

PHYSICAL CULTURE

Bernarr Macfadden
EDITOR

VOL. LXXV. NO. 4

APRIL, 1936

Next Month

More on Rhythm Birth Control

Further experience tends to show more definite values in this new and sanctioned method of selective parenthood. This article presents more detailed information than was heretofore available.

The True Story of a Moral Coward

Here is the dramatic actual experience of a man who tells how he spent half of his life in the wrong occupation, how he found out the reasons for a bungled and miserable marriage, and why he has been a moral coward all his life. This vivid story will come home to millions of others whose lives in some respect duplicate the situations and conditions revealed in this honest and searching biography.

Your Children's Feet

Do you know that most children have foot trouble? Here is a matter of serious concern to parents everywhere and this article tells clearly what you can do about it.

Vitamins—Food or Medicine?

Here's a word that everyone now uses, but what do you think and what do you know about vitamins? Milo Hastings, always clarifying food mysteries, offers a most illuminating and interesting article on just what you want to know about this vital subject.

Notice to Subscribers

When you move, it is important that you send us your new address at once, because magazines will not be remailed by the Post Office without payment of extra postage by you. Please ask your Post Office for form postcard No. 22-B, as well as form card No. 22. Both cards should be filled out completely by you to insure perfect service.

In This Issue

Why Be Morbid—Unhappy?	Bernarr Macfadden	4
No Doctor Should Be a Mercy Killer!	Mary Halton, M.D.	12
Here's Your Problem-Solving Technique	Albert Edward Wiggam	14
What Noise Does to You	Sir W. Arbuthnot Lane, M.D.	17
New Hope for the Accursed!	Wainwright Evans	18
Do You Fear Chronic Pulmonary Tuberculosis?	Charles A. Clinton, M.D.	21
I Love Life at Seventy	Anna Steese Richardson	22
The Weakling Who Was "Born Again"	Charlotte Hutchins	24
Ex-Fat Woman	Lawrence Gould	27
Explaining the "Selfish" Person	Lt. Myron Eddy	28
"But Honest, I Only Had Two Drinks!"	Personal Problem Department	30
"My Husband Beats Me"	Pictorial	32
The Body Beautiful	Oscar Langlois	33
C.C.C. Camp Cured My Sick Nerves	Carol Cameron	36
Particular Daintiness	Baby Pictorial	38
Why We Behave Like Human Beings	Carl Easton Williams	40
There's No Beauty without Strength	Siegmund Klein	41
Try These Exercises	Harry Kemp	44
They Stopped Calling Me "Skinny"	Jane Randolph	48
Quick Meals for Busy Days	Milo Hastings	49
Did Grandma Know Best About Foods?	The Nutrition Staff	50
Soy-Bean Acidophilus Milk		52

SPECIAL DEPARTMENTS

Our Physical Culture Girls	6
The Joyous Physical Culture Life	8
Questions from Health Seekers	10
Our Mothers and Babies	54
Physical Culture Outdoors	70
The Physical Culture Creed	81

Cover Design by Victor Tchetchet

PUBLISHED BY **MACFADDEN PUBLICATIONS, INC.**

Bernarr Macfadden, President
 General Business Offices: 1926 Broadway, New York, N. Y. Editorial and Advertising Offices: Chanin Building, 122 East 42nd St., New York, N. Y.
 John F. Carter, Advertising Manager
 London Agents: Macfadden Magazines, Ltd., 30 Bouverie Street, London E. C. 4, England.
 Price in the U. S. A., 25 cents a copy. Subscription price in the United States, \$2.50 per year. In U. S. possessions, Canada, Newfoundland, Cuba, Mexico, Haiti, Dominican Republic, Spain and possessions, and Central and South American countries excepting British Honduras, British, Dutch and French Guiana, \$2.50 a year.
 Wesley F. Pape, Secretary
 Charles H. Shattuck, Manager
 East Indian Agent: P. C. Eranees Sons Bombay, India

Entered as second class matter June 10, 1908, at the post office at New York, N. Y. under the Act of March 3, 1879. Additional entry at Dunellen, N. J.
 Contributors are especially advised to retain copies of their contributions, otherwise they are taking an unnecessary risk. Every possible effort will be made to return unavailable manuscripts, photographs and drawings (if accompanied by first-class postage), but we will not be responsible for losses of such matter contributed.
 Copyright, 1936, by Macfadden Publications, Inc. Copyright also in Canada and Great Britain.
 Printed in the U. S. A. by Art Color Printing Company, Dunellen, N. J.

The above introductory pages (somewhat reduced in size) tell their own story of the subject matter of this book. Read these two interesting pages. It will bring you a message.

APRIL
4/1936

Physical Culture

THE

PERSONAL PROBLEM MAGAZINE

PC 8/7 55 S/H R
RUSSELL WEBSTER
RR 3
ST PETER MINN

25¢

A MACFADDEN PUBLICATION

Bernard Macfadden
EDITOR



AMAZING
CURES OF
Venerical
DISEASE

•
Here's Your
PROBLEM
-SOLVING
Technique

Albert Edward Wiggam

•
CAN YOU
DRINK and
DRIVE?

•
EXPLAINING THE "SELFISH" PERSON

MereMart.com®
Gift Quality Vintage Magazines