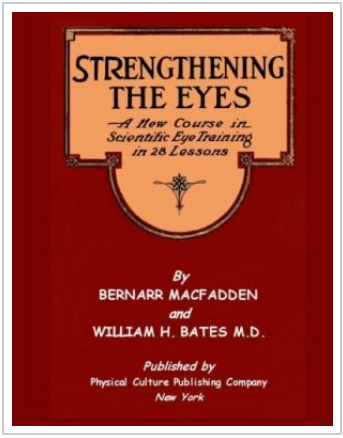

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By Bernarr MacFadden, William H Bates M D

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