

SAYS HE CAN STOP HIS HEART'S BEATING AT WILL

Nardini Gives Exhibitions of Unusual Muscular Control That Astonishes Investigators.

LAST Thursday, at the Hotel Cecil in London, a number of leading physicians and surgeons were spectators of one of the most extraordinary exhibitions of muscular control ever given. The man who gave it, Nardini by name, is able to stop the beating of his own heart and do other things which seem impossible.

Many men have by exercises developed enormous muscles, but they have always been visible and remained firm to the touch, even when relaxed. Nardini can relax his to such an extent that by shaking his arm he can make the triceps quiver like reeds shaken by the wind and, by a simple effort of will, without even clenching his hand, can make his upper arm as hard as iron, while the forearm remains perfectly soft and flabby. He can do this with every muscle of his

body; but what is even more extraordinary, he can actually stop the beating of his heart for more than twenty seconds and retard or accelerate his pulse at will, thereby defying the laws of nature.

In one of the accompanying photographs it will be seen that by muscular contraction he has drawn the flesh tightly into the throat and up under the jaws, all being solid as a block of marble. Now if the reader tries to harden and draw up the flesh in a similar manner he will find no muscles there and that he has absolutely no control over the flesh.

In another photograph Nardini is shown stopping the beating of his heart. When this photograph was taken the heart ceased beating for over twenty seconds. There is no authentic case of this feat ever having been accomplished before.

Nardini claims that he can remain under water from six to eight minutes and that he can live for a protracted time when buried in the ground. To prove this, he proposes at his exhibition to be placed in a box seven feet long and three feet wide, with a foot of sand covering the bottom. His mouth, nostrils,

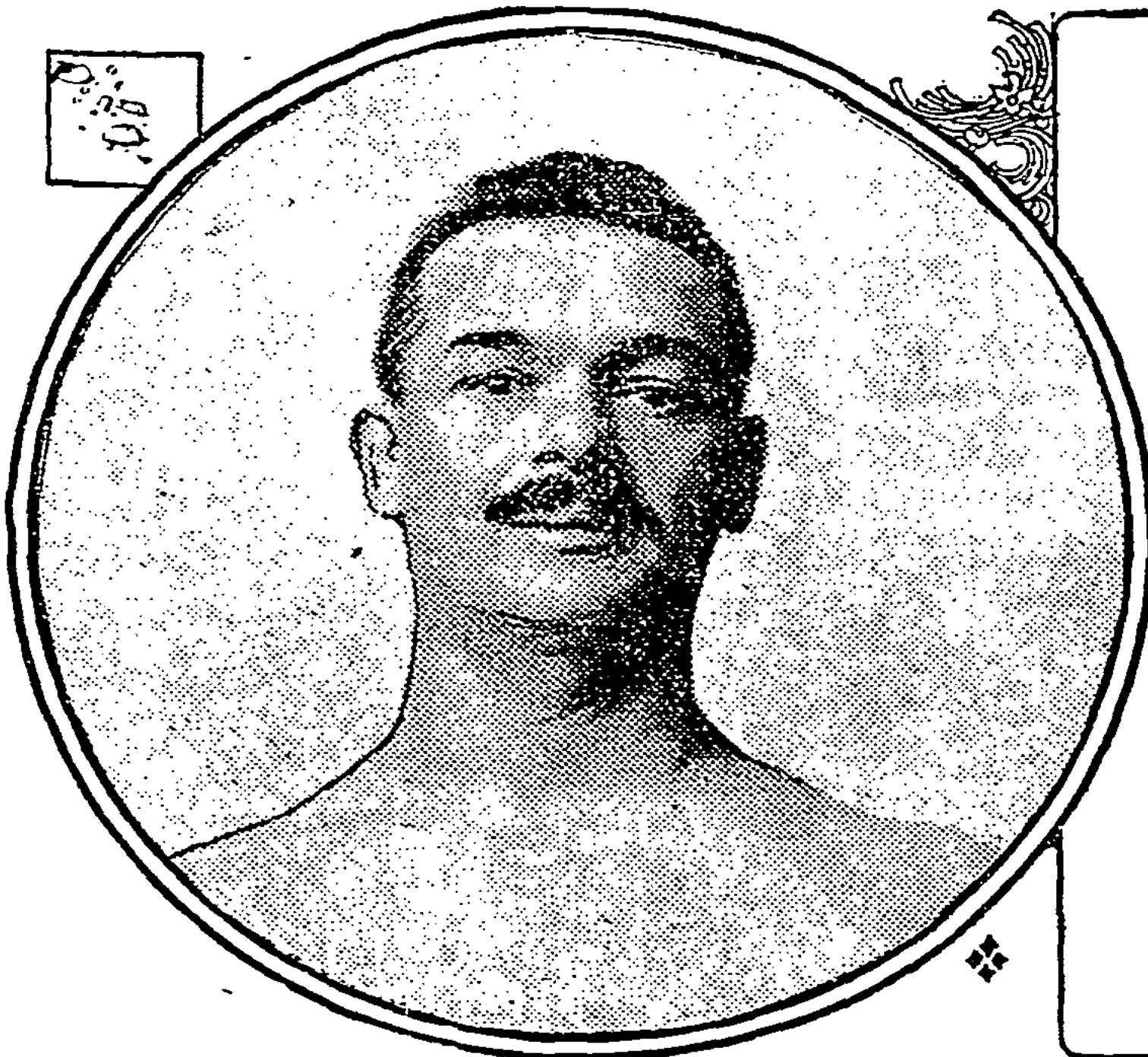
and ears will be filled with cotton wool and his eyes bandaged, to prevent the sand from entering his system. Then sand will be piled upon him until he is covered by at least eighteen inches of sand weighing a ton. After remaining in this position for a quarter of an hour he will be extracted alive and well.

Nardini is an Austrian Pole, thirty-seven years of age. His extraordinary muscular development was apparent as a child, and when only eight years of age his schoolmaster, having seen him bathing, called a doctor's attention to his unusual development. The notice thus at-

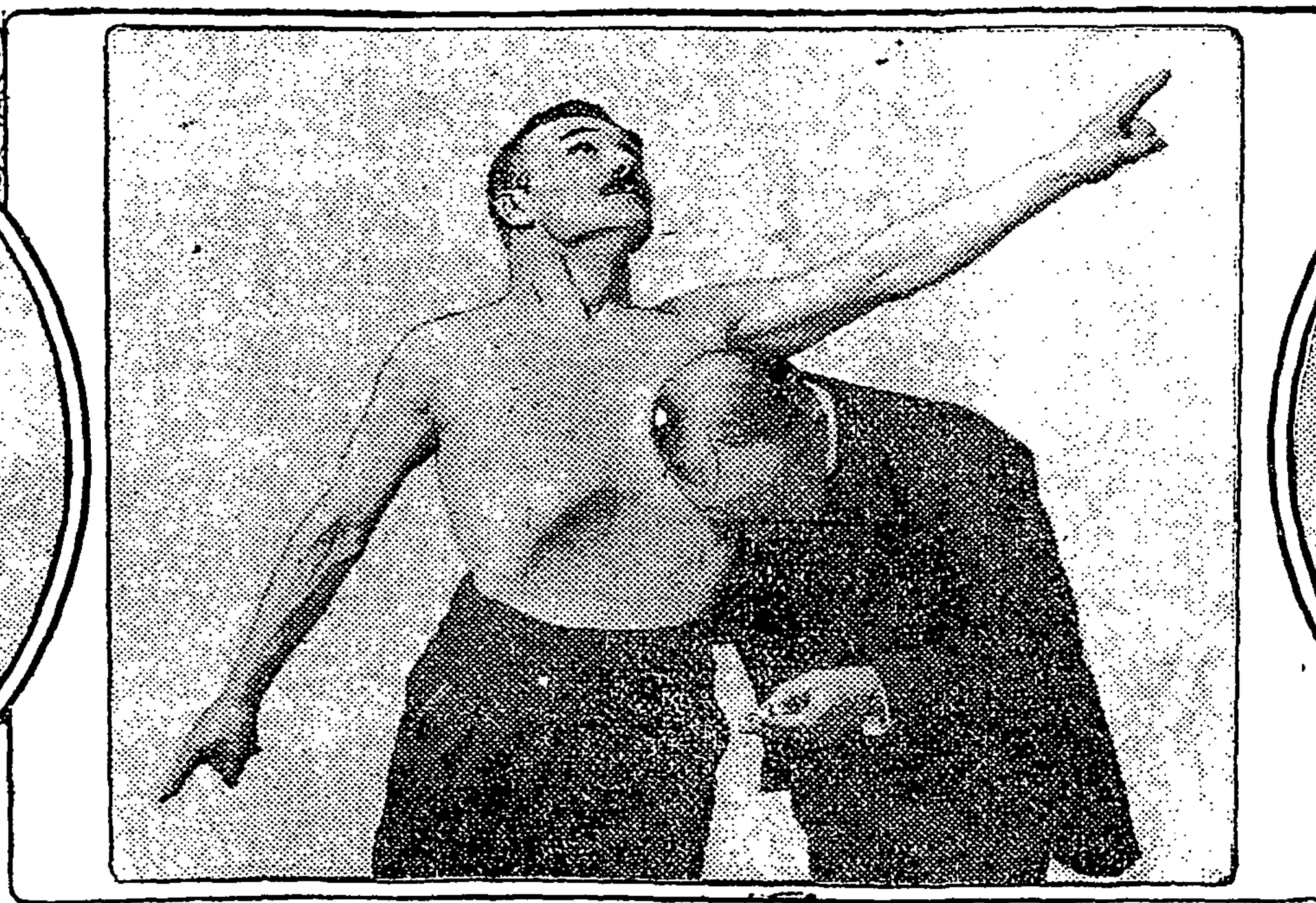
tracted turned the boy's attention to physical culture, and from that day the study of his muscles has been Nardini's chief interest in life.

He never touches alcohol or smokes, and eats most frugally and carefully. He has had the honor of instructing some of the Kaiser's family in physical culture, and the celebrated pathologist, Prof. Virchow, took great interest in Nardini's anatomy and often lectured on him.

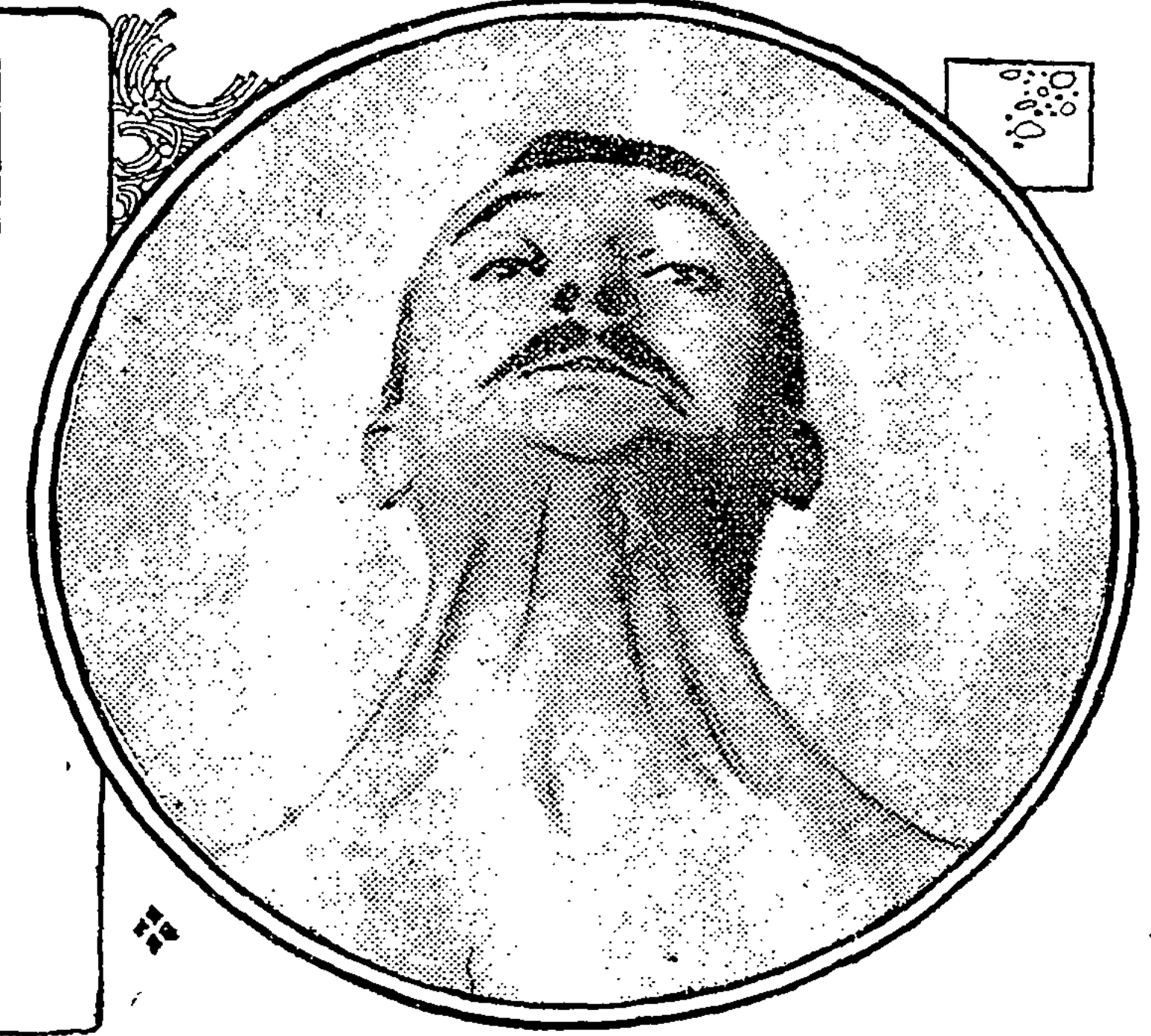
It is only during the last year that Nardini decided to give his discoveries to the world, and until now his studies and scientific investigations have been made in secret. He has invented a physical developer, and his theories on physical culture are likely to revolutionize present-day methods; his idea being, not only to develop muscle, but to give the student complete control over the entire muscular system.



Nardini.



When He Stops the Beating of His Heart.



The Curious Effect He Gets by Moving His Neck Muscles.