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The author was the famous publisher Bernarr MacFadden. Although he ultimately published a bunch of magazines like Confidential and True Crime, his start was in "physical culture." That was the old term for bodybuilding and fitness. And, he practiced what he preached.

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Bernarr Macfadden Wikipedia

Macfadden died of a urinary tract infection in 1955 in Jersey City, New Jersey, after refusing medical treatment. He is interred in Woodlawn Cemetery in The Bronx, New York City. Upon his death, Edward Longstreet Bodin became the president of the Bernarr Macfadden Foundation.

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