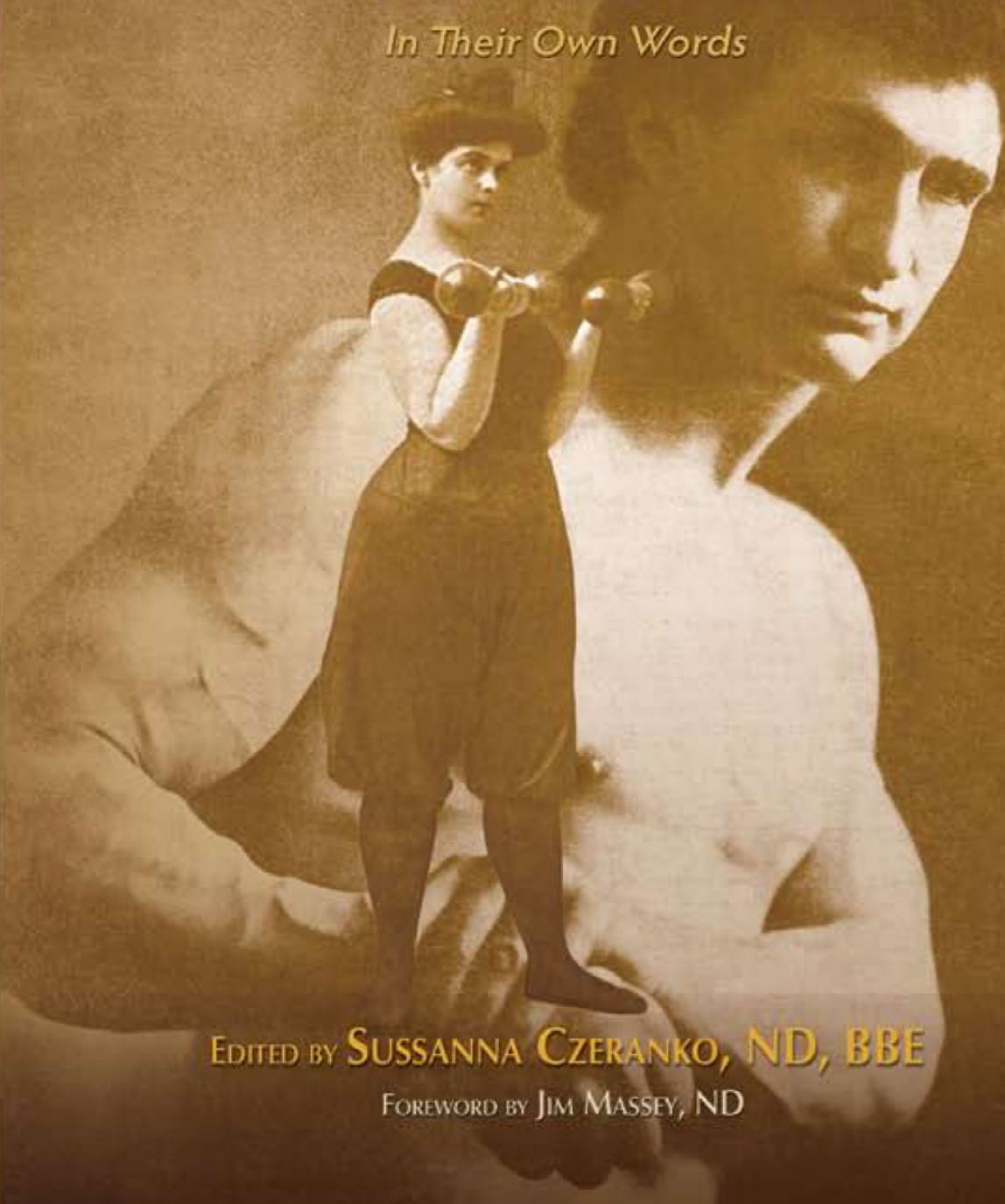


The Hevert Collection

PHYSICAL CULTURE *in* NATUROPATHIC MEDICINE

In Their Own Words



EDITED BY SUSSANNA CZERANKO, ND, BBE

FOREWORD BY JIM MASSEY, ND

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MEDICINE

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Foreword by Jim Massey, ND



Crusoe House
PORTLAND, OREGON

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davidjohnschleich@gmail.com

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significant and representational works from contributors to the
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This book is dedicated to our early twentieth century naturopathic pioneers who, inspired by Bernarr Macfadden and Benedict Lust, brought Physical Culture with all its health benefits to the people.

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FOREWORD

This latest treatise by Doctor Sussanna Czeranko is based on the important and critical role that physical routines and daily exercises play in the creation of optimal health. This view of the *Physical Culture* is based on the writings and teachings of the medical experts of the early 20th century. It is astounding how relevant these articles were then and how they remain most beneficial today. The advice presented throughout this body of knowledge empowers the reader and reminds us that our health is dependent on our level of commitment and actual participation in integrating these various concepts into practice.

Physical Culture in Naturopathic Medicine contains 65 articles that were written between 1900 and 1923. The topics range from *How to Obtain Long Life*, *Some Causes of Disease*, *Breathing Exercises*, *Flexibility of the Body*, *Why Should we Exercise Daily*, and *Sleep as a Therapeutic Agent*. The various authors included were the experts for the explicit health topics they expounded on during that time period. From the father of Naturopathy, Benedict Lust, to the many other contributing authors we find a list of legendary healers, a who's who of the scholars that presented clear and educational instruction on how to take advantage of the self-caring knowledge they were presenting.

All the included articles were extracted from the major health journals and periodicals of that time period. *The Kneipp Water Cure Monthly* and *The Naturopath and Herald of Health* were two of the main periodicals that these articles were originally published in. Those health journals were the gospel of Naturopathy and Nature Cure health information at the turn of the century and provided their readers a proactive way of achieving better health.

These articles are poignant for their straightforward and non-pretentious presentations. For example, Dr. W. R. C. Latson wrote in his *Cause of Weakness*, "Of the many faults in diet, excess in quantity is the most common. Indeed, over-feeding is the prevalent and perhaps the most pernicious evil of the day." Addressing insufficient exercise Dr. Latson simply states "A certain amount of movement is essential, not only to health, but to continued life. Only by free exercise of the body can the functions be maintained in normal operation. Heart, lungs, stomach, intestines and other organs have their regularly rhythmic actions." Regarding mental habits, Dr. Latson adds "it has been proven by exhaustive experiments that negative mental states: fear, anger, hate, regret, envy, anxiety have a direct and powerful influence in disturbing the bodily rhythms, in derang-

ing the interactions of the functions and in altering the secretions.” This type of mind/body relationship was not a generally accepted phenomenon in standard medical practices during that time period.

These featured stories embrace the basic naturopathic principle that health has mental, physical and emotional components. In spite of focusing on the physical aspects of health, the articles presented in *Physical Culture* pay considerable attention to the mental and emotional aspects of health as well, not just the physical. Weaving their stories into easily understood practices of vital health allowed the reader to seize greater control of the fate of their health.

These authors were true visionaries who were far ahead of their time. They were humble, unpretentious and non-judgmental in both their demeanor and in their presentation of material information. They were also on target with their knowledge and advice. In his article, Dr. Theodore J. Jacquemin stated that “one of the most serious of all obstacles to the prevention and cure of the diseases of women is fashion in dress!” He further makes the point, “So long as sensible dress appears eccentric and excites ridicule, women will adhere to the prevailing modes, and will therefore be hampered not only in the pursuit of recreation and exercise, but also in the performance of the more essential physiological functions.” Dr. Jacquemin then explains in reference to specific individual dress fashions, how those particular fashions were creating severe health issues for the women who were following them. He explained, “The evil corset not only constricts the waist, but dislocates the thoracic viscera upward and the abdominal organs downward that restrain the muscles and causes them to atrophy from disuse.” It seems fashion still supersedes common sense in clothing attire, but at least the male gender is no longer dictating how women should dress.

There is a common thread throughout all the articles included in *Physical Culture*. In order for positive health changes to happen the reader must “enter deliberately the somewhat thorny paths of such treatment that includes the hardships of self-control and self-denial.” There has got to be a conscious effort made to create the health changes many patients wish to have. There is no magic bullet and it requires a conscious commitment and real work. These authors were realists as well, and they embraced patient participation in laying that new foundation for a healthier life. Everyone must do their own work and often times people find it too difficult to integrate such healthy changes into action. Argue for your limitations, and sure enough you own them.

Breathing is something that far too many of us take for granted and “neglect proper breathing” says Friedrich Eduard Bilz, in his *Breathing*

Exercises article. According to Dr. Bilz, there is “an art of breathing, which is as important as life itself.” He placed this following rule first and foremost: “do not breathe from below upwards, but from above downward.” This basic exercise requires much focus and a new awareness in breathing more beneficially. Breathing exercises date back over 3,000 years ago in the teachings of the Yoga Sutras. It has been well documented that shallow breathing is a major contributor to increased stress and lower vitality. It is truly amazing that more people are not in tune with something as simple as breathing and all of what the “breath” can truly aid and accomplish in producing more abundant health. Paying closer attention to your breathing simply allows you to tune in to better managing life’s ongoing stresses.

References to Naturopathy and Nature Cure are prominent throughout the articles included in this manuscript. That is simply because the regaining of health by natural methods without drugs had recently become fully recognized by the medical profession, although this “acceptance” was short lived. Remember these articles were written at the turn of the 20th century, before politics and monetary control turned the tide of medical freedom. Dr. Max Eugene Peltzer goes on to elaborate the fact that “Naturopathy has been practiced with astonishing results by the ailing public in curing diseases. As most of us know Naturopathy is not a symptomatic treatment, same as the drug treatment, but its results are sure, permanent and absolute. Naturopathy embraces all natural systems of healing to bring about a harmonious function of each and every organ of the body.”

Nature Cure and the healing power of Nature are also considered in an article entitled *The Moral Value of Exercise* by Dr. Edward Earle Purinton. He wrote that the mother of sin was shortsightedness. “If a man could always see himself clearly in a relation to God, Nature, the world and himself he would be ashamed to err because of his noble origin and afraid to err because of his ignoble end. To despise or neglect the body is a mark of ignorance, weakness and delusion.” His first lesson advised “that we must not become less vital in becoming more mental” and later said, “the mind is omnipotent but neglect of body renders mind powerless.”

These articles possess lessons for a healthier and more conscious life and they are included in every article found throughout this most educational book. The advice, anecdotes and health generating information contained throughout the pages of this educational material are extremely motivational. Simple and honest truths remain constant and certainly pass the test of time. What these humble health experts wrote a century ago is still most relevant today. I recommend this book for patients, prac-

tioners and health seeking people everywhere. This book holds the basic and original tenets of Naturopathy and Nature Cure.

Today's Naturopathy remains a distinct practice of medicine that empowers those who dare to embrace and exercise these principles into their daily routine of living. Much of what is presented throughout *Physical Culture* is recommended routinely by naturopathic doctors (NDs) today. These primary care NDs advocate patient participation and educate each patient on how they can integrate certain healing principles into their lifestyle that will bring about specific health improvements that the patient is seeking. The authors of these following articles presented in *Physical Culture* are the true teachers and legends that stand and remain the rock solid foundation of Naturopathy, Nature Cure and the possibilities they bring for greater optimal health and wellbeing.

Jim Massey, ND

PREFACE

Physical Culture in Naturopathic Medicine, the seventh volume of twelve in the Hevert Collection, documents the physical exercise movement that joined forces with Naturopathy at the beginning of the early 20th century. The early Naturopaths got fully behind the vision and efforts of the “Physical Culturists” in their endorsement of physical exercise, both for young people in the schools and for their parents and other adult patients whose increasingly stressed lifestyles were being affected by a rapidly urbanizing environment characterized by poor nutrition, environmental toxicity and commonplace poverty.

This book had its humble beginnings as a file folder of over a hundred articles on the subject of Physical Culture chosen from the collection of Lust’s journals at the National University of Natural Medicine library. It might have remained a bulky, pre-digital archive, albeit still a fascinating and relevant collection of materials about our history, had it not been for a student, Kyle Meyer, who shared his passion for ‘exercise therapeutics’ and for the early history of the Naturopathic profession. I was inspired by Kyle’s enthusiasm for exercise. He reminded me during our discussions about the material that we risked losing exercise as an important therapeutic tool. Indeed, from its very inception and branding, Physical Culture was central to the naturopathic philosophical paradigm. While sunshine, fresh air, healthy food, connection to the earth, and water cure formed the foundation for the early Naturopaths in their practice, physical exercise was considered equal and essential. As a case in point, and as many case studies from the period attest, one did not, for example, separate exercise from hydrotherapy because they were seen as essential co-determinants in so many successful clinical outcomes.

Kyle graduated several years ago and now practices in Atlanta, Georgia. I know he is as thrilled as I am that, at long last, *Physical Culture in Naturopathic Medicine* is a book in your hands this very minute. Thank you, Dr. Meyer, for your encouragement and prescience to recommend including Physical Culture in this historical project.

At National University of Natural Medicine, we are extremely fortunate to have almost the entire collection of the Benedict Lust journals in our Rare Book Room. Lust began his publishing career in 1896 as a young man of 24. He continued publishing until his death fifty years later in 1945. He was dedicated to his first mentor, Father Sebastian Kneipp, and initially published articles on every subject pertaining to Kneipp and his work. However, Lust also realized that the naturopathic movement would inevitably encompass a wider scope of natural modalities, attracting patients all over America. Consequently, his journals expanded to include other therapies advocated by the various health groups that sprang up in the late 19th

and early 20th centuries, the Physical Culturists among them. They were as attracted to Naturopathy as the Naturopaths were, themselves, fascinated by Physical Culture. Both groups aligned their therapeutic tenets with the laws of Nature and worked in harmony with each other.

Lust dedicated many columns in his journals to Physical Culture and to which journals exercise gurus of the time were the contributors and editors. The very process of reviewing the chronology of editors and the names and topics of the Physical Culture columns over the next 25 years is a quest not only about getting the terminology, themes and key content right, but also about wordsmithing. Some of the language, topics, concerns and issues of the day will seem familiar; some not. In any case, Benedict Lust had a knack for embracing change and communicating its detail and possibilities. He continuously transformed the format, focus and content of his journals. Knowing intuitively, for example, that the name of a column should not become too entrenched nor its content stale, he would conjure a new name for the column for each successive Physical Culture editor, and encourage a wide range of topics. There were many editors and many renditions of the Physical Culture column throughout the years of *The Naturopath*. And, the prevalence of Physical Culture in the pages of his journals undulated as various new ideas and therapies competed for attention.

In the first of his naturopathic journal series, *The Naturopath and Herald of Health*, published in 1902, Benedict Lust only sporadically included articles on exercise and breathing. William James Cromie and C. W. Young, for example, contributed articles under the heading, “Department of Physical Culture”. By 1903, in fact, the buzz of Physical Culture seemed to have taken a back seat in Lust’s journals. Even so, the ever vigilant Lust kept close watch on the landscape of health, and by 1904, anticipating that interest would wax, he had revamped “exercise” with a new monthly column, “Physical Culture at Home”. This feature was championed by W. Hubert-Miller as the editor and writer. Within two years, though, another new column and editor appeared. J. Lambert Disney, a graduate from Lust’s New York Naturopathic College, edited the feature now entitled, “Physical Culture Department”. However, the initial momentum and enthusiasm did not grow appreciably; rather, space dedicated to Physical Culture slowed. The focus of *The Naturopath and Herald of Health* beginning in 1907 and ending in 1912 mainly addressed other issues such as hydrotherapy, vegetarian diets, and a miscellany of articles about various diseases, political maneuvering and a particularly strong thread of pieces about the backlash within legislation addressing the concerns of vaccination. In 1908, S. T. Erieg did not have an official Physical Culture column, although he wrote frequently on the subject of activity and exercise.

Indeed, by the May issue in 1912, Lust had chosen a new editor for “Physical Culture Department”. Joseph F. Barth, a Physical Culturist from Pittsburg, Pennsylvania, embraced his duties of the column with a youthful

energy. He added to it opportunities for readers to ask questions, which he dutifully answered at the end of his column.

In January 1914, Lust introduced yet another new name for the exercise column entitled, "Physical Culture Section," this time edited by M. N. Bunker from Colby, Kansas. Bunker edited this feature until April, 1915 and in June of that year, a newcomer, Astro, commandeered the column until September of the same year. The following month, Paul von Boeckmann took the editorship and brought stability to Physical Culture by holding this role until January 1917, when yet a new name surfaced, "Physi-Culture Section".

However, by 1917 the Great War was raging and now included America. Paper shortages prevented monthly publications that year. In February, 1917, M. N. Bunker took over the editorship for several months and Physical Culture columns faded into the background as Naturopathy exploded with new innovations and new columns. Overall in these years, despite the undulations in the journals, the Physical Culture movement had grown to include many capable and articulate writers whom Von Boeckmann and Bunker invited to contribute to the "Physi-Culture Section". The literature shows that interest in Physical Culture now spread to include physical therapies such that also in 1917 a new column headed by three doctors, Drs. Chester A. Shewalter, D. R. Wheeler, D.C., and a Physical Culturist, Dr. Tell Berggren, entitled, "Mechano-Therapy Department," made its appearance and was immediately popular.

Between 1917 and 1922, Benedict continued to expand the naturopathic horizon and developed new departments or columns to which he devoted much space in *Herald of Health and Naturopath*. By late 1918, when WWI ended abruptly with the deadly Spanish Flu in its wake, Benedict Lust had finally finished translating Louis Kuhne's German book, *The New Science of Healing* into English and renamed it, *Neo-Naturopathy, The New Science of Healing*. He published installments from the Kuhne book in his journal in 1918 along with a new column, "Home Course in Mental Science" which was edited by Helen Wilmans. Physical Culture columns yet again took a back seat and Lust now focused on Kuhne, Wilmans and a new author, William Freeman Havard, who authored a monthly series called "A Course in Basic Diagnosis". Each of these columns dominated the pages of *Herald of Health* for the next few years. Typical of the pattern, though, the editorship shifted yet again, and with the revival of the "Physical Culture Section" in the December issue in 1922, Bunker appeared as editor followed in 1923 by Dr. Robert Rubin.

Analyzing the journals in this period, one might conclude that women were silent on the subject of Physical Culture. To a great extent the early Physical Culture movement was populated by brawny men. However, there were female voices speaking most articulately on the virtues of exercise, despite the dominance of males in the field and the reign of the dreaded

corset. Nevertheless, women had much to say and embraced the societal changes coming as they discarded their corsets and other entrapping clothing fashions. In the early 20th century physical exercise was catching and holding the attention of women and would ultimately empower them to choose equality under the banner of women's rights and a movement called "health feminism".

The one voice significantly absent from Lust's journals is that of Bernarr Macfadden, considered by many to be the "father of Physical Culture". Macfadden's reputation grew out of the publishing empire which he and his managing editor, Fulton Oursler, built over many years. Macfadden founded the magazine, *Physical Culture*, in 1899 and was its editor until 1912. His other publications included such serial publications as *Liberty*, *True Story*, *True Detective*, *True Romances*, *Ghost Stories*, *SPORT*, and *Photoplay*, among others. However, with regard to his health publications, focused principally on physical culture, bodybuilding, and nutritional and health theories and practice, he and Benedict Lust were amiable friends and colleagues, but respectful competitors. Unfortunately, especially given Macfadden's scale of operations, there was no collaboration, despite this commonality of content in their journals and other publications. Both men led related but separate health movements. Thus, no articles written by Macfadden on the subject of Physical Culture appeared in the Lust journals.

Nevertheless, one contentious subject that Macfadden held dear to his heart and about which he often wrote was medical freedom. Some of Macfadden's commentaries on the subject did get published in Benedict Lust's journals. Both men spoke publicly of each other with great respect and rallied in support of freedom of choice in health care. Not surprisingly, given the gusto with which these men approached the challenges of standing up to the Medical Trust, both suffered humiliation and persecution at the hands of the A.M.A. Benedict Lust, for example, was prosecuted for administering a light bath and Bernarr Macfadden was prosecuted for disseminating what his detractors considered to be "obscene literature". In reality, Macfadden was making available to women information regarding human anatomy and physiology which was considered illegal at the time, such information considered material to political autonomy and ideations of birth control. In such a publishing climate, the journey to manifest *Physical Culture* in Naturopathic Medicine was extraordinary.

I am grateful to everyone who helped breathe life into this book across the many months of its creation. Hundreds of typed pages were patiently transcribed by many, magnificent students at NUNM. In fact, there are cumulatively over 1000 articles typed from the Benedict Lust journals in preparation for the books in the Hevert Collection. I want to acknowledge every NUNM student who typed those articles or scanned images while navigating his or her intense course loads and juggling personal lives. I bow with gratitude to Aaron Potts, Adam Dombrowski, Anemone Fresh, Jenny Curto, Kyle Meyer, Laura Weldon, Lauren Geyman, Meagan Hammel,

Rebecca Jennings, Tristian Rowe, and all those whom I am inadvertently missing here.

And, as this book project moves into the second half of our work and production plan, my appreciation for the invaluable organizational help that I had received from **Dr. Karis Tressel** during the early stages of figuring out what lay ahead and working so closely with me to organize the almost six thousand pages of invaluable core material, a daily reminder that book making is an undertaking of an entire community. I am deeply grateful for her profound love of the traditions and history of Naturopathy and for her inspiring, loving tenacity with this project.

I so much enjoyed working with each and every student who sacrificed scarce, precious study and leisure time for the hard work of meticulous research and transcription. As you launch yourselves into the Naturopathic profession, never forget how special and important your work has been. You have chosen a path of sacred work. You will be loved and cherished by your patients because you listen and truly care. Remember to trust Nature's power of healing, the *Vis medicatrix naturae*! Pay careful attention to your patients and they will feel enlivened and grateful to have found their way to you.

While searching for an image that would best depict the essence of Physical Culture, I travelled to Austin, Texas to visit the Stark Center, a library devoted to the work of Bernarr Macfadden and the literature of the Physical Culture movement. The Stark Center has at its helm two amazing people, Drs. Jan and Terry Todd, who are the loving and scholarly custodians of the largest collection of rare books and documents on Physical Culture and to my complete surprise, one of the largest collections of Naturopathic literature that I have ever encountered under one roof. I am indebted to both Jan and Terry for their generosity of time and sharing with me their precious archive. I am also grateful for the support of the Stark Center's library staff, notably Brent Sypes, who scanned images and articles for me in a matter of nanoseconds to remedy the gaps in this book. I am also very grateful to Dr. Jodi Vingelen who, without hesitation, located a valuable missing page for me.

Long ago, I attended my first AANP conference and was astonished by the number of participants, all wonderful and somehow familiar strangers. During the break I set out to explore the exhibit hall to see what was new. Coming from Canada, I was curious to see the latest products and protocol breakthroughs in the cornucopia of naturopathic nutraceuticals in the USA. As a Canadian I was expecting abundance beyond measure. All these many years later, I have wobbly recollections of the products on the various tables in the enormous exhibit hall, but I have a very sharp, energized memory of being greeted by Dr. Massey and lovely Karen as if we were long lost friends. Jim was my first encounter with Naturopathy in America and he has always made me feel at home ever since. Mastering diplomacy is similar to dancing on slippery stones. As the naturopathic profession journeys along its

course, having Dr. Jim Massey's indelible and friendly smile be the welcome that new comers yearn for is a blessing to our profession. I am very grateful to Dr. Massey for the wisdom that he shares freely and for how he models a love of exercise and Physical Culture. Blessings to you.

I am very thankful, as well, for the encouraging support of the Hevert Corporation here in America and in Germany. Gracious accolades to Mathias and Marcus Hevert for your prescience in seeing how powerful this series could be in restoring our awareness of the wisdom of our forebears. Hevert's generous contributions have made this book and the other eleven in the series a reality. Much gratitude, as well, to the unwavering, behind-the-scenes support of the Board of NUNM, Dr. Sandra Snyder, Susan Hunter, and Jerry Bores who understood from the beginning the importance of this project.

The precision and beauty that Fourth Lloyd Productions, Nancy and Richard Stodart, my designers and mentors, bring to this book are always beyond my expectations. I marvel at their steadfast alliance to perfection. Each book cover version that Richard designed was exquisite and exciting. We're now at book seven and we have travelled through many conversations and details to bring this book to life. Thank you both for the care that you took with every minute detail!

There is no greater joy than to have a personal cheerleader. My patient and precious husband is always receptive to my stories and deliberations as each book takes shape. David Schleich helps me demystify and unravel the nuances of the English language and inspires me in this journey of revitalizing and bringing to life the past. He reaches out to me every day, lost as I can become in the last century, and coaxes me back to the present. I want to thank him, heart to heart, for I could not do what I do without him.

Lastly, I am so indebted to the men and women who occupy almost every minute of my day. They lived a hundred years ago and have left a legacy of wisdom and passion that fills me with confidence and gratitude for their contributions to a literature that I can read and implement in my own practice and, along with my wonderful collaborators, with you. You may find that some of the sentences can be a mile long or embellished with words no longer in our current vocabulary, but this is on purpose. These articles have been carefully transcribed and edited to ensure that you are taken back into time. So, remember to include a walk into Nature and reflect upon all that is good in your life. As you read these articles left behind by our dear elders, dare to practice their wise and salubrious ways. You have before you *in their own words* the secrets to health.

Blessings,
Sussanna Czeranko, ND, BBE
Portland, Oregon, May, 2016

Don't make the ridiculous mistake of thinking that you can take these exercises two or three times and immediately notice improvement. It takes time to produce results. After two weeks of exercising daily you should notice a slight improvement, though often beneficial results become manifest sooner.

—Bernarr Macfadden, 1900, 18

It is a great blessing that in recent times gymnastics have been added to the time tables of primary schools; they are among the surest preventives of the harm which school work; with its long hours of sitting on narrow, often ill-constructed, benches, and in imperfectly ventilated rooms, may entail.

—Benedict Lust, 1901, 2

Exercise is one of Nature's greatest laws. The poor man must exercise his muscles to get money to buy food with which to satisfy the cravings of his appetite, and the rich man must exercise to create an appetite.

—William James Cromie, 1901, 98

There are ever before us two types of perfect exercise—the movements of animals, stretching, yawning (which are simply deep breaths), shakings and gambols. There is also the play of children. Both these are ideal forms of exercise; and both have their place in a properly designed system of physical training. Lack of this kind of exercise is another frequent cause of weakness.

—W. R. C. Latson, 1902, 204

Intelligent races in all parts of the world look upon the Americans as a nation of dyspeptics, and wonder that in this enlightened age in the most progressive country, where so many marvelous inventions and discoveries are being constantly made, that these people do not know the first principle of caring for their own physical beings.

—W. Hubert-Miller, 1904, 155

In playing games, children exercise not their bodies and wits, thus acquiring alertness of body and mind, but also learn to act with fairness and compete with the proper spirit of friendly rivalry in a common occupation.

—Grace Ethel Kingsbury, 1906, 102

Stretching produces beneficial results entirely disproportionate to the amount of energy expended and the time devoted to it. In a good stretch every muscle of the body can be used.

—J. Lambert Disney, 1906, 249

There is nothing that will enliven the brain so quickly as a brisk walk or some other means of exercise. The brain that has been tied down to study for hours at a time becomes dull and less active, but brisk exercise in the open air will soon restore it to activity and vigor. Exercise is necessary, for nothing can be had or enjoyed without it.

—S. T. Erieg, 1908, 46

What are we doing for the younger generation and the generations that are to come? Surely we must do something or rest assured that we will be followed by a race of people physically unfit.

—Charles Miller, 1911, 719

There is only one way to get health: that is to work for it. Exercise, breathe pure air, eat correctly and sleep at least seven hours and eliminate bad habits. Health was never swallowed out of a bottle, taken out of a pill box or injected with a syringe.

—Joseph F. Barth, 1913, 395

Rouse, sisters! Cease to be slaves to the conventionality and formality that are robbing us of our individuality! Come, let us be true physical culturists, self-willed, independent, demanding the abolition of a double moral code. Seek to acquire strong bodies, noble ideals, pure thoughts, along with the knowledge of sex-hygiene, eugenics and sociology.

—Rachel Walker, 1913, 654

A woman has just as many muscles as a man, muscles which are designed to move the body and its parts in the same way, muscles which enable her to preserve the bodily posture in the same way.

—Dorothy Pearl Buchanan, 1917, 45

In fact, every gymnastic exercise rightly executed is a respiratory movement.

—Tell Berggren, 1918, 343

True physical well-being, rational hygiene and scientific therapeutics, as they concern the human organism, are more surely the result of curative muscular movements than of any other form of scientific treatment as they are assuredly proper means for stimulating vital motion in harmony with physiological law.

—Eugene Czukor, 1919, 382

No matter what foods you eat, how deeply you breathe, or what drugs and tonics you swallow, your muscles will become weak, your bony articulation stiff, your body will lose tone and poise, and you will become prematurely old if you neglect systematic exercise.

—Eugene Czukor, 1919, 132

INTRODUCTION

For the early naturopathic doctor, *Physical Culture* meant “physical exercise” coupled with related strategies and protocols to promote health. The word ‘culture’ itself was used to describe many of the therapies used by those early Naturopaths. A 21st century word that comes closest to the meaning of “culture” is probably “cultivation” or “promotion” as in “health promotion”. Physical Culture in that era went hand in hand with Mental Culture, the body-mind medicine of today. Naturopaths were always early adapters. They embraced the new physical exercise movement and formed strong opinions about the decline in people’s health caused by sedentary habits, excessive time indoors away from Nature, overeating, toxic surroundings, and impractical clothing.

An early champion of Physical Culture was Bernarr Macfadden. Born into poverty and orphaned at the age of ten when his mother died of tuberculosis, he was frail and, like his mother, prone to respiratory ailments. Consulting doctor after doctor with no amelioration, “he began to experiment with exercise with the idea that this might help him where other treatments had failed. From the first he made rapid improvement and realizing its wonderful curative qualities, he continued the practise.” (Lust, 1912, 30) Having exhausted conventional treatments, he discovered that physical exercise gave him a new lease on life and changed his life forever. In 1895, Macfadden designed a device called the “Health-Culture Exerciser”. He created a pamphlet to accompany its use. That simple publication soon evolved into “a complete hand book of 128 magnificently illustrated pages”. (Macfadden, 1901, ad) As an enterprising young man, Macfadden traveled to England, then a business mecca, to seek his fortune. There he established himself as a publisher of a magazine and continued selling his exercising devices. (Lust, 1912, 30) Eventually concluding that America would be more promising, he returned to New York City to launch a new magazine called *Physical Culture* in 1899. (Todd, 1991, 5)

Macfadden became unstoppable as his interest in Physical Culture grew, propelling him to create over time several widely successful publications, to publish over 100 books on health, establish a chain of over twenty health restaurants, and create a framework and master plan for a “Physical Culture City”. Macfadden’s prolific and unrelenting production of books, articles, pamphlets and monographs on the subject of Physical Culture and health earned him a reputation as the champion of this movement. Not only was he a prominent proponent of Physical Culture, but as the father of six daughters, Macfadden raised his voice against the repressive social norms of his time that prevented the social mobility and equality of women. He rallied against the mutilating women’s fashions

of the time which prevented women from moving freely and enjoying the birthright of a healthy, strong body. Macfadden was looked up to as one of the great leaders in Physical Culture, emulated by celebrities such as Jack LaLanne, Charles Atlas, Paul Bragg and many others. Images of Macfadden as a body builder and as a doting, modern father made headlines, further promoting his publications. Those publications utilized a novel format of incorporating actual photographs which soon became a standard for newspapers, tabloids and magazines. The *Physical Culture Magazine* became one of the longest lasting publications of its genre, lasting more than 50 years. "His circulation numbers were the highest in the industry, exceeding even the publications of William Randolph Hearst. He truly revolutionized the publication industry." (Bennett) By 1926, a second publication, *True Stories*, reached over 2 million sales annually. (Bennett website)

Macfadden was in his own era and continuing into our own, recognized as the father of the body building and physical fitness movement. His name and reputation have dimmed in the past century, yet his vision, work and leadership continue to be influential in many aspects of our lives even today. Charles Atlas, a name well recognized in that era and even into our own, had been a follower of Macfadden. While Atlas' physique is comparable to body builders and wrestlers of today, the body builders a century ago may surprise us. We get a glimpse of what was considered a "Strong Man" and his physique may well defy the current image of a body builder. Such "strong men" of that era weighed 145 pounds and stood 5' 8"; even so, their limb circumferences were quite large. An athlete of the time who fit these dimensions was Earle E. Liederman, "widely known ... [for] his unusual muscular development and great success as a gymnast and wrestler and also for his record in hand balancing and tumbling." (Lust, 1912, 172)

Over the years Macfadden produced numerous very popular magazines including *Liberty*, *True Story*, *True Detective*, *True Romances*, *Ghost Stories*, *SPORT*, and *Photoplay*, among others. However, it was his first endeavor in publishing, *Physical Culture*, with its impressive circulation of 100,000 within the first year which launched him. (Todd, 1991, 6) By 1926 *Physical Culture* itself had increased to 2 million. (Bennett, website) Macfadden's magazine attracted many women readers concerned with health issues. Many of the short stories featured strong, physically fit, intelligent female characters, who served as role models for readers. (Endres, 2011, 4) He rose to notoriety and fame and was a familiar face to his contemporaries. Macfadden's magazines emphasized healthy, strong and muscular bodies for both men and women. However, it was his prescient and courageous support for women's health which was so unusual for this period.

In her recent paper Kathleen Endres explores the interconnections between the messages found in *Physical Culture* magazine and Macfadden's "support of suffrage and what might be called *health feminism*, the empowerment of women through women gaining control of their sexuality, their body, their health regiment and their clothing." (Endres, 2011, 2) By 1901 and without hesitation, Macfadden got behind suffrage issues that were increasingly controversial. He readily took on issues which both focused and fueled debate. For example, he scorned the prevalent fashion of the corset and long dresses, considering them health hazards and a hindrance to strong healthy women's bodies. His magazine offered other dress options such as trousers and loose fitting, comfortable clothing for women. He designed and described exercise routines and protocols, and provided all sorts of health tips so that women could take their rightful place as equals. He abhorred the puritanism preventing women access to information regarding their own physiology, family planning and the right to access contraception. He was outraged by the inequality between men and women and his publications, despite his detractors, actively voiced these concerns.

Bernarr Macfadden's vision of women as equals in all realms, political, social, and economic, was a huge part of his personal and professional life. Raising six healthy, strong and independent daughters factored into his commitments and mission too. His desired aspirations for his daughters were reflected and propagated in the pages of his magazine. He featured women athletes, female wrestlers, cow-girls, and celebrated women as fully active and ideal role models for the emerging generation of girls and women, young and old, now more consciously choosing their place outside of the domestic home and in the workplace. He celebrated women's bodies as strong and capable, unlike the popular pages of women's magazines of the time which depicted women as frail, with 15 inch waist lines unnaturally and harmfully sculpted by the mutilating corset.

I first learned of Bernarr Macfadden from Dr. Les Moore of New York, whose face illuminated as he shared his love of Macfadden's work. Many more years would pass before I would delve more fully into the works of Macfadden, and I learned in depth about his contributions to changing health for men and women equally.

When we read the many articles in *Physical Culture in Naturopathic Medicine*, we realize that there are many more articles written by men to help other men become the image of a Hercules. However, there is only a trickle of articles either written by men for women, or by women for women. When we compare the publications of Benedict Lust and Bernarr Macfadden, we see significantly fewer women writers and articles about women's Physical Culture in Lust's *The Naturopath and Herald of Health*. Although Lust mimicked Macfadden's literary device of including

more illustrations and photographs in his columns on Physical Culture, Macfadden championed a style and elegance unmatched when compared with Lust's attempts.

Nevertheless, the literature in Lust's publications shows that as women gained strong and healthy bodies by joining the physical exercise movement, the existing barriers that women faced were showing signs of cracks. Although the early Naturopaths were supportive and proactive in suffrage issues and the inclusion of women in the Lust journals as the subject or as authors of articles gradually improved, the stronger center for change is found in the publications by Macfadden. Thus, we begin with a Macfadden piece.

Although, as reported earlier, Macfadden did not contribute significantly to Lust's journals on Physical Culture topics, having his own publications for that purpose, he did write several papers for *The Naturopath and Herald of Health* on medical freedom and the nefarious activities of the A.M.A. Unfortunately, the one short article on the topic of Physical Culture in the Lust journals has come down to us typeset with errors serious enough that its readability has been compromised. Even so, a book evolved from the original literature about Physical Culture would not be complete without an article written by the American Physical Culture legend himself. On a special visit to the remarkable Stark Center for Physical Culture and Sports located at the University of Texas campus in Austin, I was able to peruse this enormous collection that includes Bernarr Macfadden's publications and also a massive naturopathic collection of rare and precious books. Thanks to the Directors, Drs. Jan and Terry Todd, I was able to find two appropriate articles by Bernarr Macfadden from his magazine, *Physical Culture* and to include it in this compilation.

The first article comes from Bernarr Macfadden's inaugural issue of a magazine devoted exclusively to women called, *Woman's Physical Development*, published in August 1900, one year after *Physical Culture* appeared. The images in *Woman's Physical Development* alone speak volumes and in this piece by Macfadden we get one of the first articles on women and exercise. It is a very short article with 11 images accompanying ten exercises specifically for women wanting to wear low cut dresses or décolleté attire. Macfadden presents "a series of movements for developing the chest and bust and for filling in the hollows that so seriously grieve young women." (Macfadden, 1900, 16-17) What is unusual in this article is that women are performing each of the ten exercises with dumb-bells and there is no evidence of constricting corsets or cumbersome long dresses. Macfadden, ever the loyal cheerleader for his female readership, is explicit and encouraging. He writes, "It takes time to produce results. After two weeks of exercising daily you should notice a slight improvement, though often beneficial results become manifest sooner." (Macfadden, 1900, 18)

In the second article published in 1900 and entitled, “Correspondence”, we find a letter addressed to Benedict Lust from Dr. Theodore J. Jacquemin on the subject of women’s clothing. He notes, “The fact that women have endured and survived the tyranny of fashion for centuries without more serious results ... is convincing proof of her power of endurance.” (Jacquemin, 1900, 9) The injuries and damage from corsets and binding undergarments crippled women and prevented them from being active and vital. Considered today by many to have been an oppressive, even coercive apparatus of clothing, assaulting the health of women’s bodies because of tight lacing to the point of excessive tenuity, the corset was hardly indicated for exercise activity and for a healthy lifestyle overall. Hygienic [read: ‘healthy’] dress was advocated by both Naturopaths and the Physical Culturists to allow women to shed or substitute other clothing for the constricting corsetry, so that they could breathe freely, enjoy safe freedom of movement, and benefit from the strength of a healthy body.

Jacquemin recognized the importance to health of normal, unrestrained breathing movements, especially with regard to circulation. In his view, the diaphragm during respiration gave a natural massage to the neighbouring organs. Friedrich Bilz offers here a series of exercises to help people learn how to breathe properly. Actually, the Bilz article on breathing is one of many we find in this early literature. The Physical Culturists and Naturopaths of the period had strong opinions about breathing and a consensus that exercise was intimately connected to breathing exercises. Their shared opinion included deep breathing as the one and often the only way to breathe correctly. We find many articles that include breathing exercises. The Physical Culturist would develop his brand or style of breathing exercises to complement the physical exercises being proposed.

Bilz’ article, “Breathing Exercises”, demonstrates how dysfunctional breathing practices become entrenched within medicine based on archaic science. Bilz anticipates the later work of Konstantin Buteyko when he says, “Practice particularly breathing through the nose, for that is the organ for respiration, not the mouth.” (Bilz, 1900, 69)

In the following Lust article, “Gymnastics and Muscle Exercises of all Kinds”, we discover a long and comprehensive outline of gymnastics intended to introduce curative gymnastics in the home. Gymnastics was immensely popular in Germany and Lust had become quite interested to include it in his early publications. Indeed, we find throughout this book an underlying message in the words of these pioneers as they loudly and clearly remind us that “exercise and gymnastics are a means of preventing disease”. (Lust, 1901, 2) Lust took great care to be inclusive of both women and men in advocating the benefits of gymnastics. Lust remarks,

“How many thousands of ladies there are in the higher grades of society who, without being perhaps seriously ill, are nearly always ailing and out of health; and who would be well if they were to take regular exercise and practice curative gymnastics every day.” (Lust, 1901, 4) Lust goes on to provide a list of 17 recommendations to aid those beginning gymnastics.

William James Cromie’s contributions to Lust’s journal were numerous. He also served as an editor for the first Physical Culture column in *the Naturopath*, called “Department of Physical Culture”. Cromie looked to the Olympian athletes of Greek and Roman, marveling at their perfections. Muscular inactivity as one of the major causes of disease a century ago pales in comparison to the rampant obesity rates attributed to inactivity and poor diet in the 21st century. Cromie gives the reminder, “Exercise is one of Nature’s greatest laws. The poor man must exercise his muscles to get money to buy food with which to satisfy the cravings of his appetite, and the rich man must exercise to create an appetite.” (Cromie, 1901, 98)

Cromie recognized that exercise proponents held divergent views and more often than not promoted excessive exercise programs. Body builders and Physical Culturists held a wide range of opinions and beliefs regarding exercise. Cromie writes, “Some seem to think that one exercises for the sole purpose of obtaining big muscles. This is one of the least reasons for exercise.” (Cromie, 1901, 148) On the subject of the naturopathic *Materia Medica* to health, Cromie adds, “Exercise alone will not give one perfect health. Sunshine, pure air, proper food and clothing and sufficient rest and sleep are also required.” (Cromie, 1901, 148-149)

The Physical Culture movement attracted many people from all walks of life. John Morgan contributed a summary based upon the work of a Persian, Rev. Dr. Otoman Zaradusht Hanish, who taught for no charge over 600 students in Chicago. Hanish’s exercises consisted of breathing, dietary regime, correct posture and various physical movements based upon a spiritual doctrine. Morgan gives us here an example of the diversity of breathing exercises available to generate self-healing. He writes, “In the Fourth Exercise we are taught how to generate within ourselves the electric energies so we can apply them to any part of the body.” (Morgan, 1901, 151) Like the Physical Culturists, he did not separate body from mind when talking about physical exercise.

An example of mind/body connection is that one of the goals of exercise was to develop a poised and erect posture. Benedict Lust proposed seven factors to help with posture which included physical factors such as breathing, bowel regularity, as well as intangibles such as self-respect and conscious mastery. (Lust, 1902, 124) Jestingly, Lust taunts, “Fat is a mighty soft cushion, but a mighty weak prop; and if you, my rotund friend, want to cultivate the posture of power, you’ve got to shave down

that cumbersome abdomen till you strike pure muscle.” (Lust, 1902, 124-125) Once again, the factors that determine posture are congruent with the same ones that determine health.

Following Benedict Lust’s list of empowering habits, W. Latson enumerates the causes of weakness and cites improper clothing, lack of exercise and dietary errors as chief offenders. Latson gives two examples of the perfect models for exercise: “There are ever before us two types of perfect exercise—the movements of animals: stretching, yawning, shakings and gambols. There is also the play of children.” (Latson, 1902, 204) Like so many of his colleagues, Latson notes that eating in excess led to mal-assimilation and auto-intoxication. He continues:

The function of the digestive organs is to absorb; and absorb, they will. So, the various poisons, resultants of the putrefactive changes going on in the mass [of undigested food], are absorbed into the system, taken up by the blood and carried to the tissues, setting up derangement which vary all the way from simple headache to fatal *apoplexy* or *heart failure*.” (Latson, 1902, 203)

The Physical Culturists were as much interested in dietary factors as exercise. William Cromie’s next article addresses a common ailment, constipation. This perpetually common ailment had a remedy in exercise which Cromie specifies: “The most important agent in the cure of constipation is muscular exercises which produces peristalsis. Rapid walking tends to relieve constipation, as the contents of the abdomen are kept in violent motion from side to side with every step.” (Cromie, 1902, 225) Cromie doesn’t miss the familiar naturopathic principle in treating diseases and expresses it succinctly, “In the treatment of constipation, one must first remove the cause.” (Cromie, 1902, 224) Cromie gives an example of two exercises useful for the treatment of constipation and does not forget the importance of eating more fiber in the diet with whole wheat bread and fruits.

Exercise was considered an invaluable measure to treat diseases such as constipation, and exercise also was an essential adjunct to hydrotherapy. The hydrotherapy practices of Father Kneipp were most familiar to the early Naturopaths, who, faithful to Kneipp and his methodical guidelines, practiced hydrotherapy according to specific rules. The number one rule established by Kneipp was to never administer a cold water treatment to a patient who felt chilled. There were many ways to ensure that prior to a cold water treatment, patients felt warm and exercise was considered the most reliable means to achieve this. As an example, C. W. Young describes how to do a Natural Bath with the following advice: “You can get a better and more certain reaction by taking some rapid and vigorous exercise before the bath.” (Young, 1902, 375) Having experienced these

invigorating and salubrious Natural Baths, nothing compares to them. Hours and even days of stress and fatigue melt away with one of these two minute miracles.

In September 1902, the inaugural meeting of the new Naturopathic Society of America was held at the Civic Hall on 128 East 28th Street in New York City. In the subsequent issues of *The Naturopath and Herald of Health* that followed in 1903, reports from this initial meeting were published. In the March 1903 issue a transcript appeared of Albert Whitehouse's lecture on treatment of disease conditions using Physical Culture. He calls attention to a working explanation and definition of Physical Culture: "Physical Culture, as its name implies, is a cultivation of physical powers." (Whitehouse, 1903, 61) Whitehouse espoused the importance of striving to raise the aims of Physical Culture to go beyond the physical aspects of exercise and to make room for harmony of all three human aspects that include: physical, psychic and spiritual evolving a rational system of Physical Culture. (Whitehouse, 1903, 61) The tendency of just focusing on exercise was not the vision of Whitehouse and many others.

In 1904, Benedict Lust re-vamped his 1902 Physical Culture with a new name, "Physical Culture at Home" and installed a new editor, R. S. Hurbert-Miller. Hurbert-Miller shared Cromie's awe of the ancient Roman and Greek regard for physical perfection achieved by their development of Physical Culture. In his column we learn quickly that he is a follower of Adolf Just when he emphasizes Just's tag line, *return to nature*, adding, "Watch how she keeps her children who live a natural life in fine physical condition without artificial help or a learned instructor." (Hurbert-Miller, 1904, 13-14) Adolf Just's influence upon the American Naturopaths is significant and equally so for those embracing Physical Culture.

Reciting Just's philosophy, Hurbert-Miller assures his readers that belonging to a gym is not necessary in order to become fit and healthy. The Naturopath's formula for health that relied upon the elements of sunshine, water, earth and air were equally shared by the Physical Culturist. Hurbert-Miller's assuring tone speaks volumes: "Let us imitate Nature and all else will be well. Let us learn to walk upright, eat properly and sleep a natural sleep. Partake of Nature's great and wholesome tonics, Sun, Water and Air, and to our great surprise we will notice our rejuvenation, physically as well as mentally." (Hurbert-Miller, 1904, 15)

Hurbert-Miller's 1904 column included exercises that could be conducted at home using equipment such as chairs to improve the spine. He reminds us how important the spine is: "The spinal column is the strongest part of the body as it carries all the weight." (Hurbert-Miller, 1904, 54) Hurbert-Miller also urges his readers that supernatural tricks are possible if one would only practice exercising every day. (Hurbert-

Miller, 1904, 56) Some of the images displayed in the articles show lean men performing simple exercises and in others, displays of athletic prowess bordering upon the impossible.

Many of the editors and writers for the *Lust* publications on the subject of Physical Culture demonstrated how to conduct the various exercises promoted. Some of the images appeared to be more about flaunting their athletic abilities than about exercise. However, these photographic images were rather novel in the publishing industry at that time. In his first magazines, Bernarr Macfadden included many images which enticed the public to gravitate towards physical exercise and also transformed forever the weekly tabloid by the routine inclusion of colourful and pictorial front covers and beautiful and graphic layouts within the covers. Physical Culture's interest in physical perfection through exercise also could not help but pay attention to common health complaints. For example, indigestion and constipation were favourite topics for Physical Culture.

From our vantage point a century later, we note that after more than a century of advances in medical science, indigestion remains prevalent, so much so that over the counter and prescription drug sales in the US dealing with gastric complaints are more massive than ever. In 2009, for example, acid suppressing drugs were the third largest class of drugs in the country with \$13.9 billion dollars in annual sales. (Gardner, 2010) Another relevant example of this serious issue in the general health of North Americans is that adverse risks associated with high doses or long term use of proton pump inhibitors [PPIs] include increased fracture risk, and increased risk of infection from *Clostridium difficile*. (AAFP, 2010) In this connection, Hurbert-Miller makes an opening statement that has as much relevance today as when he made it 112 years ago:

Intelligent races in all parts of the world look upon the Americans as a nation of dyspeptics, and wonder that in this enlightened age in the most progressive country, where so many marvelous inventions and discoveries are being constantly made, that these people do not know the first principle of caring for their own physical beings. (Hurbert-Miller, 1904, 155)

The problem of indigestion in the US affects a third of its population and no wonder billions of dollars are spent annually. For the early Physical Culturists, diet and exercise provided relief and elimination of digestive problems. Mastication, and in particular chewing slowly, was important to stimulate digestive juices. Hurbert-Miller provides examples of exercises including breathing and how to eat. His advice to those with indigestion and dyspepsia: "The best thing to eat is fruit. Prunes especially in their raw and dried state are very beneficially in remedying stomach

troubles. Chew them slowly and allow the salvia to thoroughly mix with them before swallowing.” (Hubert-Miller, 1904, 156)

Hubert-Miller’s articles had immense appeal to those who wanted to exercise on their own. In “Home Gymnastics on a Ladder”, he did not believe that special equipment was necessary to be able to exercise when every home had “a chair, table, broomstick, bed, flat-iron, step ladder, books, and many other articles”. (Hubert-Miller, 1904, 186) For example, he devised an interesting exercise routine to be carried out using a simple ladder. He instructs the reader: “Go step by step, and then take two steps at a time. Now walk up backward, doing it gracefully, balancing the body evenly upon the toes.” (Hubert-Miller, 1904, 187)

As one of the many followers of Adolf Just, Hubert-Miller endorsed the Natural Bath that Just popularized in his book, *Return to Nature*. He raves glowingly about this bath, reporting, “I use a Just bath daily, and it is the finest, quickest, and most refreshing I ever tried, and there is to my mind nothing more of value.” (Hubert-Miller, 1904, 188) Sadly, the Just Natural Bath, about whose enormous benefits Hubert-Miller wrote, has been relegated to obscurity in North America.

Hubert-Miller’s column focused not only on providing helpful guidance to the readers of *The Naturopath and Herald of Health* in formulating exercise programs within their homes, but also on new trends in physical fitness. Jiu Jitsu, for example, considered a new, exotic practice in the early 20th century in America, sensationalized by ads and articles for these oriental martial arts. Hubert-Miller reported on Jiu Jitsu and as we read about some of his misconceptions regarding this combat sport with its grappling and ground fighting techniques, it seems that he was relying more on popular accounts of the sport than on personal experience. He quizzes his readership: “Just think a secret enemy of yours who catches you in the street and by simply touching you on a secret spot, pressed his finger in and you are no more. No trace of accident, no trace of a wound, nothing to be discovered by post mortem examination.” (Hubert-Miller, 1904, 306) The growth of a physical exercise literature spawned many discussions which contributed to a better, more accurate understanding of Jiu Jitsu’s purpose and proper techniques.

More generally, Hubert-Miller’s work addressed the beliefs and practices of athletes, noting as a case in point that many athletes seemed more focused on developing bulky muscles and thus may have been ignoring the cultivation of flexibility, a discussion which segued in his writing to the discussion of rheumatism. Hubert-Miller contended that very little had changed as to rheumatism’s cause: “Let it be understood by my readers that the principle cause of rheumatism starts in the stomach; by overeating, by [choosing] indigestible [foods], and very often by excessive use of stimulants and liquors in particular.” (Hubert-Miller, 1905, 126) Physical

Culturists and Naturopaths both held diet as fundamental and not to be ignored.

The benefits that exercise had on the human body touched every system including the heart. E. H. Mathewson, M.D. examines in this next article the important relationship among exercise, blood circulation and heart function: "Vigorous muscular work without exhaustion is a powerful aid in forcing the blood through the muscles, and the increased force of the blood flow produces vigor of life and feeling. Without muscular exercise, the muscles become pale, and the heart weak, the flow of blood slow, and the strength lessened." (Mathewson, 1905, 37) Exercise seen by Mathewson was instrumental and augmented a chain of actions and reactions leading to optimal health. Mathewson comments, "A weak circulation from a poor heart condition or deficient exercise makes continued vigorous mental work impossible." (Mathewson, 1905, 38) These men and women who fully embraced the power of physical exercise knew that sedentary lifestyles would not enhance mental performance.

The Physical Culturists saw clearly that the body needed to be fit and strong for all of its parts to work in harmony. They knew the importance of the interconnectedness of body, mind and spirit which spanned the entire life time. Throughout the Physical Culture discourse arose a constant need to justify and find validity for physical exercise, linking it to other aspects of health promotion. One who contributed to this complex conversation about the unity of body, mind and spirit in overall health was Grace Ethel Kingsbury, whose "Physical Education in its Bearing on Life" is highly articulate and scholarly. She describes the value of physical education for school children, introducing arguments supporting the need to provide physical training for children through games, with the added benefit of teaching children moral qualities. She explains, "In playing games, children exercise not only their bodies and wits, thus acquiring alertness of body and mind, but also learn to act with fairness and to compete with the proper spirit of friendly rivalry in a common occupation." (Kingsbury, 1906, 102) Grace Kingsbury's article is one among many robust articles demonstrating the keen interest that Naturopaths took in the well-being of children. Although there were many voices addressing the interests of those wanting to become "strong men", the Naturopaths understood very well that the interests of women and children were often neglected and even ignored. Benedict Lust in his journals made a place for all voices.

In 1906, another shift occurred at the helm of the Physical Culture column when Benedict Lust recruited J. Lambert Disney, N.D., a graduate from his American School of Naturopathy, to take the editorship for a newly designed column, "Physical Culture Department". In the June,

1906 issue, Disney discusses the merits of stretching and offers exercises to aid the reader. He writes, "Stretching produces beneficial results entirely disproportionate to the amount of energy expended and the time devoted to it. In a good stretch, every muscle of the body can be used. (Disney, 1906, 249) Disney is quick to ensure his readers that everyone will enjoy stretching: "It constitutes a form of exercise in which even the most lethargic can find actual pleasure." (Disney, 1906, 249) He provides examples of how to maximize a stretching routine in one's day.

Although Benedict Lust placed Disney as lead for the Physical Culture Department column, this did not prevent him from writing on the subject of Physical Culture too. Lust was an avid cyclist who, shortly after moving to New York City and working as a waiter, purchased a high performance bicycle for \$40. In 1900, workers were paid on average \$1.00 a day for 12 hours of hard labour. His love of Physical Culture was earnest and occupied his daily activities.

In the March, 1907 issue, Lust wrote an article entitled, "The Nervous System and Physical Exercise". Lust weaves together in this piece the body/mind relationship through the lens of neurasthenia or nervousness. We are familiar with neurasthenia in our current terminology as chronic fatigue, or Hans Seyle's General Adaption Syndrome. In his article, Lust attempts to explain the interconnection among the nervous system, the mind and the body. Lust begins, "In close connection with the nervous system stands all that which is spiritual in man. The mental qualities stand in close connection with the body. Mind is fettered to matter, but likewise matter cannot exist without mind. Thus it is evident that body and mind are not two separate, but two different parts of one being." (Lust, 1907, 99)

We cannot deny that the feeling of well-being, even euphoria, can be achieved through physical exercise. Exercise increases endorphins in our brain and we feel content and happy after finishing an exercise routine. Without modern scientific discoveries, the early Naturopaths knew how important exercise was to improving mental disposition. Lust comments: "By physical exercise the soul, too, is blessed. He who takes physical exercise will become aware of its beneficial influence. Cares and worry take wings, ill-humor vanishes, impure impulses are deadened and the heart becomes purer." (Lust, 1907, 99) Lust believed that physical exercise was incredibly valuable to help those suffering from neurasthenia and other diseases. As we survey the current health crisis of the 21st century, obesity, depression, chronic fatigue and their multifaceted problems are destined to plague an already over-extended and dysfunctional medical system far into the future if we do not stop ourselves from being couch potatoes.

It was tougher to be a couch potato a century ago. Automated

machines of convenience did not exist in such variety and abundance as today. For starters, back then most people had more walking to do to get around. Their diet would not have been corrupted with food additives so common today, nor by processed foods which were then in their infancy. Many of the Physical Culturists talked about wholesome diets and adopted vegetarian diets. In a news story, Lust publishes an account of Yale professor Irving Fisher, who conducted a year-long experiment on two groups of men subjecting them to various tests of endurance. One group was vegetarian and the other carnivorous. Lust recounts:

The first comparison (for arm holding) shows a great superiority on the side of the flesh abstainers. Only two of the fifteen flesh-eaters succeeded in holding their arms out over a quarter of an hour, whereas twenty-two of the thirty two abstainers surpassed that limit. None of the flesh-eaters reached half an hour, but fifteen of the thirty two abstainers exceeded that limit. (Lust, 1907, 189)

Another regular contributor to the Lust journals was S. T. Erieg, who wrote numerous articles on physical exercise. He lists many benefits of exercise that include: improves elimination of waste, assists digestion, strengthens the body, increases lung activity, and purifies blood. (Erieg, 1908, 46) Several Erieg articles applaud the merits of a simple walk. "There is nothing that will enliven the brain so quickly as a brisk walk." (Erieg, 1908, 46) Erieg knew the value of exercise and was not fooled by the false promises of wonder drugs: "Do not try to substitute drugs for exercise; it will not pay; it will not work." (Erieg, 1908, 47) Erieg contributed short but succinct messages in strong support of Physical Culture.

Another champion of Physical Culture was Bernarr Macfadden, referenced earlier. As described above, he was undoubtedly the most visible and vocal on controversial topics such as women's rights and freedom to access birth control information. He was a renowned Physical Culturist in his own right and he encountered trouble as a result of publishing his *Physical Culture Magazine*. In November 1907, Macfadden was convicted on obscenity charges, although Lust countered that Macfadden had on the contrary been "publishing articles and stories in his magazine which were intended for a better education and enlightenment". (Lust, 1908, 98) Strongly supportive of Macfadden's efforts, Lust published an appeal to the naturopathic community to come to Macfadden's support. Lust asserts, "The judgement was a fine of \$2,000 and two years in the penitentiary at hard labor. This whole persecution of Macfadden finds its source in the medical trust which tries to undermine and weed out every movement which stands for enlightenment along physiological methods." (Lust, 1908, 98) Essentially, Macfadden's crime was that his magazine

empowered women and provided information regarding reproduction and adopting healthy habits for themselves and families. A fine of \$2,000 in 1907 with inflation would be equal to a fine of nearly \$50,000 today.

Exercise was interwoven with many of the activities in Nature that Naturopaths engaged in. Their preoccupation with fresh air and time spent in the vistas of Nature, unhindered by social norms, led the Physical Culturists to endorse air and sun baths along with their abundant regimens of exercise and physical activity. The early 20th century was burdened by edicts which sustained the repressive, stuffy social constraints still manifesting from the Victorian age. In this regard, nakedness, for example, was not considered unnatural by the early Naturopaths, although nudity was eschewed by mainstream society. Benedict Lust laments, "It is to be regretted that nowadays we are forced to clandestinely install such baths, as it considered *immoral* if somebody exposes his body to the sun in the presence of other people." (Lust, 1909, 241) Sun baths were combined with exercise in the open air and were second to none to alleviate the body of its accumulation of morbid matter.

To gain the full benefit of the healing power of sunshine and fresh air, Benedict Lust suggests options for those living in the city to find rest out in the country in Nature. Many who visited the nature sanitariums brought with them a "desire to exchange the dusty pavement with the field, Art with Nature, to bathe the dust-laden breast in fresh air, to rejuvenate the tired soul." (Lust, 1909, 291) Lust cautions his readers to not make the mistake of going to a Nature retreat center just for the sake of prestige. In order to really get rested and revitalized, Lust recommends "Anyone who longs for real recreation and recuperation, who wants to commune with one self, will select a plain village, far away from the deadening crowd, nearby a silent forest, in the midst of people who are still foreign to the refined culture of our civilization and who do not look upon foreigners as objects of exploitation." (Lust, 1909, 292) In essence, these Naturopathic pioneers advised that the perfect place to get truly rested was at a health retreat center that was in the heart of Nature.

Sun baths and exercise went hand in hand for men and for women. Women's garb, as described earlier, was extremely constricting and even mutilating. Physical Culture offered women an opportunity to shed the corset and long, heavy dresses in exchange for loose clothing. Clara Muche, for one, welcomed Physical Culture and the beauty of perfect symmetry in the body as a result of exercise. She equated beauty with strong bodies. She asserts, "Bones and muscles are made to be exercised; they are therefore strengthened by exercise, and this is the only and best way to attain a beautiful figure which impresses our sense of beauty so wonderfully." (Muche, 1910, 42) She condones and encourages women to take up exercising equipment: "Frequent practice with the dumb-bells

and other implements will also be found beneficial. The strong development of the back and pelvis is of special importance to the female sex.” (Muche, 1910, 43) Muche, a sun bath lover herself, saw the *naked cult* as a safe way to help remove the obstacles of clothing for people striving to benefit from Nature in their quest for healthier bodies. Clothing, especially the fashions of the day with their wasp waistlines, contorted the human body in her view.

Muche cherished exercise for the beauty and health bestowed on those who exercised. Throughout the wide range of publications, both Macfadden’s and others, body building and becoming a “Strong Man” or “Physical Culture Woman” had huge appeal. Both the publications by Benedict Lust and Bernarr Macfadden emphasized body image. In his article, “Straightening Round Shoulders”, Macfadden demonstrates numerous exercises designed to correct the malformation of the shoulders. To prevent kyphosis, for example, Macfadden cites the correct body position for men and women: “The proper position to assume when one is walking or sitting is with the shoulders far back and down.” (Macfadden, 1910, 115) In this article, we learn of five such exercises and benefit from illustrations of Physical Culture demonstrated by Macfadden himself.

Returning to Lust’s work, we find in the June 1911 issue of *The Naturopath and Herald of Health*, a new editor, Charles A. Sampson, N.D., H.D. for “Physical Department”. His declared primary goal is to harmonize Nature Cure with physical therapeutics. Sampson espouses the importance of harmoniously balancing exercise with the body’s capacity to avoid injury and strain. Not surprisingly, being a naturopathic doctor, he quickly reminds us of the *Vis*, stating, “To generate this reserve power all the organs of the body have to work in harmony. The greatest factor is storing this power, known as vital force. This is held in reserve by each and every organ to be worked up through the small microscopic cells by diet, exercise, baths and air.” (Sampson, 1911, 355) In conclusion, he offers seven golden rules in a short, succinct format about physical exercise which are as relevant today as when he first made them. As a man interested in exercise, he emphasizes the importance of regular exercise and that one should “exercise all parts of your body”. (Sampson, 1911, 355) As a true Naturopath, he includes the strengths of Nature Cure: “Follow your physical exercises with water baths and friction rubs.” (Sampson, 1911, 355)

As a careful survey of the literature of the period attests, many men and women were increasingly embracing the physical exercise movement in America as the new century chugged forward. New community services, as well as entrepreneurial and employment opportunities were created by the exercise boom. Charles Miller, for example, was the supervisor of a program called *Boys Work* in Los Angeles. He advocated for more play-

grounds to be made available for children to ensure the physical fitness of future generations. He states, “Never before were there so many large cities teeming with densely populated districts, or quiet and monotonous rural districts, offering little or no opportunity for the city children to play or adults to find some real, healthful recreation.” (Miller, 1911, 719) In the early 20th century, playgrounds were a novelty. Fewer than “250 cities [had] running playgrounds.” (Miller, 1911, 719) The concept of children playgrounds was imported from Germany first to Boston, which adopted playgrounds in 1887. The lack of public financial support for these innovative playgrounds seems to have slowed the expansion of Physical Culture in America.

One of the goals of Physical Culture was to cultivate through a system of scientific exercise a fit and healthy body. Joseph Barth, yet another new editor of the “Physical Culture Department” of Lust’s journal, in 1912 notes that often people were too lazy to pursue an exercise program. He states, “The tendency of human nature seems to be to move along the lines of least resistance.” (Barth, 1912, 385) He continues, “Even if you were capable of doing strenuous work on the back lot for a week and then not take exercise for the other 51 weeks of the year, you could not expect this short period of active work to counteract the bad effects produced by the other 51 weeks of neglect.” (Barth, 1912, 386) Recognizing the importance of regular exercise within one’s daily practices became paramount for the early Physical Culturists.

Physical exercise was not just for athletes but needed by everyone who wanted to stay healthy. Charles Smith makes the point that Physical Culture was much more than exercise:

True exercise does play a part in the culture of the physique, but it is only a part, and not as important a part as some of the other phases. I prefer the term health culture, better than physical culture, because to the average person it will have a broader meaning, and they will understand that it will have to do with their vital powers and general health. (Smith, 1912, 386)

The benefits of exercise combined with Health Culture meant that if people would be mindful of the food they ate, everyone would benefit. He continues, “[Exercise] will enable the poor to live much cheaper and have better nourished bodies, and will enable the rich to enjoy life more, free from the many ills due to over-feeding.” (Smith, 1912, 386-387) In the conclusion to his first article, “Physical Culture and its Benefits”, Smith provides examples of Health Culture. He begins with the challenge of quality nourishment, stating, “One mission of the health movement is to teach people how to prepare foods in a simple way, so that they will nourish the body most, and with the least expenditure of time, money

and effort.” (Smith, 1912, 459-460) On the subject of sleep and restoring energy, he is quite explicit: “The tendency of civilization is to turn night into day, and use the time that we should sleep for dissipation or pleasure. When we do this, we are stealing from our store house of efficiency, and some day we will be called upon to pay it back.” (Smith, 1912, 461)

Smith also addresses the folly of a fashion industry which dictated styles of clothing not necessarily having any healthful merits. His advice: “If fashion conforms to your needs, all is well and good and if not, don’t sacrifice your health for it.” (Smith, 1912, 461) Benedict Lust makes similar suggestions for clothing worn by women interested in pursuing gymnastics in the fresh air:

We make it a condition to discard all hindering clothing for the exercises in a room or in the open and to use only porous tights or a Greek garment. The soft, flowing dresses, the reform and the sporting garments, the discarding of corsets, are all achievements of our time and of the greatest importance for use.” (Lust, 1912, 531)

Both Naturopathic Doctors and Physical Culturalists alike advised that gymnastics in the open air enhanced skin function for both men and women. Lust reminds us about “the vast importance of light and air baths”. He continues, “They refresh and harden the skin simultaneously”. (Lust, 1912, 531) Exercises accompanied the air and sun baths and often the exercisers were dressed in little or no clothing. Lust, like many of his colleagues, recognized the need for vitamin D before it was invented, “The disrobed body feels light and free. It craves for motion. Proper exercises and deep breathing give it warmth and a lively, refreshing pulsation. The movements, unhampered by clothing, become free and easy.” (Lust, 1912, 531)

The “Great Barnes” also fully agreed with the importance of open air on the health, but disagreed strongly with the practice of deep breathing: “While I believe that one should live out in the open as much as possible, I cannot do otherwise than condemn the folly of involuntary deep breathing.” (Barnes, 1912, 535) Barnes was not supportive of deep breathing practices that were in vogue at the turn of the 20th century. Instead, he advocated for normal breathing practices. He provides his readers with an analogy: “But again, when you stop to think, an over-developed pair of lungs is no more to be desired than a stomach or heart, or the liver and kidneys to be twice the size that Nature intended them to be.” (Barnes, 1912, 535) Deep breathing was derived from archaic thinking espoused by Antoine Laurent Lavoisier, the discoverer of oxygen and carbon dioxide, who viewed carbon dioxide as a waste gas. The work of Konstantin Buteyko [1923-2003], a medical pioneer from Russia, formulated a new

paradigm implicating the devastating effects of dysfunctional breathing such as deep breathing on the etiology of chronic diseases arising from our stressful life habits. Buteyko concluded that nothing could be further from the truth, insisting instead that our bodies are dependent upon a balance between oxygen and carbon dioxide to maintain pH and many physiological mechanisms.

In 1913, Joseph Barth appears as Editor of “Physical Culture Department” in Lust’s publications. His columns are packed with advice, coaxing the reader to embrace physical exercise in their lives. Barth insists, “There is only one way to get health: that is to work for it. Exercise, breathe pure air, eat correctly and sleep at least seven hours and eliminate bad habits. Health was never swallowed out of a bottle, taken out of a pill box or injected with a syringe.” (Barth, 1913, 395) Exercise incorporated in a person’s life along with life promoting habits were all essential ingredients for health.

Benedict Lust adds his voice to the subject of such life promoting habits in this particular series. Having been blessed to have spent several months under the care of Father Sebastian Kneipp, Lust followed in this priest’s footsteps, advocating the principle of *hardening*. We can surmise that Lust never stopped promoting Kneipp especially when he says, “A correct hardening of the body is the best sign of perfect health and also the best security against illness.” (Lust, 1913, 397) Lust counsels his reader on how to achieve hardening that is lasting and beneficial:

It is beyond any doubt and confirmed through experience that a certain degree of hardening is obtained through daily barefoot walks in wet grass or on stone pavement, in fresh snow, regular cold ablutions, daily light and sun baths, so that there are no attacks of cold, cough, hoarseness, bronchitis, etc., that there is a certain safety against influences of weather and that there is a healthier feeling in general. (Lust, 1912, 398)

Hardening was the means to be stronger, healthier and more resilient and for girls and women who desired to have these three qualities, Physical Culture as a pursuit was very attractive. In this regard, Rachel Walker provides an interesting article entitled, “The Girl’s Opportunities in Physical Culture”. Having attended a Physical Culture Training School, she noticed that the girls were not as resolved in choosing healthy options. She ponders this question: “What is the cause of a girl not striving to measure up to the boy in the attainment of vigorous, pulsating health and strength? (Walker, 1913, 652) Her conclusion rests on conventional dictates of fashion. Her response comes out loudly and clearly:

Rouse, sisters! Cease to be slaves to the conventionality and formality that is robbing us of our individuality! Come, let us be

true physical culturists, self-willed, independent, demanding the abolition of a double moral code; and seek to acquire strong bodies, noble ideals, pure thoughts, along with the knowledge of sex-hygiene, eugenics and sociology. (Walker, 1913, 654)

Rachel Walker voices the transition that women faced and embraced in the early 20th century. Discarding the disfiguring fashions for the freedoms offered in the Physical Culture movement was indeed foundational to women's liberation. The conviction of young women to choose health above wasp waistlines required determination and strength to go against convention, and mindfulness about their health sustained them.

The Naturopaths and the Physical Culturists both believed strongly in the power of such mindfulness, advocating as noted earlier for a continuity among mind, body and spirit, such that one cannot be content with suppressing symptoms alone, but will seek to find the cause of a particular illness or disease. In an article on the subject of "Know Thyself", Joseph R. Barth quotes Elizabeth Towne, who aptly paraphrased the word, *disease*, as: "Disease is lack of ease." (Barth, 1913, 837) Barth explains the related principle so central to Naturopathy: "If you are sick, nothing but the elimination of the cause for your ill health will ever right your body." (Barth, 1913, 837)

Edward E. Purinton joins this complex dialogue when he examines health through the prism of the moral values of exercise. He recognizes a balance between exercise and spiritual pursuits, for example. Purinton states, "We have always known the value of exercise for the body; we have lately emphasized the effect of thought on the body; but we have not come to appreciate the influence of the body over the mind." (Purinton, 1914, 66) He continues, "Mind is omnipotent but neglect of body renders mind powerless." (Purinton, 1914, 66) As Purinton states, physical exercise is very important to cultivate the moral fiber, "through cultivating promptness, decisiveness, sureness, poise, initiative, adaptability, self-reliance, good humor, and a cleanness of thought." (Purinton, 1914, 68)

Physical Culture and Naturopathy were strongly linked, sharing many principles common in each. Naturopath Max E. Peltzer cites one of Naturopathy's supreme advantages over drug therapies: "As normal health is mainly a question of good circulation and free elimination, Naturopathy aims principally to assist in stimulating the blood supply and driving poisons out of the body through skin, liver and kidneys." (Peltzer, 1914, 56) In this respect, exercises advocated by Physical Culturists complemented Naturopathy in supporting the body's cleansing activities. Peltzer in conclusion, states, "So I will repeat, Physical Culture and a knowledge of Naturopathy can quickly transform the body of an ailing man, woman or child into a normal and healthy condition." (Peltzer, 1914, 56)

There is no denying that Physical Culture found a sustainable place in American culture. Astro, a Physical Culturist practicing in Chicago, shares some Physical Culture history zeroing in on Bernarr Macfadden, whom he and many others considered the “Father of Physical Culture”. Astro, an early follower of Macfadden, writes in Lust’s journal:

It is here interesting to note that Bernarr Macfadden started his first magazine in England called *Macfadden Health Monthly*, a mere pamphlet, I remember, of about twelve pages. About twelve months later, this became *Health and Strength*, a monthly greatly enlarged and illustrated. This has now become the greatest weekly Physical Culture journal in the world, in connection with which is the Health and Strength League of which I am proud to be one of the very earliest members. (Astro, 1914, 116)

Astro was quite enthusiastic about exercise and was quite involved in promoting Physical Culture. He had immigrated to America himself and was very pleased that he could find a thriving interest in exercise. He adds: “There is a boom in the Physical Culture movement in America. The Americans are the most progressive race on the earth, and they fittingly realize that there is something in Physical Culture after all.” (Astro, 1914, 117)

M. N. Bunker was another editor for Benedict Lust’s Physical Culture columns, who began writing in 1914. Bunker was keen to provide copious and detailed explanations for the essentials in Physical Culture, such as skin culture, breathing exercises, hydrotherapies, enemas, and air, light and sun baths. (Bunker, 1914, 688-691) It becomes very clear that Physical Culturists and Naturopaths both endorsed and supported similar objectives for their clients and patients. Among the virtues or qualities resulting from those objectives were agility and flexibility, considered equally as desirable as muscular strength among Physical Culturists. Strongly believing in daily exercise, S. T. Erieg notes that “exercise not only keeps the body in health, but keeps it supple, it keeps the body young, it prolongs youth.” (Erieg, 1915, 590) One of Erieg’s favourite forms of exercise was walking. He says, “Walking is the best all-around exercise. It takes us out in the sun and fresh air and puts vigor in the body and interests and delights the mind by the things we see.” (Erieg, 1915, 590)

Gustave W. Haas, a Naturopath who practiced in Los Angeles, began writing a column entitled “Orthopaedics Department” for Benedict Lust in January, 1916. Haas was disturbed by the barbaric practices in use for patients with deformities and consequently devised exercises with an orthopedic emphasis to strengthen muscle and muscle groups, specifically to enhance function for patients. Among the literature are two significant

articles by Haas which cover exercises for the lower and upper extremities, including stretching exercises for the spine and abdomen. Haas is thorough in his instructions and indications for each exercise. (Haas, 1916, 128-131; Haas, 1916, 191-194) His approach to physical exercise was purely therapeutic and he saw Physical Culture as the means to align the body properly.

By 1916, Paul von Boeckmann of New York City had been the new Editor of the “Physio-Culture Section” in Lust’s publication since October, 1915. Von Boeckmann invited Physical Culturists to contribute articles of interest and in the December issue we encounter Astro once again, who submits an article announcing a new association marking a shift within the Physical Culturists efforts to begin the first steps needed to actualize a professional body. Astro writes, “Drugless healers who are Physical Culture teachers should contemplate becoming a body of the American Association of Physical Culture Teachers.” (Astro, 1916, 526) He announces that Benedict Lust was “invited to act as the Association’s first President.” (Astro, 1916, 526)

Physical Culture as a movement was pervasive enough to stimulate such interest in professional formation, in the first instance gravitating towards organizing teachers of Physical Culture to establish an association which could advocate and promote their values, beliefs, skills and knowledge to society. The movement continued to expanded its reach to include, for example, orthopedic practice as we have seen earlier in the work of Gustave Haas, and then with mechanotherapy. Physical exercise overlapped with many of the physical therapies as all seemed to have the one objective of improving the physical body in its performance and functions. Dr. Tell Berggren, a Physical Culturist and a Naturopath practicing in Coronado, California in 1917, co-edits another new feature in *Herald of Health and Naturopath*, a column dedicated to mechanotherapy. His colleagues include, Dr. Chester A. Shewalter from Ohio and Dr. D. R. Wheeler of Washington, D.C.

The first submission, written by Berggren is an informative history of curative gymnastics in Europe which culminates in a detailed account of “Pehr Henrik Lind, the founder of the Swedish system of gymnastics. ... Ling founded the Royal Gymnastic Central Institute in Stockholm in 1813.” (Berggren, 1917, 584) These exercise movements were ingrained in Swedish culture, earning the country Olympic medals and practiced by all school children. Swedish movements also were popular in America amongst Naturopaths who were familiar with these easy to perform exercise routines that required no special equipment. A page of images depicting examples of the exercises implemented by Berggren on a patient reveals a series of movements, some passive and others directed.

Another fresh face, Professor Eugene J. Czukor, contributes an article

entitled, “Curative Gymnastics” for the column, “Physi-Culture Section”. The previous editor of this column, von Boeckmann had been replaced with Dr. M. N. Bunker from Missouri. Curative gymnastics is defined by Czukor to be “a form of exercise that is intended primarily to distribute the blood through the system rather than merely build up muscles.” (Czukor, 1917, 171) In his article, Czukor illustrates his theories on exercise, breathing and dietetics with the presentation of two case studies of patients using curative gymnastics. The first patient was suffering cardiac palpitations and sharp lancinating pains. Czukor provides a case description of the therapeutic exercises that he prescribed for the patient that included breathing exercises and several stretching exercises. Coordinating breathing with physical movements was a priority for Physical Culturists in their efforts to restore health.

An article by Dorothy Pearl Buchanan for Macfadden’s magazine, *Physical Culture*, documents that women joined the ranks of the Strong Man movement too. What is immediately noticeable in this article is the elegance of Macfadden’s publications. Each image is framed with an artistic border reflecting Art Deco influences of the time. Macfadden’s vast magazine sales provided the resources to bring an alluring sophistication and creativity to his publications. In *Physical Culture* more women writers contributed articles than Benedict Lust was able to attract for his publications. For example, Buchanan’s article, “Muscular Corsets for Women” raises questions once again about concerns regarding corsetry in women’s fashion. She compares the atrophied muscles found in a corseted body frame to that of insects or shellfish, such as the lobster. Buchanan notes, “Every woman is given by Nature a group of muscles about the back, waist and abdominal region, which form a powerful natural corset when they are normally developed.” (Buchanan, 1917, 45) Buchanan demonstrates several exercises that women can do to develop their own muscles so that there is no need to rely upon a corset to maintain their freedom of movement.

Another who voiced concerns about deformities left behind with the corset was Tell Berggren, who based his practices on the Swedish movement principles. With a graphical comparison of the bodies of women, Berggren shows explicitly degeneration caused by corset use. Berggren cites some of the corset problems:

The natural respiration is interfered with, hindering the proper return of lymph and venous blood from the parts below the chest. The abdominal as well as the back muscles are in these cases weak and spinal curvatures are therefore common. Deformities of the liver from tight lacing are also common and the organs of the abdomen prevented from properly discharging their functions. (Berggren, 1918, 344-345)

To correct the resulting deformities, Berggren used the Swedish movements for the purpose of creating an expansive chest both during exercise and at rest to facilitate proper blood and lymph flow. Berggren explains, “[Swedish specialists] consider it of the greatest importance that the ribs should be loose enough to allow an easy play of the chest during severe exertions as well as during rest, and even during sleep.” (Berggren, 1918, 347) The effect of flexibility of the rib cage and intracostal muscles meant that respiration would improve. Since blood and lymph flow were linked to respiration, the importance of breathing was paramount. Berggren ends his article on chest expansion with seven exercises for the reader.

Returning to Czukor, we have three excellent articles on the topics of nutrition, breathing, philosophy and physiology. Czukor continues where Berggren left off and elaborates on the physiological implications of curative gymnastics. Like Berggren, Czukor saw clearly how exercise could be employed in the treatment of disease. He states, “[Physical Culture exercises] must be coordinated to the needs of the individual by strategic thought and painstaking work, to remove the cause of ill health.” (Czukor, 1918, 661) He adds, “The prime object of all treatments of disease by muscular movements is to secure a proper distribution of the circulating fluids.” (Czukor, 1919, 386) To the early Naturopaths, vibrant life stemmed from the movement of healthy blood.

To discuss exercise invariably includes the respiratory functions. Czukor summarizes with: “Respiratory exercises are at all times inseparably connected with muscular exercises.” (Czukor, 1919, 383) He lists and elaborates,

The immediate effort of such movements is to set free the bodily frame, expand the lungs, stimulate the circulation, increase elimination, purify the blood, develop the normal secretions, tone the nerves, strengthen the muscles, limber the joints, and generally make firm and permanent the many benefits acquired while building up the body. (Czukor, 1919, 133)

He continues, “Voluntary motions such as working, exercising, walking, talking, etc., make us co-partners with Nature in rounding out the necessary number of movements to keep the organism in a state of complete health.” (Erieg, 1919, 133)

The significance of activity and physical exercise cannot be underestimated. Nor can we be deluded into believing that one bout of exercise will endure forever. Lorne Summers cites an example:

The average man believes that because he has built up a strong muscular system in his early school days that he does not need to pay any more attention to the cultivation of health. He stops all

forms of exercise and spends the greater part of his time draining the vitality which he has stored up in his youth. (Summers, 1920, 396)

Summers cites exercise as one of the means of keeping the blood circulation in running order and outlines a list of 12 exercises and some tips about when to fit exercise into one's routine.

Naturopaths and Physical Culturists extolled the virtues of exercise and also recognized the balance needed in restorative sleep. Harris Luntz reviews the problems of insomnia and cites exercise as one way to remedy troubled sleep. Luntz concludes, "An easy mind, a good digestion, and sufficient exercise are the great conductors to sound sleep." (Luntz, 1921, 232)

In M. N. Bunker's column in the August, 1922 issue of Physical Culture Section, we learn of a young man and his remarkable ability to complete 1,800 sit-ups at a time. Bunker narrates this young athlete's progress, "Walter Tobaygo, a young athlete of Elizabeth, New Jersey ... has made remarkable improvement. He has spent from fifteen minutes to a half hour a day on my [Bunker's] physical training system, in addition to some weight lifting, wrestling, boxing and other sports." (Bunker, 1922, 393) Tobaygo completed a set of 1,800 sit-ups and a second set of the same number of sit-ups with witnesses for the record.

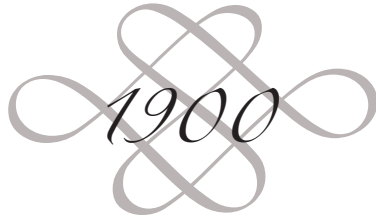
The next two articles are written by Robert Rubin, ND and a Physical Culturist who presents his system of exercise replete with rules and guidelines. Rubin followed the progressive system to build muscular strength that he defined as follows: "By progressive I mean that you do not start with hard work, but with easy, and you progress right ahead until you are doing heavier exercises. By this method it is possible to attain a higher development in physical perfection." (Rubin, 1922, 448) Exercise is needed to strengthen muscles and Rubin adds some guidelines to help those not accustomed to physical exercise. For starters, he cautions against over straining during exercise. Moderation in the practice of exercise was repeatedly emphasized by Physical Culturists: "Excessive work and too short rest will lead to diminution and enfeeblement of the muscles just as certainly as too little exercise." (Rubin, 1922, 496) He adds, "Take your time and enjoy it; exercise is a recreation. Remember you must do the exercising to obtain health and strength; no one can exercise for you." (Rubin, 1922, 450)

In his final article, Rubin provides explicit instructions for 20 exercises indicating which muscle and muscle groups the exercise targets. We learn of his fondness for weights and he takes great delight to inform us of the international weight lifters and their accomplishments.

In the final short article, we learn of the value of walking, perhaps surprised by the data which indicate just how sedentary we we have become in our own time. Benedict Lust quotes from a book, *Long Life and How to Attain It* by Dr. Kintzing, remarking that men who are sedentary should “walk nine miles a day [and] ... women of medium stature and ordinary strength need to walk from five to six miles. He declares that after fifty, the distance may be shortened ten per cent.” (Lust, 1923, 36)

Physical Culture had a huge impact upon introducing physical exercise into the public schools and playgrounds, freeing women from their corsets, and encouraging men and women to strive for health through recreation and sweat. In the early 20th century, there were so many technological advances signaling a shift from a predominantly rural and agrarian population to an urban one. In 1900, the urban population in the US accounted for 40% with the definition of urban as any place with a minimum population size of 2,500 inhabitants. In 1950, the census reclassified an urban center as consisting of 50,000 or more inhabitants. By 2010, less than 20% of the total American population resided in rural areas. Urbanization has contributed without doubt to the sad decline of activity in children and adults alike. We drive instead of walk, and children sit in front of screens instead of playing outside. The message of the early Physical Culturists is more relevant for us than ever. When we replace sedentary habits with activity, we get healthy.

Sussanna Czeranko, ND, BBE



THE DEVELOPMENT OF WOMANLY BEAUTY

BERNARR MACFADDEN

CORRESPONDENCE

DR. THEODORE J. JACQUEMIN

BREATHING EXERCISES

FRIEDRICH EDUARD BILZ

Woman's Physical Development

The Development of Womanly Beauty

By Bernarr Macfadden

**How the Chest and Bust
may be Developed and
Beautified and Unsight-
ly Hollows filled in**



HE woeful ignorance of the average woman in reference to the proper care and thorough development of her body is deplorable. If her chest is flat, and angular outlines have appeared where there should be rounded curves she grieves in secret, and searches for some tonic or other means of "getting fat." Some even go so far as to imagine that all defects will be remedied if they can only be fat. Fat does not give shape to the body any more than paint gives shape to a wall. Fat simply covers over and fills in the hollows of the form made by the muscular and boney framework.

Therefore, if the body is angular or ill-shaped the first object should always be the development of the muscles that a proper and symmetrical



FROM THE PAINTING "STUDY," BY O. VOIL, 1892 SALON

Courtesy of Stark Center, University of Texas

Bernarr Macfadden [1868-1955], the health crusader, introduced to the American public the importance of physical exercise through his numerous books, magazines and contests celebrating the human physique for both men and women.

THE DEVELOPMENT OF WOMANLY BEAUTY*

by **Bernarr Macfadden**

Woman's Physical Development, I (10), 15-21. (1900)

HOW THE CHEST AND BUST MAY BE DEVELOPED AND BEAUTIFIED AND UNSIGHTLY HOLLOWES FILLED IN

The woeful ignorance of the average woman in reference to the proper care and thorough development of her body is deplorable. If her chest is flat, and angular outlines have appeared where there should be rounded curves she grieves in secret, and searches for some tonic or other means of "getting fat". Some even go so far as to imagine that all defects will be remedied if they can only be fat. Fat does not give shape to the body any more than paint gives shape to a wall. Fat simply covers over and fills in the hollows of the form made by the muscular and boney framework.

Therefore, if the body is angular or ill-shaped the first object should always be the development of the muscles that a proper and symmetrical foundation may be created for the overlying fat.

The fact that a woman's bust can be developed to rounded symmetry, that the hollows that often appear about the collar bones can be replaced by a pleasing fullness with a system of movements that especially exercise and develop the muscles at this part of the body, is not generally known.

There is absolutely not the slightest excuse for physical ugliness. The body can be rounded, made strong, symmetrical and often extremely beautiful by a regular, systematized effort towards the accomplishment of the desired object. We present in this issue a series of movements for developing chest and bust and for filling in the hollows that so seriously grieve young women when décolleté costume becomes necessary. If proper diet, a plentiful supply of pure air are secured, and if the clothing does not too seriously restrict the assimilative and circulatory systems and movement of the body, satisfactory results will follow the regular practice of the movements here illustrated, in every case. The trouble with most people who attempt to follow instruction purchased so cheaply as that which appears here is that they undervalue it. Now, the writer well knows that the practical information contained in this one article could easily be extended into a book, that would sell in thousands for from one to five dollars a copy, and to any woman who is in actual need of this class of instruction it is worth more than any money consideration that could be named. For, without health, without that physical comeliness

* This article comes from the Physical Culture collection at Stark Center, Austin, Texas. Much gratitude to Drs. Jan and Terry Todd for their generous sharing of Bernarr Macfadden's work. Photos Courtesy of Stark Center, University of Texas. —Ed.

which accompanies and is really a part of health, life is of but little value. Indeed, without these attributes it is not living—it is merely existing. No joy, no intensity of feeling, no emotions of pleasure that thrill the nerves with delight can come to those who neglect to develop the powers and beauties of superb womanhood.

Don't delay!

Begin now, and make *your* body beautiful. It is your imperative duty.

UGLINESS IS A SIN!

Don't make the ridiculous mistake of thinking that you can take these exercises two or three times and immediately notice improvement. It takes time to produce results. After two weeks of exercising daily, you should notice a slight improvement, though often beneficial results become manifest sooner.

Don't begin too vigorously.

Exercise five or ten minutes only on the first day. Add one or two minutes to this daily, until you are exercising about half an hour.

After gaining considerable strength continue each movement until the muscle or muscles used in that movement are thoroughly tired.

Be very careful to take the movements exactly as illustrated.

See that the room in which you exercise is liberally supplied with pure air.

Wear no clothes that interfere in the slightest degree with muscular movements. In fact, the less clothes worn the better will be the results.

Don't exercise immediately before or after a meal. Immediately on rising and just before retiring will be found satisfactory for a very busy woman, though about ten or eleven in the morning or three or four in the afternoon will be better if time will allow.

Most of these exercises are illustrated with dumb-bells, though they can be taken to great advantage with hands free or with any light weights that can be grasped handily.

In the reclining exercises see that the feet are above twelve inches higher than the head. In fact, if suffering from any weakness peculiar to woman, the exercises should be confined principally to the movements while reclining, and the feet should be raised about 18 inches or more above the head.



Exercise No. 1

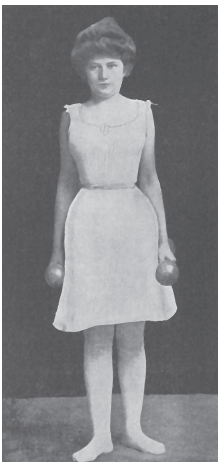
Draw shoulders back as far as possible, as per illustration, then as far forward as possible. Each time when you have moved shoulders as far as you can either way, make an effort to move them still further. Continue the movement back and forth until fatigued.



Exercise No. 2

For developing bust and chest and for straightening shoulders

With elbows straight bring left arm forward and upward to the position of the right and at the same time bring right arm forward and downward to position of left. Simply reverse position of arms. After making the movement a few times inhale a deep breath and retain it while you make from three to five movements.



Exercise No. 3

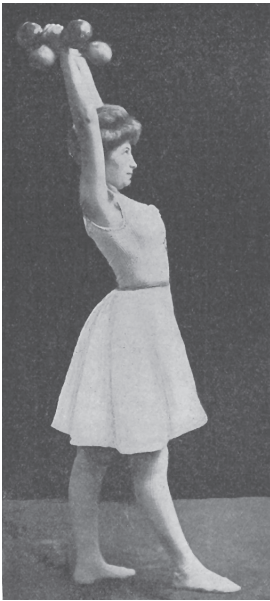
For chest, bust and shoulders

Raise shoulders as high as you can—simply shrugging. Then lower them as far as possible. When shoulders are as high or as low as they will go make an effort to bring them still further. Continue back and forth until tired. For filling in hollows around collar bones, and for developing central portion of upper shoulders.



Exercise No. 4

Brace feet strongly, as per illustration. Now strike forward with right and left arm alternately, turning body from the waist and reaching out as far as you can each time. Continue until fatigued. For strengthening and beautifying upper arms, chest, bust and for making the waist small and shapely.



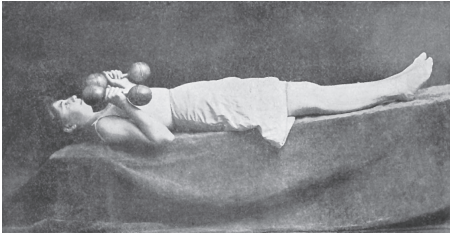
Exercise No. 5

Dumb-bells hanging at side. Raise bells with elbows straight forward and upward to high over head, as per illustration, bending backward as far as you can. Continue until tired. For shoulders, chest, bust and waist.



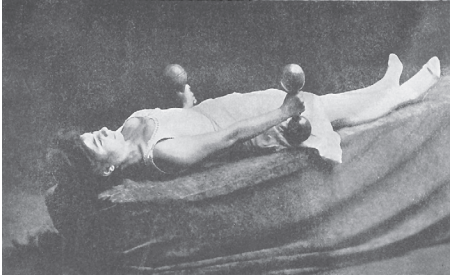
Exercise No. 6

From position illustrated, with elbows straight, raise arms until hands are directly over chest. After a few movements, inhale deep breath and make several movements while the breath is retained. For developing bust and chest.



Exercise No. 7

From position illustrated strike straight upward. Continue until fatigued. For rounding and beautifying upper arms and shoulders.



Exercise No. 8

From the position illustrated, with elbows rigid, raise arms until hands are directly over chest. Continue until tired. For rounding and filling out shoulders.



Exercise No. 9

With elbows rigid and arms stretched far out at the sides, bring them upward and together, crossing them as per illustration, alternating with right over left and left over right. After a few movements, inhale a deep breath and retain it while several movements are being made.



Exercises 10 and 11

With arms stretched far back, like in illustration No. 6. Bring them, elbows rigid, upward and forward to position as illustrated, alternating right arm over left and vice versa each time. After several movements, inhale

deep breath and retain it while several movements are being made.

From position illustrated raise arms straight upward, with elbows rigid, striking bells together directly over chest. After a few movements, inhale deep breath and retain it while several movements are being made.

The New Health-Culture Exerciser.



Do you know that ?

If you are weak you can be made strong.

If you are fat you can easily train down to graceful proportions.

If you are thin you can develop your muscles and thus accumulate additional fatty tissue.

Many chronic complaints can be permanently cured by physical training.

Strength, health, manly and womanly beauty and vigor—the very foundation upon which are built all happiness and success, and all that makes, life productive of glorious results—is attainable for all.

No woman who cares for bright eyes, for a fine, clear complexion, for the grace and suppleness that accompany a high degree of physical health, can afford to be without physical training.

McFADDEN'S SYSTEM OF PHYSICAL TRAINING.

A complete hand book 128 magnificently illustrated pages, containing 50 half-tone photographs. Chapters on every subject relating to health and strength.

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This great work, the best ever published on physical training is sold with the Exercisers and can be obtained in no other way.

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The "H. C." Exerciser.

(McFadden's Patent Pending.)

Is absolutely the best Home Gymnasium made, simple, strong, complete, no weights, noiseless, reversible, pull from floor or above. Can be quickly adjusted for the weakest child or the strongest man. Weighs but little more than a pound, can be carried in overcoat pocket, and put up in a minute. No bother with twisting. Never jerks. No rubber cord running over pulleys to wear out. Every conceivable motion, quick, slow, strong or weak. One machine will do for a family. Any desired strength. All with one machine.

Prices for Complete Outfits.

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|--|--------|
| No. 1. Wood Pulleys, plain japanned finish, changeable strength on each Exerciser 5 to 23 lbs. | \$2.00 |
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Bernarr Macfadden placed this advertisement in 1901 in Benedict Lust's publication, *The Kneipp Water Cure Monthly*.



CORRESPONDENCE

by Dr. Theodore J. Jacquemin

The Kneipp Water Cure Monthly, I (I), 9-10. (1900)

December 22, 1899
Netcong, New Jersey

My dear Mr. Lust!

You ask me to contribute a few lines to the journal of physical therapeutics which you are about to start. I do so very readily and cheerfully, without fear and without the slightest apprehension as to offending the one or another of my fellow-physicians, because I never believed in hiding behind the screen of the *Jurare in verbamagistri*. I am one of those in medical profession who are free indeed, unbiased and unprejudiced, of those that have come out of the shadow of mystery in healing art and are ready with aweless minds to face the full light of the truth on the horizon wherever this light may pour forth. I want to see and want to know. I have learned that results are not and cannot be accomplished mysteriously, that reason guides a cure and that hocus-pocus and lari-fari do not.

I am opposed to the spirit of caste and am firmly convinced that all those that have devoted their lives to the noble and generous mission of fighting the numerous ailments that afflict suffering humanity ought to offer the benefit of their experience not as allopathists, homeopathists, hydropathists, magnetopathists, kinesipathists [sic], but under the plain title of physician.

"If those," says the learned Dean of the Medical College of Indiana, "who have distinguished themselves as 'pathists' would resolve to begin the new century with the simple cognomen of physician and offer their services without sectarian designation, defending their ideas in debate in a respectful way and upon scientific grounds, they would find that their statements would be received in the spirit in which they are offered, and if found to be correct, would soon be adopted by the profession as a body, regardless of theory or source."

There ought not to be such a thing as this classification in distinct medical sects; there ought to be only one objection, that to sectarian names and none whatever to ideas, principles, theories and facts whether they emanate from Charcot, Leyden, Hahnemann, Skoda, Winternitz, Priessnitz or Kniepp. Subject those ideas, those principles to the test of reason and of common sense, and to scientific research as well as experiment. If correct, adopt them; if not, reject them. That is all! Do not go beyond those limits. All what is sought beyond this realm of professional knowledge cannot fail to endanger the dignity of the medical commonwealth.

Let us always be fair, sincere and true in our dealings with the suffering; let us extend our help in preference to those that bear their full share of the burden of life with energy, courage and equanimity; to those that do not shrink from knowing the full extent of their condition and are not afraid to enter deliberately the somewhat thorny paths of such treatment that includes the hardships of self-control and self-denial. With those classes we cannot fail to obtain gratifying results by Physical Culture, cold water applications, bodily exercise, sound dietetics, and such clothing that copes with the laws and requirements of common sense.

There, at least, will not be found that fund of childish fear "on which fraud relies with confidence and out of which charlatanism finds the substance of its prosperity".

Today, I should like to point out to my readers of the fair sex some words concerning the relation of dress to the diseases of women. Drs. R. L. Dickinson of Brooklyn, John H. Kellogg of Battle Creek, and lately Professor Dudley of Chicago have formulated on this vital and important chapter a series of principles and teachings which are presented in the latter's treatise of gynecology.

It is a matter of fact that the gynecologist who gives to the subject of clothing its true weight, will stand upon a decided vantage ground over that one whose resources are limited to drugs, local treatment and operative measures.

One of the most serious of all obstacles to the prevention and cure of the diseases of women is fashion in dress!

So long as sensible dress appears eccentric and excites ridicule, women will adhere to the prevailing modes, and will therefore be hampered not only in the pursuit of recreation and exercise, but also in the performance of the more essential physiological functions. Under such conditions, fashion must continue to prevail against strong nerves, powerful muscles and robust health. As soon as the girl passes from the nursery to the drawing-room, and the dress of childhood is changed for the conventional dress of fashion, some of the evils of that wonderful thing which we call *the modern civilization* become manifest. She can neither walk, run, nor even breathe without embarrassment. The fact that the woman has

endured and survived the tyranny of fashion for centuries without more serious results, says Emmet, is convincing proof of her power of endurance.

The prevention and cure of the diseases peculiar to women require the fulfillment of three principal conditions in dress:

- 1) even distribution of uniform protection against cold and wet,
- 2) freedom from waist constriction, and
- 3) freedom from traction.

Nothing is more conspicuous in the prevailing modes than uneven distribution. The undergarments are usually inadequate, while the outer garments are generally of thin material and according to the caprice of fashion may or may not cover the arms, neck and upper part of the bust. As a rule, a profusion of skirts hangs loosely about the lower extremities and give them relatively little protection. The bonnet is useless for protection. The feet are often held in a vise-like grasp of thin, high-heeled coverings with more resemblance to French stilts than shoes. They expose the woman to great danger from cold, because all the blood is squeezed out of the feet, and moreover prevent all free exercise.

In contrast with all such incomplete protection for the upper and lower extremities, the waist and hips are swathed and compressed in a *torrid zone* of whalebone, corsets, belts, steels, skirts and other cumbersome material.

The second requirement is freedom from waist constriction. Where do we find nowadays the sensible woman that is not a slave to this wretched and contemptible spirit of fashion which desires to give to the human body another shape than it has received from its Creator? The evil comes from the corset, which not only constricts the waist, but dislocates the thoracic viscera upward and the abdominal organs downward. It restrains the muscles and causes them to atrophy from disuse. It prevents by its stiffness the undulatory movements of the abdominal walls and favors constipation.

Normal breathing requires the lungs to be expanded in all directions and is therefore a combination of costal and abdominal breathing. The corset interferes with abdominal expansion, causing thereby a loss in lung power which cannot be supplied by any compensatory increase in costal breathing. The diaphragm and the pelvic floor are rendered inactive and the movements, of which the viscera ought to partake, are suppressed. Great indeed is the importance of these respiratory movements. They are a sort of natural massage. The descent of the diaphragm with each inspiration increases the pressure in the abdominal cavity and lessens that in the chest. The reverse occurs with expiration.

Alternating pressure and relaxation upon the blood and lymph vessels secure free circulation. Alternating contraction and relaxation of the

muscular bundles of the uterine ligaments and of the other elastic and muscular parts of the pelvic floor serve to maintain their normal tone and nutrition. The organs need alternating rest and motion, while waist constriction, in which our fashionable world indulges more than ever, immobilizes those essential organic structures and stops their physiological movements.

The veins of the pelvis empty into the greatest area of corset pressure; the long and perpendicular column of blood which they contain is by this pressure dammed back upon the pelvic organs, especially the ovaries. What is the consequence? Passive congestion, suppression of circulation, an unfailing source of diseases and sufferings for the foolish slaves of murderous fashion. Even the loosely worn corset excites great downward pressure whenever the woman stoops forward, as she must forcibly do in sitting and rising.

The garter is another constriction device and is very injurious from its tendency to obstruct the venous circulation in the legs, preparing the ground for varices and varicose ulcers.

Freedom from traction is the third desideratum for reasonable clothing. The abdominal and dorsal muscles and the hips have to carry the weight of the numerous skirts and such other garments as usually oppress the area. In the unequal effort to sustain this, the muscles become permanently tired, lose their tenacity and are powerless to prevent a still further increase of downward pressure upon the pelvic floor and the pelvic organs. How often, dear reader, can you see and pity this muscular fatigue when you look at those poor girls in the iron grip of stupid fashion, how they drag along without spirit, without spring in them. Look, on the other hand, at a lot of girls coming on to the gymnasium floor in their light toggery [clothes]. "They skip and dance and run in the liberty of their unrestrained and untrammelled motion; they are different beings."

Now let all and everyone be warned not to indulge in half-way measures. There is only one judicious compromise in laying aside the waist constriction: that temporary support by means of a suitable waist having little or no stiffness, which shall cover the shoulders, and upon which skirts and drawers and other garments may be buttoned, so that their weight be distributed over the shoulders. This should be worn, if at all, during the period of aggravated weakness of the back which follows the withdrawal of the corset and continues till the weakened muscles have regained their tone.

The conventional dress nowadays consists of four garments hanging from the shoulders and five from the waist; namely, underskirt, chemise, corset-cover, dress-waist, under-drawers, white drawers, corset, flannel skirt, and dress skirt. What a number of layers around the waist! Counting each band two thicknesses, these make a minimum of seventeen.

Hygienic dress on the contrary requires only four garments; namely:

- 1) union undergarment of silk or cotton,
- 2) equestrian tights,
- 3) muslin waist and skirt, and
- 4) dress in one piece, or so made that its principal weight may be distributed over the shoulders, bust and hips, which in all makes four layers about the waist.

These garments may, of course, be modified in many ways to suit individual task and requirement. But the principle is to be observed!

So for instance, light whalebone may be useful in the waist-seams for very stout women with pendulous breasts. The advantages of hygienic dress are so numerous that certainly every reader that has will-power and self-guidance enough will throw away the old instrument of torture when she stops to think of the pleasant freedom of motion, the agreeable outdoor exercise and healthy indoor gymnastics, which, if followed with system and perseverance, will give normal tone, strength and elasticity to all muscles of the thorax and the abdomen, firmness to the breast, and all the attributes of beauty in regular forms and thrilling health.

Yours very sincerely,

Dr. Theodore J. Jacquemin

Where do we find nowadays the sensible woman that is not a slave to this wretched and contemptible spirit of fashion which desires to give to the human body another shape than it has received from its Creator? The evil comes from the corset, which not only constricts the waist, but dislocates the thoracic viscera upward and the abdominal organs downward.

Great indeed is the importance of these respiratory movements. They are a sort of natural massage. The descent of the diaphragm with each inspiration increases the pressure in the abdominal cavity and lessens that in the chest.

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BREATHING EXERCISES

by Friedrich Eduard Bilz

The Kneipp Water Cure Monthly, I (5), 68-70. (1900)

Dr. Niemeyer writes on this subject as follows: "The small number of respirations in adults shows us at once how the majority of people neglect proper breathing. For whilst each newly-born breather, in his desire to get as much air as possible, makes no less than forty-four respirations to the minute, a child five years old makes but twenty-six, and an adult only sixteen."* He continues: "The teacher of gymnastics in the municipal schools in Cologne, Mr. Lohmueller, stimulated by my own writings, studied the art of breathing on a proper gymnastic basis, and arrived at such perfection in it, that on his relating to me his experience on the subject in an irresistible convincing manner, I found that I had until then overlooked one of the simplest things in the world, which shows how difficult it is to regard anything in an entirely unprejudiced manner.

In order to fully describe this new, and to every open mind the only rational doctrine of the art of breathing—which is as important as life itself—I place the following rule first and foremost: "Do not breathe from below upwards, but from above downwards.

There are few who, when they make an attempt to follow this direction, will not find that it is easier said than done. For this reason, they are ignorant of the requisite posture of the body.

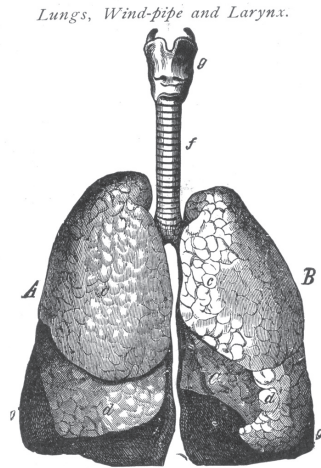


Figure 4

- A) right lung; B) left lung;
 C) niche for the heart;
 c) upper lobe; d) middle lobe; e) lower lobe; f) windpipe; g) larynx.

*Respiration rate is a confusing topic with little consensus amongst the medical community. When we examine medical physiology textbooks, we discover that adult bodies are designed to breathe 10 breaths per minute at rest. This is substantiated by Buteyko, Lum, and others. 16 breaths per minute are perfectly appropriate for someone exerting herself or himself during exercise. —Ed.

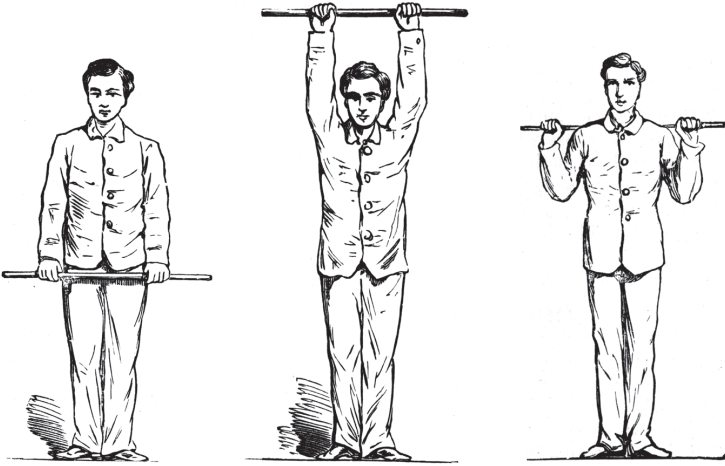


Figure 1

Figure 2

Figure 3

Position 1. "Hands Down"

Position 2. "Hands Up"

Position 3. "Hands On Shoulders"

It consists in taking hold of a stick (Figure 1), called the *Lohmueller's Athemstab*, with both hands (the knuckles outwards), whilst the arms hang down close to the sides.

First position, "Hands down", (Figure 1). Now change the position of the wand by a vigorous movement into "Hands up", but in which the chest is expanded, and pass from this position with an equally vigorous bend to the third position, (Figure 2).

But for the terrible fact that bad health is the cause, we could laugh at the clumsiness which most [adults] exhibit when trying to perform this simple exercise. With groans and wry faces they stretch their arms, kept in position by the staff, sideways, and labor with their whole body, and cannot successfully perform "Hands on shoulders", (Figure 3).

But those who do succeed generally express surprise at the new light which breaks upon them, for when taking a full deep breath, they experience the sensation of a heavy weight taken from their chest, as though they had not breathed freely for a long time. I will explain this sensation systematically. It arises from the fact that in this posture part of the respiration comes into operation which one might term *point breathing*, or breathing with the upper lobes of the lungs (see Figure 4), and I consider is the main act of respiration. Puffing out the chest has become a thing of the past, and has to be learned again with the aid of the breathing staff and breathing gymnastics.

To continue with our practical instruction: when a person has practiced this art thoroughly, using the staff, he may come to do without it, and assume the positions by merely raising his arms (Figure 5), and folding his hands over the back part of his head.

From a hygienic point of view he is, in doing this, only reverting to the way of Nature. For when an infant wants more air, you will see how it stretches itself out, especially after a bath, throws back its head, presses its little feet against something, and expands its whole chest, so as to make us inclined to say: "[The baby] is breathing with arms and legs". To express it more accurately, [the baby] puts its entire body in a position calculated to expand the chest in every direction, and practices this expansion gleefully, and with all its might and main. The respirations keep pace with the movements of the limbs. All gymnastics, therefore, whether practiced for a specific purpose or indulged in for pleasure, such as swimming, running, riding, rowing, skating, etc., must of necessity be good for the development of the lungs. The act itself of purposely expanding the chest in every direction and ventilating every lung cell may be called *full breathing*.

Holding the breath is also an important exercise, and is performed in the following manner:

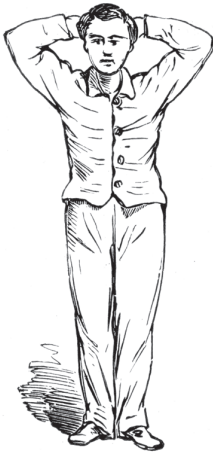


Figure 5
Holding the Breath
without Wand

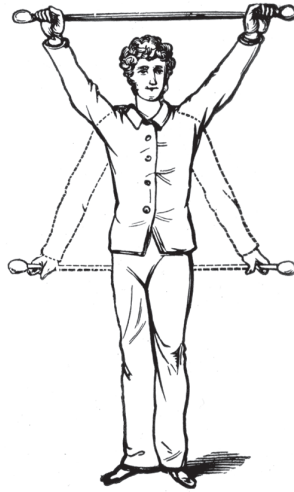


Figure 6
Dr. Wolff's Chest Expander

Raise the hands to the hips, take breath slowly and quietly, and hold it as long as possible, retaining the same position, and then eject the air quickly. While holding the breath, count the time in seconds from beginning to end. People with weak chests can hardly count more than 10, whilst strong people and those that exercise their chest can go to 60 or 70. A man who does Lohmueller's exercise [can] even [go] to 100 and above. Such breathing exercises in good, pure air are of great

importance. Vigorous and thorough full expiration should therefore be practiced frequently, as also counting in one breath till the breath is gone. Then close the mouth, raise the shoulders, expand the chest, and let the air stream in through the nose at pleasure.

Next, hold the breath as long as possible, emit the air while *counting*, and repeat this exercise five to ten times a day, whenever good air is at your command—best in the open air or even at the open window. It is a healthy piece of work, will relieve and cleanse the blood, and make it capable of resisting illness. It would be far better, therefore, to sing a song with all your might during a ramble in field and forest than to smoke cigars; for a cigar between your lips renders vigorous respiration an absolute impossibility. Practice particularly breathing through the nose, for that is the organ for respiration, not the mouth.

As a climax, when expansion by simply taking a full breath has been, as it were, introduced from within, practice exercises with the “Arm, Lung and Chest-Strengtheners” (Figures 6 and 7), and so attain in a brilliant manner that on which the prevention of lung affections so greatly depends, viz., *point breathing* to strengthen the respiratory muscles, and to correct flatness and narrowness of the chest. Dr. Paul Niemeyer tells his patients during consultation hours how to use this *universal appliance*, as he calls it, in the following rhyme:



Figure 7
The Largiader Chest-Strengtheners

Forward stretch your straightened arms, bring them to each side. Raise them next above your head, then let them backwards glide.

Lateral Full-Breathing is particularly recommended after inflammation of the lungs and pleurisy. (Extract from a Lecture given by Dr. Niemeyer.)

Contrary to the general opinion that eating and drinking are the principal functions of life, hygiene maintains that air or the *vital air*, as the discoverer of oxygen calls it, is the real *pabulum vitae* (Hippocrates).

Figure 8

Lateral full-breathing
after inflammation
of the left lung.

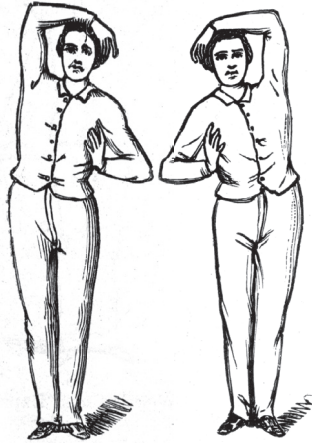


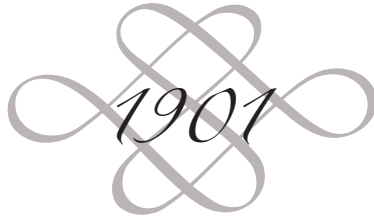
Figure 9

Lateral full-breathing
after inflammation
of the right lung.

Whereas under natural conditions the *swallowing* of this nourishment is an automatic performance with wild tribes, the civilized man, working on the tread-mill of daily toil in a confined space, runs the risk of forgetting to take breath, gets chronically *air hungry* and becomes affected with consumption.

We may perhaps hope that in the same way as we have learned to value pure, unadulterated food, we may also come to value the breathing of pure, unadulterated air just as highly. Yet hygiene considers the practice of the art of breathing—i.e. breathing purposefully and methodically—as the primary step, because it enhances the appetite for air. The first desideratum is that just as we provide several meals daily for our stomach, we should also provide our lungs with the rations they require—viz., air by practicing full breathing, an art which we must learn from the newborn child. Whilst this *born expert in breathing* extends his chest in a downward direction, we adults have contracted the reprehensible habit of breathing upwards to such an extent as actually to sterilize the upper part of the lungs and so to develop tuberculous troubles. How to restore the original type by gymnastics, the lecturer illustrates most lucidly, recommending both full breathing and holding the breath. “Nothing less,” he says, “is to be expected from a well-timed, persevering practice of the exercises than the extirpation of that chronic national curse, consumption, and the final cure of phthisis; and we have in the exercise of holding the breath ‘a universal self-cure’, ready to hand for a host of complains, such as asthma, sick headaches, bleeding at the nose, hemorrhage, liver complaints, etc., all of which are kept in existence only by our neglect to cultivate respiration.”

The Natural Healing Method, Friedrich E. Bilz



GYMNASTICS AND MUSCLE EXERCISES OF ALL KINDS

BENEDICT LUST

SOME CAUSES OF DISEASE

WILLIAM JAMES CROMIE

ARE GYMNASTICS AND ATHLETICS UNHEALTHFUL?

WILLIAM JAMES CROMIE

HOW TO OBTAIN LONG LIFE

JOHN F. MORGAN

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To Whately Exercise is to
Rightly Exercise

Ads such as the one above shows a woman without a corset and using a device to enhance exercise. Dress reform and a healthy body structure were the natural benefits of Physical Culture.

GYMNASTICS AND MUSCLE EXERCISES OF ALL KINDS

by **Benedict Lust**

The Kneipp Water Cure Monthly, II (1), 2-7. (1901)

Gymnastics are a methodical cultivation of the whole voluntary muscular system, which promotes health, strength, and agility. They are particularly necessary for people whose mode of life is sedentary.

It is a great blessing that in recent times gymnastics have been added to the time tables of primary schools; they are among the surest preventives of the harm which school work, with its long hours of sitting on narrow, often ill-constructed benches in imperfectly ventilated rooms may entail.

The long school course, with its overweight of mental work, is for many the source of future sickness and suffering, which systematic gymnastics will ward off.

By the practice of them the unused muscles will be brought into play and strengthened; the lungs will breathe fully and freely and rid themselves of the noxious substances inhaled in the closed school rooms.

I will here quote, from the *Method of Practice*, by Siegert, a few general hints on gymnastics and muscle exercises, as to the means, hours, and methods of their performance at home.

They should be gone through, if not in the open air, with open windows, in loose clothing, without braces, and not before two hours has lapsed since the meal, but never after supper. The exercises should be taken in such order that first the arms, then the trunk, and lastly the legs, are brought into activity, and after each exercise there should be a pause, during which eight or ten deep breaths are taken at the open window. For example: Raise the arms sideways ten times (to the level of the shoulders, or higher); bend the body forwards five times (as low as the waist, or lower); bend the knees ten times (without altering the pose of the body). Pause—ten deep breaths, throw the arms back (in line with shoulders) ten times; draw the knee up to the body ten times; ten deep breaths, and so on.

Each exercise is to be repeated at first from five to ten times; later from twenty to thirty times. Neither gymnastics nor walks are to be carried on to the extent of causing fatigue.

Excellent though gymnastics are as a means of preventing disease and of removing or assisting the cure of certain (chronic) symptoms, the active exercises are not suited to every patient or to every ailment. Sometimes the nature of the latter forbids them; sometimes they would make a greater demand on the bodily strength and the nerves of the patient than could be met. The passive muscular movements, on the other hand, provided in

the special curative gymnastics, or actuated by massage through the exertion of other persons, demand hardly any strength of muscles and a mere minimum of nerve power, so that they are practical for the most weakly patients and even for the smallest children.

Be it here remarked that want of exercise implies insufficient formation of blood, unhealthy condition of the blood, and irregular distribution of it; furthermore, want of appetite, weak digestion, constipation and disorders of the liver, etc. While on the contrary, gymnastic movements result in a full supply of sound constituents in the blood and its uninterrupted circulation. In a word, normal and constant assimilation, and therefore nourishment to the body and its organ, is outwardly evident in hard muscles, healthy color, and good spirits.

That gymnastics are zealously promoted by associations is very satisfactory. It is not my intention to describe here the various exercises with horizontal and parallel bars, rings, etc., which such societies promote. I propose only to give a hint as to the way in which a useful apparatus for children may easily be put up in a room.

- 1) A horizontal bar fixed in a doorway. (Figure 159)
- 2) Hand rings. (Figure 160)

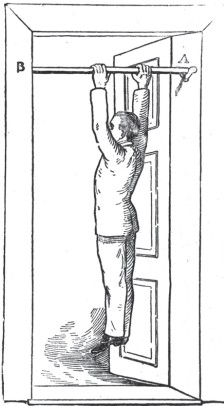


Figure 159

A horizontal bar fixed in a doorway

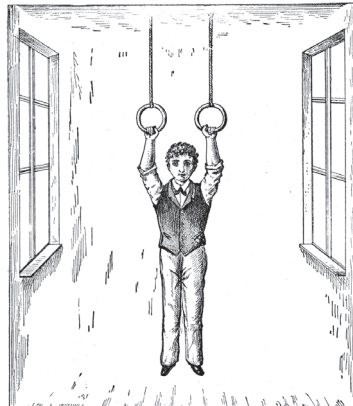


Figure 160

Hand Rings fixed to the ceiling

These are two large rings of wood, or of iron covered with leather; each fixed to a strap, or strong cord (one inch and a half thick rope), which may be lengthened or shortened at pleasure. The ropes or straps hang each from a strong hook or screw eye (ring-bolt) screwed into a beam or joist in the floor above, about the width of the shoulders apart.

On the above two sets of apparatus children can perform a great number of the various exercises.

CURATIVE GYMNASTICS

Gymnastics at home—also called active, as distinguished from passive movements of the muscles.

Our entire organic life depends on the process of assimilation, which can only be maintained in a normal state by the exercise of every part of the body. The more we stimulate this process by bodily exercise, the more will our life gain in freshness, strength, and endurance; and the better we shall be able to ward off bad health and disease, and overcome them if they attack us.

If the process of assimilation is imperfect—in other words, where there exists congestion of blood and of the substances of the body, a state usually resulting from insufficient bodily exercise. Our first task must be to further the assimilating process in the whole system, or as the case may be, in single parts of the body, and to restore it to its normal condition, in order to bring about the excretion of morbid refuse matter, which has remained behind in the system, and to give new energy to all the organs of the body. In the attainment of this end, curative gymnastics play an important part, because they incite the various muscles to general and many-sided activity; the want of which results in obstruction of the process of assimilation—in a word, in ill health.

Another fruitful source of ill health is the neglect of vigorous respiration, which is the natural consequence of insufficient bodily exercise. It is only by deep breathing that good and richly oxygenated blood can be formed. A person, therefore, who is obliged to spend his time sitting or standing, should not neglect to practise regular gymnastic exercises.

Too much sitting, which fails to give the abdominal muscles the opportunity of exercising their functions, leads to disturbance of digestion, gastric weakness, constipation, defective formation of blood, congestion of the liver and spleen (the whole system belonging to the portal vein), the consequences of which are, in their turn, chlorosis, anaemia, nervousness, chronic headache, vertigo, hypochondria, hysteria, melancholy, scrofula, etc.

Although the disadvantages of insufficient bodily exercise may not be apparent during the prime of life, the evil consequences are sure to be felt in [later] years. We are then threatened with a whole host of chronic complaints, such as piles, gout, asthma, congestion, abdominal complaints, paralysis, hysteria, hypochondria, melancholia, fluor albus*, as well as with the diseases named in the foregoing paragraph, and besides, stiff limbs and bodily deformity.

It need hardly be mentioned that it is absolutely necessary that atten-

*Fluor albus is a term used a century ago to refer to a whitish vaginal discharge or leucorrhea. —Ed.

tion to the skin should go hand in hand with gymnastic exercises of every kind, if we wish to guard against illness.

How many thousands of ladies there are in the higher grades of society who, without being perhaps seriously ill, are nearly always ailing and out of health; and who would be well if they were to take regular exercise, practise curative gymnastics every day, and pay proper attention to the skin.

Curative gymnastics (also called room gymnastics) are of special value because they may be easily performed anywhere—in the room before an open window, in the garden, or during a walk in some sequestered spot, or while travelling, because they need no assistance from other persons.

By the practice of curative gymnastics, not only are diseases warded off, as has been mentioned, but they can be cured, as the name *curative gymnastics* implies. The principles and methods, upon and by which the gymnastics should be applied in various diseases, are indicated in a general manner in the articles treating of the diseases. In the first place, I would draw attention to the following observations on curative gymnastics:

I have kept remarks on curative gymnastics in the main to Dr. S. Schreiber's *Room Gymnastics*, a book which is to be highly recommended.

- 1) Be it expressly observed that, in the application of curative gymnastics, as in any other treatment, it is of vital importance that the means employed should exactly correspond with the circumstances of each individual case (i.e., in treating a patient, regard must be had to the existing reserve of vital force). This, however, can only be judged by a professional.
- 2) Gymnastics must not be applied in serious cases, where inflammation and feverish conditions exist; nor should pregnant persons have recourse to any exhaustive form of curative gymnastics, but they should restrict themselves to very gentle movements, such as taking walks, etc. Patients suffering from abdominal hernia must take great care when practicing movements which bring the abdominal muscles into play so that their truss keeps the hernia completely under control.
- 3) The movements must be executed calmly and without hurry, but energetically, and with full exertion of the muscles, as much as possible in accordance with the illustration and description given. If they cannot all be successfully performed at once, they will, by practice, become easier to accomplish. If, however, by reason of some physical peculiarity the patient is unable to perform a movement, let him omit it for the time, rather than make violent efforts to perform it. The body may, by practice, become capable of performing it with ease. It is surprising, indeed, what progress even elderly persons can make in this respect.

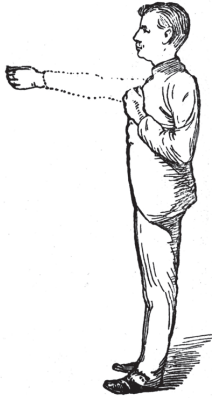


Figure 161

Arms thrust (hitting movement),
10, 20, 30 times.

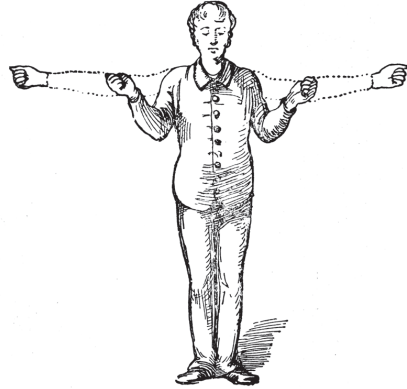


Figure 162

Arms thrust, sideways,
10, 20, 30 times.



Figure 163

Arms thrust, upwards,
6, 12, 20 times.



Figure 164

Arm thrust to the rear,
6, 12, 18 times.

- 4) It is always advisable to take the easier exercises in hand first, and by degrees to advance to the more difficult ones. We must here remind the reader once more always to adapt the duration and number of different exercises to his strength and bodily condition. He may always consider the feeling of fatigue or pain as an indication that it is time to stop and that hint must never be disregarded. Two things must be kept in view, in connection with these exercises:

- i) the patient must feel completely rested before going on again with fresh exercise; and

- ii) there should be no sharp muscular pain after the completion of the practice.

Beginners in particular should never lose sight of these two conditions; if, notwithstanding the greatest prudence and the gentlest movements, considerable muscular pain makes its appearance, a pause must be made until the pain has subsided, and then some quite gentle and easy exercise only should be taken.

- 5) Although a patient's performance may be very poor at first, he will be able in a short time, as soon as he is used to the movements, to perform two or three times as much, and even more, and to stand it better than when he began. Should the exercises even cause him some trouble and pain at the outset, he must not at once run away with the idea that he cannot master them or that they are beyond his strength, but he must quietly continue them, always having regard to the limits imposed by his constitutional powers.
- 6) The best time to perform the exercises is from a quarter to half an hour before a meal. It is well to associate them with the daily meals, if for no other reason than that we may have something to remind us of our practice, for the first conditions of success are regularity and perseverance. It is advisable, therefore, that arrangements be made to practise the exercises every day a short time before breakfast or dinner. If the evening be fixed for them, the time chosen should be about a couple of hours before going to bed.
- 7) Before beginning the exercises, all tight clothing must be removed from neck, chest, and abdomen.
- 8) During the intervals of rest, of which there should be several, whilst going through a group of exercises (see below), the patient should endeavor to breathe deeply, calmly, fully, and strongly. In doing so, he places his hands on his hips, or against the back of his head, and takes care to empty the lungs thoroughly at every respiration. In each of the gymnastic exercises the moment should be noted when a deep breath becomes necessary, and breath should be taken at that point in each repetition of the exercise. When a pause for breathing exercises is made between the groups of gymnastic movements, or after each single exercise, six or eight deep respirations should be taken. Such breathing exercises should never be omitted, and may well be taken after every two gymnastic movements.
- 9) The motto in this as well as in any other curative treatment should be, "Don't overdo it". We must not imagine that our gain will be in proportion to the number of exercises gone through. We really gain in health when and so long only as in improvement in the nutrition of the body, i.e., the renewal of used-up organic substances keeps pace

with the muscular movements. So long as this balance is maintained, increased vital power and energy will result from the practice of gymnastics, but if they are carried too far, the result will be the opposite of that intended; namely, increased weakness and exhaustion. On well-selected exercises and on a moderate use of them, therefore, a sure and favorable result depends, and this may only be attained by degrees.

- 10) If breathing and pulsation have been sensibly accelerated by any given exercise, we must wait till they are quiet again, before proceeding to the next movement.



Figure 165

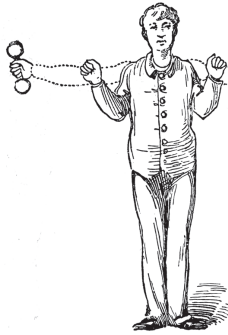


Figure 166



Figure 167

Arm thrust, downwards. Exercise with dumb-bells.

Chest-expanding Exercise.

- 11) After the muscular strength has been gradually increased, dumb-bells may be employed, and the same exercises as before may be gone through with them.
- 12) How often each single movement should be repeated is indicated by the three numbers accompanying each figure. The first number shows the number of repetitions at first; the second, that after two or three weeks; and the third, that after six or eight weeks' practice. The last number is to be regarded as the limit during the rest of the practice. Each individual case, however, may require an alternation in the number of repetitions, and the middle number will be to many the normal limit, which they must not exceed; particularly, as the three numbers given are based on calculation of the normal muscular strength of a man in his best years. For people above sixty, for those weak in muscle or very obese, for the female sex, and for children, about one-half, or, at the most, two-thirds, of the amount will be sufficient. Those who perform the exercises for local affections only should not exceed the limit just given.

It stands to reason that old age requires the exercise of every part of the body, so far as may be practical. It is a great mistake, therefore, for elderly people to suppose that the greatest possible amount of rest will keep them in health. Although such persons cannot bear the same degree of fatigue as the young, a suitable amount of regular and varied exercise is necessary, if health is to be preserved and life prolonged.

13) Let me emphasize here once more the value and efficacy of:

- i) hydrotherapy;
- ii) a system of non-stimulating diet, at least, in most cases; and massage; and the desirability of adopting these systems, in addition to curative gymnastics.
- iii) A person who has no knowledge of curative gymnastics, and their effect had better leave them alone in case of severe illness, as he will perhaps only do himself harm by attempting them. In the great majority of cases, success will be attained with the other means of cure given in this magazine.

14) How many times a day curative gymnastics should be practised, and how many exercises should be gone through at each practice, depend entirely on the condition of the patient. If, for instance, a practice consists of only three or four exercises (mowing movement, raising the knee, arm-thrust, sawing movement, or a few similar exercises),

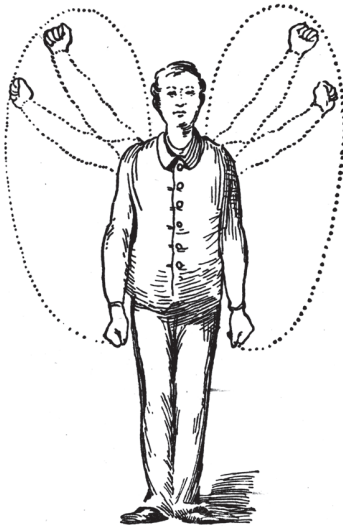


Figure 168

Arm Circles: 8, 14, 20 times.

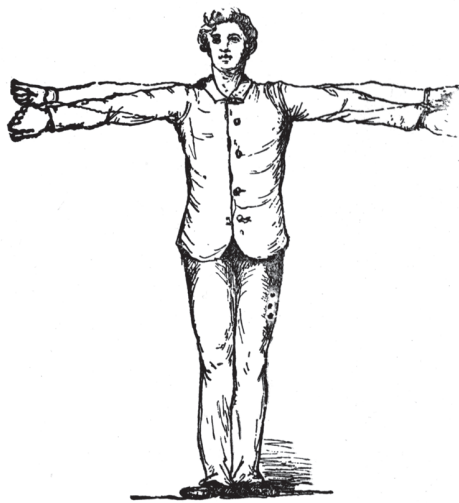


Figure 169

Arm Rolling: 20, 30, 40 times.

from one to five such practices daily will be sufficient; but if a single practice includes a greater number of exercises, the number of practices should not exceed three. The great point here is to observe what amount of exercise will best suit the patient's physical condition. It must always be remembered that a beginner must be content with fewer movements than the practised gymnast can execute, and that a man in the prime of his life can endure more fatigue than the young or old. When special gymnastics are employed for the cure of local complaints, it will be well to include in the practices movements which will exercise the whole of the muscles of the body, in order to bring the whole system into sympathetic and simultaneous activity. As in a set of cog-wheels, or other compound wheel-work, each single wheel performs its part when the whole is in motion, so it is with our organism, every single part of which has its office in sustaining the innermost living whole.

- 15) A still greater advantage is derived from curative gymnastics when they are employed in addition to, and in connection with, massage; for the success of massage will be completed and confirmed by exercises of the muscles.

That massage ought in many cases to precede curative gymnastics is demonstrated by the fact that after massage most of the movements can be performed which were impossible before that. It is not meant that every performance of gymnastics should be preceded by massage; it will be sufficient if the massage be applied once a day. It is difficult to give precise instructions in this respect; everybody must find out for himself what is adapted to his special case. It only remains to be mentioned that a proper interval of rest must be observed between the gymnastics and massage when they are combined.

- 16) Bed-ridden persons can execute the movements in bed, or elsewhere in a sitting or lying posture, or with the help of a second person. (In the last case the movements will be passive.)
- 17) By the use of curative gymnastics both invalids and healthy people attain, among other advantages, the blessings of refreshing sleep, improved appetite, a cheerful mind, fresh vigor of life, and increased sense of enjoyment.

In practicing the "arm-thrust" or hitting movements to the front, sideways, upwards, downwards and backwards, the fists must be kept rightly closed, and each thrust or blow should be delivered with the full and energetic extension of the arm muscles.

When the muscular strength has increased, the exercises may be practised with dumb-bells, as already mentioned. They serve to [make] supple the shoulder and elbow joints, in rheumatic affections or dis-

abled condition of the arm muscles; they also promote healthy breathing, and should form part of any course of general exercises.

The chest-expanding movement, in which energy is specially concentrated on bringing together, and separation respectively of the hands, is efficacious in cases of tuberculosis of the lungs, pleurodynia, and asthma. It also promotes good breathing.

Exercise without dumb-bells:

- a) raise the arms at their full extent in line with the shoulders and with the fists tightly closed; and
- b) bring both fists smartly back to the chest, elbows and arms close to the body, shoulders well back.

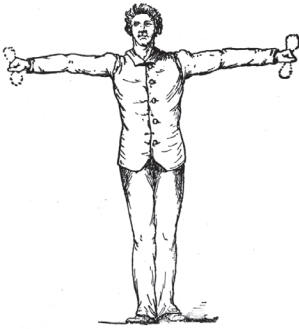


Figure 170

The figure 8 movement,
20, 30, 40 times.

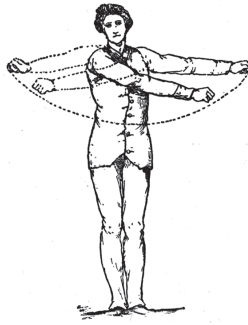


Figure 171

Swinging the arms sideways,
right and left,
15, 25, 40 times.



Figure 172

Swinging the arms
to front and rear,
15, 25, 40 times.

Arm Circles. Both arms—fully extended, and with fists closed—describe circles as large as possible. Each should pass close to the head; but this may only become possible by degrees. The movements are performed first from front to rear, and afterwards the reverse way.

By this exercise respiration is much assisted, and the shoulder joints are rendered pliable; it is used in cases of asthma, tuberculosis of the lungs, or weakness of the muscles concerned.

In performing the arm-rolling exercise, we must imagine ourselves to be screwing a gimlet into wood with each hand, the arms being fully extended in a line with the shoulders.

In making the figure 8 movement, the hands describe a horizontal figure 8, but the wrists only should move.

These movements are practised to make the arm joints as well as the wrists pliable and to correct any failure of these muscles; for gouty contractions of the hand and finger-joints; for writer's cramp; and as an

auxiliary remedy in various forms of St. Vitus's dance and epilepsy, etc. Extending and closing finger exercises also belong in this class.

It is a great blessing that in recent times gymnastics have been added to the time tables of primary schools; they are among the surest preventives of the harm which school work; with its long hours of sitting on narrow, often ill-constructed benches in imperfectly ventilated rooms may entail.

Our entire organic life depends on the process of assimilation, which can only be maintained in a normal state by the exercise of every part of the body. The more we stimulate this process by bodily exercise, the more will our life gain in freshness, strength, and endurance; and the better we shall be able to ward off bad health and disease, and overcome them if they attack us.

Although the disadvantages of insufficient bodily exercise may not be apparent during the prime of life, the evil consequences are sure to be felt in [later] years.

It is a great mistake, therefore, for elderly people to suppose that the greatest possible amount of rest will keep them in health. Although such persons cannot bear the same degree of fatigue as the young, a suitable amount of regular and varied exercise is necessary, if health is to be preserved and life prolonged.

When special gymnastics are employed for the cure of local complaints, it will be well to include in the practices movements which will exercise the whole of the muscles of the body, in order to bring the whole system into sympathetic and simultaneous activity.

SOME CAUSES OF DISEASE

by William James Cromie

The Kneipp Water Cure Monthly, II (IV), 98-99. (1901)



William James Cromie,
Physical Director, Y.M.C.A.,
Easton, Pennsylvania

The most prevalent causes of disease are muscular inactivity, the use of tobacco, alcoholic drinks and drugs, the emotions, improper eating and drinking, and improper dress.

Some would blame Providence for disease existing in the world, but this is a great mistake. Man is a moral free-will agent, with the power to do good or evil. If he sows the seeds of sin and weakness, he must not expect to reap health and long life, but disease and death. G. D. Boardman has said, "Sow an act, and you reap a habit; sow a habit, and you reap a character; sow a character, and you reap a destiny." God would have us live healthful and blameless. He erects danger signals all along the pathway of life.

We can see danger in the word saloon, over the entrance to the house of ill fame, in the box labeled *cigarettes*, in the red nose and unsteady gait of the drunkard; in fact, in everything not pure and wholesome.

MUSCULAR INACTIVITY

Muscular inactivity causes disease, premature decay and death. This is not only so with individuals, it has been so with nations. The men who contested in the Olympian games of ancient Greece were envied by kings. Rulers were honored; these men were worshipped. To be victorious in war was much; to be conquerors in combat was more. They thought more of their bodies than of their souls. Rome also had her gladiatorial games and festivities. Her vast amphitheaters were crowded with the excited, yelling populace. Greece and Rome enshrined the victors in their temples as the brightest type of physical beauty and perfection. These nations, when they became indolent and indulgent; when they thought more of luxury than exercise; when they violated God's laws by drinking and listening to the voice of the siren, as world powers fell. So will all nations or individuals deteriorate in bodily strength and vigor if they trespass on Nature's laws. Exercise is one of Nature's greatest laws. The poor man must exercise his muscles to get money to buy food with which

to satisfy the cravings of his appetite, and the rich man must exercise to create an appetite. It is not work but worry that kills. It is not friction but rust that ruins machinery. It is not the ship at sea, but the ship at the wharf that rots fastest. Running water purifies itself. Exercise tends to alleviate all diseases as it strengthens the system in general.

ALCOHOL AND TOBACCO

The reason most persons use alcoholic drinks is because they think it makes them strong and healthful. As well might they stand in a strong wind, [therefore] thinking to gain strength. Alcohol is regarded as a poison by the best teachers and writers on toxicology. Some would argue that strong drink is all right because Mr. So and So lived to be 80 or 90 years of age. This is no argument at all. All our race, so far as we know, die of disease; in other words, of violence and not a natural death. And as for dying in good health, there neither is nor can be any such thing. If man would live within the laws of Nature, he would live on into the teens of the second century. Young men take a glass to be social; they expect never to become drunkards, but to remain moderate drinkers all their lives. Did it ever occur to those men that they are slaves when they begin its practice, and that all drunkards passed through the field of moderation? Tobacco is a slow poison, but it does its deadly work just the same. Tobacco is a filthy, disgusting habit and we would question a woman being a lady if she were to go up and down the streets fumigating herself. The effects of fumigation I think should be enough to stop its use. The smoke of fireplaces blackens our chimneys; but the nose and windpipe, though transformed into chimneys so long, remain clean. Why are they not like some old tobacco pipes? Simply because the tobacco deposited in these cavities is absorbed, carried into the circulation, and in the end carried out of the body. Not till it has completed its mission of death in every part of the system in which the blood circulates. Not till it has impaired our health by lowering the tone of our vital energies and in a greater or less degree shortened our lives!

DRUGS

The American people are too prone to resort to drugs for every ailment. Drugs only affect a temporary cure.

Moliere said, "Physicians pour medicine about which they know little into bodies of which they know less, in order to cure disease about which they know nothing at all." Remove the cause, take regular exercise, breathe the pure air deeply, drink good water freely, eat moderately, and the physician's pills will not be needed.

THE EMOTIONS

Violent and sudden emotions sometimes terminate in sickness and death. Persons have fallen dead in a fit of anger. If one thinks of sickness and imperfection all the time, he cannot expect to have perfect health. Again, if he permits his mind to dwell on illicit thoughts and deeds, how quickly the sexual organism will become tainted, stultifying the intellect, deadening the sensibilities and dwarfing the soul. Anger, grief, jealousy, hurry and worry, discontent, passion, lack of self-control, and illicit imaginations all tend to make these bodies of ours uglier; while high and lofty thoughts, will-power, love, peace, charity, exercise and a Christian life make us beautiful. —Prov. 23-7

Dominated by a great idea the weak become strong, the timid brave; martyrs weak in body but strong in mind and faith withstand great hardships, privations and even death. The Covenanters of Scotland went to the stake rejoicing and the early Christians praised God while they were being torn and devoured by wild beasts. We must cultivate and develop Spirit, Mind and Body if we would be rounded men. *Mens Sana in Corpore Sano.*

EATING AND DRINKING

Regarding eating and drinking, I venture the assertion that there is not one whose system is not more or less impaired by eating too fast, partaking of too much fluid during meal time, eating improper food, eating irregularly and entirely too much.

IMPROPER DRESS

As we watch the passing throngs, we cannot help but notice the many women who are weak and sickly and a great many of whose bodies are deformed. I call it deformity and an unnatural crime when I see a woman's waist drawn in that tight by tight lacing of the corset so that she can hardly breathe. Can we expect a strong, vigorous race as their offspring under this condition of affairs? Another evil about as pernicious is sweeping the sidewalks with long trains. All the filthy bacteria are swept up and wafted about their persons. When we think of the fact that society calls for the present tight and encumbering dress, we with Shakespeare exclaim, "Seest thou what a deformed thief this fashion is!"

We can see danger in the word saloon, over the entrance to the house of ill fame, in the box labeled cigarettes, in the red nose and unsteady gait of the drunkard; in fact, in everything not pure and wholesome.

Exercise is one of Nature's greatest laws. The poor man must exercise his muscles to get money to buy food with which to satisfy the cravings of his appetite, and the rich man must exercise to create an appetite.

The American people are too prone to resort to drugs for every ailment. Drugs only affect a temporary cure.

We must cultivate and develop Spirit, Mind and Body if we would be rounded men. Mens Sana in Corpore Sano.

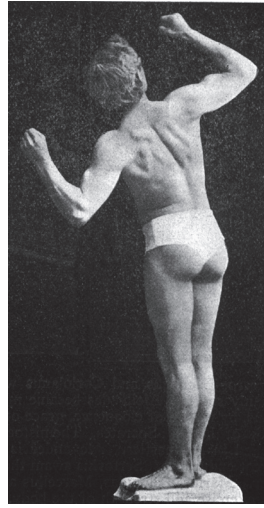
Regarding eating and drinking, I venture the assertion that there is not one whose system is not more or less impaired by eating too fast, partaking of too much fluid during meal time, eating improper food, eating irregularly and entirely too much.

ARE GYMNASTICS AND ATHLETICS UNHEALTHFUL?

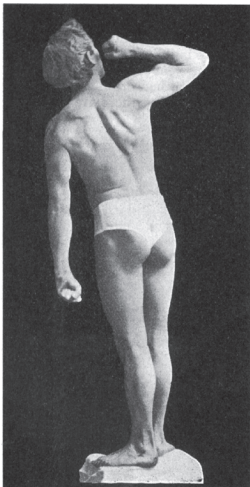
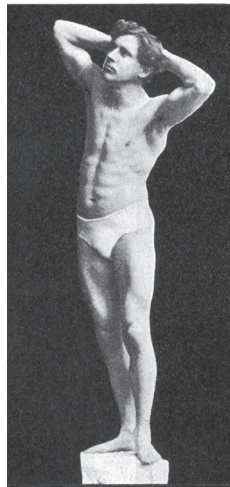
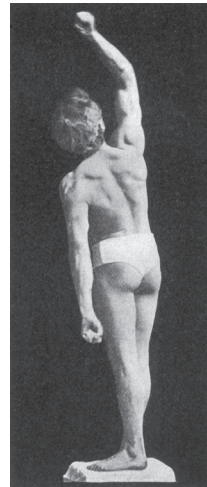
by **William James Cromie**, Physical Director

The Kneipp Water Cure Monthly, II (VI), 147-149. (1901)

When one observes well-developed athletes, he can make up his mind to one thing and that is, that it required long, persistent labor to get the body in that condition and that it means hard work to keep it so.



There is a story in pictures that can never be told in prose or verse. The literature of the Greek and Roman races was most scented with the power and beauty of their Gods. Gaze on the statue of a Hercules or



an Apollo, and are we not filled with admiration and awe? Even in our modern literature, do we not describe the athlete as one whose strength is Herculean? In whom shall we find ideals more perfect than those whom the Greeks and Romans deified and worshipped? When we desire a perfect female ideal, do we not refer back to Hebe, Diana and the Venuses?

Some say that many big muscled men are unhealthy, which is often only too true. *Health* must be the foundation for muscle and body building. Of course, lifting heavy ponderous weights, engaging in too violent exercises, prize fighting, and other brutal sports will give one muscular development, but these are contrary to Nature and intelligence.

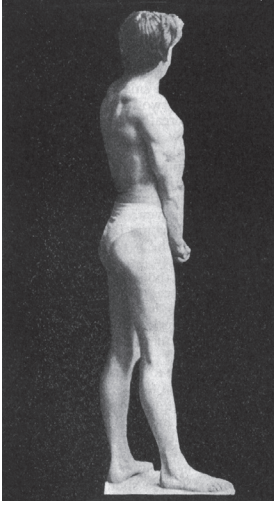
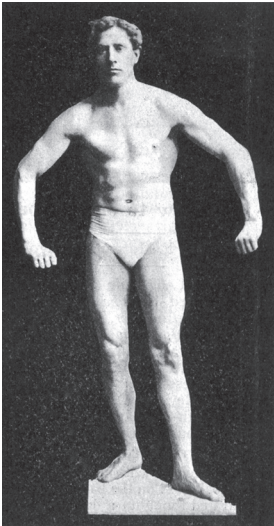
There always have been and likely always will be some well-meaning people who argue against gymnastics and athletics. They say that the athlete exercises his muscles at the expense of the mind. Again that athletes contract disease and die young.

The first of these objections is as old as Plato, who described some of the athletes of his time as *sleeping away their lives*. Galen, in speaking of the Greek and Roman athletes, describes them as *heavy and stupid*. Might not the Latin proverb, *Mens Sana in Corpore Sana*, have come to the mind of the writer by seeing athletes in whom the physical and mental were both well developed. Plato and Galen likely meant that the man who gave all his time to developing a massive physique at the expense of his mind, was little better than the beast of the field, and that the time spent was worse than wasted.

Viewed in that sense, athletics and gymnastics would do more harm than good, for Mental Culture is better than physical, as is spiritual better than either or both mental and physical. There is more danger of the *book worm* neglecting to take necessary exercise, than there is of the Physical Culturist not taking enough Mental Culture.

Caesar, Cicero, Lycurgus and Coriolanus were devotees of manly sports. Alcibiades became master of the Athenians, by reason of eloquence, grace of person and strength of body. Socrates, Themistocles and Plato excelled in gymnastics. Alexander is said to have had great endurance. Sertorius swam the Rhone in full armor. Marius, Pelopidas, Marcellus and Cato delighted in exercise and strength of the body. In fact, ancient and mediaeval history shows that brain and brawn were two characteristics of men whom the world recognized as leaders.

Modern history shows that our successful men had a good physical education. It reveals the fact that longevity is found in men who follow Nature's laws, whose bodies were strong and powerful. It is said that Washington, after working all day in the forests of Virginia, would wrestle anyone who presented himself, and that he at one time wrestled seven men, one after the other and obtained a fall from each. Lincoln, Jefferson, Adams, Franklin, Jackson and Webster were men of strong physiques. Shakespeare, Byron, Goethe, Gladstone and Bismarck were ardent practi-



tioners of regular systems of Physical Culture and have won the admiration of the world by the physical bodies and master minds which they possessed. Some seem to think that one exercises for the sole purpose of obtaining big muscles. This is one of the least reasons for exercise. By exercising the voluntary muscles (those over which we have control) we thereby strengthen the involuntary muscles, such as the heart, etc., by increasing the circulation of the blood and the respiratory organs. By our every movement such as breathing, winking, or even thinking, certain cells are killed and must be replaced by others. This work is performed by the blood, which carries the old worn-out cells to the lungs, skin and kidneys, and these organs dispel them from the system, while the blood, ever busy, lays down new material. Vigorous exercise tears down weak cells and the blood, quickened by the exercise, quickly replaces the dead cells by stronger living ones.

Thus we see how one who exercises daily will soon become possessed with a strong body; not only in having the voluntary muscles large and strong but in whom all the vital organs are strong and vigorous.

Exercise alone will not give one perfect health. Sunshine, pure air, proper food and clothing and sufficient rest and sleep are required. Condiments, drugs, liquors and tobacco should be avoided. We should cultivate cheerfulness and not think about disease and imperfection, but about things pure and health giving.

The writer need not refer to the poses of himself. Suffice to say that at one time he was weak and sickly, and regained health and strength by exercise and following the laws of Nature. If one can live when the germs of disease are in the food he eats, in the water he drinks, and even in the air he breathes, he can become strong and robust if he uses the powers which God has given him.

One can have no more reason for being weak than he can for being hungry when food is at hand. He who realizes the need of exercising his

body, but is too lazy, or deems it inconvenient on account of time or location, must not be surprised if he deteriorates in bodily strength and vigor.

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HOW TO OBTAIN LONG LIFE

by John F. Morgan

The Kneipp Water Cure Monthly, II (5), 150-151. (1901)

The "Secret of Long Life by Right Breathing," which was published by *The Progressive Thinker, Chronicle, Cincinnati Enquirer, Inter-Ocean, Sunflower, Philosophical Journal, Human Nature, Thought, The People's Press, Life*, and many other papers and magazines, has called forth the following articles to explain the teachings and lessons in "Breath and Health Culture," as given by Rev. Dr. Otoman Zaradusht Hanish, Rab-Magi and Math-ei-Kharman, Persia, who is now teaching over 600 pupils free of all charge.



Rev. Dr. Otoman Zaradusht Hanish

FIRST EXERCISE

Sit erect in the chair, with muscles relaxed, weight of lower limbs balanced on the balls of the feet; look (with concentrated thought) at a dark object not further than seven feet nor less than three feet, to steady the nerve of the eye. Breathe in *Gallame*, the life principle, which is in the oxygen of the air, to centralize the tissues and to build up the child life (to rejuvenate the physical body). As you exhale, hold the thought that you exhale all morbidity or effete matter. Breathe evenly in and out with the upper lobes of the lungs while you count [to] seven.

Exercise in this way three times a day, for a period of three minutes each.

This will develop the eyesight.

Neither the second nor the succeeding exercises should be taken until one has first devoted one week's practice to each exercise as given, to get the body (our *Musical Instrument*) in tune.

SECOND EXERCISE

Stand erect with the weight of the body balanced on the ball of the feet. Look at some dark object intently. As you raise the body, clench the hands, allowing the fingers to touch the life line (thumbs out) and inhale.

As you lower the body, open the hands and exhale. Count seven on both the inhalation and exhalation.

This also may be done three times a day.

It can be done as you are walking along the street.

This exercise improves the sense of hearing. The nerves of the feet connect with the nerves of the ear.

Concentration, polarization or self-centering is one of the most desirable attainments to possess, since we are all more or less liable to drift from one thing to another, scattering our forces.

When taking the Breathing Exercises, you should sit or stand erect, with weight thrown upon the balls of the feet, the abdomen drawn in, and the chest thrown out, and spinal column always perfectly straight.

THIRD EXERCISE

Sit in a chair with the feet comfortably resting on the floor; position same as in the first exercise.

Here we are taught the *power of thought* in holding *The Word*, while the gaze is fixed.

Place a penny or some small dark object to concentrate upon, on the floor two feet from your toes.

First, expel all the breath in the lungs. As you bend forward, bending only at the hips, look intently at the penny or object, inhale slowly, holding the thought: *Breath is life*. Emphasize the word *Breath*. The time occupied in repeating this thought mentally should equal the same space of time that it took in the previous exercises to count seven.

Retaining the breath, count to three (or repeating more quickly), *Life is Breath*.

As you rise up slowly, preserve the same rhythmic movement, holding the thought, *Breath IS Life!*

Repeat the same process for three minutes; the exercise to be taken three times a day.

Hold the head and neck straight. Neither bend nor rise with a jerky movement and keep the gaze steadily fixed.

FOURTH EXERCISE

Take position as given in the Second Exercise.

Throw the arms straight out from the body, directly in front of you—with hands from wrist limp and relaxed as if lifeless. Then breathe (all breathing is to be done with closed lips, teeth separated, and through the nostrils). As you breathe, tense the muscles of the arm from the wrist to the shoulder. As you exhale, relax the muscles from shoulders to the wrist, with hand and fingers limp.

At the fourth inhalation, you bring the hands diagonally around to the sides and inhale three times, tensing and relaxing the muscles as you inhale and exhale.

At the seventh breath, you bring the hands around in front of the body and turn the hands up (but be careful that the fingers do not lock together, since the electricity generated in the body by this exercise has a tendency to draw things to it. You should never shake hands or touch any object within three minutes after this exercise, and if done in the dark, you should be particular that no one sees your fingers for three minutes)—after which drop them.

This likewise is to be performed three times a day.

This exercise develops the sense of taste.

A perverted appetite, caused by the eating of highly seasoned food, the drinking of fermented liquors, and smoking till the system was full of nicotine and the sense of taste was quite lost—for many years my stomach was my God—to be able to return to a natural and normal condition, by the simple following of the instructions given in this fourth exercise speaks louder than words of the great good that may come to us if we will only let it.

This Fourth Exercise generates electricity and causes the phosphorous to appear on the tips of the fingers as of a bluish yellow light.

FIFTH EXERCISE

Take correct position, as in the Second Exercise, and by the power of will, swing the hands in a circular direction, from right to left, in front of your body, the right first, and then the left arm twelve times. On the thirteenth swing, bend down (bending at the hip only), clench the hand, with the thumb touching the second finger, and touch the floor. Hold the knees stiff and do not allow them to bend.

This exercise is to be taken after each meal.

After breakfast, face the East.

At noon, face the South.

At 6 p.m., face the West.

And upon retiring, face the North.

We cultivate the sense of touch as we practice the exercises and follow the instructions.

Heal Yourself And Become Cured.

This is the birthright of all. Another may heal us, but we must cure ourselves. As long as we lean on any person or thing, it is liable to be removed and when the support is taken away, down we go.

In the Fourth Exercise we are taught how to generate within ourselves the electric energies so we can apply them to any part of the body. I have demonstrated the fact satisfactorily to myself.

SIXTH EXERCISE

Take a chair and kneel down at its back, with the spinal column erect. Place it at arm's length from you. (The rounds of the chair must be round.) Look at some dark object in direct line with the eye. As you take hold of the rounds, you inhale and tighten the grip on the chair rounds, still holding as you retain the breath; as you exhale, relax the hold.

Do this for seven counts, in and out, three minutes at a time, but three times a day. Under no circumstances can you overdo it without disaster as the result.

All breathing exercises should be taken between sunrise and sunset.

The Sixth Exercise develops the sense of feeling, which is a finer or higher rate of vibration than touch and is an inferior sense. All senses merge into memory.

SEVENTH EXERCISE—INTUITION

This exercise develops the intuition. As the brain functions are unfolded they bring into activity the seventy-two thousand nerve centers, opening up the pineal gland, and at the same time heightening the vibrations of sound, so that one naturally becomes not only more harmonious within oneself, but also with all Nature and the Universe.

Take this exercise as part of your ablution. Use a flat pan or bowl deep enough to permit the hands being immersed so that the water covers the wrist bone. First, remove all rings from the fingers. Place a copper penny in the pan to generate electricity. Fill the pan with cold water from the faucet, well or spring and place on table. Take correct standing position. Put both hands in the pan—thumbs not to touch. Take a deep rhythmic breath, counting seven; then exhale very slowly through the mouth as if you were going to blow out a candle. Pucker the mouth the same as in whistling. Repeat this three times—once a day only.

Dry the hands by mopping them with a towel and then thoroughly drying them by rubbing one hand with the palm of the other, the left hand up, right hand palm down, rubbing in a circular direction, from East to West, or toward yourself; then rub outside [with the] right hand turned down, with left hand palm up, always rubbing in a circular direction or towards yourself.

This exercise unfolds and opens up the brain cells and faculties, and tunes up the senses to a higher rate of vibration.

In the winter, when you want to get warm, inhale deeply and retain the breath; then exhale, taking care to inhale longer than you exhale.

In summer, when you desire to cool off, exhale longer than you inhale.

Never inhale while raising the arms, as it injures the tissues. Breathe, retain the breath, raise the arms, and exhale as the arms are lowered.

Breathing in the different attitudes of standing, sitting, or lying down affects different parts of the body in different ways.

Perfect Being consists in right breathing. We must first study and understand ourselves and then we can understand our neighbors. We must first desire to think and then *Will* to do right.

EIGHTH LESSON

The Eighth Lesson is devoted to the diet question, in which Dr. Hanish explains the great advantage of a cereal, nut, fruit, and vegetable bill of fare.

Particulars can be obtained from Rev. Dr. Hanish, 1613 Prairie Avenue, Chicago.

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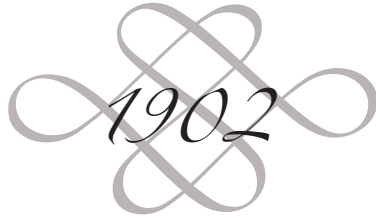
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THE POSTURE OF POWER

BENEDICT LUST

CAUSE OF WEAKNESS

DR. W. R. C. LATSON

DEPARTMENT OF PHYSICAL CULTURE

WILLIAM JAMES CROMIE

PHYSICAL CULTURE DEPARTMENT

C. W. YOUNG, D.O.

"Physical Perfection"



THIS new book, by Sylvester J. Simon, the well-known Physical Culturist, gives the key to the attainment of physical perfection. It shows

how to obtain and maintain the maximum of physical and mental health, strength and vigor. It teaches women how to become more beautiful in face and figure, more graceful in carriage and repose. It aids men successward by showing them how to develop nerve force and brain power.

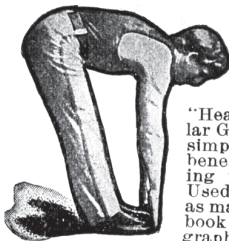
Natural Treatment—This is not a book of mere generalities. It tells just how to relieve different conditions of ill health, without the aid of drugs, apparatus, or mechanical means of any kind. There are exhaustive chapters on the cure and avoidance of Obesity, Leanness, Dyspepsia, Constipation, Skin Diseases, Rheumatism and other Blood troubles, disorders of Liver, Kidneys and Bladder, Nervous ailments, affections of Head, Throat and Lungs, etc.

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BENEDICT LUST, New York City

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For Men and Women.

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William J. Cromie was the Physical Director at Easton, Pennsylvania's Y.M.C.A. In 1844, George Williams founded the first Young Men's Christian Association in industrial London, England, where life was treacherous for the young. Seeing a similar need in America, Thomas Sullivan began the first Y.M.C.A. in Boston, Massachusetts, in 1851.

THE POSTURE OF POWER

by **Benedict Lust**

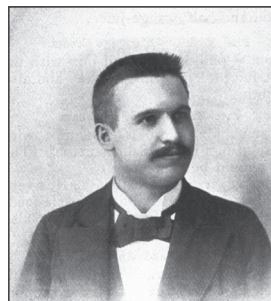
The Naturopath and Herald of Health, III (4), 124-127. (1902)

You have heard of it—you may have imagined it—possibly you’ve longed for it. You have not attained it, or the world would this minute be landing you among the great men of time.

You smile at the far-fetched rhapsodizing of a senseless enthusiast, and you can’t see how such a little thing as the way you hold your body fixes your place in the Hall of Fame. There are whole galaxies of sublime truths hidden from your narrow vision, and you may learn after a while to keep your vacuous smile to yourself till maturing mentality suggests that a smile is appropriate.

We are indebted to the new Physical Culture movement for the stress on Posture, but are not told what it means, how to get and keep it, and how the mental attitude always controls the physical.

Seven factors create and perpetuate the ideal posture—muscular control, colon action, lung power, digestion zest, habits, self-respect, and conscious mastery.



Benedict Lust, Editor

MUSCULAR CONTROL

Abdominal flabbiness is the chief cause of chronic sagging.

Notice a typical member of the Broadway squad, as he lumbers heavily along his beat; then watch a ponderous dowager as she waddles tediously across the interminable pavement from Sherry’s to her carriage; then observe the flatulent loafer as he disfigures the saloon-corner. There’s a common characteristic—the pendulous abdomen. And all three are simply inert masses of humanized proteid.

Fat is a mighty soft cushion, but a mighty weak prop; and if you, my rotund friend, want to cultivate the Posture of Power, you’ve got to shave down that cumbersome abdomen till you strike pure muscle. Then cultivate the muscle till it can hold up the gigantic dinners you wash down every day.

The process must be gradual, and adapted to your individual condition. You probably haven’t the perseverance to go through a lot of bothersome exercises each day, with no apparent result. So the very first element of the attitude of mastery is quite beyond you.



Benedict Lust (1872-1945) was an avid bicyclist who fully embraced the Physical Culture movement. He paid a hefty sum of \$40 for this bicycle shortly after coming to New York City in 1892.

COLON ACTION

The second factor, colon action, covers costiveness, liver torpidity and the derangements of elimination that accompany external muscular mushiness. Most people engorge three big meals daily, with a variegated assortment of nibbles and lunches and drinks to add their ghosts to the day's debauch. And a single movement of the bowels is deemed all-sufficient to countermand constipation.

Now the naturopathic eater takes one or two moderate meals a day, and has from one to two colon evacuations.

The difference between the two individuals represents the amount of undigested food always present in the intestines of the gourmand and a constant drag on the entire vital machinery. Constipation may be chronic, and yet the sufferer had an alleged evacuation every day, the faeces simply worming a groove through the center of the colon, while the sides stay encrusted with poison.

LUNG POWER

The third factor is lung power. And here is where the respiratory specialists fail fundamentally and absolutely. They war continually for thoracic breathing or for abdominal, the majority inclining to the latter, which is the lesser evil. Breathing for health, into power and according to Nature, is neither thoracic nor abdominal. It is both.

Physicians agree that most invalids and all dyspeptics carry the stomach and vital organs an inch or two below the normal and that rational therapeutics will always raise, never depress. Now abdominal breathing, unless the lungs and diaphragm act fully, simply pushes the whole business into the old chronic sag. The impetus, motive, power and pivot should be at the diaphragm, and the action both ways. A continuous curve is the ideal inhalation—not the chopped-up segments of people who try to bulge out any one part to the withering of the rest.

The man who breathes powerfully moves every muscle within vibrating distance of the lungs—even the back and the upper chest rise and fall in unison.

Mr. von Boeckmann's little book, *Lung and Muscle Culture* is the most instructive, convincing, and animating plea that I know of for deep breathing and inner development. It is true, there is scarcely a trace of the absolutely indispensable mental element and his "Pneumauxetor"* is usually quite superfluous. But the book itself is instinct with facts, thoughts, and incentives, and is a good 12 cents' worth.

*Paul von Boeckmann was a Physical Culturist who invented a device with suspect usefulness. Von Boeckmann became one of the many editors of a Physical Culture column in Benedict Lust's journals. — *Ed.*

DIGESTION ZEST

Digestion, the fourth element, is not given the importance it deserves by breathing adepts. If your stomach is dilated or your spleen angry or your liver enlarged, the lungs are impeded by so much; and the confirmed dyspeptic is always a shallow breather.

HABITS

Habit is often the real hindrance to rejuvenate breathing. Nervous people have grown used to jerky little gasps instead of long, deep, poised inspirations. And determined perseverance is the only thing that will make you thrill ceaselessly with the quickening power of pure oxygen.

SELF-RESPECT

Self-respect is the thing that distinguishes the erect human from the groveling beast. You will find that the nearer you come to god-hood and the farther you draw from animalism, the straighter you will stand. For instance, you load up on sweets, spices and pastries against your better judgment. Physically such things clog quite enough, but the mental consciousness of indulging a perverted appetite will inhibit your nerves and sour your secretions and deaden your vitality far more than any physical violation could do. Then you begin to stoop and totter and huddle into a heap and gradually you approach the prone position of the gutter-bound inebriate.

Call it egoism, self-confidence, self-belief, conceit if you will; whatever its form, self-respect is essential to the Posture of Power.

CONSCIOUS MASTERY

The seventh element is conscious mastery. Beside it all the rest pale into nothingness. For it underlies and outreaches the mere physical facts of breathing. There may be a handful of readers among the thousands that skim through this paper, who really get a faint conception of what mastery means. The rest of you will simply blink your heavy eyes, perhaps wake up long enough to grunt out a monosyllable of disgust, and then flop helplessly back into the rut of centuries.

Conscious mastery is the essence of god-hood. It made Napoleon master the world; it enabled Gladstone to sway all England; it sent a divine message from the lips of Beecher; it breathed from the voice of Pope and Emerson and Shakespeare; it inspired the dying peace of William McKinley; it impelled the Galilean's declaration, "I and the Father are one."

When your life-plans include the conquering of this tiny planet and the projecting on into endless space, when your imagination is glorious enough to picture such a conception, when your will is powerful enough

to determine such a realization, and when your faith in Omnipotent self is divine enough to bear your resistlessness [sic] to world-conquest, then you will begin to know the meaning of conscious mastery.

You cannot have such a consciousness and be like other people.

You will have to abolish meal-time, to abandon *society*, to laugh at conventionality, to ridicule tradition, to pity public opinion, to forget fashion, and to be above creed.

Back to all that, you must recognize the purpose of life, the mission of selfhood, the infinite possibilities latent in every human being, the sublime future awaiting you.

You must cut forever loose from the things that hamper, whether from education or business or family—or the church.

Above all, you must know where your life-work lies, predestined unmistakably through cumulative incarnations.

You cannot love music above all things else and be a world-conquering hod-carrier [brick carrier] or dream out the leadership of millions of men and stagnate as a country clerk.

But when you find yourself, know your work, and comprehend your destiny, then deep breathing—the aggressive chest—and the established Posture of Power will take care of themselves.

There are plans in my note-books and purposes in my mind whose realizing will transfigure this world. Ten or twenty or fifty years may pass and the superficial thinker sees no visible embodiment. A century may swiftly slip away, and perfection still be a dream. But I am just as unswervingly certain that those plans will materialize and those ideals come into tangible being as if towering monuments of stone marked their achievement this moment.* More certain. For your buildings may totter and your business may fail. But the boundless creations of the mind are immortal and everlasting.

To sum up, six classes of progress people can ultimately teach you the Posture of Power: the Physical Culturist, the Hydropathist, the Pneumatotherapist, the Dietist, the Phrenologist, the Mental Scientist. The first trains down that mass of abdominal fat and strengthens those atrophied abdominal muscles.

The second cleanses your colon, hastens elimination, and vivifies the system in general.

The third expands vascular tissue, quickens thoracic functions, and rejuvenates your whole being.

The fourth arranges your food to suit your age, your condition, your occupation, your preference, and your purpose.

*These prescient statements made by Benedict Lust in 1902 speak of his determination to actualize Naturopathy. —Ed.

The fifth gives you a tiny glimpse of your real self, tells you what a world of power is in you simply pleading for expression, and dignifies the character, life and destiny of every human being—particularly yourself.

The sixth proves to you that All is One, All is God, All is Wisdom, All is Power, and All is Love. And when the full meaning of it breaks in on you, you'll quit worrying and fearing and hating for all time, and begin to dare and achieve and love.

And the last factor—the impalpable, undefinable, almighty you—will make you not only breathe right, but eat right and sleep right and think right and hope right and be right.

Such a man would be the very incarnation of Naturopathy.

And I don't know of such a man anywhere on earth.

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For instance, you load up on sweets, spices and pastries against your better judgment. Physically such things clog quite enough, but the mental consciousness of indulging a perverted appetite will inhibit your nerves and sour your secretions and deaden your vitality far more than any physical violation could do.

Above all, you must know where your life-work lies, predestined unmistakably through cumulative incarnations.

The sixth proves to you that All is One, All is God, All is Wisdom, All is Power, and All is Love. And when the full meaning of it breaks in on you, you'll quit worrying and fearing and hating for all time, and begin to dare and achieve and love.

CAUSE OF WEAKNESS

by Dr. W. R. C. Latson

The Naturopath and Herald of Health, III (5), 202-207. (1902)

To be strong is the universal desire. And such an ambition is wise. For strength is the foundation of success, usefulness and happiness—the keynote of power. Strength means energy, and energy is the means to all desirable ends.

What is meant by strength?

What are the conditions implied by the word *strength*? First, such activity of the internal organs as to insure that the food taken will be properly digested; that the blood will be kept in vigorous circulation, carrying to the tissues a full supply of food for their up-building and relieving them of their waste matter; and that the organs of elimination, lungs, skin, bowels and kidneys shall promptly and completely eject from the body the waste matters, consisting of food residue and broken down tissue.

Second, strength should mean such development of the muscular system that the constant and varied activities of everyday life shall be properly and easily performed; and that, when not at work, the muscles shall be able to *let go*—to rest in perfect relaxation.

Third, strength should mean the ability of the individual, through the exercise of his will, to bring all his powers, mental and physical, to bear upon the work in hand. This phase of the subject will be merely touched upon in the present writing.

In a word, then, the requirements for strength are first, proper functional activity; second, a certain degree of muscular development; and third, will-power. To condense the definition still further, strength is individual efficiency.

WEAKNESS

Having determined what strength is, we can now more easily define weakness. Weakness is lack of bodily efficiency. And the immediate cause of such deficiency (that is, of weakness) is always improper functioning of the bodily organs. All other causes are behind this.

CAUSES OF WEAKNESS

The causes of weakness are infinite in number. Moreover, these causes are so complicated as to render any separation difficult. Among the more common influences, however, leading to weakness may be mentioned the following:

- Errors in diet—
 - Excess in quantity
 - Excess in variety
 - Faulty selection
- The use of Drugs and Stimulants
- Insufficient Exercise
- Excess of Exercise
- Torpidity of the Excretory Organs
- Hyperkinesis
- Errors in Clothing
- Pernicious Mental Habits

As stated above, these various influences act and interact. In every case of weakness, the causation will consist of several of these causes in combination. In fact, the conditions producing weakness often cause each other, as where drugs disorder the digestion; indigestion produces weakness and hyperkinesis. Drugs are then taken for the weakness as *digestants*, while hyperkinesis reacts upon breathing and digestion.

THE BODY, A MACHINE

The human body is a machine—an infinite complex, exquisitely delicate mechanism. The orderly working of this machine is health, its derangement is disease, and its stoppage death. Now, the machine called the human body operates according to certain rules. To get the best and longest service out of the machine, it is necessary to know and observe the rules.

A steam engine is an absurdly crude mechanism compared to the human body. And yet, before he is allowed to take charge of an engine, the engineer is laboriously drilled in the details of its construction and operation. If the engine fails, he recognizes instantly that for this failure there is a cause and he straightway sets about to correct the condition.

In the present writing I propose to briefly study the human body in this spirit to state the chief causes of bodily insufficiency, to study the nature of these influences, and to suggest measures by which their effects may be mitigated.

ERRORS IN DIET

Of the many faults in diet, excess in quantity is the most common. Indeed, over-feeding is the prevalent and perhaps the most pernicious evil of the day.

The digestive fluids are poured forth in proportion, not to the amount of food taken, but in proportion to the needs of the body. When, therefore, an excess of food is taken, the digestive juices present are unable to

convert the mass into assimilable materials. Under these circumstances, the food mass retained in the warm, moist alimentary tract at once begins to ferment.

Now, several things may happen. If the stomach is very sensitive or the mass particularly offensive, the sufferer is nauseated and vomits up the whole offending matter. This is by all means the best solution of the problem; but in the adult, the organs have usually become so torpid that this rarely happens. Then, occasionally, where the mass reaches the intestine, the system is sufficiently vital to throw it out of the alimentary canal, via an attack of diarrhoea. This, also, is an economical procedure as far as the safety and ultimate comfort of the individual are concerned.

How weak one feels after an attack of nausea or diarrhoea! Naturally. One hour of retching and vomiting is equivalent to about two hundred *foot tons*—that is, a good day's labor for a strong man.* No wonder the delicate woman feels weak after an hour or two of acute nausea. Vomiting is hard labor.

If, however, as is usually the case, the undigested and fermenting matter is retained in the alimentary tract, further complications may occur *ad infinitum*. The next step is the formation of ptomaines and leucomaines (the so-called *cadaveric* or *animal alkaloids*, many of which are deadly poisons).

AUTO-INTOXICATION

The function of the digestive organs is to absorb, and absorb they will. So the various poisons, resultants of the putrefactive changes going on in the mass, are absorbed into the system, taken up by the blood and carried to the tissues, setting up derangements which vary all the way from simple headache to fatal *apoplexy* or *heart failure*.

Some of these poisons are so deadly that one drop injected into the circulation of the guinea pig will cause instant death. The most common effect upon the human organism is to cause derangement of the sympathetic nervous system, leading to headache, dizziness, faintness, heart palpitation, throbbing in the abdomen or elsewhere, general sensation of muscular weakness, and many other symptoms, some of which are extremely dangerous.

All these conditions are the result of auto-intoxication (self-poisoning) from the products of putrefaction in the alimentary canal. To counteract their effects, the general system is called upon for an outlay of energy which frequently more than equals a day's hard, physical work. Thus, in a word, overfeeding leads to intestinal putrefaction and the products

*Foot ton is a unit of work equal the energy expended in raising a ton of weight [2,240 pounds] a distance of one foot against gravity. —Ed.

of this putrefaction cause auto-intoxication. Auto-intoxication sets up toxic processes which can, in many cases, be resisted only by an enormous outlay of vital energy—an outlay sufficient to seriously weaken the organism.

VARIETY OF FOOD

A variety of food is undesirable for several reasons.

First, because of the temptation it provides to overeating through an appeal to the sense of taste, rather than to honest appetite; second, because a mixed mass of food is more difficult to digest. Other reasons might be adduced, but these are sufficient.

The general results of excess in a variety of food are similar to those following excessive quantity.

ERRORS IN SELECTION OF FOOD

So-called *rich* food, sweetmeats, pastry, *made dishes* [processed food], condiments, and many other articles commonly used as food, possess little or no alimentative value. Such articles cannot usually be digested. They, therefore, ferment, forming the animal alkaloids above referred to, the absorption of which results in auto-intoxication in some of its forms.

The average person is guilty of all three errors enumerated: he eats too much, too great a variety of food, and food much of which is innutritious. Considering this, many will be prepared to accept my statement that few people are exempt from some degree of auto-intoxication and further, that many people are never free from it, as evidenced by chronic headache, disorders of vision, [proneness] to car sickness, heart palpitation, nervousness, irritability, and so on. And those will be prepared to understand that errors of diet are among the most important causes of modern weakness.

THE USE OF DRUGS, TONICS AND STIMULANTS

The person who is weak usually (though not necessarily) feels weak. When he feels weak, the first idea of the unthoughtful man is to *take something*. Unfortunately for him, there are many who make it a business to provide him with *something to take*. He may get it at the corner saloon, which is bad; or he may get it at the drug shop which is almost as bad. He may call it a *tonic* or a *bracer*. The difference is mainly in the name. For a *tonic* is merely a *bracer* in disguise.

We have all smiled at the man who tried to lift himself by his boot straps. We would question the sanity of the man who cast a stone into the air in the expectation of it never falling to the ground. Yet the man who takes a tonic or a stimulant is equally foolish.

THERE IS NO SUCH THING AS A TONIC

As a matter of fact, there is no such thing as a tonic. There are foods and there are stimulants. The former makes energy; the latter occasions a manifestation of energy. For this purpose the stimulant borrows energy from tomorrow's store. And when tomorrow comes? Then you borrow again and again until the reserve of vitality is exhausted. And that means collapse.*

It may be stated in most positive terms that no drug, no tonic or no stimulant can actually make one stronger. At most, they can but induce an increased output of energy, with corresponding and inevitable reaction. Their use is a prevalent cause of weakness.

INSUFFICIENT EXERCISE

A certain amount of movement is essential, not only to health, but to continued life. Only by free exercise of the body can the functions be maintained in normal operation. Heart, lungs, stomach, intestines, and other organs have their regularly rhythmic actions. When the body is quiet, these processes all *slow down*, taking the opportunity to rest. If this quiet is maintained continuously, the slowing down becomes habitual, the organs fail to do their work, and the entire organism suffers.

WHAT IS PROPER EXERCISE?

Proper exercise is absolutely essential to health. Proper exercise means free movements of the body, stretching, bending, turning, deep breathing—all made without excessive effort, without monotony and without mental strain. There are ever before us two types of perfect exercise—the movements of animals, stretching, yawning (which are simply deep breaths), shakings and gambols. There is also the play of children. Both these are ideal forms of exercise; and both have their place in a properly designed system of physical training. Lack of this kind of exercise is another frequent cause of weakness.

Exercises in stretching, deep breathing (this does not mean *abdominal breathing*), and various relaxing movements should be taken daily. Free play in the form of outdoor games, such as tennis, golf, etc., and other outdoor exercises, such as walking, running, swimming, tennis, golf, and so on, will supply the freedom and exhilaration of the play which is essential to bodily and mental health. I do not hesitate to say that I consider no man or woman healthy who does not play at something.

*For a full explanation of the principle of stimulation, those interested are referred to my paper, entitled "The Nature and Effects of Stimulation", in *Health-Culture*, July [1901].

IMPROPER AND EXCESSIVE EXERCISE

Exercise may easily be carried to excess. This may be done in various ways. Either the natural methods may be practiced to the extent of undue fatigue or the use of apparatus may be carried to such excess as to do more harm than good.

Big muscles are considered by many an indication of strength. Such is not necessarily the case. It is not the size of the muscle, but the nervous vitality of the individual which determines the physical strength. Quality of muscle, as well as quantity, must be taken into consideration.

MUSCLE BUILDING

A brief explanation will make this clear. Muscular development can be gained only by increasing the nutrition of the muscle. Now this can be done either one of two ways. One, the natural method, is to regulate the diet and general system that the entire body is thoroughly well nourished, each of the organs and tissues receiving its full share. A very moderate amount of exercise, then, suffices to keep the muscular system well fed without depriving the vital organs of their needed supply of food. With a well-nourished body and full breathing, violent muscular exercise is not necessary to proper maintenance or development of the muscular system.

HOW THE VITAL ORGANS ARE ROBBED

The usual method of acquiring muscular development is by rapid and vigorous muscular contractions maintained to the point of fatigue. Little or no attention is paid to the diet or the condition of alimentary and excretory organs. Thus the general nutrition of the body is not materially increased. At the same time the exercise taken has created an imperative demand for nutriment on the part of the exercised muscle. To meet this artificially created demand, nutrient matter needed by the internal organs is sent to the depleted muscles. The vital organs, thus regularly robbed of their natural and needed food supply, are starved and weakened to such an extent that their structural organization undergoes degenerative changes and they thus become a ready prey to disease. The constitutional weakness and the lowered vital resistance of trained athletes is a well-recognized fact among practical medical men. In addition to this, the vital organs are given many additional pounds of muscular tissue to feed and care for, thus at the same time reducing their capacity and increasing their duties.

Thus, the really important organs, the organs through the activity of which life is maintained—lungs, stomach, intestines and liver—are drained to feed a huge mass of unnecessary muscle.

In the light of this very simple and obvious physiological principle, it is easy to understand why the excessively developed athlete dies in early life. In a system of physical training based upon physiological principles, such a diversion of the nutrient matter from the vital centres to those merely subsidiary members would be impossible. The scientific training of the body means a larger life, but the Physical Culture, as ordinarily taught and practiced, is not only a menace to health, but an invariable cause of weakness and not infrequently, of death.

REMOVING THE WASTE

The waste products of the body, consisting of the residue of the undigested and innutritious portions of the food and of broken-down tissue, are carried out of the body by four organs: the skin, the lungs, the bowels and the kidneys. Insufficient action of these organs is among the frequent causes of weakness. Even where one fails, the extra work thrown upon the others and the general systematic confusion involved occasion a notable waste of vital force.

I have seldom seen a case of marked physical weakness where the skin was active. I have never seen a habitually weak person with normal lungs. In fact, such a thing is unthinkable, for large, active lungs must mean strength.

CONSTIPATION AND WEAKNESS

Constipation is one of the most common and most disastrous disorders to which human flesh is liable. It is ordinarily considered rather as an inconvenience. In reality, I know of no disorder carrying so many and so serious consequences.*

THE SKIN AND THE LUNGS

The skin should be kept in order by a daily bath of cold, cool or tepid water, and periodical Turkish or sweat baths.

The functions of the bowels and kidneys may usually be assured by free water drinking and proper exercise. The lungs may be kept normally active by deep breathing and free out-of-door exercise.

The importance of elimination is hardly realized, even among medical men. To paraphrase an old saw: An ounce of elimination is worth a ton of medication.

*For a complete discussion of the causes and consequences of this disorder, with full directions for self-treatment, see my paper entitled, "Constipation", in *Health Culture*, July, 1901.

HYPERKINESIS

Hyperkinesis is the name given to a condition of muscular rigidity, or to the habit of useless and purposeless muscular action. Most people who suffer from this condition are entirely unconscious of it; for the very rigidity tends to conceal itself and the movements of hyperkinesis becomes so habitual as to be unnoticed.

There are people who, in performing simple acts, such as writing, shaking hands, manipulating knife and fork, etc., use up from ten to twenty times the muscular energy required. So, in using the body, walking, rising, bending, and moving about, these people use up many times the amount of vital force necessary. Exhaustion is the natural and inevitable result. I have never seen a case of *nervous prostration* where hyperkinesis was not a leading symptom.

The person suffering from hyperkinesis can never rest. The muscles are always either working or tense. I mean by *always*, twenty-four hours in the day; for even in sleep, the fingers are pressed together, the brows drawn, the muscles of the throat and jaws stiffened, or the legs rigidly drawn up. Furthermore, the most injurious of all, the intercostal muscles (the muscles lying between the ribs) are usually held rigid in these cases; so that it is impossible for the chest to expand in breathing. This is all muscular work, hard muscular work; as hard as holding up five pound dumb-bells in the hands. Is it any wonder that the person suffering from hyperkinesis is weak? Is it any wonder that he (or she) awakens after eight, nine, or even ten hours' sleep utterly tired out? Such people are always tired, because they are always working hard; with never a moment's rest for years. When such a sufferer first learns how to relax the muscles, the relief is something beyond description.

Hyperkinesis is almost universal. Few people are entirely free from it. In many delicate people I have computed that the body is daily called upon for an amount of actual physical exertion equal to one hundred and fifty *foot tons*, that is, a fair day's work for a laboring man. Hyperkinesis, static and motor (in other words, muscular rigidity or useless muscular movements), forms one of the most common causes of modern weakness. Hyperkinesis is almost invariably found complicated with other causes mentioned in this paper.

CLOTHING

Errors in dressing are a wholesale cause of weakness. Corsets and tight belts impede the breathing, the digestion, and intestinal movements (peristalsis) and, by collapsing the chest, destroy the poise of the figure. High heels also throw the body out of poise. Tight coat collars, which press upon the back of the neck, have the same effect. The body once out of poise means that the vital processes are all impeded. At the same

time, the false position of the body requires an immensely greater outlay of muscular exertion for its maintenance.

TOO MUCH CLOTHING

The wearing of too much clothing is also a common source of weakness. The debilitating effect upon the skin, the prevention of free transpiration of the waste matters which the skin, through its seven million little vomiting mouths, is constantly bringing to the surface, the bodily restraint and the actual weight to be carried—all these and other evil effects follow the wearing of too much clothing.

MENTAL HABITS

Lastly, and fundamental to much that I have mentioned above, is the mental attitude. In spite of all that is being written at the present time on this subject, there are few who seem to realize the actual relations involved between thought and function.

Space will not permit more than mere mention of the matter here. This much, however, should be understood—it has been proven by exhaustive experiments that negative mental states: fear, anger, hate, regret, envy, anxiety, have a direct and powerful influence in disturbing the bodily rhythms, in deranging the interactions of the functions and in altering the secretions. The story of the mother who killed her baby by suckling it when she was in a state of anger is well known. Many other cases might be adduced.

All the negative mental states have a disastrous effect upon the functioning of the body, and all are direct and prevalent causes of weakness.

Worry, the epidemic of the day, is a most destructive influence, mentally and physically. It cannot affect the spiritual element in man. But it may be accepted as evidence that the spiritual element has but slight influence on the life. The spiritual person does not worry. He is so full of love and trust and faith in the eternal goodness of the Father and the Father's world that he cannot find anything worthy of worry or unrest. Those who think that such a state of mind is impractical simply confess that for them it is so. To many it is perfectly practical—a simple application of a great philosophy.

RECAPITULATION

We have seen, then, that weakness is the result of disordered or impaired function; that for such impairment there are various causes; that prominent among these causes are errors in diet, the use of drugs, insufficient, excessive or unwise exercise, deficient elimination, hyperkinesis, errors in clothing and negative mental habits.

Furthermore, I have tried to show that between those various influ-

ences producing weakness there is an intimate relation. In fact, every case of weakness is due to several of those causes operating in combination.

For instance, errors in diet produce indigestion and constipation. The result of these is intestinal fermentation and consequent auto-intoxication from the absorption of the retained poisons. The action of those poisons is to interfere with the functioning of the heart, lungs, bowels and other vital organs. The movements of the stomach and bowels being interrupted by auto-intoxication become even less able than before to digest the food, and so the load of putrefying matter increases.

To fully consider all these weakening influences is impossible within the limits of this writing. Enough has been said, however, to show what weakness is, that it is the logical result of certain conditions, and that to a degree—weakness can be avoided or overcome. He who is weak may have strength if he will; he who is weak and who remains weak is weak indeed.

—*Health-Culture*

In a word, then, the requirements for strength are first, proper functional activity; second, a certain degree of muscular development; and third, will-power. To condense the definition still further, strength is individual efficiency.

If, however, as is usually the case, the undigested and fermenting matter is retained in the alimentary tract, further complications may occur ad infinitum.

Thus, in a word, overfeeding leads to intestinal putrefaction and the products of this putrefaction cause auto-intoxication. Auto-intoxication sets up toxic processes which can, in many cases, be resisted only by an enormous outlay of vital energy—an outlay sufficient to seriously weaken the organism.

Heart, lungs, stomach, intestines, and other organs have their regularly rhythmic actions. When the body is quiet, these processes all slow down, taking the opportunity to rest.

I do not hesitate to say that I consider no man or woman healthy who does not play at something.

It has been proven by exhaustive experiments that negative mental states: fear, anger, hate, regret, envy, anxiety, have a direct and powerful influence in disturbing the bodily rhythms, in deranging the interactions of the functions and in altering the secretions.

DEPARTMENT OF PHYSICAL CULTURE

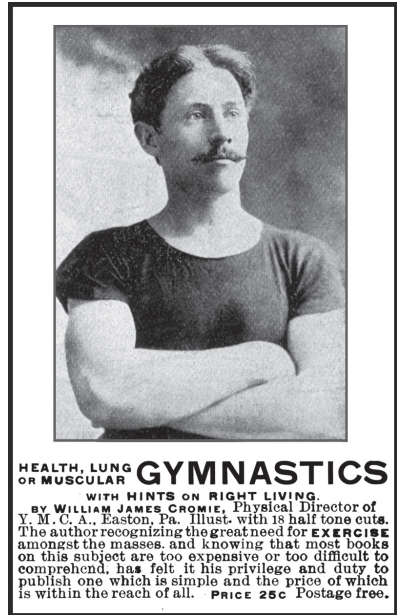
by William James Cromie

The Naturopath and Herald of Health, III (5), 223-226. (1902)

The people of the United States, especially in the cities, are beginning to realize as never before the value of Physical Culture and right living as a means of health. I am of late confronted almost daily with the question, "What do you know of Mr. So and So's system of physical training?" New systems spring up in a night. Why is this? Simply because there is a demand for things along Physical Culture lines. The people are awakening to the fact as did the Greeks and Romans centuries ago that in order to have a strong mind, one must have also a strong body.

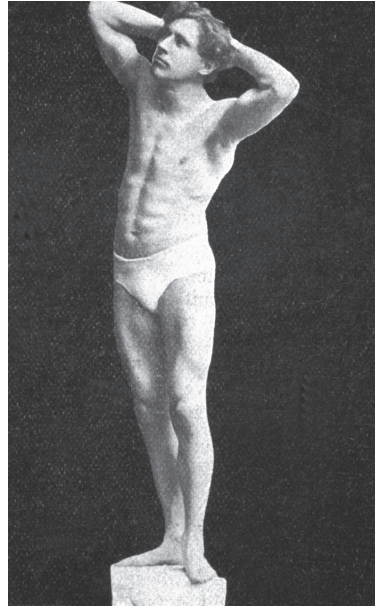
Cases innumerable could be cited from ancient, mediaeval and modern history of men whom the world recognized as leaders and whose success was largely due to strong physical bodies. He who has a healthy body has everything; he who has it not, has nothing. The world is full of physical wrecks who disregarded Nature's laws in striving after the goddess of wealth, fame or position. Of what use is wealth with a sickly, impaired constitution? One who has made a great fortune at the expense of his health, and who has to spend his last days seeking lost vigor is to my mind poorer than the \$1.50 a day laborer who works on our city streets. As one's life is largely what one makes it, so one's constitution (even with hereditary weaknesses) is changed by that wonderful organ, the will into weakness or strength; into sickness or pulsating health.

Nature takes on our moods; she laughs with those who laugh and weeps with those who weep. "Laugh and the world laughs with you; weep and you weep alone." If we are full of vigor and rejoice, the birds sing more sweetly and the woods and streams murmur our song. But if our digestion is impaired and we are sad and pessimistic, a sudden gloom falls on Nature's face. The sun shines but not in our hearts; the birds sing but not to us. The fault is not with Nature, but with ourselves.



It is hardly worthwhile to introduce myself to the readers of *Natur-opath* as I have written quite a few articles for its columns in the past and am pretty well-known. I desire to bring through this department laws and means of exercise, and in fact, everything which pertains to perfect health.

Each month will appear articles illustrated and otherwise. I desire to keep in close touch with my readers. For the purpose of knowing who you are, your personal needs and how to advise correctly, a question department will be opened. All subscribers will have access to this department by stating weight, sex, age, condition, etc., and by addressing Physical Department, *Natur-opath*, 111 E. 59th St., New York City.



It is my purpose to become your teacher, (as I have studied and taught along these lines for years) and to help you gain and maintain the greatest of earth's possessions, *Health*. This month will be presented to you, one of the most common ailments that man is heir to: constipation.

CONSTIPATION

One of the most frequent causes of constipation is muscular inactivity. Another cause is the persistent use of laxatives. When this is the case, the tendency of the intestines is to act only when under the stimulus of laxative drugs. This drugging to bring the desired result must be ever constantly increased. The use of drugs leaves the sufferer in a worse condition than before, and tends to make chronic the trouble it was intended to relieve. One who resists a call of Nature constantly must not be surprised if he becomes constipated. Opium and morphine users have inactive livers. Anything which lessens the supply of bile will produce constipation. The tendency of a pessimistic person is toward this ailment.

In the treatment of constipation, one must first remove the cause. The prevailing tendencies to disease, both hereditary and acquired, must be studied. The condition of the mind is a mighty factor in agitating or in relieving constipation. It is said that a medical professor gave a constipated man a very powerful physic. The flour acted as the physic was intended to act.

This may be an extreme view of the case, but I firmly believe no cause is more effective in producing constipation than the sufferer's belief that he is constipated and cannot be cured. (I believe quite a lot in the "power of the mind over the matter" and will give an article on this subject in the near future.) The state of the mind is important and I beg that the one who follows these hints and performs the exercises will put faith in the treatment and thus help to cure himself.

The most important agent in the cure of constipation is muscular exercises which produces peristalsis. Rapid walking tends to relieve constipation, as the contents of the abdomen are kept in violent motion from side to side with every step. In my own case, rapid walking for a considerable number of miles causes too much activity of the bowels. Deep breathing is also good for this ailment, as the action of the diaphragm affects the abdomen and increases the circulation of the blood.



Figure 1

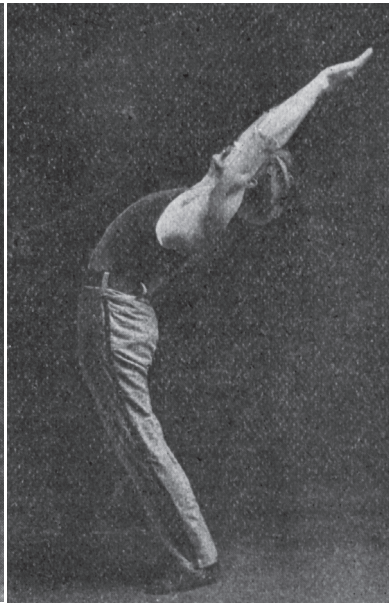


Figure 2

Use the illustrations in Figures 1 and 2 together. Keep the knees stiff, bend forward and try to touch toes with fingers; then bend back as far as possible as in Figure 2. Practise this exercise till tired. Another good exercise is to bring the knee toward the stomach, then grasp knee and pull it as near the abdomen as possible. Alternate knees until tired.

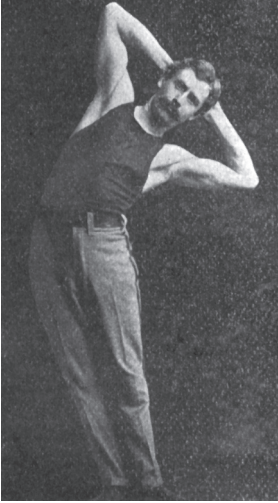


Figure 3

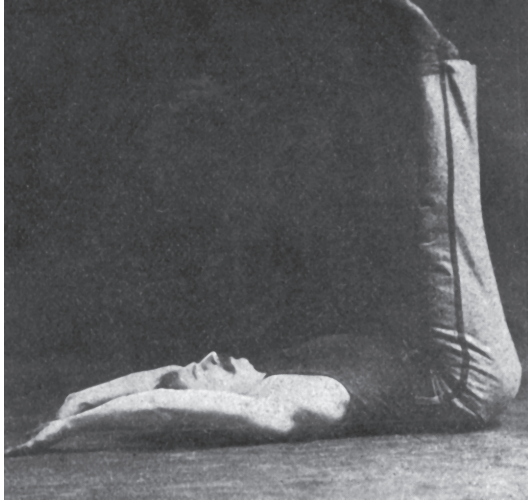


Figure 4

Figure 3 is something called the “liver squeezer” and is a very good exercise for persons who are constipated. This exercise may be performed as in the figure; bend from side to side. Also with arms extended vertical. To increase the action of this exercise, spread the feet about 30 inches apart and practise the above.

Another excellent exercise for this trouble is Figure 4.

Lie at full length on the floor and raise legs as in figure. Continue until tired. Keep the legs straight and toes pointed.

Persons who are ruptured [herniated] should not take the exercise illustrated in Figure 5 as there is too much strain. One should have a strap fastened on the floor to place the toes under.



Figure 5

Lie on the floor full length and rise to position of Figure 5. Then touch the toes without bending knees. Do not perform this exercise too much at first as the tendency is to become quite sore in the abdominal muscles. (Muscular soreness, however, is an indication that one needs exercise.) One should exercise until tired but not exhausted. Perform the exercises daily. Practise throwing the chest out strongly and drawing in the abdomen while exercising and at all times.

And another thing to remember is to chew the food properly and slowly and not eat too much. Drink a glass of water (not ice water) on going to bed and on rising in the morning. Massage the abdomen; rubbing with the hands, slapping, kneading, etc.

Eat whole wheat bread, fruits such as bananas and oranges, prunes and all foods of a laxative nature. Get as much fresh air breathed deeply as possible and take daily cold water baths. On going to bed, lay a cloth saturated with cold water on the abdomen. Tie some dry material over the wet application and thus prevent catching cold.

If the above is faithfully followed, constipation will soon be a thing of the past. If these exercises and hints help you, please pass the good word on to someone else, and let us unite making *Naturopathy a gospel of health* which will help those who are weak and sickly to regain health and strength by natural means.

The world is full of physical wrecks who disregarded Nature's laws in striving after the goddess of wealth, fame or position. Of what use is wealth with a sickly, impaired constitution?

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PHYSICAL CULTURE DEPARTMENT

by C. W. Young, D.O.

St. Paul, Minnesota

The Naturopath and Herald of Health, III (9), 375. (1902)

Of the many scores of excellent health journals that are opposed to drug-ging and vaccination, one of the best is *The Naturopath*, published at 111 E. 59th St., New York City, price \$1. There is a series of articles in this publication, continued each month, written by Adolph Just, of Germany, on the Natural Bath.* This bath the present writer has used for some time past and has recommended it to many of his patients, finding it so satisfactory that it is given to the readers of this magazine with the certainty that it will benefit all who faithfully try it.

Sit in a bath tub containing cold water to the depths of only four or five inches. Have the knees up, with the feet in the water. Spend three to five minutes in using the hands to wash the anus, the perineum, the sexual organs, the groins and the abdomen. Then rapidly splash the water all over the rest of the body. Then leave the tub and rub the body rapidly and thoroughly with the hands until it is dry. When a part that is being rubbed approaches dryness, the dirt will come off in visible scales. When this bath is taken, the window should be open and if sunlight can enter so much the better. If you are not used to cold water, you may make the water only moderately cold to begin with and stay in the bath a very short time.

You can get a better and more certain reaction by taking some rapid and vigorous exercise before the bath, so as to quicken the respiration. In taking the bath you need no soap, sponge, cloth or towel, and if you have no tub you can use a wash bowl or basin.

The bath should be taken once a day, preferably in the morning during the winter months and twice a day in summer. If at any time you feel particularly disinclined to bathe, the bath may be omitted for a time or two. It should not be taken by women during their menstrual periods. It is to be particularly recommended for troubles with the rectum or sexual organs. These parts of the body more than any others are inclined to



Adolf Just

*The spelling of a name, in this instance, Adolph or Adolf Just varied with authors. Adolf Just, from Germany wrote, *Return To Nature* in 1896 which quickly was recognized by Naturopaths world-wide as establishing core principles and foundations of health.
—Ed.

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BY ADOLF JUST, FOUNDER OF "YUNGBORN"

TRANSLATED BY BENEDICT LUST, N. D., FOUNDER OF THE AMERICAN
"YUNGBORN," BUTLER, N. J.

SHORT REVIEW OF THE CONTENTS

Introduction—The Voice of Nature—The Malady—The Natural Bath—Light and Air—Clothing, Beds and Dwellings—The Earth (the Use of Clay)—The Barefoot Walk—The Natural Nutrition—Beverages—The Fire—The Transfer of Specific Warmth and Vitality—Healing Crisis—Mind and Body—The Enactment—Successful Results—Matrimony—The Natural Care and Education of the Children—Human Science and Art—Occupation and Work—Vivisection—Agriculture and the Treatment of Animals—Fruit—Culture and Horticulture—Etc.

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THE SICK AND THE HEALTHY

a safe guide and talisman in their lives.

The author, severely suffering once himself, took at a time when he almost despaired of ever regaining his health, his refuge to nature, leaving alone the world and its errors. While thus showing the way to a natural life in Europe, Benedict Lust was busily engaged in doing the same here, founding the world-renowned health resort "Yungborn" in the Ramapo

In 1896, Adolf Just [1859-1936] wrote *Return to Nature*, a book that would arouse and guide the philosophical direction of Naturopathy. Benedict Lust with the help of his brother-in-law, Father Albert Stroebelle, translated Just's book into English for mass publication in 1903.

become heated and congested. The cold water cools them and causes the muscles to contract, thus forcing out the congested blood.

The cooling of the rectum and abdominal organs has a fine tonic effect on the organs of digestion and assists in overcoming constipation and other diseases of the abdominal organs. The cooling of the sexual organs quiets the entire nervous system.

This bath in a most effectual way produces all the healing advantages of a cool sitz bath and does not possess the disadvantage caused by a separation of a large surface of the body from the air.

Mr. Just writes that all bathing animals instinctively take their bath as above described. They instinctively shrink from complete immersion. Watch the bird. It will immerse the posterior, while splashing the water over the rest of its body with the aid of its bill and wings.

Many people trying this bath for the first time will feel unpleasant results. It might actually bring on an acute sickness. But this can be said of any return to natural ways of living. The cigar smoker becomes sick when he quits the unnatural habit.

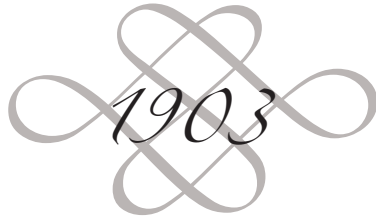
Of course, after you have lived apart from Nature for a long time, your return must be slow and gradual, if you have no great vitality to withstand a sudden change for the better. A cold water bath does you injury if you do not have a warm reaction, but by practice, determination and caution, the use of the cooling natural bath can be acquired so as to give a delicious tonic to the body of a healthy and lasting character, enabling one to withstand with ease the cold of winter or the heat of summer.

Sit in a bath tub containing cold water to the depths of only four or five inches. Have the knees up, with the feet in the water. Spend three to five minutes in using the hands to wash the anus, the perineum, the sexual organs, the groins and the abdomen.

Then rapidly splash the water all over the rest of the body. Then leave the tub and rub the body rapidly and thoroughly with the hands until it is dry.

You can get a better and more certain reaction by taking some rapid and vigorous exercise before the bath, so as to quicken the respiration.

* On account of receiving so many enquiries lately about the real Naturopathic Bath, we reprint our own article as above, as printed by the *Liberator*, St. Paul, Minnesota.
—Benedict Lust, Editor.



STENOGRAPHIC REPORT OF THE FIRST MEETING
OF THE NATUROPATHIC SOCIETY OF AMERICA

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STENOGRAPHIC REPORT OF THE FIRST MEETING OF THE NATUROPATHIC SOCIETY OF AMERICA

by Albert Whitehouse

The Naturopath and Herald of Health, IV (3), 61-62. (1903)

Mr. Purinton:
Mr. Albert Whitehouse will tell us of the province and place of Physical Culture.

Mr. Whitehouse:

The direction in which I work is not so much in the treatment of diseased conditions as it is the application of Physical Culture to counteract the predispositions and tendencies to disease from birth, thus lessening the work of restoring people to health later on in life. It is well known how great the neuropathic tendencies and predispositions are with children at birth. This is inevitable, owing to the great ignorance and carelessness of the race today. You take the Horse Show and the Folk Show last month, in which the folks compared very badly with the horses. The great lesson to me, as it should have been for others, was that if the same attention and care and study were taken in breeding the human species as is given to the breeding of animals—horses and cattle—how much better results we should have.

However, I would like to make my talk as given out by Mr. Purinton: "The proper place of Physical Culture as a preventative and remedial agency." There is a demand for Physical Culture. We are not living naturally. As man has become civilized, he seems to have fallen away from a natural way of living and is living very artificially. The animals live by instinct; and as man has become civilized, he seems to have lost his instinct.

Physical Culture, as its name implies, is a cultivation of physical powers. Physical Culture is not a cure-all. That is a mistake that is made by many in this city and everywhere else and there is a great deal of attention being given in the last few years to Physical Culture.

I have had many years' experience (fourteen years) as instructor in Physical Culture, and have had thousands under my instruction. In that time I have not changed my ideas. The average person in good health does not need Physical Culture. Physical Culture is needed by those who are weak in some part or parts, or are in search of health. The only rational Physical Culture is that applied strictly to the individual. Individuals differ in constitution, temperament, habits, their weak points, their powers of resistance and in every other way. No Physical Culture can be thrown at a person, used haphazardly and with positively sure results expected in

that way. The individual must be studied from all points. The Physical Culture so widely advertised and which is being sent out in mail courses never makes inquiry or gives any consideration to what the person needs it for. A person answers an advertisement of that kind because he wants to get stronger and healthier. They do not inquire into his habits. They do not go into the cause of his weakness and work in that direction; but simply send him by mail a course in Physical Culture which they send to anybody and everybody. I just mention this to show what rational Physical Culture really is. It is only rational as applied to the individual.

There is what is called *Higher Physical Culture*. It is really the higher branch and should be the real thing—the only thing. Any culture that does not go higher than the mere physical is not culture. The three natures, physical, psychical and spiritual, are intimately connected. They must each have their part and each must be studied. Man approaches perfection as his three natures harmonize with each other. That is the fault I find with mental healing. They ignore the physical too much. I will allow that the mind is superior. Mind does not affect matter; but we are living physical lives, not spiritual lives, and the physical is the basis. (Applause.)

It is all very well to say that if you think right, think pure thoughts, think in the right direction, you will act right; but very often before a man can think right, he has got to feel right. (Applause.)

Metaphysicians may say you will act all right if you think in the right direction, but a man who has a weak, diseased body is not apt to think right. He does not naturally think pure, moral and ideal thoughts; and as we are living in the physical now, the physical should be made the basis.

A system of Physical Culture which does not take into consideration man's three natures, physical, psychical and spiritual, and give each their due consideration, but not forgetting that the physical is the basis—that system of Physical Culture is not complete, is not rational. I do not intend to say very much about the matter nor to put forward any particular system. My main idea was, before I got up to speak, to draw attention to Physical Culture as being directed more to the counteracting of predispositions and tendencies that are there at birth.

Physical Culture, again, is not merely exercise. That is the common idea. Physical Culture, as the name implies and as I said before, is the cultivation of the physical powers. Physical Culture directions are given in many cases where there is no necessity for them. Under some conditions it is not warranted and is not indicated at all. Generally, the advice is to take certain kinds of exercise, use cold baths, breathe deeply, take lung exercises, etc. That is about the whole thing. There should be taken into consideration the clothing, diet, mental attitude, sleep and personal hygiene. In that connection I may say, with regard to mental attitude connected with Physical Culture, much benefit is derived by certain classes

of people from systems of Physical Culture which are not rational, is due more to the mental attitude assumed in following these exercises. A person forms in his mind the idea that he has faith in the exercise he is following, believes he is going to get stronger, and makes mental pictures of his improved condition. If he has been drinking too much or smoking too much, he gives those up and goes into these exercises, which may not be rational, and yet he may derive much benefit from them.

I knew one man who developed himself into a contortionist. I did not intend to make any special point of advocating any particular system, but as I have started, I may as well go on. I may start some patients along certain lines and tell them the proper way to develop muscle. The proper way to develop muscle is by alternate contraction and relaxation of the muscles.

The muscles are used as a protection to the parts and to give motion to them. They are used to overcome forces against gravity and some outside forces. In any system of exercises which trains a muscle to contract and resist the antagonistic muscle, that muscle becomes trained automatically to act that way. Anyone who has followed for a certain length of time that method will in time develop the muscles so trained and the antagonistic muscle will naturally automatically resist. I have had opportunity to prove that, notwithstanding that those who are advocating that system will want to argue the point with me.

There is a demand for Physical Culture. We are not living naturally. As man has become civilized, he seems to have fallen away from a natural way of living and is living very artificially.

Any culture that does not go higher than the mere physical is not culture. The three natures, physical, psychical and spiritual, are intimately connected. They must each have their part and each must be studied.

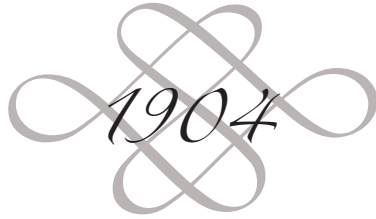
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Courtesy of Stark Center, University of Texas

Bernarr Macfadden had visited Rome and Florence in the late 19th century and adopted many of the posing stances that he found in the sculptures by the great artists of those cities.



PHYSICAL CULTURE AT HOME
HOW TO STRENGTHEN THE SPINAL COLUMN
INDIGESTION, ITS CAUSES AND CURE
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I have devoted years to the study of anatomy, physiology, pathology, histology and hygiene; also to the effect and influence of physiological exercise upon the nervous system and the process of digestion and assimilation. This scientific and thorough study which I have made of the physiological effect of exercise, such as the physical and chemical changes which take place in the blood and every cell and tissue of the body, has never been undertaken by any other instructor or scientist. This knowledge combined with vast experience enables me to adapt my instructions successfully to all conditions of health, and to all ages of either sex.

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You are welcome to this endorsement and hope that your business will meet with all the success it merits. Yours truly,
(Signed) A. G. Mackenzie, Justice of the Peace.

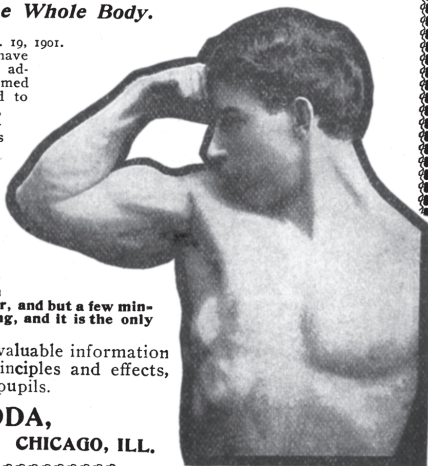
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This ad appeared in one of the first issues of *The Naturopath and Herald of Health* in 1902.

PHYSICAL CULTURE AT HOME

by W. Hubert-Miller, R.S.

The Naturopath and Herald of Health, V (1), 12-16. (1904)



W. Hubert-Miller, R.S.,
Professor of Physical Culture and
Naturopathy, Chicago

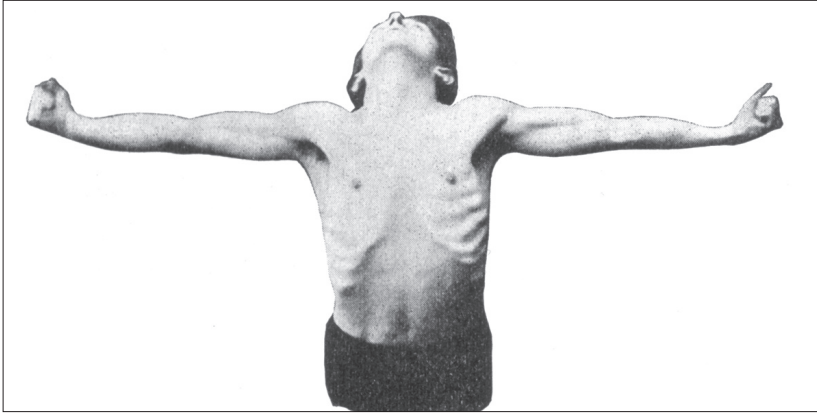
FOR THE NATUROPATH

The term "Physical Culture" sounds new to the greater majority of the people, but the science which bears this name has always existed and during different ages has been called by different names. The cultivation or strengthening of the muscles of one's body is not confined to the human race, but evidences of it are to be seen among the so-called dumb animals. Even we, the head of all animal creation, sometimes use Physical Culture methods unconsciously; for instance, when we stretch ourselves, straighten out our spines, or make any motion that brings certain muscles into play.

Among the Romans and ancient Greeks, Physical Culture was at the highest development; hence, the beautiful pieces of art which we today could not equal for the want of models. Our dissipated unnatural way of living has brought the human race to such a state of imperfection that it is hard for any artist to find models to equal the pieces of old Rome and Greece.

At the present there seems to be a re-awakening in the human race to once more bring their bodies to that God-likeness which Nature in her infinite grace bestows upon her children.

Men and women alike strive to obtain that so-desired goal. Governments and cities, private individuals and society in fact all seem to have come to the conclusion that for a body to be able to do great things, it must be fitted physically to stand the strain which it has to bear in the battle of life.



Exercise 1.

Stand in an erect position with arms extended, chest thrown well out; take a deep breath and while doing so, clinch the fists, gradually turn the arms, chest and head backward as far as possible. Do this gradually, gently, slowly, always returning to your original position without effort. Repeat from three to five times, always inhaling when moving backward and exhaling when moving forward. Take all exercises with as few clothes on as possible in a well-aired room before a mirror, thus being able to see what you are doing. Learn a little of anatomy by watching the movements of the different muscles and organs.

Reverse the movements of Exercise 1.



For Plato's words of old are heeded again: "A good brain must live in a good healthy body." Now, the thing is how to reach the masses? It would be of no value if we pick out only a few and train them to be physically and mentally great—perfect. No! That would not uplift the race. The poor, even the middle class could not afford to have a *gym* in their homes, nor to belong to a club where a good instructor is employed. Neither could they afford to buy expensive apparatus to gain that desired end. No! Then what are we going to do? Only one thing—RETURN TO NATURE; and watch how she keeps her children who live a natural life in fine physical condition without artificial help or a learned instructor. When we watch our domestic animals (which by no means live a natural life, because we do not so allow them), we will find that the dog and cat, upon awakening or at other times, stretch their bodies with their paws and tongues, even lie on the ground or in the grass and roll around, jump, run and do acrobatic tricks occasionally.

All the wild animals do pretty near the same performances in their endeavor to keep their bodies physically in shape. Birds also practice body-culture in their own peculiar way and all without artificial means. If we were to apply the movements of these animals to our own bodies, we would be surprised to learn how well they work and the great good we may derive from them if we follow up the work daily and systematically; for we must consider that Nature is the *ORIGINATOR* and we are the *imitators*. The moment we try to improve upon Nature, we find ourselves wrong. We plainly see that on our feet when we press them into pointed shoes, or the body that is squeezed into a corset, the head which we put in an air-tight hat and the homes which we close to fresh air and sunshine. Everyone knows the result of these follies, but still we will not heed the voice of Nature and will keep on defying her laws until she calls a halt. Then we are compelled (if only for a time) to live according to her rules and laws. If we want to accomplish any object in life, we must work for it. If we desire a perfect physical form, we must pursue a course of physical practice. Having accomplished that, we will then be in shape to improve the qualities of the mind with little or no effort.

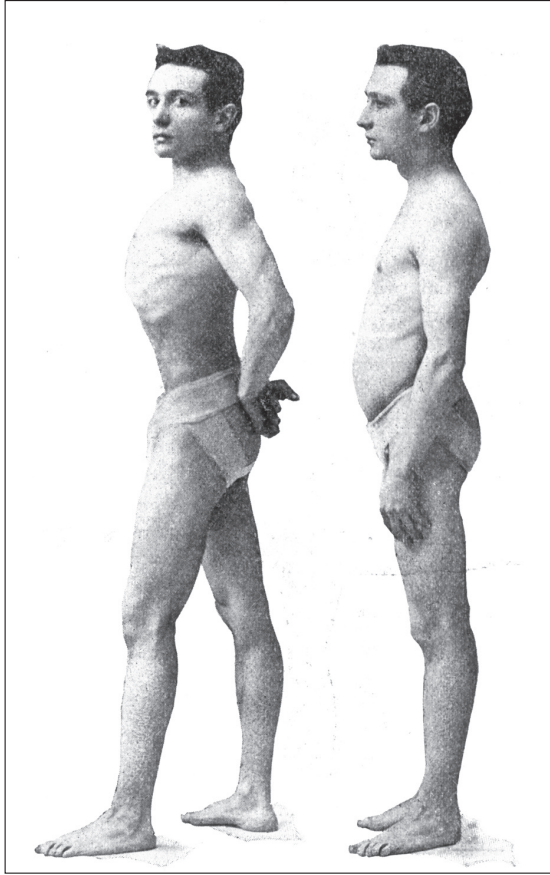


Figure 3

Stand in an erect and easy position, as shown in Figure 3. Relax the body as you empty the lungs completely. In breathing allow the diaphragm to extend fully with the stomach region well out. Then draw the abdomen in as you inhale, like in Figure 4. Throw the chest out to its utmost and fill the upper lobes, keeping the abdomen in during the whole exercise, lasting for about three minutes. This will be found an excellent tonic for the diaphragm and a good movement for the upper lung lobes.

It is not at all necessary to become a member of a gymnasium or athletic club or be a one-sided champion. No, not at all. Let us imitate Nature and all else will be well. Let us learn to walk upright, eat properly, and sleep a natural sleep. Partake of Nature's great and wholesome tonics: Sun, Water and Air, and to our great surprise we will notice our rejuvenation, physically as well as mentally. Then how must we start to reach that great goal? Lifting dumb-bells to acquire big arms? No, that is the improper course. This is just why none of the professional strong

men ever got to be fifty years of age. They were worn out; some died long before that with consumption or pneumonia. For instance, Prof. Dowd, Peter Jackson, Kannedy (the famous Japanese) and many others of renowned reputation. They had strong arms and large muscles when they died, but they did not live natural lives. They acquired their development unnaturally; they forgot that “no chain is stronger than its weakest link”. They forget the first principle of life—BREATH; they forget that a good stomach, healthy lungs and a good heart make a strong man, and that those are the vital spots. They forget that man can live without arms and legs, but cannot live without a heart or a stomach.

All the athletes and strong men gained their development at the expense of the inner organs. They consumed more vitality than Nature could supply. They required their stomachs to overwork by eating enormous quantities of meat, over-burdened their kidneys by drinking all things and everything, but mixing every known thing in their stomachs so the liver could not do the work anymore. Too much is too much. They all give up their job and the athlete with the big arms and muscles is all in. You can notice the same thing every day; we have living examples. We have John L., Corbett, Dixey, and Sandow. Dissipation has or will bring them down.

Now, let us commence immediately to do the right thing, namely, attend to the vital spots first. My motto is:

“Breath is life, and health is wealth.”

Breathing is the first and last thing we do in this world, and according to sound reasoning, we should pay good attention to breathing, because without it we are no more. So we see plainly that the lungs are a great factor in our physical body, and that it is to them we must attend first if we want a good bodily structure. It is a statistical fact that half of the people die a premature death of lung trouble, consumption, pneumonia or kidney diseases.

Then come, the other vital spot—the stomach or the diet question. Breath and diet are the two themes which must be understood, because all ailments of suffering mankind can be traced directly to insufficient breathing, starvation of oxygen and over-eating. These very important facts are often slightly treated and even less understood by our medical doctors and scientists of today. That is why Naturopathy takes the task upon itself to show to the world at large the great mistake of its so-called learned and wise men and show humanity the way back to Nature’s great remedies, BREATHING, DIETING, FASTING, SUN, AIR, WATER and EXERCISE. Our all depends upon:

- The accumulation of Ga-Lama, the centralizing life principle.
- The capacity or power of breath.
- The generation of electric force through the expanded portion of the ganglia of the nervous system.

- The regulation of the circulation of the blood through the perfect action of the lungs.
- The rhythmical distribution of the blood throughout the body by the heart.
- The equalized development of the brain cells.
- The awakening of the thought power through the spinal cord.
- The perfect assimilation of food after thorough digestion.
- The purification of the body through its own action.
- The generation of life fluids through the life preserving function.
- The conservation of energies and the consciousness of the ALL in existence.
- These are the most important points to be considered, and to be sincere with ourselves we must start and practice on our own self. Preaching and talking the things over will not bring results.

It is deep and rhythmical breathing that we want to learn and practice first. Everything else is of secondary nature.

We all breathe while we live, but few of us breathe correctly and know the power of breathing. We all know that we can go without food and drink for days, without sleep for a while, but we cannot go without breathing for a longer period than a couple of minutes or so. We are also aware that when we point our mouths, leaving a small space between the lips and then blow at a sore finger or wound it is cooling, and if we open the mouth a little more and blow a little more gently that that same breath warms up, and still it is the same breath and comes from the same source. We can make ourselves cold and warm by different application of the current of breath; we can also produce in ourselves the cataleptic state *consciously* by knowing how to breathe accordingly.

There are three principle breaths:

- abdominal or physical breath,
- solar plexus or spiritual breath, and
- upper chest or intellectual breath.

The extended and regular use of any one of these breaths stamps the ruling trait upon that individual. It would require a whole volume to treat all the finer phases of breathing, and as space is too limited, I will content myself with the principal and most important parts of it.

Now we look at the diet question—meat diet, mixed diet, vegetarian, fruit and nut diet; they all have merits, some more, some less. Personally I find the vegetarian diet agrees with me and keeps me in good form, health and strength. I can heartily recommend it. (“What a vegetarian can eat.” I wrote an article on that subject in the May issue of the *Naturopath*, so I will not repeat it here.) But one fact remains, that we are slaves to our stomachs and desires, and not masters over them. What a beautiful world

this would be if all human beings had control of that part of the anatomy which we call the extension of the stomach or the solar plexus region. It is there where we feel hungry, where we feel the craving for liquors or stimulants, where the desire arises for tobacco, for the abnormal appetite which tempts us to consume enormous quantities of highly-seasoned meats and fish, and through all that we in turn arouse our animal, brutal being, ready to do harm to others, ready to cast all morals aside and become the lowest of all animals, where we should be the highest and most refined. What a world! Just imagine if we could control all those passionate feelings, jealousy, do away with drunkenness and everything else which make men beasts. There is only one way of doing it: mast that unnatural appetite, pay more attention to the diet in general, give up the meat and high-seasoned condiment and cultivate your taste in the direction of vegetables, fruits and nuts.

We must learn to masticate our food so we get all the benefit of it and by so doing save labor to the digestive organs. We must also learn to fast occasionally from one to five days. If we can do that, we get control of that ever dictating stomach of ours and we will find out, to our great surprise, that we can get along in this world with much less than we heretofore had thought of, and that we feel the better for it.

Even we, the head of all animal creation, sometimes use Physical Culture methods unconsciously; for instance, when we stretch ourselves, straighten out our spines, or make any motion that brings certain muscles into play.

For Plato's words of old are heeded again: "A good brain must live in a good healthy body."

Let us learn to walk upright, eat properly, and sleep a natural sleep. Partake of Nature's great and wholesome tonics: Sun, Water and Air, and to our great surprise we will notice our rejuvenation, physically as well as mentally.

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HOW TO STRENGTHEN THE SPINAL COLUMN*

by **W. Hubert-Miller, R. S.**

Professor of Physical Culture and Naturopathy, Chicago.

The Naturopath and Herald of Health, V (3), 54-57. (1904)

Next to the lungs and heart comes the spinal column and its action in consideration for the promotion and keeping of health.

The spinal column is the strongest part of the body as it carries all the weight.

Hypnotists know something of the power of resistance of the spine and perform awe-inspiring and marvelous feats before their gaping audiences, who imagine they are seeing something wonderful when the chair trick is performed. The subject is laid on his back on the tops of two chairs and placed in the "trance" state. Then three or four men sit on the outstretched form, or rocks are broken on the chest. This is accomplished by the proper control of the spinal column, and is not due in the least to an outside influence controlled by the hypnotist. There is nothing marvelous about this feat. You can easily do the trick after a little practice and learn the importance of the spinal column and the control of the breath and muscles.

Large arms and strong muscles will not do the trick, but you must develop finer forces that lie hidden within you—the nervous as well as the physical—and after sufficient exercise and practice you will be able to duplicate any such trick you may see performed by another. There are no such things as marvelous or superhuman tricks. They are all natural, plain and simple, if understood.

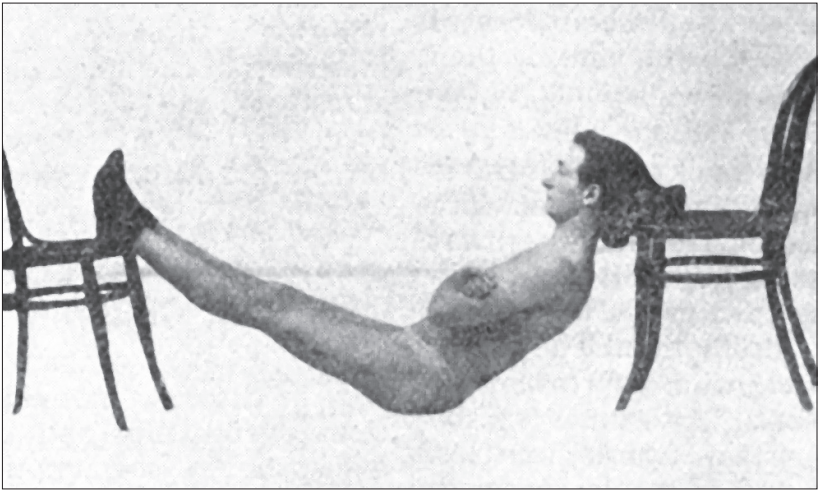
The whole thing lays with your own self, whether or not you want to walk straight or hunch-back. Go to work and practice daily and often, if necessary, persist till you can carry the weight of your body easily and without bending or stooping down.

There is to my mind nothing worse physically than to see a young man or woman walk round shouldered, and act as if they are carrying a heavy load always around with them. It indicates that those people lack character and signifies that they are lazy. Straighten up! Throw away your corsets and shoulder braces. Look the world fearlessly in the face and smile on all, as the sun's rays smile on you. The harness you wear encourages you to be lazy and they do not strengthen the muscles of the back or neck. Practice these exercises several times daily, walk erect, pay attention to your breathing and the position of your body at all times, and in a short time you will notice a great improvement.

*This article appeared in the column, "Physical Culture at Home". Hubert-Miller was the editor of this column in 1904. —Ed

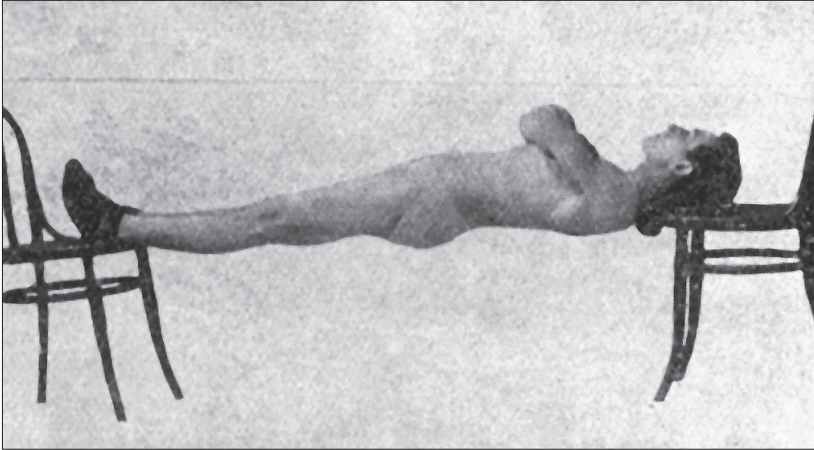
Knowing these things and telling them to others is quite nice, but this will do you no good. Get to work and do them for *yourself*. No doctor, no amount of money, no king nor anyone else can do them for you. You must take care of your own body at all times and under all conditions. In other words, you must “paddle your own canoe”.

There is one thing all the doctors cannot dispute, and this is: If the bones of the body are in place and the skin is active, that means if the respiration is normal, all ailments of the inner organs will adjust themselves if you give them a natural chance. But if you try to reverse and stuff your inner organs with poisons, and keep your skin cloaked up—prevent the fresh air—sunshine and water to help the already weak respiration to come to its natural right, then of course, you don’t expect anything else but failure. You try to overrule the wise method of Nature and the penalty for that is premature death.



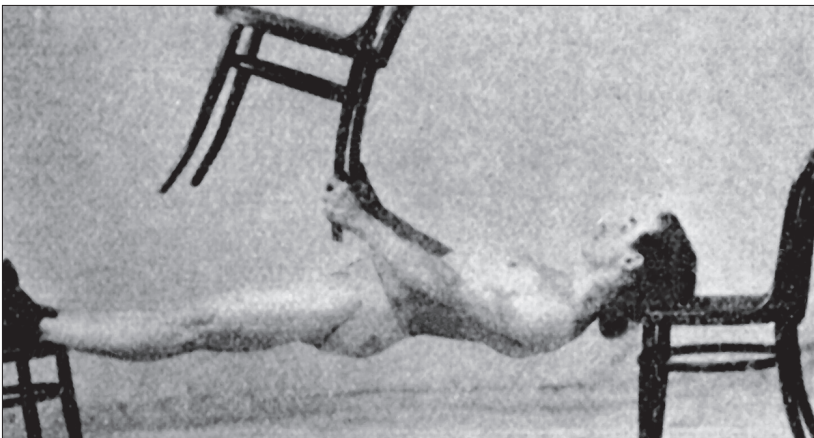
Exercise 1

Exercise 1. Take two chairs and place a small pillow or cushion on one of them; then set them far enough apart so you can rest your head on the one holding the pillow and place your heels on the edge of the other while you sit on the floor, as shown above. Then take a firm hold with your hands on your trousers or petticoat about your knees while arms are perfectly straight and rigid, inhale slowly and fully, at the same time raising your body from the floor, until you get to the position as illustrated by Exercise 2. *Pacific Health Journal*.



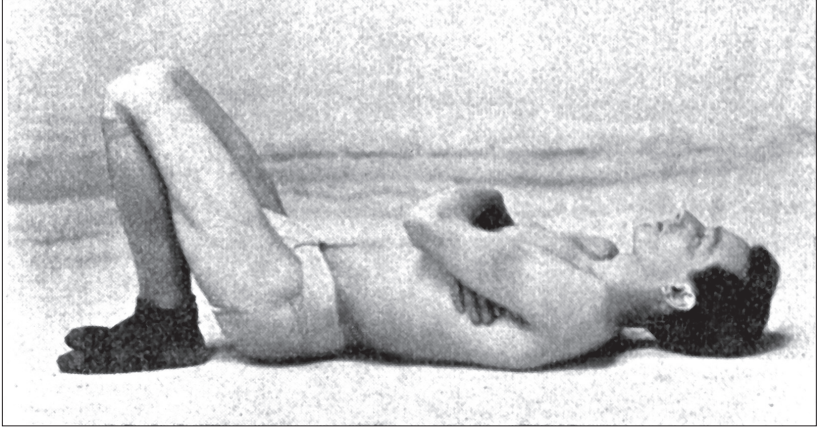
Exercise 2

Exercise 2. Now try to lie in this position easy, without any excessive strain; breath slow and use your upper lung lobes to their fullest extent. After a few days of practice, you will be able to perform this feat with your arms folded over your chest, and in a few weeks you will be able to lie in this out-stretched position for from three to ten minutes, without feeling any inconvenience, providing you breathe slowly and rhythmically.



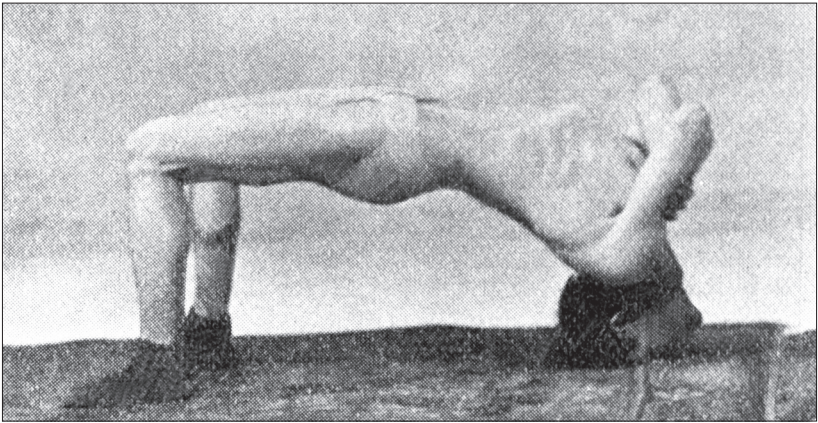
Exercise 3

Exercise 3. Then after a while go to work and practice some exercises, while lying in this semi-cataleptic state, with dumb-bells, chairs, broomstick or so. Then after you have mastered this end of the exercise, let a friend sit upon your chest. After some practice, allow a second person to sit on you, but he should sit on your knees so as to balance the weight. Then after you can hold two persons with ease, you may allow a third person to sit between the two. You will find out that there is no trickery about this feat. It is all controlled by understanding the art of breathing.



Exercise 4

Exercise 4. Lie down upon the floor, breathe with ease, and draw your legs up close to your body, while inhaling. (Keep the feet about 5 to 8 inches apart so as to keep your balance for the next exercise.) Put some weight to the back part of your head as you attempt to raise your body; then bring yourself to the position as shown in Exercise 5.



Exercise 5

Exercise 5. While trying to raise to the above position, take care that you don't overstrain. It is not necessary that your nose touches the ground by the first attempt. Go at it slowly but surely, and you will be repaid by a good strong neck. If you have round shoulders, they will straighten up, and you will gain control of your upper spine as well as the lower. It will also act as a good stomach exercise, because the stomach is forced against the diaphragm, and you are bound to bring your chest out to the fullest extent, which in turn will make your chest-bones elastic, and strengthen them. As no other single exercise can do, but always remember one thing: "Anything *over done* is a vice—even exercise."

INDIGESTION, ITS CAUSE AND CURE*

by W. Hubert-Miller, R. S.

Professor of Physical Culture and Naturopathy, Chicago

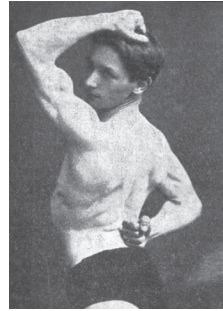
The Naturopath and Herald of Health, V (7), 155-157. (1904)

Intelligent races in all parts of the world look upon the Americans as a nation of dyspeptics, and wonder that in this enlightened age in the most progressive country, where so many marvelous inventions and discoveries are being constantly made, that these people do not know the first principle of caring for their own physical beings. To the foreigner who sees the banquets the American indulges in, with their meat, pastries, liquors and condiments, this gastronomic performance is dumfounding. He knows that if he were to barely taste each one of the dishes of a course dinner, that he would feel as though he were poisoned from the mixture and it would take him several days to return to his normal condition.

But the American, who takes everything as it comes and tries to get enjoyment from it, thinks but little of the causes of certain effects that manifest and cause him indigestion. He realizes in a blind way that something is wrong with his digestive apparatus and hastens to purge himself with mercurial pills and mineral waters of various kind, hoping thus to rid himself completely of his troubles. As soon as he is temporarily relieved and Nature tries to reestablish itself, he fills up once more on the *fat of the land* and quickly falls into a much worse condition than during his previous experience.

He does not stop to think for a minute what is the true cause of his complaint and to find a remedy for the disease. He has been taught that he "must eat to live and live to eat", and any suggestion along the line of a moderate diet—not even broaching vegetarianism—would be received by our friends as absolutely ridiculous. If by an almost superhuman effort we persuade our patient to indulge in dieting for his trouble, he will need constant attention from us.

Watch him at the dinner table and notice how quickly he cleans off his dish, gulping each mouthful down so rapidly that he runs the risk of choking. When things don't go down properly; he takes a large draught of ice-water, coffee or liquor to help his eatables along in their journey through the alimentary canal. Mastication of food is unknown to him,



Professor W. Hubert-Miller, showing his symmetrical development and easy way of posing

*This article belonged to a series entitled, "Physical Culture at Home". —Ed.

and thus he forces a function upon the stomach that should be performed by the teeth and salivary glands. If he but knew that the proper chewing of his food and its mixing with the saliva would relieve the stomach of over one-half of its work, he would discontinue the use of stomach bitters, and eat with less haste, chewing his food finely and concentrating his mind upon the importance of the work before him.



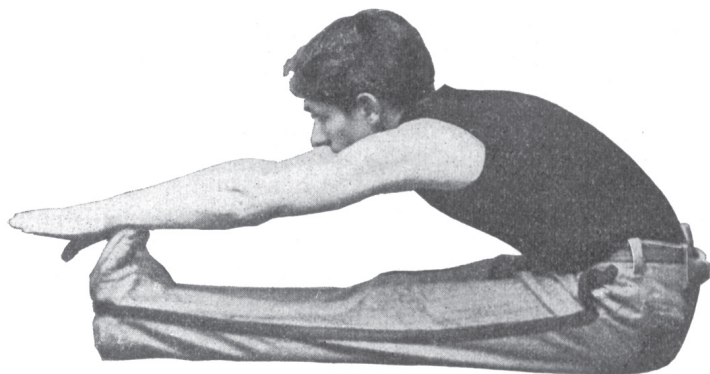
Lie flat on floor. Stretch your body well. Put palms of hands squarely upon the floor. Relax your muscles whenever exhaling and try to keep them relaxed when inhaling. Practice this for a minute or so, watching the relaxation of muscles. When fatigued from overwork, physical or mental, this exercise will prove quite a stimulus to the nerves.

After a short experience of this kind, he would notice a great improvement in his condition and would readily assimilate any new ideas on the subject of diet. When the question of the proper chemical mixing of food is broached to him, he *catches on* very readily. One thing after another will suggest itself to him in such rapid succession that he will unconsciously drift away from meat and other eatables of a heavy nature.

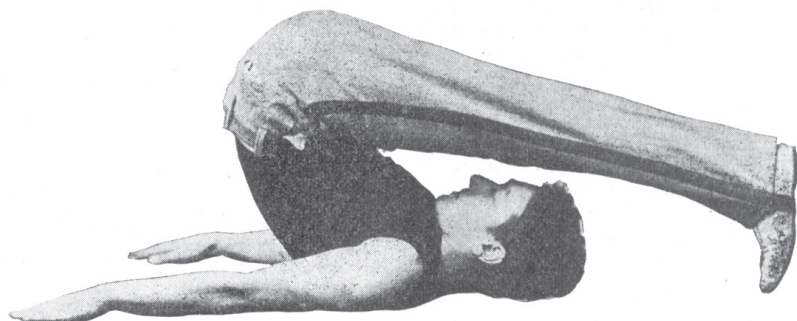
To one who is slowly developing into health and away from the horrors of indigestion and dyspepsia the best thing to eat is fruit. Prunes, especially in their raw and dried state, are very beneficial in remedying stomach troubles. Chew them slowly and allow the saliva to thoroughly mix with them before swallowing. Stewed prunes are also very good, but for a diet of a few days, the raw article is to be preferred. Apples may be eaten as well as other fruits in season. You may then eat celery, asparagus and turnips; and spinach flavored with the juice of a baked lemon, but use no vinegar.

If you wish to bring your stomach to its normal condition, a fast is the best remedy. After several days of the fast, you may break it on a prune or popcorn diet of four to five days. While going through the fast and diet period, you should practice various breathing and physical exercises in order to bring your internal organs into a healthy condition and insure the natural moving of the bowels. If you have taken the breathing exercises as taught by me, you should follow them closely. If not, then the next best thing for you will be to follow out the exercise as illustrated and described in this department. A few months' practice will rejuvenate you. Your aches and pains will vanish, you will no longer impose all sorts of abuse on your stomach; your methods of thought will change and instead of

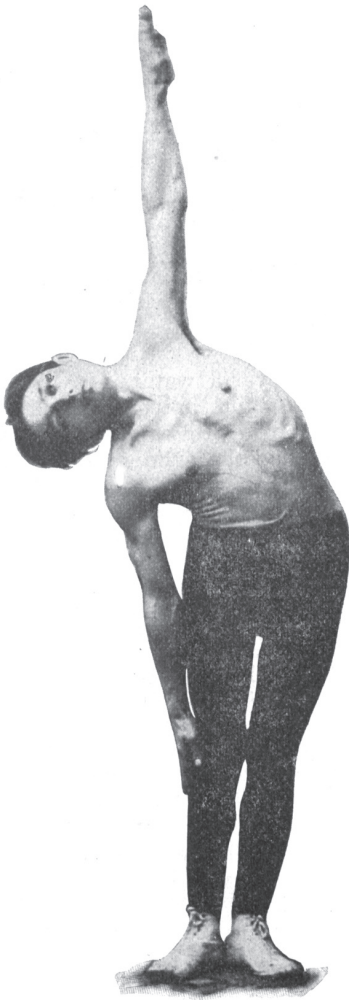
looking upon the world as a *living hell*, your individuality will assert itself so strongly that you will conclude that this is indeed a beautiful world and only waits for you to develop it into a heaven of health, strength and happiness. The exercises following are for dyspepsia and constipation.



Take the position of lying flat on your back. Empty the lungs to their utmost. Inhale fully and slowly—and by doing so lift yourself and bring arms as far forward as possible. Have but little clothing about your hips if any. And after a few attempts you will be able to place the wrists upon the toes. But do not attempt to raise your knees; keep them firmly upon the floor. This exercise will assist your digestion organs and act upon the generative functions. Do from 6 to 9 times at a time.



Lying flat on your back, inhale and lift your legs up and above until you touch the floor as shown but don't bend your knees. Exhale as you bring the legs back to their former position. If you don't succeed right away, practice till you succeed, but don't do this exercise more than 4 to 6 times in a day.



Stand in an erect position. Chest well out, hand resting alongside the body. Now inhale a full deep breath, then raise one arm straight up sidewise till you reverse position as shown—reverse, and use other arm. This is an excellent exercise for women as well as men—it strengthens the abdominal region and the waist line as no other single exercise will.

Intelligent races in all parts of the world look upon the Americans as a nation of dyspeptics, and wonder that in this enlightened age in the most progressive country, where so many marvelous inventions and discoveries are being constantly made, that these people do not know the first principle of caring for their own physical beings.

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HOME GYMNASTICS ON A LADDER

by W. Hubert-Miller, R. S.

The Naturopath and Herald of Health, V (8), 186-188. (1904)

To do Physical Culture exercises at home, some people think they must have a great deal of special apparatus. There are many things about one's home that will answer our purpose. Take a chair, table, broomstick, bed, flat iron, step ladder, books and many other articles, and you have quite a lot of paraphernalia to choose from. So, you see there is no excuse as to limited objects right at hand. First, learn how to run. To do this you do not have to take to the woods. Do it in your own yard, on your porch, or, if need be, in your own room. Stand on one spot and run, kicking your heels on that unspeakable part of your anatomy. Throw your body a trifle forward, with chest well out. Practice daily and practice frequently, changing off with other exercises.

Then learn high kicking. Take a twine or rope, fasten a cork to one end and hang it over a chandelier, the doorway, or any suitable place. Kick that cork and make it a point to raise it higher until you can kick at least a couple of inches above your head. This exercise not only affords recreation and amusement, but it also particularly strengthens the muscles of the hip region and makes the cords and ligaments more flexible.

Thereafter you will find the chair and table exercise in order. First, climb gracefully upon a chair and on the table, and then try to get on either with a jump. Of course, you will have to set your chair so it won't tip over; the table won't. This exercise alone, followed religiously and judiciously, will strengthen the smaller intestines and induce normal action of the alimentary canal.

Now we will get to our ladder exercise which before long will be one of the *fads* and without its step ladder no parlor will be considered complete. Begin to walk up the ladder without touching it. Go step by step, and then take two steps at a time. Now, walk up backward, doing it gracefully, balancing the body evenly upon the toes. It affords delightful pleasure to both young and old.

It should be added to parlor amusements, and the desired effect will never fail. You will be surprised at the limberness of your legs, and the confidence you will have in your sure-footedness when alighting a street-car or climbing mountains. You have no doubt marveled when witnessing an equilibrist perform his or her tricks upon the stage. How do you suppose they ever acquired this elasticity and control of the body? Merely through practice, perseverance, and determination. Next you follow the exercises as in the following illustrations.



Figure 1



Figure 2

Try to walk up the step ladder three steps at a time. To do this exercise will repay you for all your previous troubles and difficulties with exercises. Now do not say you won't be able to do this exercise. No one expects you to do it to start with. You want to follow a systematic regime as given in this lesson and your stiffness will soon be overcome. This exercise will not only benefit your toes and the insteps of your feet, it will particularly improve the condition of your stomach. The higher you step, all the more you have to throw out your chest, and the fuller you will have to breathe. Give your head and hands freedom of motion, and do not tense the muscles of your neck or arms. Let every step and grip you take be certain and firm. Always bear in mind that it is *you* who will have to practice the exercises, if *you* are to be benefited.

After a little while you will be able to take four, five, six steps at a time, so that it will be as easy as shown in the illustration. In this case it will of course depend upon how tall you are. Don't expect anything of the ladder; you are to show results. A piano will not play itself; you have to do the playing, and the execution of music will depend upon the amount of practice put in by yourself.



Figure 3



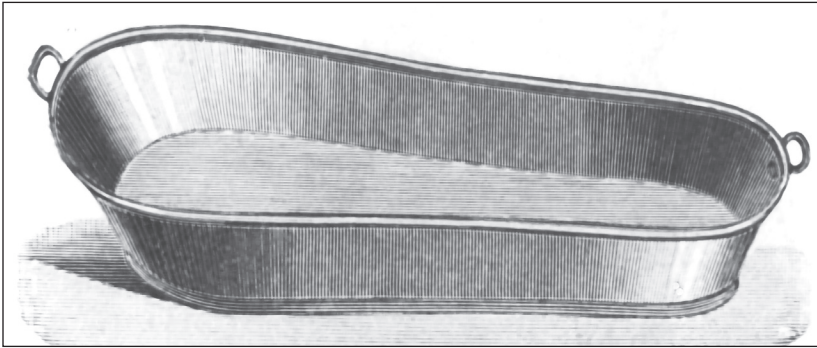
Figure 4

Then there is a nice home exercise one may have with an ordinary kitchen chair. Stand in the middle of the room and swing the chair over your head. Do this at first with both hands swinging to and fro from the right to left and left to right. Then, with the one hand alone and then with the other. Take each one of these chair exercises ten times. Doing this daily you will be surprised by the great improvement of the muscles of your shoulders and upper arms. As a rule, you will feel stiff next day because of overdoing. You want to make just a few movements, but do them often. Increase the number of movements daily. To avoid this feeling of stiffness or soreness in the joints, take the following inexpensive treatment: Stand in your bath tub with about three inches of cold water in it.* Rub your body thoroughly with the cold water, using your hands, sponge or a cloth. Do not remain in tub over ten minutes at the most. In drying the body, use your hands only. Rub, massage and rotate the

*The Natural Bath introduced by Adolf Just was adopted and modified by many Naturpaths who spoke with the highest admiration for his astounding contributions to Naturopathy. —Ed.

skin thoroughly, until smooth, oily. To succeed in that, rub your hands frequently. In cold catarrhs and general debility, these baths will be of inestimable value if taken regularly in a well heated room beginning with a three minute wash and increasing the time by degrees. The results are astonishing and teach us at the same time one of the most wonderful lessons in life, that by pursuing a certain path unwaveringly and persistently keeping at a thing, with our mind well centered, we are bound to win.

I also would advise my readers to read Just's *Return to Nature*, in which that deep student of Nature speaks at large about these baths. Ever since reading that *bible of the body*, I use a Just bath daily, and it is the finest, quickest, and most refreshing I ever tried, and there is to my mind nothing more of value, as to know a *good thing* and use it.



Bath tub for natural baths.

JIU JITSU*

by Prof. W. Hubert-Miller

Naturopathic Physical Culturist, Chicago, Illinois

The Naturopath and Herald of Health, V (12), 306-309. (1904)

Every newspaper and magazine that one gets hold of now brings some great and startling article and well-illustrated ads about Jiu Jitsu.

Everybody marvels and asks, what is Jiu Jitsu?

Is it really possible that a small weakly man, with no muscles and not much strength can get the better of a bully just by knowing how to tackle him, just grab him with two fingers, and throw him down and out? Is it such a deadly system, that they don't want to teach it to everybody—only to people of good character? Must it really be believed that it is an art, or better said, a real science—or is it a lot of humbug, something to get the money from the people by using a foreign strange sounding name to make it appear something out of the ordinary—and many more questions one will ask himself after reading some of those articles, and ads. Well my dear Reader, let us look at it the way it appears to me, and see whether we agree.

If it were possible to do all that is claimed for it by the simple knowledge of Jiu Jitsu, it would be indeed bad for many of us. Just think a secret enemy of yours catches you in the street, and by simply touching you on a secret spot, presses his finger in—and you are no more. No trace of accident, no trace of a wound, nothing to be discovered by post mortem examination, and all the learned men of our age are at a loss. The enemy is free and triumphant because he can disclaim the knowledge of Jiu Jitsu and say he knows nothing of death—even if they had seen him alongside of you—because there would be no proof.

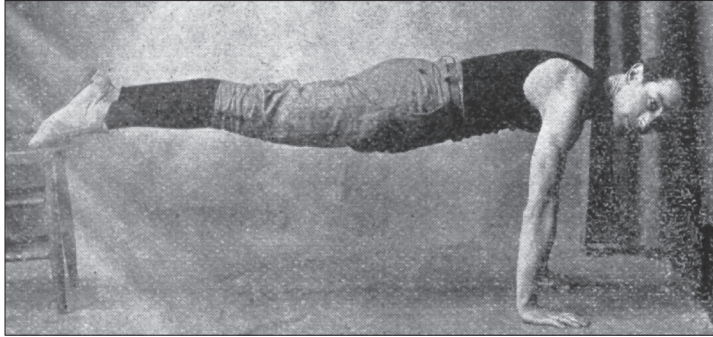
Of course, they might look at his fingers and say that he has Jiu Jitsu fingers, which means that they are hard and stiff—through continued hitting against hard objects—which is an elementary requirement of Jiu Jitsu. But many people have hard and tough fingers and were never blessed with that secret Asiatic knowledge—just think of it—but fortunately, this is not the case.

And as for the rest of the tricks which are taught in those high praised books and lessons of Jiu Jitsu—or Jindon—well, any good catch-as-catch-can wrestler will show you them. They use them daily in their practice and in fact, they were used by the ancient Greeks. To say you throw a fellow with two fingers by using them on the wrist or elbow is very well—but pick out men of your own strength and weight—or even your own

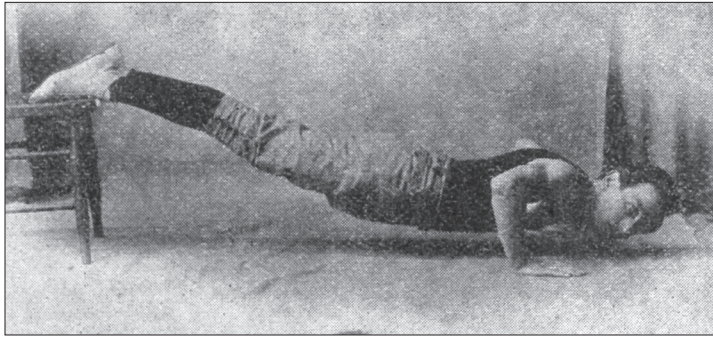
*W. Hubert-Miller began as editor of a regular column for the Lust publications called the "Physical Culture Department" in 1904 until mid-1905. —Ed.

superior, and then you will not be so successful. It works all right with weak young men—oh—yes.

The same if you are an experienced boxer and you put the gloves on with a green one, you will have it all over him—but give this green one a chance to learn and the result will be different.



Put your toes on a chair, and your hands on the floor, have your body perfectly straight.



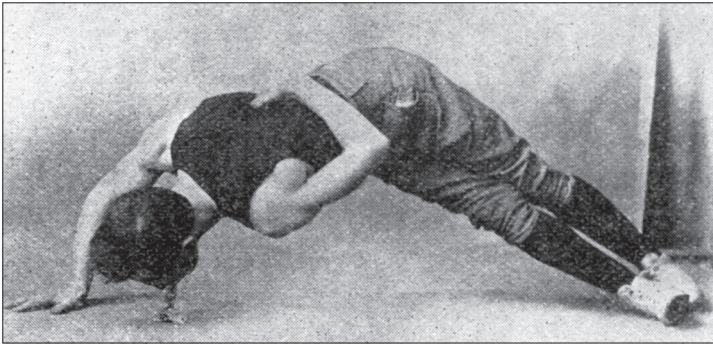
Now bend your arms and bring your body in position as shown in the next illustration. This is a great exercise and if done right with body straight, will benefit the spine as well as the arms.

I defy any man of my weight, to come and put me out of business with two fingers or a single twist of the arm, or by touching me with his fingers on a secret spot of my body—I assure him that I will show him a few tricks—which are not to be found in a Jiu Jitsu book, but which work alright, and they are not super-natural either—only plain common wrestling holds.

But the whole thing is this. We remember a few years ago, when Physical Culture was something new. Some great startling things were

said about it. People believed or rather were made to believe that with Physical Culture they could cure any and everything, make all weak people strong, all the girls pretty, all lean ones fat—all fat ones lean. And the result was thousands of schemers opened so called Schools of Physical Culture with a typewriter, and some cheap imitated literature—they knew nothing of Physical Culture. All they wanted was to get hold of other people's money without working for it.

But those *typewriter Physical Culturists* did not last long—the public [caught on] and they soon quit the game.



This is a great exercise for the arm, and shoulder. Place a piece of paper or handkerchief on floor. Now try to pick it up in the way shown here. At first it is quite hard, but after a little practice, you can pick up a match or coin in the same fashion.



For writer's cramp, piano cramp or nervousness, there is hardly a better exercise than this. Hold arms, legs and body stiff, and walk on your toes and finger tips as shown.

Now, since the Russian-Japanese war is on and the latter have been pretty successful, some inventive minds took it up, and flooded the country with ads and newspaper articles telling big lying tales about Jiu Jitsu. That sounds new to most people. They are looking for suckers and undoubtedly they find quite a few, but as Barnum said: "The people want to be fooled." And be sure, it is done every day.

President Roosevelt took a course from some famous Japanese teacher; all claimed it would reduce his weight and he would be invincible after that. Also, it was claimed and much advertised in newspaper columns that the army and navy would be instructed in the art of Jiu Jitsu because it was so superior to any other system.

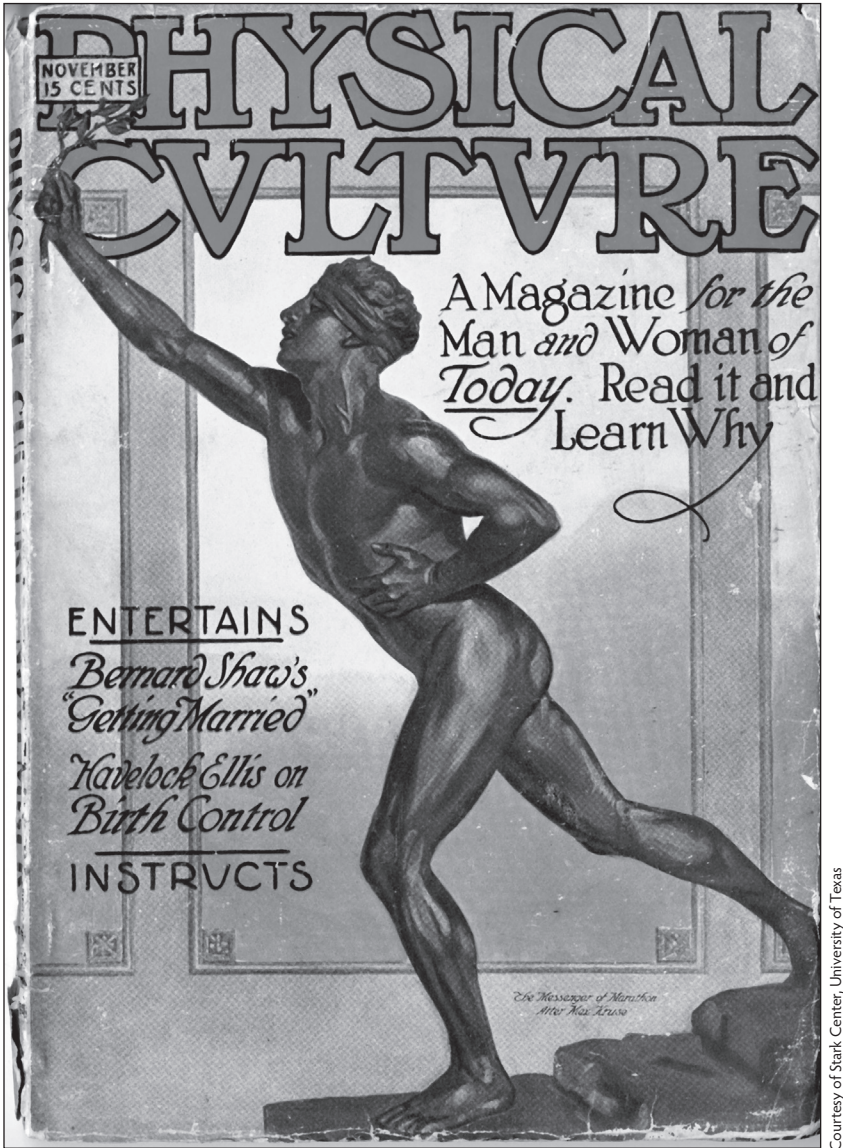
It seems to me, though, that our navy and military instructors at West Point and Annapolis are too wise because they don't think of being fooled.

Even Corbett took some lessons in Jiu Jitsu before he fought Jeffries last, but with all that, Jeffries gave it to him; so we plainly see that the greater part of the whole claims are false.

I would like to invite a good exponent of Jiu Jitsu to come to Chicago and try to stop some of our hold-up men with two fingers when they have the drop on him. I don't think he would live long enough to tell the tale. They claim they are not afraid of the gun, but they will have to show me.

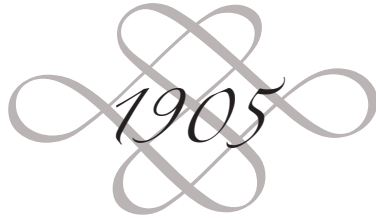
But nevertheless, the chief thing about Jiu Jitsu is the same as in wrestling and in most other strenuous exercises. It depends on strong arms and fingers. I give a few illustrations to gain those, but take my hint and hold Jiu Jitsu only for that which it is worth.

We remember a few years ago, when Physical Culture was something new. Some great startling things were said about it. People believed or rather were made to believe that with Physical Culture they could cure any and everything, make all weak people strong, all the girls pretty, all lean ones fat—all fat ones lean.



Courtesy of Stark Center, University of Texas

Physical Culture magazine, November, 1915 issue.



THE CIRCULATION

E. H. MATHEWSON, M.D.



FLEXIBILITY OF THE BODY

W. HUBERT-MILLER

Fencing,
Wrestling,
Boxing,
Bag Punching
Scientific
Breathing,
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Massage.
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Naturopathic Physical Culturist,

Physical Culture Editor of "NATUROPATH," New York, U. S. A. Physical Culture
Editor of "HUMANE CULTURE," Chicago, Ills. And Contributor to "KRAFT UND
SCHOENHEIT," of Berlin.

Hubertmiller's School of Regeneration and Private Sanitarium,
2027 INDIANA AVENUE,

Telephone 1374 Brown.

CHICAGO, ILL.

W. Hubert-Miller, a Naturopath and Physical Culturist, established a Naturopathic Sanitarium using physical exercise as a major therapy.

THE CIRCULATION *

by E. H. Mathewson, M.D.

The Naturopath and Herald of Health, VI (2), 37-38. (1905)

Activity is a characteristic of all living things. It is a sign of life. The body as a whole, if inactive, soon becomes weak and serious illness develops. A single organ remaining inactive becomes diseased and affects the health and vigor of other organs. The health of the body depends on the vigor or activity of all its organs.

The flow of blood through the body is one of its most important functions and one that cannot be impaired without immediate and grave results. A good circulation denotes health; the opposite, disease. Every diseased condition affects the circulation and a poor circulation results in general disease.

The heart is the central organ which carries on the work of circulating the blood, forcing it through all the organs of the body. The heart contracts forcibly on an average of seventy times a minute, a contraction also taking place in the larger blood vessels at the same time. Certain nerve cells keep the heart beating, while nerves from the brain regulate its beat as the needs of the body demand. Fright, excitement, joy, exercise, exhaustion, hemorrhage, etc., affect the heart either favorably or unfavorably through these nerves.

One of these important nerves also goes to the lungs and digestive system. Disturbances in respiration or digestion result quickly in disturbance of the heart beats and in the quality of the blood. Tobacco first irritates one of these nerves and afterwards paralyzes it, causing then a rapid, irregular heartbeat, known as the tobacco heart.

A vigorous, healthy heart, free from all irregularities and hindrances is an essential to a good circulation as the bulk of the force which keeps the blood flowing must originate here.

The walls of the veins, capillaries, and lymphatics are flabby and collapse on slight pressure. They do not get the direct force of the heart pump and for this reason valves are placed such that the pressure of the moving muscles may aid the blood in its return to the heart and prevent such motion hindering the flow.

Vigorous muscular work without exhaustion is a powerful aid in forcing the blood through the muscles and the increased force of the blood flow produces vigor of life and feeling. Without muscular exercise, the muscles become pale, the heart weak, the flow of blood slow, and the strength lessened.

Every contraction of a muscle forces the blood out of it and also sends a larger volume onward toward the heart. The more general and vigor-

**Pacific Health Journal*

New School of Physical Culture.



SHOWING:

How to Build Muscle,.....by James J. Corbett.

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ous the muscular activity, the stronger the current of blood. The heart is relieved of overwork and every part is better nourished.

The brain not being supplied with muscles to force the blood out of itself depends on the heart and muscles for the force of the blood current, which brings it nourishment and removes the wastes which result from mental work. A weak circulation from a poor heart condition or deficient exercise makes continued vigorous mental work impossible. A student who attempts to do good mental work without a proper amount of outdoor exercise soon finds he has made a failure of his study and lost his health.

The mind is best developed as a whole by the full exercise of the entire body, for all parts of the body are connected with the brain and a development of one develops the other. So the student who confines himself to study only develops a portion of the brain.

Respiration or breathing is also a valuable aid to the circulation. The air is thrown into the lungs as a result of a vacuum produced by the enlargement of the chest. The same influence has a marked effect on the blood flow, drawing toward the heart the blood in the large veins. Then, too, the vigor of the muscles and heart is largely derived from the oxygen contained in the blood and this will be present in proportion as the breathing is full and continuous.

The condition of the mind has also a marked effect on the circulation. A depressed mind means a depressed circulation sooner or later. The condition of the mind not only affects the heart, as already mentioned, but affects the size of the blood vessels.

The temperature of the surroundings and the character and amount of clothing, especially of the limbs, have an important bearing also upon this function. In order that one may have a vigorous, active circulation, the air should have a temperature ranging from 65° to 72° F /18° to 22° C. A [higher] temperature above this weakens the blood flow as well as general activity of muscles and mind.

The limbs should be warmly clad, more so than the trunk and the feet kept warm. Cold limbs or feet surely destroy the equilibrium of the circulation and congest the trunk and the internal organs. The clothing, in order to keep the parts warm, should absorb the perspiration and prevent chilling.

Frequent bathing of the entire body keeps the immense number of blood vessels in an active, healthy condition and prevents the chilling of the skin.

And, in concluding, I trust every reader will remember that a poor circulation will result from inactivity of any organ of the body and that an inactive circulation produces an activity of disease of all organs.

The health of the body depends on the vigor or activity of all its organs.

Every diseased condition affects the circulation and a poor circulation results in general disease.

A weak circulation from a poor heart condition or deficient exercise makes continued vigorous mental work impossible. A student who attempts to do good mental work without a proper amount of outdoor exercise soon finds he has made a failure of his study and lost his health.

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Cold limbs or feet surely destroy the equilibrium of the circulation and congest the trunk and the internal organs.

FLEXIBILITY OF THE BODY

by W. Hubert-Miller, Naturopathic Physical Culturist

The Naturopath and Herald of Health, VI (5), 124-127. (1905)

Paul Spadoni, whose athletic feats were legendary, was lauded for his model physique.

Flexibility of the body is something most Physical Culturists and athletes fail to pay enough attention to. They do not give due regard to the smoothness of motions of the joints. That is one reason why we find so many stiff and muscle-bound athletes because they only try to acquire large muscles and brute strength, and not symmetry, gracefulness and flexibility. The most neglected parts of them are the lower spine and legs. It is simply astonishing to see how stiff some of those strong men are in regard to their lower body. I wish it understood that I do not think that everybody who claims to be a Physical Culturist must be a *contortionist* so much so that he can double up in a barrel or tie himself into a knot. No, that is going to extremes, and is rather one-sided. A contortionist is slim and not developed like a man should be, and is consequently a freak. But, I insist that everybody should have command of

all the muscles and limbs and also of the whole spinal column, not only part of them. I also think it should be our aim to be strong, well developed, symmetrical and flexible, rather than just strong, *over strong*, in one part of the body only. Some say a flexible man cannot be strong and vice-versa. Oh yes they can; I know I can do myself in those directions, and I am by no means alone in this field.

Others have proven the same. For instance, the finest Physical Culturist on the stage today is Paul Spadoni, in my estimation. He is a fine specimen of all-around development and graceful symmetry. The easy way he juggles three cannon balls, which requires great strength and good judgment, especially, when he lets all three drop at once, from a fork 6 feet over his head and catches two in his arms and one in the pit of his neck, which is a most wonderful piece of work. Each ball weighs 25 pounds. Now that would only show strength. Note the easy way he jumps over a table and throws a coin with his foot into his eye, handles a paper ball just

as gracefully as an iron one, and when he lifts his assistant with chair and table, carries him around with his teeth and at the same time juggles with three light objects. There you can see a combination of strength in his arms to lift, in his teeth and neck to carry weight, and his fingers trained to work, even if his eyes cannot watch them. This is what I call training and command of all muscles. Yet, you can see no overdeveloped muscle on his body. Every limb is smooth as can be. He surely has the right to advertise as the only one, with the two extremes. I know of no other man who would work with light and heavy objects with such force and quickness, with strength and cleverness, the way he can. Therefore, I feel at liberty to say, that rheumatism is mostly caused by inactivity of the joints.

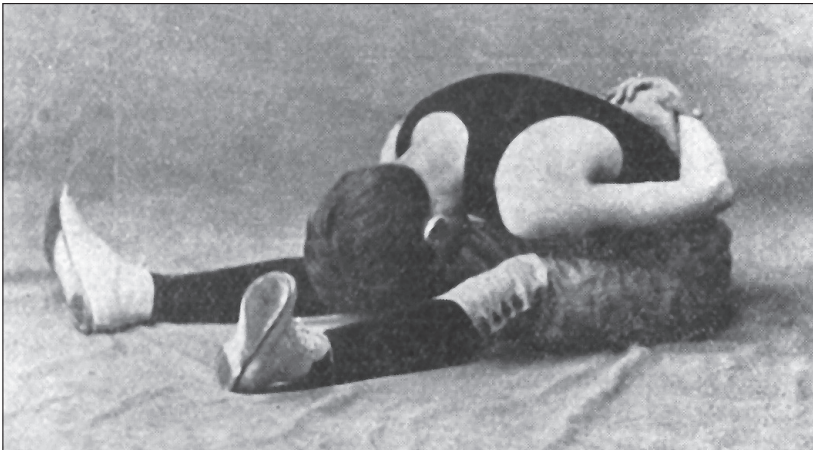
Rheumatism is nothing more than an accumulation of uric acid. I firmly believe that if people would go to work and exercise their legs and lower body more, there would be less rheumatism in those parts. People rarely have it in their arms for the reason that their arms are used in different directions and motions. Whereas, the legs of the average person are only used in one direction, that of ordinary walking. They will not climb a stairway unless compelled to do so, for fear they may have to use another set of muscles for that purpose, which is really the cause of rheumatism in those joints that are only partly used. Let it be understood by my readers that the principle cause of rheumatism starts in the stomach by overeating indigestible and very often by excessive use of stimulants and liquors in particular.

I do not attribute rheumatism so much to dampness as most people do or want us to believe. In that case the sailors on sailing vessels would not be able to walk, for they have wet feet and clothing every day in the year. But their being *in fresh healthy air and sunlight* the greater part of their lives, and because of the minimized use of liquor on board ship—the plain wholesome diet and daily exercise—they consequently do not know what rheumatism is and seldom have it. We generally find the most rheumatism amongst high livers, alcohol drinkers and amongst people who abuse Nature in various forms, either through ignorance or otherwise. For instance, people who are in the habit when they get wet feet will drink lots of whiskey to keep the rheumatism away, not knowing that they are inviting it strongly. For even our best doctors, who rarely tell us the truth, acknowledge that liquor and meat are the arch enemies of rheumatism. And what do doctors of all denominations give as a remedy? First, they want you to stop eating and drinking liquor of any kind, and then they rub the afflicted joint with liniment or put on water compress and stimulate the action of the joints by exercises. Rheumatism is the only sickness where doctors and healers run toward the same goal, naturally trying to bring the blood in good circulation in the afflicted joints. By heat and through diet, they try to bring the blood in its normal state of purity. A

person with pure, clean blood cannot have rheumatism or other sickness. And pure blood and good health can only be gotten by right normal living, with due regards to Sun, Light, Air, Water, and Exercise. The greatest and best prescription of the all wise doctor: *Nature*.



This is a very good exercise for the knees and if you succeed in doing it after a little practice, you may be sure, that you are not classed amongst the stiff ones in the lower joints. First, sit on your knees, fold your arms behind your back—now bend backwards, until you acquire position shown, then get up again and do this 4 to 6 times. The best exercise ever given to the public.



To find out how limber you are in the lower spine, sit on the floor, arms folded on your back; legs about 6 to 8 inches apart; then touch the floor with your head, or pick up some object with your mouth.



For a hip exercise, there is no better one than to place your legs behind your head, first one, and then the other alternately, and if very limber both. An excellent exercise.



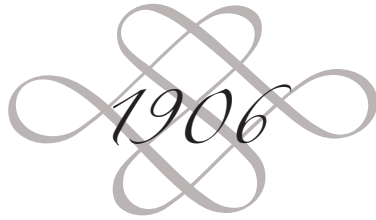
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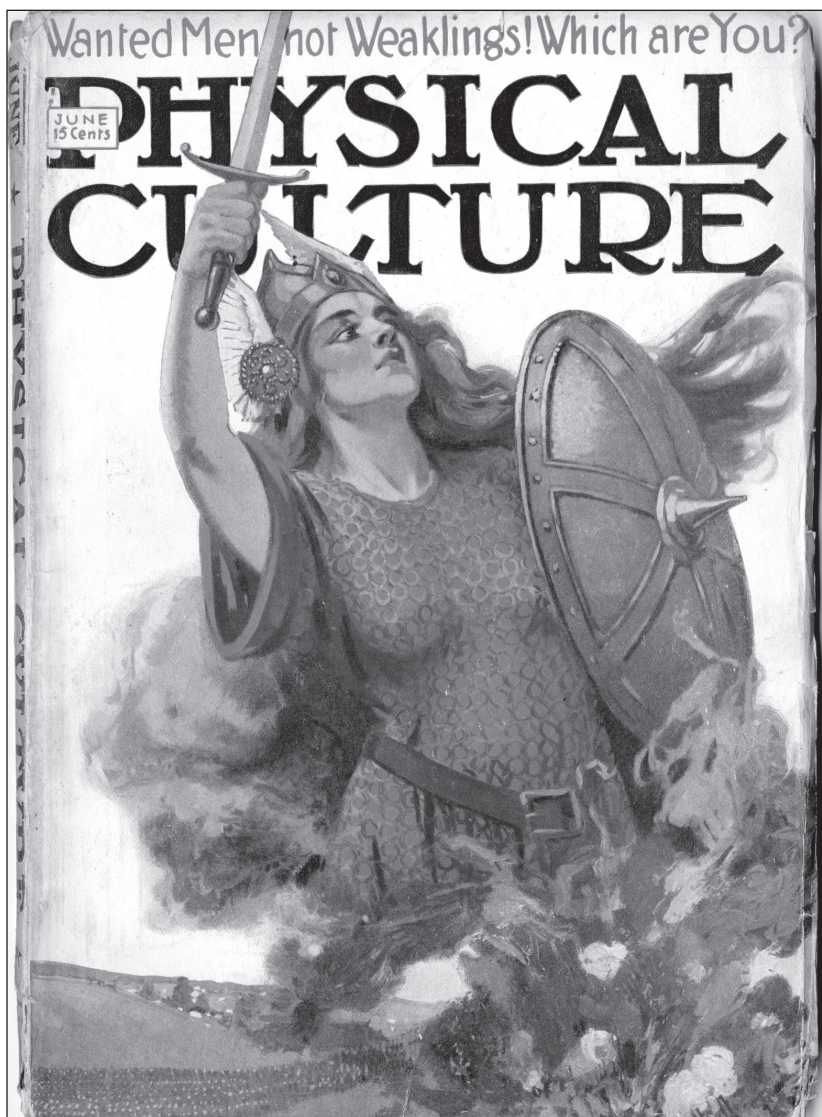
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PHYSICAL EDUCATION IN ITS BEARING ON LIFE
GRACE ETHEL KINGSBURY

WHO DOES NOT ENJOY A GOOD STRETCH?
J. LAMBERT DISNEY, N.D.



Physical Culture magazine, January, 1917, volume 37, (1).

PHYSICAL EDUCATION IN ITS BEARING ON LIFE

by Grace Ethel Kingsbury, New York City

The Naturopath and Herald of Health, VII (3), 100-103. (1906)

Without doubt every Physical Director formulates his own definition of physical education, even as he does his own individual method of arranging and presenting the work of whatever system he represents in his teaching. To the writer, physical education is a dream of physical training which has as its object harmony of mind and body. This system is founded upon a physiological basis, the governing principle of which is, "In conjunction with certain physical qualities cultivated through various forms of bodily activity, there are developed corresponding qualities of the mind." As an indication of the aim of physical education to meet the requirements and conditions everywhere existent, we may make the four following classifications according to the ends kept most prominently in view: hygiene, educative [education], remedial and recreative [recreation]. My subject will be presented under [subtitles] corresponding more or less to the classifications already indicated.

HYGIENIC OR PRACTICAL ADVANTAGES

For the general run of humanity the primary object of physical training is health. This is due to the recognition of the fact that the happiest equipment for life's duties and requirements lies in the possession of a sane mind and a healthy body.

We know that the body is the medium by means of which all work is accomplished. We know also that the mind is the directing force of this medium. Given then, a sane mind, a man's capital may be said to be his health, for it represents his power as a working factor and as a power to accomplish. We often condemn applicants as inefficient by saying, "It's a physical impossibility; he has not the strength to meet the requirements, his health is too uncertain."

The practical benefits derived from physical training in the way of health, strength and development show themselves to be elements of business success in that they give the individual:

- 1) the power of self-defense,
- 2) fitness for responsibility,
- 4) the power of adaptability, and
- 4) ability to create a favorable impression.

Through exercise and training a condition of strength and skill is required which may be of actual and immediate service in defending one's self and interests. The degree of success attained by an individual may

often be indicated by the amount of responsibility with which that individual is entrusted. Especially vital, then, is the assurance of one man's health and strength when the safety of many people depends on his well-being and ability to fill his position satisfactorily. One who can depend on himself may be depended upon by others. Through games and personal contest, special training is given the fundamental faculties of sense, which by coordination or skilled training may in turn open up a greater scope of activity to the individual. First impressions count for much and the ability to create a favorable impression is of worth to everyone. Muscular development and poise create an impression of manliness, strength and individuality which may stand one in good stead as a business value.

Universal recognition of the physical as well as other values of physical training is offered. First, by the place given physical education in schools and colleges which aim to fit their students for life work. Second, by the requirements regarding health, physical measurements, etc., by corporations, cities and nations—corporations in choosing engineers, brakemen, motormen, etc.; school boards in requiring teachers to pass certain physical examinations; cities in selecting policemen, firemen, etc.; and nations in their army and navy requirements.

THE VALUE OF PHYSICAL TRAINING FROM A MENTAL STANDPOINT: EDUCATION

Dr. Sargent says: "Cultivating physical perfection of the body and mental perfection will follow as a matter of course; neglect the physical and strive to force the mental and the failure of both will certainly follow." The relation of physical to mental life and the bearing of physical exercises on mental development may be explained somewhat by the following: the mental life is awakened through the bodily agency and primarily gets its material with which to work by means of the bodily members and faculties. This material consists of images, ideas and sensations gained principally through the sense organs, i. e., organic sympathy. This marks the beginning of the mental activity; for continuance, it is necessary that the mind use the material and make it its own through realizations in actual expression.

Thus the body is a most essential and cooperative ally in developing mind activity and only through the healthiest and most sincere aid of the former can the latter perform its duties and exercise its functions to fulfill the general scheme of life.

This interaction is exemplified in coordination, in the unification or harmonizing of the sensory and motor images. The degree of coordination, then, may serve as an index to the ability and condition of the mental and physical selves in that it makes evident the relations existing

between the two. When we exercise a muscle, the intent is to develop and strengthen it and the purpose is to train, by this movement, the corresponding cerebral center and thus act upon physical activities. Generally speaking, the educational value of physical training lies in those exercises calling for greater degrees of coordination, or as we usually term it in the gymnasium, form, style, and finish of the work.

In developing the power of coordination, the larger groups of muscles are first brought under control and then gradually the smaller and smaller groups, until, as the establishment of separate centers is made, still finer movements become possible. On this principle the exercises for children should begin with the action of the larger group of muscles as requiring less mental power and concentration, for to be of benefit to the child, physically and mentally, he should not be overtaxed in either regard. For this reason, free exercises, wands or dumb-bells should consist of simple, two count movements until through repetition and experience of the same, the child is ready to go a step farther and perform combinations of exercises already familiar through execution.

Among the simpler qualities that go to make up this state of coordination, we have, first, that of imitation. In taking a class of children for the first time and in fact for many times following, the child is apt to perform the class work through imitation solely—he raises his arm sideward or claps his hands together as he sees the teacher or someone else do the same. This attitude of imitation marks the beginning of the training of the child's attention. Initiation and interest on the part of the child are probably more naturally aroused through games or some kind of play, for then the great characteristic of infancy and early childhood i.e. spontaneity, has a chance to assert itself. To bring this spontaneity under control and into harmony with the environment of the child is the great aim of physical training, not only as a means of conserving the energy of the child, but also in developing and retaining his individuality and originality of thought and action. Through selected games and exercises, the nervous idea may be trained and built up and a systematic education of the organs of sense—eye, ear and muscular sense—may be given the child. The spontaneous activity of these organs determines their evolution, it is true, but a systematic training is indispensable to make them acquire all their physical value.

THE UTILITY OF PHYSICAL TRAINING AS A CORRECTIVE AGENT: REMEDIAL

The principle governing the employment of physical exercise as a corrective agency is set forth in the following. The brain is the storage house, electric battery as it were, of all the impulses, physical, mental and moral.

Therefore that these impulses may be rational and moral, they must proceed from a healthy brain, which in turn calls for the support of a healthy condition of the body. Special exercises and developing appliances are most useful as preventive as well as corrective agencies where physical defects and asymmetries are amenable to mechanical correction. Warner concludes his book, *The Study of Children*, with these words:

It may be inferred that physical training tends to improve the brain condition of children, preventing or removing disorderliness in motor and mental action and promotes healthy activity in both conditions; this applies not only to children perfectly well made in body, but also to those in some slight degrees below normal.

To children especially should systematic physical training be given so that their growth may be as even as possible, that the hygienic conditions shall be such to insure proper nutrition and development, and that opportunity may be given them to exercise that a characteristic and attractive quality of childhood—spontaneity. Under the educative head of the mental development made possible through games, now comes the bearing on the moral qualities acquired at the same time. In playing games, children exercise not only their bodies and wits, thus acquiring alertness of body and mind, but also learn to act with fairness and compete with the proper spirit of friendly rivalry in a common occupation. During play, character asserts itself more freely and fully and is more easily and deeply affected than at any other time, and since the whole waking life of the child in early years is devoted to play, this being the formative period of the child's character, and in fact the beginning of his education, therefore it is the time calling for most sedulous care.

Through athletic games and sports the *athletic spirit* is developed which has come to mean so much to the schools as well as members of the athletic teams, in case of both men and women. This *athletic spirit* is an ideal of athletic honor, so to speak. It is an attitude of loyalty and fair mindedness, cultivated through participation in sports and games. This is the spirit, which, based on the common bond of interest in athletics, holds the teams together through thick and thin, victory or defeat, and maintains team organization through loyalty to its members. The *athletic spirit* is characterized by an intense desire to prove loyalty to one's school and team by winning honors for the same on the athletic field, and winning fairly; but if defeated, ready and sincere in tendering congratulations to the victorious party. This is truly approaching an ideal of honor and should have credit as such.

THE BEAUTY OF PHYSICAL TRAINING FROM AN AESTHETIC STANDPOINT: RECREATION

The ideal of physical education has already been expressed as that of harmony—harmony of mind and body, not only with each other but also their environment. Physically, we strive for harmony of outline, symmetry, proportion; the desire for the achievement of that ideal is in us as a part of our nature, if manifested only by the consciousness of our awkwardness and limitations along certain lines. Mental harmony we have exemplified in the clear brain and sound faculties of the individual. In the Greek education, the system consisted of two branches, gymnastics for the body and music for the soul, the object being to harmonize soul and body as typified by the excellence of each and illustrated by dancing, as combining the graces of body and soul. In modern times dancing is often condemned without hearing by those who seem unable to appreciate the fact that physical training is not an end in itself but a means to an end, a means of expression of one's appreciation and enjoyment of the life that has been given us as a gift, and not imposed upon us as a stern and relentless duty. One often hears "Be good and you will be happy." I sometimes believe that, "Be healthy and you will be happy and good," would be advice of truer worth. Dancing as a coordinative value has no equal in this branch of physical education. "Dancing is not only a series of mere mechanical movements," we are told by Professor Gilbert, "it is more than that; it is the outward expression of the inward emotion. The arts are linked together in one and the same chain—poetry, music, painting and dancing—and the enjoyment we derive from each inspires us with gratitude and homage."

In physical training probably the most universal features of attraction are furnished by the so-called *recreative sports*. This is due to the setting of the work, the freedom of the open, the charm of coming in contact with Nature at all points. Each sport has its own particular points of beauty and technique, which wins for it enthusiasts and followers the world over. These sports may be said to be an expression of the *joy of living*. Let us take canoeing on the river, for example, the rhythmic flow of the water, the smooth gliding of the canoe, the beautiful and graceful lines of the canoe itself, which seems in harmony with its surroundings, the sunshine and the blue sky—and the comradeship of a friend—are these not of aesthetic value? Can you not see the beauty and joy of Nature reflected all around you? And again in tennis, where the setting is that of the green grass beneath the feet and the sunshine and blue sky overhead, the trim appearance of the players, clad in their white tennis costumes, the grace of their movements in returning the ball, the poise, quickness of action, the utter forgetfulness of self through interest in the game, the beautiful way in which a turn of the wrist is made in a backhand stroke—does not this

appeal to one and bring realization of what a beautiful thing the human body may become, and how, through perfection, it may harmonize with Nature?

And so it is in every athletic sport. The mind forgets its petty cares of everyday life, and the soul finds itself through appreciation of life in the most natural way possible, by means of bodily expression in harmony with its environment.

We know that the body is the medium by means of which all work is accomplished.

Thus the body is a most essential and cooperative ally in developing mind activity and only through the healthiest and most sincere aid of the former can the latter perform its duties and exercise its functions to fulfill the general scheme of life.

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WHO DOES NOT ENJOY A GOOD STRETCH?*

by J. Lambert Disney, N.D.

Professor of Anatomy, Physiology, Dietetics and Hygiene, Bernarr Macfadden Institute; Consulting Health Director, Williams Health Home
The Naturopath and Herald of Health, VII (6), 249-250. (1906)

Stretching forms the basis of my editorial this month. It constitutes a form of exercise in which even the most lethargic can find actual pleasure. Just as it must have been the only real means of exercise provided for Adam and Eve before the sentence was pronounced, "By the sweat of thy brow," so it is still Nature's own way of balancing things and making up in a measure for the deficiencies of movement necessary from a health standpoint, throughout all the animal world, low and high alike. Who has not, time and time again, seen the family cat stretch herself, or the dog?

Stretching produces beneficial results entirely disproportionate to the amount of energy expended and the time devoted to it. In a good stretch every muscle of the body can be used. Among my acquaintances are men and women who, though indulging in no other form of exercise month after month, continually remain to all appearances healthy.

Now that the *dog-days* are almost upon us, many will be inclined to dispense, for the time at least, with whatever they may have been doing in the way of strenuous movement of any kind, and it therefore seems to me opportune at this time to give expression to a few ideas on this particular phase of the subject of muscular activity.

Stretching can be done in many ways. The oftener one tries it, the greater will be the variety of positions and movements that suggest themselves; but like everything else, there is a right and a wrong way of doing it. That is, if we have in view the object of obtaining from it the most possible benefit. One can stretch in every conceivable way; but the main thing to bear in mind from an economical standpoint, in regards to time, is that only those positions should be used that will include in their action the largest possible number of muscles each time. In the present, and prob-



J. Lambert Disney was a graduate of Benedict Lust's Naturopathic College.

*Appeared in the column, "Physical Culture Department". —Ed.

ably in one or two following issues, I shall indicate a few movements, by way of suggestion, particularly adapted to the needs of busy people.

Stretching may be indulged in with much advantage at any time of the day and night, and like any other form of exercise, the oftener the better, within reasonable limits. The most satisfactory time to most people, will be on arising and on retiring, and it will surprise those who have hitherto given no attention to the matter to find how much benefit can be derived from even practicing stretching at these times alone. In addition to the floor movements I illustrate in this article, it will be well to stretch before getting out of bed in the morning and immediately on returning there at night. For bed movements, one good position is (after first removing all pillows, etc., and making the whole surface of the bed as flat as possible), with hands clasped behind neck, to stretch every muscle of the limbs and body from head to foot which can be [done] first lying on the back and then turning over and going through same performance lying on the abdomen.

Next, clasp hands behind back with arms straight lying on the side and stretch every muscle in the same way, turning from one side to the other.

After the foregoing remarks, the two movements illustrated herein will not require much explanation on my part.



Figure 1

Figure 1 consists, as will be seen, in first clasping hands behind back, then keeping them clasped, turn palms backward and so place the arm, chest and shoulder muscles in the best position for stretching. Then, with one leg out at back perfectly straight, trunk inclined forward, to fullest extent, head erect so as to stretch neck muscles, and chest protruded forward on opposite side to extended leg, stretch neck muscles; and chest protruded, muscles from chin to toe of extended foot. Then reverse movement, i.e., with other leg extended.



Figure 2

The second movement illustrated is even simpler than Exercise 1. As will be seen, it simply consists in first standing erect with arms at sides and legs close together. Then bend forward, passing arms outside legs at each side, and project them backwards, stretching all the back muscles from heel upward. The knees, as shown, are kept straight.

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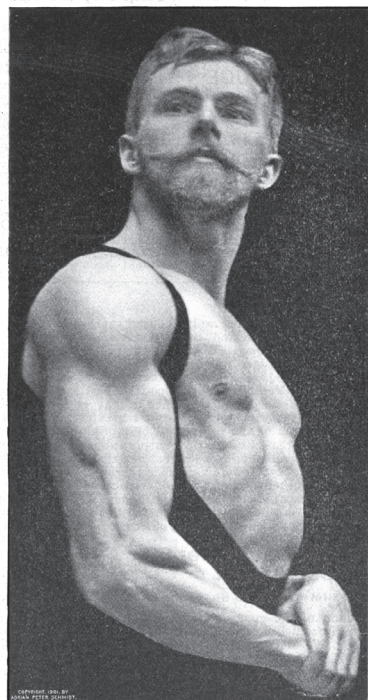
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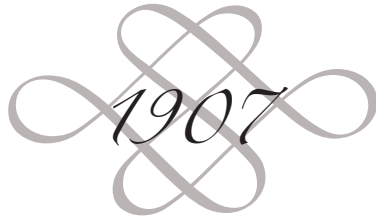
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THE NERVOUS SYSTEM AND PHYSICAL EXERCISE

by **Benedict Lust, N.D.**

The Naturopath and Herald of Health, VIII (4), 98-100. (1907)

Our age is called the age of neurasthenia, or the age of nervousness. All classes of society are affected by it. Even the babies in their cradles show evidences of this disease. The causes of nervous conditions are as countless as the remedies that are prescribed for them. The only rational remedy to my mind is exercise. In order that the reader may fully realize the effect of exercise on the nervous system, I will attempt to explain its influence on the nerves.

There is a great difference in physical development between the working men of various trades and people who, for unknown reasons, do not take any exercise at all. Let us take the farmer as an illustration. Though he may not be entirely exempt from disease, yet he is seldom nervous. But it is an altogether different thing with people who, because of their profession, have not sufficient exercise.

They are very irritable and exceedingly sensitive to all kinds of impressions. Noises or unexpected impressions of light, scarcely noticed by healthy people, are most disagreeable to them; besides, they suffer headache, spinal neuralgia, palpitations of the heart, depression, melancholia and ill-humor.

How do we understand that lack of exercise causes nervousness? Physiology teaches us that each organ that does not act will degenerate and finally disappear. This same phenomenon is also noticed in the case of the nerves. An inactive nerve relaxes, passes into fatty degeneration and finally loses all its sensitiveness. This statement is corroborated when an amputation of a limb occurs. If the sensory nerves are cut through their irritability vanishes because the connection with the peripheral end-organs is wanting.

In order to move any limb, say the arm, we need the nerves. Suppose the arm is to be bent; then an impulse of will originates in the brain and is transmitted by the motor nerve to the muscles in order to perform the act. The arm moves. This action of the muscles by means of nerve irritation is felt in the brain. At each movement the peripheral nerves as well as the brain are put in action. Besides, we know that by physical exercise the circulation of the blood will be increased, mainly by the action of the nerves, as well as new material added to replace the old.

These statements prove that from a physiological point of view, appropriate physical exercises are of beneficial influence on the nervous system.

From a theoretical point of view, gymnastics must contribute to improve upon a diseased and weak nervous system and must prevent nervous disturbances such as: over-excitement, insensibility, nervous pain,

cramps, St. Vitus dance, etc. This theory has been corroborated a thousand times in practice.

In close connection with the nervous system stands all that which is spiritual in man. The mental qualities stand in close connection with the body. "Mind is fettered to matter, but likewise matter cannot exist without mind." Thus it is evident that body and mind are not two separate, but two different parts of one being. Any impression felt by one part will also affect the other part. The bodily weal and woe will also influence the mind, while the spiritual weal and woe will influence the body. It is an old experience that brains, for lack of well-nourished blood, lose their working power. Anaemic people or those suffering of chlorosis can produce little if any brain-work. On the other hand, brain-work is the more progressive, the better the blood is able to circulate in the brain.

We learn that a healthy, normal circulation of blood is necessary for mental activity. And we know that exercise furthers and assists the formation and circulation of blood.

By physical exercise the soul, too, is blessed. He who takes physical exercise will become aware of its beneficial influence. Cares and worry take wings, ill-humor vanishes, impure impulses are deadened and the heart becomes purer. We notice, especially in college boys and athletes, that self-reliance, courage, determination and sense of order are developed by this means.

If inactivity of the nerves causes disease, this may also be brought on by continued irritation. All brain-work has to be followed by rest. If no rest is taken, the nervous system will be either weakened or irritated.

These physiological explanations prove sufficiently that physical exercise is essential for the healthy condition of the nervous system.

At the present day many people, owing to the character of their profession, are obliged to work all day without taking necessary physical exercise. In olden times this was not possible, "Whenever men lived under natural conditions," says Jaeger, "the struggle for mere existence demanded as much exercise and effort as man needed for the preservation of a healthy constitution." By progressive civilization we have become alienated from the natural conditions and have been obliged to adapt our bodies to changed circumstances of life. If, then, our profession keeps us indoors, we must by all means take some outdoor exercise. "How may this be done?" many will ask. "I have to work in the office all day; then I take my supper and very little time is left for exercise or recreation."

These objections do not amount to anything; many things apparently impossible may be made possible; wherever there is a will, there is a way. Exercise, even if not much, can be had by a brisk walk at noon-hour, which is much better than taking a nap; it strengthens the nervous system and stimulates the whole body for the afternoon work. Besides, any one is able to join an athletic association where one can, twice a week at least, take physical exercise sufficient to meet the needs of the body.

Body and mind have to be developed harmoniously. Development of one part only is done at the expense of the other parts. Physical and brain-work must be equalized always by sufficient rest. Mental and physical over-exertion brings on nervousness.

The [conclusion] of all this may be condensed into the following rules:

- 1) Work of whatever kind should always be in right proportion.
- 2) It should be done always at the right time and with the right spirit; that is, with a sense of love for the work in hand.
- 3) Work must be alternated by rest. Our minds are so organized that recreation is preferable to rest.

Physical exercise does not alone prevent nervousness, but is also an excellent curative factor in disease. But in this case the exercise should be performed intelligently. Nobody should practice them without instructions from an expert. They must by all means be adapted to the individual case, or they will do more harm than good. Nervous people, who as a rule are also anaemic, have to be treated with special care owing to their general weak condition, which does not allow much reaction. A wrong application of exercise may be compared to a strong blast of wind which will extinguish a low fire, while a soft breeze will kindle it to a lively flame.

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FLESH EATING ATHLETES BEATEN IN ENDURANCE TESTS BY VEGETARIANS *

by Benedict Lust, N.D.

The Naturopath and Herald of Health, VIII (6), 189. (1907)

Prof. Irving Fisher of Yale believes that he has shown definitely the inferiority in strength and endurance tests of meat eaters to those who do not eat meat. For more than a year, says the *New York Times*, Prof. Fisher carried on the experiments with two groups of men.

Athletes who were meat eaters vied with those who were practically abstainers from flesh food and in every case the abstainers won. Some of Yale's most successful athletes took part in the strength tests for meat eaters and Prof. Fisher declares they were obliged to admit their inferiority in strength.

Prof. Fisher says in *The Yale Medical Journal*:

The first comparison (for arm holding) shows a great superiority on the side of the flesh abstainers. Only two of the 15 flesh-eaters succeeded in holding their arms out over a quarter of an hour, whereas 22 of the 32 abstainers surpassed that limit. None of the flesh-eaters reached half an hour, but 15 of the 32 abstainers exceeded that limit. Of these nine exceeded an hour, four exceeded two hours, and one exceeded three hours.

In respect to deep knee bending, if we take the number 324 for reference, we find that, of the nine flesh-eaters only three surpassed this figure, while of the 21 abstainers 17 surpassed it. Only one of the nine flesh-eaters reached 1,000, as against six of the 21 abstainers. None of the former surpassed 2,000, as against two of the latter.

In general, it may be said that, whatever the explanation, there is strong evidence that a low protein, non-flesh, or nearly non-flesh dietary is conducive to endurance.



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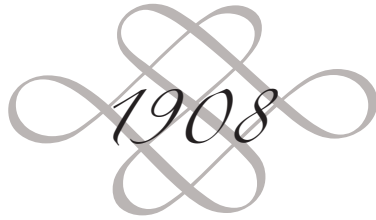
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*Each month Benedict Lust published a column dedicated to naturopathic news and items of interest. —Ed.



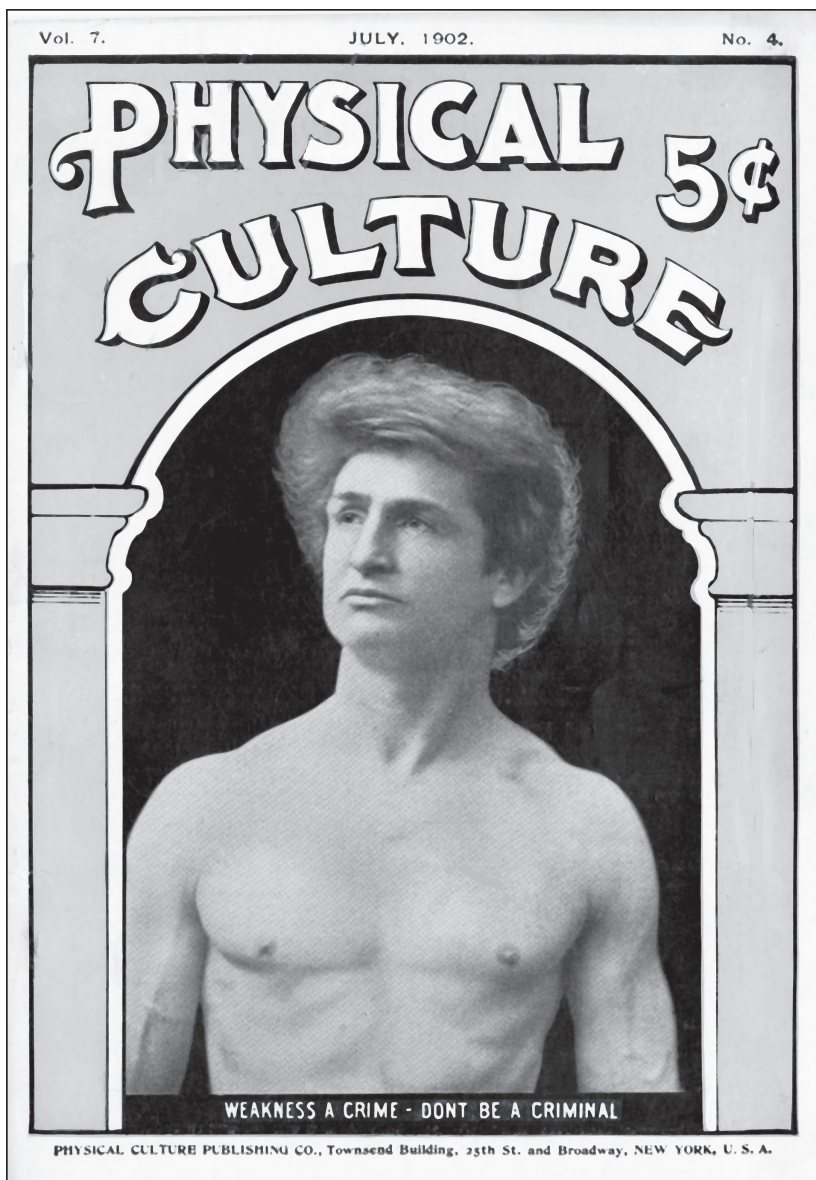
EXERCISE INDISPENSABLE FOR HEALTH

S. T. ERIEG



BERNARR MACFADDEN

BENEDICT LUST, N.D.



Courtesy of Stark Center, University of Texas

Benarr Macfadden often adorned the front covers of his magazine. This is taken from *Physical Culture*, March, 1902, volume 7, (4) 1902).

EXERCISE INDISPENSABLE FOR HEALTH

by S. T. Erieg

The Naturopath and Herald of Health, IX (2), 46-47. (1908)

The human body is formed and constituted for exercise or work of some kind. Exercise is necessary for the highest preservation and attainments of the body and it may be classed generally as two kinds. The first, indulged in for the sustenance of life, work or labor of some kind. The second, some form of exercise indulged in by those of sedentary occupations to gain what the man has who uses his muscles.

Among other things, exercise is necessary to throw the waste of the body in their proper channels and carry them off. It assists digestion, keeps all the avenues and channels of the body open, and it makes the parts of the body more firm and lasting. Activity of the body necessitates greater action of the lungs, thus supplying the body with more oxygen and in turn purifies and enriches the blood and enlivens the entire system.

There is nothing that will enliven the brain so quickly as a brisk walk or some other means of exercise. The brain that has been tied down to study for hours at a time becomes dull and less active, but brisk exercise in the open air will soon restore it to activity and vigor. Exercise is necessary, for nothing can be had or enjoyed without it. The bread we eat occasioned activity of body and supplied health to men before it become ready for our use. The earth, before it will give its increase to various grains and vegetables, must be first labored. Everything we have required labor by someone, showing that it is necessary for man to be active and about. Even vegetation is in a constant state of activity. Without action there must be stagnation.

A stream, however pure the water may be, will become polluted if allowed to become clogged and motionless. The body without action, is also affected; the avenues of discharging the superfluities of the body become clogged and infect the entire body. There is an endeavor prevailing, and a rather common one too, of trying to obtain by artificial means what could be had by a little bodily action. Do not try to substitute drugs for exercise; it will not pay and it will not work.

Who can lie down and enjoy refreshing sleep more than the man who has worked his muscles all day? And what can be more pleasing than the rest and sleep of a working man as he recuperates for another day's work. While it is true that all cannot gain their life's sustenance by muscular work, yet all can exercise sufficiently to keep the body in a sound and healthy condition. It is the man who does not use his muscles who ails and gets sick; the working man has no time to get sick. His activity of body throws off sickness and guards against it, while the man of sedentary habits keeps in himself that which exercise would discharge.

What a delightful thing it is to have health, to feel the life blood coursing through your veins, to have strong, firm muscles and to feel that there is strength and endurance in your body. Exercise makes the body active and strong and the limbs plump, the muscles can be felt strong and firm. The flesh is not soft and flabby (as is the case with those not given to exercise), but solid and firm and the skin smooth and permeated with life.

He who exercises need not get out of breath after racing with a child the length of a yard, nor get in a state of collapse after running a few yards after a street car. Accept Nature's recipe for keeping well and strong; let not a day pass by without indulging in this luxury of luxuries, exercise.

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BERNARR MACFADDEN

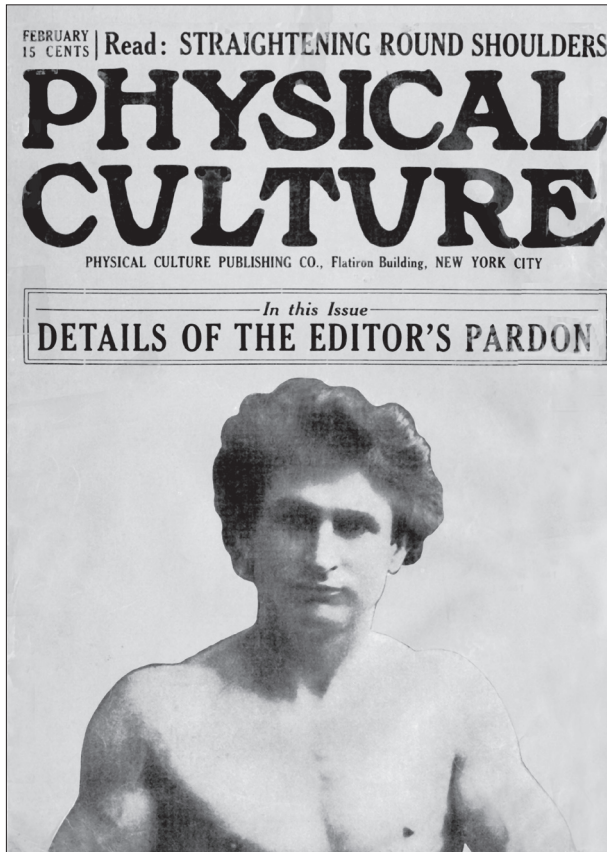
by Benedict Lust, N.D.

The Naturopath and Herald of Health, IX (3), 98. (1908)

Last November, [1907], Bernarr Macfadden, well-known editor of the *Physical Culture Magazine* and the champion of the Physical Culture movement in this country, was convicted for publishing articles and stories in his magazine which were intended for a better education and enlightenment, showing also the demoralization of our people at large. Instead of finding encouragement and endorsement for warning the public from such dangers, he was persecuted by the National Purity Association through its representative, Anthony Comstock, and was convicted. The judgment was a fine of \$2,000 and two years in the penitentiary at hard labor. This whole persecution of Macfadden finds its source in the Medical Trust which tries to undermine and weed out every movement which stands for enlightenment along physiological methods. The doctors, especially those who belong to the medical association [A.M.A.], are determined to keep the public in the dark and to suppress all literature which would educate the people of the dangers of medical treatment, vaccination and other superstitions along these lines. Undoubtedly Macfadden has become the victim of these forces who worked in the dark. We sympathize with him. Macfadden has exposed degeneracy as it exists in all its manifold ways in American life. He is a road breaker and deserves the gratitude, co-operation and good will of every practicing Naturopath, of the Nature Cure societies, and every man and woman who believes and stands for truth, regeneration and natural ways of living and healing. Macfadden has not given up yet and has appealed to Washington for another trial. At the same time, lists are circulating to get signatures and to submit a petition of at least one million subscribers for a pardon of Bernarr Macfadden. I am sure if this matter is fully submitted to Theodore Roosevelt, that he will reverse the judgment. We are requesting all our readers to sign these petitions and write to Mr. Macfadden, Flatiron Building, New York, for petition blanks and for literature on this case. Blank forms can also be had from our office and friends of Bernarr Macfadden who come in here can also sign such petitions here which will be forwarded to the proper place.

It is a pity that in this advanced age of enlightenment people can be found who will stand up against a man like Macfadden. The jury instead of reading the whole story only convicted him for one sentence. The connection with it was not read and studied. The judge told the jury he would like to see Macfadden convicted and so they convicted him. But we know Macfadden too well and he will not give up. I am sure he will come out triumphantly and that will be of benefit to the whole movement

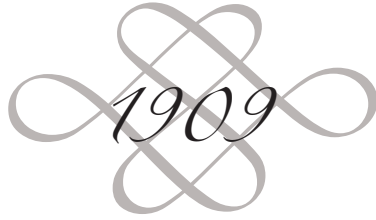
of natural healing and living. Brother Macfadden deserves the sympathy and co-operation of every reader of this magazine.



Courtesy of Stark Center, University of Texas

Bernarr Macfadden's prized magazine, *Physical Culture*, revolutionized the publishing industry. In this February, 1910 issue, details of his pardon are shared with his readership.

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HELIO THERAPY

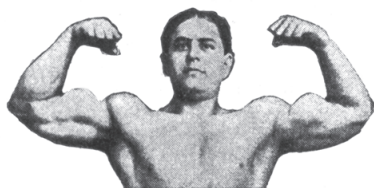
BENEDICT LUST, N.D.



A GENUINE SUMMER REST

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HELIO THERAPY

by Benedict Lust N.D.

The Naturopath and Herald of Health, XIV (4), 241. (1909)

SUN-BATH OR LIGHT-AND-AIR-BATHS AS REMEDY

Sunbaths are still known only in a limited way. They should be introduced whenever there is the possibility of doing so. J. H. Rausse, who is considered as the real reformer of Naturopathy, first mentioned these baths and has used them in his Sanitaria. Although in general a great deal has been neglected in this respect, still it is to be hoped that opportunities arise to let the healthy, and more particularly the sick, participate in the benefits of this institution. At present they are found at Naturopathic Sanitaria and even in some of these they are not quite perfect.

The sunbath is a refreshment of the highest standards for the body and the heart. Whoever has not as yet had the opportunity of thoroughly enjoying it is incapable of appreciating this refreshment. It is to be regretted that nowadays we are forced to clandestinely install such baths, as it is considered *immoral* if somebody exposes his body to the sun in the presence of other people. There are worse things than that legally sanctioned and even taxable as a trade; but to talk in society of a shirt or similar things, or of naked persons taking sun-baths is *immoral and shocking*, especially for such people who secretly are really immoral. Whoever is the lucky possessor of a suitably situated garden or some other secret place, should take his sun-baths as long as the sun seems to be sufficiently warm. Thereby, you eliminate from your body all the morbid matter remaining in it during the winter on account of imperfect cutaneous excretion, and thereby you also heal all the diseases of the nerves, heart, kidneys, stomach and intestines. It cures rheumatism and gout, all ulcers, lupus eruptions, consumption, etc. The sun absorbs the morbid matter and invigorates the entire organism to such a degree that the healing process progresses quickly. Sun-baths have a beneficial influence on all diseases, but especially on a disease brought about by foreign substances.

There are different ways of making sun-baths. We prefer the following:

- 1) If on a river, jump into the cool water for 1 to 3 minutes and then while running or jumping (in cases where such movements are impossible, lying), let the sun-rays dry all parts of the body. Then go again into the water and again into the sun, and thus take during the day as many baths as you feel like. If there is no river available, fill a tub with water and irrigate the whole body, but head and abdomen only in a small measure and carefully.

- 2) Anyone who is afraid to expose his bare body to the sun directly—and such heroes might exist—keep on a linen shirt.
- 3) Make a wet packing,* lay on a mattress or something similar, and sweat in the sun, but protect the head against the hot sun-rays. Then, after a prolonged sweating, go into the cool bath or under the douche, or if neither should be available, take a cool washing and allow the sun-rays to dry the skin.
- 4) Put only wet blankets about the body or several parts of it and expose yourself to the sun-rays; then again bath, douche, ablution and walking in a naked state. While being dried in the sun you should make all possible gymnastics, also such for the lungs and similar exercises. If the sun is very hot you must be careful to cover the head, either with a wet towel or with a very light straw hat.

We have already explained that the *Air* is the most important element for the human body; we must, therefore, consider these sun-baths as the very best healing elements, and they may have a future which we cannot foresee today.

It is still better if the patient is able and has the opportunity of taking bodily exercise in the fresh air (gardening etc.), and can thereby enhance the process.

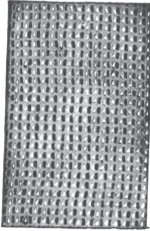
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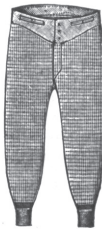
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*A wet packing refers to a wet sheet wrap. One can get a glimpse of how to administer a wet sheet wrap by reading William Freeman Havard's article, "Editorial, Influenza, Immunization" found on pp 320-321 in *Vaccination and Naturopathic Medicine*. These are discussed at length in another volume in the Hevert Collection, *Hydrotherapy in Naturopathic Medicine*. —Ed.

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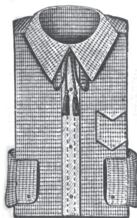
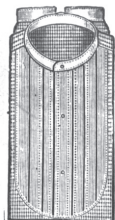


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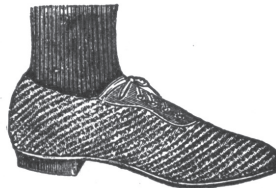
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A GENUINE SUMMER REST

by **Benedict Lust, N.D.**

The Naturopath and Herald of Health, XIV (5), 291-292. (1909)

When the heat of the summer becomes oppressive, when the wind is blowing over the yellow stubbles, when the green foliage begins to fade, when the burning rays of the sun boil the juice in the grapes and the fruits ripen in the dark foliage, then man, imprisoned within the walls of the city, longs for rejuvenating Nature, for the quiet of the country, where the soul may lose itself in thought and meditation. The more fascinating and the more refined the high culture of the cities, the more attractive the magnificent blocks of houses, the deeper and the stronger this yearning. This longing has been turned into ridicule and been dubbed as a fashionable malady. Certainly, this going to watering places and summer resorts has become for many people a mere habit; for some it is only a change of residence, something to talk about in winter; others leave the city because they imagine they owe this to their social standing in life; others go because their neighbors go. This same vanity induces people to frequent the theatres only to discuss the latest play in society and they buy the latest novel only to boast that they have read it. This same shabby purse-pride opens on Sunday a gaudy "salon" to friends and all the week round hovers in cold, empty back rooms; this same purse-pride starves for weeks in order to give, once in a while, a vulgar banquet.

Such foolishness does exist, but it is not the rule. Most people who escape the city walls are moved by the real desire to exchange the dusty pavement with the field, Art with Nature, to bathe the dust-laden breast in fresh air, and to rejuvenate the tired soul. Many people make mistakes in selecting the right means. Some imagine rest only to be found at the seashore; others will only find it several feet over the sea-level. Certainly, the majestic sea, the symbol of Eternity, rests the tired body is a solace to the poor, lonely soul; but the quiet lake, hedged in by high reeds, in the midst of the silent, gloomy forest and the rustling, transparent brook have like effects. And not only the cloud-breaking mountains, on the heights of which we believe to be nearer to God, elevate the soul, but also the lovely valleys and the lowly hills have their charms. Then, other people imagine that the pleasures of summer resorts are only to be found when having traveled hundreds of miles. They forget that good things are always near at hand. Another mistake is that people select places where they can see and where they will be seen. They are satisfied with the change of air, but do not change their habits or their surroundings; the comfort of the great cities they want to transfer to the summer resorts. Their chief enjoyment is to sit at table d'hôte and exhibit their fine clothes. To turn such sum-

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The purpose of a holiday is to help us do best the work we love most. Every vacationist should return home so brimful of energy, courage, and optimism that mountains of impossibilities melt away before him. His worries should have vanished, his doubts dissolved, his hardships quickened into joys of the game. The science of business is half the art of relaxation.

Perhaps the ideal way for a strenuous American to spend his vacation would be *camping out*—if there weren't so many drawbacks. But food is hard to get, and miserable at that, the rain leaks in the roof.

How would you like to camp out in a tent, with the comforts of civilization

not a stone's throw distant? Suppose also you had guaranteed you an abundance of wholesome, palatable food, a perpetual supply of the purest spring water, an assortment of games and field sports, a crowd of congenial people, a telephone in the house, and a railway station within a mile?

That's our Health Home at Butler, N. J. Or at least a beginning of it. And we're adding improvements right along.

One hour from New York. Twelve trains daily. Write for schedule and prospectus. If you are planning a vacation of from one week to three months, you will be robbing yourself of opportunity by deciding before investigating. Come here once and you will solve the vacation problem. And you *get well* into the bargain. Write us—and take it easy.

The Yungborn in Butler, New Jersey was the perfect place to recuperate and rest.

mer resorters into ridicule is only justified; they act contrary to Nature's irrefutable laws.

Common sense and unostentatious people look for rest in solitude. The very essence of summer recreation is getting away from one's surroundings and environments.

Anyone who longs for real recreation and recuperation, who wants to commune with one self, will select a plain village, far away from the deadening crowd, nearby a silent forest in the midst of people who are still foreign to the refined culture of our civilization and who do not look upon foreigners as objects of exploitation. Life at such a place, void of calculating waiters and greedy hosts, is a genuine recreation, enlarges the horizon and opens eyes and soul. Untrammelled by fashion and conventionalities, man will again listen to and understand the language of Nature; his taste for simplicity will be reawakened; he delights in whatever is true, in whatever is really beautiful. Being obliged to live with strangers, man becomes

aware of the fact that he is not the only one in this world and that his affairs are but of little consequence to others. Our political economy and agricultural difficulties might in part be solved if our politicians would not take their rest at some fashionable health resort, but would live in the very midst of the country. They would then not only be physically strengthened, but rejuvenated in their very hearts and souls. Their looks, which all the year round gaze on roofs and chimneys, will then also take in other objects worth knowing, and they will return with the consciousness to really have gained something for their lives and their profession.

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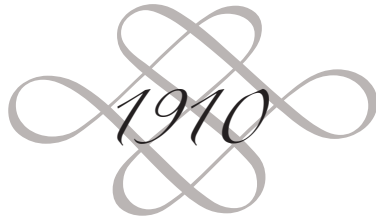


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BEAUTY CULTURE THROUGH NATURAL LAWS

CLARA MUCHE, N.D.

RETAINING YOUTH

BERNARR MACFADDEN

STRAIGHTENING ROUND SHOULDERS

BERNARR MACFADDEN



Physical Culture magazine, October, 1914 issue.

BEAUTY CULTURE THROUGH NATURAL LAWS

by Clara Muche, N.D., Merxheim, Germany

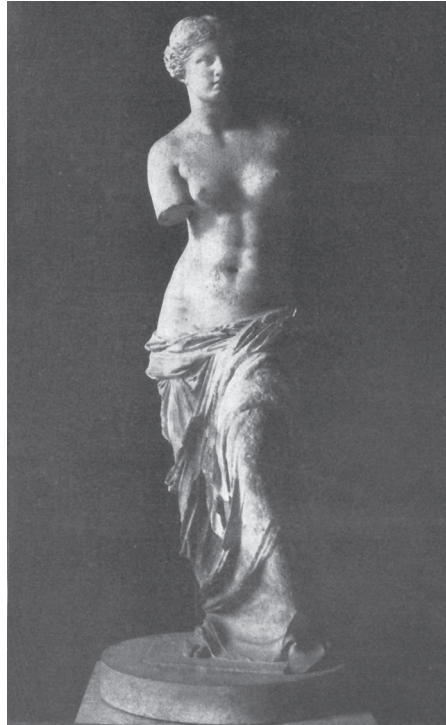
The Naturopath and Herald of Health, XV (1), 42-44. (1910)

“Beauty is a letter or recommendation with which Nature has endowed men,” say Goethe. No wonder everyone endeavors to secure possession of this open door to the hearts of mankind, trying to put whatever beauty Nature has bestowed upon him into the right light. For centuries, external means such as the assistance of the tailor, the milliner, etc., were referred to with the object of enhancing the personal charm. Clothes make men.

Yet there was a time where beauty was matured and preserved by corporal care only, considering this a duty as well as a virtue—the time of classic antiquity. This time is about to be restored. It becomes more obvious every day that although beauty is an inheritance, a gift of

Nature, everyone should make the most of the treasure given him, and again the best advantages therewith. A new ideal of beauty is created, no longer tied down to the severe restrictions of Greek Art, but individual and therefore unlimited.

What, however, is beauty? The most lucid explanation of this much disputed term has been given by Schopenhauer: “Beauty is the conformity of shape with its purpose.” The foot whose shape allows a firm, elastic gait is beautiful. A flat foot renders a continued elastic walk impossible and is therefore ugly and a deformity—deformity in bone—as well as muscular construction are the consequences of diseased conditions in the body, partly inherited, partly due to oneness of activity and partly to



The Physical Culturists saw great beauty in the sculptures of the Greek and Romans.

a wrong mode of living. This proves at the same time that beauty and health cover each other and that a well-regulated *health culture* is also the most successful *beauty culture*.

Let us apply this observation first of all to the figure. Ugly must be termed deformed limbs, a bent or crooked back, over-developed jaws, enlarged skull, etc. All these are caused by rachitis which could have easily been lessened, if not checked altogether during the bodily growth. The conformity of ugly and sick is further shown by the bloated face, the swollen abdomen and the bent back of the scrofulous. How greatly, on the other hand, is one impressed by the savage's proud bearing and his strenuous display of muscles whose mode of living favors health.

Bones and muscles are made to be exercised. They are therefore strengthened by exercise and this is the only and best way to attain a beautiful figure which impresses our sense of beauty so wonderfully. Athletics, sports and all bodily exercises should therefore not be neglected by boys and girls and even mature men and women. The present generation, however, is inclined to overdo this against which a serious warning should be sounded. The athletically developed body by means of continued corporal exercise is not suited to the modern ideal, as bodily strength is not the purpose and aim of life. It is therefore not right that the young should devote themselves entirely to sports which should only be referred to as an antidote to mental activity. More dangerous still is the one-sidedness of sports, where, for instance, only the legs (football, bicycle and horseback riding, etc.) or the arms and the chest (gymnastics, etc.), are developed, which is in strict contradiction to all conception of beauty, demanding a uniform development of every part of the body. Exercise is the means to achieve a purpose, not solely the means.

The aim should therefore be to obtain a perfect symmetry of all limbs and to overcome all possibly existing faulty formations. This can alone be accomplished by the *naked cult*. It sharpens our eyes to discover all irregularities, does away with all hindrances which tight clothes create and enables us to select such exercises which suit each individual case. For example, to attain an upright deportment of back and head, nothing is more suitable than the carrying of a moderate burden upon the head. This necessitates the balancing of the burden, thus creating a firm, even gait and is therefore especially beneficial to persons of shambling, uncertain movements (such as a tottering head, or dangling, swinging arms). An extraordinary long neck, sloping shoulders and a narrow chest are improved by diligently exercising all kinds of gymnastics. Frequent practice with the dumb-bells and other implements will also be found beneficial. The strong development of the back and pelvis is of special importance to the female sex, being furthermore considered beautiful women. In contrast to the habitual sitting with crossed limbs, the pose of the Ori-

entals should be practised who cross the limbs below the body and thus enlarge the pelvis, while our mode of sitting narrows it and often causes displacement. Raising the body while lying either on the back or stomach, the lifting of heavy objects, such as iron bars, weights, etc., strengthen the back. Gymnastics in all its various forms, climbing, ascending mountains develop the muscles of the abdomen, back, pelvis and hip. This much is with reference to the young.

The adults, however, are just as much in need of exercise to counteract the oneness of their professional labor with the object of maintaining health and beauty. Most of them lack time to indulge in sports and gymnastics as freely as the young, as artistic, scientific and commercial interests claim their attention. Every muscle of the body, however, should be daily exercised (see the various systems of gymnastics as published in former volumes of *The Naturopath*), and the bodily activity brought into play at least twice a week by some sport, gymnastics or pedestrian trip. In which manner this should be done can be easily learned from the exercises chosen for the young.

Grace is the soul of beauty. Venus adorned herself with the girdle of grace when she wished to allure the Gods and mortals. Grace is purposeful motion. The greater the ease, simplicity and unaffectiveness of a person's motions, the greater the pleasure of the beholder. Here also the naked cult can improve much.

Awkwardness is partly due to obstructing clothes. For instance, the position of a woman's foot is seldom correct and graceful nor her walk elastic owing to the impediment of her long skirts. The skirt has to be pushed forward by the point of the foot; therefore, she steps by the heel with lifted toes. In climbing mountains and stairs, the foot involuntarily turns inside in order to not step upon the hem of the skirt. The reason that most women have a tripling walk is not due to their build, but to the long dresses they are garbed in. Corsets and trailing skirts are the outward signs of the fetters which hold women within narrow bounds. The more women devote themselves to sports activity on social, artistic and practical fields, the more unrestrained they become in spiritual and moral matters and the more they disdain the yoke of restricting fashion and design their own garments suited to their own individual needs which are governed by the same rules of beauty as the body itself. Beautiful is what fulfills the purpose.

With the restoration of the classic ideal of beauty the art of dancing and the rhythm of motion have also been reconstructed. The old, stiff rules of deportment with their scant motions, the courtesy, the art of sitting and standing in the presence of others have given way to the minutest training of all bodily motions. Each motion has the object of health and purpose in view and should become natural by practice. Far be it for me

to discredit these rules, yet I would not select them as a foundation for a training to acquire grace. They are invaluable as *theories*, but can only be continually applied in praxis. Grace is unconscious beauty of movement, where [praxis] is conscious and forced; it becomes affectation and causes displeasure. In this category should be placed the too strenuous practice of all bodily exercises. Perfect grace is acquired by the free control of all bodily exercises. Perfect grace is acquired by the free control of all muscles and limbs; it causes unconscious and independent grace, which we so greatly admire in the well-built people such as African and Indians whose mode of living exposes them daily to vigorous activity in the open air, almost unclothed. To this state of things we must again return. Not only some favored men or women shall again possess it as a beautiful inheritance, but everyone shall acquire it. This does not necessarily require artistic training, but rather a well-regulated culture of the body. The great advantages of the latter is that it creates individual grace. No matter how minutely the first may study ancient Greek plastics and adhere to all artistic and hygienic rules, it will always produce affectation while the grace of the latter can never be that of the first. Appearance, character, in short personality reproduce sometimes erectness, elasticity, agility or alertness of movements and again a serene, restrained bearing. To make a person adhere to fixed rules is an impossibility. If, on the contrary, we allow each individual full control of his body without constraint or hindrance, it creates an unconsciously graceful deportment which charms all the more because it is natural, and so well befits the individual.

To achieve this requires:

- 1) The daily activity of all muscles.
- 2) Note should be taken of every movement or pose which seems constrained or awkward and should be practised until they become unrestrained and natural.
- 3) Irregularities in the formation of the body, as sloping shoulders, bent back, etc., should be treated as stated before.
- 4) Exertion of only one part of the body should be counteracted as stated before.
- 5) All injurious or bad habits such as crossing the limbs, placing the elbows upon the table, resting the head upon the hands and more such careless actions should be avoided.

A constant control practised at first consciously and then unconsciously is the best protector against all enemies of grace. It also helps to discover all outward impediments which we recognize as annoying and even unbearable hindrances. In proof of which I would mention the stiffness of the head caused by a high collar. The eyes roll in their sockets in order to see anything and even the body is twisted and turned. I would

further mention the ridiculous twisting of a tightly laced woman attempting to pick up an object from the floor or deposit it there, also the wobbling head of her who wears a picture hat out of all proportion, which she vainly endeavors to keep straight by a balancing motion of her head. As well, there is the woman who during the frosty season wears a veil and indulges in all kinds of muscular contortions in order to keep it from freezing to her lips. All these movements become in time habitual and will finally be made without existing reason about doing so.

Without a doubt faulty circulation and the accumulation of fatty substances caused by wrong nutrition are a disturbing factor in the acquirement of bodily grace. They affect the skin most of all and should be duly considered in caring for it.

Bones and muscles are made to be exercised. They are therefore strengthened by exercise and this is the only and best way to attain a beautiful figure which impresses our sense of beauty so wonderfully.

The adults, however, stand just as much in need of exercise to counteract the oneness of their professional labor with the object of maintaining health and beauty. Most of them lack time to indulge in sports and gymnastics as freely as the young, as artistic, scientific and commercial interests claim their attention.

The more women devote themselves to sports activity on social, artistic and practical fields, the more unrestrained they become in spiritual and moral matters and the more they disdain the yoke of restricting fashion and design their own garments suited to their own individual needs which are governed by the same rules of beauty as the body itself.

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RETAINING YOUTH

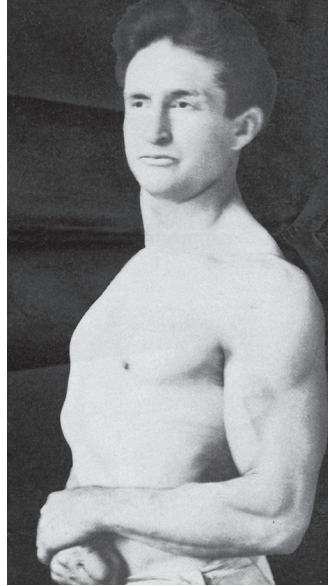
by **Bernarr Macfadden**

The Naturopath and Herald of Health, XV (8), 464. (1910)

Whether you are forty or fifty, or even seventy, you can be young. You can actually secure the return of youthful powers. Of course, this cannot be accomplished in a day or a week. But those who are passing or who have already passed into old age can be promised renewed youth.

Do not bother for a minute about the theory of germs in the intestines as the cause of failing body powers and shortening one's life. To be sure, diet may have a great influence in entirely eliminating them from the body, but it is not germs in the intestines that actually cause decay. It is simply and solely the harboring of dead cells. Now, how can we get rid of these cells? There is only one way and that is through the activity of the muscular system. Do not pay the slightest attention to that senseless twaddle to the effect that when you are fifty or sixty years of age you should cease all physical effort. Conclusions of that kind are simply the maunderings of vapid brains. Activity means life. Activity is always a part of youth. To live up and make youthful the tissues throughout the entire body, every muscle of the body must be brought into thorough activity at fairly regular intervals. It is not necessary for you to make laborious work of your exercises. Make them as pleasurable as possible. But you must not for one moment divert from the main conclusion that to retain the suppleness and activity of youth every part of the body must be used. It does not make a great deal of difference what system of exercises you may adopt, so long as you give reasonable attention to the necessity for spinal strength. In fact, many recreative exercises can be used in order to bring about the desired effect.

—*Physical Culture*



Bernarr Macfadden

STRAIGHTENING ROUND SHOULDERS*

by **Bernarr Macfadden**

Physical Culture, XXIII (2), 115-116. (1910)

SIMPLE EXERCISES WHICH ARE CERTAIN TO MATERIALLY ASSIST IN REMEDYING THIS UNSIGHTLY DEFECT

In previous issues I have presented exercises that are to a certain extent valuable in treating the physical defect discussed in this article, but in the supplement which accompanies this issue various exercises are presented that have for their particular purpose the remedying of this deformity.

Round shoulders are a very common physical shortcoming. The inclination of the average man and woman of today is to gradually become round shouldered. As one advances in years, there is always a slight tendency to develop slowly but surely the stoop that comes with old age. In fact this failure to hold one's self erect is one of the signs of age, and one might also say it is one of the causes of old age. As I have frequently stated, a straight spine is absolutely essential to the proper performance of the vital functions of the body. The muscles and ligaments should hold the spine firm and erect. When the spine is held erect, the organs are maintained in their proper position, and when in proper position they are naturally better able to carry on their functions.

There are two frequently observed phases of round shoulders. One is the actual rounding of the shoulders themselves, and the other is the appearance of a sort of a hump in the back just below the neck. The last mentioned deformity is caused largely by the malformation of the upper part of the cervical portion of the vertebra, or that part which forms the neck and is directly attached to the skull. This condition brings the neck far forward, and though the development of the shoulders and back may be unusually good, this defect will appear unsightly.

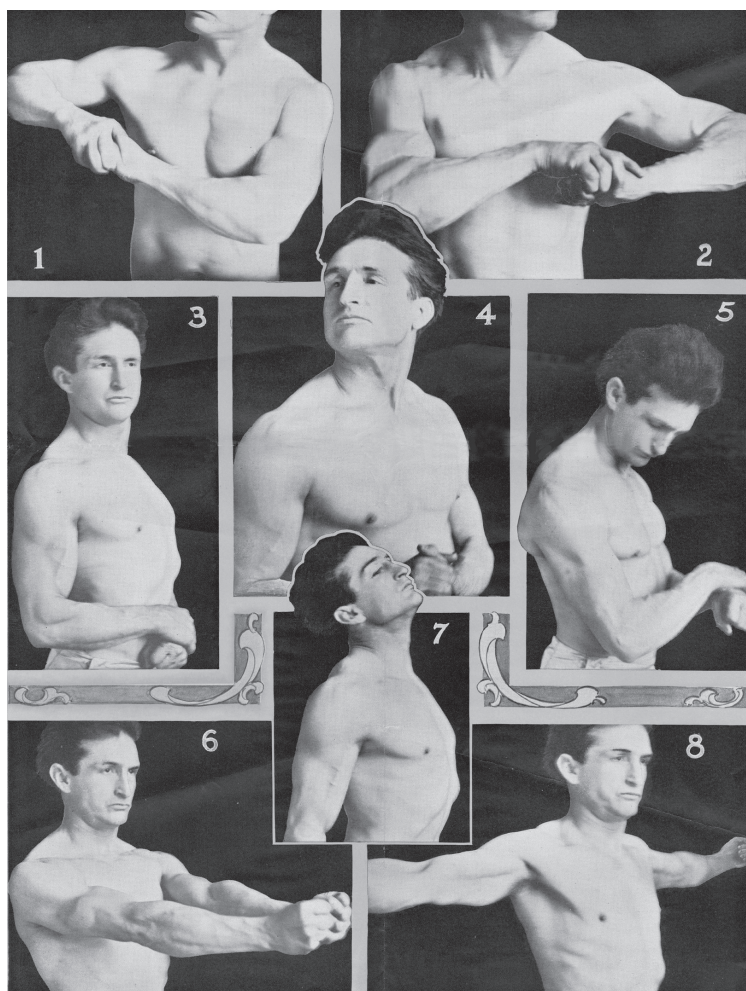
Now, where the defect is caused by the malformation of the shoulders themselves, those exercises which are inclined to bring into active use the muscles of the back between the shoulders will in nearly all cases pull the shoulders back into proper position, provided that they are as vigorous as they should be. This vigor can be developed by following the exercises outlined in this lesson.

I am also illustrating some special exercises for forcing the neck backwards when round shoulders have been caused by the malformation of the upper part of the vertebra. Naturally, these exercises are important even where the defect is not of this particular nature, but round shoulders,

*This article comes from the Physical Culture collection at Stark Center, Austin, Texas. Much gratitude to Drs. Jan and Terry Todd for their generous sharing of Bernarr Macfadden's work. —Ed.

which are caused largely by the malformation of the upper part of the spine and neck, naturally make it advisable to give a great deal of attention to exercises for the neck.

The proper position to assume when one is walking or sitting is with the shoulders far back and down. I admit in many instances it is difficult to maintain this position—in fact, ordinary occupations, and the chairs we sit in and the beds we sleep in, are all somewhat inclined to induce round shoulders. It is our duty, however, to resist these influences by every possible means, and the exercises presented in this issue will materially assist in accomplishing this, as they will greatly strengthen the muscles which hold the shoulders back in the position which should normally be maintained.



Exercise A is clearly shown by illustrations 1 and 2. You will notice the hands are firmly held one within the other. In illustration 1, the elbow of the right arm is held to the height of the shoulder and pulled back far as possible, the left arm resisting the movement. The same exercise is then to be taken with the left arm, raising the elbow to the height of the shoulder, then pulling back far as possible, the right arm resisting the movement. This exercise very vigorously uses the muscles of the back between the shoulders, and should be continued, bringing the right arm back far as possible, then the left arm back, in each case resisting motion with the other arm, until there is a decided feeling of fatigue in the muscles that are being used.

Exercise B is shown in illustrations 3 and 5. To a certain extent, these exercises use similar muscles to those brought into active use by the previous exercise. In 3 you will note that the right hand is pressed firmly over the back of the left hand against the lower abdomen. Beginning with the position shown in illustration 5, with shoulders far forward, shoulders should be brought back as far as possible, at the same time bringing the arms back and pressing vigorously against the abdominal region. This position should be maintained for a brief moment while you try to bring the shoulders still farther back. This is a very appropriate movement for deep breathing exercises. Draw in a deep, full inhalation as shoulders go backward, expanding fully in abdominal region, while pressing vigorously against this expansion with the strength of the arms as illustrated.

Exercise C is shown in illustration 4. This exercise is intended to materially assist in improving the neck when the round shoulders are caused largely by the forward position of the neck. Turn the head far to the right as shown in illustration and then with the head held as far back as possible while in this position, bring the chin down with a jerk, keeping the head as far back as you can during the entire movement. If you will take this exercise properly, you will note the forcing-back process of the movement along the upper part of the spinal column. After you feel slightly tired, turn the head to the left and repeat the exercise.

Exercise D is shown in illustrations 6 and 8. It is meant to vigorously use the muscles of the back between the shoulders in a manner slightly different from that which has been previously presented. Hold the tightly clenched hands close together on a level with your shoulders, far forward, as shown in illustration 6. Now bring the hands backward, elbows straight, with a quick strong swing, assuming position as shown in illustration 8. Bring the hands to former position and repeat until there is a decided feeling of fatigue resulting from the exercise.

Deep breathing can also be taken with this exercise to considerable advantage. In fact, it is a good plan in some instances to vary the exercises, bringing the arms back slowly and drawing in a deep breath as the arms go backward and exhaling as they go forward, or the deep inhala-

tion can be taken and three or four movement made while the breath is retained.

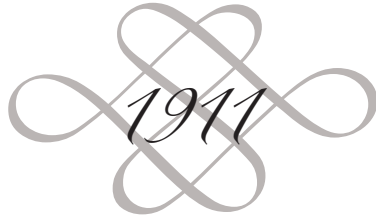
Exercise E is shown in illustration 7. This is another movement especially designed to assist in forcing the spine back in proper position, where the defect has been largely caused by the improper position of the neck. Bring the head and shoulders far back as in illustration and then bring the chin down with a quick snap. You will clearly observe that this exercise will force the upper part of the spine backward to a considerable extent. Repeat the exercise until there is a decided feeling of fatigue. In fact, if the defect is especially noticeable, it would be a good plan to take exercises C and E at frequent intervals during the day after one becomes accustomed to the movements. A change in the position of the spinal column of a surprising nature will be made if these suggestions are followed.

No matter how perfectly one may be formed, nor how much suppleness or grace one may possess, unless the body is carried in proper position, with shoulders well back and the line from the beginning of the neck to the waist almost straight, concaved in a very slight curve, one will not bear evidence of possessing a superior physique.

The next supplement and description that will be presented will give full details for the development of the chest. A strong, well rounded chest is absolutely essential, not only for proper appearance, but also for proper vital activity. I assure the reader the suggestions to be made in the next installment for this particular purpose will bring about very gratifying results.

There are two frequently observed phases of round shoulders. One is the actual rounding of the shoulders themselves, and the other is the appearance of a sort of a hump in the back just below the neck. The last mentioned deformity is caused largely by the malformation of the upper part of the cervical portion of the vertebra, or that part which forms the neck and is directly attached to the skull. This condition brings the neck far forward, and though the development of the shoulders and back may be unusually good, this defect will appear unsightly.

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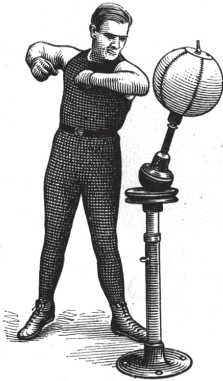


PHYSICAL DEPARTMENT
CHARLES A. SAMPSON, N.D., H.D.

A FEW HINTS ABOUT PHYSICAL EXERCISES
CHARLES A. SAMPSON, N.D., H.D.

THE CHILDREN'S PLAYGROUND
CHARLES MILLER

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Kneipp Linen Mesh Underwear.

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Does not shrink in washing or wear.

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Prevents and relieves Rheumatism.

Does not irritate the most sensitive skin.

Cures and prevents prickly heat.

"They shall be clothed with Linen garments."—Ezekiel 44.17.

"But Flax, that cleanest and best production of the field, is used not only for the inner and outer clothing," &c.—Apuleius.

"They'll find Linen enough."—Shakespeare.

A CONTRAST

Woollen Underwear.

Is an animal product and cannot be properly cleaned.

Creates unnatural heat.

Becomes felted and chokes the pores.

Absorbs moisture very slowly.

Dries very slowly.

Retains the moisture of the body.

Cannot be boiled without destroying the fabric.

Enervates and enfeebles the system.

Always shrinks.

Encourages chills and colds.

Promotes Rheumatism and similar diseases.

Causes Rash and other skin troubles.

Irritates all skin diseases.

"And no wool shall come upon them."—Ezekiel 44.17.

"For wool the excretion of a sluggish body taken from sheep." &c.—Apuleius.

"I go woolward for penance."—Shakespeare.

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Benedict Lust operated his naturopathic school, publishing company, health food store at 124 East 59th Street in NYC from 1903 until 1910.

PHYSICAL DEPARTMENT

C. A. SAMPSON, N. D., H. D., EDITOR

PHYSICAL DEPARTMENT

by Charles A. Sampson, N.D., H.D.

The Naturopath and Herald of Health, XVI (6), 354-355. (1911)

To the reader of the Naturopath:
Dear friends,

It gives me great pleasure to place before you each month in these columns my special phase of Nature Cure and physical therapeutics, which I now harmonize with your views of the natural laws and arts of healing. We consider the human body a machine, a human machine, a machine of perpetual motion, a machine of self-regulation and adjustment under the laws of Nature. We have to consider that this human mechanism is constantly wearing and building its worn parts by its own physical and metabolic forces. That over the replacing the wear, there is reserved a part known as vital force, or energy to be used in the case of an emergency.

We little think of the working forces that are constantly going on within our bodies day after day, year after year.

We do realize this fact though when some irregularity happens. When this machine or its parts refuse to work properly and in harmony, the emergency call for help is sounded by one of its members and the other organs rush to the assistance of these ill-fated brothers; they too will soon succumb to the task. Shortly there is a state to be pitied, for one after the other respond to overtaxed, fatigued, stimulated and abused organs. As a result, the last law of Nature rushed in with its last warning and pronounces the benediction. So, this process is constantly going on without seemingly any prevention.

Let us consider Nature always acts toward the normal condition even in the last stages. Death is a normal result. Pain is abnormal, and denotes something is wrong and is a natural warning. With pain and fatigue, the reserve forces of energy are called upon, whether they be mental or physical.

To generate this reserve power all the organs of the body have to work in harmony. The greatest factor is storing this power, known as vital

force. This is held in reserve by each and every organ to be worked up through the small microscopic cells by diet, exercise, baths and air. In this department I will emphasize the physical condition improved by physical exercise or physical therapeutics.

Man was given 500 pairs of muscles to use, ranging in length from 1 inch to 2 feet in various parts of the body. Metabolic changes are constantly going on with all these muscles. As they are used, the cellular substance is broken down. They are built up strong with more reserve power and as they constantly rebuild, they are stronger. There are some muscles used more than others; some are not used at all. The average man in his day's work uses two-thirds of his muscular system. One-third of this muscular system is not used at all and one-third is used too much; there is not an equal amount of wear and rebuilding to warrant general good health.

The larger muscles of the body known as the skeletal muscles can be strengthened by contraction and expansion in different positions known as calisthenics, light and heavy. Each movement must have its relation to its muscular action, bringing into use all the small muscles as well as large, equalizing the amount of wear, so the blood can take up the waste product and deposit it where it will be carried off as one unit. In breaking down this tissue and cellular substance, we have to arrange our physical exercises so as not to break down so much that the blood cannot carry away the waste, clog the system, and so cause decay and injury to the arterial system and overtaxing the heart.

The vital organs of the body are made up of muscles the same as the skeletal muscles or large muscles and can be strengthened axiomatically by the larger muscles in physical exercises revolving around the organs, such as stomach, intestines, liver, kidneys, bladder, spleen, genital organs, heart, and lungs.

Some of the vital organs cannot stand violent physical exercises; others are adapted to stand more exercise. Great caution and care should be taken in physical exercise, for one may do himself a great deal of harm if not done properly and in harmony with the vital organs around the region of muscular contraction and expansion.

In all physical exercises the first important factor is to get the most benefit from the time expended in exercise. The second factor is to have prescribed exercises that do not injure the organs and impede circulation. The third important factor is to take exercises that do not strain the tissues and muscular walls of the arteries that assist the heart in blood pressure. I might name hundreds of other important factors which play a very important part in the science of physiology of exercise and kinesiology, but these seem to be the most abused factors pertaining to physical exercise of man.

A FEW HINTS ABOUT PHYSICAL EXERCISES

by **Charles A. Sampson, N.D., H.D.***

The Naturopath and Herald of Health, XVI (6), 355. (1911)

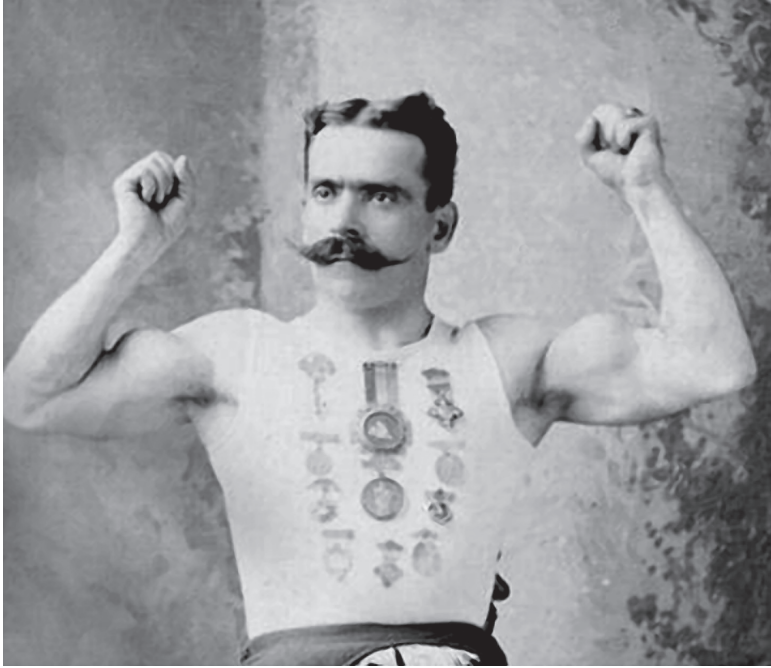


Photo courtesy of www.oldtimstrongman.com

Charles A. Sampson, N.D., H.D.

Take exercise regularly and systematically.

Exercise all the parts of your body.

Concentrate your mind on your exercise.

Take your exercise under good air conditions.

In taking exercise, begin with extremities working toward larger muscles.

Follow your physical exercises with water baths and friction rub.

The early morning is best time to take daily exercise.

* Charles Sampson, known for his famous moustache and brutal strength, toured Europe and America performing impossible feats. Using large barbells, his strength was astonishing and deceptive. "His barbell was a long bar with two spheres on either side with holes in it. The spheres could be loaded with sand, then later the two small holes let the sand out to make the bar lighter." (Gentle, 2016) —*Ed.*

THE CHILDREN'S PLAY GROUND

by Charles Miller

Supervisor of Boys' Work in Los Angeles, California

The Naturopath and Herald of Health, XVI (11), 719. (1911)

Never before in the history of the world were there greater demands for public playgrounds than today. Never before were there so many large cities teeming with densely populated districts, or quiet and monotonous rural districts, offering little or no opportunity for the city children to play or adults to find some real healthful recreation. Never was there a greater need for the thorough understanding of the whole situation and some knowledge of the reasons why we maintain playgrounds as public utilities. To build adequate playgrounds demands and involves huge sums of money. The questions arise: are these playgrounds worth what we spend for them; are these playgrounds of this and other cities merely a fad of pleasure-loving people to adorn the various cities with luxuries, or is there something in human nature demanding a reasonable chance where none seems to be had for children to play and to develop those powers that find their true expression in healthy and vigorous activity?

What are we doing for the younger generation and the generations that are to come? Surely we must do something or rest assured that we will be followed by a race of people physically unfit. One has only to go into our congested cities and our manufacturing communities to see for himself the truth of my statements. What about the call for volunteers for the British army at the time of the Boer war, when almost four-fifths of the applicants could not pass the physical test?

Some definite attention must be paid to the physical and moral needs of the child, other than that which is so easily obtained from the evil influences of the street. Haven't we here another good reason for the playground?

The present encouraging interests in playgrounds are an outgrowth from the older work of physical training. This does not mean that playgrounds were originated by teachers of physical education. On the contrary, the impetus to the movement came through social workers, mothers' clubs, civic organizations and the like, [as well as from] men and women, who were unconventional enough to recognize the value of play and recreation when rightly used.

Playgrounds opened in Germany 25 years ago and grew very rapidly. Some women came in from Boston to Germany in 1887, and seeing the work going on there, became very much interested, returned to Boston and started the first sand garden in 1888, from which time the movement has grown by leaps and bounds and is growing rapidly at the present

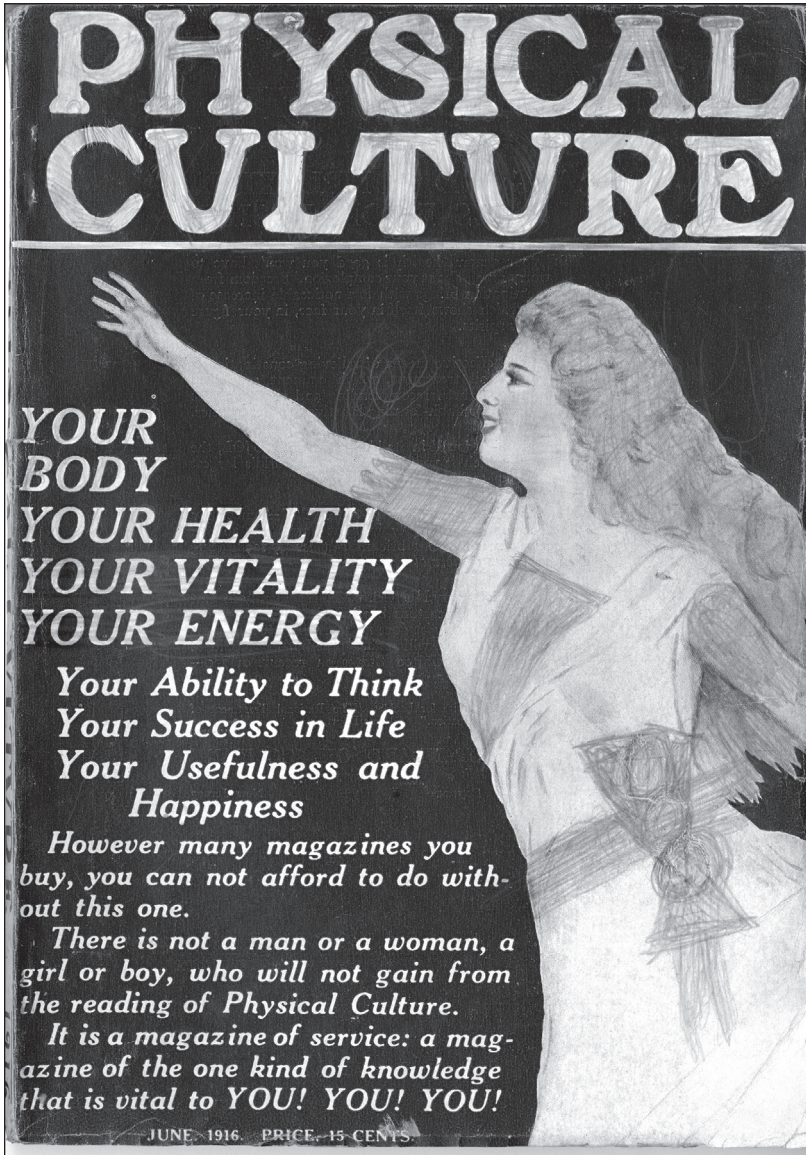
time. Up to the present date about 250 cities are running playgrounds. The movement in this city began in 1904, under the direction of C. B. Raitt, who is now the superintendent of the entire system. Up to date, the department consists of fifteen playgrounds, nine summer grounds and six regular grounds. The regular grounds are in operation the year round. Vacation grounds are in operation during the summer months, the summer season having lasted this year from July 1st to September 6th. We also have a summer camp at Corona Del Mar outside of Balboa, and in this camp we took boys to the playgrounds. Each batch goes out for two weeks and we charge five dollars for the two weeks, including transportation.

All our playgrounds except the Hazard playgrounds have branch libraries. For the support of the Los Angeles playgrounds for the last year, the city appropriated a little over \$49,000 and next year we hope to get a little more, as our system is constantly growing.

Never before were there so many large cities teeming with densely populated districts, or quiet and monotonous rural districts, offering little or no opportunity for the city children to play or adults to find some real healthful recreation.

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PHYSICAL CULTURE

**YOUR
BODY
YOUR HEALTH
YOUR VITALITY
YOUR ENERGY**

*Your Ability to Think
Your Success in Life
Your Usefulness and
Happiness*

*However many magazines you
buy, you can not afford to do with-
out this one.*

*There is not a man or a woman, a
girl or boy, who will not gain from
the reading of Physical Culture.*

*It is a magazine of service: a mag-
azine of the one kind of knowledge
that is vital to YOU! YOU! YOU!*

JUNE 1916. PRICE, 15 CENTS.

Courtesy of Stark Center, University of Texas

Physical Culture magazine, June, 1916.



BERNARR MACFADDEN, A PHYSICAL CULTURE HISTORY

BENEDICT LUST, N.D.

PHYSICAL CULTURE DIRECTOR

BENEDICT LUST, N.D.

PHYSICAL CULTURE DEPARTMENT

JOSEPH F. BARTH

PHYSICAL CULTURE AND ITS BENEFITS

CHARLES E. SMITH, H.D.

PHYSICAL CULTURE AND ITS BENEFITS, PART II

CHARLES E. SMITH, H.D.

WOMEN'S AIR-BATH GYMNASTICS

BENEDICT LUST, N.D.

HOW THE GREAT BARNES BECAME A HERCULES

BARNES

The Delusion About Strength

not being necessary to health, and other fallacies, discussed in the startling and original little book,

"Intelligence in Physical Culture."

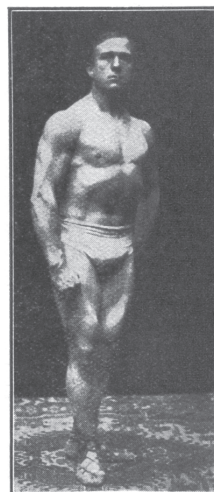
It is SENT FREE. It will educate you. It is full of revelations. Points out errors made both by uninformed enthusiasts and by some instructors. The truth about **tensing; vibratory exercise; forced deep breathing; unnatural systems of training; incomplete movements; work vs. exercise; lop-sided development; athletics; great strength, etc.** Will make you think. Written by (MAX UNGER)

LIONEL STRONGFORT

World's most perfect athlete; the sensation of the New York Hippodrome during recent engagement there, performing the most daring, heroic and stupendous feats of strength in the world's history. Strongfort, unaided, supported a 22 foot bridge of heavy timber weighing 1,500 pounds, together with a gigantic six-cylinder [60 horse-power] Thomas touring car with six men, a total weight of over three tons, 6,100 lbs. All other "strong men" of Strongfort's day are now "has beens," but Strongfort now is better than ever, proving the superiority of his methods of training and living.

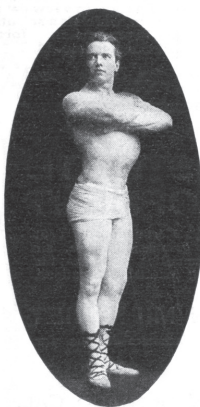
Do you desire untiring energy, vitality, abounding health? Are you weak or strong, miserable or happy? Are you morbid, nervous, pessimistic, constipated, fat, thin, or dissatisfied with yourself in any way. Then read my little book. "The only sane booklet." Send 4c. for postage.

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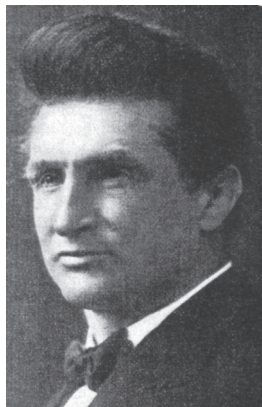
Joseph F. Barth was another editor of "Physical Culture Department", a regular monthly column in Lust's publications.

BERNARR MACFADDEN, A PHYSICAL CULTURE HISTORY

by Benedict Lust, N.D.

The Naturopath and Herald of Health, XVII (1), 30-32. (1912)

From where the vast Atlantic beats against the Eastern shores of the Western Hemisphere to where the great body of water is met by the Western coasts of European lands, there are thousands of men, women, and children who believe in and practise Physical Culture. Of this mighty throng there are comparatively few who cannot tell something of the man who has done more than any other one person to spread the doctrine of health through intelligent exercise. And this man, Bernarr Macfadden, who instituted the *real* physical training which is gaining so many adherents each year, was not always a Physical Culturist. Nor did he so much as dream of the wonderful part that he was to play in the great drama of life. Indeed, had he done so he would probably have laughed to scorn the idea that his disease-stricken body would ever be strong and that the methods employed in attaining that strength would aid many more in the struggle for health with the resulting joy of living.



Bernarr Macfadden
[1868-1955]

Adopted in early life, after the death of both parents by a farmer, young Macfadden began a life of harsh treatment which continued until his twelfth year when he ran away. Drifting into St. Louis, Missouri where he had relatives, he began working as an office boy and remained at office work until fifteen when his health, which had undergone many vicissitudes, became so poor that he was compelled to desist. Every symptom was prophetic of a consumptive's grave, for not only was he weak and emaciated, and afflicted with a hacking cough, but his mother had succumbed to that disease which was proof to the doctors and sympathetic friends that it was hereditary.

But the young Macfadden was not one to give up without a strenuous effort to at least ameliorate his condition if it were not possible to effect a cure. He accordingly consulted doctor after doctor and at the same time doped himself with patent drugs. But try as he would, he did not only *not* gain, but rather lost. Driven by extremity, he began to experiment with exercise with the idea that this might help him where other treatments had failed. From the first he made rapid improvement and realizing its wonderful curative qualities, he continued the practise and at the same

time extended his knowledge of different systems as they existed. The information thus gained, combined with the interest which his own case aroused in him, caused him to commence giving instruction along those lines. From St. Louis he went to New York, where he taught for some time, after which he spent several months in advertising an exerciser which he had invented. He later crossed to England and there he was accorded a more than casual attention by the masses of health seekers. Month after month passed and he still continued to grow in favor with those who crowded to hear him lecture. Recognizing the necessity of providing some better means of reaching the many whom he could not personally meet, he established his first magazine. He still felt, however, that his best work lay in America and consequently he came back to New York City, where he secured desk room in a building on Broadway and started the publication of the *Physical Culture Magazine*. The business rapidly increased, compelling him to add office after office to accommodate the assistants whom he selected to help him, until at the time he moved to the present location of the magazine, he was occupying a suite of eight rooms, for which he was paying an enormous rental.

Shortly after moving to the new quarters, he began experimenting with food stuffs with a view to furnishing nourishing food at low cost. In order to extend his experiments and to prove the truth of his beliefs, he opened the first Physical Culture restaurant. However, it was not long until the crowds which flocked to the new institution necessitated the opening of others. After a time, they were incorporated under the name, Physical Culture Restaurant Company. Since then they have extended their business to Boston, Philadelphia, Pittsburg, Chicago, and Buffalo, in each city serving pure food.* Nor have they reached their limit for now every prospect points favorably to the early occupation of many fields which the great western cities cause.

But publishing, teaching and managing the Physical Culture restaurants were not enough to satisfy the rapacious appetite for work which was possessed by their promoter. He therefore planned a Physical Culture City from which all of the evils which menace the present day society were to be barred—a place that was to be a heaven for those who believed in the natural life. Purchasing a tract of some two thousand acres in New Jersey, he opened it for settlement. From the first every prospect was flattering for its colonization and especially was this true after the railroad erected a station-house. A post office was partially promised and everything was moving toward the early culmination of the plans of their founder, when the entire enterprise was thrown into confusion through the arrest of Mr. Macfadden on the charge of sending obscene matter through the mails.

*By 1910, Bernarr Macfadden had established and owned almost 20 restaurants in North America, including one in Toronto, Canada. —Ed.

This ended the probability of a post office as well as started a long, hard struggle for justice, which was not secured until the matter was called to the attention of President Taft.

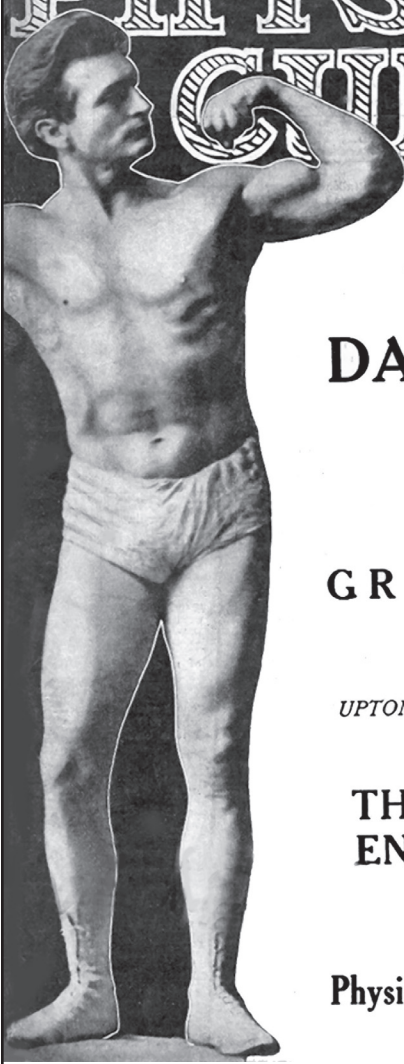
Up to the time of this occurrence, Mr. Macfadden had done practically nothing in the way of using his knowledge in the cure of disease, having limited his efforts to building the *body beautiful*. Nevertheless, he was deeply impressed with its curative agencies and began extending his work along that line as soon as opportunity offered, later opening two sanitariums, one in England and the other in the United States, at Battle Creek, Michigan. He afterwards moved the latter to Chicago, where he continued to conduct it successfully until the past season, when he relinquished its management to others in order to lift some of the burdens from his shoulders. And even though he has done this, he will still have more work than the average man, for he retains his editorship of *Physical Culture*, which is read by hundreds of thousands of intelligent people and through which he will continue to wage war on the "National Organization" to place in ascendancy any medical school or cult; the compulsory vaccination law; and the numerous other conditions that are being pressed upon the people. His lecturing tours will be as extensive and he will also have his other interests such as the Physical Culture restaurants to engross his attention.

Nor would this sketch be complete without some mention of the extensive additions that Mr. Macfadden has made to health literature in the fifteen volumes of which he is the author.* These works cover practically every phase of physical training as well as several works in a lighter vein. For some time he has been working on an encyclopedia of Physical Culture which promises to surpass his previous efforts. And when we realize that he is still comparatively a young man, we may well watch with interest his future work, rightly expecting even more than he has so far accomplished. Especially may such results be looked for when it is recognized that his supporters are becoming more numerous every day, all of whom wish for him the best that the future holds.

*Bernarr Macfadden wrote over 100 books on health and Physical Culture and his encyclopedia of 8 volumes is very comprehensive of naturopathic therapies and principles.—Ed.

February **MACFADDEN** 2d.

PHYSICAL CULTURE



THE
FIRST INSTALMENT
OF
**DAMAGED
GOODS**
A STRIKINGLY
THRILLING STORY
ON THE
**GREAT
SOCIAL
EVIL.**
By
UPTON SINCLAIR.

**THE FAILURE OF
ENGLISH BOXERS.**
By **BERNARR MACFADDEN.**

Physical Culture as a Religion.

Courtesy of Stark Center, University of Texas.

Physical Culture magazine, February, 1914.

PHYSICAL CULTURE DIRECTOR

by **Benedict Lust, N.D.**

The Naturopath and Herald of Health, XVII (3), 172. (1912)

An all 'round athlete! How many times does the expression appear in athletic magazines and periodicals and does so without regard to whether it is correctly applied or not?

What an all 'round athlete' means in full life cannot be better shown than by the proficiency attained by Earle E. Liederman, who is widely known as the Physical Director of the Richmond Hill School, New York City. However, it is not only his ability in heading this work that has made him known in athletic circles but also his unusual muscular development and great success as a gymnast and wrestler, and also his record in hand balancing and tumbling, his proficiency in all of which has only been secured through years of careful work.



Benedict Lust, N.D.

When fourteen years of age, Mr. Liederman began systematic exercise, working on the principle that doing the hardest work in the least number of motions would result in the greatest good. He limited his period of exercise to one hour and this he has taken each morning since. Of this he says, "I never miss one day, no matter how I feel or what time I have retired the night before." And this habit may be considered the chief cause of the beautifully rounded muscles, rivalling as they do, ancient statuary. Muscles that are as flexible as it is possible for human tissue to become and at the same time are massively formed. Mr. Liederman is a pronounced enemy of the prevalent idea of *overdoing* in exercising. He emphatically urges that the student change his work and thereby use another set of muscles, instead of discontinuing exercise entirely when becoming fatigued.

The fact that he is normal in his living refutes the argument that strong men must eat and live in a separate sphere so far as food and sleep are concerned. Like all other competent athletes, Mr. Liederman refrains from the use of intoxicants. An excellent idea of his physique can be gotten by a careful study of his measurements:

Weight	145 lbs.
Height	5 ft. 8 in.
Biceps	16 ½ in.
Neck	17 in.
Waist	31 in.
Chest (expanded)	47 ¾ in.
Chest (normal)	42 in.
Chest (contracted)	35 ½ in.
Thigh	22 in.
Calf	14 ½ in.
Forearm (expanded or contracted)	14 ½ in.

Counting his life as a whole, it can be safely said that if more of American athletes viewed living as does this man, the athletics in this country would gain even more rapidly than they have.



The perfection of the human body found in Roman and Greek sculptures was highly praised and sought after by the Physical Culturists.

Physical Culture Department

EDITED BY JOSEPH F. BARTH, 318 FIFTH AVE., PITTSBURG, PA.

by Joseph F. Barth

The Naturopath and Herald of Health, XVII (6), 384-386. (1912)

In my last article in this magazine, I spoke in a general way of the benefits derived from scientific exercise. Also, why you must exercise if you [want to] keep up a high degree of health and vigor. In this article I am going to speak about the tired man and who is there who hasn't seen a few of these and maybe you yourself belong to this class.

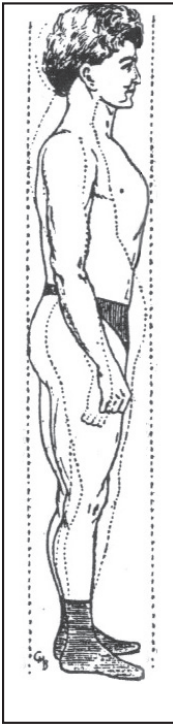
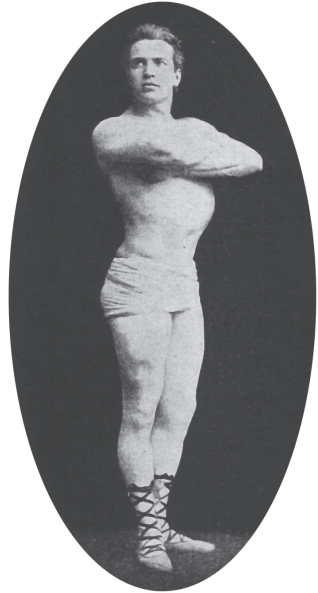


Figure 1

His general appearance (Figure 1) plainly indicates how much he is in need of a course of body building exercises. When he stands, his head droops forwards, a large hump is visible in the dorsal region of his spine, and his chest is perfectly flat; in fact, his chest lays on his backbone. The viscera, contents of the abdominal cavity, drop and cause a small round pouch to protrude at the abdomen which some foolishly think is an accumulation of fat. It's not fat; it's displaced viscera and in the upper chest cavity the lungs and heart are so crowded that they fail to function properly. This indicates how important it is to have correct bodily carriage. The accompanying illustration shows what I mean. The heavy lines in Figure 1 show the correct standing position. Let me impress upon you right here that it is much easier than the wrong position, which is indicated by the dotted lines.



Joseph F. Barth

The principal object of the tired man seems to be to avoid everything that might be of benefit to him. He will not walk up a single set of stairs when there is an elevator convenient. He will not walk a few short city blocks when there is a car to be had. He won't open the windows to admit fresh air, the only thing in the universe of which you can't get too much. He won't even push open a door when there's a porter handy.

A strong, vigorous person takes pleasure in running up a few flights of stairs, or walking to his place of business when time permits. These little stunts help one a lot to keep physically well.

An early stage symptom of the tired man is laziness, the result of which eventually is the chronic tired feeling and then after that the various physical disorders, such as constipation, headache, insomnia, nervousness, and many other derangements which are bound to follow.

I don't mean that every individual is lazy as understood by the general use of the word, but what I mean is that most people whose health is below par are lazy only in so far as their physical condition is concerned. The man who would not use an atom of energy to increase his health is a slave to his business in his mad effort to accumulate money. He doesn't seem to realize that by neglecting himself, he shortens his lease on life by many years.

The tendency of human nature seems to be to move along the lines of least resistance and I believe this is one of the principal reasons why so many people adhere to the old time worn pill and medicine route in the attempt to get well. You can swallow a pill without effort, but remember this, without effort you produce no results. When you commence to notice the tiredness, remember this is Nature's way of letting you know that your vitality is lowering and it's time to get busy, build up your body and increase your vigor.

If you have a delusion that all you need for exercise is a walk for a few city blocks or shovel a few buckets of coal, let me disturb that idea right here. I heard a man say recently that if he needed exercise, he would plow up the garden or shovel coal. I met him again a few weeks later. He told me he tried to get the garden in shape just for the benefit he would derive from the exertion but he failed to finish the job. The reason was just as I had told him. He was in no condition to do the above strenuous work. Even if you were capable of doing strenuous work on the back lot for a week and then not take exercise for the other fifty-one weeks of the year, you could not expect this short period of active work to counteract the bad effects produced by the other fifty-one weeks of neglect.

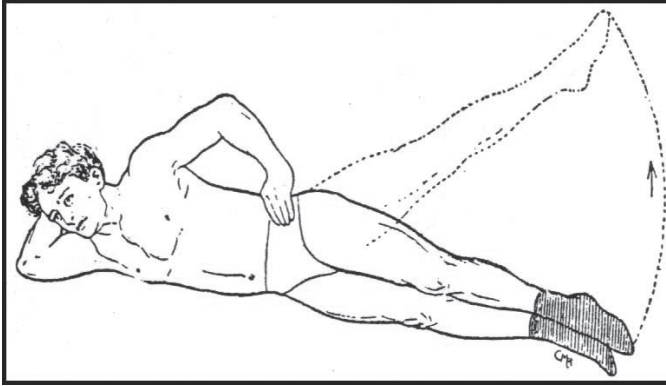


Figure 2

Lay on the right side with the right arm folded under your head. Place the left hand on the hip, now raise the left leg. After doing this a sufficient number of times reverse, doing the exercise from the other side.

I want to say a word for the folks who imagine that a little walking can take the place of real scientific exercise. You could use the muscles of your legs and arms for a year and never reach the internal muscular structure and your vital organism which is located in that part of your body called the trunk. For the robust and healthy individual who has sufficient vitality to take a vigorous walk of about five miles, it makes a valuable form of exercise. But first you must get yourself in a condition that makes walking a pleasure.

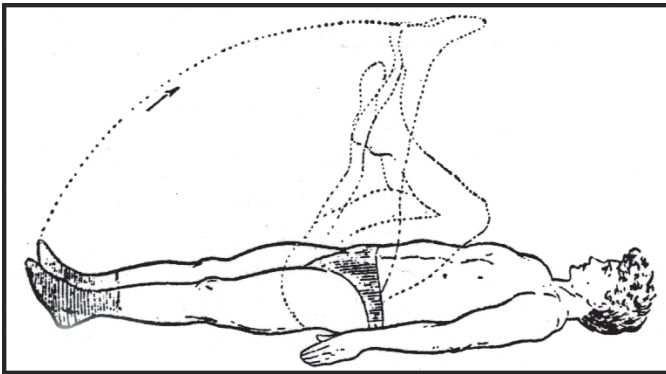


Figure 3

Lay flat on your back, raise both legs at right angles with body. Now draw the knees toward your abdomen, as indicated by the dotted lines. Then straighten legs and repeat.

If you take advantage of the exercises illustrated in this magazine and use them as directed, you will gradually but surely find yourself growing stronger, and let me assure you that no other method has prevented or eradicated as much constipation, nervousness, insomnia, stomach disorders etc., as vigorous exercise. The two exercises outlined here should be practiced twenty times each, preferably mornings before breakfast and should be taken in addition to the ones outlined in the last issue of the magazine.

The principal object of the tired man seems to be to avoid everything that might be of benefit to him. He will not walk up a single set of stairs when there is an elevator convenient. He will not walk a few short city blocks when there is a car to be had.

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PHYSICAL CULTURE AND ITS BENEFITS

by Charles E. Smith, H.D.

The Naturopath and Herald of Health, XVII (6), 386-388. (1912)

I am indeed glad to be counted on in the work of spreading the gospel of good health. It is with pleasure that I submit this initial article to the readers of *THE NATUROPATH* magazine. Through the consent of the editor, I am to have the privilege of taking part in the great work that he is doing. And I hope in my articles that are to follow to give some suggestions and exercises that will at least help some to find the way of living to obtain that degree of health and strength that make our lives worth living.

In my first article I can only hope to give you a glimpse of what is to follow and wait for future articles, to dwell more in detail on the separate parts of the body and on how each may be strengthened to do its share in the work that the body has as a whole. When you speak to the average person regarding Physical Culture, they all seem interested, but the majority think of it only as exercise and many will say they do not care to be athletes and so do not give the subject further thought. Now all who know anything of the real meaning of Physical Culture know it to have deeper and broader meaning than exercise alone. True exercise does play a part in the culture of the physique, but it is only a part, and not as important a part as some of the other phases. I prefer the term Health Culture, better than Physical Culture, because to the average person it will have a broader meaning and they will understand that it will have to do with their vital powers and general health. Health Culture has an important part in our daily lives and in things that pertain not only to our individual lives but also to our national affairs as well.

Many of our social problems could be more easily solved if people understood the rational way of living. Much is said of the high cost of living. Truly we are living at a high rate. Much is spent each year that could be saved and used in ways that would not only benefit our pocketbooks, but our health as well. It costs to be sick. We lose time from our business and spend much trying various ways of getting well when the knowledge of rational living would prevent lots of sickness. We spend our health getting money and then spend our money trying to get our health again. If people understood that the body could be nourished and maintained in a more healthy way on a simpler diet and one that costs less, much that is now spent in trying to satisfy the appetite could be used for other and better purposes. We try to satisfy the appetite with impoverished foods that appeal to the taste alone and do not supply the body with what it needs and warns us through the appetite. With the result our appetite is never satisfied because our bodies are never properly nourished. Much of

the indigestion, appendicitis and various other digestive troubles will be avoided when we learn to live on a rational diet. This will be a blessing not only to the poor but for the rich as well. It will enable the poor to live much cheaper and have better nourished bodies and will enable the rich to enjoy life more, free from the many ills due to over-feeding. When the body is properly nourished, it will not want alcohol, tobacco, tea, coffee and other stimulants and condiments found on the modern bill of fare. The poor man will then save the money he now spends for coffee, tobacco, etc., and spend it for things that will build his body and prevent sickness and enable him to work better and earn more. Then it will be that the ever absorbing question of the liquor traffic will be nearer to a solution because we will be removing the cause and not trying to treat the effects. When comfort and not fashion is catered to in our clothing, much that is now, needlessly spent yearly for clothes will be given to other things. Eating, clothing, bathing, breathing, sleeping, exercising and the various other phases of Health Culture all play their part in the reduction of the high cost of living. When we follow the laws of Nature more closely, and live nearer the simple and rational life, then our bodies will be made stronger and it will enable us to work more efficiently earn more and save much that is now spent on account of sickness.

Everyone will admit that exercise is beneficial and pleasant. When you stop to consider that every move of the body, from the conscious flexing of the arm, to the unconscious beating of the heart and the digestion of food is all done by muscles, you will then realize that exercise, properly done is not only beneficial but is also absolutely essential. Exercise to be beneficial must be done correctly and judiciously. It must be given to suit the need of the individual and with the purpose in view of building health and vitality, rather than large muscles at the expense of the vitality. Much harm can be done by over-exercising, but the other is usually the case. The average person does not exercise enough. Sometimes you hear people say, "exercise is harmful and that all athletes die young". Usually when the athlete dies young, the cause is not exercise, but investigation will reveal some other cause. If he trains for some supreme effort in athletics and develops his body up to the highest possible point, and then when the event for which he has trained is over he stops all forms of exercise and lives at a high rate socially, naturally the body cannot stand such shocks and death may result. Here it is not exercise that has killed him, but rather the lack of it, though all blame is given to exercise.

The person who never takes exercise that is any more than is necessary for the daily routine of life, dies. The blame is given to rheumatism, heart failure, etc., when it may be the lack of *proper* exercise again. You might as well argue that fire is no good because it burned a house down. Exercise is necessary in its place, out of its place, as much harm can be done as with all other necessary things. Every person who has vitality

enough to live can take some kind of exercise. A person should never become so old that he or she cannot take exercise. Exercise daily and you will never grow too old for it. True, certain exercises are better for different people and different kinds of exercise for the same people at different times. This should be decided by the persons themselves, or by some expert that understands their subject. You would hardly expect the mail carrier to spend anytime other than his regular work to develop the leg muscles. He needs some kind of exercise suited for the upper body. The stenographer, or others that are sitting all day, need exercise for the lower body and the waist and back muscles to avoid indigestion and other digestive troubles and to fill out the chest and give the lungs a chance to fill with the oxygen that is needed.

In my series of articles that are to follow each month, I hope to give simple exercises that will develop the body as a whole and that are best suited for most people under all conditions. I must leave it to the individual to choose what is best suited for his particular needs. You are no stronger than your weakest part. Physical Culture makes for the whole body. Specialization may be harmful unless it is guarded closely. When one muscle or group of muscles is developed at the expense of the other, only harm can result. Health and vitality should be the object of all exercise, rather than large muscles gotten at the expense of health and vitality.

The subject of diet is given much attention now and rightly so too. One may exercise, rest and live just in accordance with all hygienic principles and yet if the proper food is not supplied we can never have well developed systems. *We are physically just what our food makes us, and we cannot be otherwise.* You will see the importance of having the proper food and in the proper proportions. We are building our bodies every day with the food we eat. If you were going to build a house, you would first study all plans and then buy the best material you could for the money you had to invest. You would not think of building it from rotten lumber. If you did, your friends would have you examined to see if your mind was alright. Yet you will never give one thought to what you are building your body from (which is worth more to you than any house you can ever build).

We spend our health getting money, and then spend our money trying to get our health again.

A person should never become so old that he or she cannot take exercise. Exercise daily and you will never grow too old for it.

PHYSICAL CULTURE AND ITS BENEFITS, PART II

by Charles E. Smith, H.D.

The Naturopath and Herald of Health, XVII (7), 459-461. (1912)

The one prevailing thought seems to be: eat to fill up. You go to the lunch counter, or maybe to the home, and eat what is given you without ever thinking what nourishment your body will get from it. This food is often prepared by some cook, and yes maybe, by some loving wife, that knows absolutely nothing of the requirements. One mission of the health movement is to teach people how to prepare foods in a simple way, so that they will nourish the body most, and at the least expenditure of time, money and effort. Do not understand me to say there is any saving when not enough food is supplied. When this is the case, or the food is inferior, it will only weaken the body and be more costly in the end.

One thing that has hindered the progress of the health propaganda in the past has been the radical way in which its leaders have presented it. In a way this has been necessary. The people have been so radically wrong in many of the ways of living that any step in the direction of the sane and simple way has had to be radical. But this extreme radicalism has appealed to only a few; the masses have not given it thought and attention. But they are hungry for the knowledge that will help them solve their problems. The digestive troubles that afflict the world are so common that scarcely a person is not interested in some phase of health and the diet question. If you doubt this, just watch when you are talking to someone that seemingly does not regard these subjects. If you are discussing diet, and that party does not drink coffee, or ever has had to diet on the doctor's order, notice how quickly they will tell you of it. If you should be talking of exercise or baths and they take a daily cold bath or walk, notice how soon they will tell you of it. This shows that everyone is interested.

The radical enthusiast of the past has paved the way, and it remains for the present teachers, to so mold these ideas that they can be made practical and usable in our daily lives. This can be done. Here are two examples of rational and practical Health Culture. You are told to chew your food, "Fletcherize," so to speak, but you say: "I haven't the time. I say, have you the time to be sick? Or have you time to be dead? You must realize that a little food eaten slowly, and chewed properly, will do you lots more good, than to gulp down a lot of food that will only ferment and cause you distress. So if you must eat in a hurry, time yourself. If you have five minutes to eat, choose the best foods from what you have, and that will fill your need the most, and eat slowly for five minutes. Then stop; it will certainly do you more good than to eat all you can get down, and as fast as you can in five minutes. If you have not this time do not eat at all. Never get so busy that you cannot eat properly. No prolonged

business is big enough, or can pay you enough so that you can afford to neglect your eating. Of course, in emergencies exceptions have to be made. In such cases a fast of a meal or so will benefit you.

You may say: "I have not time for exercise." Are you sure of this? Aren't you just a little lazy? Hadn't you rather sleep just a few minutes longer, than get up and exercise as you should? Isn't there some harmful pastime, such as your smoke, or that social drink that you could to advantage, leave out and devote a few minutes to exercise? The person that works more than ten hours a day is an exception, and the ordinary man or woman could well spend a few minutes some time of the day, say on arising or before retiring, in exercise that is essential. A little will-power and enthusiasm is what is needed. It is just as important to exercise properly, as it is to eat, sleep or do anything else that we do each day. You would not consider leaving the face unwashed when you arise, yet it is a small matter, when you consider the importance of the vital health. Such thing as this is rational Health Culture. They are not mere fads, but are a necessary reality in our daily life.

Clothing is much discussed and experimented with. There always is the one thought in view when clothes are discussed, and that is the much worshiped fashion. It is about as much worshiped as the ancient idols were, and many a life is sacrificed upon its alter. Money and vanity seem to be the chief causes. The big clothing establishments have to sell their goods, and we still admire the fine appearance of our bodies and try to have the tailor supply what our bodies lack. It is a poor imitation though, when the tailor tries to take Nature's place; clothes never can make real beauty, and certainly cannot make health. As the seasons change the makers of fashion, give us new designs, and the well-groomed person has to discard the present garment and buy one that is in style. What does the fashion designer care about your health? How much does he study it? We let someone else dictate to us what we shall wear, with never a thought to the benefit or harm of it. When you get sick, who suffers for you? Who pays your doctor bills? Where is your fashion designer then? You know that you alone have to suffer, and you have to pay your bills. Yet you will let others say what you shall wear. Comfort should ever be the watchword in the selection of your clothes, regardless of what others say or think. You can easily select healthful clothing and yet be near enough in style. If fashion conforms to your needs, all well and good and if not, don't sacrifice your health for it.

It is an old saying, "Cleanliness is next to Godliness." This is certainly true. There can be no health where there is no cleanliness. Be clean inside and out. Be clean in thought and word. I often wonder if too much attention is not given to outward cleanliness. There are thousands that are very careful about having the daily bath, and change of linen, yet they

will fill the body with alcohol, tobacco or foods that will make it far more unclean than the lack of the bath can. No one can be healthy or have a clean body, when any unclean thing is used for food or drink. It is necessary to bathe properly. There are many baths and all have their value when taken to suit the need of the individual. There are three distinct uses of the bath: first, to cleanse; second, for its remedial agency; and third, for its effect on the body and its power of resistance to disease. Through the hot bath the body is cleansed. By the cold bath the body is hardened and it serves as a tonic. That is provided the cold bath is taken properly. There are many taking the cold bath that had better leave it alone. If not taken properly it will use more vitality than the body can ever make. If the cold bath is enjoyed thoroughly, and there is a desire to get in the water and the body recuperates quickly with a feeling of warmth, it will be very beneficial. On the other hand, if there is a dread of getting in the water, and one has a chilly sensation afterwards, and cannot get warm easily, of course, harm will result and the bath has better be discontinued or taken under better conditions.

Sleep is Nature's time for house repairing and up-building the worn out parts. It is the time that body gathers new strength for the days toil. Yet there are millions that lay awake nights counting the hours as the clock strikes them, and longing for the sleep that will not come. That is, until morning when it is about time to get up feeling as tired as when they retired. All day they lack energy and feel sleepy, and cannot do the work they could if they had the proper amount of sleep. When they come to sleep again they find the same trouble, that they cannot sleep, and repeat the same thing over each night. There is a reason for this, and I hope to give some information that will enable some to find the sleep that is needed to prepare them for each day's work. The tendency of civilization is to turn night into day, and use the time that we should sleep for dissipation or pleasure. When we do this we are stealing from our store house of efficiency, and some day we will be called upon to pay it back. Often our life itself is the price we pay.

Health Culture on the broad and rational basis should fill a large place in our lives; it should be made a part of it. To pay attention to our health is not only our privilege but our duty. We owe it to ourselves and the future generations. All time spent in making our bodies stronger, cleaner and purer will pay more dividends than we can get from any other source. Your health is worth more to you than anything else this world can give you. The purpose of these articles will be to give you such information that will enable you to rise to your best and live the life that is highest, purest and best for you.

WOMEN'S AIR-BATH GYMNASTICS

by Benedict Lust, N.D.

The Naturopath and Herald of Health, XVII (8), 530-531. (1912)

In the domain of hygienic gymnastics, a natural and healthy care for the body occupies the first place. What then have we to do if we wish to acquire a bodily *education* in this sense? How are we to choose among the numerous systems of gymnastics, exercises and good advice? How do we begin? This question is of paramount importance to every woman. Inspired by the endeavors for reforms in our time, by the examples of the women of other nations and those of the bodily education of the man, wide-spread interest has again come to its own in regards to this question. The will is there but which is the way to pursue?

In spite of the best intentions, wherever we meet them, we find that frequently very little is being accomplished and rather more harm done than good. The mistakes made are generally due to overdoing, if without the slightest individual adaptation and without plans or reflection a choice of exercises is made whereby the exertion as well as the methods of hardening set in too vigorously; or the mistakes are due to underdoing, if certain hygienic conditions are not known or disregarded. The requirements demanded by us are: light clothing, gradual application of the air-bath, simple, quiet breathing and only little by little increased and more strengthening exercises and at last motional gymnastics, such as walking, running, jumping, games and dances.

Let us start with the first requirement: the body must not be handicapped in its movements by unfit clothing. This is generally not being sufficiently observed in feminine exercises. We must never forget that such exercises are destined to give the body a free and healthy [work out] which is very much hampered if the clothing be too heavy. The body has to exert itself more, develops a higher degree of heat and is sooner exhausted. And to have the bodily and breathing exercises performed in corsets, however loose, as it is still frequently done today, is simply unpardonable! We make it a condition to discard all hindering clothing for the exercises in a room or in the open and to use only porous tights or a Greek garment. The soft, flowing dresses, the reform and the sporting garments, the discarding of corsets, are all achievements of our time and of the greatest importance for use. But they will be of real value and introduced everywhere only after the body itself has been changed through proper care and culture, when with the reform of the dress a thorough reform of the feminine body itself goes hand in hand. Only then shall we profit in health and beauty.

We are accustomed to regard the skin merely as a cover and a protection for the body. Otherwise, we do not give any thought to its function



The Sun and Air Baths always accompanied fitness and exercises at the early naturopathic Sanitariums and Jungborns.

or purpose. And yet the healthiness and freshness of the skin are just as important for the health and beauty of the body as a good muscular system. The one is not imaginable without the other.

By means of its pores the skin breathes exactly as the lungs. Thus, it inhales oxygen and exhales carbonic acid, emitting all impurities and poisonous matter through the sweat; it furthermore acts as a heat-regulator for our body.

The air and sun act upon it in a very stimulating way, and herein lay the vast importance of light and air baths for us. They refresh and harden the skin simultaneously. And if we add to the air-bath the gymnastic exercise, the entire process of interchange of matter is being most beneficially furthered. The disrobed body feels light and free. It craves for motion. Proper exercises and deep breathing give it warmth and a lively, refreshing pulsation. The movements, unhampered by clothing, become free and easy.

Open air gymnastics produce still another good effect. It heightens the joy of living. It is as if man in the sunlight becomes again aware of his intimate coherence with Nature and feels her animating, blissful gifts. Our most renowned physicians have recognized these physic and psychic effects and air-baths are playing a most important part in the treatment of the various diseases in sanatoriums and hospitals.

Can we, who are in good health, think of anything more beautiful and aesthetic in our gymnastics than to be out on the green lawn in God's free Nature? And yet we meet with the view so frequently that the air-bath is harmful and causes nervous disturbances, colds and sickness! Yes, but this is always due to carelessness by taking air and sun-baths in a

lying position for hours at a stretch. Weak and nervous people or patients should never do it without the most rigorous self-observation, or without expert control and directions. In regards to our gymnastics, I wish to state that not the air-baths but the gymnastics in the air-bath are our main purpose. Whoever feels a discomfort or is shivering even while exercising or after it, must take certain precautions as regards to motion, length of time and clothing.

The health and strength of the feminine body cannot be attained through mere sporting exercises, as many claim, but solely through a harmonic development of its powers and a well-considered gymnastic education. On this hygienic basis the sporting exercises, if there be such a desire for them, must be founded.

The aesthetic gymnastics preclude the excitement and restlessness of the sport, and satisfy the natural desire of the woman for charm and grace in motion.

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HOW THE GREAT BARNES BECAME A HERCULES

by Barnes

The Naturopath and Herald of Health, XVII (8), 534-535. (1912)

There are many systems of Physical Culture I have tried no doubt all of them and I must say that I have derived benefit from every system of physical training I have experimented with. I find that there is but one way to secure the highest degree of strength possible and that is by the same system which made all strong men strong, and that system is progressive exercise. I mean *progressive exercise*, exercise that increases the strain put on the muscles as each muscle increases in size and strength. For an instance, say a man is using two pound dumb-bells this year; next year he should be able to handle a pair of five pound bells with as much ease as he now handles the two pound bells. Just as a student in school increases his capacity for mental work—one could not expect to take a student from the public school and send him to Yale. Neither could you expect to take a student from Yale and put him back in the first grade in the public school and improve his knowledge. Therefore, the young man who takes up Physical Culture must first of all lay a foundation before he can expect to build a fine muscular development such as one may see in witnessing a strong man's exhibition. A young man just starting to train should be careful to steer clear of *heavy* weights until his muscles become accustomed to the lighter work. As his strength increases, so should he increase the amount of work placed upon each muscle until it is as easy for him to handle a great weight as it was for him to handle a light one at the beginning of his training.

Another thing I wish to call the attention of my readers to is the fact that one can do as much harm to the body by improper exercise as he can to his stomach by an improper diet. And in regard to special dieting, I know it to be a fact that no man can lay out a diet to suit the condition of any other than himself, as there are no two men with stomachs alike, just as there are no two people who look alike. Therefore, one should be guided by his own judgment regarding his diet and bathing. Some instructors will tell you to take a cold bath following your exercise; others will tell you to take a warm bath at all times. Personally, I believe in a cold sponge or shower bath of, say, three or four minutes duration, but I have always taken a cold bath after finishing my day's training. I find it to be a tonic for the nerves; I regard it in my own case as being without an equal. But again, I would never think of advising a cold bath for a man who is used to having his warm bath daily. It is always best to take the chill out of the water until one gets accustomed to the shock.

I also wish to call your attention to the much advertised deep breathing system of exercise. While I believe that one should live out in the open as much as possible, I cannot do otherwise than condemn the folly of

involuntary deep breathing.* Any person who has taken deep breathing exercises for any length of time will admit that to take seven or eight long deep breaths of fresh or foul air will at once make them dizzy. Nature has so arranged our bodies that every part works, or should work, mechanically. The Physical Culture instructor who believes in deep breathing exercise will tell you the more fresh air you can force into your lungs the purer the blood becomes. If such is the case, then the more food one may force into his stomach and the larger the stomach becomes, the more blood there will be to be purified. But the truth of the matter is, fresh air and pure food and water are the sap of life. But again, when you stop to think, an over-developed pair of lungs is no more to be desired than a stomach or heart, or the liver and kidneys to be twice the size that Nature intended them to be. It is as foolish to believe that forced deep breathing will build up your health and muscular development as it would be for a wrestler or boxer to stand out in the open and force his lungs full of fresh air by the deep breathing method, with the intention of fitting himself physically for a hard contest. You have no doubt noticed that in getting a race-horse into condition for a hard race, the trainer perfects the horse's wind by exercising him daily. It is only reasonable to believe that when one is taking exercise, one breathes twice as much air while going through different movements as one does when resting. The lungs must have rest the same as the muscles of the body. Therefore, when breathing, naturally the lungs are resting and so is the heart, and when one is taking exercise for the muscles, at the same time the heart and lungs are being exercised also.

I find that there is but one way to secure the highest degree of strength possible and that is by the same system which made all strong men strong, and that system is progressive exercise.

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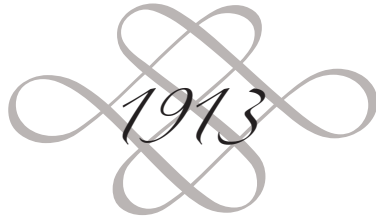
While I believe that one should live out in the open as much as possible, I cannot do otherwise than condemn the folly of involuntary deep breathing.

*It would take another four decades for this statement by Mr. Barnes to be proven correct by Dr. Konstantin Buteyko who demonstrated clearly that chronic diseases are aggravated by deep breathing and chronic hyperventilation. Sadly, deep breathing and mouth breathing continue to be promoted by fitness and exercise trainers. —Ed.



Courtesy of Stark Center, University of Texas

Physical Culture magazine, May, 1911.



PHYSICAL CULTURE DEPARTMENT

JOSEPH F. BARTH

HARDENING ONE'S SELF

BENEDICT LUST, N.D.

THE GIRL'S OPPORTUNITY IN PHYSICAL CULTURE

RACHEL WALKER

PHYSICAL CULTURE DEPARTMENT

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BENEDICT LUST, N. D., and LOUISA LUST., N. D.
 Proprietors and Directors

Louisa and Benidict Lust had their first health retreat located in Butler, New Jersey, and in 1913 expanded to Tangerine, Florida, to build a second Yungborn.

Physical Culture Department

EDITED BY JOSEPH F. BARTH, 318 FIFTH AVE., PITTSBURG, PA.

PHYSICAL CULTURE DEPARTMENT

by Joseph F. Barth

The Naturopath and Herald of Health, XVIII (6), 395-397. (1913)

Perfect health is a condition which is rarely found and when it does exist is not appreciated until it is lost. Perfect health is a condition which exists when all the body organisms are properly performing their functions; by that I mean proper digestion of food, proper elimination of waste, proper circulation and oxidation of the blood, etc.

Perfect health and disease cannot exist in the body at the same time. I have often heard people say they had good health, except they were constipated, had headache, indigestion or something else. It is impossible to have indigestion and good health at the same time. You have either one or the other. It's up to you which one you want.

There is only one way to get health: that is to work for it. Exercise, breathe pure air, eat correctly and sleep at least seven hours and eliminate bad habits. Health was never swallowed out of a bottle, taken out of a pill box or injected with a syringe.

A pool of water without motion becomes stagnant. Air in a room without circulation becomes foul. The human body without exercise degenerates physically. When the body is physically unfit, the vitality lowers, there is no vital resistance and the body is then in a condition to become afflicted with disease. The victim usually places the blame for his disease on three sources—the Lord, the weather or his ancestors; sometimes on the climate, but never on his own carelessness or ignorance of the laws of health.

Strong, vigorous men and women are the exception. The sick ones are in the majority. I have seen thin, frail fellows watching an athlete perform some remarkable feats and then say the athlete was over-developed. The fact that the athlete was properly developed and the weakling under-developed had never seemed to have entered his mind. He seemed to think that because the majority is in his class, they must be right.

There is a reason why the majority of men and women, when they have reached the age of thirty-five or forty years, are ready for the physical scrap heap. The tendency of the human race is to move along the lines of least resistance. Whatever energy they possess is devoted to getting dol-

lars and health never gets a thought until the condition of the individual is such that it interferes with earning power. In your madness for money you lose that which money can never buy.

The following then usually takes place: the afflicted person does not try to determine the cause of his trouble, but goes to a physician and lets him do the thinking for him. The victim of wrong living expects a few drops of medicine to counteract the bad effects of many years of wrong living. This, of course, is impossible. Then he goes to the specialist, then to various health resorts, then he becomes discouraged and can't understand why he fails to get health, and the reason is that he has been on the wrong road. Trains going to Chicago will never take a passenger to New York and yet the average health seeker travels on the wrong road and expects to get to the right depot.

Many people think what has not been accomplished by medicine has no right to be accomplished by any other method. This makes it more difficult for those who promote health by natural methods. First, they must educate the patient and then cure him.

Anyone who is open for conviction can readily be convinced of the efficiency of natural methods. There is plenty of proof for those who are willing to have their eyes opened. Kittens open their eyes when nine days old. Some people never get theirs opened, particularly regarding their health. They have a horror for fresh air, a special desire to over-eat and a great dislike for exercises. They fail to realize that health cannot be smoked out of a cigarette, that it cannot be seen through glasses or supported by braces. Neither can it be gorged into the stomach with oversized meals. All food taken into the stomach, above what is actually required for nourishment, only clogs the system. I have known people whose main object in life seemed to be to establish a world's record for food consumption. It is just as possible to be intemperate in eating as in the use of alcoholic liquids.

I have frequently heard men say that eating and drinking and the use of tobacco were their only pleasures, although they had to admit they always paid the penalty with suffering. I have sympathy for people whose only pleasure is in the indulgence of a few bad habits, for they are certainly missing a lot. Speaking of myself, I can say that I do not use tobacco, I drink only water, do not over-eat, exercise regularly and work hard, and my entire program gives me pleasure. I wake early each morning with enough energy to want to get out of bed. I find something to keep me busy several hours. About this time I am hungry enough to enjoy breakfast. After this I come to town and get busy. I have selected my profession because I like it; therefore, my business is a pleasure. By evening I am hungry enough to eat again. This is another pleasure. I eat two meals daily and sometimes miss one of these. When I return home, I am tired enough to enable me to sleep soundly.

You can readily see that perfect health turns everything you do into pleasure—if you do it right. The man who lacks health has only a few bad habits for his pleasure. It's just a case of *take your choice*; which do you want? I claim that anyone having enough vitality left to breathe has a very good chance of being restored to normal health; but remember, you have got to work for it. You cannot eat yourself well, you cannot rest yourself well, you cannot think yourself well, but by proper eating, proper rest, proper thinking and exercise added, you will accomplish results that are absolutely impossible without it.

When a new report comes out to the effect that health can be injected into the system with a hypodermic needle, such as the present Friedmann cure*, great enthusiasm prevails, because it means health without work. But when you try to educate people that health can be restored by exercise and the substitution of good habits for bad ones, they are slow to wake up.

The average weakling will tell you he is not strong enough to exercise. When you say exercise, he sees visions of 100 pound weights, boxing gloves and marathon races. He discourages himself before he begins and, with his wrong illusions, you can't blame him much. He hasn't enough energy to stand up straight. Just as quickly as he stops for a minute, you will see him leaning on a pole or building. This is not the kind of exercise I refer to. This is a scientific age and body-building is one of the present-day sciences. Scientific exercise is regulated according to the condition of the one to be exercised. The exercise is increased gradually, just as the strength and vitality increase, and eventually the vitality and strength are increased to such a degree that exercise becomes a pleasure; in fact, you will want to exercise, to work off the surplus energy.

You no doubt have heard someone who didn't know tell you that if you began exercising, and failed to keep it up, you get in a worse condition than you were before you started. I class this statement with the other that you also may have been told, which is that if you exercise, you will become muscle-bound. Now, the first time anyone mentions muscle-bound, ask him what it is, and I am almost positive he will tell you he doesn't know; and the fellow who tells you that it must be kept up or you degenerate, doesn't know any more. You went to school, you learned to read and write. When you quit school, did you know less about reading and writing than before you started? With a very little application of what you learned, you not only maintained your knowledge, but added to it.

A man or woman who has developed a high degree of health can very

*Friedrich F. Friedmann, a Berlin researcher arrived in New York City in 1913 with an unproven cure for tuberculosis. He inoculated turtles to produce his tuberculosis vaccine. —Ed.

easily maintain it with very little exercise. What I mean to bring out is that it requires less exercise to maintain health than it does to produce it. The one who doesn't attach sufficient importance to himself to exercise regularly will hold the balance even by being sick regularly, so it's just a matter of *take your choice*. That health follows right living and exercise is just as certain as that sunshine follows rain. That increased vitality follows increased health is just as sure as that day follows night. That increased health and vitality increase power and make living a joy is just as positive and plain as that one and one make two. If you want to get well, strong and vigorous, eat right, think right, rest right and exercise.

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HARDENING ONE'S SELF

by **Benedict Lust, N.D.**

The Naturopath and Herald of Health, XVIII (6), 397-399. (1913)

A correct hardening of the body is the best sign of perfect health and also the best security against illness. This not only is meant as a protection against cold or change of weather, but the body should also overcome hunger and thirst, as well as bodily hardship easily and only then the individual possesses the necessary power of resistance to oppose all reverses [obstacles] of life without being overcome. At the same [time], this kind of hardening is a strengthening and intensifying of the moral energy and guarantees anybody the ability of getting on in any aspect of life. Personal vigor does give self confidence that does not know obstacles. Of what help is the hardening against cold and change of weather to the weakling, if he is overcome and ruined in a dangerous condition or if big claims are made on his vigor?

The really hardened person must at any time be able to depend on his power of resistance, but this kind of hardening demands a rearing from childhood on, just as it had been customary in Sparta of olden days, where bodies of both sexes were steeled through exercises and the energy of will-power was strengthened so far that the Spartan really did not know what the word obstacle meant.

In order to reach this point of hardening, it is advisable to start already before the child is born. The mother must do away with all disturbing influences for the development of a sound, steady system of nerves of the embryo, which is absolutely necessary for a future hardening, especially with all luxuries as coffee, tea, cocoa, broth or alcoholic drinks until the birth and the period of nursing are passed. Then the child has to get accustomed as a matter of course to regular meals of natural food according to the age and the bare body of the child has to be exposed to the atmospheric air a shorter or a longer time, two or three times daily. Very often the nutrition is not a natural one and is given to the child too freely and too often. Almost everybody is fearfully afraid of the atmospheric air, the nutrition and tonic most necessary, the child is kept in the room and if it is brought out in the fresh air in good weather only—it is packed in warm clothes and pillows and the face is covered with a heavy veil to make sure that the atmospheric air cannot penetrate to the little one. During the night [the child] usually sleeps in the same room with the other members of the family, where the doors and windows are closed as air-tight as possible. The night air is considered as dangerous, while to the contrary it is (being less saturated with dust and smoke than the air during the day) the best expedient to strengthen mankind and to give them more power and resistance.

The stricter and plainer the children are brought up, the more they are taught that the air is their friend and the more they bloom and thrive. Children brought up with rich, stimulating food, pastry and candy, even though they like it, cannot have much power of resistance and are easily overcome by dangerous influences. If in addition to that they are guarded against the atmospheric air by not letting them outside the house in rough weather or cold winds, then they become weaklings who sooner or later will fall to a chronic disease.

Just look at the children of poor people, who have no means of spoiling the natural power of resistance; how well they do go on! What a sound, rosy color have they got, how well fed do they look with the simple food, often very sparing and almost not sufficient. Meat, eggs, and pastry are unknown things to them. How charmed they are against cold and inclemency of the weather in spite of the simple light garb, sometimes tattered. Underclothes and overcoats look to them even in winter time as a superfluous luxury. They stay healthy in spite of unfavorable lodgings, which sometimes insult every hygienic principle, because they become hardened through simple not over rich food and threadbare clothing which gives but little protection against the influences of weather, but which by no means keep them from being as much as possible outdoors. In these families effeminacy through food too rich or clothing too luxuriant is simply out of the question.

Comparing the children of rich people with those children of proletarians: what a difference! Here the robust, exuberant health, unmastered power of resistance, with great energy and self-confident vigor in all movements, and there the pale, sickly appearance, sadness in the face, undecidedness and weakness in all movements. Timidity against cold and change of weather, feebleness in attitude and dislike of motion, and everybody will come to the conclusion that a real hardening and a perfect health can only be reached through simple temperate habits, while sensuality and luxury diminish the enjoyment of life and weaken and undermine the health.

There can be no talk about hardening in the right sense of the word even if all rules which Kneipp and others prescribe for the hardening of the weakened generation of today are strictly and regularly followed. Not that we want to say that the use of these rules will not help the intended hardening; rather, they alone will not bring the desired results. But whoever employs these rules regularly besides a correct diet will certainly obtain a power of resistance and hardening equal to any emergency. It is beyond any doubt and confirmed through experience that a certain degree of hardening is obtained through daily barefoot walks in wet grass, on stone pavement, or in fresh snow, and through regular cold ablutions, daily light and sun baths, [with the result] that there are no attacks of

cold, cough, hoarseness, bronchitis, etc., there is a certain safety against influences of weather, and a healthier feeling in general.

A hardening which is lasting and a safeguard against all exterior harmfulness can only take place if a simple and moderate mode of living is combined with the exterior methods of hardening. Whoever indulges daily in table luxuries, wine, beer, coffee, tea, cocoa and uses tobacco frequently will never obtain the right true hardening. Rich meals, debaucheries, and the daily or only occasional use of stimulants of all kinds weaken and relax the body, diminish the power of resistance and moral energy, do damage to the health and shorten the life.

Some people believe that without the use of the above named and similar luxuries, life would be without pleasure and not worth while living. Instead of doing without those, they would rather renounce life. These people deceive themselves and will change their opinion as soon as they come to the conclusion to reform their mode of living and do without luxuries. Soon they will find out that they become much stronger, healthier, more resistant, so that all those inconveniences disappear which mankind of today believes necessary, which cloud the existence and which wrap the mind in gloom. They find that the world is more beautiful and that life without luxuries becomes indeed more and more delightful and that Goethe was right with his sentence, "Temperance is pleasure." To get rid of all these luxuries affords a certain moral energy and a struggle against the own self. Whoever wins this struggle will reach the highest degree of hardening and look into the future with self-confidence and self-trust.

In order to reach this point of hardening, it is advisable to start already before the child is born.

The stricter and plainer the children are brought up, the more they are taught that the air is their friend and the more they bloom and thrive.

It is beyond any doubt and confirmed through experience that a certain degree of hardening is obtained through daily bare-foot walks in wet grass, on stone pavement, or in fresh snow, and through regular cold ablutions, daily light and sun baths, [with the result] that there are no attacks of cold, cough, hoarseness, bronchitis, etc., there is a certain safety against influences of weather, and a healthier feeling in general.

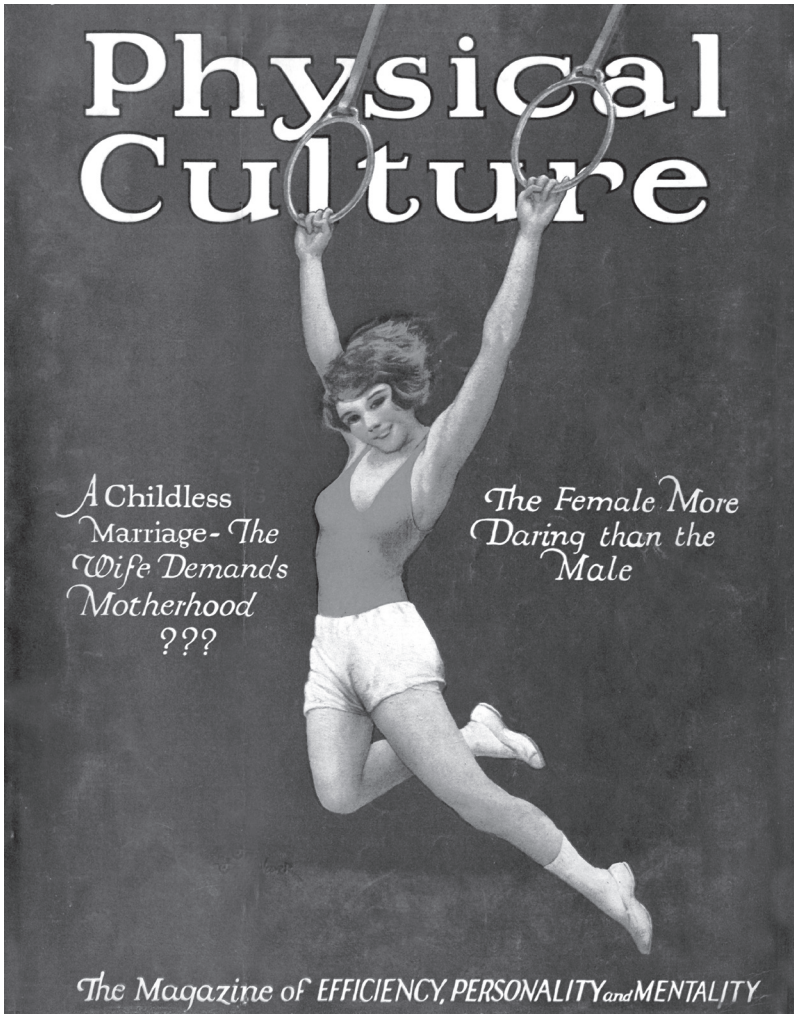
THE GIRL'S OPPORTUNITY IN PHYSICAL CULTURE

by Rachel Walker

The Naturopath and Herald of Health, XVIII (10), 651-654. (1913)

There seldom has been a girl who did not at some time in her life make that familiar remark, "Oh, if I were only a boy. A boy can be so much stronger and healthier; has so many more privileges and interests than a girl." But let us see what the real Physical Culture girl says about that: "Oh, I used to wish that I were a boy; but now I am glad I am a girl." "There are three great reasons," she replies: "the Physical, Financial and Social opportunities that an adherence to Physical Culture principles gives me." First, Physically—for Physical Culture has made me stronger, with endurance almost equal to that of the opposite sex. And why should I not seek great strength? In lower animals the female enjoys the same health and strength as the male! Second, Financially—for I have the same abilities as the male, and can demand an equal salary for my services in the commercial world. Third, Socially—for the Physical Culture girl has more chances for marrying than the Physical Culture boy! Why? And this is to be the theme of my story. Why? Because there are so many more Physical Culture boys than there are girls! Through careful observation and investigation, I have found this to be a fact; and I hope by these words to arouse my sisters who are only lukewarm Physical Culturists to a greater endeavor to attain the physical and moral perfection that is so easily accomplished, if they will but make the effort.

When my sister and I attended the Physical Culture Training School, there were about twenty girl students to a hundred and twenty boy students. I also noticed that those boys were far more careful of their diet than the girls. They would follow the very healthiest regime that could be obtained and train their appetites to relish and enjoy the most natural foods, enabling them to eliminate every ailment and build their bodies up to superb, exhilarating health. While on the other hand, most of the girls would eat what their conventional appetites craved, not taking pains to train their perverted taste to enjoy Nature's most strengthening foods that cleanse the body and develop power and endurance. Our dining room was divided into two sides: the Cooked, and Uncooked side. Those adopting the uncooked diet, such as raw fruits, nuts, grains and vegetables, etc., in their natural state, were indeed beautiful specimens of healthy and strong men and women, brimming over with vivacity and superabundant energy. Now, to think these were most all boys, I was perfectly astonished. I could not realize how girls, who should be the very ones to build their bodies up to the very highest degree of perfection, had less ambition and determination to follow the right course and fall in line with the boys in making the necessary sacrifice to obtain that highest degree of bodily vigor for the improvement of the human race that is to come.



Courtesy of Stark Center, University of Texas

Physical Culture magazine, August, 1921, volume 46 (8), 1921.

Ever since I have returned from that Institution, I have been trying to solve one problem to exactness: What is the cause of a girl not striving to measure up to the boy in the attainment of vigorous, pulsating health and strength? Now I am inclined to believe I have reached the solution to that problem. I now say with all emphasis that my pen can express that Custom, Fashion and Style have been the causes of all this weakness in the now so-called *delicate sex*.

In the past, conventionality and style ruled the minds of women. They actually cultivated false ideals and began to admire wasp-shaped waists, stilted high-heeled shoes, puny painted faces and delicate health until *Physical Culture* and other great movements began to awaken them

to the evils of such foolish thinking, making them turn their attention to health and sexology and race-improvement.* Many of them are, I believe, beginning to gradually change their ideas and fashion has become more sensible. Low heels are worn, face paint has given way to real blood and the normal, natural shaped waist is becoming popular. Yet fashion has so long made the ideals of the fair sex perverted, they naturally have not developed that desire for strength and health as rapidly as the opposite sex, who have strived for the possession of strength since the primitive age of fighting. Thus we see the reason for the girl of the past not aiming to reach the same standard of superb health as that of the boy.

After the appearance of my letter in the *Physical Culture Magazine* last year I have been the recipient of scores of letters from the north, south, east, and west, from foreign countries and the islands of the sea. Of all the hundreds of letters I have received, only about half a dozen came from girls, those being a few from the north, maybe from an actress or two or student from the School. But only one was from a girl of our southern States! So, why will women not try harder to encourage one another in the uplift of their sex? It seems sometimes, as society now exists, that the words of Mr. Eager, in his *Women's Emancipation*, were all too true: "Woman is woman's greatest enemy, through their cowardice and timidity. The woman who will not clasp your hand in friendship and bid you god speed in your efforts to emancipate your sex from fashion and conventionality certainly lacks that something known in man as manliness."

From the numerous letters from Physical Culturists, I will quote from a few, written in congratulation on my stand against fashion: "Am I right that there are some Physical Culture girls who will not sacrifice their health to the laws of fashion and have more sense than to think fashion is everything, when a healthy strong girl is the grandest thing in the world?" Another writes, "I am glad someone lets good sense get the best of fashion. I have been a Physical Culturist for a number of years and have made great endeavors to interest some of the girls; but the dear girls think it is too *masculine* and prefer to be listless and bloodless instead of snappy and vigorous; so I have given it up as a hard job and have ceased to draw their attention to the benefits derived from exercise, healthful food, etc." Again, another enthusiastic young man wrote, "I have been a Physical Culturist for about six years, and I have started quite a number of young men on the road to health and happiness. But the girls? Oh, that seems out of the question; perfectly absurd to get them to take up such a regime. They say, 'I wouldn't think of doing such foolish things.'" "Yet,"

*Physical Culture and its numerous publications made available to women included topics such as knowledge of their anatomy, physiology and birth control at a time when such knowledge was viewed as obscene, consequently censured and unavailable. Eugenics and race improvement began the discussion of genetic determination and access to birth control. —Ed.

he continued, "I am going to make one more attempt, for I want to prove to the 'wise' what a sensible girl can accomplish, and see if I can't induce some of the style-lovers to get rid of their weak thoughts and become real women."

In the past, it was the popular opinion that men naturally expected women to be purer, with higher moral characters than they themselves possessed.

But this is the age of equality, when each must measure up to the same standard of morality, each strives to uplift and improve one another.

Girls could have great influence for good over their young male friends; but too frequently they allow continual flirting and too liberal advances with them, which finally culminates in something disastrous. Such girls are generally the so-called *popular society belles*, who, prior to their marrying, are all physical nature based upon sentimentalism; but after marriage their sexuality has become devitalized, and the thoughts of childbearing are farthest from their silly minds.

Now, both sexes are capable of improvement; neither is immaculate. Let us take the society boy. Where has he erred? There is the *popular* stylish boy, too, although he may not let fashion deprive him of his bodily comfort as the society girl does, yet he sins just the same, in demoralizing the physical health of his young lady associates, by taking them to degrading social affairs, attending lewd plays, indulging in promiscuous flattering, succeeding in inuring their character as well as his own. It is not always the stylish girl he will harm, but some innocent girl entirely ignorant of his passionate pursuance.

Another example of the male sex is the studious boy, so absorbed in studies he does not seek the acquaintance of any of the fair sex. He is all intellectuality; his sex nature is destroyed; he has no desire whatever for the association of any girl. Then again we have the average young man, who says the nice quiet girl who knows how to keep house and attend to domestic affairs is the only girl he will marry. "Oh, I just want to have a good time, he says, as he takes the frivolous girl around on riding trips, to the theatre, socials, etc., affording her all the pleasures that the little domestic girl deserves. He continues his association with this little butterfly-girl until he is ready to light his nuptial torch; then he deliberately sets her aside and accepts the little housekeeper for his bride.

This is a wrong custom, I claim! The girl who is sweet and simple and fitted for domestic responsibilities is deprived of all the little attentions due her from young men, in the years before she boards the ship of matrimony. These attentions are squandered upon the fashionable butterfly.

"How long will the simple girl, the domestic girl, be subject to such treatment?" is the question I have heard asked time and time again, through letters and personal conversation between the fair sex. Oh, that

there were lectures given to men all over the country to enable those men practicing such wrongs to awaken to the fact that they owe their attentions to the simple girl, whom they eventually expect to marry.

Rouse, sisters! Cease to be slaves to the conventionality and formality that are robbing us of our individuality! Come, let us be true Physical Culturists, self-willed, independent, demanding the abolition of a double moral code. Seek to acquire strong bodies, noble ideals, and pure thoughts, along with the knowledge of sex-hygiene, eugenics and sociology. Remember, the true Physical Culture girl is the one now to be sought everywhere by strong, noble men—the only ones worthy of the term husband, at least to the real Physical Culture girl. Oh, how she should realize her great responsibilities as she is climbing the stepping-stones to health and happiness, to imbue the world with the greatest wealth, and by her love and purity inspire others to attain greater heights and accomplish nobler deeds!

Those adopting the uncooked diet, such as raw fruits, nuts, grains and vegetables, etc., in their natural state, were indeed beautiful specimens of healthy and strong men and women, brimming over with vivacity and superabundant energy.

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Physical Culture Department

EDITED BY JOSEPH F. BARTH, 318 FIFTH AVE., PITTSBURG, PA.

PHYSICAL CULTURE DEPARTMENT

by Joseph F. Barth

The Naturopath and Herald of Health, XVIII (12), 837-838. (1913)

The first Physical Culturists were Adam and Eve. They lived the true Physical Culture life, and only when they had eaten of the forbidden fruit did prudery exist.

The next great people of history who were Physical Culturists were the Greeks of the Hellaspoint. They were consistent practitioners of the real principles of Physical Culture until their simple ways of living were supplanted by the luxury which brought with it all of the evils which still exist.

The other great Physical Culture nation of historical renown was the Roman, which adhered just as closely to the real ideals of living and succumbed to the same enemy as that which ruined the strength of the Greeks, viz., rich living.

Besides these two people there have been at different times small clans of Physical Culturists but never with forces great enough nor leader strong enough to combat the forces of Hippocratical faith who were constantly extending their teachings.

These conditions have existed until within the last few years, comparatively speaking, when the all controlling sense of self-preservation has led some strong minded, forceful men and women to take up arms for rationalism. These have had the greatest fight of the ages, but just as surely as right has won in the past, these advance guards of right living are winning their way.

Physical Culture as the means of curing disease and keeping the body in prime condition is gaining new followers every day. Men and women in all corners of the civilized world are taking up the banner and are fighting for the extension of their doctrines. Many of them are doing it without pay of any kind beyond the knowledge of a work well done.

These people believe in it; they know they are in the right. Intelligence proves that their way is the true way to live. A body housed in a way that no air and light can ever reach it cannot reasonably be a healthy body. A system gorged with unwholesome foods cannot be a healthy system, nor can it withstand the enemies of life that the system not so gorged can do.

KNOW THYSELF

If you are sick, out of sorts, you are not following the rules of natural living—that is, you are digressing from the path which would keep you well. Elizabeth Towne says, “Disease is lack of ease”. If you are sick, nothing but the elimination of the cause for your ill health will ever right your body. Treating of disease will never cure it unless that treatment is arranged to fit the cause of that disease. Ill health of any kind is only a manifestation of an unwholesome body. Just as surely as light and air are essential to the body, the cause must be removed if this manifestation is to be stopped. Physical Culture is the one best means of removing the cause, for it is the natural way. It is the method which will clean out the blood, purify every organ of the entire body and make you full of life—of ginger.

As the one great fault of American life is the immoderate and unreasonable method of eating practiced, we are as a people, dyspeptics. The one most possible cure for this is the practice of Physical Culture methods, both of exercise and the selection of diet.

If this is your trouble, practice the following exercises morning and evening, and as often between times as possible.

EXERCISE 1

Place both hands on the sides, just below the ribs. Holding the body in this way, with the palms of the hands in front, and the thumbs behind, slowly turn to the right as far as possible. Reverse, going to the left. Stand erect, and repeat until the internal organs indicate that they are becoming fatigued. Breathe regularly and as fully as possible while performing this exercise.

EXERCISE 2

Place the hands as in Exercise 1, and then bend from the waist. Turn from right to left as before and continue until about ten movements each way have been made.

EXERCISE 3

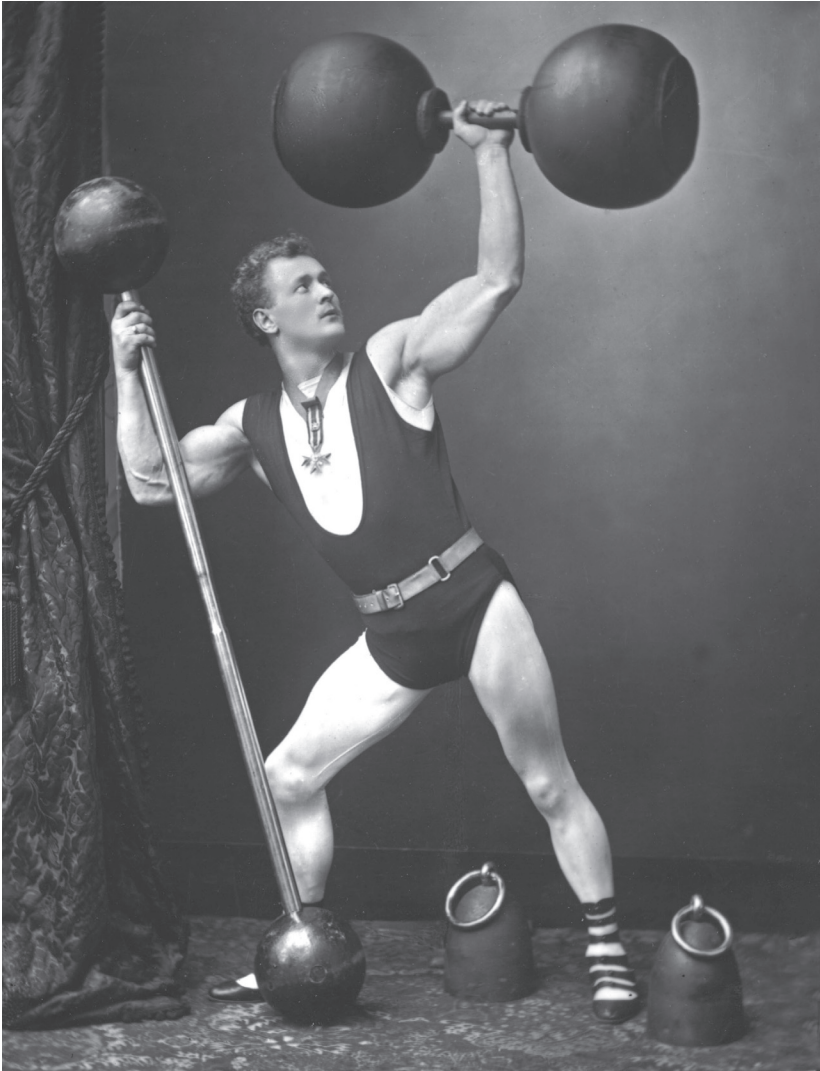
Stand erect, hands down by the sides. Then bend as far forward as possible and then behind, inhaling, at the same time raising the body. When an upright position has been reached, stop inhaling but keep moving the shoulders and head back until they are as far as they can go. This will bring the chest out very full. Repeat frequently and at least ten times at each bout.

Practise all of these exercises carefully and report their effect. If a personal reply is desired, enclose a stamped and addressed envelope. All readers of *The Naturopath* are invited to write freely. All assistance possible given.

Physical Culture as the means of curing disease and keeping the body in prime condition is gaining new followers every day.

A body housed in a way that no air and light can ever reach it cannot reasonably be a healthy body. A system gorged with unwholesome foods cannot be a healthy system, nor can it withstand the enemies of life that the system not so gorged can do.

If you are sick, out of sorts, you are not following the rules of natural living—that is, you are digressing from the path which would keep you well.



Eugen Sandow, the famous strong man, said concerning strength of body: "The secret is exercise—intelligent, constant exercise."



PHYSICAL CULTURE AND NATUROPATHY

MAX EUGENE PELTZER

THE MORAL VALUE OF EXERCISE

EDWARD EARLE PURINTON

SOME FACTS ABOUT THE AMERICAN
PHYSICAL CULTURE BOOM

ASTRO

ESSENTIALITIES IN PHYSICAL CULTURE

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PHYSICAL CULTURE AND NATUROPATHY

by Max Eugene Peltzer

The Naturopath and Herald of Health, XIX (1), 55-56. (1914)

Physical Culture, as advised by some of our splendid and interesting magazines devoted to this class of culture with some knowledge of Naturopathy, I find, can quickly transform the body of an ailing man, woman or child into a normal and healthy condition.

I base my claim upon personal experience and observation. My father, one of God's noblemen, a good swimmer, a fine horseman and one who knew how to handle the fencing foils to perfection, instilled into the minds of his two boys—of which I was the oldest—early in life the necessity of attending a gymnasium for the purpose of keeping our young bodies strong and healthy. So we were sent to Turning School, *Turner-Schule*, which the Germans call their gymnasium, a school for class instruction in Physical Culture and gymnastics.

Unfortunately, I failed to attend with regularity and in later years, on account of close confinement in an office, became neurasthenic and suffered with stomach and kidney trouble which almost became chronic.

A number of publications devoted to health and Physical Culture then made their appearance in our home, which my family read with interest and [continue] to this day. Individual instructions from *strong men* and prominent teachers of Physical Culture, who each claimed his system as the best, was my next move. Finally I worked out a system of my own from the experience I had gained which I called my "Quick Result Exercises". Then I became interested in Naturopathy through a doctor who has since become a warm personal friend. My stomach trouble vanished completely through this knowledge of both Physical Culture and Naturopathy, which I found gave quick and lasting results when intelligently practiced and applied.

In glancing through a number of periodicals and magazines at the news dealer I find that Naturopathy or Nature Cure, i. e. the regaining of health by natural methods without drugs, has within recent years become fully recognized by the medical profession. It has been practiced with astonishing results by the ailing public in curing diseases. As most of us know Naturopathy is not a symptomatic treatment, same as the drug treatment, but its results are sure, permanent and absolute. As normal health is mainly a question of good circulation and free elimination, Naturopathy aims principally to assist in stimulating the blood supply and driving poisons out of the body through skin, liver and kidneys. Naturopathy embraces all natural systems of healing to bring about a harmonious function of each and every organ of the body.

Our modern Nature Cure doctor, Naturopath, adheres to the eternal truth that "Nature cures, not the physician," and that drugs taken

internally or injected into the blood interfere with the healing process of Nature and while suppressing the symptoms of the disease for a short time, rarely effect a cure. He teaches and proves, on the other hand, that the drugless rational methods of healing under the direction of a physician competent in its employment will cure in ninety-nine cases out of one hundred if given a fair chance.

The natural method of healing, so simple and sensible in its principles, relies on giving the natural forces full scope by means of proper dieting, exercising, breathing, rest, massage, water treatments, and sun and air baths. These agencies when intelligently and expertly applied are immensely powerful. This method of healing originating in Germany many years ago, today rests on established scientific principles and is endorsed by the highest medical authorities. The results shown in many serious cases after hopes of recovery have been abandoned, are surprising, to say the least. Just imagine: no insomnia, no indigestion, no nervousness and the host of other maladies, but what can be relieved, healed and cured, without taking nauseating drugs or having needless operations performed. We must admit that this now popular method of curing—and in most cases, preventing, if taken in time of chronic or acute diseases is a God send and a blessing, to the many who are unhappily sick and distressed. It gives to the man, vigor, vitality and power; and to the woman, if she can be made to obey the laws of Nature, her natural heritage—health, poise, buoyant spirits and a charming, pleasing personality. No matter what the ailment may be, or of what duration, it will pay to investigate and become familiar with Naturopathy for “Nature holds a cure for every ill”.

So I will repeat: Physical Culture and knowledge of Naturopathy can quickly transform the body of an ailing man, women or child into a normal and healthy condition.

Naturopathy embraces all natural systems of healing to bring about a harmonious function of each and every organ of the body.

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THE MORAL VALUE OF EXERCISE

by Edward Earle Purinton

The Naturopath and Herald of Health, XIX (2), 65-68. (1914)

The mother of Sin is Shortsightedness.

If a man could always see himself clearly in relation to God, Nature, the world and himself, he would be ashamed to err because of his noble origin and afraid to err because of his ignoble end.

Therefore a saving process, moral as well as hygienic, is for us to withdraw occasionally from our human shell and view our lives dispassionately, noting whence we came, whither we go and where we are.

Supposing that we were a visitor from the jungle or from the sky, what would we first remark on judging civilization? The presence everywhere of weakly, sickly, undeveloped, unskilled human bodies. What next? The equal presence of unsound minds; for who but a man of unsound mind would expect to cure an unsound body with medicines alone or with thought-waves alone? Our bodies prove us animals turned to pauper, go insane, commit suicide, or autosuggestion. Do animals turn to pauper, go insane, commit suicide, or otherwise show themselves as unwise and inefficient as men? We in New York City plume ourselves on having organized a Board of Inebriety for the scientific treatment of drunkenness. We are still inferior to the dumb brutes; the actions of dumb brutes do not necessitate a Board of Inebriety.

I would rather be a superb animal than any other one thing on earth. Because, having been that, I can learn to be whatever else I will; but never having been that, I can become hardly anything worthwhile. The whole Advanced Thought band needs to get down to earth—literally as well as metaphorically. They have sailed the clouds of imagination long enough; they must realize that the mind, though greater than the body, is later than the body; and that a glorious physique, because harder to attain, is more to be esteemed than a transcendental airiness of intellect. To despise or neglect the body is a mark of ignorance, weakness or delusion. It is the perversion of the animal nature, not the possession of it, that develops grossness and defeats spirituality. So long as power distinguishes the body, the body should come first; only as pleasure steals the place of power, does the body recede to a lower level than the soul.



Edward Earle Purinton

What keeps animals healthy? Chiefly exercise. They stretch their muscles the whole day long, they breathe to the bottom of their lungs, they perspire normally, they eliminate properly, they digest perfectly, and they sleep soundly because really tired; in short, they occupy and use themselves to the fullest. Now the soul is affected by the circulation of the blood. Recent experiments have shown that the aura, which is the emanation of the soul, becomes less pronounced where the blood stagnates, and wholly disappears from the region where poor circulation has been continual. So, if all our functions, mental and physical, were thoroughly alive, we should have a truly spiritual nature because [it is] one pervaded by light. We cannot be sure that what we call the *instinct* of animals is not a higher form of illumination given them as reward for living sanely. On the altar of true poetic fire, there is a [great] deal of well-oxygenized blood.

I think that a moderate course in pugilism should be in the curriculum of every theological seminary. The pugilist feels ashamed to be sick, takes a well-deserved pride in his body, cultivates views of life as broad as his shoulders, and looks with scorn upon effeminacy, all of which should be part of a clergyman's equipment. Animals are the first real teachers of men; and the animal man could offer a valuable set of lessons to the spiritual man, if the spiritual man would renounce prejudice.

What is the first lesson? That we must not become less vital in becoming more mental. Neglect of mind only postpones development—neglect of muscles cause premature decay. Indeed, practically all of the modern, rational *cures* appear but fancy substitutes for plain, old-fashioned exercise. The art of sweeping and the act of sawing wood, which served to keep our grandparents healthy, now retreat before electricity, theriotherapy, vibration and massage, all of which rouse the circulation as gymnastic duties in the household once did. Put a gilt name and handle to a broomstick or an axe and you get the same as a fifty dollar course in modern Physical Culture—provided you do not know it is a broomstick or an axe. When people get over wanting to deceive themselves, there won't be any doctors left. For the majority of invalids go to a doctor with the hope of being deceived gently, adroitly, in a dignified, frock-coated manner. Give a sick man the truth and he'll either die or cure himself; hence their joint fear of the truth.

What is the second lesson? That we must provide in some tabloid form a regular equivalent for the hours of bodily exercise taken by animals every day. This regular equivalent may be a game of ball, a gymnasium practice, a boxing bout, a session with the dumb-bells or Indian clubs, a long run in the open, a series of tensing and stretching movements as taught by Swoboda, a home course of apparatus work as explained by Macfadden, a setting-up drill as required in the army, a vigorous Delsartean dance, or a pillow-fight with the children. According to age, occupa-

tion and the temperament, we should choose our best mode of physical energizing, and make it a part of our day as much as eating or sleeping. The best physicians, hygienists and psychologists are agreed on the physiological and therapeutic wisdom of such a habit.

There is a higher and deeper significance, however, which even the athlete fails to observe in the results of physical exercise. The **mental and moral** gain is the real end of the striving. This we rarely consider. We have always known the value of **exercise** for the **body**; we have lately emphasized the effect of thought on the body. However, we have not come to appreciate the influence of the **body** over the **mind** until some great athlete appears who shall remain exposed to the one-sidedness of the mental healer and faith curist. Mind is omnipotent but neglect of body renders mind powerless.

You can prove the morals of gymnastics for yourself. Determine to follow a particular system of exercise regularly, each day, for a long period—say a year. You won't do it; and the reason why you won't is that your will is weak, your persistence lacking, your sense of order underdeveloped, your love of ease overdeveloped, your ambition spasmodic, and your personal ideal wavering or ill-defined. These are mental and moral disabilities, not physical. And the man who is training for an athletic contest, thereby keeping to a schedule of muscular duties, gains to an even larger extent in mental and moral efficiency. This fact was illustrated recently in the rise and fall of a noted baseball pitcher. While he was winning and his pride was up, he walked the straight line of rectitude; but when he lost and his pride deserted him, he took to drink and at last forfeited his place in the League.

Study the face of any man who has brought himself from illness and weakness to health and strength by physical means. Take Eugen Sandow for example, or Theodore Roosevelt. You find that the intellectual and spiritual character, as stamped on the face, grows and solidifies with the stretching and hardening of the muscle. Annette Kellerman was a cripple in childhood. She is now a wonderful athlete and champion swimmer of the world. Do you suppose the salary she now earns—as much in a week as the average person makes in a year—is due altogether to the play of her muscle? It is due, first, to the play of her mind and the toil of her spirit through many long and painful years while she was teaching her body to obey her will. Does any man wish to multiply his salary ten-fold? Let him learn to do ten times as much work, ten times as well—and the law of attraction will do the rest. No human power can rob him of the ten-fold reward in money that belongs to him.

Big men do two things that little men don't; they make a pleasure of business, and a business of pleasure. They work all over—then play all over; they are whole men in whatever they do. And they religiously observe some fad or amusement or muscular sport that compels them to

forget their business cares. For exercise lubricates and cleanses the mind as well as the body, and you can't have moral cobwebs where your muscle swings clear.

In particular, does the student of higher thought need an active, powerful body as defense against the occult wizardry, esoteric fraud and psychic hobgoblinizing sadly apparent in the newer metaphysical field? Spooks hate an athlete. And spook-manipulators, wholly out of deference to this hatred, wisely confine their operation to weak women and aged or puny men. (By "spook-manipulators" I do not mean spiritualistic mediums necessarily, but refer to all those occult prestidigitators who trade money in vagary and illusions, giving *treatments* for happiness while contemplating divorce, and selling \$100 courses in success—being themselves poverty stricken.) About the only way to rouse the solar plexus in the person who tells you how he knows the solar plexus is to give him a good solar plexus biff. That kind of argument silences the mental and psychic pan-handler. But if his teachings be truly spiritual, nothing can silence that.

A town up in Vermont has been demonstrating the moral effect of muscular action. The officials of this town do not herd their prisoners together in a dark, stuffy, odious jail. They liberate the convicts during working hours, put them at honest labor somewhere in the village, and divide the State. One might think that so much freedom would be dangerous—the prisoners would commit some other crime, or at least break away. It is said, however, that the average misuse of privilege has been one in a hundred cases—a negligible fraction. The worst man that ever lived will be truer for being trusted. And if you can get him to working with a real heart-interest, his mischief-making tendencies will slowly disappear.

Other criminals, too, have need of the same treatment. I refer to the sick people. The chronic invalid is a hardened criminal; he has broken so completely the laws of his own being that he does not recognize himself an object of pity, instead as a sinner deserving punishment. For many kinds of ailments, the modern "work cure" is a blessed relief. Let an invalid become so absorbed in a pleasant occupation that he forgets to watch his symptoms—and his symptoms, used to being coddled and pampered, fly away in a huff. Idleness in a sanitarium is good business, but poor ethics; it allows mental microbes to germinate, which presently break out in a new physical disease. If you want to set an invalid on the right road quickly, make him love somebody or something with a power so fierce and a will so determined that all his being is stirred into action. Every ill is a form of lovelessness. God is Life because He is Love. And every child of God who would be whole must let his love create his life.

How does physical exercise tone the moral fibre? Through cultivating promptness, decisiveness, sureness, pose, initiative, adaptability, self-reliance, good humor, and a cleanness of thought reflected by a cleanness of body. The chief ingredients of immorality have been found to

be impure blood in the brain and stagnant blood in the body. The soul, whether in the body or out of it, does not wish to err; it is forced to err by the sheer weight of dead matter pressing it down to the lower levels. Only as the lungs and muscles provide a counter-impetus through exercises will the soul be lifted and expanded to its rightful eminence, this being freed to command the life and to use the body as a keen and fine instrument.

Supposing that we were a visitor from the jungle or from the sky what would we first remark on judging civilization? The presence everywhere of weakly, sickly, undeveloped, unskilled human bodies.

To despise or neglect the body is a mark of ignorance, weakness or delusion.

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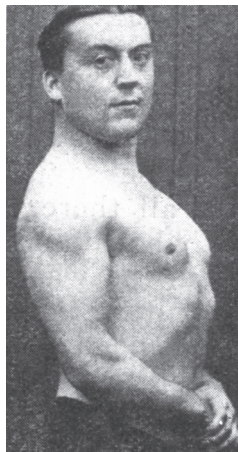
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SOME FACTS ABOUT THE AMERICAN PHYSICAL CULTURE BOOM

by Astro

The Naturopath and Herald of Health, XIX (2), 116-118. (1914)

The average Englishman understands the principals underlying Physical Culture better than the average American. This may be due to the fact that the movement is more popular in England than in America. It is here interesting to note that Bernarr Macfadden started his first magazine in England, called *Macfadden Health Monthly*, a mere pamphlet, I remember, of about twelve pages. About twelve months later, this became *Health and Strength*, a monthly greatly enlarged and illustrated. This has now become the greatest weekly *Physical Culture* journal in the world, in connection with which is the Health and Strength League of which I am proud to be one of the very earliest members. It enjoys a very large membership, its members being scattered all over the world. England also gave Sandow the opportunity to popularize his Physical Culture propaganda, with results that everybody is acquainted with, more or less. He has long since become a naturalized Englishman and has been appointed Physical Culture Adviser to His Majesty King George. It should here be mentioned that Sandow had a personality which fitted him for the task of interesting royalty and the nobility in Physical Culture, which could not be found in any other man. He was the man for the moment, polished in manners, genteel in appearance, educated, fit, magnificent physique, graceful in bearing, and powerfully strong. Such strides, however, have been made in scientific weightlifting, that his weightlifting records have been beaten by men very much smaller in physique.



Astro*

Another English periodical, *Health and Vim*, is also popular and is doing a great work in connection with which is the Health and Vim Association of Honor, which has a large membership. Honorary membership therein was granted me some time ago, in recognition of my efforts in pioneering Physical Culture.

There is a boom in the Physical Culture movement in America.

* Bernarr Macfadden had gone to England to promote Physical Culture and won many followers including Astro who later immigrated to America where he continued his passion for exercise. —Ed.

The Americans are the most progressive race on the earth and they fittingly realize that there is something in Physical Culture after all.

Bernarr Macfadden toured the states from East to West a short time ago and he—of so many years experience—declared that everywhere people were most receptive and anxious to get started in Physical Culture and that there were openings everywhere for those who are qualified to teach in studios of their own, and in remedying illness, deformities and disease, through curative Physical Culture methods.

Schools and colleges abound who are spending large sums of money in organizing curriculums for turning out qualified men and women teachers of Physical Culture.

Physical training is being carried on, on a sound scientific basis in all the gymnasiums connected with schools, colleges, universities, other institutions, and the playgrounds.

Playground instruction is highly specialized in America and large sums of money are spent in equipping modern playgrounds. Chicago is twenty-five years ahead of any other city in the world in playground work. Instructors get from \$60 to \$100 a month, according to circumstances, after passing a stiff examination and it is well recognized that the instructor who has taught in a Chicago playground is a fully qualified teacher. Examinations consist, in part, of physical fitness, experience, teaching ability, general knowledge of physical training, knowledge of apparatus, games such as baseball, tennis, athletic sports, basketball, etc.

There are many enthusiasts in America, as elsewhere, who prefer home courses of training to attending a gymnasium on account of lack of time, secretiveness, or other reasons, and this is the class who patronize the mail courses of Physical Culture to a large extent.

It is characteristic of the American that when he goes in for a thing, he does not go half-heartedly or half-way, but *head over heels* as the saying goes. He wants to know all there is about it, from A to Z, cost what it may and it is up to us to say all he wants us to say about Physical Culture if we would make it boom. The magazines need to treat the subject a little broader and not so limited as to phases.

Americans are said to be unfavorable towards weightlifting. This is untrue. They have never been educated, though desiring it, in the scientific use of weights, either for development or feats of strength. Saxon, Hackenschmidt and Sandow are not unknown in America, and the Americans have a real love for feats of strength and those capable of accomplishing them. Better still, [they also love] those teachers who are honest and practice what they preach, even if they do not altogether believe in their principles. It is on that account that I have heard many exceedingly ambitious American students of Physical Culture declare their P. C. [Physical Culture] education incomplete till they have spent some months studying

the subject in England, among the genuine strong men and record breakers.

In 1906 I published a booklet, *How to Become a Qualified Physical Educationist in England*, which very clearly showed the value of thorough preparation in teaching Physical Culture. No one has the slightest valid ground for expecting success unless he is willing to pay the price in getting a thorough preparation. Success depends on the ability to meet the requirements demanded of the profession. I hope to rewrite it in this department to meet the requirements of Americans.

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PHYSICAL CULTURE SECTION

Edited by M. N. BUNKER, Colby, Kansas

ESSENTIALITIES IN PHYSICAL CULTURE

by M. N. Bunker,* Colby, Kansas

The Naturopath and Herald of Health, XIX (10), 688-691. (1914)

With reference to a former compilation in this magazine regarding questions of nourishment, we are giving here some practical hints as regards to Physical Culture. Like in the case of diet, Physical Culture too must comply with physical conditions under consideration. Coarser natures will stand and even need coarse stimulants, while sensitive, intellectually inclined individuals must expose themselves to the finest stimulations only—and here also too little is better than too much. This is nothing new, but is always again disregarded.

The hints we now give refer principally to those that have subjected themselves to a dietetic treatment; they are important in order to make the re-poisoning, which is unavoidable in the dissolution of the centers of disease, easier by way of deviation and secretion [emunctories]. They are furthermore to incite and strengthen the inner organs [because] the normal activity of the body, such as digestion, etc., depends on them. This is just as important as correct diet. The procedures must be recurred to alternately, as may be required. More drastic incentives, such as cold sitting baths, syringes, etc., must be used but sparingly and with interruptions, as otherwise they become habitual and weakening.

We begin with Skin Culture.

SKIN CULTURE

The skin is an important organ, not only for secretion but also for making use of the universal cosmic energy, transforming same into vitality—organic energy.

Daily cleansing every morning. It is advisable to take a moderately cool rub-down every morning, promptly upon rising, for instance with a towel, etc., dipped in water and wrung out. Rub with your left arm upwards towards the throat, then over the chest, stomach, genitals, legs, back and the right arm. Dry gently: first the neck, chest, back, then the arms, legs, and quickly warm yourself by means of rubbing, gymnastic exercise, breathing exercises, or quick dressing and lively housework, or walking. In case of but a small degree of bodily warmth it is advisable,

*M. N. Bunker was the editor of a column, "Physical Culture Section" in 1914. —Ed.

without drying, to go to bed for a short time, or to give a cold rub-down to the stomach only, or to take a short air-bath with self-massage.* After rising, take a few gulps of water. At times of great weakness, such rub-downs may be taken several times a day.

The self-massage does good service in loosening the skin and increasing the circulation. Those with a weak abdomen should rub same with the hand in circular motion, which acts magnetically inciting. The other parts of the body, arms, legs, chest, sides and back must be vigorously rubbed with the flat hand, firmly clasping.

If the massage is done by other persons, it is important to allow this to absolutely reliable persons only, as egoists are frequently conducting the vitality of their patient over to themselves. It is, however, best not to allow any other person to approach the body, unless there is overabundance of strength. This refers also to magnetizing.

If it is desired to strengthen the growth of the hair, rub the scalp with your spread fingers vigorously, after having immersed the latter in Kneipp's Extract of Nettle Root or cold water, this to be done before going to bed.

BREATHING GYMNASTICS

The lungs are organs of de-poisoning of the first order, but they can act as such only if sufficiently used. Less eating—more breathing! Breathe in pure air, best while walking, climb, run, play and work in the open. It is of paramount importance to breathe through the nose only. This must be made a habit, even while sleeping.

Deep breathing is very important and if not with the entire lung, so at least with the midriff. Below we mention a few breathing exercises that should prove entirely sufficient and better than any others that may be recommended for producing unnatural and quickly exhausting vigor. When exercising, take either a cane at its two ends and hold it behind your neck, or hold it with your bent arms across your back, or cross your hands behind the neck.

- 1) Full breathing. Fill your lungs entirely full with air. Begin with the lower part of the lungs by actuating the diaphragm, pushing the forepart of the stomach forward, then filling the middle part of the lungs by pushing outward the lower ribs, the sternum and the chest. Then fill the upper part of the lungs by expanding the upper chest and at the same time drawing in the abdomen, which facilitates filling the lung-points. These three stages must be gone

*Father Kneipp was the first to advise patients to not dry themselves with towels after water applications. His rationale was that the body warmed evenly and more thoroughly without the use of towels. Chilly persons were counseled to warm up after the water treatment by engaging in exercise or warming up under the covers in bed. —Ed.

through in one motion, but successfully and without jerking. Hold your breath for a few seconds, then exhale slowly, drawing the abdomen in a little and lifting it upwards. At the end of the inhaling, the collar-bone may be raised from time to time, which allows the air to touch the right-hand upper part of the lungs. This breathing must be repeated in the course of the day, whenever possible. If the breathing is done with only a part of the lungs, use the midriff, as it embraces more air than the upper chest.

- 2) Breathing to clean. Quickly take in a breath as described, hold back the air as long as possible, then exhale strongly through the mouth* and finally—without having again inhaled—push out the remainder of the air, pointing the lips as in whistling, so that the lungs may be entirely emptied. This must be repeated a number of times, in the morning, at noon before eating and at night before going to bed.
- 3) Breathing while walking. Walk erect, slowly draw in the air, counting meanwhile—each step for each number—keep the lungs filled for a while and then slowly exhale, again counting.

APPLICATIONS OF WATER

Many have tried this with but temporary success, for if no correct diet is kept, nothing else will avail. If we do keep diet, we learn anew to appreciate them, but use them with reason.

BATHS

Tub baths, taken several times a week, serve as an incentive to the exchange of matter, act equalizing on the entire body, enliven the circulation and dissolve bad deposits and residues in the tissues as well as in the stomach and the intestines. It is advisable to begin with a normal temperature of, say 28° R [95° F/35° C] and to gradually increase the degree of warmth, as long as it produces comfort. In case of weak nerves and anaemic constitutions, it is well to leave the tub two or three times, to exercise a little, and then return to the tub. This prevents skin-breathing from being interrupted too long and the bath becomes more rational. Those with heart diseases must not take the bath too hot, especially not during a crisis, and must not make it too long. Exercise some caution, without, however, being timid. A lukewarm washing after the bath, with glove or sponge, is to be preferred to the shower-bath. Sudden changes from warm

*The concept of exhaling through the mouth was conceived by Antoine Lavoisier who erroneously claimed that carbon dioxide was merely a waste gas. This practice of mouth breathing has spread to medicine and physical exercise, and continues to persist despite the advances in science that prove otherwise. In fact, carbon dioxide is as vital as oxygen in regulating pH and the many vital functions in the body. —Ed.

to cold or vice versa is to be avoided. A rubbing with oil after the bath may be recommended. The genitals must be cleaned in every bath.

Good warm washing of the entire body with brush and soap in the wash-bowl is to be taken as a substitute for tub baths, where these cannot be had.

Warm sitting baths are good for the abdominal organs. Increase the temperature gradually, then rub the bathed parts with lukewarm and rest a little.

Cold sitting baths act stronger and should never last longer than $\frac{1}{2}$ - 1 minute. Get quickly warmed after this.

Genital baths are recommended in case of pollutions and other irregularities. Moisten the genitals and hip section in the morning and evening thoroughly with cold water and quickly dry them. Thereupon a re-warming by means of stoking massage must promptly follow. Sitting baths have similar effects.

Alternating foot baths relieve the head in cases of determination of the blood, insomnia or toothache. Place two pails of water side by side, one with cold water, the other with tolerably hot water. Put the feet into the latter and slowly add warm water; the feet are to become thoroughly heated. After 5 - 10 minutes they must be quickly immersed into the cold water, left there for one minute and then plunged back into the hot water. Repeat this a number of times. This is done best before going to bed. Then cover your feet well in the bed.

COLD COMPRESSES

Soak a cloth in cold water, wring it well, fold it three or four times and place it on the inflamed parts and [place] a woolen cloth over it. Pack tight and renew frequently. If the skin-warmth of the patient is so low that a good reaction is not to be expected, cold compresses must be discarded if you do not succeed in producing a better blood circulation through the skin by means of preceding incentives. This may be done by vigorous rubbing with a hot cloth, energetic rub-downs with cold water, French brandy, etc. The cold compress must be held in readiness and when blood-warmth appears, applied immediately. Do not change until the compress becomes uncomfortable. The moist warmth produced in the compress has very beneficial effects in cases of diseases in the chest (lungs, bronchia, tuberculosis, etc) and expectoration is also made easier, especially if the chest was first rubbed down with eucalyptus oil, turpentine oil rect. or similar other oils.

COLD FOOT COMPRESSES

For relieving the head, neck and bronchia. Soak light cotton socks well in cold water, wring them thoroughly, and put them on with heavy woolen socks over them. May be left on all through the night.

SWEATING BATHS

Steam baths, electric light baths, and hot air baths act more intensely than tub baths, but for this reason are to be used with greater caution, especially by those suffering from heart diseases. Never extend them too long, and take an after-sweating in wrappings for one hour.* A subsequent cool washing is entirely sufficient; cold showers are to be avoided.

Sweating procedures of other descriptions can be well enacted at home in the bed, best promptly upon a hot full-bath, for instance with steam compresses. The center of a thin towel is dipped into steaming water, taken out with a kitchen spoon, wrung out by means of another towel, and placed on the body, with the two dry ends underneath and a heavy woolen cloth over it. Wrap the entire body well and drink hot beverages (lime-tree blossom tea, elder, etc.) with lemon juice. After sweating, take a cool washing.

Sitting steam baths are for relieving and loosening deposits. Pour boiling water into a pail, place wooden rods over it and sit down upon it; or place the pail under a cane-chair and sit down. In both cases wrap a blanket about it to prevent the steam from escaping.** Then take a lukewarm washing.

Foot steam baths are recommended in case of disturbances in the circulation and morbid deposits in feet and legs. Fill a pail with boiling water, place some rods over it, sit down on a table, place your feet on the rods and wrap a woolen blanket around your legs. Do not extend over 15 minutes. Then wash feet and legs quickly with lukewarm water and go either to bed at once or exercise freely.

WARMING

The best bodily warmth is produced by walking with deep breathing, physical exertion, etc. There are, however, cases where a mechanical supply of warmth is of very beneficial effect and even necessary, although this must not be made a habit. In case of lack of bodily warmth a reasonable heating treatment is better than a robust cold water treatment.

Always keep your feet warm! When the feet are cold, the whole body feels uncomfortable, and all the inner functions of [the body] are suffering accordingly; in no case should you sit down to meals or go to bed with cold feet. We recommend warm foot baths or when going to bed, [hot

*Once the sweating bath is finished, the patient is wrapped or covered with wool blankets to complete the sweating process. —*Ed.*

**Brilliant, practical, and effective, Dr. Cathy Rogers of Washington State constructed a portable steam bath using simple materials. The detoxifying virtues were unparalleled and indelible in my memory. —*Ed.*

water] bottles, bags, etc. If these are too hot, wrap them up in cloths which are to be gradually unwrapped.

If the body is cold and the digestion disturbed, we recommend a warm compress (as described under "Sweating Baths") or the application of a flat heating bottle on the stomach, for instance, after eating. In difficult cases of constipation, etc., such applications—if not overdone—are quite successful.

SYRINGES

Though they may appear unnatural, they may bring quick aid in case of dangerous conditions. After applying [a syringe or enema] once or twice, the original prejudice disappears. In case of cramps, fevers and constipation, they are important; also before prolonged fasting and at the beginning of a cleansing treatment.

Well warmed purgative syringes of about one quart of water can be taken once or twice every week before going to bed without any harm, for general cleansing purposes. If on such days you eat before that only juicy fruit (little and fletcherized) and nothing else after 4 p. m., the syringe proves of particular advantage.

Cool, remaining syringes, of about one-sixth of a quart of water (as much as the alimentary canal will absorb) serve to relieve and strengthen the canal. At critical times they may be used several times a day.

Moving of the bowels. Every pressure, even the slightest, must be at once relieved; in case of gases, evacuation of the bowels is to be tried.

OPEN AIR, LIGHT AND SUN BATHS

Sun baths. Beginners must be careful. Obese persons and those with a weak heart would better begin with their shirts on. Moist compresses or green leaves may be placed on weakened parts. The head is to be protected against prolonged exposure. To be interrupted by frequent full baths or washings, preferably with sun water. At the conclusion, another washing. The morning sun is the most wholesome.

Air baths in summer may be extended as long as desired; they produce splendid effects. In order to stimulate the action of the skin, it is advisable to take a rub down with sun water, i.e., water warmed by the sun. Short air-light baths may be started early in spring—a good means of hardening the body. House air-baths may be also taken in winter, with the windows open in connection with gymnastic exercises, dry rub downs, etc. Expose the naked body to the air and light as often as possible. If a person is confined to the bed, remove the blanket several times a day, so that the body may freely exhale and be exposed to air and light.

Beddings, underwear, clothing, brushes, combs, sponges, etc., must be sunned frequently.

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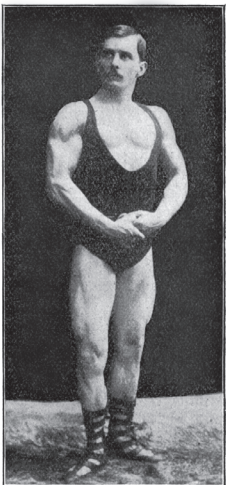
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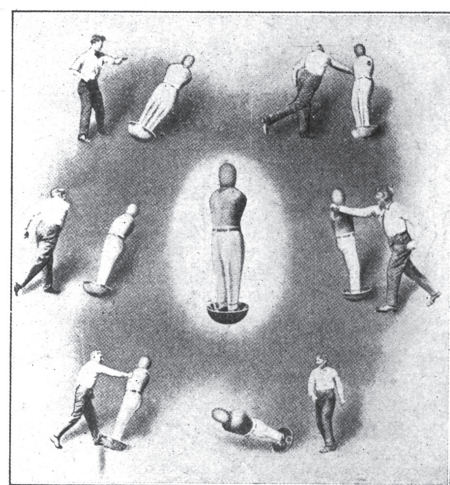
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The pursuit of mastery of the body in Physical Culture spawned many devices and equipment.

WHY SHOULD WE EXERCISE DAILY?

by S. T. Erieg

The Naturopath and Herald of Health, XX (9), 589-590. (1915)

The first requisite for the achievement of all that constitutes a successful life is health. It is the foundation necessary to build a happy, successful and industrious life. It requires health to see this beautiful world through crystal glasses; to live and appreciate it to the highest degree. To view the world in any other way is to get a morbid view of it. Judicious exercise will help wonderfully to the realization of all that accrues from and depends on health.

It is difficult to think of health apart from exercise. Without it, it is utterly impossible to associate strong, large muscles, elastic step, bright eyes, clear complexion and a strong vigorous brain. We might as well try to think of a piece of machinery remaining in perfect running condition standing out in the weather and battered by the elements. Friction or use keeps the body healthy and free from disease. As intellectual training will strengthen the mind, so will bodily exercise strengthen the body and train it to better serve you in time of need.

Our Creator made the body in two great parts: the body and mind. Both great gifts; both interlock. We cannot sin against one without harming the other. Training and caring for both make the symmetrical, the powerful, the great man. The abuse of either mind or body will bring punishment. These are precious gifts and we are held responsible for them.

Daily exercise should be a part of every life, for the reason that it is necessary for the highest and best in mankind. Without exercise, the body becomes degraded, the vitality and bodily strength diminished. And it follows as naturally as the night follows the day, that a weakened body will capture the brain and make it a prisoner in a citadel of weakness and inefficiency. The reverse of these disparagements is gained by judicious exercise. Cicero said, "It is exercise alone that supports the spirits and keeps the mind in vigor." Plato gave the same advice when he said, "Anyone who devotes himself to intellectual pursuits must allow his body to have motion and practice gymnastics."

Youth, glorious youth. The time that is only our possession once and then only too soon deserts us. What would not we give for perpetual youth? And yet the duration of this precious period of life greatly depends on your actions and conduct; on how well we treat youth. Youth is shortened by its own hand; it is sacrificed by the very strength of youth itself. If you find youth with stiff joints and decrepit body, you have found a monstrosity indeed. Youth is too active to become stiff. To abide with youth and prolong its stay, we must shun the instruments that cause its demise.

Exercise not only keeps the body in health, but keeps it supple, keeps the body young and prolongs youth. A loss of activity of body results in a weakening muscle, tendon, etc., and this results in ageing of the body. We are just as old as we feel, regardless of age. As soon as we cease to exercise and become stiff and stocky, we are getting old, for this is the accompaniment of old age.

Walking is the best all-around exercise. It takes us out in the sun and fresh air, puts vigor in the body, and interests and delights the mind by the things we see. There is nothing as restful to a tired brain as proper exercise of body. But walking is not sufficient for those of certain occupations. Exercise should be indulged in that takes in every muscle of the entire body. For it is exercising the body that keeps it alert and keeps away stiffness and corpulency. This [is] unusual in the course of old age: exercise is neglected, the body is overfed and becomes stiff and stout, and alas, youth departs and old age has arrived. And right here is the cause for many of the infirmities of adult life in later years; it is lack of muscular activity and overeating. Eugen Sandow, the famous strong man, said concerning strength of body: "The secret is exercise—intelligent, constant exercise."

Exercise should be as regularly attended to as the daily meals, even though you do not feel like exercising and it should, if possible, be taken at regular hours. In exercising as in everything else, give the will powerful vent and go in with a determination to accomplish all you undertake. Languid efforts are a poor means to accomplish even the small things. In connection with exercise, the bath should be mentioned, a bath following exercise is a stimulant that energizes body and mind and makes life a pleasure. Let the water be as cold as the constitution will allow and rub the body well with a coarse towel.

Exercise is a natural stimulant and without it the body must suffer. It should be a daily occurrence and should start with youth, continue through life and end only at the termination of life. Following this practice, the most restful and refreshing sleep is the possession of those who follow this wise course. Health is a priceless possession. He who has it is rich, even though clothed in sackcloth. It is free, but once lost, who can find it?

Make exercise a part of your daily existence and you will live longer and better for it.

It is difficult to think of health apart from exercise. Without it, it is utterly impossible to associate strong, large muscles, elastic step, bright eyes, clear complexion and a strong vigorous brain.

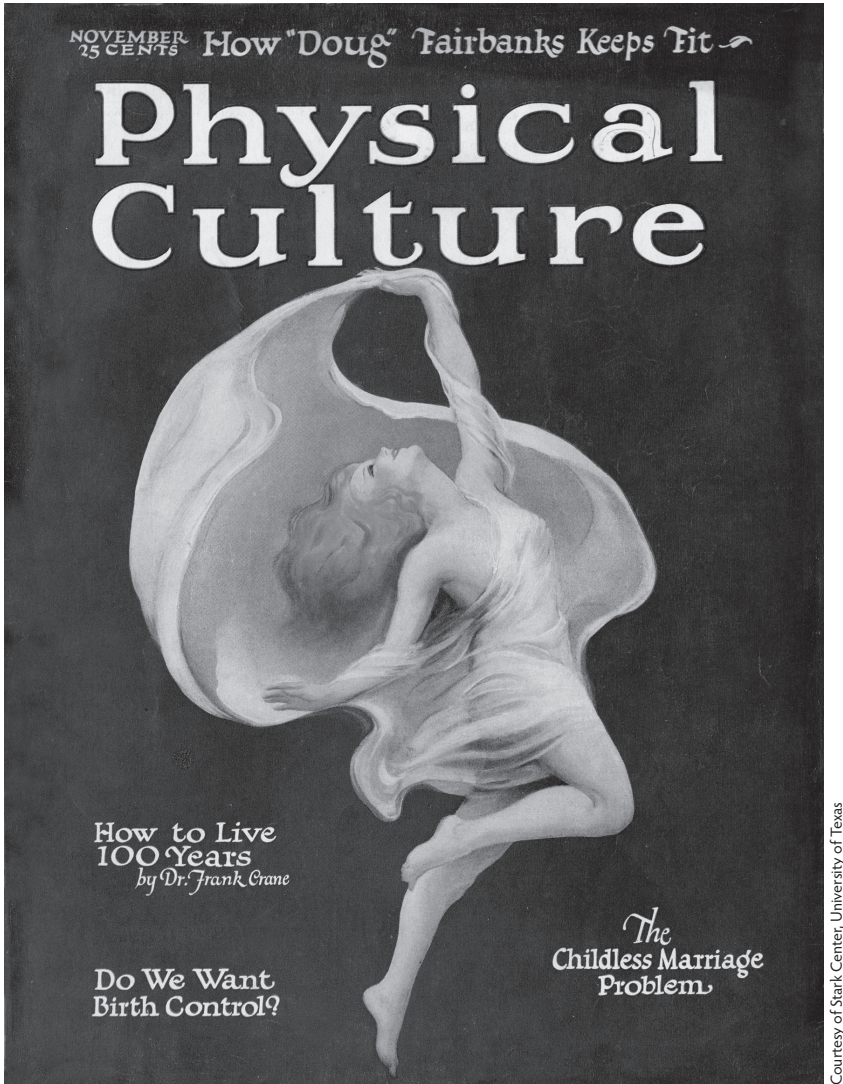
Daily exercise should be a part of every life, for the reason that it is necessary for the highest and best in mankind. Without exercise, the body becomes degraded, the vitality and bodily strength diminished.

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Exercise not only keeps the body in health, but keeps it supple, keeps the body young and prolongs youth.

Walking is the best all-around exercise. It takes us out in the sun and fresh air, puts vigor in the body, and interests and delights the mind by the things we see.

In connection with exercise, the bath should be mentioned, a bath following exercise is a stimulant that energizes body and mind and makes life a pleasure. Let the water be as cold as the constitution will allow and rub the body well with a coarse towel.



Physical Culture magazine, November, 1921, vol. 46 (11). Bernarr Macfadden's magazine, which fearlessly addressed such controversial issues as birth control.



HAAS METHODS

GUSTAVE W. HAAS, N.D.

HAAS METHODS, CONTINUATION

GUSTAVE W. HAAS, N.D.

AMERICAN ASSOCIATION OF PHYSICAL CULTURE TEACHERS

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P. VON BOECKMANN, R. S., New York City.
 Dear Sir:—I am in receipt of your excellent little work on lung and muscle culture, I want to thank you for the good I received from my careful study of the book. In these days of many books on the subject of physical culture, it is refreshing to read such a solid and common-sense presentation of such a vital subject. That man who will teach the public the real secret of physical culture will be a public benefactor. In view of your theory of the primacy of lung culture, it looks to me as if you had the real secret.
 Very respectfully yours,
 (Rev.) SAMUEL W. PURVIS.

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Paul von Boeckmann wrote *Lungs and Muscular System* and assumed editorship of the Physical Culture Department column for Lust's publications.



Orthopaedics Department

Address all communications for this department to its editor
GUSTAVE W. HAAS, N.D., 407 Pacific Electric Bldg., Los Angeles, Cal.

HAAS METHODS

by Gustave W. Haas, N.D.

Herald of Health and Naturopath, XXI (2), 128-131. (1916)

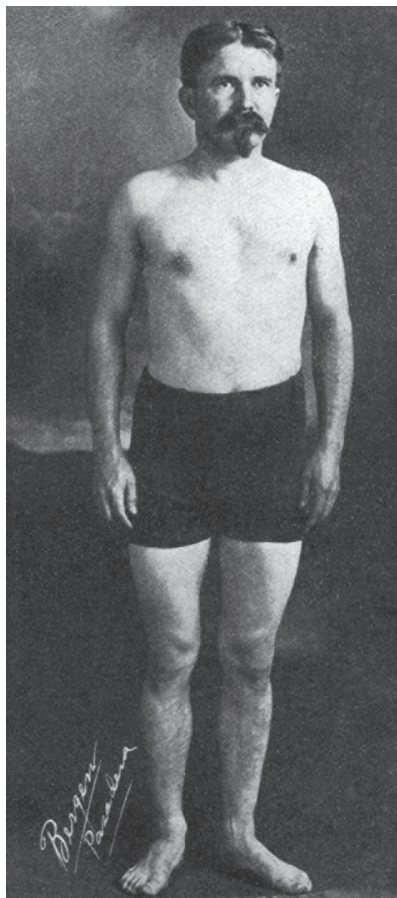
PELVIC EXERCISE

This exercise is given as a preparation for exercise 2, which is an exercise used for relaxation. The exercise should be taken slowly and with as much grace as possible.

Place the feet in position and allow the arms to swing loosely at the sides. By slowly relaxing the right hip, knee and ankle, allow the weight of the body to rest on the left foot, without relaxing the left knee. Bring the body to position and continue by allowing the weight to rest on the right foot, at the same time slowly relaxing the left hip, knee, and ankle. Bring the body to position and continue.

PELVIC EXERCISE AND GLIDE

This exercise is almost the same as exercise 1, its point of difference being that as the weight of the body is carried from one foot to the other, it does not stop at position, but glides to the opposite, easily and gracefully.



This exercise is used freely throughout the system of exercises for relaxation after a strenuous exercise.

Allow the arms to swing loosely at the sides, exercising in order to obtain the greatest possible freedom of movement at the hips.

LUMBAR MOVEMENT (1A)

This exercise develops the muscles at the waistline at the back.

Stand in position with the arms at the sides. Bend the body slowly to the left from the hips and touch the left knee with the left fingertips. Raise the body, then bend to the right and touch the right knee with the right fingertips. Do this alternately with a continuous motion until the desired number has been reached. Then the Pelvic Exercise should be taken before beginning a new exercise.



LUMBAR MOVEMENT (2A)

This exercise develops the muscles at the waistline at the back.

Stand in position with the left hand touching the front of the left thigh and the right hand touching the back of the right thigh.

Slowly move the left hand downward to the left knee and bring the weight of the body directly over the left foot. Slowly raise the body and without stopping at position bend the body backward and slightly to the side and slip the right hand down along the right leg to the right knee. Raise the body and continue the exercise without stopping at position.

When the exercise has been taken the desired number of times, take the Pelvic Exercise for relaxation.

LUMBAR MOVEMENT (3A)

This exercise develops the muscles at the waistline at the back.

Stand in position with the right hand touching the front of the right thigh and the left hand touching the back of the left thigh.

Slowly move the right hand downward to the right knee and bring the weight of the body directly over the right foot. Slowly raise the body and without stopping at position, bend the body backward and slightly to the side and slip the left hand down along the left leg to the left knee. Raise the body and continue the exercise without stopping at position.

When the exercise has been taken the desired number of times, take the Pelvic Exercise for relaxation.

LUMBAR MOVEMENT (1B)

This exercise develops the muscles lying in the lumbar region and causes almost a complete rotation of the spine.

Lay the left forearm lightly across the back at the hips. Lean the body forward, so that the head is directly over the left foot and touch the left knee with the right fingertips. Slowly swing the weight over to the right foot, swinging the right hand to the right knee at the same time.

Force the abdomen forward, at the same time keeping the right hand in position on the right knee. Pull the body upward to position and take the Pelvic Exercise.

Reverse the exercise and continue.

LUMBAR MOVEMENT (2B)

This exercise develops the muscles lying in the lumbar region and causes almost a complete rotation of the spine.

Lay the right forearm lightly across the back at the hips. Lean the body forward so that the head is directly over the right foot, and touch the right knee with the left fingertips. Slowly swing the weight over to the left foot, swinging the left hand to the left knee at the same time.

Force the abdomen forward, at the same time keeping the left hand in position on the left knee. Pull the body upward to position and take the Pelvic Exercise.

STRETCHING EXERCISE (1A)

This exercise stretches and develops the muscles of the lower cervical and lumbar regions.

With the feet in position, raise the left arm to right angles to the body. Bend the body to the right, touching the right knee with the right fingertips, being careful to keep the left arm always at right angles to the

body. Raise the body to position, lower the left arm to the side and take the Pelvic Exercise.

Continue and repeat.

STRETCHING EXERCISE (2A)

This exercise is useful in curvature cases in which the spine bows to the right. In opposite cases, take the reverse of this exercise.

This exercise stretches and develops the muscles of the lower cervical and lumbar regions.

With the feet in position, raise the right arm to right angles to the body. Bend the body to the left, touching the left knee with the left fingertips, being careful to keep the right arm always at right angles to the body. Raise the body to position, lower the right arm to the side and take the Pelvic Exercise.

Continue and repeat.

STRETCHING EXERCISE (1B)

This exercise is valuable in curvature cases in which the spine bows to the right. In opposite cases, reverse this exercise.

Stand in position. Raise the left arm to right angles to the body, then up to vertical position, at the same time raising the right arm to right angles to the body. Bend the body to the right as far as possible, at the same time keeping the arms in the same relation to each other and to the body.

Bring the arms to position at the sides and take the Pelvic Exercise.

Continue and repeat.

STRETCHING EXERCISE (2B)

Stand in position. Raise the right arm to right angles to the body, then up to vertical position, at the same time raising the left arm to right angles to the body. Bend the body to the left as far as possible, at the same time keeping the arms in the same relation to each other and to the body.

Bring the arms to position at the sides and take the Pelvic Exercise.

SEMI-ROTATION EXERCISE WITH SWINGING OF THE ARMS

Take the standing position. Raise the arms to right angles to the body. Rotate the body to the left as far as possible, allowing the rotation to begin at the ankles. Allow the arms to swing loosely. From this position, rotate the body violently to the right, swinging the arms loosely. Then rotate violently again to the left and continue.

Stand in position. Raise the arms to right angles to the body, forming

a straight line with each other and being horizontal to the floor. Rotate without severe strain on the spine, at the same time allowing practically no movement of knee or ankle. Rotate the body to the right as far as possible, without severe strain on the spine.

Continue the exercise until the desired number of times has been reached, when the Pelvic Exercise may be taken slowly at the same time swinging the arms to position.

EXERCISE TO PREPARE FOR THE ROTATION EXERCISE

This exercise develops the lumbar and abdominal muscles. The exercise should be taken very smoothly.

Stand in position with the arms at the sides.

Bend the body forward over the left foot and touch the left knee with the fingertips of the right hand.

Bring the body to position and without halting, bend the body forward over the right foot and touch the right knee with the left fingertips. Bring the body to position, without halting and continue the exercise.

ROTATION EXERCISE (A)

This exercise develops the heavy muscles at the waist-line.

Grasp the hips firmly with the hands, with the thumbs pointing backward. Slowly bend the body backward as far as possible. Rotate the body to the right and without halting at that position, rotate the body forward as far as possible, then to the left, then backward, causing an imaginary circle.

Raise the body to position and take the Pelvic Exercise.

ROTATION EXERCISE (B)

This exercise makes the muscles of the waist firm and strong.

Grasp the hips firmly with the hands, the thumbs pointing backward. Slowly bend the body forward as far as possible. Rotate the body to the left and without halting at that position, rotate the body backward, causing the head to describe an imaginary circle. Raise the body upward to position and take the Pelvic Exercise.



Orthopaedics Department

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GUSTAVE W. HAAS, N.D., 407 Pacific Electric Bldg., Los Angeles, Cal.

HAAS METHODS, CONTINUATION

by Gustave W. Haas, N.D.

Herald of Health and Naturopath, XXI (3), 191-194. (1916)

PELVIC EXERCISE

Place the feet in position to allow the arms to swing loosely at the sides. By slowly relaxing the right hip, knee and ankle, allow the weight of the body to rest on the left foot, without relaxing the left knee. Bring the body to position and continue by allowing the weight to rest on the right foot, at the same time slowly relaxing the left hip, knee and ankle. Bring the body to position and continue.

ROTATION EXERCISE

This exercise develops the heavy muscles at the waistline.

Grasp the hips firmly with the hands. Slowly bend the body backwards as far as possible. Rotate the body to the left and without halting at that position, rotate the body forward as far as possible, then to the right, then backward, cause the head to describe an imaginary circle. Raise the body upward to position and take the Pelvic Exercise.

EXERCISE FOR ROUND SHOULDERS

Stand in a corner of the room with outstretched arms, with the fingertips of each hand touching the wall, so that the out-stretched arms and both walls form a triangle, weave the body forward and back slowly and easily.

BACKWARD BENDING EXERCISE

With the back toward the wall, take the standing position about three feet from it. Raise the arms forward and upward over the head, with the palms to the front. Bend the body slowly backward as far as possible and lay the palms of the hands against the wall. Slowly bring the body upward to position again and lower the arms forward and downward to the sides.

Take the Pelvic Exercise and continue.

EXERCISE FOR POISE (SHOULDER)

This exercise is useful for the development of the muscles attached to the clavicle and the muscles of the chest walls. This also develops the lumbar muscles.

Facing away from the wall, take position, standing about one and one-half feet from the wall. Raise the arms forward and upward over the head. Bend backward from the insteps until the fingertips touch the wall. Stretch the arms upward as far as possible along the wall. Then raise the body upward to erect position. Bring the arms forward and downward to position.

Take the Pelvic Exercise and continue.

ARM DEVELOPMENT EXERCISE (A)

This exercise develops the extensor muscles.

Stand at arm's length from the wall with the left fingertips touching it. Bend the wrist and allow the palm of the hand to touch the wall. Then bend the elbow and allow the entire forearm to touch the wall. The body should be allowed to bend at the waist.

Continue the exercise until the desired number has been reached, when the arm should be brought to the side and the Pelvic Exercise taken.

ARM DEVELOPMENT EXERCISE (B)

This exercise develops the extensor muscles.

Stand at arm's length from the wall, with the fingertips of the right hand touching the wall. Bend the wrist and allow the palm of the hand to touch the wall. Then bend the elbow and allow the entire forearm to touch the wall. Meanwhile, the body should not be allowed to bend at the waist.

Raise the body to erect position again by pushing against the wall.

Continue the exercise until the desired number has been reached, when the arm should be brought to the side and the Pelvic Exercise taken. Reverse the exercise.

ARM AND SHOULDER EXERCISE (A)

This exercise develops the muscles of the shoulders and the cervical region.

With the right foot take one short step forty-five degrees from for-

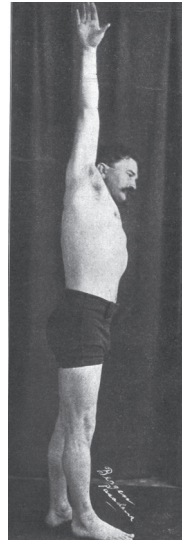


Figure 1
A characteristic position.

ward. Raise the arms to form a straight line, with the right arm directly over the right foot. Bend the arms and lap the fingertips over one another behind the neck. Extend the arms and then lap the fingertips behind the shoulders, bringing the left forearm under the left shoulder and the right forearm over the right shoulder. Extend the arms. Bring them to position and bring the foot to position.

Care must be taken in this exercise not to throw the arms, but to move them slowly and steadily and so preserve grace.

ARM AND SHOULDER EXERCISE (B)

This exercise develops the muscles of the shoulders and the cervical region.

With the left foot take one short step forty-five degrees from forward. Raise the arms to form a straight line, with the left arm directly over the left foot. Bend the arms and lap the finger-tips over one another behind the neck. Extend the arms and then lap the fingertips behind the shoulders, bringing the right forearm under the right shoulder and the left forearm over the left shoulder. Extend the arms. Bring them to position and bring the foot to position.

Care must be taken in this exercise not to throw the arms, but to move them slowly and steadily and so preserve grace.

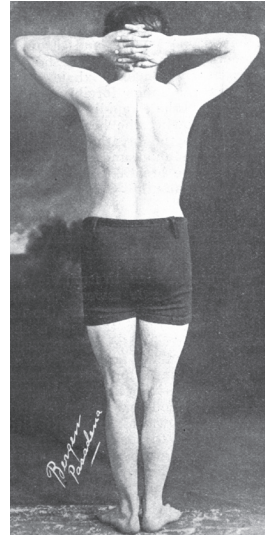


Figure 2

ARM ROTATION EXERCISE

Place the feet to form a right angle. Throw the right shoulder back. Swing the arm in the socket, backward, upward, forward, down to the sides and half back so as to describe a circle. Tense the muscles and bring the hand to the chest, resisting while doing so. Relax and reverse the exercise.

The arm should be swung continuously without halting until the desired count is reached.

EXERCISE FOR THE MUSCLES OF THE ABDOMEN

Clasp the hands below the abdomen and draw upward. Slowly bend the body forward as far as possible. Bring the body to position and then slowly bend the body backward as far as possible. Come to position and slowly bend as far as possible to the right, then to the left. Come to position and bring the arms to the sides. Take the Pelvic Exercise and continue.

ABDOMINAL AND DIAPHRAGM DEVELOPMENT

Clasp the hands below the abdomen. The shoulders back and pull upward with the hands against the abdomen. At the same time, inhale forcibly through the nostrils. Bend the trunk sideward to the left. Raise the trunk to position and then bend to the right. After raising the trunk to position, exhale forcibly through the mouth at the same time throwing the arms backward and upward. Repeat and continue.

EXERCISE FOR THE BAND MUSCLES OF THE WRIST

Stand at arm's length, with the left hand flat against the wall. Force the weight of the body against it, bending the wrist slightly. Bring the body to position and continue. Reverse the exercise.

EXERCISE FOR DEVELOPMENT OF THE CHEST WALLS

(a) Raise the arms to the side, taking in a deep breath quickly and forcibly through the nostrils. Drop the arms suddenly to the sides, exhaling forcibly through the mouth.

(b) Raise the arms, with the left arm slightly forward from the side and the right arm slightly back. Inhale quickly through the nostrils with the raising of the arms. Exhale forcibly through the mouth with the dropping of the arms.

(c) Reverse exercise b.

UPPER CHEST DEVELOPMENT EXERCISE

Take the standing position. Place the hands on the hips and throw the shoulders well back until the shoulder blades nearly touch. Exhale all the breath in the lungs forcibly through the nostrils, allowing the head to extend backward as the breath is drawn in. Relax the shoulder and neck muscles and allow the breath to escape easily through the mouth. Continue the exercise.

CHAIR EXERCISES FOR CHEST AND SHOULDER MUSCLES (A)

Stand at arm's length from the chair, with the right side toward the chair and the right hand grasping the back of the chair. Place the feet a short distance apart with the right preceding the left. Bend the ankles to the side and bend the knees toward the floor. Bring the body back to position by allowing the hand that grasps the chair to sustain most of the weight. Bring the arm to position and take the Pelvic Exercise.

This exercise develops all the muscles lying between the shoulder blades and the chest.

CHAIR EXERCISE FOR CHEST AND SHOULDER MUSCLES (B)

Stand at arm's length from the chair, with the left side toward the chair and the left hand grasping the back of the chair. Place the feet a short distance apart with the left preceding the right. Bend the ankles to the side and bend the knees until the left knee almost touches the floor. Allow the right knee to bend forward as the left knee bends toward the floor. Bring the body back to position by allowing the hand that grasps the chair to sustain most of the weight. Bring the arm to position and take the Pelvic Exercise. Reverse the exercise and continue.

This exercise develops the muscles lying between the shoulder blades and chest.

SPINAL ROTATION EXERCISE

This exercise develops all the muscles of the back, particularly those of the lumbar region.

Stand in position. Clasp the hands behind the neck and extend the elbows backward until the forearms form a straight line with each other.

Rotate the lumbar vertebrae upon each other in quite a large rotation. Then rotate the next set of vertebrae upon each other, and so on up the spine, raising the chest and shoulders by the exercise.

FEMUR OR THIGH MOVEMENT

Standing in position, swing the left foot and leg to the right of the right foot so that the feet are parallel with each other and toes of both feet are touching an imaginary line. Swing into the reverse without halting at position and continue until desired number of times is reached.



Physi-Culture Section

Address all communications for this department to its editor
PAUL von BOECKMANN, 110 West 40th St., New York City

AMERICAN ASSOCIATION OF PHYSICAL CULTURE TEACHERS

by Astro*

Herald of Health and Naturopath, XXI (12), 526-527. (1916)

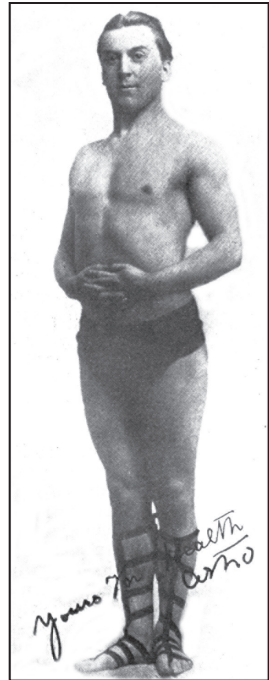
Drugless healers who are physical outline teachers should contemplate becoming a body of the American Association of Physical Culture Teachers. Here is a summary of the rules it is proposed to introduce. Readers are invited to express opinions thereon.

Every teacher of Physical Culture to be eligible for full membership who can advance proof of fitness, i.e., by past experience and evidence of ability, or by present qualifications, or positions. These proofs of practical, personal and tutorial ability to be irrespective of special or particular training of numbers of pupils under tuition, either postal or personal.

Members to be those teachers of Physical Culture who have successfully passed the standard test or examination of the Association.

Associates to be those teachers who have not submitted themselves to or successfully passed the above named test of efficiency, and any teacher or person interested in physical education desirous of joining and of helping forward the objects of the Association.

The foregoing evidence of efficiency and experience to be submitted to the consideration of a committee elected by members of the said new Association.



Astro**

*Astro authors this article but von Boeckmann is the editor of the column. —Ed.

**Astro classified himself as a pioneer Physical Culture expert and was another of Lust's editors. Astro wrote in his tag line to his regular monthly column, Physical Culture Section, "Devoted to pioneering Physical Culture embracing all phases of the movement". —Ed.

A certificate of efficiency and experience—which certificate remains the property of the Association, liable to be withdrawn or cancelled upon lapse or termination of membership—to be awarded to all members of the Association, but not associates.

That with the majority sanction of the members, the Association be incorporated as the American Association of Physical Culture Teachers, the entire business powers, functions, and funds of the Association to be carried by the new Association for the furtherance of status, education, and national recognition.

The committee elected by the members to afford the same of Physical Culture evidence of efficiency and experience as ordinary members of the proposed Physical Culture Association in a way to be determined.

The Editor of *Herald of Health* to be invited to act as the Association's first President and other well-known influential Physical Culture gentlemen as Vice-Presidents of Patrons.

Initial membership subscriptions to be—inclusive of certificate and first year's subscription \$2.00 per annum.

Other rules affect mere technical questions of detail.

That an associate shall at any time have the right to become a member upon evidence afore named, or as required by the Association's rules.

That all duly elected full members shall require to use the name or letters of the Physical Culture Association on every fitting and possible occasion.

That when practicable an annual display shall be held in New York, Chicago, or other convenient centre in aid of the Association's funds in furtherance of Physical Education and for publicity.

The objects may be summarized thus:

- 1) To afford opportunity for unity and organization to all those efficient professional teachers of Physical Culture at present unattached to an Association.
- 2) To advance the cause and interests of Physical Education by all legitimate and natural means.
- 3) To grant certificates of efficiency and experience upon examination together with the right to use the name or letters of the Association.



BRIEF HISTORY OF CURATIVE GYMNASTICS
AND MECHANO-THERAPY

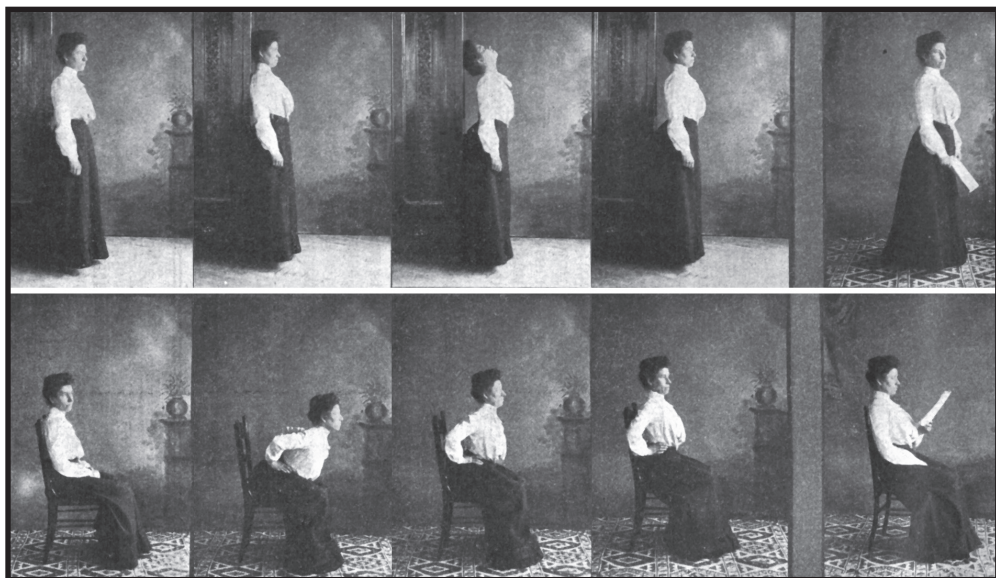
TELL BERGGREN, M.D., N.D.

CURATIVE GYMNASTICS

PROFESSOR EUGENE J. CZUKOR

MUSCULAR CORSETS FOR WOMEN

DOROTHY PEARL BUCHANAN



Tell Berggren's exercises using Swedish Movements. Here is depicted the correct method of standing and sitting.

Miss S. Bergmann

Graduate of the
Royal Institute
of Gymnastics,
Stockholm.



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Address all communications for this department to its editors

Dr. CHESTER A. SHEWALTER
328 Walch Block, Akron, Ohio

Dr. TELL BERGGREN
Hälsöhem, Coronado, Cal.

Dr. D. R. WHEELER
813 12th St., N. W., Washington, D. C.

BRIEF HISTORY OF CURATIVE GYMNASTICS AND MECHANOTHERAPY

by Tell Berggren, M.D., N.D.

Herald of Health and Naturopath, XXII (1), 582-586. (1917)

Such a great struggle for liberty could not take place without causing a commotion in every realm where the mind was at work. In the department of the curative sciences, there could be seen a general struggle of the new against the old, of reason against sophistry and superstition.

It is now over four hundred years ago that Paracelsus spoke the following words to the physicians of his time. This was during the latter part of the Dark Ages. It certainly explains the reasons why the art of curative gymnastics could not flourish during those times. He says:

You have entirely deserted the path indicated by Nature and built up an artificial system which is fit for nothing but to swindle the public and to prey upon the pockets of the sick. Your safety is due to the fact that your gibberish is unintelligible to the public, who fancy that it must have a meaning and the consequence is that no one can come near you without being cheated. Your art does not exist in curing the sick, but in worming yourselves into the favor of the rich, in swindling the poor, and in gaining admittance to the kitchens of the noblemen of the country. You live upon imposture, and the aid and abetment of the legal profession enable you to carry on your impostures and to evade punishment by the law. You poison the people and ruin their health; you are sworn to use diligence in your art; but how could you do so, as you possess no art and all your boasted science is nothing but an invitation to cheat and deceive?

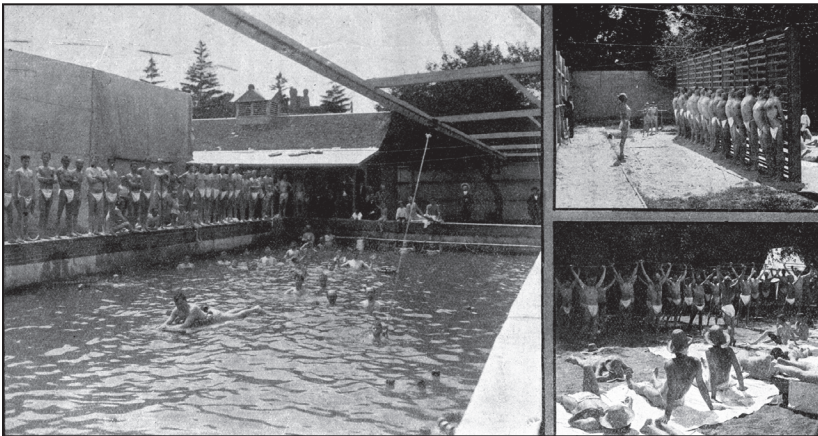


Tell Berggren, M.D., N.D.

Do we not still have a remainder of the Dark Ages in many of our so-called communities? Wherever the practice of this noble art of curative gymnastics as well as other branches of physiological therapeutics is neglected, and where the methods advocated by the leading authorities in these lines are met with scorn and contempt, there we may still look for a condition similar to that of the time of Paracelsus.

The literature of the sixteenth century marks a distinct advance in the study of gymnastics and other curative principles over the previous darker centuries. Barelli, Baglivi, Sydenham, Stubbe, Temple, Guyon, Meiborn, Paullini, names well known in the pioneer ranks of modern gymnastics, express themselves at some length on the subject of the art of curative gymnastics. The famous Friederich Hoffman declared gymnastics to be the greatest of all curative agencies through its influence on the circulation, appetite, etc. He advocated manual therapeutics after the teachings of the Greeks and Romans and has without any doubt greatly advanced the cause of curative gymnastics in Germany, as well as France and England. In the first part of the seventeenth century, the Germans, Stahl, Wedal, Alberti and Buchner wrote quite extensively on the subject. In 1748 Boerner's *Dissertatio de arte gymnastica* and Gehrike's *De gymnastica medica veteris inventoribus* were published. In England we found the famous work *Medicina gymnastica*, a treatise concerning the power of exercise as a curative agent. Sherlock, Andry, Winslow, Tissot, Trauchin, and especially Rousseau can have the credit of making curative gymnastics highly appreciated in Paris at the end of the seventeenth century.

Germany also made a great stride in the gymnastic line, more particularly in general gymnastics, the French paying more attention to its curative side. Guts Muths is the best known of the German advocates



Tell Berggren's corrective classes were generally followed by a run and swim.

of the last century. He was greatly influenced by the Greek and Roman authorities on the subject, as well as by Hoffman and his followers.

In the year 1776 there was born a man who was destined to revolutionize the practice of gymnastics therapeutics. Pehr Henrik Ling, the founder of the Swedish system of gymnastics, was born in Ljunga, in the south of Sweden. After he had matriculated at the age of eighteen, he first intended to follow in the steps of his father, who was a clergyman. He therefore took the degree of divinity four years later and then went to Copenhagen, where he for a while taught languages. Later he visited Germany, France, England and several other countries, returning to his native country in the beginning of the last century, the exact year not being known.

On his return home he was a martyr to rheumatism, probably due to the many privations and hardship he had to undergo while on the continent. He was appointed fencing master at the University of Lund in 1805. He soon found that the exercise necessitated by his daily work as a fencing instructor had proven of very great benefit to his physical condition. His rheumatism disappeared and he regained his former vigor and powers.

During the eight years Ling taught in the University of Lund, he was also fertile in literary activity. It was then that he first began to know and love the Scandinavian mythology and to compose patriotic poems in French, German, Danish and Swedish. The tragedy *Agned* was later presented on the stage at Stockholm. His play as well as his poems show the intensity of his patriotism and his desire to his countrymen strong in body and soul. For this he was regarded by membership in the Swedish Academy when he also received the grand prize. Later he was decorated by the Order of the North Star and given the title of the professor. His collected writings filled three large volumes.

In 1806, Ling began to study anatomy and physiology and take part in lectures and attend clinics, until he finally went through nearly the entire curriculum required of candidates for degrees in medicine and surgery. In the meantime Ling experimented with the movements he had learned on the continent. He modified many movements of the older systems and devised many new ones, until he at last succeeded in establishing a practically new system of gymnastics, which he classified as follows: Pedagogic, Medical, Military and Aesthetic.

Ling founded the Royal Gymnastic Central Institute in Stockholm in 1813. This famous Institute will soon celebrate the one hundredth anniversary of its existence, and in the same year Olympian games are to be held in Stockholm.* No more appropriate celebration could be planned

*Ling's Swedish Movements were adopted by many Naturopaths in America and his exercise system is now over 200 years old. —Ed.

for its centennial. The Greek paper, *Asti*, at the time of the Olympian Games in Athens, 1906, said of the Swedish exhibition:

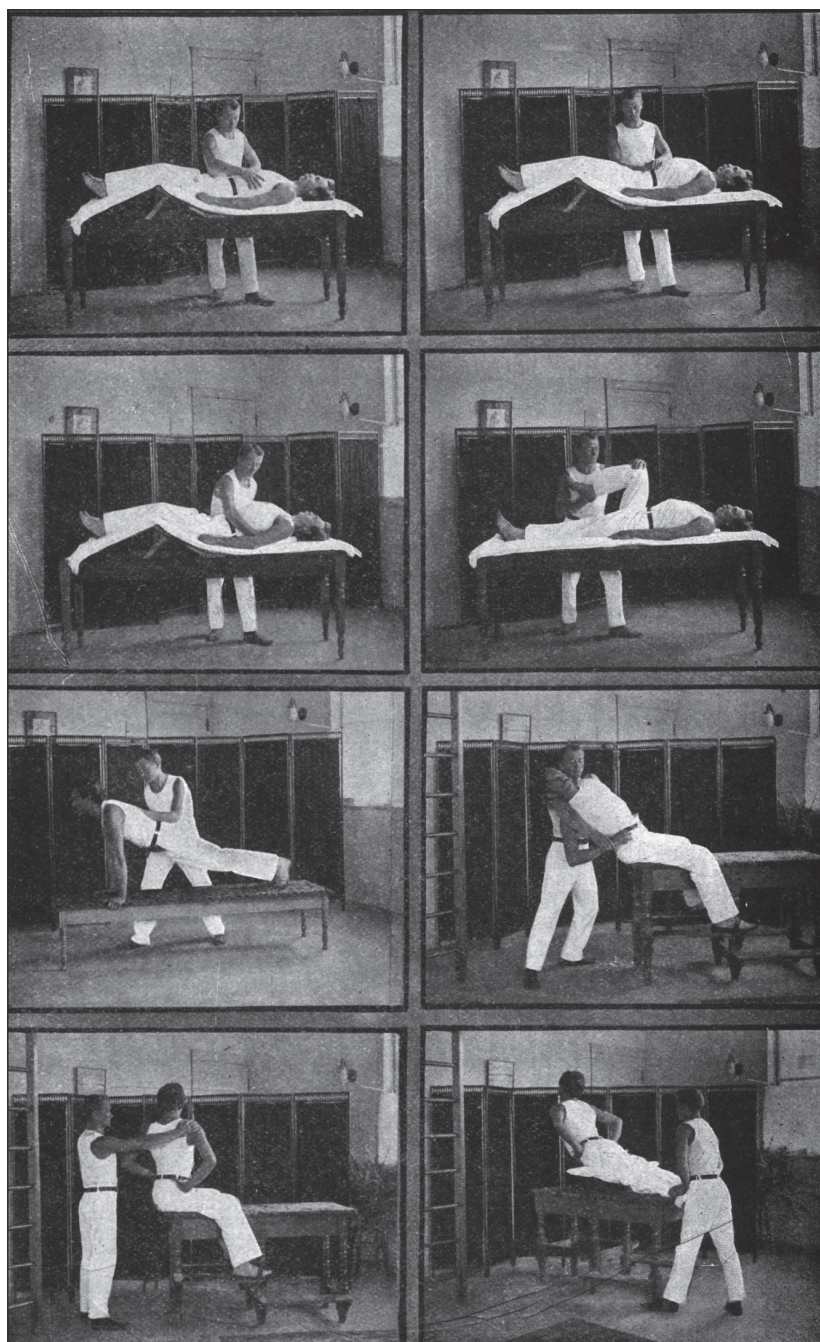
The Swedish gymnastics are wonderfully beautiful. They are perfect. It was a lesson for us all and we may profit by it. Even the uninitiated among the public understood its real value and admired it. There rested a peculiar harmony over all these movements. It was something *ne plus ultra* of really sensible, rational gymnastics. There was noticed a certain noble fineness in these Swedish gymnastics which was absolutely free from all extremes. The Swedes have had a great mission to fill and they have succeeded.

J. Y. Cameron, of the Central Y. M. C. A., Buffalo, in the *American Physical Education Review*, said of the Scandinavian Exhibition at the Olympic Games in London, 1908: "In the gymnastics the Scandinavians captured all three places in team-work. Their work was bordering on the marvelous. Sweden came first, Denmark second and Norway third."

Mary B. Hardt, in the *World's Work* for May, 1907, wrote concerning the subject of "Body-Building in Sweden" as follows:

In Sweden health means something more than non-sickness; it stands for physical well-being, soundness, and splendid vigor. Without for a moment neglecting medical precautions, it attacks the positive side of the question: 'How to insure to every Swede his natural birthright of abounding vitality.'

The answer as everybody knows is EXERCISE. But we do not all know how far Sweden carries that creed. Exercise, gymnastic exercise, not mere walking, is a religion. The very criminals under sentence must have it and therefore full instructions for daily gymnastics are posted even in the condemned cell. As soon would they think of depriving a malefactor of his Bible as of his 'day's order'. Adults must have it and therefore the gymnasiums spring up as thick as mushrooms. The children must have it; therefore, when the state has done all that it can for them physically, private associations take them up. Free skating rinks and toboggan slides—even free toboggans and skates for the skateless—are provided, less with the end of giving the children joy than of promoting that fetish of the Swedish soul, public health. Associations for outdoor games take charge of the public playgrounds, organizing so-called pedagogic games that are not only uproarious fun, but develop swiftness, precision and snap. With government aid, these societies send teachers of games to all the common schools and the children are turned loose in the open air every day for a short romp. We use these Swedish games in our gymnasiums and in much of the public schools as can command the space. Why not use them out of doors and make them universal?



Special Swedish Movements given by Tell Berggren.

The Swedish government itself takes splendid care of the muscles of its little citizens. Every school-child in the kingdom is under bonds to learn to swim, unless, as is rarely the case, the schoolhouse is too far from any water. The Swedish small boy is more likely to be provided with swimming trunks and forced into the water than, as with us, arrested for going in without them.

As for the formal gymnastics in Swedish schools, it is a very serious affair; for it is BODY BUILDING. One system (the Ling) prevails throughout the kingdom and even in the country schools the teachers are all experts. A Swede would as soon think of letting a medical student experiment upon his liver as of permitting a teacher to meddle with his children's muscles without a certificate from the Royal Institute. The worship of the Ling system may be ludicrous, but the American no-system is not less absurd. Think of the young women who *take up* Delsarte or what not and are permitted to teach. Think of the overworked grade teachers who are considered good enough to educate the bodies of the children in the public schools. True, experts sometimes teach these luckless teachers to teach the children to wave their arms and legs. But you cannot make good gymnasts, theoretical or practical, out of the rank and file of stiff or flabby school ma'ams. The bodies of young Americans are not built—they just grow.

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Physi-Culture Section

Address all communications for this department to its editor

Dr. M. N. BUNKER, Savannah, Missouri

CURATIVE GYMNASTICS

by Professor Eugene J. Czukor

Herald of Health and Naturopath, XXII (3), 171-175. (1917)

Curative gymnastics is a form of exercise that is intended primarily to distribute the blood through the system rather than merely build up muscle. It is associated with deep breathing, which is the process of purifying the blood and with right nutrition, which means the selection of such forms of nourishment as the body needs, combined with regard to their chemical harmony and right proportion, so as to promote digestion, assimilation and elimination in the greatest degree possible.

Scientific feeding or right breathing will not of themselves restore health unless the lines of communication for nervous energy and free flow of blood are kept open by suitable exercise. All curative measures are dependent on these particular forms of energy, which must first be allowed free play by the removal of conditions that hinder their beneficent effects. As healers, we can only deal with causes. In dealing with symptoms, we allow the causes to escape us. Therefore, the first thing to do is to help Nature to remove the cause of the ailment.

Functional inefficiency never starts in an organ, but always has a central nervous cause. No exercise that does not give thorough exercise to the moving parts of the frame, which are intimately connected with the nerve centers, will have any material effect in restoring one to health. Hence, I have devised a series of physical movements that are concentrated on the frame and not on the muscles, so as to secure a sound condition of the body structure. The process of regaining and retaining health is to begin first with the lungs, then with the spine and other bone articulations, then with nutrition, and after these with general muscular training and building.



Professor Eugene J. Czukor

While exercise is the true Fountain of Youth and should be employed first in any ailment, short of complete prostration, it will not endow a man with the finest physique and greatest vitality, unless heredity is a factor in the case such as will bestow ideal growth. Within the range limited by original structure and quality however, right physical exercise will give with breathing and nutrition complete healthfulness and that grade of development one is entitled to by heredity.

To illustrate my philosophy of curative gymnastics, I will describe a treatment given to a patient of about sixty years of age [who had] a nervous temperament and who was suffering from cardio-sclerosis. He complained of nervous heart palpitation, alternating at intervals with a normal action, pain in the heart, culminating at times in a smothering sensation, varied with a succession of sharp, lancinating pains, with a sense of impending collapse. These ailments were accompanied by incipient dizziness, extreme nervousness, mental depression and insomnia.

These symptoms were brought about by an attack of rheumatic fever in early life, with influenza at a later date and a long continued indulgence by an unstable nervous organism in poisonous foods and luxuries such as tea, coffee, liquors and wine, tobacco and laxative drugs. These symptoms, while originally functional, had become chronic and drugs administered by various physicians, such as digitalis, nitroglycerine, mercury, phosphorus, etc., only played with the symptoms and did not reach the cause of the trouble.

CURATIVE EXERCISES FOR A WEAK CIRCULATION

BREATHING EXERCISES

All exercises should be accompanied by deep breathing* which is of fundamental importance in curative gymnastics. I had my patient stand erect and take ten deep inspirations and expirations. Inhaling as deeply as possible, I had him rise on his toes, thus lifting his heels from the ground, stretch out his chin, and stretch out his arms as widely as possible on a level with the shoulders which are raised as high as possible. Then, exhaling deeply, he lowered the arms, heels and chin. As a variation of this exercise, I made him sink down on bended knees when expiring his breath until his body rested on his heels, arms being brought downwards with tightly closed fists, squeezing same as if to expel the last particle of air from the lungs. Then, when rising from this strenuous position, he

*Deep breathing is still considered healthy breathing despite significant research and a growing body of literature to the contrary. You may wish to further your understanding of healthy breathing by consulting Dr. Konstantin Buteyko's work. Hypocapnia, resulting from deep breathing, causes systemic vasoconstriction especially in the heart. The Great Barne's logic was on the right track [see pp. 233–234]. —Ed.

would inhale as large a breath as possible. Five of such movements were sufficient. The influence of respiration on circulation is profound. Heart disease is always accompanied by a weakened circulation; hence the oxidation of the blood is incomplete. Therefore, it is of the greatest importance to give heart patients as many respiratory movements as possible. Respiratory movements greatly influence the circulation of the blood in the veins as well as in the arteries. In this way, the chest not only pumps air but is a blood pump as well, because of deep respirations. Inspiration increases the negative pressure in the chest by which a strong attraction of the heart arises in both of the venae cava. Another influence is that the diaphragm, contracting during respiration, expands the inferior vena cava and by simultaneously exercising pressure on the abdominal organs, presses the blood from these into the veins.

HEAD ROLLING

Neck and spinal exercises are invaluable in creating a flexible spinal column. Man being the only animal that walks upright must pay for this privilege by the tendency of the individual sections of his backbone to sink on their seats, which not only causes a congestion of their cartilaginous cushions, but such a condition impedes nerve force and the blood supply in the numerous nerves and blood vessels that connect to organs of the body with the great nerve trunk, the spinal cord. Hence, the supreme importance is that the spine should freely move. A rigid spine makes a man look prematurely old. Round shoulders, faulty, sagged and stiffened frames and a stiff, jolting walk are only the superficial indications of deep-seated interference of natural function. The circulatory movements known as head rolling, arm rolling, foot rolling, leg rolling and trunk rolling cause repeated elongation and shortening of the numerous veins that pass the joints that are exercised. Each time the vein is thus elongated, the blood is sucked up from the peripherally situated tributaries, while the shortening of the veins that follows causes them to empty their contents in a centripetal direction.

I caused my patient to begin his spinal exercise by head-rolling. First, he moved his head gently in a forward-backward movement, alternating with a head-lateral movement in which the head was simply thrust down as far as possible on each shoulder. Then the head was rather slowly moved in a circular manner, the head being bent out of the perpendicular as far as possible. Ten circular movements in one direction, varied by ten movements in the opposite direction completed this exercise.

TRUNK ROLLING

I had my patient begin with trunk flexions as follows: Standing with

feet about twenty inches apart and hands resting on hips, he made five backward and forward movements on the lower joints of the spine and five additional similar movements on the joints of the hips. These were supplemented by ten double flexion movements from side to side. Then began the trunk rolling in which the patient interlocked the fingers of both hands and placed his hands on his head. He then bent his torso as far forward as possible and swung his torso in a circle to the right, then backwards, the sidewise to the left, then on to the front again. This rolling motion is made at first five times in one direction and five times in the reverse direction, keeping the trunk as far out of the perpendicular as possible. Afterwards the rolling is slowly increased to twenty-five in each direction. These movements chiefly influence the blood current in the inferior vena cava. I took the precaution of not allowing my patient to overexert the abdominal muscles, on account of heart disease. This exercise I wound up with circle-rolling; that is, the patient stood erect, heels together and arms stretched out on a level with the shoulders on each side. In this position, he swung his trunk in a circular movement, as far to one side and another, as possible, reproducing the movement of the escapement wheel of a watch. This movement influences the vena portae and its system most beneficially.

RECUMBENT EXERCISES

I caused my patient now to lie prone on the floor on his back, and slowly raise his right leg to a perpendicular position some ten times without bending the knee. Then he lifted his left leg in like manner ten times also. Then he lifted both legs together five times. Each phase of exercise is followed by complete relaxation of the limbs. Finally, he lifted both legs and made a motion of running rapidly on the ground.

While still lying prone on his back, I had my patient perform leg rolling exercises. These consist in his first using the right leg to describe with a rolling motion an imaginary cone in the air, first swinging the leg to the right five times and then to the left five times also. Now resting the right leg, he exercised the left leg in a similar manner, first outwardly, five times each way. In these movements, the foot is also actively rolled on the ankle joint. This movement is often passively performed by my manipulating the foot, instead of the patient.

There are other exercises, mostly of a passive character, accompanied by massage treatments, such as muscle kneading, abdominal kneading in diseases of the circulatory organs, all calculated to facilitate the work of the heart by improving the weakened circulation, but space will not allow me to give a detailed account of [the massage techniques]. Medical gymnastics is now fully recognized as a health promoting influence to the

human constitution, and the recovery of my patient is a complete endorsement of the fact that these movements are one of the best remedies in the whole field of medicine and will cure where drugs are of no avail.

TREATMENT FOR DIGESTIVE TROUBLE

Another patient was troubled with an affection of the digestive organs. His physician certified that he was suffering with chronic catarrh of the stomach with atony of the intestines and accompanying constipation. It is well known that these affections resist a complete cure from drugs, but in most cases the purely mechanical movements in massage and curative gymnastics offer more and greater advantages than any other method of relief.

I executed a direct manipulation of the abdomen which caused a lively secretion from the mucous surfaces of the stomach and intestines, while the intestinal power of reabsorption was greatly increased. There was a better and more complete mixture of the gastric juices and food substances, both in the stomach and digestive canal, a gain in the secretions and a more regular purgation resulted.

The operations consist of what is known as abdominal side-shaking, in which I lay both hands on the patient's abdomen with finger tips toward the sides and shake the whole abdomen by pushing it from side to side, so that when the one hand goes forward the other goes backward and so on, the walls are thus pushed to and fro. This movement is advantageous in case of catarrh of the large intestine. This is followed by colon stroking, which is performed by a rather strong pressure with the hands (fingers upward) pressing upwards on the ascending colon, then the hands are turned wrists forward across the transverse colon, and finally a powerful pressure down the descending colon with the wrists turned downward, the whole hand including the fingers maintaining close connection with the abdominal surface.

Abdominal kneading, either to cure intestinal stasis by increasing circulation of the blood or to reduce adipose tissue, is best performed by standing in front of the patient and placing a hand on either side of his abdomen, kneading the wall of tissue strongly between the hands bringing both together in the process. I vary this operation by various kneading, pressing and abdominal stroking, which consists of stroking from the side parts of the abdomen in a forward direction and transverse direction from the middle of the abdomen outwards. These strokings are given quickly and strongly and are important because they make the peristaltic action more active.

The causes of constipation are many, the most general being a weak circulation, and in consequence weakened peristaltic action in the visceral

organs; disturbed innervation in diseases of the central nervous system; weakly developed abdominal muscles in case of great age, and in younger people without any visible cause of derangement or purely mechanical hindrance in the intestines.

Medical gymnastics are a sovereign remedy for this ailment and are not recognized as being of so much importance in any other affection as they are in this one.

Congestion of the liver is so closely connected with digestive and abdominal troubles and slow circulation that the respiratory movements, the trunk movements, abdominal kneadings and shakings already mentioned are most beneficial in cases of congested and enlarged livers and jaundice. The treatments, of course, are applied to the region of the liver.

RHEUMATIC ARTHRITIS

I am at present giving treatment in a case of acute rheumatic arthritis. The patient is a young man whose left arm was so affected. The synovial membrane and articular cartilage were in good condition, but the arm had been held in a plaster cast long enough to paralyze all movement and when the patient came to me he was unable to lift a glass of water or raise the arm to his head. I at once instituted a swinging, forward-backward movement, first as a passive and afterwards as an active movement, the extension and flexion being performed as a sawing movement. Not only is the elbow joint concerned in such movements, but the shoulder joint as well. In passive movements, with resistance on the part of the patient, the arm should rest on a table with the elbow joint as a pivot. For passive resistance of the whole arm, it is desirable that the patient stand with his back to the wall, while the gymnast stands in front and with his hands [applies] resistance on the patient's hands, while the latter practices flexion and extension of the forearms.

Following these movements, I proceed to elbow twisting, pronation and supination between the radius and the ulna, as well as arm rolling or circumduction. By keeping the upper arm close to the trunk, twisting in the shoulder joint is avoided when manipulation of the forearm is practiced. Pain caused by arm twisting, if not too severe, is not to be regarded, if possible.

In performing the passive auxiliary operations of wrist flexion and wrist extension, I have the patient place his forearm on the table, so that the wrist hangs over the edge. This also facilitates flexion and extension of the finger joints.

I am pleased to say that after the fourth treatment, my patient was able to lift his apparently paralyzed left arm so that he could touch all

parts of his neck and reach down to the sixth vertebra of his spinal column. He is still undergoing treatment.

Curative gymnastics is a form of exercise that is intended primarily to distribute the blood through the system rather than merely build up muscle.

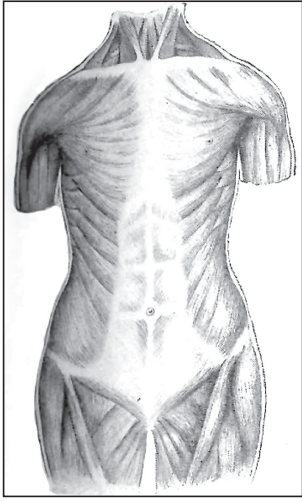
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The process of regaining and retaining health is to begin first with the lungs, then with the spine and other bone articulations, then with nutrition, and after these with general muscular training and building.

MUSCULAR CORSETS FOR WOMEN

by Dorothy Pearl Buchanan

Physical Culture, XXVIII(1), 45-46. (1917)



The natural corset of muscles possessed by the normally developed woman.

Do YOU wear a corset? If so, why? Do you need one? Again, why? If you don't need one, there is no good reason why you should wear one. If you do need one, it is high time that you make a study of the physical condition that seems to make it necessary. And improve it.

In the first place, no woman needs a corset, either for comfort or appearance, unless she is in a muscular condition that she ought to be ashamed of. When a woman says that she depends upon her corset, or that she cannot get along without it, she means that she is too weak to hold herself erect, or, as some say, "to hold herself together." Just fancy for a moment the desperate necessity of holding oneself together by a semi-rigid encasement of this kind, when otherwise she might become separated or fall to pieces!!!

In a natural and normal condition, a woman does not need a corset any more than a man or a child needs one. She can stand erect not only on her own legs but on her own backbone. A woman has just as many muscles as a man, muscles which are designed to move the body and its parts in the same way, muscles which enable her to preserve the bodily posture in the same way.

Every woman is given by Nature a group of muscles about the back, waist and abdominal region, which form a powerful natural corset when they are normally developed. They give this part of the body tone and firmness. They enable her to maintain an erect position and preserve the trim, clean outlines which are characteristic of every normally vigorous person of either sex. It is only when these muscles about the lower trunk are weakened and atrophied that there seems to be any excuse for the artificial substitute that puts a woman into a class with the insects and the shellfishes.

When you facetiously call a man a lobster, you forget that the term would more fittingly apply to the corseted woman, because her body is enclosed in a protecting shell. Vertebrate creatures, including ourselves



All photos and illustration courtesy of Stark Center, University of Texas

First lock the fingers behind the head, thus raising the chest and drawing the abdomen up automatically. From this position practice the two familiar exercises of side to side bending and body twisting.

(when uncorseted), have their supporting bony structure inside, with the muscles outside. Insects and shellfishes have the supporting structure outside, with the organs and muscles internal. The body of an insect is a shell; legs are pipes with the muscles inside. The same with a crab. Consequently, when the scornful and corseted suffragette witheringly denounces "mere man" as a "poor insect," she overlooks the one thing that would tend to put either one or the other into the entomological or the shellfish classification. We must admit, however, that many suffragettes are included in the progressive group of women who practice Physical Culture and do not wear corsets.

The corset is an artificial, unnatural device, and therefore bound to react injuriously upon the wearer. The weak woman depends upon it to hold herself up, but largely because this very corset has made her weak. Few healthy girls in the fresh young years when commence to wear a corset need any prop or support of this kind. It is a mistake ever to commence its use. But if one is already addicted to it, there is only one logical course to pursue, and that is to reform.

It is true that the corset styles of recent years have been a very great improvement upon the pinched waist, hourglass types which prevailed for so many decades. At least there has been a certain amount of freedom for the bust and even some for the waistline. Nevertheless, there is still some constriction

of this part of the body in many instances, and in practically all cases there is an abnormal and injurious pressure upon the abdomen. With this direct backward pressure, it is questionable if nearly as much harm is not accomplished at times as with the former squeezing of the body at the waistline, particularly since the extreme flattening of the abdomen directly compresses the delicate pelvic organs.

It is curious how corset fashions change. The old ideal of the pinched-waist meant a bulging and over-emphasis of the hips and even of the abdomen. Later there came the ideal of the hipless figure, in which the supreme

effort was made to cause the hips to disappear. But now that woman may have hips and waists, the abdomen must vanish completely. It must be subjected to a flattening that is out of all semblance to any normal human contour.

Why cannot a woman be permitted to have a normal and natural figure such as one sees in the firm and well built athletic girl, or such as one may find portrayed in the masterpieces of sculpture? The abdomen should neither protrude on the one hand nor should it be flattened inward. In the symmetrical, perfectly developed body, properly carried, the abdomen is naturally retracted to the proper degree, becoming inconspicuous because it occupies its natural position. It should not appear to have been cut off. It should present the normal moderate convexity which Nature gave it, and without protruding.

We may as well admit frankly that in this very question of the protruding abdomen lies the great fundamental trouble of large numbers of women, and by reason of which they feel that a corset or girdle of some kind is necessary. It will be said that the naturally retracted abdomen is ideal, but that in actual individual cases the abdomen becomes too prominent, at least after the age of twenty-five or thirty, and needs some artificial



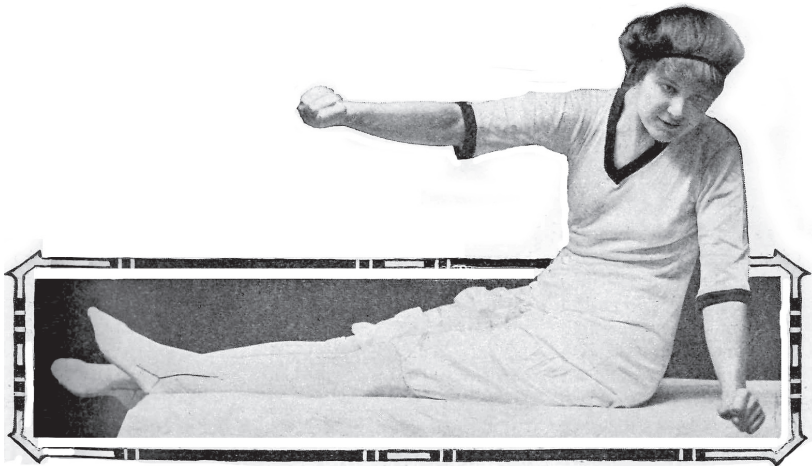
Lying on one side, as in the lower photograph, raise the body from the waist up, as in the upper photograph, if necessary assisting by pushing up with the upper arm.

restraint. The complaint is thoroughly justified, but the usual treatment in the form of a corset is not. In the first place, the difficulty lies partly in the accumulation of fatty tissue, and in the second place in faulty posture.

With many women there seems to be a natural tendency for fat to deposit itself about the hips and abdomen, but so far as the latter is concerned, the process is greatly hastened by the degeneration of the muscular structures of this part. Exercise for the abdomen will maintain these muscles in a vigorous condition, and prevent the excessive formation of fatty tissue hereabout. Furthermore, these muscles, if properly developed, give tone to this part of the body and naturally prevent any sagging or bulging.

What is even more important, however, is the question of correct posture. This assumes the very greatest importance as soon as the corset is removed and one relaxes into the slouching position which causes the abdomen to become prominent. For this reason, the woman accustomed to corset wearing should of all others give special attention to exercises for strengthening all these parts and for acquiring good posture.

The accompanying illustrated exercises are intended not merely to build up the natural muscular corset to which we have referred, but are likewise intended to improve the bodily carriage. It would be advantageous to practice the exercises in the standing position several times each day, if only for a few repetitions in each instance. Remember that the straightening up of the body, involving the raising and expanding of the chest, naturally brings with it the drawing inward and upward of



Lying on the back, rise to a sitting position, at the same time twisting the body far to one side, as illustrated. In repeating, alternate by turning first to one side and then to the other. This is made more effective if performed on an inclined plane (couch or ironing board), with the feet higher than the head. If necessary, hook the feet under an encircling strap for leverage.



Standing erect, raise and expand the chest and arch the small of the back as much as possible. Then, while in this position, vigorously draw the stomach and abdomen still further inward and upward, and practice this many times a day.

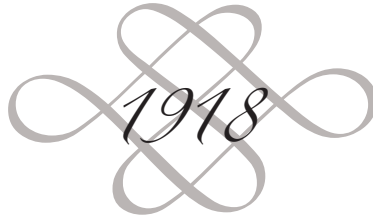
the abdomen, also the arching of the back. On this account, for purposes of exercise, it is well to exaggerate these positions as to get the full action of the muscles concerned, and thus help to establish the correct standing or sitting position.

Careless and faulty posture inevitably leads in the course of time to a condition known as enteroptosis. This simply means a prolapse of the bowels, with the sagging down also of the liver, stomach and other organs, several inches below the normal position. This naturally means a very great crowding of the lower abdominal cavity and the protruding of this region.

It will be seen that in a condition of this kind, exercises for building up the abdominal walls and also for improving posture are vitally necessary. The purpose should be to restore all of these organs to their proper position. The reclining exercises will help in this respect, especially if performed upon an incline board. Place an ironing board with one end on the floor and the other on a chair, or the side of a bed, fixed securely, so that it will not slip. Then perform the reclining exercises shown with the feet at the upper end of the board.

Strengthen your body and learn to carry yourself well, which is largely a matter of keeping the head up and back, and you will find no further need for the corset so far as bodily support is concerned.

Many women will declare that a corset is necessary in order to support the clothing properly. But this is not the case if the presentable little frocks and other one-piece dresses now so popular are used. The fact is that if you build up a perfect figure of your own, you will make a much more attractive appearance than you possibly could by putting on your clothes over any artificial shape, such as even the best corset could give you.



CHEST EXPANSION
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The Art of Curative Gymnastics

By TELL BERGGREN, M. D., N. D.

CHEST EXPANSION

by Tell Berggren, M.D., N.D.

Herald of Health and Naturopath, XXIII (4), 343-348. (1918)

The term *chest expansion* is applied to certain movements given for the purpose of loosening the chest and developing the respiratory apparatus. They are particularly effective in overcoming the chest-bound condition so common among all classes of people. No teacher of physical education can really succeed without a knowledge of at least the simplest of them.

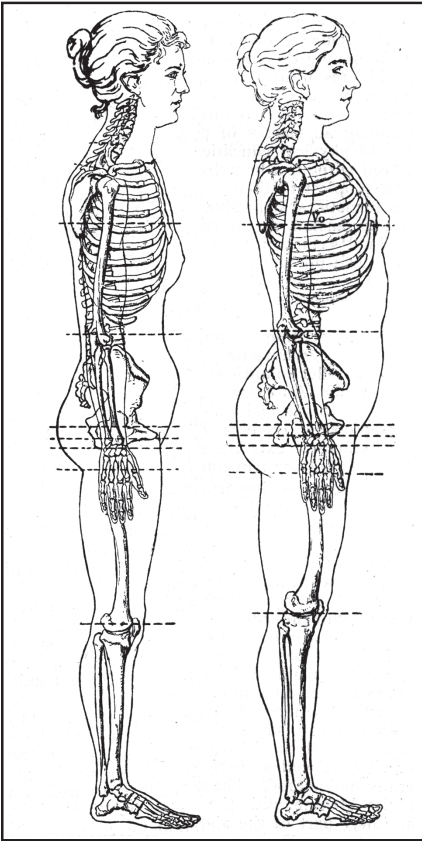
Every gymnastic system should involve chest expansion. A cardinal rule in rational gymnastics is to keep the head up, the chin in, and the shoulders down and back as much as possible during the execution of each movement.

Allan Broman, writing on this subject, says, "Every gymnastic exercise should be done under conditions of full and free breathing. An exercise which does not permit this is bad educationally and should be eradicated." In fact, every gymnastic exercise rightly executed is a respiratory movement.

This is of the greatest importance in medical gymnastics as well as in other branches of physical education. On the respiratory functions are dependent to a greater or lesser extent the most vital phenomena. Consequently, it would be difficult to pay too much attention to this very important procedure.

The expansion in natural breathing should be principally at the waist. Nearly the entire trunk wall, as well as the organs within the trunk, should also take part in the movement. That the expansion takes place at the sides and behind, especially in the regions of the lower ribs as well as in front, is not generally understood. The majority of adults breathe with the upper chest, the lower part of the abdomen, or both. Exclusive chest breathing as well as abdominal breathing is incorrect. The entire trunk wall should participate in the movement. The majority of people seem to be very much confused in regard to this most vital phenomenon and the right way of executing it. Their muscular as well as nervous system is generally so unbalanced that they are unable to grasp even the simplest and most fundamental of these principles. People who have not yet been spoiled by the degenerating influence of our modern conventional habits breathe naturally in the manner here advocated.

Those people, however, who already have been deformed and crippled by habits need the most scientific training. First, the cause of the deformity has to be removed, if possible. The common mode of dress seems to be the most important cause. Next comes the incorrect sitting habit, lack of such work as will compel the system to take in an extra supply of oxygen, lack of poise in standing, walking, working, playing, etc. The joints between the vertebrae and ribs, as well as between the individual vertebrae, must be made more supple, if necessary, by the aid of manual movements.



Contrast between a corset-deformed and a well-developed woman.

The tone of the trunk muscles, especially those of respiration, need to receive a thorough and systematic training; and spinal curvatures, as well as other deformities of the trunk, must be corrected.

Breathing exercises are used in several of the Eastern countries—India, Tibet, China, etc., as a religious measure to assist in the balancing of the higher faculties as well as to harmonize the vital functions of the body. These different forms of breathing exercises, some simple and beneficial, others more or less fantastic and injurious, are generally advocated as an adjunct to other religious customs and practices.

The conventional mode of dress in women, with constriction of the waist, is one of the greatest of all factors in the general decadence in physical vigor so apparent among women of the present day. The natural respiration is interfered with, hindering the proper return of

lymph and venous blood from the parts below the chest. The abdominal as well as the back muscles are in these cases weak and spinal curvatures are therefore common. Deformities of the liver from tight lacing are also common and the organs of the abdomen prevented from properly discharging their functions.

The pelvic congestion, as well as pressure on these organs, aids powerfully in predisposing to, if not indeed actually causing disease of these organs with all the disagreeable consequences, not only for the individuals themselves, but also for future generations.

The blood in crowding the veins of the internal organs will be prevented from circulating through the nerve centers, as well as the muscles, robbing these organs of that life-giving arterial blood of which they are in such vital need. The Swedish specialists usually begin their treatment with some form of chest expansion, also frequently employing this form of exercise during the course of the treatment for these same reasons. They consider it of the greatest importance that the ribs should be loose enough to allow an easy play of the chest during severe exertions as well as during rest and even during sleep.

In order to accomplish this, the following methods are by far the most effective. They are progressively arranged to suit the feeble invalid as well as the healthy and robust individual.

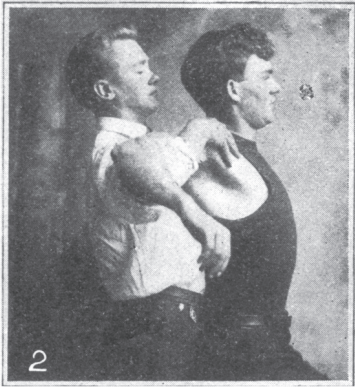
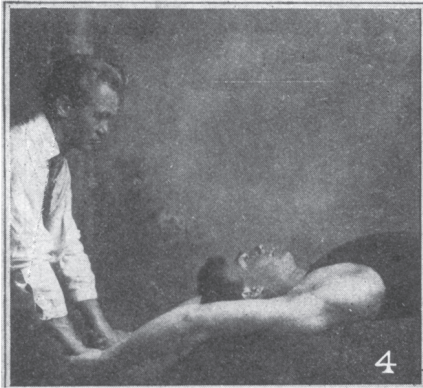
The exhilarating effects of these exercises may be of even greater value than the purely physical effects. The mental effects are nearly always the more pronounced. Baron Posse, the pioneer in Swedish movements in this country, writes on these remarkable exhilarating effects as follows:

By hastening the general circulation, the respiratory exercises produce a degree of exhilaration akin to the sense of total well-being—a consciousness of an abundance of general energy, power and will to do not only great deeds, but good deeds as well. They create in the individual a sense of moral repose, of consciousness, and of goodness as a duty probably generated by the heightened normal functional activity—which is neither as definitive nor as well emphasized by any other physical cause. Thus, to breathe well will mean to live well, to live longer and to live better.

The effects of respiration on the circulation of the blood are briefly as follows:

RESPIRATION ASSISTS THE ONWARD PROGRESS OF THE BLOOD IN THE VEINS

The change between positive and negative pressure during respiration will alternately increase and diminish the capacity of the inside of the lungs, driving the contents into the left auricle. This change of pressure inside the chest will also alternately pump and force the blood out of the intrathoracic portion of the superior and inferior vena cava, in that way assisting the work of the right auricle. The flow in the intra-abdominal portion of the inferior vena cava and its branches will be promoted by the descent of the diaphragm and the tone of the abdominal muscles.



Figures 1 –5. Exercises for Chest Expansion.

“With sedentary persons who suffer from a congestive state of the large venous trunks, an occasional deep inspiration is a powerful means of facilitating circulation.” (Lovén)

“In the case of persons with very thin skins, the long saphenous veins can be seen to alternately fill and empty with the movements of respiration.” (Schweiger-Seidel)

That the movements of the diaphragm and resulting expansion of the chest further the blood supply in the liver and spleen, and also the onward progress of the contents of the stomach and intestine, has been shown by Hasse.

ON THE FLOW OF THE LYMPH

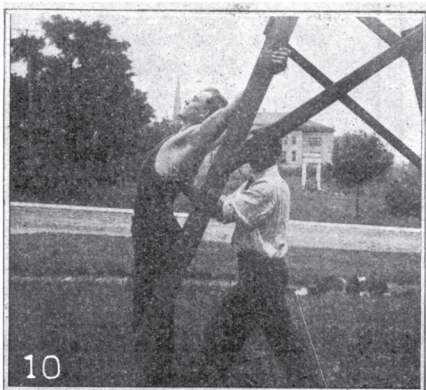
Inspiration increases the pressure in the abdomen and decreases the pressure in the chest, thus the contents of the abdominal part of the greatest lymph vessel in the body, the thoracic duct, is emptied into the thoracic part. Expiration reverses the pressure. The thoracic duct, however, contains valves, which prevent its contents from passing backward. The lymph is therefore driven onward into the subclavian vein. Owing to the competence of the valves at the orifice of this vein, the change of pressure does not cause any reflux under ordinary circumstances.

LYING CHEST LIFTING

The patient is reclining. The operator stands as in Figure 3, grasps the patient under the back with the fingers of his two hands meeting just below the shoulder-blades. Gently arching the patient's spine by lifting with both arms, he vibrates the thorax or shakes it carefully from side to side, the patient in the meanwhile taking a full breath. While letting the patient down, he moves his hands slowly to the side of the lower chest, where he exerts gentle pressure so as to assist in the expiration. This is the gentlest of the so called chest expansions and can be given to bed-ridden patients with great advantage.

LYING CHEST LIFTING WITH ARM-RAISING

The patient lies with slightly elevated trunk. The operator stands behind, grasps the patient's hands and lifts his arms forward to a vertical (reach) position. He now draws the patient's arms backward to stretch position, lifting the arms well, so that he and not the patient carry them. (Figure 4) During this movement the patient takes a deep inhalation, exhaling while the arms are brought back. Moderate pressure over the false ribs can be exerted by the operator at the end of the expiration. (Figure 5) This is of great advantage in aiding the movement of the ribs, making the expiration more complete.



Figures 6 –10. Exercises for Chest Expansion.

SITTING CHEST LIFTING WITH EXPANSION

This is the mildest form of chest expansion taken in the sitting position. The operator stands behind and supports the patient's back, grasping the upper arms as in Figure 1.

He then lifts him in an upward and backward position, in that way making the heads of the humeri to describe a circle. (Figure 2) The patient inhales during the elevation and exhales during the reverse movement.

SITTING ARM CIRCLING WITH EXPANSION

The operator takes hold of the patient's upper arms, drawing him in a direction backward and upward. The operator supports the patient's back with his own trunk, using a small cushion between to increase the expansion. (Figure 2) A moderate pressure over the false ribs can be exerted by the operator at the end of the expiration.

REST SITTING CHEST EXPANSION

The operator uses his knees for support, as illustrated in Figures 6 and 7. The patient clasps his hands behind his neck and inhales while taking the position of Figure 6. He exhales, returning to position of Figure 7.

SIDE LYING RIB LIFTING

While giving the movements illustrated in Figures 8 and 9, the lower ribs can be lifted and lowered as the patient inhales and exhales, a most excellent way of raising depressed ribs. The middle fingers of both hands will lift up each rib by pressure upward at their angles, while the side of the chest is lifted simultaneously, as illustrated in Figure 8, the patient meanwhile taking a full breath.

During the exhalation, pressure is exerted over the same ribs, as shown in Figure 9.

STRETCH GRASP STANDING CHEST EXPANSION

Figure 10 illustrates a movement of great value for expanding the chest. The operator, placing his hands on the scapula, presses forward and upward while the patient takes a deep inspiration. The hands can then be moved one on each side of the lower chest and pressure exerted while the patient exhales.

In fact, every gymnastic exercise rightly executed is a respiratory movement.

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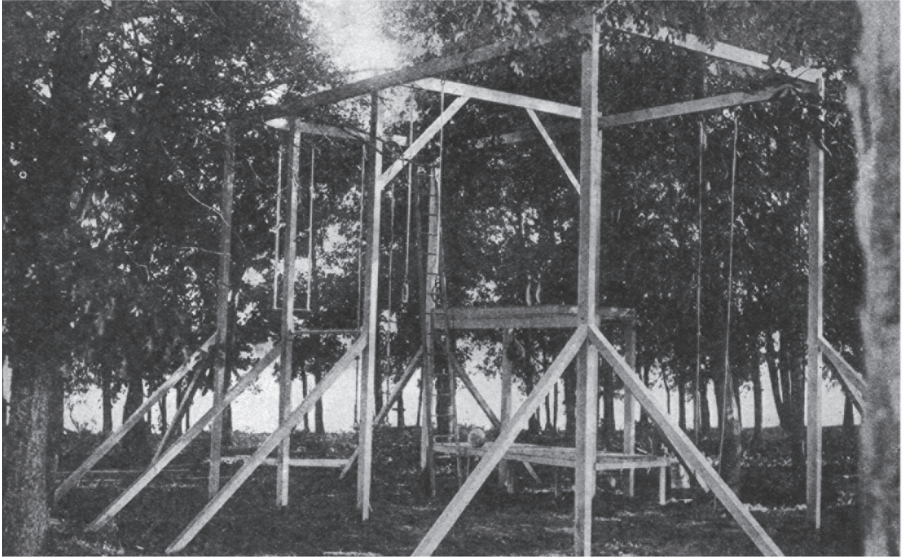
THE PHILOSOPHY OF CURATIVE GYMNASTICS

DR. EUGENE J. CZUKOR



THE PHYSIOLOGY OF CURATIVE MOVEMENTS

DR. EUGENE J. CZUKOR



Carl Strueh, M.D., disillusioned with allopathic medicine, had adopted Naturopathy and built a health retreat near Chicago in McHenry, Illinois. Here is Dr. Carl Strueh's Open Air Gymnasium.

THE PHILOSOPHY OF CURATIVE GYMNASTICS

by Dr. Eugene J. Czukor

Herald of Health and Naturopath, XXIV (3), 132-134. (1919)

The life, health and happiness of the body depend upon rational exercise. Motion is what Nature most delights in. We depend on mechanical, nervous and chemical motion for the health and vigor that is ours. There is no life without molecular vibration. Organic activity is the first condition for the manifestations of vital power.

To possess health one must work for it by means of curative exercises. It is not necessary to merely cultivate muscle. A man may acquire perfect health without being an acrobat. One has only to perform a stated program of exercises daily to create and preserve to a ripe, old age such a state of health as will yield a continual zest in well-being.

If there is one thing more than another that will keep a man young and lengthen his span of life, that thing is exercise. No matter what foods you eat, how deeply you breathe, or what drugs and tonics you swallow, your muscles will become weak, your bony articulation stiff, your body will lose tone and poise, and you will become prematurely old if you neglect systematic exercise.

There are millions of ailing people who would be well and happy and live many years longer if they would only exercise their bodies in a sane and scientific manner.

The span of life is threescore years and ten only because we do not exercise. If everybody would avoid indulging in the things that shorten life and would develop the body and its functions by healthy exercise, we would in a few generations add fifty more years to the present span of life and the average longevity would be 120 years.

No matter how great a fool a man may have been during his seventy years' experience in contact with the world, he would then know what he should have done to secure health and fortune. With the certainty of having fifty more years to devote to the acquiring of these most valuable possessions, we would see a much happier race of beings on this planet. War would be abolished and provision for a green old age made absolutely certain by health, long life and intelligence raised to higher levels than prevail at present.

The function of gymnastics in general is to develop the muscular system, thus indirectly increasing the health and vitality of the whole organism. Their prime object is to set free and preserve nervous force, the fundamental force of the organism, to which all else is of secondary importance. But muscle development is not the aim of curative gymnastics. The immediate effort of such movements is to set free the bodily frame,

expand the lungs, stimulate the circulation, increase elimination, purify the blood, develop the normal secretions, tone the nerves, strengthen the muscles, limber the joints, and generally make firm and permanent the many benefits acquired while building up the body.

All these results develop nervous energy, the origin of which is in the brain and spinal cord.

As it is manifestly impossible to directly apply physical exercise to the nerve substance, with a view to its increased nutrition, we can achieve the effects of such exercise in an indirect fashion by adopting all of the various systems of Naturopathy, each in more or less degree, as the skill and knowledge of the practitioner directs.

Curative treatments are a powerful means of enforcing nutrition and of these curative movements are of the highest importance. Primarily, whether active or passive—as in massopathy—they aid the entire system in its efforts to derive sustenance from suitable materials and assist in the exit of waste materials therefrom.

In chronic ill health the organism suffers from defective respiration, congestions, or mal-assimilation, imperfect nutrition, poor circulation, arrested evacuations, a diminution and change in quality of nervous energy, and a diminution of heat.

Disease is thus caused by disturbed or arrested physiological action which is regulated and set free by suitable movements.

Nature has taken charge of a great many involuntary motions, such as the beating of the heart, the peristaltic motion of the intestines, the movement of the stomach in digestion, of the lungs in respiration and generally, the movement of every organ when exercising its particular function as a part of an organic whole.

Voluntary motions such as working, exercising, walking, talking, etc., make us co-partners with Nature in rounding out the necessary number of movements to keep the organism in a state of complete health.

The materials that furnish nutrition for the body are blood and oxygen—the blood to build up and the oxygen to change by its chemical power the composition of the food into living tissue. One of the most important functions of exercise is to provide the body with a greater supply of oxygen.

The case of a cold proves the vital necessity for oxygen as a preventive, or as a remedy. In this troublesome ailment the blood is charged with refuse materials that ought to be discharged from the system, but are not because the capillaries of the respiratory membranes do not contain the necessary amount of oxygen to oxidize such substances, which are therefore necessarily retained in the blood, causing a feverish congestion that is only reduced by a free expectoration of the offending substance. Had the patient been in a state of activity that would have caused deep respiration, the blood would have been charged with more oxygen than when the

body is at rest and the physio-chemical changes in the blood would have effectually prevented the coming of the cold.

It must be remembered that the body does not produce power of itself, but is simply an instrument of transforming the latent energy in food and oxygen for its own use.

In chronic disease this transformation proceeds with great difficulty. Indeed, in many cases the rebuilding of tissues does not keep pace with their destruction and emaciation is the result. This is a most serious condition that requires immediate naturopathic measures to restore the balance of organic waste.

In cases of defective nutrition, there is plenty of [useful] material in the blood but the trouble is in the lack of power to utilize it. For example, the saline elements of food, the iron, lime, phosphorus, etc., that are in organic combination with food stuffs and which are so imperatively demanded by the system, are either poorly appropriated or merely thrown out as waste products. Their right appropriation depends on exercise which awakens an appetite for nutrition in the ultimate tissues of the body.

Exercise is thus a powerful stimulus to sluggish digestion, which is caused partly by an imperfect demand for digested products.

Physical Culturists lay too great a stress on the *Strong Man*, exhibiting mere muscle culture as the basis of health. Muscle development only adds vitality to the system by the loosening of the joints of the frame caused by muscular exercise. The freedom of the bony frame usually is a nerve freeing exercise. Of those bony segments that can so effectively give freedom to nervous impulse, those of the spinal column are of paramount importance. Exercise is not, as most people think, merely the exercise of the arms and legs, which are merely appendages of the body, but consists, par excellence, in the continual exercise of that most vital part of the bodily frame, the spinal column. It may be said that a man is as healthy as his backbone is supple.

There is an exaggeration of muscle culture in the gymnastic results of modern Physical Culturists that greatly belies the ideal development exhibited in Greek statues. We see in the magazines and newspapers photographs of men with bulging muscles advertising the merits of this or that professor's method of Physical Culture.

Their sluggish, clumsy figures, frequently round-backed and knock-kneed, are greatly inferior in physique to the graceful, harmonious ideals of antiquity.

The Greek statues exhibit types of figures in which tremendous energy are almost wholly concealed in the symmetry and grace of their outlines.

Of course, individuals of such extraordinary muscular development have arrived at their brobdinagian proportions chiefly by heredity, supplemented by a series of exercise in a professor's studio.

When a man of extraordinary physical development goes into busi-

ness as a professor of Physical Culture, he illustrates his development as an example of what his particular method of exercise has done for him and proclaims that anyone who acts on his advice will acquire a similar development. This is not true. The truth is that he has been endowed by heredity with a particularly fine physique and is making professional use of that characteristic.

No matter what foods you eat, how deeply you breathe, or what drugs and tonics you swallow, your muscles will become weak, your bony articulation stiff, your body will lose tone and poise, and you will become prematurely old if you neglect systematic exercise.

The immediate effort of such movements is to set free the bodily frame, expand the lungs, stimulate the circulation, increase elimination, purify the blood, develop the normal secretions, tone the nerves, strengthen the muscles, limber the joints, and generally make firm and permanent the many benefits acquired while building up the body.

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THE PHYSIOLOGY OF CURATIVE MOVEMENTS

by Professor Eugene Czukor

Herald of Health and Naturopath, XXIV (8), 382-388. (1919)

True physical well-being, rational hygiene and scientific therapeutics as they concern the human organism are more surely the result of curative muscular movements than of any other form of scientific treatment because they are assuredly proper means for stimulating vital motion in harmony with physiological law.

When we survey the human organism from a physiological standpoint, we discover it as consisting of an interior bony framework as its bodily foundation and an outer organ, the skin. Lying between these two factors are various physiological systems and organs such as the muscular system, the respiratory system, the circulatory system, the lymphatic system, the nervous system, the digestive system, the renal system, etc.

The application of active muscular exercise to the bony structure and the application of passive massage movements to the skin and muscles underneath cause an increase of bodily power that enriches the blood, so as to benefit the various organs of the body that do not directly take part in the movements of the muscles.

In beginning Curative Movements to remove the cause of ill health, the first thing to do is to make sure of the complete flexibility of the spinal column, for a stiffened condition of the various segments denotes a serious interference with the nervous energy of the body.

Osteopathy, chiropractic and massage make the treatment of the spinal joints their principal points of treatment because such methods of manipulation point to a full recognition of the parts where impeded nerve and blood circulation are incomplete and where unhealthy contracted muscular and ligamentary tissues exist.

The nervous system in particular, invariably suffers whenever muscular inactivity prevails. The nerves have no contractile tissue of themselves to secure supplies of nutrition and removal of waste products, but depend on the general system under the control of the muscles to accomplish these ends.



Professor Eugene Czukor

Exercise restores nutrition of both muscles and nerve centers and when muscles and nerves act as in health and harmony with one another, nutritive support is equally distributed.

The living organism is like a furnace wherein the carbon of the coal is attacked by the oxygen of the air and immense molecular vibration, the source of heat and power results. To preserve the efficiency of the furnace at its highest power, coal must be supplied in abundance and the dead ashes continually removed so that the energy of the heat may remain at its maximum.

Muscular contraction powerfully urges the blood through its channels and sets in motion the rapid wastage and rapid reconstruction of the tissues. It also at the same time demands larger breaths of oxygen to oxidize normal waste matter for their more rapid depuration.

While in chronic ill health muscular exercise fails to stimulate the processes whereby vital power is derived, the same results can be obtained without exhaustion of nerve power by mechanopathy, or the application of mechanical massage, whose movements create the same results as follow active exercise when the body reacts favorably. The same physical and chemical changes take place and the same products are evolved. A similar form of energy is the manipulation of the masseur in which also the will-power of the patient is not employed, but the results are just as potent as if the will directed the operations.

Besides the indirect benefit in better nutrition and more complete purification that is obtained by the various organs from muscular exercise, there is the added benefit of freedom from pressure in the case of the nerves that issue from the spinal cord by reason of the greater flexibility of the bony segments that constitute the spinal column.

These nerves control the functions of most of the vital organs of the body and hence must have full liberty to transmit the edicts of the will that travel along the spinal cord.

Exercise is not, as most people think, only the exercise of the arms and legs which are merely appendages of the body, but consists par excellence in the continual exercise of that most vital part of the bodily frame, the spinal column.

When we see an old man of seventy or eighty shuffling along the pavement with a perfectly rigid backbone, we rightly judge that he is the victim of chronic ill-health. Why this is so will be fully understood when we consider that the twenty-five segments of the vertebral column that enclose the spinal cord and form a bony foundation for the entire bodily frame are separated from each other by pads of cartilage and held together by surrounding tissues. Between each segment nerve fibres emerge from the spinal cord on each side and in health each of the vertebrae has a limited movement, the sum of which in all the segments gives the spinal column considerable flexibility.

Now by reason of lack of exercise or the effects of old age, the cartilages between each bony segment of the vertebral column become hardened and inelastic, causing the individual segments to approach each other and so press upon the nerves emerging through openings between the joints. This continuous pressure impedes their functions and in the digestive tract and stomach starts digestive troubles. These nerves that have their origin in the spinal cord and control all the voluntary movements of the body are also in direct connection with the sympathetic nervous system which controls the involuntary functions of digestion, respiration, blood circulation, etc. It is therefore of the greatest consequence that the nerve supply of the central system should be kept unimpeded, for the derangement of any of its nerves will result in a gradual lowering of the vitality of the sympathetic nervous system.

It is frequently stated that the prime cause of all ill-health, apart from other specific ailments, is indigestion with its attendant evil of constipation, but we must remember that real functional efficiency never starts in an organ, but always has a central nervous cause.

Disuse or misuse of the body, that is, long neglect in giving the working parts of the body their full movement, furnishes the reason why gymnastic exercises in general, respiratory exercises and the removal of dietary errors do not benefit an ill person without the removal of those causes of a mechanical nature that produce nerve disturbance.

Respiratory exercises are at all times inseparably connected with muscular exercises.

The skin, being one of the principal excretory organs, is stimulated by rubbing and kneading exercises with the result that the circulation in the capillaries is greatly improved and poisonous matters in the blood are rapidly excreted. The body becomes much warmer and is less susceptible to climatic changes.

The first aim of physiological therapeutics is to exercise the muscles in general and those of the spinal column in particular, accompanied by Breathing Exercises and Skin Treatments.

THE RATIONALE OF NUTRITION

The secret of the powerful effects of muscular work upon health lies chiefly in the great aid that muscles give the lymphatic and venous circulation. The blood does not make its exchange of nutrition directly with the cells of the tissues, but with the lymph, and the lymph in turn makes the exchanges with the tissue cells.

Let us enquire into the rationale of nutrition. The heart propels the blood through the main arteries at the rate of a foot a second. The arteries divide into branch arteries, which in turn subdivide into arterioles, which again subdivide into capillaries. These minute, hair-like, tubes are joined

to similar capillaries of the veins that unite to form branch veins that carry the blood back to the heart and thence to the lungs for aeration, and back to the lungs for propulsion to the tissues and cells again.

The blood while flowing a foot a second in the aorta or main artery flows only at the rate of one-thirtieth of an inch per second in the capillaries. How then can it arrive at the heart as quickly as it left it? The reason is that the collective capacity of all the terminal capillaries is about forty times greater than the capacity of the main artery, so that the blood flows with impetuosity and grows calm in the widespread reservoir. This is a wonderful provision of Nature that provides time for the hungry cells to absorb the nutrition they need. The blood is as slowly gathered into the capillaries of the veins, and being prevented from traveling towards the arteries by its numerous valves, reaches the heart in a swift full head of blood laden with waste matters from the cells.

But if the arteries and veins form one continuous receptacle for the blood, how do the cells obtain any nourishment therefrom? The capillary walls are very thin and through minute openings or pores, the plasma or liquid portion of the blood, exudes, the process being called osmosis. In the plasma are dissolved albumin, sugar and fats. The masses of cells being interpenetrated by the capillaries are bathed in the plasma or lymph, which is the name of the plasma after it gets out of the capillaries. The cells absorb these nutritive elements out of the lymph and also oxygen, which is carried by the red corpuscles [hemoglobin]. Being a gas it exudes from the capillaries and energizes the cells. The lymph becomes changed by the addition of substances thrown out of the cells and by giving up to the cells the digested food brought by the blood.

Carbon dioxide is one of the products of the combination of oxygen with the food material in the tissues. Being a gas, [it] passes back through the capillary walls into the blood which takes it to the lungs and so is sent out of the body.

Seeing that the cells are submerged in a medium of lymph which is continually exuding into the tissues without any way of getting back into the blood vessels, the blood would soon be lacking in plasma and the tissues would be oppressed with it, hence the necessity of some provision to get this liquid back into the blood vessels from which it is constantly flowing. This is done by a system of tubes called the lymphatics. The lymphatics begin in open ends among the cells and lead the lymph back into the circulation. When the lymph once enters the open end of the lymphatic, it continues to move slowly. The smaller lymphatics unite to form these larger ones to form the thoracic duct which pours the lymph into the venous system. It is the contraction of the muscles and their consequent pressure on veins and lymphatics that makes the venous blood and lymph flow in the direction of the heart, the progress of these fluids

being greatly facilitated by the valves that are abundant both in the veins and lymphatic vessels.

During exercise each muscle becomes, as it were, a throbbing heart, squeezing the blood tubes empty while contracting and then relaxing and allowing them to fill up anew. This hastens the flow of both the lymph and blood in the only direction allowed by the valves in these vessels and that is towards the heart.

The muscles in this way not only secure their own growth, but their contraction so enhances the quantity and quality of the blood and inter-muscular fluids that the mucous membrane, the skin, the alveolar tissue, the nerves and other anatomical constituents of the body share equally in the advantages thus attained.

Curative movements therefore enhance nutrition. They are a device for aiding the organism in its efforts to derive substance from suitable materials for growth and for assisting the elimination of waste products, which if retained in any quantity become the source of disease.

THE IMPORTANCE OF THE NERVOUS SYSTEM

All muscular movement is preceded by a nervous impulse. The most important thing in health is nervous force. The reservoir of this force is the brain and spinal cord from which nerves radiate to every organ and blood vessel and cell in the body, every tissue depending on it and every function depending on the condition of the nervous system. The brain, for example, cannot be helped by physical exercise, but by the nutrition it receives from the blood, which in turn depends on the healthful control of the process of nutrition by the nervous system.

Sound function depends on unhampered nervous energy and this in turn depends upon the bony frame being in perfect working condition, of which the vitally important part is the spinal column. Vitality depends on the flexibility of the spinal column as a whole and on the freedom of movement of the individual vertebrae, because of the ultimate structural relation to the central nervous system. The openings between the vertebrae that allow the nerves from the spinal column to pass freely to the organs they control must not be contracted so as to press upon the nerve filament and thus reduce its efficiency as a vital force. The perfect freedom of action of the spinal nerves combined with lung development, proper diet and hydropathy are the prime factors of Physical Culture for the preservation and increase of vital force.

Muscles and nerves are the two great channels through which the vital forces of the system work. But general exercise is not of itself capable of removing ill health. Mere muscle is not a prime producer or protector of health. Physical bulk is not physical energy. The first object of curative

gymnastics is to free the articulations of the spinal joints, to increase nervous energy, to invigorate metabolism or the rationale of nutrition, and to energize the circulation of the blood.

HYGIENIC VERSUS CURATIVE MOVEMENTS

Movements are either hygienic or remedial—that is to say, preventive or curative. But there is no difference between preventive or curative exercises. Both equally contribute to the up-building of health and strength.

When the exercises are employed to maintain an already existing health condition of physiological relations, when they permit free exercise of the vital powers in spite of the deteriorating influences of the age, sedentary habits, intellectual occupations or of such habits as employ some portion of the body too much and another too little, they are regarded as hygienic. In a word, hygienic movements are natural means of counteracting the evil tendencies of an artificial mode of life.

Movements become medical when their effects are to improve physiological relations or inhibit pathological tendencies. To produce and conserve exuberant health is the role of such movements. Their positive effect is to permanently increase the circulation and nutrition of the body when such conditions are lacking. They increase respiration, diminish morbid innervation, restrain or accelerate morbid discharges, and incite defective functions to healthy activity.

DRUGS INIMICAL TO HEALTH

Millions of people indulge in the superstition that drugs are a short cut to health when they become ill from disease.

They believe that they can indulge in all kinds of vicious habits and then by simply swallowing a pill or potion restore their organism to perfect health. The drugging craze thus offers a premium to vice and folly by assuring a cheap deliverance from the evil effects of the abuse of the body. It is true that a drug may be a temporary expedient for a given trouble at the time it is administered, but the habitual use of drugs leads to a gradual lowering of vitality and functional efficiency.

Bodily vigor is absolutely necessary to insure normal reaction to medicines, which medicines destroy.

Drugs develop symptoms of their own, worse than the disease they are intended to counteract, but curative movements bring all the forces of the system into due relation with each other and assist the organism to glide into a state of health, with all its forces unimpaired and ready to obey the behests of the will. Drugs in their action are pathological, whereas movements are physiological.

In the drugging system the remedy is applied to the stomach and ali-

mentary canal, which are thus made to suffer for the ailment of all the other organs. The drug is absorbed into the circulation and the well parts of the body are needlessly poisoned in the aim to reach the diseased portions.

In the movement cure, the parts demanding relief are immediately cared for and such parts as do not require the application are avoided. Even if the invigoration of an organ is to be attained by the exercise of another structure, as in exercising the spinal column to increase nerve efficiency, the concentration of the movements on such structure invigorates and regenerates the spinal column itself.

Thus drugs have a downward tendency, for they increase the amount of chemical changes going on in the body.

Notwithstanding the impulse towards health that is oftentimes thought to be given, which is the result of the temporary vital reaction, it remains true that the real tendency of the system is necessarily downward because chemical and consequently imperious changes are thereby promoted.

Further, it is a well-known fact that the diagnoses of disease for which drugs are administered are more than fifty percent incorrect; consequently, half of the prescriptions swallowed by patients have no relation to the disease whatever.* This is a serious proof of the imbecility and danger of the drugging system.

The prime object of all treatments of disease by muscular movements is to secure a proper distribution of the circulating fluids. A healthy peripheral circulation implies an absence of all internal congestions and a consequent free play of all vital activities.

The simple stretching of the muscles is one of the very best means of influencing the circulation of the blood. The gratification one feels in stretching his limbs and thorax after having been in a more or less cramped position is due to a freer flow of the vital fluid in arteries and capillaries. The relief obtained is remarkable. Thus, we have in the therapeutic application of exercise a precious means of energizing the organism. As the external capillaries become filled, the heart beats slower, the brain is relieved, nervous irritation ceases and a quiet comfort succeeds anxious distress.

The effects (of which active, or passive, movements are the cause) are in increased respiration by which the body feeds more energetically on oxygen, which is necessary not merely to oxidize the waste products of muscular action, but also to supply the affinity of the blood for this element, which increases in the ratio of the tissue metamorphoses consequent on muscular contraction.

*Medical interventions including drugs administered correctly are documented as the 3rd leading cause of death. —*Ed.*

All diseases are characterized by a deficiency of oxygen and as muscular activity requires a large amount of this vital air for its manifestation, it follows that conditions are thus established for correcting those state of the system that depend on an imperfect oxidation of the blood.

Inertia, or insufficiency of movements, brings on by degrees the decay of the organic forces, which, under the authority of action, create and maintain health with the same assiduity. The torpor of inactivity leaves the field free for the growth of a morbid disposition that is more or less latent in every organism. The languor of the blood, the weakness of the circulation, the anemia, the weakness of the muscles, the absence or irregularity of the appetite, the exacerbation of the nervous functions, with all the train of disorders that follow, are the vital consequences of insufficient muscular exercise.

In such cases, it is the perversion of nutrition that one has to fear, a concomitant of advanced age, but indifferently produced in the different periods of life.

When we consider that the object of bodily existence is fulfilled in the ratio of the perfection by the body as an oxidizing apparatus, it follows that the kind of remedial assistance most needed by the system in ill health is not that provided by drugs, but by something that aids in perfecting this physiological process, and that is the process of vibration that brings oxygen into vigorous contact with oxidizing materials.

In point of view of the nutritive perversion, which is the essential character of the maladies for which a course of appropriate gymnastics offers incontestable therapeutic advantages, we tabulate the following ailments:

- 1) The most widespread of all ailments is the disease known as retention, or auto-intoxication. The symptoms are inactivity of the skin, a chilly sensation, sneezing, great nervous tension, a dread of cold air, an excited pulse owing to capillary obstruction, coated tongue, hyperacidity of the stomach, perversion of taste, loss of smell, catarrh, etc.

These conditions cause acute or chronic enervation, which symptoms are a low vitality, lack of metabolism, emaciation, a weak heart, neurasthenia, sleepiness by day and sleeplessness by night, and great weakness of the sympathetic system owing to the cells refusing the natural nutrients in the blood.

Retention and enervation together furnish the conditions for the development of the various micro-organisms that accompany the various infectious and contagious diseases that afflict mankind.

- 2) Maladies caused by the errors of the work of ossification such as kyphosis or hunchback; lordosis or backward curvature of the spine; scoliosis or lateral curvature of the spine; and diverse disfigurements of the skeleton.
- 3) Maladies caused by lack of nervous tone; atony, relaxation, languor, flaccidity of nervous function, ataxia or loss of muscular co-ordination; mental deficiency, idiocy, imbecility, chorea or St. Vitus' dance; hysteria or alternate paroxysms of laughing and weeping; epilepsy or the falling sickness; functional and hysterical paralysis; hypochondria or pessimistic outlook on life; gastralgia or pain in the stomach; disorderly spasmodic movements; chronic neurosis characterized by disorders of the will, perversions of the inhibitory powers of the consciousness; morbid concern about the health of the patient; slow progressive wasting of the muscles of the trunk and extremities due to the atrophy of the cells of the anterior section of the spinal cord.
- 4) Maladies caused by inferior functioning of the apparatus of nutrition, such as scrofula, a morbid development of glandular tumors degenerating into ulcers and scorbutic affections, that is, to be tainted with scurvy.
- 5) Maladies caused by the lowering of animal heat, tuberculosis, a depraved constitutional predisposition due to the formation of tuberculosis in some organ or tissue.
- 6) Maladies caused by insufficient elaboration and the presence of an excess in the economy of organic acids or of the principal nitrogenous compounds, a predisposition to uric acid, gout, gravel, obesity and diabetes.
- 7) Maladies due to imperfect proportions of the fluid and plastic elements of the blood; chlorosis or green sickness; anemia or deficiency of blood or of the red corpuscles; plethora, a congestive or apoplectic state of maladies due to insufficient or perverse functions of the skin, as eczema, an inflammatory disease of the skin; acne or pimples; ecthyma, a skin eruption of deep-seated pustules [a variation of impetigo].

Gymnastic practice, in which the different kinds of maladies find a special relief, and varied in its application by the nature of the affection and treatments, is capable of rendering the greatest medical service to mankind. In general, its utility is most definitely indicated in states of defective nutrition, which is the origin of a multitude of maladies that yield to the stimulus of molecular vibration.

In beginning Curative Movements to remove the cause of ill health, the first thing to do is to make sure of the complete flexibility of the spinal column, for a stiffened condition of the various segments denotes a serious interference with the nervous energy of the body.

Exercise restores nutrition of both muscles and nerve centers and when muscles and nerves act as in health and harmony with one another, nutritive support is equally distributed.

It is frequently stated that the prime cause of all ill-health, apart from other specific ailments, is indigestion with its attendant evil of constipation, but we must remember that real functional efficiency never starts in an organ, but always has a central nervous cause.

The skin, being one of the principal excretory organs, is stimulated by rubbing and kneading exercises with the result that the circulation in the capillaries is greatly improved and poisonous matters in the blood are rapidly excreted.

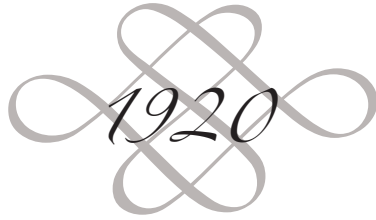
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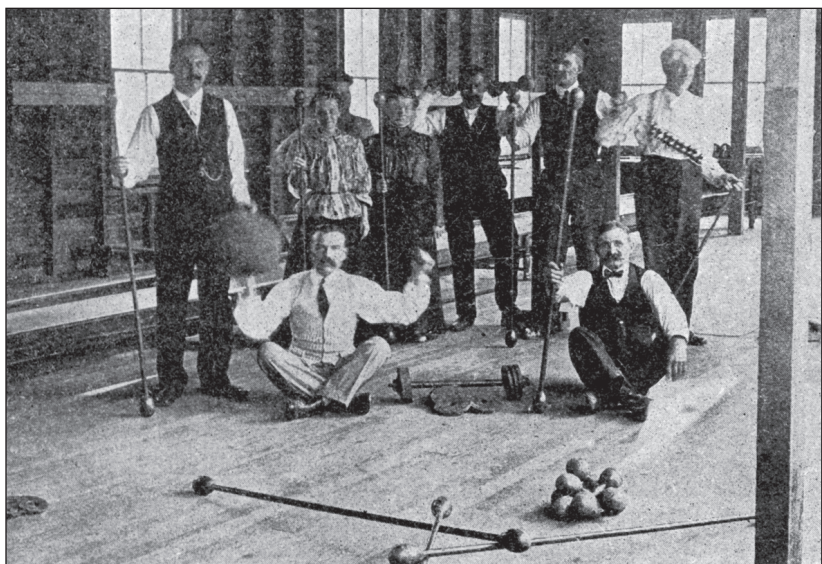
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MAN'S GREATEST ASSET

DR. LORNE A. SUMMERS



The Bowling Alley and Gymnasium at the Butler, New Jersey, "Yungborn".



One of the brooks located at the Yungborn in Butler, New Jersey.

MAN'S GREATEST ASSET

by Dr. Lorne A. Summers

Herald of Health and Naturopath, XXV (9), 396-397. (1920)

Man's greatest asset is his mental power. What the big concerns want today is brains. Your intelligence, if properly trained, is capable of accomplishing that which it would take a hundred men to accomplish with their hands.

Intellectual power depends upon the ability to concentrate; concentration depends upon the health of the individual.

The greatest factor in health is the nervous system. A man may be a giant, but if his nervous system becomes diseased, he will be as weak as the frailest man.

The average man believes that because he has built up a strong muscular system in his early school days that he does not need to pay any more attention to the cultivation of health. He stops all forms of exercise and spends the greater part of his time draining the vitality which he has stored up in his youth.

Now suppose you had a bank account and after accumulating a goodly sum you reversed and instead of each week depositing a certain amount you began drawing out whenever you felt you were in need of money. What would eventually happen to your bank account?

The man who is constantly drawing on the vitality of his body without storing any up will someday, when he is called upon to stand a great crisis, fail simply because he has not any reserve power to help him over the critical point.

We have seen big, strong, healthy young men leave college and enter some line of business and, in say ten years' time, become burdened with a *big bay window* and a shattered nervous system. Why is this?

Let us take any animal and shut it up so that it is unable to take any exercise. In a short time it becomes sick and if further deprived of exercise eventually dies.

Now, whether you like it or not, man is an animal and what happens to an animal will also happen to a man. However, on account of the body trying to accommodate itself to the new conditions, man is able to outlast any other animal.

A sound nervous system is dependent upon a pure blood supply. Now, if the blood is loaded down with toxic material which has accumulated on account of the organs of elimination failing to function properly, you can readily see that the nervous system will in a short time become diseased.

Elimination depends upon activity. As a stagnant pool is compared to a mountain stream, so is an inactive man compared with an active man.

In one we find a fresh pure supply of blood giving health and strength to all parts of the body and in the other we find the blood becoming

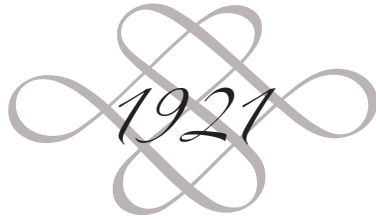
gradually saturated with poisons of the body which it has failed to throw off. If the blood stream is to be kept pure, all parts of the body must be kept in a state of activity.

Men who are following pursuits where there is not physical exertion should make a special effort to see that each day they take a certain amount of exercise which will keep the circulation in good condition.

For an office man, it would be best to do this exercise before breakfast and in a room with the windows open. It is well to follow exercises with a cold plunge or a cold rub-down, followed by a brisk rub with a coarse towel. After this it is well to drink a glass or two of warm water.

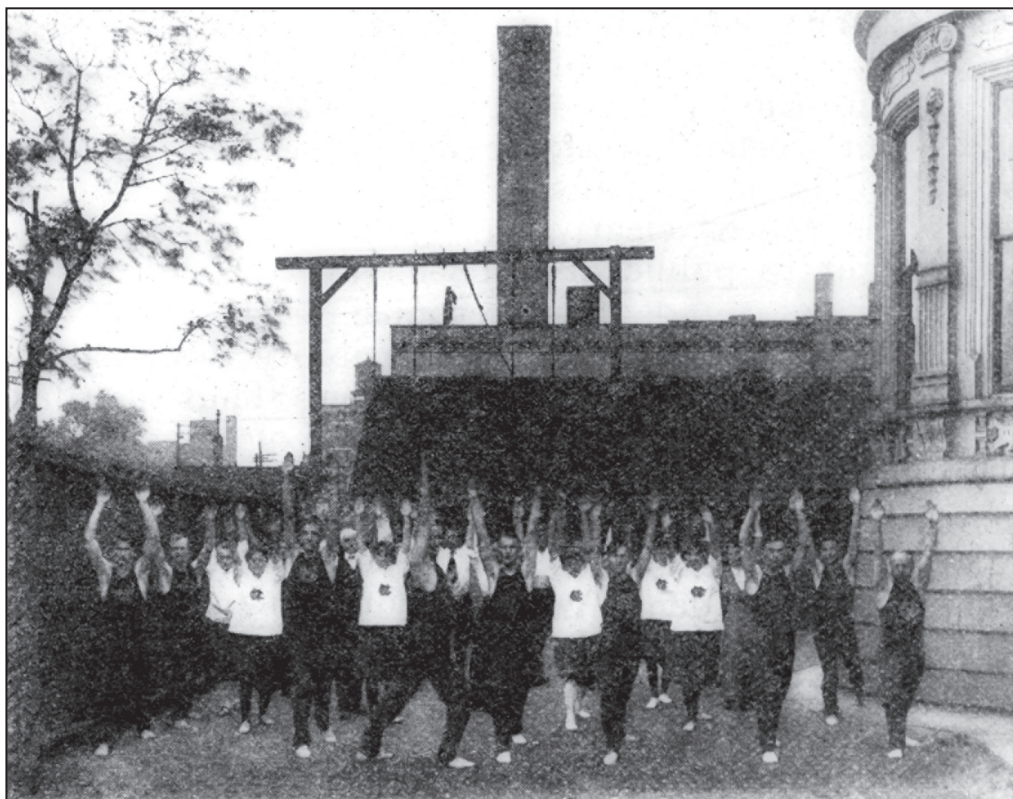
Below I have outlined a number of exercises which, if systematically followed, will keep the circulation in good condition. These exercises start from position of attention: heels together, chest out, chin in, abdomen in and arms at side of body.

- 1) Flex arms and place left foot forward, raise heels and stretch arms overhead, bend arms and lower heels, position of attention, ten times left, ten times right, and ten times alternate.
- 2) Raise arms overhead and slap hands, bring arms downward and slap behind back, repeat fifteen times.
- 3) Raise arms overhead and raise heels, bend knees and touch floor between knees, raise arms and straighten knees, lower heels, repeat ten times.
- 4) Place hands on hips, raise knee ten times left, ten times right and ten times alternate.
- 5) Raise leg sideward ten times left, ten times right and ten times alternate.
- 6) Raise leg forward and swing backward ten times left, right and alternate.
- 7) Feet apart and arms side horizontal, twist body left and right, repeat fifteen times.
- 8) Arms stretched overhead, try to touch floor without bending knees, repeat ten times.
- 9) Grasp hands high overhead and jump with feet apart, at the same time swing arms between legs, then jump back to first position, repeat ten times.
- 10) Arms as in No. 9 and feet apart rock from left to right, repeat fifteen times.
- 11) Hands on hips, jump with legs apart, repeat fifteen times.
- 12) With arms at side of body, take a deep breath, at the same time turning the palms of the hands outward; exhale and turn palms inward, repeat five times.



SLEEP AS A THERAPEUTIC AGENT

HARRIS H. LUNTZ, M.D., D.O.



Calisthenics in Dr. Lindlahr's Health Gymnasium.

SLEEP AS A THERAPEUTIC AGENT

by **Harris H. Luntz, M.D., D.O.**

Herald of Health and Naturopath, XXVI (V), 231-232. (1921)



Harris H. Luntz, M.D., D.O.

Sleep is "tired Nature's sweet restorer". Thanks to its mysterious, restorative virtue, the vitality that we use up during the day is renewed in us during the night. The wear and tear of sixteen hours of work and play is repaired in hours of recuperative slumber.

We use up energy with every muscular or mental effort during the day. During the period of sleep, it flows in with every sleeping inhalation. Sleep is the recharging of the body-battery. And we profit by the margin of energy that we gain between the expending of force in the day and restoring of the same during the night.

HOW MUCH SLEEP SHALL I TAKE IN 24 HOURS?

Obviously, no hard and fast rule as to the number of hours can be laid down. However, as an approximate average, it may be stated that the ordinary adult requires an average of about nine hours each day. Women require about a half an hour to an hour more than men. A baby or child should have absolutely every minute of sleep that it can be induced to take.

To compel a child or a rapidly maturing young adult to arise before they have had their sleep and feel thoroughly rested is not merely irrational but cruel.

The man who robs himself of hours of sleep is a fool. He is misusing his nerve force. Supposing, instead of eating his dinner, he should throw the food out of the window, give it to the dogs, do anything with it but what Nature intended him to do, and then wonder why he was not nourished and why he suffered from faintness and want of strength. It would be no more senseless than to try to crowd nineteen hours of physical and mental exhaustion into five hours of recuperation. It is to him that insomnia approaches.

CAUSES OF INSOMNIA

The causes of insomnia are countless. First, insomnia springs from pure physical causes, such as physical pain or discomfort, rheumatism, cold feet, indigestion, gout, influenza or toothache. Generally the treat-

ment here is simple; remove the cause and the effect will disappear. Ease the aching tooth and sleep will come.

The second form of sleeplessness is born from grief, cares, expectations, anxieties and violent perturbations of the mind. This is the most persistent form. In the majority of these cases, it will be found that the wakefulness was deliberate and intentional. The individual, who goes to bed with the will to remain awake will readily achieve his purpose if he continues to feed thoughts to his brain. The mind is kept active from choice.

When Nature desires that we should sleep, it is no light and trivial whim that may be waved lightly aside, but a formal and definite command transgressed at a heavy price.

TO BANISH INSOMNIA

Since the chief source from which insomnia flows is the mind, it follows that the most effective remedy is the restoration of tranquility and anything that tends to draw the blood away from the head is good. One of the simplest and best means for doing this is to arise and standing straight, rise on tip toe to the fullest height a number of times in rapid succession until one feels the blood coming in to the calf of the leg. Then lie down composed and begin long, quiet breathing and in most cases sleep will follow quickly. Deep, regular, monotonous breathing should always be resorted to; a hot bath (not lukewarm) just before retiring, remaining not over five or six minutes in the bath, has often been found highly beneficial.

Of course, the bedroom should be roomy and well ventilated. Do not cover the window with draperies. Carpets should be banished and loose rugs frequently aired and shaken should take their place. The mattress should neither be soft nor hard. The wall should be painted or calcimined [white or pale blue wash for walls], never papered. A common mistake is to neglect to protect the body during cold weather

An Open-air Bedroom



You can sleep outside in your own home lying comfortably in bed, protected from sudden changes of the weather, storms, insects and cold and have all the benefits of an outside open-air bedroom with none of its disadvantages. No excessive weight of bedclothes to tire you; the body is kept warm in a warm room, and uses its full energy to resist disease and

rebuild brain and body tissue, by breathing the pure, crisp, outside air in a

Walsh Window Tent

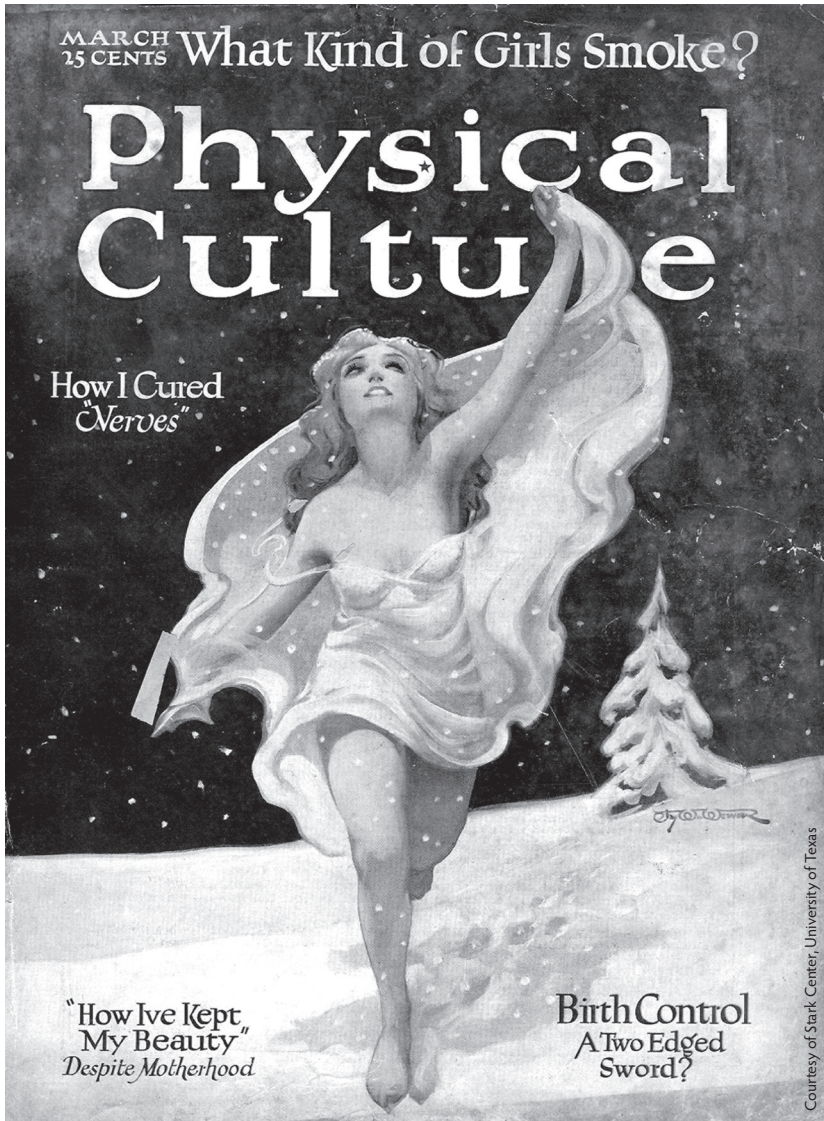
Inexpensive, it pays for itself by the fuel saved. Especially valuable to business and professional men who are indoors during the day. No nails and screws, fits any window.

For consumption, catarrhal trouble, general debility, nerve exhaustion and all diseases of malnutrition, the best tonic is oxygen acquired by sleeping in the open air. Write for booklets to the

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212 Franklin St., MORRIS, ILL.

PETERBOROUGH, ONT.



Physical Culture magazine, March, 1922.

from the mattress side. The cold comes up through the mattress and chills the body. Therefore, in very cold weather a blanket or thick comfort should be placed under the sheets. It should be removed, however, as soon as the weather moderates.

A great mistake is made by the prevalent idea that people should sleep on right side. The habit of sleeping in any one position causes a tendency to congestion on that side, which is always dangerous. It is better to lie

on the stomach, on the right side and on the left side in succession and sometimes stretched out at full length; and at times, curled up as nearly like a ball as seems restful.

A shower bath or a sponge bath and rubbing, or a rapid walk in the open air or it is said, going up and down stairs a few times just before retiring will aid in equalizing circulation and promoting sleep.

In protracted cases of wakefulness, the patient should be made to understand the danger he is in to lend his entire concurrence to the efforts for his relief. Mental labor should be given up—half an hour before retirement. All articles likely to stimulate must be forgiven, such as tea, coffee and tobacco. Although it is true that a heavy meal before retiring will cause sleeplessness, instances are common where the patient, suffering from an empty stomach, can promote slumber with a sufficient quantity of easily digested food.

SHUN DRUGS

All sedatives, anodynes, or somnolent medicines should be shunned, as injurious in the highest degree.

Physical exercise during the day plays a great part in perfect recuperation. It is rare that a man is found suffering from insomnia who is accustomed to physical labor, providing of course that he is not in a diseased state.

In conclusion, an easy mind, a good digestion and sufficient exercise are the great conductors to sound sleep. Never sleep with the head covered. Children should sleep as much as possible if they would possess vigorous lungs, sound bodies and sound minds. Fat persons should sleep little and exercise much. Too much sleep in a warm bed weakens the nerves, leads to peevishness and relaxes the system by over-perspiration. The old saying, sleep with your head to the north, is also a valuable hint.

We use up energy with every muscular or mental effort during the day. During the period of sleep, it flows in with every sleeping inhalation. Sleep is the recharging of the body-battery.

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BENARR MACFADDEN

JOE SHELBY RILEY, D.C.

PHYSICAL CULTURE SECTION

DR. M. N. BUNKER

PHYSICAL CULTURE SECTION II

DR. M. N. BUNKER

HEALTH CREATING THROUGH MUSCULAR DEVELOPMENT I

ROBERT RUBIN

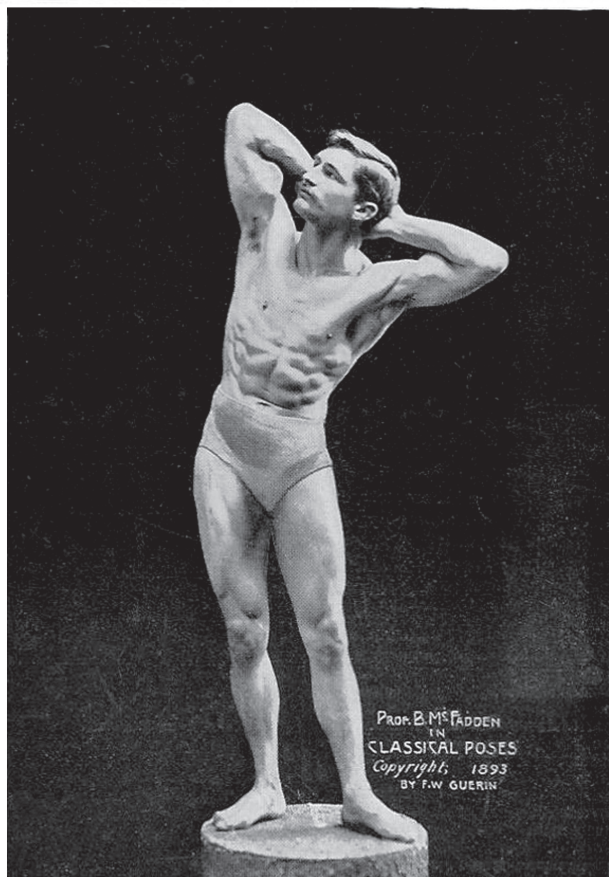
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Courtesy of Stark Center, University of Texas

THE EDITOR AS HE APPEARS IN ONE OF HIS CLASSICAL POSES

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BERNARR MACFADDEN

by Dr. Joe Shelby Riley, Washington, D.C.

Herald of Health and Naturopath, XXVII (1), 7. (1922)

A TRIBUTE TO THE ATHLETE, SCHOLAR, PHYSICIAN
AT THE NATUROPATHIC CONVENTION, HOTEL COMMODORE,
NEW YORK, N. Y., SEPTEMBER 28TH TO OCTOBER 1ST, 1921

That strongest of men and athlete so grand,
Fairest of thousands, always in demand.
Neither this world nor others may excel him today,
Nor a name more worthy in their annals display.
Like Roderick Dhu with his voice loud and clear
From the hill and the dale his clansmen could hear;
Or Fitzjames that could seize the great boulder and cry,
"This rock from its firm base as soon as I."
So Macfadden came forth unregaled and unsung,
And from the nations their plaudits has wrung.

Macfadden has earnestly held his way on,
Not seeking rewards nor helmet nor crown.
His shield is unpierced and his coffers are full,
No conflict has yet made his weapons grow dull.
All things have turned as tho touched by Aladdin
And Midas-like to gold in the hands of Macfadden.
He has never gone back on a friend when in need,
Nor made trusting ones doubt nor loving hearts bleed.
He has courageously walked in the highways of life,
And neither turned coward in peace nor in strife.

And so thru it all Macfadden still goes,
And mankind is the richer thru what he bestows.
His book and his journals bear ever his name,
And they ever give to him most legitimate fame.
Let us give him our hand and pledge him our heart
That in the good work we too will take part.
Years and ages will become time of the past,
False symptoms be swept away in tempestuous blast,
While the fame of Macfadden forever shall roll
Nor time from its splendor take smallest of toll.

And now to Macfadden a universe of deep thought
 Cannot measure in full the things he has taught
 Nor the steeps nor the storms nor unfathomable depths
 Break the on running current of unfailing events.
 Vast is the work and still vaster the mind
 To conceive and complete and then to refine
 The waves of bright thought that empearl in a name
 And place on a brow an invincible fame,
 That steady in glow and unshaken in form
 Embraces each truth and outrides every storm.



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Bernarr Macfadden coined the word, 'Physicultopathy' to broaden the scope of *Physical Culture*. Unfortunately, Physicultopathy drifted into obscurity and did not endure.

PHYSICAL CULTURE SECTION

DR. M. N. BUNKER, Physical Director, Editor

Address all communications regarding Physical Culture to Dr. M. N. Bunker, c/o
Herald of Health, 110 E. 41st Street, New York, N. Y.—Correspondence invited.

PHYSICAL CULTURE SECTION

by Dr. M. N. Bunker, Physical Director, Editor

Herald of Health and Naturopath, XXVII (7), 340. (1922)

Physical Culture Week in May brought us to a realization that Physical Culture is no longer a struggling movement, but has fully arrived. All during the past year, senators, congressmen, statesmen, educators and representatives of many orders have fought back and forth in Washington over the famous Fess-Capper Bill. This bill, proposing that physical training must be compulsory, has already created a vast amount of interest. Even though it may never accomplish the purposes that its authors had in mind, there is absolutely no question that physical training has come and come to stay. It is being practiced in schools all over the country and the results have proved its worth.

But there is a greater work ahead. For this reason this Department has been organized. Beginning with this issue we shall provide a systemic course of Physical Training for home practice. This instruction, fully illustrated, will provide simple practice. In addition, every possible effort will be made to collect and publish news of interest to Physical Culturists and Physical Directors. Physical Culture as a curative agency will be covered and each month we shall endeavor to publish at least one instance proving that Physical Culture does cure. We invite you to take an active part in producing this section and assure you that every letter will be answered. We believe in Physical Culture and we solicit your cooperation. Photographs are invited.

Physical Training for Boys

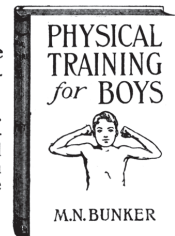
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PHYSICAL CULTURE SECTION II

by Dr. M. N. Bunker

Herald of Health and Naturopath, XXVII (8), 393-394. (1922)

Last month I made mention of Walter Tobaygo, a young athlete of Elizabeth, New Jersey. I have been in close touch with Tobaygo for about two years during which time he has made remarkable improvement. He has spent from fifteen minutes to a half hour a day on my physical training system every day, in addition to some weight lifting, wrestling, boxing and other sports.

Some time ago he commenced practicing the *sit-up* which is such a remarkable abdominal developer and gradually gained in number of sit-ups until he could do 1,800 at a time. This first trial was made in his own room without witnesses and I insisted that he repeat the operation so that there would be absolutely no question about the authenticity of the effort. For a second time Tobaygo settled himself to do 1,800 and though there was still a considerable tender area from his first effort, he went through, making another 1,800.



Walter E. Tobaygo

This picture, taken outside, gives no idea of the remarkable abdominal development which Tobaygo has acquired. It is easy, however, to see the excellent upper arm, the deep, well-muscled chest and the firmly muscled legs.

For more than a year young Tobaygo has been creating active interest in Physical Culture among the young people of his city and a large number of young people have become active Physical Culturists through this enthusiastic support.



Reports from correspondents in India show that although there have been turbulent times politically, the interest in Physical Culture has been steadily progressing. Many students are following a special course of training and the prospects are that some wonderful athletes will be developed among the natives. "Physical Training for Boys" has created a considerable amount of interest, the representative of the Moslem religion in this country, Dr. Mufti Muhammad Sadiq, personally recommending it. We hope a little later to present photos of some of these Indian Physical Culturists.



We have been making special investigations regarding work in physical training by extension, with a view to being of assistance to teachers and health practitioners who desire to do work along this line. In another month, we should have catalogs, data, and general information regarding work offered in England, Australia, Canada and India in addition to those courses offered in this country. We are glad to extend this service, merely asking that you write as given at the head of this department.

HEALTH CREATING THROUGH MUSCULAR DEVELOPMENT I

by Robert Rubin, Naturopathic Physical Director

Herald of Health and Naturopath, XXVII (9), 447-551. (1922)

Mr. Rubin tells on plain terms, the actual means he employs with marvelous success in his practice. This is the most helpful and practical article that has ever been written on the subject of Physical Training, a subject of paramount importance to everyone interested in preserving life, health and happiness, and handing it on to the next generation. The article is for the beginner and experienced athlete as well because Mr. Rubin will show from month to month how you may become a powerfully built man, with strength to lift with one hand far more than the average man can lift with both hands. Strength that will enable you to become a phenomenal shot putter or weight thrower and will enable you to deliver a terrific punch with either hand; strength that will enable you to outdo gymnasts at their own special feats (such as chinning the bar with one hand). In fact, you can become as strong as two ordinary men by practicing the progressive system. Mr. Rubin even goes so far as to advise the proper way to live and make the most of yourself. In getting Mr. Rubin to write for the HERALD OF HEALTH, we believe we have achieved a priceless service.

—Ed. Benedict Lust

This is not an argument for strengthening our belief in the efficiency of physical training; rather, it is a guide to the best method of developing the body. Action is life; inaction is death. There is no stopping place; we are always on the journey in one or the other direction. The object of any rational scheme of physical activity—gymnastics, athletics, and games is to acquire health, better physique, grace, self-control, self-reliance, fortitude, courage, power of endurance, alertness of perception, quickness of action, a higher degree of co-ordination, muscular development, will-power and right ideals. The object of life is a complete development of all the moral possibilities. These possibilities are sevenfold. Man is capable of development physically, aesthetically, intellectually, socially, politically, morally and religiously. The person who neglects one or more of these sides of his nature is one-sided, and he who develops each one of these the nearest to its utmost possibility of development comes closest to attaining the object of life.

Gymnastics and athletics develop courage, prompt decision, self-control, judgment, self-reliance and fortitude. In all gymnastics and athletics, if we want the best results, we must obey the cardinal rule, "Be Good". The strict laws of training in gymnastics and athletics forbid every kind of

vice. They demand the very best care of the body, which is looked upon as a clean, well-tempered instrument, governed by a strong will. No form of immorality will be allowed. A sound body tends to make a man good natured and philanthropic. A vast amount of the poor, illogical, insipid, morbid, extravagant, pessimistic thought that finds its way into books, sermons and conversations has its origin in poor bodies and bad health. A sick man is no more use than a dead one and takes up more room. That exercise is preventative of disease is an established fact. It is not true, of course, that powerful muscles alone indicate a powerful man. The mind as well as the muscles must have special training to be of their highest value. But when one considers the fact that 35 percent of the blood of the brain worker goes to nourish his brain, it can be readily seen that if this man is weak and ill, if his blood is sluggish and clogged with impurities, his efficiency will drop below par in precisely the same ratio his body becomes inefficient.

We have found that drugs can never bring health and strength, that exercise and rational living offer the only means to these priceless possessions. The best physicians now realize the value of the natural methods and along with the sugar coated pill the patient receives some sound advice on exercise, diet, etc.

Today, the man who knows takes his exercise as regularly as his meals. Just wishing for health alone will not get you anywhere; you must set forth with a determination to get what you are after and not give up until you have reached that goal.

The problem of the right kind of exercise which will produce the best results and the most perfect development is interesting to know. The kind of exercise that uses all the muscles is the only kind to perform. Exercise through progressive resistance is known the world over by the leading Physical Culturists as the only way to develop large, strong and symmetrical muscles in the shortest possible time and it will never create a muscle bound condition. It is the one method by which all the strong men attained their physical powers. The progressive system calls into play all the muscles of the body. To produce robust health and strength all the muscles must receive attention. By progressive I mean that you do not start with hard work, but with easy, and you progress right ahead until you are doing heavier exercises. By this method it is possible to attain a higher development in physical perfection. The system is good for the weakest and strong enough for those who consider themselves very strong, and it is as close to the laws of health and strength as possible.

Exercises having little effect on the strength have just as little effect on the health. More than half of the weight of the body of a fairly developed man or woman is muscular tissue. The importance of keeping all the muscles (*half of the human body*) in good condition is no small matter.

Sandow, Cyr, Severn, Maxick, Saldo, Liederman, Matysek, Douglas Fairbanks, Wallace Reed, Zbyszko, Strangler Lewis, Hackenschmidt, Attila and many others got their strength through progressive exercising. Muscular exercise performed in gradually increasing quantity brings about progressive adaptation of the organs to the performance of more and more violent work. It improves the human motor. Progressive exercise before long will develop you in every muscle and before long you will be doing the work that only a perfectly developed athlete could do.

Exercise of speed causes excessive expenditure of nervous energy; expression of nerve fatigue is always recognized as the result of prolonged excesses of speed and action. The danger of light exercise lies in the repeated movements which are a nervous strain; at best they are a beginning. Those who attempt light exercise usually obtain results from 10 to 50 days depending upon their initial condition. After that they find that they cannot improve and wonder why, usually giving up exercise in despair after repeated failures to obtain any appreciable results. The fact is they have outgrown light exercise and in order to continue improving must indulge in heavier exercise. Most people overlook that. They think that big results can be obtained only through an immense number of complicated and tiring movements, whereas the exact opposite is the case. There is nothing in this continual hard, straining work. Power and endurance are not attained by violent overstraining; on the contrary, they are the result of moderation, practice and perseverance. If mere quantity of exercise counted, then every ditch digger and iron mill worker could be a sheer mass of muscle and letter carriers would have wonderful legs. The learner [beginner] at first should studiously avoid overtaking his strength; he should adopt only such exercises as are entirely within his powers and desist the moment he begins to experience fatigue.

In dealing with the matter of muscular development, I think it is well to point out the danger of premature or forced development. Too often, the Culturist, not aware of the danger he runs, allows his zeal to outweigh his discretion. Much harm may be done through the adoption and wrongful carrying out of promiscuous exercises, selected by the Physical Culturist himself for his own use. I would say that any advice, no matter how experienced, would be better than none at all. The muscle built up gradually is by far the best, possesses greater strength, is more natural and has a better chance of having the ligaments and tendons developed in proportion. It is somewhat difficult, to say the least, for a man to pose and control his muscles unless he has first developed the muscles to be controlled.

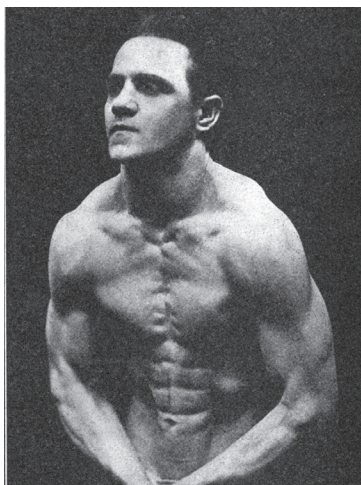
Free exercise systems have the objection, as a rule, that they are not open to the important principle of gradual progression. They are generally more suited to keeping one fit than the development of either muscle

or strength. Then we come to another feature: developing the right kind of muscle according to the sport. For it is a fact that the kind of muscle used for weight lifting is different from that required for swimming, boxing, or fencing. The weight lifter's muscles are required to be hard and tough, but the boxer's, the swimmer's and the fencer's have to be above all supple. A weight lifter puts forth a momentary effort, whilst the boxer may have to fight over an hour. It is immediately obvious that both men must train differently in order to get the right results. The weight lifter must deliberately tighten up his muscles and tendons, but if the boxer adopted the same mode of training, he would defeat his own object—that of speed above all things. Now, let it be understood that speed is required in weight lifting also, but nevertheless, it is a different kind of speed from that required of the boxer. This does not mean that the boxer must never touch weights, or that the lifter must never touch the gloves. On the contrary, if a weight lifter occasionally sparred or punched the bag, it would not only form an agreeable change of work, but it would speed him up; whilst if a boxer tried weights, he would be stronger in the clinches and a harder hitter at half arm work.

The progressive system will quickly and easily reduce in weight the obese and the emaciated be made to fill out their clothes. Liverishness, irritability, digestive trouble and general lack of tone disappear as though by a magic wand.

The hour to do your exercising should be between 8:30 and 9:30 o'clock in the evening, on Monday, Wednesday, and Friday. It should only take from $\frac{1}{2}$ to $\frac{3}{4}$ hour to perform the exercises. Do not exercise with your clothes on. Be sincere, be prompt, and be optimistic in your exercising. Never get discouraged, and do not look for improvement too quickly. Nature works slowly but surely and along well defined lines. You do not notice your increase, but the cells and fibers of every muscle do, and they begin building tissue at once to meet increasing demand of the muscle, caused by the progressive method. Think strong, act strong, and demand strength. Do not rush through the exercise just to get finished. Take your time and enjoy it; exercise is a recreation. Remember you must do the exercising to obtain health and strength; no one can exercise for you. Exercise systematically, not automatically. Keep warm while exercising. Never hold the breath. When you hold the breath, you hold in the carbonic acid from the blood, which should be eliminated. It is very harmful.

During the summer months, go in bathing all you can and give the sun a chance to reach the skin with its powerful, nerve-tuning, healthful, and germ destroying rays. There is nothing so healthful as a sun bath. Practice it and give the skin a chance to breathe with its millions of tiny pores. After you finish bathing the skin, go over the body with a pair of



Clifford B. Severm, N.D.

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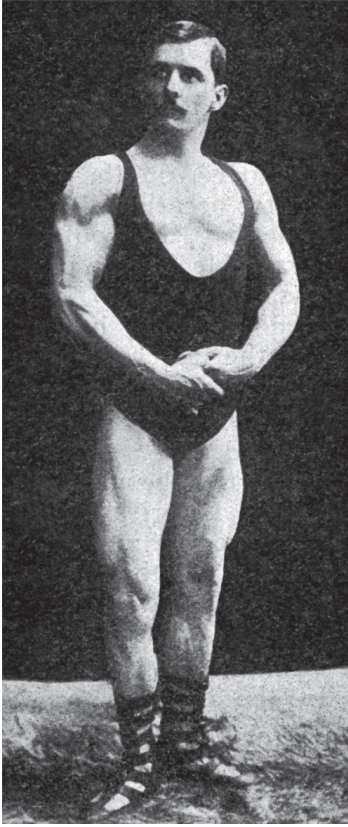


William J. Cromie, Philadelphia, PA.

flesh gloves. Take a good shower or bath after exercising. Get as much sleep as you possibly can—rest is important.

Do not be alarmed by the word *diet*. It is very often misunderstood due to a number of fanatic food specialists who seem to try to make the ordinary person believe that severe, complicated and rigid dieting is the most important factor in one's life. Not so, for when you are training, you need a lot of good substantial food that will stick to you and build up the muscles and cells, broken down in the course of exercising. Furthermore, you must eat foods that will build up the body and replace the broken down tissue. I find mixed vegetarian diet to be the best and three meals each day should be eaten. Never overeat and avoid complicated dishes. Eat bountifully of protein foods, such as vegetable meats or meat substitutes, fresh vegetables, fruits, eggs, milk and cheese. Use tea and coffee substitutes moderately. Eat fruits only between meals. Drink a lot of water between meals. A glass of water the last thing before retiring and the first thing in the morning will keep your bowels in regular condition.

I do not advise eating ordinary breakfast foods of commerce. Milk is a very good weight producer, sour milk and butter milk are better than ordinary sweet milk. Personally, I think that most of these dieting fads are prepared for people who are too lazy to take sufficient exercise to get up an appetite.



Prof. Titus, New York City.



Joseph Barth, N.D., Pittsburg, PA.

Several repetitions of a movement with a moderate weight will make more muscle than one or two straining movements with a heavy weight.

I believe I have covered most of the preliminary advice to those who will follow this outline of "Health Creating Through Muscular Development". As space does not permit me to explain the doing of the exercises, we will have to wait for the October and November issue to explain the progressive system in detail.

However, there is one more very important point to make before terminating this article. That is, after exercising it is absolutely essential to massage the entire body to rid the muscles of waste or poisonous substances which are collected in its depths, and which bring about fatigue and stiffness. Massage brings about rapid growth of bone and muscle. Massage is just as important as exercise, and the strokes must be made toward the heart and not away from it.

The strict laws of training in gymnastics and athletics forbid every kind of vice. They demand the very best care of the body, which is looked upon as a clean, well-tempered instrument, governed by a strong will. No form of immorality will be allowed.

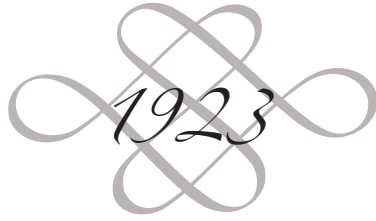
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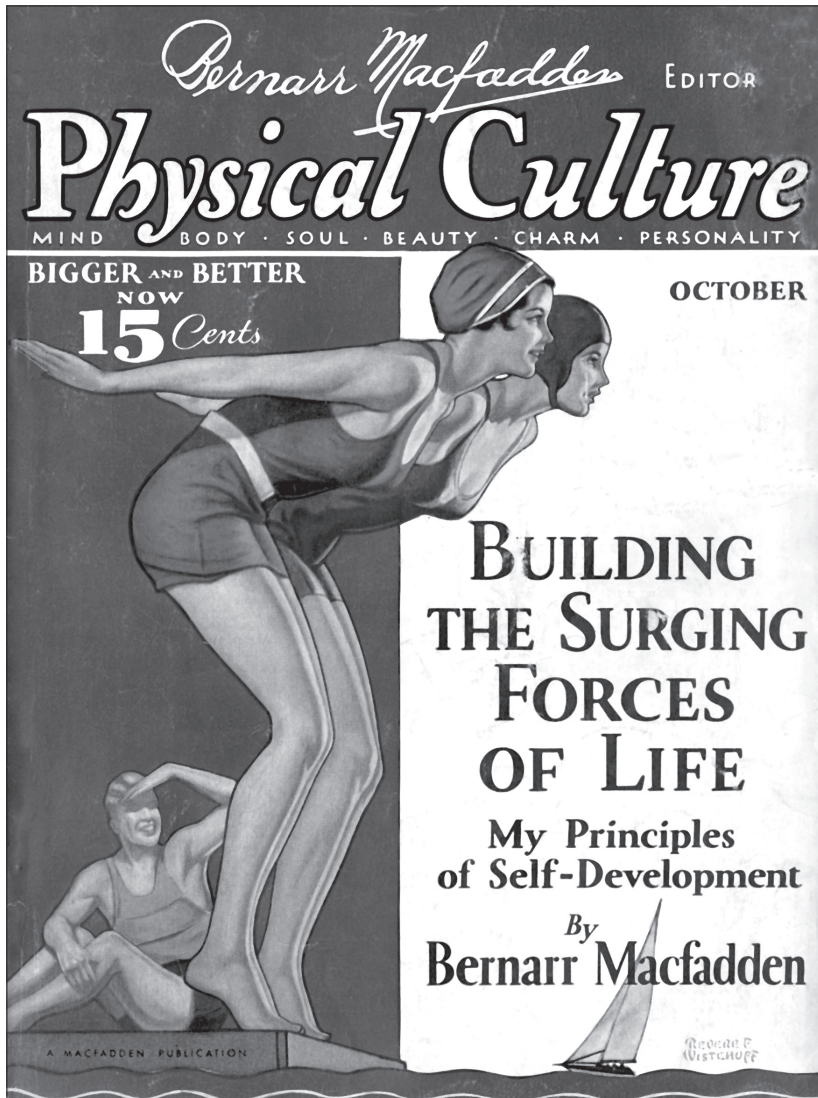


HEALTH CREATING THROUGH MUSCULAR DEVELOPMENT III

ROBERT RUBIN

WALKING

BENEDICT LUST, N.D.



Courtesy of Stark Center, University of Texas

Physical Culture magazine, October, 1932.

The head office of Bernarr Macfadden's magazine, *Physical Culture*, which sold millions of copies, was located in the heart of New York City in the beautiful Flatiron building.

PHYSICAL CULTURE SECTION

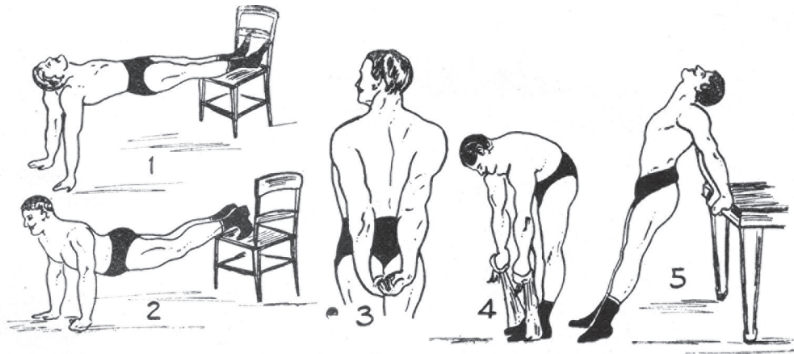
DR. ROBERT RUBIN, Editor of Physical Culture Dept.

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HEALTH CREATING THROUGH MUSCULAR DEVELOPMENT III

by Dr. Robert Rubin

Naturopath, XXVIII (1), 32-36. (1923)



EXERCISE ONE not only stretches the spine but it also strengthens the extensor muscles which keep the body erect.

The exercise is performed by sitting upon the floor in front of a chair and placing your heels on the chair and your hands upon the floor, the fingers pointing backwards. Now straighten the back until you are in the position illustrated, holding it for a few seconds and slowly lower yourself to the first position, and repeat movement.

EXERCISE TWO is to be done very slowly. Its purpose is to stretch and develop the cartilages of the spine throughout the entire length, and bring into play the hips, arms, knees, ankles and thighs.

Place yourself in the position as shown in the illustration, with the toes on a chair and the hands upon the floor. Raise the middle of the body as far as you possibly can, forming an arch. Hold this position for a few seconds and slowly descend to the initial position and repeat movement.

EXERCISE THREE will develop the back, shoulders and triceps muscle as well as the grip and wrist.

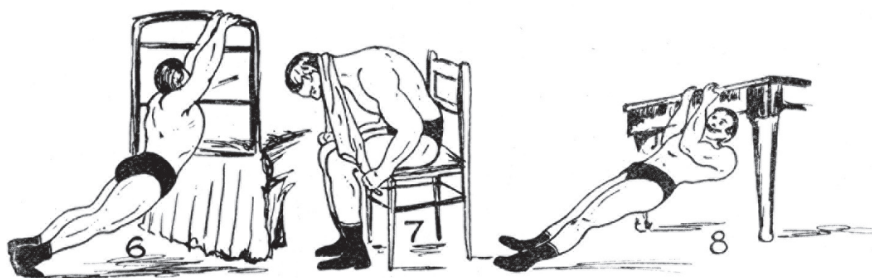
Interlace the fingers behind the back and pull down as far as it is

possible for you to go, dropping the shoulders downwards and forwards. Now take a deep breath, raising the shoulders and thrusting them back and at the same time trying to press the hands down still lower. Slowly relax the muscles and repeat.

EXERCISE FOUR affects the ankles, hips, back, knees and arms, stretching the spine throughout its entire length. The towel is to pass under the toes and not under the heels or arches. This brings the ankles into play.

Standing with the toes upon a towel, grasp the ends as shown in the illustration. Now pull hard upwards, and at the same time exert the muscles of the legs to prevent the towel from lifting the toes. Maintain the tension for a few seconds, rest a while and repeat.

EXERCISE FIVE should be performed against a strong table or low piece of furniture, pushed to the wall so that it will not slide away when it is pressed upon. The head should be thrown up and back as shown in the illustration, as this facilitates the results desired, which is to strengthen the shoulders.



Stand about a yard away from a table and place your hands upon it as shown. Keep the feet flat upon the floor and do not bend at the knees or waist. Slowly lower the body by bending the arms only until the back touches the table behind you and then slowly return to the initial position and repeat.

EXERCISE SIX is a splendid movement for all the muscles of the back, arms, and the chest.

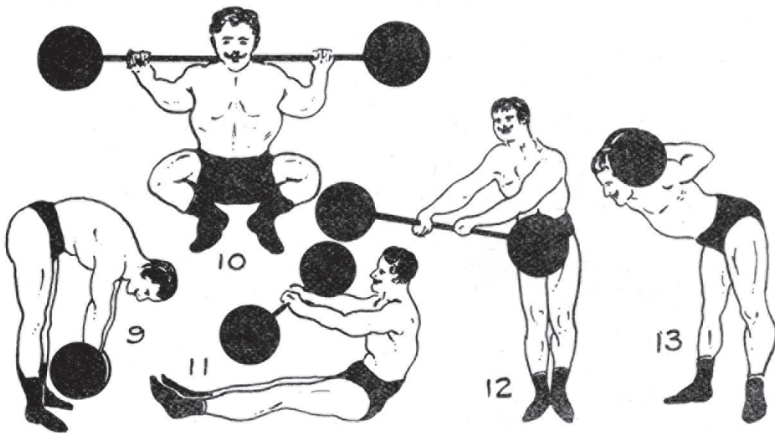
Grasp the top rail of a bed or other piece of furniture of convenient height with the hands, which should be close together, and place the body in the position shown in the illustration. Now, by exerting the muscles of the back, straighten the spine until the body comes into a straight line. Slowly return to the initial position and repeat.

EXERCISE SEVEN constitutes a sort of tug-of-war between the neck and the hands. When you bend upwards you allow the neck to overcome the

resistance of the pull of the hands and when you bend downwards you allow the hands to overcome the resistance of the neck muscles. This combat between the neck and the hands should be kept up strenuously. The object of this exercise is to strengthen the neck and grip. Sit upon a chair, place a towel across the neck and grasping the ends with the hands pull downward with the hands as shown, resisting with the neck. Slowly raise the body against the pull of the hands and repeat.

EXERCISE EIGHT is an excellent one to develop the biceps, the grip and the forearms. Keep the body well stretched out during this exercise and do not dare bend the knees.

Lie on the floor under the edge of a table or other suitable piece of furniture. Grasp the edge with your hands and slowly pull yourself up until the face almost touches the table. As you pull yourself up, you will find that the muscles of the neck become tense and hard with the effort and you will be tempted to allow the head to come forward, but you must resist this inclination and keep the head well back, stretching the neck to its utmost length, then lower to the full extent of your arms and repeat.



EXERCISE NINE is a bar-bell exercise which develops the muscles of the upper arms and the muscles across the broad of the back.

Take a bar-bell in both hands, using the overgrip, standing with the feet spread apart. Bell at chest, the body bent to a right angle with the legs. Now lower the bell to full length of the arms and pull the bell upwards to the chest and repeat, increasing the weight of the bar-bell as you progress. The point to remember in this exercise is that you must keep the body stationary and do not lower the body past the right angled position. You don't straighten the body—you keep it bent over as shown in the illustration. The bell is not to touch the floor while performing this

exercise. The bell is lowered and pulled up entirely by the work of the arms. As you raise the bell point the elbows outward on a straight line with the shoulders. Every time you pull the bell upwards try to harden the muscles on the broad of the back, remembering that the bell is to be pulled to the chest and not to the abdomen.

EXERCISE TEN is for developing the muscles of the legs and should be performed with a lightly loaded bar-bell.

The bell is raised from the floor while you are in a standing position and to be pushed up over the head and lowered upon the nape of the neck, pressing the shoulders together so as to flex the trapezius muscles, as they will furnish a convenient and comfortable shelf for the bar of the bell to rest upon. Stand with the heels close together, toes pointed outwards. Keep the legs straight at the knees and rise up as high as possible on the toes. Now come down into the sitting position as shown in the illustration, keeping the load upon the toes. Point the knees as far out to the sides as possible as this will develop the muscles on the outside of the thighs. Moreover, the more you point the knees to the sides, the easier it is to keep the body straight. In coming down you must learn to sit upon the heels. Repeat this exercise until you can perform it forty times then increase the load.

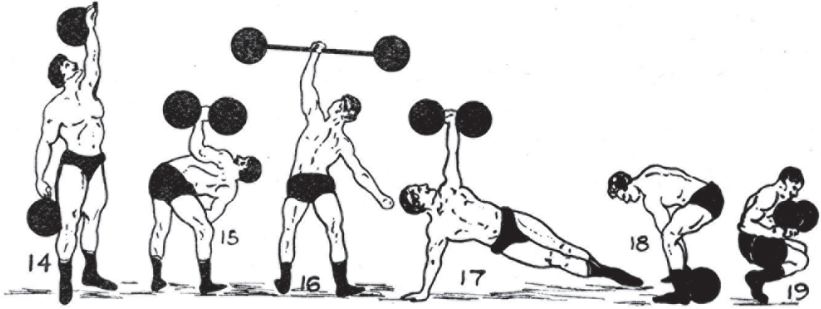
EXERCISE ELEVEN is for the entire body.

Hold the bar-bell in back of you while you are laying upon your back on the floor then bring the bell over the head in front of you as shown in the illustration, carry the bell back to the chest in this sitting up position. Now get upon one knee by bending the leg backwards under you and rise to both feet and press the bell slowly up over the head. Now reverse this performance and repeat.

EXERCISE TWELVE is for the wrists, forearm and shoulder.

The bell is to be swung from the position as shown in the illustration in a circle up to the side of you as high as you can possibly go, carrying the bell well over the head and then swinging down and over to the other side of you and up as far as you can make the bell go. Use the bell as though it were a sledge hammer. The feet may be spread apart.

EXERCISE THIRTEEN is performed by placing the bar-bell upon the nape of the neck as in exercise ten and from an upright position bend at the waist until the body makes a right angle with the legs. Now return to the first position, keeping the bell back of neck, and repeat ten times. In doing this exercise use a light bell and perform the movement as slow as possible without too much strain.



EXERCISE FOURTEEN is a chest expanding exercise in which a pair of kettle-bells is used.

Curl the weights to the shoulders then turn the wrists so that the bells rest upon the forearms. Push the right hand aloft and as the right hand comes down push the left hand aloft, keeping both hands working at the same time but in opposite directions every time the bell goes aloft. Reach up as far as possible, and as the bell comes down, bring the elbow as far down and as far backwards as you possibly can. If you perform this movement correctly you will feel the deltoids and the muscles on the broad of the back flexing vigorously. It also tends to greatly expand the chest and gives increased lung room. Breathe in as the right arm goes up and breathe out as the left arm goes up. Begin with very light kettle-bells. Do not bend the wrists backwards so that the bell rests upon the elbow. If you bend the wrists backwards, the kettles hang down so far that they interfere with the bending of the arm and may throw the kettles out of the correct position. Therefore, bend the wrists forward so that the kettle-bells rest against the back of the forearm.

EXERCISE FIFTEEN is a one-arm bent press and requires extreme flexibility in the waist region, a good sense of balance and good nerve. It is not only a test of muscle but an acrobatic feat as well. It is called the bent press because the lifter bends under the weight. It requires a little practice to grasp all the detail of this wonderful lift.

The most important points to bear in mind are: the weight must be held at a certain height and the body slowly lowered away from the weight; as the body is moving away from the weight, keep on straightening out the lifting arm until it is perfectly straight; and with your eyes constantly watching the weight, raise the body to an upright position. . . . In coming down, continue the bending motion until the shoulder is near the knee. You will accomplish this by bending the leg at the knee and gradually sliding your supporting arm downward along the thigh until you are far enough down when the weight should be held on a straight

arm. In doing this the straight leg is quickly but carefully bent at the knee and at the same time the bell is twisted to a fore and aft position and by putting the free hand on the knee you gradually raise the body with the support of this arm to an erect position with the lifting arm straight over the head. When your lifting arm is straight over the head, you will be in the position as shown in illustration sixteen. You should practice this lift until you are able to lift well over your own weight with it. Arthur Saxon, of Germany, whose weight was 210 pounds, created a world record in the bent press by lifting 300 pounds. Antone Matysek, of Baltimore, in his 21st year weighing only 165 pounds, lifted 222½ pounds. In his 22nd year, weighing only 167 pounds, lifted 241¾ pounds, and in his 26th year weighing 169 pounds, bent pressed 286 pounds. Eugene Sandow's bent press record was 271 pounds.

EXERCISE SIXTEEN is a good test of balance and strength.

It is performed by laying on the side and pushing a dumb-bell up with one of the arms, using the other to raise the body from the floor, using the point of the toes as a fulcrum and keeping the head, body and legs on a straight line as illustrated, gradually lowering yourself by bending the supporting arm until you are again on the floor and repeat.

EXERCISE SEVENTEEN can also be performed by getting into a position as illustrated and carefully bring the inside leg in toward the body and then by bending the body to an upright position gradually regain your standing position with the dumb-bell over the head.

EXERCISE EIGHTEEN is a good exercise for the back, legs, and shoulder muscles.

Stand with a kettle-bell between the legs, which are separated sufficiently to support you. Grasp the handle of the bell in one of the hands and swing it between the legs as shown in the illustration. Now straighten up and swing the bell in a circle, using the shoulder as a center. Bring the kettle-bell upward to the height of the head and while in that position change the bell quickly to the other hand, and swing it back between the legs again. Each time you go down into position as illustrated, rest the free hand upon the thigh. Keep the back straight and bend the legs in the bending motion.

EXERCISE NINETEEN can also be performed by using a dumb-bell fairly heavy and getting into the position illustrated give the bell a tremendous heave, sending the bell up in a semicircle, until it reaches a position in front of you and a little above the level of the head. Then you make a dip with the knees and get under the bell with a straight arm. Do not use a greater weight than you can safely handle in this swing. The tendency is

so great at times that if absolute care is not taken the bell is liable to swing in back of you and cause trouble. The idea in this lift is that the bell is swung from the floor to arm's length overhead in one continuous movement, and with the lifting arm perfectly straight. It is commonly known as the one-arm swing.

EXERCISE TWENTY is the same as exercise ten. The only difference is that a pair of dumb-bells is used and should be curled as you lower into a sitting position. In coming up bring the bells above the head and repeat.





Benedict Lust, N.D. (1872-1945). "Father of Naturopathy".

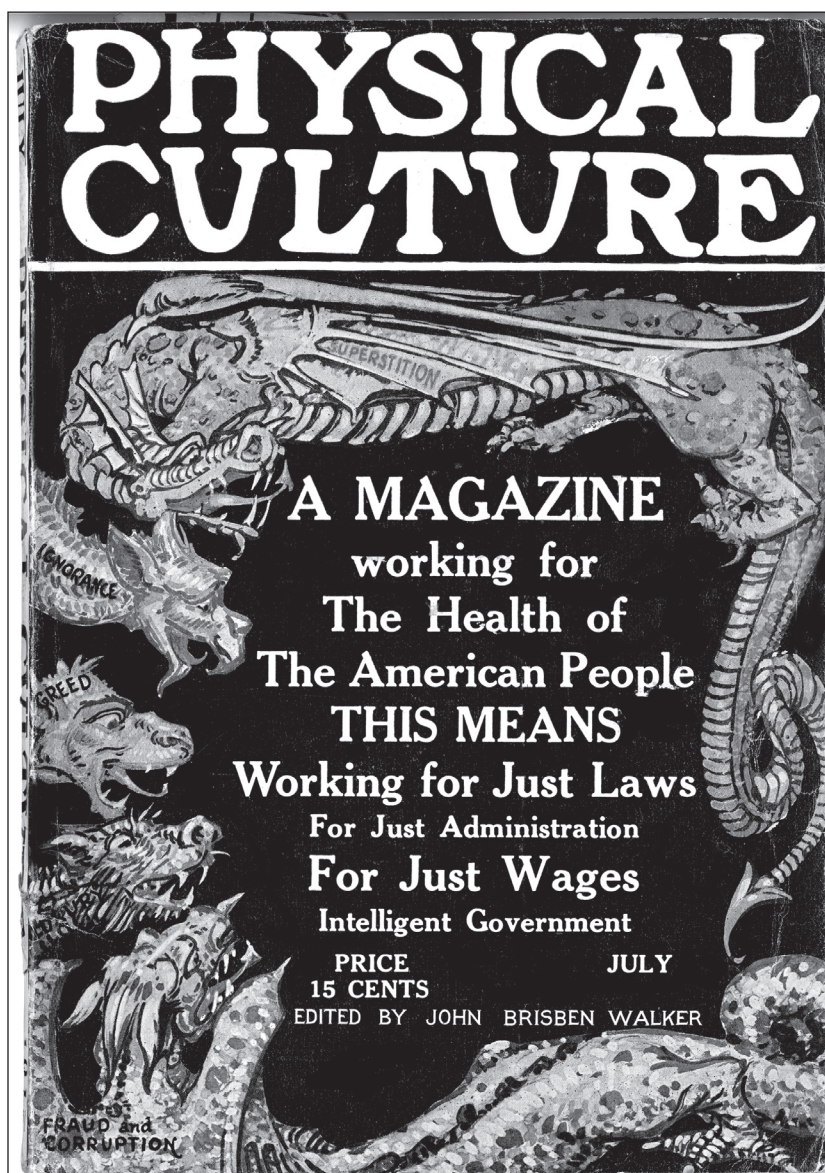
WALKING

by **Benedict Lust, N.D.**

Naturopath, XXVIII (1), 36. (1923)

We remarked in a previous number of our magazines at the small number of persons we met during our daily walks in the country and how few seem to take any pleasure in communing with Nature and how few seem to realize the great benefit to mind and body from walking through the country. Dr. Kintzing, in his interesting volume, *Long Life and How to Attain It*, says the average man walks in the conduct of his business and his home life three miles a day, or practically eleven hundred miles a year. The same author stressed that the average strong man of forty, who is engaged in sedentary work, should walk nine miles a day; that is, six for exercise, pure and simple. He adds, "Women of medium stature and ordinary strength need to walk from five to six miles." He declares that after fifty the distance may be shortened ten per cent.





Courtesy of Stark Center, University of Texas

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About the Editor and Crusoe House

SUSSANNA CZERANKO, ND, BBE is a steward of traditional naturopathic principles and practices. Whether serving patients as a physician, speaking at international conferences, writing, curating a rare book collection of naturopathic literature, or founding clinics and teaching institutions, she champions the healing power of nature cure. For ten years she was the monthly Contributing Editor (Nature Cure—Past Pearls) for *Naturopathic Doctor News and Reviews* (NDNR). She was a Contributing Writer for the Foundations of Naturopathic Medicine Project. She founded *The Breathing Academy* and co-founded the International Congress of Naturopathic Medicine (ICNM). Fiercely, she has shed light on the role of women as professional healers and caregivers. Her specialized disciplines include botanical medicine, nutrition, breathing therapy and balneotherapy.

In 2019 she founded *Manitou Waters Clinic, Spa and Health Education Centre*, Manitou Beach, Saskatchewan, which is situated on the shores of a pristine, highly-mineralized northern lake. Here, in retirement, she continues her writing, editing, and educational workshops while enjoying an array of artistic projects in fiber arts.

Dr. Czeranko is a 1994 graduate of the Canadian College of Naturopathic Medicine (CCNM). During her 32-year career as a physician, she practiced in Ontario, Quebec, Oregon and Saskatchewan.

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