



## Mighty macfadden

*Jim Bennett*

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## **Mighty macfadden** Jim Bennett

This is a pictorial history of Bernarr Macfadden, the father of physical culture and publisher of America's longest running health magazine. This book contains several hundred pictures. Bernarr Macfadden (1868 - 1955), internationally famous during his lifetime but almost unknown today, called the "Father of Physical Culture," nicknamed "Body Love" Macfadden by Time magazine, was a flamboyant personality, true visionary, millionaire publisher, and life-long advocate of physical fitness, natural food, outdoor exercise, and the natural treatment of disease. He inspired millions of people around the world to live healthful and vigorous lives. He was branded a "kook" and a charlatan by many, was arrested on obscenity charges, denounced by the medical establishment, and campaigned tirelessly against "pill-pushers," processed foods, and prudery.

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