his church, in Portland, and later, upon his removing to Spokane, presented her work in his church, at that place, and Dr. House has since been conducting a flourishing health club in his church.

In the Wesley Methodist Episcopal Church, of Minneapolis, which is the largest Methodist Church in the Northern part of the country, Mrs. McIntyre, was a prominent worker in presenting the health movement. Rev. S. M. Dick, Ph.D., the pastor of this church, has been studying the movement for some time, and believed that such a work in his church would accomplish much good, and since the work was first presented in his church, in November, 1907, it has grown both in numbers and interest and enthusiasm, with the result that a permanent club was formed, for the study of health, under the name of the "What-Cheer Health and Happiness Club." The motto of this club is "What Cheer can I give and get to-day for a Healthy Body and a Happy Life"?

About fifteen hundred persons have taken the work in this church since the work was begun, among them Methodists, Congregationalists, Presbyterians, Baptists, Lutherans, Roman Catholics and others. The Club has started off its work this fall more enthusiastically than ever. A regular clinic has been established in the care of city physicians, which is held on Tuesday of each week, this day being set apart as "Health Day," in the church. A regular course of instruction is given each Tuesday

night, in connection with an open health conference. After this open health conference physical exercises are taken up by all. The vestry of the church is crowded every Tuesday night. Lectures are given by Dr. Dick, and physicians and professors, from the University, covering the entire field of psycho-therapy, together with its application; also the care of the body from the standpoint of bathing, dress, diet, exercise, etc.

Other pastors are adding the health work to their regular church work, and no doubt hundreds of others will do so when they realize the great good that can be accomplished.

Mrs. McIntyre believes and teaches that health is a duty and sickness avoidable. The Christian Church should stand for health, as Jesus linked the Gospel of Salvation with the healing of the body. Mrs. McIntyre, does not believe that God ever intended a single human being should suffer any more than he intended we should be sinners, and believes that the laws of Nature are as much the laws of God, as are the Ten Commandments, and that the breaking of the natural or physical laws, which govern our bodies, is a sin against our Maker and ourselves.

Mrs. McIntyre conducts her work in the churches under the name of "Christian Health Culture," teaching faith, diet and exercise. Her work has been found to be a valuable addition to any regular church work, as it can be carried on by any or all denominations. Every one knows that it is a difficult task to be a good Christian and a chronic dyspeptic at the same time. The course of instructions given by Mrs. McIntyre, consists of lectures on the general care of the body, bathing, diet, etc., and a system of exercises for developing and strengthening all the organs of the body. She also teaches poise and self control, and emphasizes the influence of the mind on the body. Mrs. McIntyre teaches that this body is the temple of the Holy Spirit, and that we should present it a living sacrifice, holy and acceptable unto God. She has just published a book bearing the title "How's Your Health?"

# General Question Department

By Bernarr Macfadden

Our friends will please note that only those questions which we consider of general interest can be answered in this department. As we can only devote a small portion of the magazine to matters of this kind, it is impossible for us to answer all the queries received. Where the letters, however, do not require lengthy replies, the editor usually finds time to answer by mail. Where an answer of this kind is required, please enclose a self-addressed, stamped envelope.

## Exercise in Middle Age

**Q.** Would physical culture exercises be valuable to a man fifty-four years of age?

**A.** I consider a moderate amount of exercise absolutely essential to one of your age, in order to enjoy the highest degree of health. No matter how much vitality you might have, unless you use the muscular system with a certain amount of regularity, the eliminative and various other vital processes are not performed nearly so satisfactorily. Of course, when one begins to take exercise past middle age, he must be careful not to go beyond his strength, and should gradually increase the vigor and the duration of the exercise each day until he learns accurately his own requirements.

## Fasting for Neurasthenia and Uric Acid Poisoning

**Q.** Do you recommend fasting in cases of neurasthenia and uric acid poisoning, and what kind of a diet is best in such cases? Would a vapor or hot water bath be of benefit?

**A.** Fasting, for the special disorders you mention, would be of value, but where the diseases have continued for a long period, the greatest possible care would have to be used in selecting a proper diet, following the fast. It would be impossible to suggest a diet in the brief space allowed for replying to your query. As a rule, however, the less variety of food that you use at each meal the better. An exclusive milk diet, would no doubt be of value, at least for awhile. Vapor baths might be useful, provided the patient were strong enough. If strict attention were given to recent instructions contained in the series of articles on the cure of constipation, you will find that this alone, as a rule, will often remedy the particular troubles that you have mentioned.

## The Best Time for Exercising

**Q.** What time, either morning or evening, is the best for taking exercises?

**A.** This query has been replied to many times in this publication, but for our new readers I would say the time of day exercise is taken is not of very great importance, provided it does not come immediately before a

meal nor within an hour or two thereafter. A busy business man usually finds that his exercises can be taken in the morning immediately on arising to best advantage. The exercise taken at this time of day arouses the functional organism and clears the brain for the day's duties, though, of course, if there are exercises to be taken for remedying any special defects, attention could also be given these movements at night before retiring.

## Sore Arm from Throwing a Baseball

**Q.** Would you kindly explain why my arm should continue to be sore and painful at the elbow and below the shoulder from throwing a baseball? What can I do for relief?

**A.** The methods to be adopted for relieving the symptoms mentioned, depend largely upon the nature of your trouble. Of course, if you have strained any of the muscles or ligaments about the only remedy is sufficient rest to allow the curative processes to bring about recovery. Where the affected part has been "re-strained" several times, of course it frequently takes a long time to bring about complete recovery, and the greatest degree of care must be taken to avoid injuring the parts, though at the same time mild exercise if not painful is usually advised. In many instances, however, where there is a strain of this character and at the same time there is even the slightest degree of rheumatic poison in the blood, this poison settles in the affected part and the soreness connected with a strain naturally becomes chronic. Under these circumstances, the methods necessary to bring about relief will be found in following a régime that will remedy the rheumatic poison.

## Dry Skin

**Q.** I am troubled with dry skin on my face and forehead. At times the forehead gets very red and the skin chaps and when I rub it, it comes off just like dandruff. A medical advisor has suggested that I take some blood remedy containing sarsaparilla, mercury and potassium. I fear to use this remedy, however, as I have taken enough now to kill a dozen horses. I am going to take a

course in the Y. M. C. A. Gymnasium, and would like to hear your views.

A. The course of exercise that you propose to take in the gymnasium will improve the quality of your blood far more quickly and effectively than the remedy that you have been advised to take. This course will also probably remedy the dry skin, for the trouble should really be treated through your blood. Local applications of olive oil will help to a certain extent. Friction with a rough towel of the affected parts before the oil is applied would be valuable, though in the main, the last remedy will be found in building up your general vitality through improving the quality of the blood by exercise, diet, etc.

#### What "Muscle-Bound" Means

Q. Will you please give me some information as to the nature of the expression "muscle-bound"?

A. "Muscle-bound" is a term usually applied to those whose muscular development is beyond the average and who can not make quick, graceful, easy movements. In other words, the idea is conveyed that one is really bound by the unusual development of his muscles. Trouble of this nature sometimes results from the use of heavy weights, and is usually noticed in cases where the exercise one takes is solely confined to movements of this character. There is little or no danger of a defect of this description if one will use light active movements in addition to any heavy exercises he may take.

#### Remedying Appendicitis

Q. What is it necessary to do to guard against appendicitis in everyday life, and what is the first thing to do when you discover an inflammation of the appendix?

A. It is a comparatively easy matter to guard against appendicitis. The principal requirement is to be sure that the bowels are normally active at all times. Constipation is present in practically every case of this trouble and wherever you find there is an inclination to this disease, if you will adopt some of the methods previously advised in this publication for remedying this complaint, you will quickly secure relief and there will be no need to fear appendicitis. It would be a difficult matter to give very briefly the instructions that one ought to have in remedying appendicitis after having discovered the first symptoms of the disease. We will probably discuss this in an article later. As a rule, however, a thorough cleansing of the lower bowel with the colon flushing treatment will bring relief. It is often a good plan in this process to use a moderate quantity of water and then after resting a few moments to use an additional amount, with a view of thoroughly cleansing the colon. If relief should not be experienced from this treatment, it is then a good plan to secure a rectal tube and insert it

in the colon as near as you can, to the appendix, after which inject through this tube a pint or more of olive oil. In nearly all cases, after this oil is retained for a short time, the affected parts are softened and relief is very quickly experienced. Applications of various kinds, either hot or cold, according to the condition of the patient, can also be used for this trouble to very great advantage.

#### Diseased Bone

Q. Could natural methods effect a cure of a diseased bone in the front of the head causing a discharge from the nose? What would you recommend? The subject is my sister, aged seventeen.

A. The ability of physcultopathy to remedy the trouble you mention, would depend largely upon how far the disease has advanced. On account of the youth of the patient, I should think that a very strict régime with a view of purifying the blood, together with the adoption of all the various methods necessary for building the highest degree of vital vigor, ought slowly but surely to remedy the complaint. Of course, a diseased bone is far more difficult to cure than where the tissues only are affected. I am satisfied, however, it would pay you to try some of the very radical methods recommended by physcultopathy for purifying the blood before turning to surgery.

#### Bashfulness Lack of Confidence

Q. I am continually self-conscious, especially so when with girls. If this feeling can be gotten rid of, how long would it take?

A. The particular characteristic that you mention in many cases has physical causes back of it. In other words, if you will develop the all around strength and general manly vigor which is surely within your reach, these particular symptoms will slowly but surely disappear. With increased physical strength will come the self-confidence of which you are so much in need, and you can depend upon a pleasing change in a few months, if you will follow methods necessary to bring about the strength and health to which we refer.

#### Catarrh of the Bowels and Stomach

Q. Would you recommend sand for remedying catarrh of the bowels and stomach?

A. I understand that those who sell sand as a means of remedying all sorts of digestive trouble, consider it a valuable means of curing the trouble referred to. I am, however, of the opinion that it would be better to try a fast of a few days, followed by an exclusive milk diet, this particular diet to be continued until the symptoms disappeared. If in addition to this diet various other methods are adopted for increasing vital vigor, I feel satisfied you can depend upon a definite and permanent cure.

# Comment, Counsel and Criticism by Our Readers

If, at any time, there are any statements in **PHYSICAL CULTURE** that you believe to be erroneous or misleading, or any subject discussed regarding which you take issue or upon which you can throw additional light, write to us, addressing letters to this department. We intend to make this a parliament for free discussion. Problems that you would like to see debated, interesting personal experiences, criticisms, reminiscences, odd happenings, etc., are invited. We shall not be able to publish all letters, but will use those of greater interest to the majority of readers. For every letter published we will present the writer, as a mark of our appreciation, with a subscription to **PHYSICAL CULTURE**, to be sent to the writer or to any friend the writer may designate. For the convenience of our office, kindly write us after the publication of your communication, giving name and full address of the person to whom you wish subscription to be sent.—Bernarr Macfadden.

## The Secret of Human Power

TO THE EDITOR:

I have been a reader of your publications for some years (have complete sets since 1902), deriving much practical and valuable information, therefrom.

The series of articles on "The Secret of Human Power" I have read with particular interest; because I have been a searcher and experimenter in this field of investigation for thirty years or more.

Many books have been written dealing with this subject, under such titles as: "Animal Magnetism," "Personal Magnetism," "Life Force," "Vital Electricity," "Vitality," etc., and other names peculiar to Eastern philosophies—yet this natural force is only very imperfectly understood by those who have studied it longest, and the ablest minds seem to grope uncertainly when dealing with the question.

It may be of interest to some of my fellow-students—readers of your magazine—if I add my testimony in corroboration of your theory in the main details.

This vital electricity (to use one of the many names), is, as you truly point out the force that renders active the nerves of the body. The manifestations of this force are so markedly similar to the manifestations of mechanically generated or induced electric currents as to lead some students to conclude they are identical, a conclusion not yet established, however. It tensions the nerve, as electricity tensions the telephone or trolley wire. It has its positive and negative aspects. It presents two phases similar to electricity and ferro-magnetism.

My conclusions differ from yours as to its being generated in the nerve-centers of the body, though I agree with you that these nerve centers are the equivalent of storage batteries. I do not find that it is generated in the body at all but comes from without; and the series of exercises you illustrated in the current articles, do not, in my opinion strengthen the nerve centers to *generate* this force, but increase their capacity for receiving, storing and conveying it; by increasing the surface area and healthful vigor of nerve tissue.

Let me say here that your system of exercises for this purpose are the best I have ever tried.

My personal experiments have convinced me that we get this force primarily from the sun—directly, as in sun baths, or indirectly from the reservoir of the air, also from the water we drink, and in a lesser degree from food, especially from fruits and the germs of seeds and nuts.

This nerve-tension—to use a mechanical term—as is well understood, enables the will to reach the muscle and the sensation to reach the centers of consciousness. It is also a fact, that the flow into and out of the body of this force, is subject to the control of the will. There are certain nerve terminals (positive poles), from which this force will naturally and readily flow, notably the right hand (of a right-handed person). There are also certain negative poles or receptive centers into which this force will just as naturally flow, notably the left hand, the plexi of the sympathetic system, and the medulla.

Let me here again bear testimony to your series of exercises for invigorating the lower pelvic regions, I have known these exercises employed in cases where anemic conditions were present, and in cases of mal-assimilation with results that seemed almost marvelous.

INCOG.

## Followed Our Advice at the Panama Canal

TO THE EDITOR:

Some months ago, while I was employed on the Panama Canal, I ran across, quite by accident, several old issues of **PHYSICAL CULTURE**, which I almost devoured, one after another. I also read "Marriage A Lifelong Honeymoon," and I want to tell you from that day I became thoroughly "Macfaddenized," for you changed almost my whole system of living.

I took up the no-breakfast plan before I read your books but I was still eating lots of meats, which I stopped almost entirely after reading your practical teachings. My experience in the tropics is that a person must have plenty of physical exercise, and the more that one perspires the better it is for him. I am a dredge-engineer and machinist, twenty-

three years old, and am enjoying almost perfect health, thanks to your good advice.

I am a total abstainer from all kinds of alcoholic beverages, teas, coffees, and in fact, everything in the way of drink except good fresh milk and pure spring water. I have lived a strictly continent life much to the amusement of companions, and against advice of others.

Since I grew up and came into my own, my one prayer was that I'd have will power to live a perfectly clean life and win the love of a sweet pure minded girl, so that on my wedding day I could give her the same pure love that I have a right to expect from her and I have found her.

It almost horrifies me to think that you—a man who is laboring for the upbuilding of the human race at large and helping countless thousands to get out of the old filthy soul-destroying rut into a life of perfect health and happiness, should be branded as a felon and be sentenced to wear stripes.

I sincerely hope that you'll win and that you will go on spreading the glad tidings to thousands of hungry souls.

Warren Co., N. J.

J. S. WHITLEY.

### The Splendid Ambition of a Student for the Ministry

TO THE EDITOR:

It is characteristic of the Evil One to make his stand for all that is wrong, veiled in the garb of right and justice. Thus in the anti-saloon movement, his cry was "personal liberty," and "economy." He endeavored to show that one's personal liberty gives one a right to do wrong, and he thus took up his defense, giving himself a standing place on the point of justice. So it is in this our present crusade against lust, prudery, and ignorance; the opponent to the reform endeavors to show himself in the right, and consequently follow harpings on obscenity, propriety, etc. As Mr. Williamson, in the November issue, puts it, "These base-minded specimens of the human race usually do their work in the name of Christianity."

Now do not think for a moment that these perverted humans represent true Christianity. I am myself a student for the ministry, preparing in Northwestern. I intend to earn a Ph.D., and an A.M., also to take a course in the Physical Culture Training School, at Battle Creek, and then to go forth to preach the gospel of spiritual, mental, and physical regeneration. I shall strenuously advocate the teaching of sexuality in the public schools, and when unable to secure this I shall consider it a sacred duty to see that the men, women, and children of my congregation are well informed on this subject; art classes will be encouraged. I shall teach the great truth that the physical being, merely the temple of the intellect and of the soul, should not require so much attention paid it, for this attention, given to intellectual and spiritual things, would tend greatly to our uplift. This truth is now well recognized, but not this additional one, that

the best way to minimize the attention necessary to the physical being is to give it more attention at the beginning and then, with our bodies in good condition to start with, they may easily be kept in that condition.

Meanwhile let us teach the philosophy of optimism and everlasting struggle toward our goal; the idyllic life of just men made perfect.

Rock Falls, Illinois

JAMES WOODARD.

### The Power of Jesus Christ works with Physical Culture

TO THE EDITOR:

I am a young man, twenty-four years of age and have been a reader of your magazine since its first publication. I come from a good Christian family, but was never told the mysteries of life, or the functions of the body. As a result I have been a victim of prudery and secret sin for the past ten years. As far as one can see, it has not affected me physically, for I have what people call a wonderfully strong body, but I feel my own weakness to a very great degree.

I have tried many times to give up this awful habit and through physical culture, have been able to do so for a week at a time, but at the end of that time it would come on me worse than ever. I have never drank at all but I imagine this is even worse than the drinking habit.

I do not want to underrate physical culture in the least, for I owe to it the very fact that I am enjoying my present good health; but I do wish to say that there is a power that even physical culture cannot give, and that is the power of God. For the past nine weeks (it will be three months by the time this is printed), I have been kept free, absolutely free from this awful habit. You know we read that "God is all powerful, both in heaven and on earth," and "Whosoever the Son shall make free, shall be free indeed," but we don't seem to realize that it is applicable to cases of this kind. I just got to the place where I realized that I could not rid myself of this sin, and I realized, "That Jesus Christ died to save sinners, of whom I am chief," and I prayed to this all powerful God to take away this sin and set me free. He heard me, and as I say, for the past nine weeks I have been free, for the first time in ten years.

I am still a physical culturist and exercise faithfully every night and morning, and I know that before long I shall be a man in every sense of the word, as God intended us all to be.

I may say in conclusion that I am not a minister, but am a student in college in Chicago. I fully believe in God and if any of you are having a struggle in life take Jesus Christ with your physical culture and you will win out.

Chicago, Ill.

X. Y. Z.

### Physical Culture Cures Fits

TO THE EDITOR:

I never was very strong when a youngster. My father was subject to epileptic fits ever since a boy, caused, I understand, by falling

on his head out of a second story window. He used to have the fits (when I first remember), about every six weeks, and was ordered to take two ounces of bromide of potassium in one quart of water, two dessertspoonfuls per day, which did him no good. When I was about seventeen years old I suffered my first fit. I went to see a doctor, and he advised me to go to Professor Bramwell, in Edinburgh (Scotland), infirmary.

The Professor prescribed two dessertspoonfuls per day of bromide of sodium (mixed two ounces to one pint of water), and two teaspoonfuls of quinine and iron, and to report in two weeks. I took the medicine, but nearly every morning at that time I had a fit.

I was given a new prescription, and I reported in two weeks, and as the fits were diminishing, I was told to continue with the dope. It certainly stopped the fits but it made me a nervous wreck. I had taken the dope about three years, when I came to Canada, and of course, I brought a whole trunkful of bottles along with me.

My partner (who had done a little physical culture work in the old country), had bought your magazine, and showed it to me. I thought I would at least give it a trial. We bought an exerciser, a pair of dumb-bells, and a set of boxing gloves, and all our spare time was put in exercising in some way or other. I quit all my bad habits, such as tobacco, strong drink, etc. I was exercising at 5:13 A.M. in San Francisco, when the earthquake struck it in April 18, 1906. I was burned out that morning but have still stuck to physical culture. After the first week of exercising I threw the remaining bottles of dope out the window. Thanks to physical culture my nerves soon grew a great deal steadier and I never get dizzy, no matter, how far I look down or bend my head. I have never taken a drop of medicine since starting physical culture.

Boise, Idaho, WM. B. DUNCAN.

### An Office Man's Diet

TO THE EDITOR:

My interest has been aroused by the remarks on diet by some of your readers, and I wish to relate some of my own experiences along that line.

Being an office man for the past six years or so, I have experienced the various stages of ill-health, which the indoor worker usually goes through, and after a series of experiments have finally concluded that natural or raw diet (or as nearly so as possible), makes most for health and strength. I have brought myself from a condition of indifferent health to a degree of health and endurance that I had thought impossible for me to attain. I exercise regularly, usually in the evening (as that is the most convenient time for me), and in the morning if I get the chance.

The following is the diet which I have adopted after considerable experimenting: Morning, raw rolled oats, banana and cream, cocoanut (one and a half ounces in natural state), and a glass of milk. Noon: (If hungry),

an apple or orange and some dates. Evening: Cocoanut and dates, black coarse bread (or whole wheat), and butter (sweet), raw oats, milk and banana. An hour or two later I eat an apple or any other acid fruit which I have found most beneficial if eaten at any time but in combination with other foods as above mentioned.

My chief motive in writing this is to call the attention of your readers to the great value of cocoanut as a food. Personally, I have found it of immense value as a tissue builder, and it has enabled me to overcome a long-standing tendency to constipation. I wish particularly to emphasize this statement, that, any one who will exercise regularly, eat only when really hungry and regularly use cocoanut (in moderation, two to three ounces daily, if using two meal plan), will have no difficulty in overcoming this dreaded disease. Cocoanut also furnishes exercise for the teeth and encourages thorough mastication and insalivation, because of its fibrous structure and other properties; it keeps the alimentary tract pure and clean, and it has done for me what some people claim, sand does for them. Eaten with dates (or prunes), it is delicious enough to tempt an epicure from the flesh-pot and will build tissue and vitality with little tax on the digestion and on the purse. This, together with breathing fresh air, whenever possible, and practicing moderation in diet and regularity in exercising has done wonders for me and my friends and will, I believe, do so for others.

Philadelphia, Pa.

A READER.

### Heart Failure Caused by Overeating

TO THE EDITOR:

The victim of heart failure gorges and gorges, and the more he gorges the larger he becomes. Often he actually gorges himself to death. Slowly his abdomen begins to swell, his face becomes puffed and bloated, his step becomes heavy; and his senses less acute, until finally he looks like a prize hog.

As fat accumulates on the outside of the body, fat also forms on the inside, until the heart and lungs are so crowded that they cannot perform their functions properly.

Heart failure does not always mean a weak heart. No heart could stand the strain of such abuse, it must have room to act. It must have blood and be able to circulate the blood.

The strongest heart that ever throbbed in a human being or an elephant can be made to fail if it is sufficiently abused. There is no excuse for such deliberate suicide.

To the person with the protruding abdomen, full, fat face and "don't care" temperament, let me say: Turn over a new leaf. Do not pat yourself on the abdomen and say, "This cost me a lot of money, this is health."

Begin at once to get rid of your surplus fat. Diet yourself, and exercise daily. By exercise I do not mean waddling; exercise the trunk of the body, exercise until the perspiration rolls off you, like a rain storm. Practice deep breathing, so that the breathing muscles may

massage away the superfluous fat that surrounds the heart and lungs.

Get rid of the dangerous internal fat first. Give your heart and lungs room in which to act, so that you may have the necessary endurance to exercise the external body thoroughly. External fat is unsightly; internal fat is dangerous.

Above all, eat as little as possible. Do as the camel does when he crosses the desert, practically live on the fat surrounding your body. Instead of gorging yourself with food several times a day, eat as little as you possibly can. Stop eating the moment you feel that your hunger has been partially satisfied, even if your plate is loaded with tempting food. Stick to this work, even if it takes years to accomplish the desired result. You will be well paid for your efforts. B. K.

### An Accountant Cures His Ills

TO THE EDITOR:

I have lately taken a two and a half month's course on raw foods alone. Have drunk milk in great abundance, and find it a great help.

I have been an accountant for forty-five years and in the earlier part of my career suffered much from many ills, but by adopting a line of life somewhat like the one you advocate I have a stronger mental force and lose fewer days from illness during the year than any of the force where I am employed, though all are twenty years or more my junior.

I know it pays to care for one's self. I am living witness to it and my friends are also ready to testify.

Chicago, Ill.

MYRON LEONARD.

### Reformation from this Magazine

TO THE EDITOR:

I want to take this opportunity to thank you for all the good which you have done me. About a year ago I began sleeping nude between ordinary sheets. It came about in this way: Returning to my room late one evening I reached for my sleeping garment, only to remember that I had given it to my landlady that morning to have some damages repaired and she had not returned it. I decided not to awaken the good old lady and rolled between the sheets nude. I expected to feel cold, but was agreeably disappointed and felt so well upon awakening the following morning that I decided I would never again sleep in any sort of clothes, which resolution I have carried out.

I learned to swim in the Hudson River when but ten years of age, and I had lived in cold, foggy San Francisco for a number of years, always lamenting the fact that there was no place to enjoy the sport of my boyhood days, when a friend told me that he was in the habit of taking a plunge in the ocean before breakfast. The thought nearly froze my marrow. As he had experienced some difficulty in securing a partner for his icy plunges I decided to try it on to test my own particular physical anatomy. I am glad I did, for I found that I was perhaps superior to my friend in with-

standing the waves and their icy temperature. I also enjoyed the run on the smooth beach.

About this time I saw a copy of PHYSICAL CULTURE magazine at the room of a friend and after glancing through it asked and obtained permission to take it away to my den. Thus began my grand debut into the radiant life; into a life which I had stubbornly insisted upon living as a child of nature and which years of prudish, civilized training had robbed me of. At the age of fifteen I obtained (at my own court), a decree of separation from my old home and was absent about five years, and as I now review the past I can see that it was good for me so to be. I started out again and during an extremely hard winter I enlisted in the army as a musician. Here calisthenics were thrust upon me and resulted in much good.

I came to California about seven years ago and after becoming accustomed to the warm climate in the valleys I found that I could dispense with meat and wiped it from my bill of fare at once and forever. Your magazine did the rest. I purchased all the back numbers I could find (which are few in San Francisco), and I have clung to my exercise, rub and friction and cold bath every morning.

My heart and sympathies and prayers are with you in your fight for purity. God knows no one appreciates your efforts more than myself. Physical culture is the best incentive to a clean life, and is strenuously antagonistic to sensuality. You will win out against Comstockery. All reformers are persecuted. The best proof one can have that one is benefiting humanity is to be persecuted.

San Francisco, Cal.

JOHN RIVERS.

### Gains Four and a Half Pounds in Two Weeks

TO THE EDITOR:

I am delighted with the results of two week's trial of your raw food and sumik diet. Have gained four and one-half pounds, and have a better appetite than I have had for months, but, often taste sumik afterward, and want to ask you, when is the best time to drink it, before, with, or after meals?

STELLA ROBERTSON.

NOTE.—The sumik can be taken before, after or during the meal—in fact, whenever it is desired. A few cases have been greatly benefited by taking it from fifteen minutes to half an hour before the meal, as it seems in some instances to increase the supply of digestive juices and cleanses the stomach.—EDITOR.

### Benefits from One Copy of Our Magazine

TO THE EDITOR:

By chance I picked up one of your magazines, and I have gained from it by just reading one copy. I am seventeen years of age, six feet one inch, in height and weigh one hundred and seventy-five pounds. I eat a great many apples and other fruit. My folks laugh at physical culture. I have done a man's work since I was twelve years of age and am now the stronest boy in the High School.

Wayne, Mich.

SMITH GREEN.



# THE VIRTUES OF OUR METHODS PROVEN

## Cured of Varicocele

TO THE EDITOR:

A year ago I was almost a wreck, because of varicocele, having taken treatment from four local physicians, and received no benefit whatever.

After reading your literature and living accordingly, I am once more in good health. Will do all I can to advocate your methods.

Thanking you a thousand times for the light you gave me, and for my present good health.  
Canton, O. C. F. BAUER.

## A Real Physical Culture Baby

TO THE EDITOR!

The writer, by living a strictly physical culture life, without any of the discomforts common to motherhood, gave birth to a perfectly healthy child on May 19, 1908. Had no labor pains, and required no physician nor trained nurse.

The baby has never had any nourishment except from his mother's breast, and is in perfect health. He is stronger and more active than any other child of his age here. He has taken regular exercise from the time he was six weeks old and thoroughly enjoys it.  
MRS. A. E. HOAG.

Box 431 Mt. Vernon, Wash.

## Cured His Ailment and Gained Twenty Pounds

TO THE EDITOR:

I was suffering from catarrh, and it had gone all through my system. Friends thought I had consumption. I doctored with the local doctors and then the patent medicines and finally a specialist. While waiting in a drug store for my turn to see the doctor, I looked over the magazines and came upon PHYSICAL CULTURE, then only five cents a copy. I bought a copy, took it home and read it. Next month I purchased another copy and read that and said to my wife, "There is my doctor." I took the months' supply of medicine I got of the doctor and threw it out—Didn't take one dose of it—and he has never seen me since.

I have been a subscriber to PHYSICAL CULTURE ever since. I weighed at that time 135 pounds, now I weigh 165 pounds.

Route 12, Fayette, Ohio. C. C. STRUBLE.

## Feels Like a New Man

TO THE EDITOR:

I am an enthusiastic young physical culturist, and am doing my best every day towards following out proper methods of living,

as advocated in your most valuable monthly publication. I sent for some of your literature about two months ago and have been taking those exercises, after getting up out of bed, which you recommend. On starting the exercises my weight was 135 pounds, now it is 146 pounds. Every time I weigh myself I have been able to see myself gain pound by pound. I can't express my deep regards for your wonderful advice too highly. I feel like a new man. I am single, twenty-one years of age, and enjoying life, since beginning acquainted with physical culture a few months ago.

ARLIE BRYANT

158 Seneca St., Buffalo, N. Y.

## A Pharmacist Converted

TO THE EDITOR:

I would like to add my testimony to others'. I have been reading PHYSICAL CULTURE, for years, and while I can not claim to be a very consistent physical culturist, I have derived a great deal of good from your books.

I am a pharmacist, but have given up the business, because I could not bring myself to filling so many prescriptions and selling so many patent medicines to people, whom I felt sure did not need them in the least.

So much I have learned from reading PHYSICAL CULTURE.

I have been married only a few months, but my wife and I are trying to live up to the ideals taught in your books, of which we have several.

Manatee, Fla.

L. D. ROBERTS.

## A Victim of Prudery Saved

TO THE EDITOR:

I have read a lot of what you have published about prudery. You are certainly right, I myself have been a victim of that great curse. When I was sixteen years of age I fell in with bad companions, and they led me on till I was as deep in vice as themselves. I had been a victim for nearly two years, but I still have health enough to build up. I didn't know I was doing wrong. I thought my parents, who warned me against tobacco, liquor, etc., would surely warn me of this curse, but no, they were dumb.

If they saw evidence of the evil practice I had and still never warned me, may God forgive them, as I try to do.

I have taken exercises during the last year with great results. I slept with my window open all last winter when the temperature was twenty below zero, and did not have a cold, and was not sick all winter.

O. W. K.



The parents of Thomas Scott, whose photograph appears above, live at No. 1, Alder Street, Atherton, near Manchester, England. He was ten and one-fourth months of age when this photograph was taken. At nine months he weighed twenty-six pounds, and his father states that he has eaten natural food only, that is, that he has been on the milk diet ever since birth—mother's milk.

#### Owes Us an Everlasting Debt

TO THE EDITOR:

Three years ago I was working in a cigar store, before and after school hours. I became acquainted with a barber who was what is known as a physical culture crank. He was as near a man as any barber or other person that I have ever had the pleasure of knowing. He it was who first got me interested in long walks, fresh air and cold baths. I swore off eating candy and meat, also tea and coffee, and soon ate only two meals a day. Next came short fasts, which benefited me wonderfully. I was afflicted with that deadly monster, masturbation, but soon overcame this also.

Still I was not satisfied. The outlook of a cigar clerk no longer appealed to me, so after my high school course, I came to the University of Minnesota. I now room with a young man who has also been converted. Our diet now consists of whole-wheat, or rye bread, fruit, nuts, and grape-nuts. We eat no breakfast but spend about an hour at dinner and supper. We chew the food to a liquid. It costs us about seven cents a day. I wish every man who is working his way through school could know the advantages of your theories, both financially and physically, not to speak of a clear mental bearing.

I owe you an everlasting debt and also my barber friend. There is another character in the play—the sweetest healthiest little physical culture woman you ever knew—"But that is another story."

University of Minnesota.

H. A. D.

#### The Harm We are Doing

TO THE EDITOR:

Bernarr Macfadden has been prominent in exposing frauds and deceptions, and denouncing a good many people as unscrupulous, and many things that we have used all our lives, as useless, in fact, injurious. Consequently,

I feel it my duty to cite a few instances, where he has worked injury to some people.

Four years ago I had typhoid fever, from which I rallied, but was left partially paralyzed in my lower limbs and with my digestion disarranged, and I soon began to go from bad to worse, until I had dwindled to a mere skeleton. I weighed only 88 pounds in June, 1907, and was so weak I could scarcely stagger. Almost everybody thought I was going to die, I began rational treatment in June, 1907. I took a course of treatment by mail from Mr. Macfadden, and at the same time began osteopathic treatment.

Mr. Macfadden had explained the wonderful effect the mind has over the body, and convinced me of the virtues of his methods, so I gritted my teeth and went to work with might and main, determined to win. Now I weigh 135 pounds and am able to do a fair day's work. In fact, in some ways I am stronger than the average man. So I think Mr. Macfadden has cheated some undertaker out of a case.

I had faithfully patronized the patent medicine dopers and medical doctors, but I have cut them out entirely, so he's to blame for cheating them out of a little cash, but not very much, for I had just about all I could stand, when I quit them.

I live in the City of Des Moines, and, of course, we have a good street car system, but I have learned to enjoy walking, because it always makes me feel good, and knowing its beneficial effects I very seldom take a car, so I guess Mr. Macfadden's to blame too for the street car company not receiving a good many fares from me.

Also the grocery stores and meat shops don't get quite as large receipts out of our family as they formerly did. Even the dry-goods merchant has to suffer. For instead of wearing from two to four heavy undershirts in the winter, I only wear one light cotton undershirt. I don't believe in telling all the bad and no good about a man, especially when he is already in trouble, so I will tell you of a few people that he has benefited. I am hard on shoes—I have worn out as many as three pairs of soles on one pair of shoes, so the cobbler is really indebted to Mr. Macfadden.

I was eighteen years old when I had the fever, and had not completed my education. Every effort I made to go to school ended in failure, until December 1st, when I entered the Capital City Commercial College, and with common sense living and the help of Providence, I hope to go through it. This is all of my experience that I will burden you with. Hoping this article will help some of the readers of PHYSICAL CULTURE to see Mr. Macfadden in his true light.

Des Moines, Ia.

A. C. WOODARD.

#### A Physical Culturist for Six Years

TO THE EDITOR:

I have been a reader of your magazine for about six years, and have not been sick a day since. I used to have a cold or the grip nearly

all winter. I sleep with my window wide open and never have use for any such trash as medicine. I can always hold my own with the best of walkers. My brother and I walked a distance of about twelve miles of rough country roads in one hour and fifty-nine minutes.

Thanks for your fine literature, which has taught us more how to keep healthy than all other reading matter put together.

Baltimore, Md.

HUGO SCHMIDT.

### Saved from Death—Now Happily Married

TO THE EDITOR:

About twelve years ago, as the result of ignorance, I fell a prey to the vilest of diseases with all its terror-dealing train. I was treated by several doctors for a period of nearly three years, to whom I paid a small fortune, without gaining any healthy progress at the hands of these skilled physicians; in fact, each one, after treating me left me much worse off physically than he found me. My stomach was, by their treatment, transformed into a drug store, or rather a medical storehouse. Thus reduced to a mere skeleton of humanity, living in a hell of tortures, without any hope of recovery, I prayed for death to end my sufferings; but before I was completely devoured by the black monster, a friend who had found the light, gave me one of your magazines to read. I read it and followed its suggestions and in less than three months was restored to health. Ever since then I have been a strong advocate of your teachings.

I am now a married man, blessed with a wife and two children. The children are strong and healthy with a sunny disposition. My wife and I are physically in good form. We have not experienced any sickness in all our four years of wedded life.

The thanks we owe to none other than your teachings of health and the wise guidance of Almighty God.

I pledge my life ever to remain your student and disciple.

GEORGE R. MARGETSON.

187 Brookline St., Cambridge, Mass.

### Took Barrels of Medicine

TO THE EDITOR:

As one who was born sickly and whose life was despaired of, I may be able to encourage some one to take up rational ideas in living.

I find that I feel much better by adhering to a light diet of fruits, nuts and cereals. Two meals a day seem to be all that I can handle. I just made a luncheon on grapes and coarse Graham crackers and peanut butter. Walnuts and figs make another good combination, with probably a baked sweet potato. Following this régime, varied by different fruits (stewed prunes, peaches, etc.), and beans, macaroni (no meat), I find that I am not troubled with constipation at all. In my childhood I was dosed with barrels of medicines (almost literally true); but had my parents known anything of the merits—and cheapness—of physical culture methods, I would have been saved much misery and they much expense.

I have been taking the morning cold bath for over a month, and hope to keep it up. I am naturally of poor circulation, but have prevented the shock as follows: First wetting my head and neck and chest with cold water, then expelling and inhaling the breath forcibly several times, and then, instead of going into the tub the usual way, back down, I turn my face to the rear and slide in on the abdomen, doubling up the legs, thus avoiding the shock of the cold water coming in contact with the spinal column first.

Oakland, Cal,

LEROY F. SHINAMAN.

### A Real, Live Cupid

TO THE EDITOR:

The accompanying photograph gives you an idea of the appearance of Master Tommy Greenwell, a physical culture baby, age fourteen months. He is 29 inches in height, weighs 25½ pounds, chest measures 20½ inches. Since he was three days old he has slept in a room with the windows open. He is healthy and strong and has never been vaccinated. We give him a dry friction bath twice a week with the palms of the hands. His principal foods are porridge, eggs, milk, puddings, fruit, and brown bread. This fine, healthy boy is the outcome of the knowledge and renewed vigor we have received from your monthly magazine.

MR. and MRS. WILLIE GREENWELL.

16 and 17 Silver St., Durham City, England.



Master Tommy Greenwell,  
Age fourteen months.

# Fruits of the Liquor Traffic

Collected by Gomer D. Reese

Member Ripple Division Sons of Temperance.

The compiler of these articles has also prepared a booklet giving details of one hundred crimes caused by drink. This booklet will be given free, as a premium, on request, to all those who subscribe for this magazine at the regular rate. Those desiring to do missionary work against the liquor traffic will be offered special prices on booklet if ordered in quantity.—Bernarr Macfadden.

## SHOOTS WIFE HE DESERTED, IN PRESENCE OF CHILDREN.

After an absence of two months, John Homan, returned on Friday night to his home in Elmhurst and in a drunken rage shot and killed his wife and then shot himself in the head. His self-inflicted wound was not fatal, and after an inquest yesterday he was taken to the Wheaton County jail.

Homan had learned his wife was planning to obtain a divorce, and he accused her of intending to marry again. She tried to persuade him to leave the house, and when he threatened to kill her she begged him to think of their children. One of the latter, Carrie, a twelve-year-old girl, was in the room and witnessed the death of her mother.

The murdered woman was the mother of six children, and Homan by a first marriage was the father of three others. The entire family had been supported by the mother and elder children for two months.

Homan in the same time had been employed as a farm laborer in the vicinity of the town, but had not visited his family. The other children were in bed at the time of the shooting. Neighbors took charge of them. Mrs. Homan died instantly, the bullet penetrating her heart.—Chicago (Ill.) *Tribune*.

## BREAST CUT IN SALOON FIGHT.

Floodwood, Minn., June 25.—A serious stabbing affray took place here to-night in the saloon owned by Tangrenen & Pokpallas. Alex. Nemei, it is claimed, severely cut John Tullenen in the right breast and the arm. Tullenen is in a very critical condition, according to the physician who attended him, and may not recover.

The cause of the trouble is not definitely known, but is believed to be the outcome of an old feud. The men had been drinking heavily during the evening, and were quite intoxicated when the cutting took place. Nemei was arrested immediately, and will be given a hearing in the morning.—Duluth (Minn.) *News-Tribune*.

## DRUNK WHEN KILLED.

Admitting that the man was drunk when he was run over by a street car and killed last March, the administrator for the estate of Charles S. Elliott has brought suit in district court, Minneapolis, for \$5,000 damages.

Elliott was ejected from a Como-Harriet car and run down by a car coming in another direction.—St. Paul (Minn.) *News*.

## ENDS HIS LIFE AS WIFE PLANS FOR HIS CHRISTMAS.

A telegram sent from New York City to Mrs. William Baker Turner, in care of her sister, 976 South Spaulding avenue, Chicago, reveals the fact that Dr. Turner had committed suicide in that city after writing a pathetic note to his wife.

Practically a wreck from the excessive use of cigarettes and liquor, and with the grip of consumption on him, Dr. Turner shot himself to death in his apartments at 170 Eighth Avenue.

Meantime the widow, not knowing of her husband's death, is on her way to New York City with the intention of surprising him for Christmas and placing their pretty flat in readiness for a Yuletide celebration.

For ten years Turner, who was thirty-six years old, had been interested in the Egan Medical Company. He was well known. He had been an inveterate user of cigarettes, often smoking as many as one hundred a day.—Chicago (Ill.) *American*.

## MURDER NEAR IOWA CITY.

**Man is Struck by a Beer Bottle and Killed in Saloon Row.**

Iowa City, Ia., Aug. 22.—Word was received here to-day of a murder, which occurred last Sunday in the Rapp saloon, in the heavy woods north of the Iowa river, near the western border of the county. L. Nove was killed, being struck with a beer bottle, supposedly by a man named Vanourney, a son of Mrs. Rapp, who runs the place. No arrests have been made.—Sioux City (Ia.) *Journal*.

## BUILDER MURDERS WIFE.

Mineola, L. I., Sept. 8.—Martin J. Smith, a building contractor, shot and killed his wife this morning and then shot himself. He is in the Nassau Hospital in a critical condition. Neighbors say that drink led to the shooting.

Smith, who is thirty-four years old, had been haled to court two or three times recently charged by his wife with failing to provide for his family. There are two children, a boy of seven and a girl of three.—New York *Commercial*.

## GEORGE DIXON, GREAT PUGILIST, DIES IN BELLEVUE.

**Knocked Out by John Barleycorn, He Told  
the Physicians When Questioned.**

George Dixon, former feather-weight champion of the world, died this afternoon in Bellevue Hospital of heart disease. His body was removed to the Morgue, where it awaits a claimant.

Dixon arrived at the hospital about 11 o'clock Saturday night in a cab, accompanied by a white man and a negro. He was apparently suffering from alcoholism, and was assigned to the alcoholic ward. There it was discovered that he was also the victim of an acute attack of inflammatory rheumatism. He did not appear to be seriously ill until last night, when his condition began to grow worse, and he sank gradually from that time until shortly after 2 o'clock this afternoon, when he died. He was conscious to the last.

When he was brought to the hospital he gave his address as 258 West Forty-first street, his age, as thirty and his place of nativity as Canada. He said that he had been in this country thirty years.

Asked by Dr. Hooker, who had charge of his case, what he had been doing to get himself into such a condition, Dixon replied:

"Fighting John Barleycorn principally, and he has got the best of me."

The pugilist said that he was following the occupation of a boxing instructor, and that his "best friend" was M. A. Harrison, of 258 West Forty-first street. He also gave the name of John L. Sullivan, former heavy-weight champion, as one of his friends "when he wanted money." He said, however, that he wanted Harrison notified in the event of anything serious happening to him.—*New York World*.

## SHOT DEAD ON FIRST NIGHT AS A BURGLAR.

**Young Man Killed by Policeman's Bullet  
While Escaping with Booty—Wife  
and Child Left Destitute.**

His insatiable desire for liquor, which his modest income and the dependence of a family upon him for support forbade indulgence, caused B. Edward Pierce, a young man, of No. 439 North Eleventh street, to commit his first known theft early this morning. A paltry lot of old brass fittings he stole from his place of employment, the foundry of Saville & Co., Eleventh and Wood streets, to sell for drink. 'Twas worth no more than a few dollars, and now he lies a corpse in the Morgue for the offence, a victim of a policeman's bullet, and leaves a poverty-stricken wife and child in the depths of despair, sorrow and degradation.

Pierce was captured not far from his home, with the goods in his possession, by Policeman Wesley W. Stevenson, of the Fifteenth and Locust streets station house, who was doing

duty in the Tenderloin. Thrice he escaped from the officer, and the last time he was called upon to halt. He refused to do so, and a bullet from Stevenson's pistol laid him in death's grip.

"My God! Is he dead? What a disgrace for this child!" said Mrs. Emma Pierce, the dead man's widow, when Sergeant Austin and Special Officer Ervin, of the Tenth and Buttonwood streets station house, broke the awful news of the tragedy to her at noon.

"He has left me without a penny!" she wailed, as she pressed her five-year-old boy Erby to her bosom for a spark of comfort. The officers tendered her several dollars and told her that they would do all possible to relieve her anguish and misery. A collection among the policemen of the district is being taken up for her.

"We have lived in hot water ever since we were married, five years ago," continued the unfortunate woman between her sobs. "Drink ruined him. He never could get enough of it, it seemed, and I warned him repeatedly that it would bring him to a disreputable grave."—*Phila. Inquirer*.

## SHOOTS WIFE; HANGS HIMSELF.

**Victor Linde, Believing He Had Done Murder,  
Commits Suicide in Cellar—Had Lured  
Woman to Roof—Fires Four Shots  
in Presence of Her Father, Then  
Flees Through the Scuttle.**

Victor Linde, bricklayer, who shot at his wife four times on the roof of the tenement, at 207 East Ninety-sixth street last night, inflicting two painful flesh wounds, was found hanging in the cellar of 205 East Ninety-sixth street at 6 o'clock this morning. He was nearly dead when cut down, and expired shortly after his arrival at Harlem Hospital.

Although Mrs. Linde's wounds were not serious, her husband evidently thought he had killed her, and after making his escape he returned to the scene of the shooting and prepared to take his own life.

Morris Glid, who lives in the house at 205 East Ninety-sixth street, went down to the cellar at 6 o'clock to get some wood, and saw Linde's body hanging from a door. He had used a leather belt as the noose, and while nearly strangled to death he was still alive when Glid cut him down and called for help.

The shooting and suicide resulted from the refusal of Mrs. Linde to live with her husband, who was said to be very jealous of her. Mrs. Linde says that her husband drank heavily every pay night, and then he had a habit of going home and throwing all of the furniture into the street.—*New York American*.

Wine is a mocker,  
Strong drink is raging;  
Whosoever is deceived  
Thereby is not wise. — Bible.

By their fruits ye shall know them.—Bible.

# Harvesting the Cigarette Crop

NEWSPAPER CLIPPINGS, FROM THE PRESS OF THE  
ENTIRE COUNTRY, COLLECTED BY GOMER D. REESE

## BOY WHO KILLED SISTER WILL SMOKE NO MORE CIGARETTES.

James Richey, of Maplewood, who accidentally shot and killed his little sister while playing policeman in their home, one night last November, promised Judge McElhinney, in the Clayton Circuit Court yesterday, that he would never have anything more to do with revolvers or cigarettes. The boy was paroled for six months, and left for his home in Maplewood.

The boy was sentenced to jail on a charge of disturbing the peace, in order to hold him while the father determined what to do with him. The father said he was a cigarette fiend, and had an abnormal desire to handle firearms. After Judge McElhinney talked to him, the boy said he had decided to forego the pleasure of cigarettes.—St. Louis, Mo., *Republican*.

## CIGARETTE KNOCKS OUT VETERAN SMOKER.

### Party Broke Up When Man Sixty-Eight Years Old Succumbs to Weed.

A cigarette broke up a birthday party last evening. Bertram Pickering, in whose honor the party was given and who says that in his sixty-eight years of life he has smoked everything from a corn cob pipe to a clear Havana cigar, was made seriously ill when during the progress of the festivities he tackled the aromatic little stick of tobacco surrounded by paper. A physician was summoned, and the host was put to bed.

The party in Mr. Pickering's honor was given at the home of his son-in-law, Gilbert J. Powell 4933 Umbria street, Manayunk. All evening Mr. Pickering was the life of the party and entertained the guests with humorous stories.

"I feel like a boy having his first party," he said when the ice-cream was served.

When a tempting looking box of cigarettes was passed around, Mr. Pickering remarked that he might as well try one to be fashionable. He puffed away at it tentatively for about a minute, when he suddenly became deathly pale. A few more puffs and he lurched forward in his chair. His son-in-law ran to him, and at a glance saw that Mr. Pickering was ill.

Dr. Seidler was sent for, and ordered Mr. Pickering to bed.

"The cigarette did it," said the physician briefly and to the point.

"No more of those pesky things for me."

responded the patient feebly, but firmly.—Philadelphia (Pa.) *Inquirer*.

## BLAMED CIGARETTES AND WHISKEY.

In a sworn statement, which was read at an inquest, Mrs. Katharine McCarthy, 2020 North Howard street, blamed cigarettes and whiskey for the suicide of her husband, Edward McCarthy, who hanged himself on Monday. He had been drinking hard for several weeks and smoked innumerable cigarettes, she said. Suicide was the verdict in the case.—Philadelphia (Pa.) *Ledger*.

## BOY WAS BOUND TO DIE.

### Victim of Cigarettes Made Three Attempts at Suicide.

Daniel Murphy, nineteen years old, made three attempts yesterday to end his life.

The young man left his home, at 1014 Cumberland street, two years ago, and returned soon after the first of this year. His stepfather, Herman Schultz, and his mother received no word from him during his absence, and since returning he has refused to tell where he had been. He also refused to work, but spent all his time smoking cigarettes, which his mother says were purchased with money belonging to her. A month ago the slot gas meter in the house was broken open and robbed, and the crime was charged to the young man.

He became surlier every day, and threatened to commit suicide each time he was accused of theft. On Saturday night he asked his sister where the rent money was secreted, and when she refused to tell him he ransacked the house, but did not find it. His mother heard of what he had done yesterday and upbraided him.

At that Murphy tried to stab himself with a carving knife, and did wound himself slightly before his mother got the knife from him.

The boy then went to his room, and soon afterwards his stepfather found him in a semi-conscious condition. Gas was poured into the room. Schultz opened the windows, and partly revived Murphy, whereupon the latter drew a pocket knife and again attempted to stab himself.

The stepfather obtained the knife from the boy, who was taken by a policeman to the Samaritan Hospital and then locked up in the Park avenue station. The district surgeon thinks cigarettes have affected his brain.—Philadelphia (Pa.) *Leader*.

"No man violates Nature's laws without incurring penalty."

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### THE BRAN-COAT

is mixed with molasses, roasted and ground separately, then blended with the other part of the wheat to form the perfected product—**Postum**.

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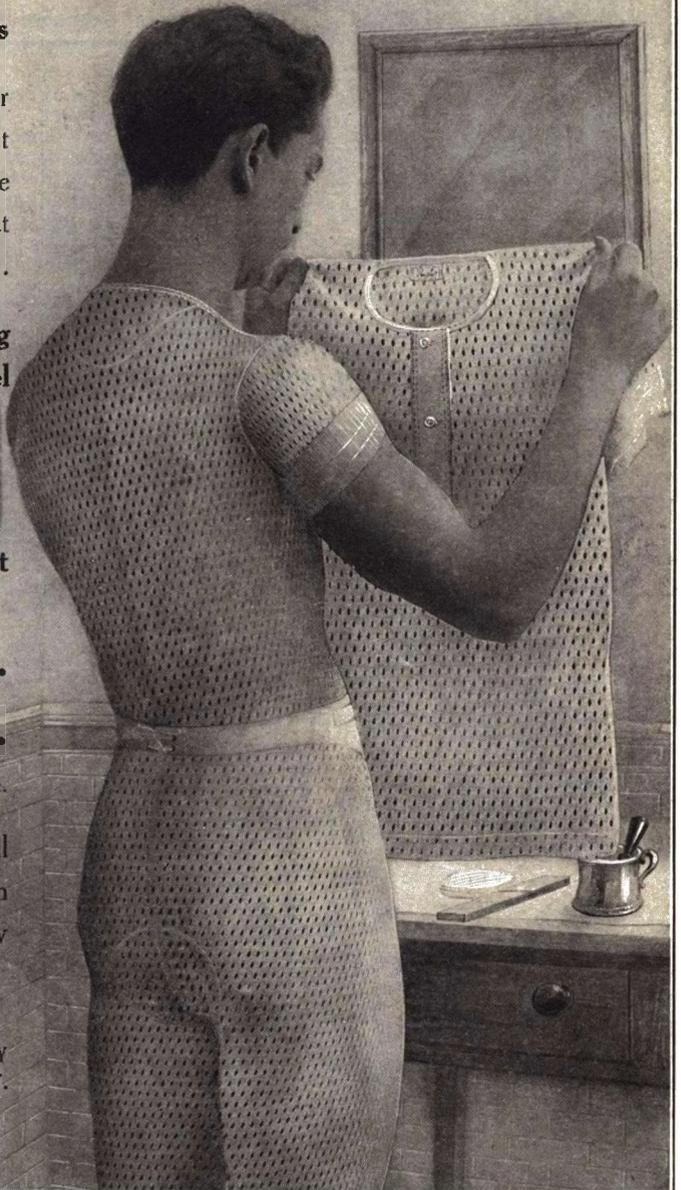
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I was once an invalid . . . the doctors said I would never be well. I never would, it is true, had I been content to follow their method of treatment.

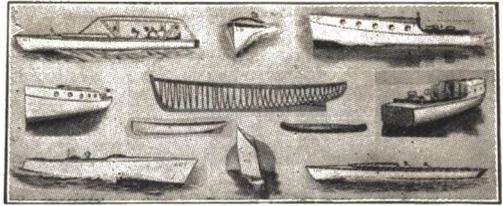
But I wasn't . . . and to-day I am as strong and healthy as any person in the world, and as a result of my experience, for the past six years I have been curing cases that the medical doctors have pronounced hopeless.

I can prove to you that acute diseases, such as pneumonia, typhoid, and all other fevers, can be averted or cured quickly, and that chronic diseases of the stomach, liver, kidneys and extremities need not be endured.

I can't do this unless you will write to me. I charge nothing for my opinion of your case.

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# HEALTH

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If you prefer to have the increased vitality which characterizes the second photo, write us and we will tell you how to so live as to produce this condition and make life worth living.

Mr. G. E. MUEHLER, 505 West Main st., Fort Wayne, Ind., who has been taking treatment with us for Catarrh of Head, Eye Trouble and Chronic Malaria, has sent us the following reports:

*First Report:* "I feel better and stronger in every way and my general state of health has improved wonderfully. My appetite is fine and my bowels are acting properly."

*Second Report:* "I am feeling fine. Have gained three pounds in weight and have noticed a continued increase in my strength and power of endurance, as I am now averaging a fifteen-mile walk every day."

*Third Report:* "I have continued taking every exercise that you have sent me and have followed all your instructions carefully, and as a result I am feeling much stronger all over and my general state of health has continued to improve. Yesterday I walked twenty-two miles between dinner and supper time."

HEALTH BY MAIL, Inc., 515 Flatiron Bldg., New York City.

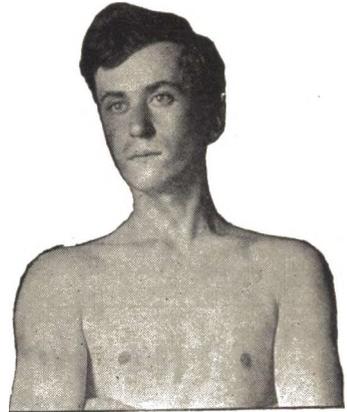
Dear Friends:

Before starting treatment with you I am quite sure that I could not walk any more than three miles miles at a stretch without being completely exhausted, but right now there is absolutely no limit. A fifteen-mile walk doesn't affect me in the least, except to assist me in more thoroughly enjoying my next meal. My heart action, bowels and in fact everything, are as fine as one could wish. I never felt better in all my life. I am gaining over a quarter of a pound every day, and note a continued improvement in every direction. I have a good appetite and can hardly wake up in the morning, I sleep so sound, in spite of the fact that I used to be bothered with insomnia.

I am sending you under separate cover to-day two pictures of myself. I can see a great difference and I am sure you will also. My general state of health is better to-day than it ever was, as a result of living up to the teachings that you advocate, and the instructions that you have given me. I do not know where I would be to-day if it had not been for your course in Physical Culture.

Trusting this letter will be of some benefit to you in your grand work, I remain

Your friend



Mr. G. E. Muhler, before taking our course of treatment

(Signed) G. E. MUEHLER.

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*Third Report:* "My weight has increased from 118 to 136 pounds. I feel like a new man; work is a pleasure and everything seems pleasant. I am glad to let anyone know how I am benefiting by your treatment prescribed for me."

*Fourth Report:* "I am still gaining in weight and in strength. My weight is 144 pounds at present. The pain in my right side is scarcely noticeable; all pains seemingly have disappeared."

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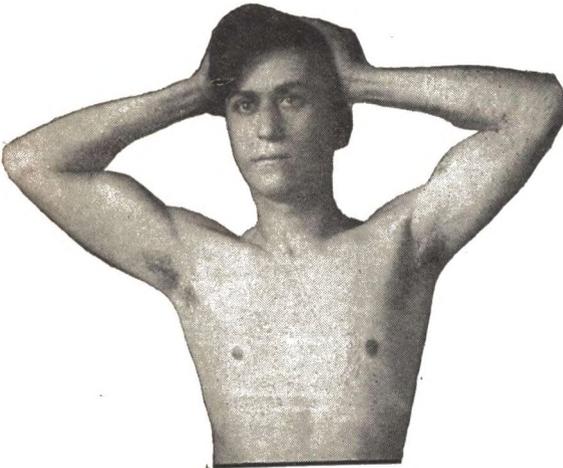
# BY MAIL INC.

**Education** is disease's most aggressive enemy. Just in proportion as our people are educated as to the proper care of their health and the rational mode of living, just to that extent will disease be stamped out. Education and disease are incompatible. One must give way to the other. It is unthinkable that a person having been made aware of the causes of a certain disease and the absolute cure for same will continue to persistently follow that course of living, which will not only cause an exaggeration of the existing symptoms but ultimately lead to death. Our business is to thoroughly educate and train the individual in the science of living. Not only do we aim to cure

disease, but we assist in building up the general constitution and developing that superb degree of health which is incompatible with the very existence of disease.

**We Do Not Drug.** What we do is to advise you how to assist Nature to cure yourself. We defy and challenge the medical profession to prove conclusively that they have cured a single case. We do not deny that they can, and do, cover up symptoms. Some do get well who take drugs, but in spite of them and not because of them. But a toad in the well is there just as surely after the well is covered up, so it can't be seen, as it was before covering the well. We claim, and furthermore can absolutely prove, that multitudes have been permanently cured by Bernarr Macfadden's curative methods, which we use exclusively. Among which class will you number yourself? Among the thousands who have been permanently cured by Nature's own methods, or with the masses who have had their symptoms covered up by the ever-deceiving drug methods.

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Mr. G. E. Muhler, showing his great improvement after a short course of treatment

more are dragging their lives along with the devitalizing effects of some specific disease fighting against them. If the results of early follies are existing within your system, read the following reports taken from our daily mail and then decide to permit us to not only rid your system of disease but also assist you in developing that strong, robust constitution and manly vigor which is yours by divine right.

"I feel better; have no more vital losses; sleep better and my skin is clearer."—C. D. C., San Pedro, Calif., after one month's treatment. "I have had only one vital loss since last month's report. Feel more ambitious."—R. W. E., Chicago, Ill., after six weeks' treatment. "My malady has entirely disappeared. Everyone says 'you are looking fine'; thanks to you."—D. L. A., Monterey, Mex., after five weeks' treatment. "Disease completely cured. Improved in every way. Have gained ten pounds since last report."—G. H., Chicago, Ill., after seven weeks' treatment.

**Our Method of Treatment.** Bernarr Macfadden's method is known the world over. Our method is not a method just like he used, but it is the same identical method. His private letters of instruction and special lessons that he devised for the treatment of his patients when he was giving his personal attention to his patients by mail we have the sole right to use, and it is your privilege to still get the advantages of Mr. Macfadden's treatment, coupled with the fact that you get the undivided attention of a sane, thoroughly equipped physician.

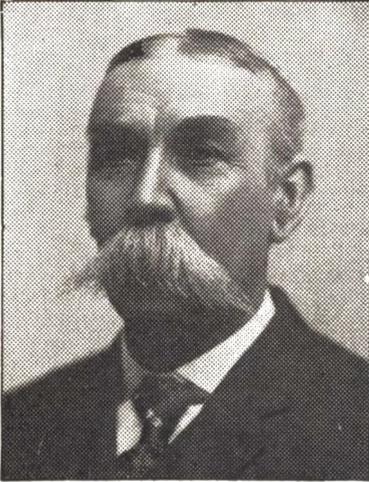
The head supervisor of this company is a graduate of one of the best Medical Colleges of the country, and had for a long time an important position in the Bernarr Macfadden Sanatorium at Battle Creek, Mich. He is thoroughly familiar, and in perfect sympathy with the natural curative methods of Bernarr Macfadden.

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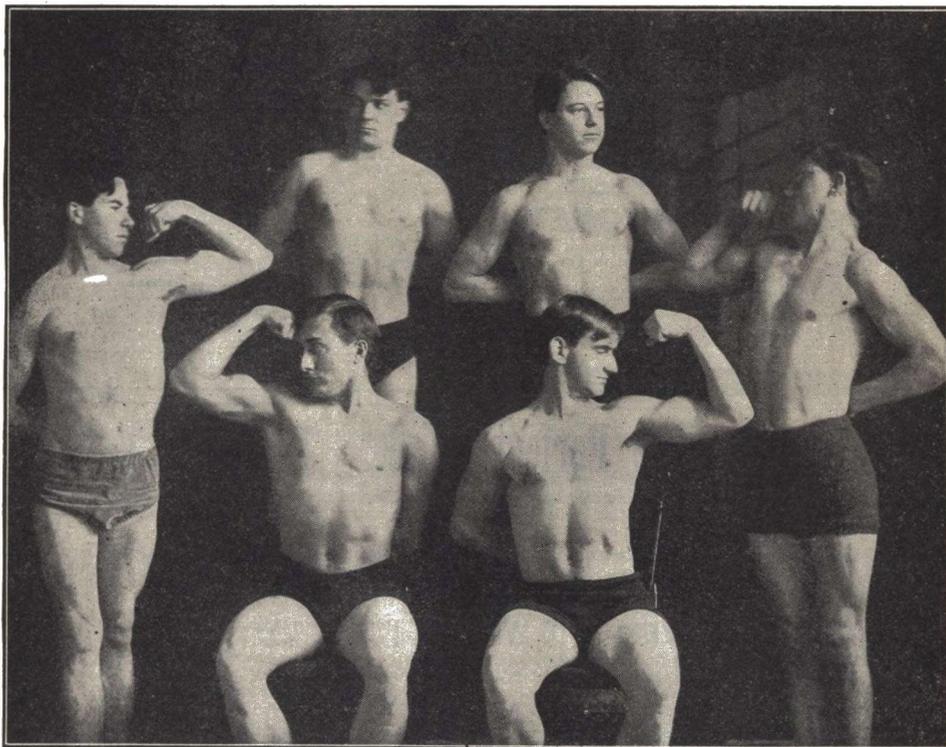
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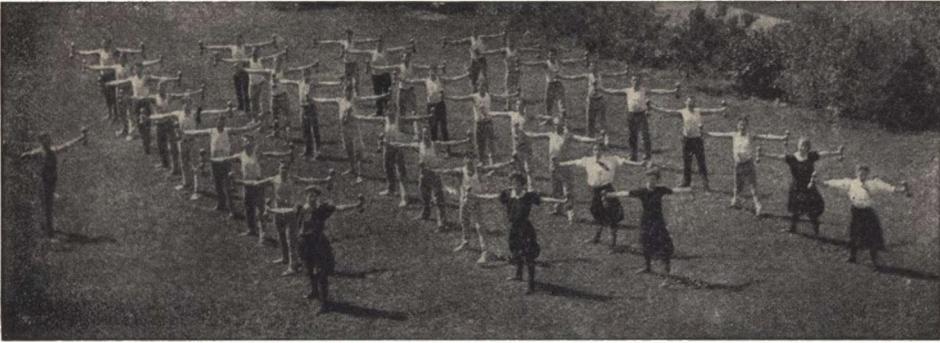
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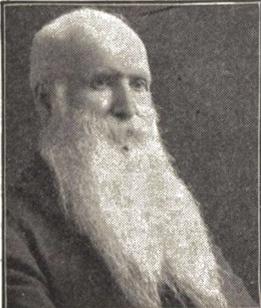
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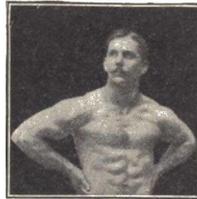
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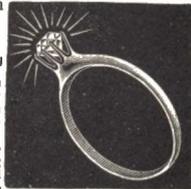
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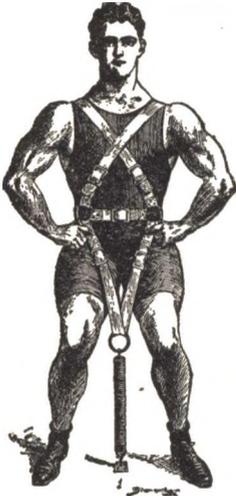
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**Makes Men as Strong as Giants:** Turns fat into muscle, straightens and squares shoulders, builds the body strong against disease.

**Makes Women as Strong as Athletes:** Reduces fleshy hips and waists 1 to 2 inches a week; gives grace of carriage, and robust, beautiful health.

The Human Mould is the old-fashioned harness-lift made scientific and portable. Lifting in harness has been used by all powerful athletes since the beginning of civilization. It is an improved model of the one with which Dr. Thomas trained before he broke the world's record by lifting a total weight of 1,257,000 pounds in 90 minutes.

The Human Mould is designed to be used for a few minutes at a time, morning and night. By simply bending, then straightening the knees an enormous force is exerted, which is the secret of its wonderful value in converting fat into muscle, and in strengthening and giving enduring power to the great muscles, internal organs and nervous system.

**Special April Offer**

The price of the Human Mould is \$10.00, and hundreds have been sold and given entire satisfaction at this price. However, experience has shown that one sale leads to more sales, hence I have decided to sell the Human Mould to readers of this magazine during the next 30 days, for just half price; \$5.00, cash with order.

Send your name, address, height, weight and waist measurements.

**Agents Wanted**

**DR. THOMAS' UNCOOKED WHEAT BREAD**

It will give each organ **NEW VITALITY**. It will do all for you that **NATURAL FOOD** does for animals. It will cure any stomach or bowel trouble, and is a sure cure for constipation.

**New Square Package  
New Oblong Slices  
Improved Process**

**NOW DAINTY, DELICIOUS,  
AND BETTER THAN EVER**



**Of Interest to Men**

I have a special treatment for the prostate gland. It consists of a fountain syringe with a special attachment for cleansing the lower bowel and region of the prostate gland. This special attachment enables the patient to thoroughly massage the prostate gland, thus relieving congestion and inflammation. When the prostate gland becomes congested it becomes very heavy and falls very much the same as special organs do in the female. In this condition it produces all sorts of nervous troubles and lowered vitality.



**Mr. Marcus Moore  
Gained 30 Pounds  
Under My Mail  
Treatment**

The fact that Mr. Moore, whose photo appeared in a recent number of Physical Culture as a strong man, was restored to health by my mail treatment, should be sufficient evidence of its value. But this is only one of a great many cases which prove the correctness of my method of restoring health and building up vitality by seeing that the body is properly fed, watered, ventilated, exercised and rested.

I want to hear from weak and ailing men or women who have failed to get relief from drugs, diet, or any other means. Remember that I am a graduated physician and know how to overcome the evil results of drugging, through my Natural Treatment.

If I cannot help you I will say so, because I now have the largest practice in the world, and it is still rapidly growing. I am so busy that I am compelled to turn away incurable cases and those whose condition is such that it will take months to cure them. If you are worth saving you do yourself an injustice by longer delay.

If you are in need of my services and your condition is such that I can help you, I will be pleased to treat you.

**Diagnosis Before Death—Free.**

—There was a time in all incurable cases when they could have been easily cured, but the cases were not properly diagnosed. The fact is, most cases are diagnosed after death. Charge being made for same. Nowadays, a man who does not know his physical condition is a back number. I diagnose cases before death free. Test my ability.

**DR. JULIAN P. THOMAS, Dept. 11-P, 522 W. 37th Street, New York City**

# STOMACH-EASE

## DR. THOMAS' WONDERFUL DISCOVERY. ITS FAR-REACHING EFFECTS. HOW DISCOVERED

It is well for the reader to know that I have an army of 12,000 patients. These people suffered from all kinds of trouble, and it often taxed my ability to cure them until I found that nearly all disease depended upon a clogged up condition of the system, complicated by lowered vitality in the nerves.

### THOROUGHLY TESTED

Stomach Ease is not a patent medicine. It will not cure all diseases, but the various principles involved in its composition have been used in various forms and for various disorders by old women, medicine men and doctors as far back as medical histories give record. The remedies have been thoroughly tried, and have stood the test of time. No matter how good a remedy is, its remedial qualities can be absolutely destroyed by cooking and other artificial manipulation. I offer this preparation in its natural vital condition, and ask that you look for real live results from its use.

### VITAL HERBS, FRUIT AND PROTOPLASM

STOMACH EASE is a natural combination of raw, vital herbs, fruit and protoplasm. It is not a dead chemical mixture, contains no powerful medicine or other poison. The herbs cleanse and purify the stomach and bowels of gas, acid, mucus and other matter. The fruit acts on the liver, spleen and kidneys. The protoplasm feeds the nerves and enriches the blood. This preparation is designed especially to purify the body of disease and to digest large quantities of milk and other food, so as to supply the body with new life. It made my patients improve so fast and feel so much better that I named it STOMACH EASE.

### UNSOLICITED TESTIMONIALS

#### 100 per cent. Improving.

*Stomach Ease is like gravitation. Is sure and certain in its effect. Astonishes everyone.*

DEAR DOCTOR: PHILADELPHIA, PA., Feb. 6, 1909.  
Yours received and contents noted. I have been taking the Stomach Ease and must confess that I feel 100 per cent. better. They certainly are great. They are small but do a big lot of work. I am still eating the course bread and am getting along fairly good. Yours,  
W. P. WARNER.

#### The Liver Cleansed.

*The blood's great strainer cleansed by Stomach Ease; the nervous system rejoicing.*

DEAR THOMAS: NORFOLK, VA., January 15, 1909.  
Your Stomach Ease is doing me good. It has just begun to act on my LIVER and I feel so much better. Please find enclosed \$1.00 for which please send me some more. Yours truly, MR. E. W. BRAITHWAITE.

*Coughs indicate clogged conditions; Naturally Stomach Ease removes the cause.*

DEAR DR. J. P. THOMAS:  
The Stomach Ease is fine. I had a terrible COUGH and nothing seemed to relieve me until I took the Stomach Ease. Yours respectfully, MRS. LINDBELM.

*Tried many things, Stomach Ease restores his hope.*

WESTBURY STA., L. I., N. Y., Jan. 23, 1909.  
The Julian P. Thomas M.D. Co.,

DEAR SIR:  
Enclosed please find money order for \$2.00 for more of your Stomach Ease. It has done me more good than anything I have ever had. Sincerely yours,  
TOWNSEND PRASER.

#### Doctor Ribb Has a Doubtful Patient.

*Mistakes Stomach Ease for candy, gets cured, but does not understand why.*

TOPEKA, KANS., November 30, 1908.  
DR. J. P. THOMAS:  
Yours of November 25th received. I received the package of Stomach Ease O.K., and being a healthy subject, I gave it to one of my patients. I could not convince him that it would be of use to him as he believed it to be some kind of candy. However, he was much im-

proved in a few days, but attributed it the improvement to other causes.

I proved to my own satisfaction that Stomach Ease is valuable and may be ordering more of it soon. I am a chiropractor, but use all kinds of Natural Methods, and correct eating will do more than any one thing to keep people in health. Very respectfully, W. J. RIBB, DR.

#### All Pleased.

*Stomach Ease tastes well, is convenient and acts well.*

BRANTFORD, CAN., January 23, 1909.  
DEAR DR. J. P. THOMAS:  
Enclosed you will find express order for one dollar, for which send \$1.00 worth of your Stomach Ease. I am very much pleased with what I have taken and feel much better. Yours truly, N. McDOUGALL.

#### Gas On the Stomach.

*The great cause of discomfort and death made to vanish by Stomach Ease.*

LONG BRANCH, N. J., Feb. 8, 1909.  
DR. THOMAS:  
Your Stomach Ease is all right and the gas on the stomach is out of sight. I have not had any of your bread, as it is more trouble to get it from here, as it is from you, so enclosed find check for \$1.25, for two boxes of Stomach Ease and one package of your bread. Send as soon as possible. Very truly yours, MR. W. F. LAYTON.

#### Stomach-Ease and Dyspepsia Are Foes.

*Cannot exist in the same stomach. Stomach Ease is natural; dyspepsia unnatural.*

LOS ANGELES, CAL., November 3, 1908.  
DEAR DOCTOR:  
I herewith enclose money order for \$4.00 for which please send me Stomach Ease for that amount. I have used one box of it and it has given me great relief. I had DYSPEPSIA of the stomach for years.

Very truly yours, MR. J. J. GRIBBIN.  
DES MOINES, IA., Feb. 17, 1908.

DR. J. P. THOMAS:  
Enclosed please find one dollar (\$1.00), for which please send me Stomach Ease. I find this gives almost instant relief in intestinal indigestion. Have never been able before to find anything that would. Respectfully yours, MRS. E. M. ROBERTSON.

The price per box is \$1.00, but to introduce to readers of PHYSICAL CULTURE, will sell it for 50 cents per box during the next thirty days.

The JULIAN P. THOMAS, M. D., CO., Inc.

Agents Wanted.

Dept. 12-P.

522 West 37th Street, NEW YORK, N. Y.

# ARE YOU STRONG? ARE YOU HEALTHY?

## PERFECT STRENGTH MEANS PERFECT HEALTH

**Y**OU can't have perfect health unless you have perfect strength. Perfect strength does not mean just strong arms and strong legs. Most people think so, but they make a great mistake. The muscles of the arms and legs are the least important ones as far as real health and strength are concerned. The muscles surrounding the vital organs such as the heart, lungs, etc., are the muscles that most make for perfect health and perfect strength.

### And so I ask, Are You Strong—Are You Healthy?

It is possible for you to have perfect strength—and thereby perfect health—without any great amount of effort or expense on your part. Let me tell you how.

I tell the whole story clearly and concisely in my booklet called, "**MIGHTY MUSCLE.**" This booklet describes in detail the now famous

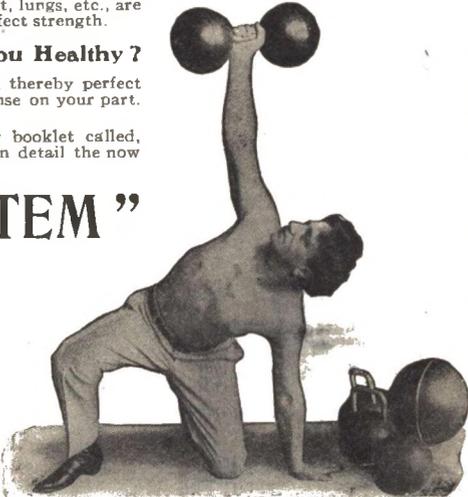
## "MONARCH SYSTEM"

—the system that can make the weakest man strong and healthy. Not just strong in the arms or legs but uniformly strong in every part of the body.

I want you to send for booklet, "**MIGHTY MUSCLE,**" and learn more about the "**MONARCH SYSTEM.**" This booklet I will send you upon receipt of two cents to cover postage. Take time by the forelock and send to-day.

**Prof. Anthony Barker**

110 S West 42d Street, New York City



# SEND NO MONEY

## JUST YOUR ADDRESS



In order to prove that Rheumatism, Indigestion, Constipation, Neuralgia, Deafness, Nervousness, Paralysis and Insomnia, in fact, any ailment or pain due to congestion or poor circulation can be promptly relieved in your own home without drugs or medicines, we want to send you a **VIBRO-LIFE**

# VIBRATOR FREE

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YOU decide whether to buy it or return it, and it costs you not one cent unless you keep it. Fully guaranteed. Try it 10 days, then if you are fully satisfied with the benefit received, buy it; otherwise return it and we will pay the express charge. **Send no money now**—just fill in and mail the coupon. This offer and special price is for a limited time only, so write at once.



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I am interested in your Free Trial Offer, also Free Booklet on Health and Beauty.

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# The New Method of Drugless Healing

Diagnosis and cure from the spine, the most simple, the most positive, the most direct method known to Science.



We want a representative of the Howard System of Physiological Adjustment in every state and city in the United States, to give a post-graduate course of instruction absolutely free, person in each county for one Home Study.

## Why Limit Earning

to \$10 or \$20 per week, have the ability to enter a profession by using your spare moments. It will give you an earning power of \$50.00 to \$100.00 in the same time. Make capital of your spare time—don't waste it. Learn a profession that will be sure to give you efficiency and social promotion.

## Read what Our Students Say Regarding our Course:

Mr. A. ZILLIGEN says, "It is very thorough and practical to compare with it in the art of healing. The results are satisfactory. Is far superior to other courses I have taken."

Dr. WALTER says, "I took in \$100 the first month and \$474.50 the second, and \$500.00 the third month."

## Don't Slave For Others

Learn the Howard System of Physiological Adjustment. It is positively the most advanced and scientific drugless healing. Study at home or in class, comprehended by anyone of ordinary education. The road to success today by the most practical method to learn Chiropractic." under state charter.

**NATIONAL SCHOOL OF CHIROPRACTY**  
Dept. 30, 818 W. 12th St., Minneapolis, Minn.

# Vibrate Your Body And Make it Well



"THERAPY FOR THE RACKING BACKACHE OF WOMEN"

You have no *right* to be sick. Pain, suffering and disease are unnatural, they are *wrong*. It is your *duty* to be well. Don't try to *stand* pain—**CURE IT**. No matter what ails you—even if others have told you that your case was *incurable*—**DON'T GIVE UP HOPE**. The great natural forces, *Vibration and Electricity*, are curing more people today *than all the drugs and doctors in the world put together*.

## THE WHITE CROSS ELECTRIC VIBRATOR

combines *both* of these great natural curative agents. It gives you your choice of Vibration, Faradic and Galvanic Electricity, either separately or in combination, just as you wish. It relieves pain *instantly*, and its *cures are permanent*.

The *White Cross Electric Vibrator* cures the *cause* of disease. It sends the rich, red blood leaping and coursing through your veins and arteries *straight to where the disease begins*. It tones up your nerves and muscles and every vital organ. It makes you *fade to ringle with the joy of living*. *Don't neglect the FIRST symptoms*. If you feel "run down," "out of condition," if you just feel "out of sorts" generally, *something is wrong*. The *most serious* diseases creep upon you unawares. The *White Cross Electric Vibrator* fills your body *so full of vigorous, robust health* that pain and disease cannot find a foothold.



Curing Stomach Trouble with Vibration.



Combined Electric Bath and Vibratory Treatment.

## FREE BOOK "Health and Beauty"

**SEND TODAY** for the magnificent free book, "Health and Beauty." This valuable work tells you all about the human body in health and disease *in terms so plain, so clear, that anyone can understand*. It tells you how you can get well and keep well, no matter *what* your trouble is. This book was not written for surgeons and physicians, but for *you*. Every page, every line, is thrillingly interesting.

Besides, this book tells you all about the wonderful *White Cross Electric Vibrator*—what it has done for thousands of others and what it will do for you. It tells you about the *very special offers* which we are making, *for just a short time*, on this wonder-working instrument, and how you can get a *White Cross Electric Vibrator* on a *genuine free trial*. Your name and address brings this intensely interesting book by return mail. Sign the coupon and mail it to us at once.



Making the Hair Beautiful with Vibration.



### THESE DISEASES MANY OTHERS

- Nervous Debility
- Bright's Disease
- Heart Trouble
- Deafness
- Stomach Trouble
- Scalp Itch
- Constipation
- Rheumatism
- Headache
- Lumbago

All these and dozens of other chronic and acute diseases instantly relieved and permanently cured by Vibration and Electricity. Get our wonderful free book, "Health and Beauty." THEN you will know.

## Vibrating Chair Free

With the *White Cross Electric Vibrator*, you can transform any ordinary household chair into a Vibrating Chair, equal in every respect to those used in the big hospitals and sanitariums. You can give yourself the same treatments, including the *famous Swedish Movement* treatments, that specialists and sanitariums charge \$2.00 to \$3.00 apiece for. This is only one of the many marvelous things that can be done with the *White Cross Electric Vibrator* exclusively.

## Send Coupon Today For Free Book

**DON'T DELAY A MINUTE.** Whether you are sick or well, you should send for this book *anyway*. You cannot tell when you *may* need it and need it *badly*. When you do there will be no time to send for it. Learn *today* what vibration will do for you—for all your loved ones. Learn all about its wonderful health-giving powers. Learn how you can save all doctor bills and cure yourself right at home without expense.

**SEND NO MONEY,** just your name and address on the coupon. *But write today.*

**LINDSTROM, SMITH CO.**  
253 LaSalle Street  
CHICAGO



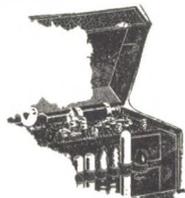
**LINDSTROM, SMITH CO.,**  
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Without obligations on me, please send free, prepaid, your book "Health and Beauty," on treatment of disease by Vibration and Electricity. Also free trial offer.

Name .....

Address .....

.....



SIGN AND MAIL THE COUPON TODAY

# "Skin Food"

can be Bought  
at the Grocer's"

Said an eminent physician,

Make the inside well and healthy  
and "the cover" will be pink and  
rosy.

"There's a Reason"

FOR

# Grape-Nuts

POSTUM CEREAL CO., LTD.  
Battle Creek, Mich., U. S. A.



**STYLE  
NEATNESS  
COMFORT**  
THE IMPROVED

# BOSTON GARTER

The Name Is stamped on  
every loop—Be sure it's there

THE  
*Velvet Grip*  
CUSHION  
BUTTON  
**CLASP**  
LIES FLAT TO THE LEG—NEVER  
SLIPS, TEARS, NOR UNFASTENS

WORN ALL OVER THE WORLD

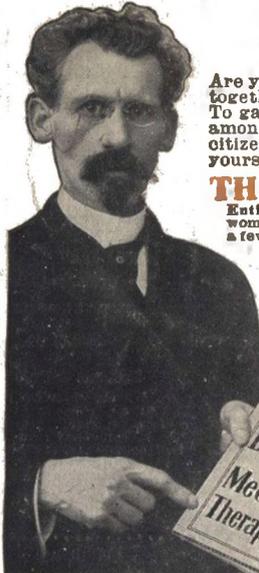
Sample pair, Silk 50c., Cotton 25c.  
Mailed on receipt of price.

GEORGE FROST CO., Makers  
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**INSIST ON HAVING THE GENUINE  
REFUSE ALL SUBSTITUTES**

# DON'T BE A WAGE SLAVE

**Make \$3,000.00 to \$5,000.00 a Year**  
**Be a Doctor of Mechano-Therapy**



Are you tired of working for wages which barely keep body and soul together? Have you the ambition to enjoy the profits of your own labor? To gain social prominence and financial independence? To go forth among your fellow men with your head up—an honored and respected citizen of your locality? Have you thought of going into business for yourself?

## THEN SEND FOR OUR FREE BOOK

Entitled "How to Become a Mechano-Therapist." It tells how every man and woman, with an ordinary, common school education, can acquire a profession within a few months which will insure financial independence for life. **GET OUR BOOK**—it costs you nothing.

### WHAT IS MECHANO-THERAPY?

Mechano-Therapy is the art, or science, of treating disease without drugs. It is similar to Osteopathy, but far superior, being the latest, up-to-date method of treating disease by the Natural Method. It heals as Nature heals—in accordance with Nature's laws. The Mechano-Therapist is a drugless physician. His medicines are not drugs, but scientific combinations of food, circumstance, idea, water and motion. He is skilled in compelling the body **TO DO ITS OWN HEALING** with its own force, rather than with poisonous drugs of the old school practitioner.

### CAN I LEARN IT?

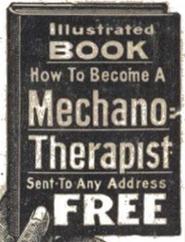
Have you asked yourself this question? We answer unhesitatingly, **YES.**

If you have so much as an ordinary, common school education you can learn.

You learn if you have the ambition to better your condition.

We can teach you in a very short time, so you may enter this profession—when you do, you begin to make money.

We supply all lessons and necessary text books free of cost to you. No apparatus is used. You do not even need a place to work. All you require is your two hands. Certainly you can learn. The free book tells all.



**SEND FOR THIS BOOK TODAY, IT IS FREE**

## We Teach You in Your Own Home

We can teach you an honorable and profitable profession in a few months, which will insure your financial independence for life, making it possible to have an income of \$3,000 to \$5,000 a year. We teach you by mail, in your own home, without interfering with your present duties. No matter how old you are. Any day's business experience—married men, who could see nothing in the future but to become derelict, and laboring men, who never realized that they had within themselves the ability to better their conditions. Write for our **FREE** book, which explains all—today.

Person—man or woman—with just an ordinary school education, can learn Mechano-Therapy. It is easy to learn and results certain. We have taken hundreds of men and women who were formerly clerks—farmers—stenographers—telegraph operators—insurance agents—railway employes—in fact, of nearly every known occupation—old men of 70 years who felt hopeless—young men of 20 years, without a day's business experience—married men, who could see nothing in the future but to become derelict, and laboring men, who never realized that they had within themselves the ability to better their conditions. Write for our **FREE** book, which explains all—today.

**AMERICAN COLLEGE OF MECHANO-THERAPY, Dept. 716, 120-122 Randolph Street, Chicago, Ill.**